



LEOBRAND

Letters on

Living Ethics

Introduction to Agni Yoga



15. Living ethics and everyday life

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Cover picture: „Eternal life“, painting by Svetoslav Roerich

Living ethics and everyday life

1. The meaning of everyday life

People particularly despise the daily grind. Everyday life fills them with a certain horror and at the same time seems to them to be a symbol of hardship, torment and banal joy. Those who know better, however, regard everyday life as a means of perfection and further development, because it opens the gates to infinity. That is why LIVING ETHICS also offers a lot of practical advice on how to shape everyday life and repeatedly points out that one should not withdraw from life, but endeavour for perfection by proving oneself in the midst of everyday life and fulfilling one's duties.

No world religion has ever proposed as many solutions to all of life's problems as LIVING ETHICS. It is therefore not a grey and abstract theory, but a practical panacea and psychological prophylaxis that encompasses all manifestations that occur in life.

The renewal of life must begin with each individual in their own 'hearth and home' and in their everyday life. One should not pin one's hopes on political programmes, social solutions, or the uplifting of entire peoples. The lives of people throughout the world will be renewed primarily in their personal everyday lives, outside of national and racial busyness.

One can learn to love the daily grind as an ongoing test or trial, for it can subdue and uplift the spirit. It gives people courage and the necessary confidence to overcome their torments and sufferings step by step, day by day, through aspiration and self-control, and to rise and to set themselves to higher tasks. However, this also means that their responsibilities increase further and further.

There is no rise without improvement in everyday life. This forms an endless chain of possibilities and connects us with infinity. Some people consider these enormous periods of time rather as horror. In truth, however, they are a source of comfort for the knower, because a developed consciousness regards endless time and unlimited space as the source of endless creative power and unimagined possibilities.

One can learn, even in the midst of trivial everyday matters, to build up a world of beauty, harmony and love without shade in one's mind, where there is neither strife, nor quarrelling, nor hatred and envy, but where, even in the midst of often agonising earthly conditions, a paradise can be created in the mind, in which the heart, inflamed with the purest love, turns to only to beauty and glory.

This is achieved above all by any activity that benefits the common good. one should gradually stop thinking only of oneself, but focus one's thoughts as well as one's work on the good of the world, and turn one's special attention to the progressive improvement of everyday life.

2. Wake up and get up

„It is better to go to sleep with a prayer than with a curse. It is better to begin the day with a blessing than in bitterness. It is better to partake of food with a smile than with dread. It is better to enter upon a task with joy than with depression. Thus have spoken all the mothers of the world; thus have heard all the children of the world. Without Yoga, the simple heart knows what is needed for advance. It can be defined in any terms, but the significance of a joyous and solemn foundation is preserved throughout all time. The Yoga of Fire must strengthen the basis of ascent. The Agni Yogi is first of all not a hypochondriac; he summons all those who are strong and joyous of spirit. When joy keeps its glow even under the most difficult circumstances, the Agni Yogi is filled with impregnable strength. There, beyond the most difficult ascent, the Fiery World begins. The manifestation of the Fiery World is immutable. A Yogi knows that nothing can stop him from attaining the Fiery World. Thus, the first prayer of a mother and the very splendor of the fiery worlds are on the same thread of the heart. (FW I, § 561.)

One should rise at dawn and begin work in the early morning hours. The rays of the rising sun and pure mountain prana are particularly healing.

The morning is saturated with prana, which is why it is better to postpone decisions until the morning. After sunset, it is harmful to strain the mind and body. The evening is the time for letting go, the morning the hour of insight. All people being creative have their best inspirations early in the morning, in fact immediately after waking up, when they absorb findings and insights from the subtle realm into their daily consciousness.

A yoga student, health permitting, will rise at sunrise if possible, say a silent prayer upon awakening, and connect with the Hierarchy of Light and his Master. By placing our daily work under the protection and guidance of our High Guru, that is, our spiritual teacher, we will prevent the new day from being added to our book of life as a blank or even defiled page. Those who have not yet chosen a MASTER OF WISDOM should commend their thoughts and daily work to the blessing of God the Father and the MOTHER OF THE WORLD

3. The significance of work

Countless people are saddened by the fact that they have to spend so much time earning a living. However, we all have to earn our bread. Everything in life has to be worked for with earthly hands and feet, and one must not withdraw from everyday life. Therein lies a profound secret of life. Is work that is done without effort and in prosperity valuable, and does it create the necessary inner satisfaction? Do we ever hear of such successful work? No, every great acquirement can only be attained through hard work, and all great thinkers and researchers have created under the most difficult conditions. Work in rest and prosperity would be our greatest enemy.

Nothing extinguishes our inner fire like complacent contentment and the security of tomorrow. A true yoga student has no worries about tomorrow and works to the limits of his needs and possibilities, because in the most difficult moments, when all his strength is strained and his own resourcefulness is exhausted, help will come according to the law, but only at the last minute. All of life's struggles are essential building blocks for the growth of the spirit.

When the time comes, other conditions arise and the tasks increase. It may be that worries about a piece of bread will fade, but they will be replaced by other, much more difficult and complicated tasks. But if the image of the MASTER dwells in our hearts, nothing about tomorrow can trouble us. What often seems worst to human imaginations become saving and a step towards new possibilities. Truly, if our service is free from selfishness, no hair on our head will be harmed without the knowledge of the great Master. Selfless thinking, heartfelt devotion and gratitude weave a strong rope by which we are provided with the bare necessities.

So let us face all inevitable difficulties with courage and nourish our spirit by associating with people who seek the light. Great events are coming to fruition, many changes can be expected, but if we serve the great light, even the most destructive wave will only carry us forward. So let us do our work with complete trust in the guiding hand.

4. Thoughts about work

„It is absurd to think that sweat is only a physical phenomenon. During mental work there arises a special emanation that is valuable for the saturation of space....Labor is the crown of Light. It is necessary that the students of the school keep in mind the significance of labor as a factor in the universe. The consciousness will grow strong as a result of labor. The importance of labor should be strongly emphasized“(COM §117)

Work is the best remedy for abominations; work is the strongest motivation.

"It has often been said that one can find relaxation not in sleep but in a change of work." Of course, there are those who deprived themselves of sleep and got poor results. (COM, § 167)

“The greatest misunderstanding will surround the fact that work is recreation. Many amusements will have to be abolished...” (COM, § 63)

„Yet another essential condition must be met. Work must be voluntary. Cooperation must be voluntary. The community must be voluntary. No coercion should be used to compel servitude. The condition of voluntary consent must lie at the very foundation of prosperity and success.

No one may bring disintegration into the new house. In their flight, workers, builders, and creators will emulate eagles. Only in broad flight do the dust and dirt of decay fall away.” (COM, § 9)

Someone who is happy not to have to work cannot be an employee for the New World.

“Many malicious falsehoods have accumulated around the concept of work. Not so long ago work was despised and considered harmful for one’s health. What an indignity that work has been regarded as harmful! It is not work that is harmful but backward working conditions. Work, sacred work, can be made healthful only through conscious cooperation. Not only must the quality of work be uplifted, but coworkers must also strengthen their mutual desire to make the conditions of work clearly understood. Instead of referring to work as a curse, one should draw attention to superior workers.” (COM, § 11)

Work makes us better and more indulgent. Those who are capable of ongoing work deserve the highest respect. Every working man has the right to introduce improvements in his field of work. This is not only his right, but also his duty. Every work can be improved, and such creative improvements will make work into joy.

People cannot always do the same work. Improving quality and discovering new working methods bring about a constant renewal of mental activity. Only by improving quality can one find love for ongoing work.

One can rejoice when work brings higher joy to life. Even in the realm of human labour, the Higher Principle cannot be denied. If a farm worker is merely an everyday slave, his work will never flourish. Every kind of work belongs to the realm of creation. Evolution, on the other hand, encompasses higher principles. People who are weighed down by daily work and busyness lose their foresight.

“It is correct to understand the eternal struggle, and to prepare one’s consciousness as if to face an explosion, for only this will correspond to reality. My Hand will not tire in leading the combatants, but My Eye cannot tolerate the sight of lethargy in the intoxication of comfort. Having Infinity before one, yet not losing an hour and valuing the use of each minute —is Yogism. When the spirit naturally adheres to the Higher World and kindles a row of torches of the heart, one can call it a righteous path.” (HIE, § 187)

“...It is especially harmful to tear man away from his customary labor. Even through the lowest forms of labor man creates a manifestation of fiery energy. Deprive him of labor and he will inevitably fall prey to marasmus; in other words, he will lose the Fire of Life. One should not propagate the concept of people’s retirement from work. They do not age because of advanced years, but from the extinction of Fire. ...” (FW, § 62)

“Labor may be of four kinds—toil with repulsion, which leads to decomposition; unconscious toil, which does not strengthen the spirit; toil devoted and loving, which yields a good harvest; and finally, toil which is not only conscious but also consecrated under the Light of Hierarchy. The ignorant may suppose that uninterrupted communion with Hierarchy can distract one from striving for the work itself, but, on the contrary, constant communion with Hierarchy lends a higher quality to one’s labor. ...” (FW II, §118)

“Variety in work renews one’s strength. Work is essential for development and perfection.

Detested labor is not only a misery for the unsuccessful worker but it poisons the whole surrounding atmosphere. The discontent of the worker does not permit him to find joy and to improve the quality. Moreover, imperil born of irritation redoubles gloomy thoughts, with effects fatal to creativeness. But the definite question may arise as to what is to be done if not everyone can find work corresponding to his vocation.

Undoubtedly, many people cannot apply themselves in the way they would like. There exists a remedy for lifting such a blight. Scientific attainments show that above the everyday

routine there is a beautiful domain accessible to all—the realization of psychic energy. In experiments with it one may be convinced that farmers often possess a goodly store of the energy. Likewise, many other fields of labor aid the conservation of energy. Therefore, amid the most diverse labors one may find uplifting strength.” (BR, § 92)

“...It is not for us to judge who does more and who less. What is important is the inner fire that we put into the work entrusted to us....” (HIR I, 17.August 1934)

You have to learn to avoid unproductive work. Today's confusion of brains has led to the most important things often being disrespected.

“They say in the East, “We must work without thinking of results.” I understand it this way: we must learn to do our work as well as we can because of love and not for the reward. Only then will our work be beautiful. The key to all achievements is in such selfless love for every work we undertake.” (HIR, 27.January 1933)

The hardness of work has nothing to do with rebuke or disadvantage. Improving the quality of work is the guarantee of all progress. Only that work that has been created with one's own hands is of value. The results of work are the flowers of humanity.

5. Work – Movement - Tiredness

Only work that is properly distributed - according to its nature - will not cause fatigue. One must understand how to make a proper change of the working nerve clusters, and then fatigue will not occur. Only lazy and immobile people claim that work is tiring and detrimental to health.

One should never try to find relaxation in idleness, but rather in alternating of work, especially in a creative, if possible artistic or scientific activity. Those who do not feel capable or called to do so may test their creative intuition in practical craftsmanship.

A change of work can be recovery. One must only understand how to activate opposing nerve centres, then one will completely escape the reflex of the previous exertion.

Yoga students must avoid certain physical positions or at least change them frequently. One-sided movements, such as sawing wood or other repetitive arm and leg movements, are very harmful.

A crooked body position disturbs the solar plexus, especially with legs stretched out. The most favourable sitting position is the yoga position with crossed legs and an upright upper body. This sitting position, which has become a daily habit in the Orient, causes difficulties for people in the Western World. Throwing the head back disturbs the centres of the brain, and stretching the hands forward puts strain on the centre of the aorta. Lying on your back damages the Kundalini centre; although it awakens it, in the stage of nerve centres development this leads to a rush of blood to the genitals. However, one cannot completely avoid sleeping on one's back, so try to lie on your right side to relieve the heart at the same time. Sleeping in an armchair is not beneficial.

Fatigue always indicates that the type of activity needs to be changed. However, it may also be that in cases of fatigue, our energies have been severely strained. It is important to take care not to tire oneself after sunset. One should seek relaxation by changing action and by adopting a relaxed posture.

The fiery tension in the outer space inevitably generate particular fatigue in the eyes. The eyes can be relieved by closing them for a considerable period of time. In painful cases, warm compresses with chamomile or eyebright decoction can be applied. Closing one's eyes from time to time is very beneficial.

6. Leisure activities – Education - Enjoyment

Since most people on the spiritual path do not pursue a career that correspond to their desires and abilities, their true life's work often will begin in their free time. It is precisely this

alternation of the work that brings the necessary inner satisfaction and, at the same time, recovery.

For friends of LIVING ETHICS, the study of the teachings is of primary importance. AGNI YOGA is so comprehensive that a single lifetime, even if devoted full-time to study, is impossible to fully absorb and exploit the knowledge it offers. Repeated study of the books always reveals new perspectives, since the absorption of knowledge depends on the growth of consciousness. For most beginners, the profound sayings of MAITREYA MORYA – the New World Teacher for the Aquarian Age – which are structured in a specific way, are often a book with ‘seven seals’.

It therefore proved necessary to first publish introductory lessons and corresponding commentaries. The offered knowledge covers the necessary spiritual requirements, and due to the concentration or brevity of the presentation, it is recommended that all lessons be studied repeatedly. It is to be hoped that more good esoteric literature will also appear in German language. The German book market in particular is flooded with poor occult literature, which has unfortunately had a very detrimental effect on the fate of the people and may still have serious consequences. It is not a matter of indifference what a people reads and in what spirit it is educated.

Of course, banal pleasures are unsuitable for a yoga student, because a person who knows the value of time will not let a single day or hour pass unused for the developing of his higher self and for working for the common good. He will use every free hour for his further education and for creative activity. Furthermore, so-called places of entertainment are saturated with negative thought forces and have a vampiric atmosphere, so that a spiritually sensitive person cannot circulate in them, because these places often resemble robbers' dens.

The mind needs the body as a necessary instrument for activity in matter, and therefore it also needs appropriate care and recovery. However, trivial pleasures are not recovery, but rather exploitation of physical strength.

Only mental and physical relaxation in fresh air, creative pursuits and cultural activities, as well as studies that serve the purpose of further education, can be considered as recovery. We possess a great cultural heritage that needs to be nurtured and appreciated.

In the company of other people, one should avoid trivial chatter and try to steer the conversation towards valuable topics. With a little skill, it is quite possible to move from even the most mundane everyday problems to profound spiritual questions. However, no one should appear as a missionary, because LIVING ETHICS is only suitable for seekers and not for sceptics, cynics and the ignorant. Discussing with such people would be a completely pointless waste of energy and would be (figuratively speaking) like throwing pearls before swine.

One should only tell one's conversation partner what they ask for and what they are consciously ready for, and one should take their mentality and interests into account by keeping in mind the formula of the New Age: ‘May the will of Thy God be done.’

7. Yoga exercises and recommendations

A yogi needs prana above all else. That is why the window in his room should never be closed, except in cases of particularly high humidity. Long, warm baths are very beneficial. Jerky movements disturb the vibrations of the aura and should therefore be avoided. Rhythmic movements, on the other hand, do not harm the atmospheric unity, whereas convulsive movements damage the aura like needle pricks.

“...You may ask Me what physical exercises are useful in Agni Yoga. I advise a short period of pranayama in the morning, no longer than five minutes. One should abstain from meat, except smoked meats. Vegetables, fruit, milk, and cereals are always beneficial. All alcohol is barred, except for curative purposes. Narcotics, such as opium, are inimical to Agni Yoga. Cloudy

skies are burdensome for an Agni Yogi. I advise insulating one's footwear with rubber and taking morning walks, avoiding smoky air...." (AY, § 166)

Prana-Yama is practised as follows: inhaling deeply through the nose – from the diaphragm to the tips of the lungs – holding breath briefly, exhale slowly through the mouth – repeat the process for five minutes, but no longer. The respiratory flow can also be consciously directed to diseased parts of the body. Deep breathing is a sign of particular tension. The importance of prana-yama is greatly exaggerated by some older yoga systems, especially hatha yoga. The science of breathing practised by raja yogis has little in common with prana-yama. Hatha yogis are concerned with controlling the life breath of the lungs, while the ancient Raja yogis regarded it as mental breath, for only the mastery of this conscious mental breath leads to lasting clairvoyance and the activity of the third eye. Mastery of the physical breath alone can lead to serious damage to the nerve centres (chakras).

Artificial ozone is of little help. Prana is purified by the highest fire, and only this influx makes it creative. Even in the lower levels and in the streets of a city, where there is little prana, one should breathe as deeply as possible before making a decision. In this way, a particle of the prana essence may reach us after all. An inhaling deeply felt in one's the heart leads to an emotional relief.

A yoga student must keep his respiratory organs pure at all times; therefore, it is recommended to lubricate the nose with menthol vaseline before going to sleep. This also protects against colds. In addition, drinking hot milk with soda and enjoying peppermint and valerian tea in the evening is very beneficial. However, the use of baking soda is only recommended if the stomach is not anacidic, i.e. if there is no deficiency of stomach acid.

8. Light – Air - Gases

"...Work in the light, make decisions in the light, make judgments in the light, grieve in the light, rejoice in the light. Nothing compares with the light wave. Even the very best electricity, even the bluest, yields eight thousand times less light than a ray of the sun. Soon the study of photoplasm will impart a new direction to methods of work. "(LMG II, § 356)

„It is good to be in the sunshine, but the starry sky also brings harmony to the nerves. The moon, on the other hand, is not for us. The pure light of the moon affects prana. The magnetic force of the moon is very strong, but not good for rest. Often the moon evokes fatigue, just like a person who devours vital energy. The manifestation of miraculous power increases when the moon is shining.

Pure prana must correspond to the attractive force; otherwise instead of a miracle there is destruction of the vital treasury. It is good to laugh while resting, for the thyroid gland is cleansed by laughter. Purification of the glands is of primary importance. "(LMG II, § 87)

"...Make good use of the mountain air. Do not tire yourselves out; even a diver must not descend when fatigued. Precisely, descent into human filth can be compared to a diver's work. The diver is ready to save the drowning person, but he himself is in need of access to air. I am not exaggerating: you are in need of air during Armageddon. Prana is like food for the heart." (Heart, §568)

Height air affects the blood, causing blood cells to multiply. Knowledge of the composition of air is an important part of life skills. So far, we have very little knowledge of air, and its psychological effects are completely unknown. Stuffy and polluted air not only causes breathing difficulties, but also anxiety and depression. It would therefore be necessary to apply highly sensitive equipment to study the quality of the air. At present, the air is polluted to an unbearable degree by industrial emissions, smoke, petrol and oil vapours as a result of technology contrary to nature.

Often, not only in cities but also in the countryside, one encounters houses that are very poorly ventilated or even unventilated. Such houses are breeding grounds for all kinds of diseases and suppress the fiery radiance of the heart.

People labour under the mistaken assumption that poisonous gases only have a destructive effect on earthly life. However, the danger posed by deadly fumes is far greater, especially for the layers of the atmosphere and the chemical connection to the starry world. Anyone who has ever been in a smoke-filled room will understand that smoke gases not only endanger life, but also disturb the planetary balance. Even if open dung fires in the fields have a destructive effect on the intellect, how much more harmful are the exhaust gases and smoke from factory chimneys! Tobacco smoke also impairs the intellect.

Most harmful, however, are the poison gases invented for warfare and the increased radioactivity caused by atomic bombs. These inventions are the crowning glory of human hatred. How can a healthy generation be born when the seed of death awaits it from the very beginning!

“...It is criminal to subject human organisms to the reaction of insufficiently investigated energies. Thus, it is easily possible to condemn multitudes to degeneration. Such degeneration takes place imperceptibly, nevertheless its effects are horrible. Man loses his best accumulations, and there results, as it were, a paralysis of brain similar to opium poisoning. The appearance of opium smokers sometimes resembles poisoning by charcoal fumes or benzine. Humanity should be urged to take measures so that cities be not poisoned by benzine and petroleum. The danger of insanity is growing.” (BR, § 294)

For a yoga student, it is particularly important to spend time in high altitude air whenever possible. The toxic and smoky atmosphere of large cities is a veritable hell for them. Of course, it is difficult for most seekers to free themselves from this environment. At the very least, one should spend one's free time in good air saturated with prana.

With increasing altitude, both the need for food and sleep decrease. The mountains have a special significance. It is not without reason that one feels spiritually and mentally transported to higher regions when in the mountains. However, it would be an irreparable mistake to artificially adapt the conditions of the mountains to earthly living habits. Artificial prana and ozone are worthless. The emanation of coniferous trees is irreplaceable. Like an accumulator, they store life force and condense the reserves of prana. It is good to keep small coniferous trees in the room. Where this is not possible or feasible, one should at least spray resinous essences. These purify the atmosphere and dispel unwanted entities that are in the vicinity of human auras. Peppermint oil or eucalyptus oil can be used for this purpose. It is sufficient to evaporate five to ten drops in a bowl of hot water. In the bedroom, place such a bowl near the pillow.

Peppermint or menthol preparations are indispensable for local anaesthesia and also serve as a refreshing cooling for all inflammatory processes to which yogis are exposed in the beginning stages of development. The pain experienced by yogis is often related to inflammation of the nerve centres and glands. The nerve channels are closely connected to the glands in particular.

9. Nerve centres – Influence of the sun

Even if the yoga student is a great lover of sunlight, he must still protect his crown from direct exposure to the sun's rays. That is why yogis in the past, and still today, tied their hair up in a knot on top of their heads. It was not without reason that this hairstyle was adopted by people in general for thousands of years. Western fashion prohibits this, however, if not for women, then certainly for men. Regardless, the centre of the crown, i.e. the top of the head, must be protected from strong sunlight in all cases, even at the risk of rubber-necks suspecting a bird under the cap.

During periods when sunspots appear, the sun's rays also have a harmful chemical influence that promotes an increase in human insanity, which is why so many insane acts and crimes are committed during such times.



If the nerve centres (chakras) are in the stage of development, direct exposure to sunlight must be avoided at all costs. Similarly, excessive sport and physical exertion are very harmful in this state. Excessive exposure to sunlight also promotes cancer, as cancer is also a phenomenon of cell combustion.

A yoga student must pay close attention to the nerve centres, as their development usually takes place unconsciously and is associated with inexplicable illnesses, such as asthma, consumption, rheumatism, stabbing pains, dizzy spells and other illnesses that are usually short-term and cannot be explained by doctors. In mental development, the solar plexus, which has a major influence on digestion and nerves, is one of the most important centres, but unfortunately it has not yet been researched by official medicine.

Nervous tensions lead to excitements. In such cases, the best way to calm the centres is to fast for a short time, drink valerian tea and hot milk with soda (sodium bicarbonate from natural sources) to relieve the heart in particular. In this state, it would be completely wrong to try to calm oneself with narcotics or alcohol. It should also be mentioned that cold showers are harmful by nervousness.

10. Nicotine and smoking

All acrid smoke, especially tobacco smoke, is harmful. Smoking robs us of our vitality. A person who enters a room filled with tobacco smoke will carry away poisonous particles. A sensitive non-smoker can smell a smoker just by smelling their clothes.

Here, numerous so-called esotericisms, especially 'supposed initiates,' seek to excuse their as yet unconquered weakness for smoking by pointing out that Mrs. H. P. Blavatsky, the founder of the Theosophical Society, a personality standing on a high stage of development, also smoked. Certainly, H. P. B. smoked. But this circumstance, her exceptionally hard life and the great efforts she was subjected to also prevented her from completing her life's work in time and writing another volume of *The Secret Doctrine*.

Unfortunately, Mrs. Blavatsky left behind the legend of Master MORYA's pipe, which He smoked during a visit to her. Once, a leading man of an esoteric school, which mistakenly imposes no restrictions on its students with regard to smoking and meat consumption, asked whether the author wasn't aware that his master also puffed a pipe.

All that can be said is that none of the Masters of Wisdom smoke tobacco. Unfortunately, Madame Blavatsky forgot to mention in her account what was in M. M.'s pipe. It was not tobacco, but a special ozone preparation that brought Him relief when He came down from the high mountains into the stifling atmosphere of the valleys. Hence the legend of His pipe and smoking.

The fact that smoking is harmful was not claimed by the Masters of Wisdom out of malice in order to torment their disciples, but corresponds to the facts. This has now finally been proven beyond doubt by medical science with statistical material.

At the 74th Surgeons' Congress in Munich in 1957, prof. K. H. Bauer (Heidelberg) gave a lecture on the causes of cancer and emphasised that bronchial cancer is the product of inhaled carcinogens that enter the body exclusively through smoking.

It is particularly noteworthy that, according to doctors' experience, the types of cancer that are rapidly increasing are those that occur in the area of the so-called 'smoker's path', namely the lips, tongue, mouth, larynx and lungs. Statistics clearly show that cancer as a cause of death in every country in the world is closely correlated with cigarette consumption. Among non-smokers, there have been four cases of lung cancer per 10,000 inhabitants, which, incidentally, is also caused by petrol fumes. Among occasional smokers, there have been 102 cases, and among those who smoke up to 20 cigarettes a day, there have been 128 cases of lung cancer. Among heavy smokers, this type of cancer has occurred in up to 460 cases.

However, nicotine is not only a carcinogen, it also causes severe heart damage. This was clearly established at a medical symposium in Vienna in 1957.

Heart attacks, or strokes as they are commonly known, are not primarily caused by burn-out, but above all by tobacco smoking.

Experiments have shown that nicotine constricts the blood vessels of the heart muscle in a very complicated way. Nicotine causes the pituitary gland to secrete its own hormone, known as vasopressin, which triggers a heart attack by constricting the heart vessels. As if that were not enough, nicotine also reduces blood flow to the skin and causes constriction of the vascular muscles as a result of stimulation of the central vegetative nervous system.

Finally, nicotine is also thought to have a direct effect on the heart muscle itself. The medical profession therefore refers to a tobacco heart, which causes palpitations, dizziness and shortness of breath, followed by angina pectoris and ultimately heart attack. At the symposium, lecturer Kaindl (Vienna) reported that, according to extensive medical data, fatal heart attacks affected 87% of smokers but only 13% of non-smokers.

This alarming evidence should finally prompt every smoker to give up nicotine for good. After all, nicotine is not a necessary foodstuff, but a highly superfluous beverage. In addition, the diseases caused by nicotine do not always manifest themselves in this lifetime and do not necessarily have to be suffered now. Numerous diseases that are caused today but do not manifest themselves can appear karmically in future incarnations. On the other hand, many people today suffer from inexplicable ailments because they are atoning for mistakes made in past lives, up to four incarnations ago. Knowing this, it would be truly irresponsible to cause new diseases for the future.

11. Narcotics – Drugs - Alcohol

“Malice, doubt, unbelief, impatience, laziness, and the other inspirations of darkness separate the earthly world from the Higher Spheres. Instead of following the path of good, people attempt to replace ecstasy of the spirit with various narcotics, which give the illusion of the other world existence. Observe that in many religions there were introduced, as later adjuncts, very clever compounds of narcotics for the purpose of artificially advancing the consciousness beyond the earthly state. Indeed the fallibility of such forcible measures is great; they not only do not bring the Worlds closer, they on the contrary estrange and coarsen the consciousness. Likewise, earthly life is filled with continuous poisonings with which people very affably regale each other. Teachers of all times have taught humanity the pure paths of spirit that lead into communion with the Higher Worlds, but only a few have chosen the path revealed by the heart. A special attention must be given to deliverance from poisonings. A considerable part of the Earth’s soil is already infected, as is its surface. Besides narcotics, people have invented many obviously frightful substances which instead of being health-giving bring on spiritual death. Masses of poisonous vapors are choking the cities. People devote much thought to the production of many substances which should be considered far more deadly than narcotics. Narcotics bring harm to the addicts themselves, but deadly gases torment everything that lives. One cannot condemn narcotics enough, but also one cannot sufficiently condemn such murderous inventions. People formerly, at times, fell into error for the sake of illusionary ecstasy, but nowadays they are completely unashamed to kill the intellect and spirit of their near ones, calling this killing an attainment of science.” (FW II, § 351)

„Thus, We advise giving musk for strengthening activity, but We are definitely against narcotics which calm and deaden the intellect. How, then, will the quality of thoughts, so needed for the future life be developed if we dull it with poison? But medical science is lavish in producing living corpses.” (HIE, § 186)

It is well known that not only nicotine and narcotics diminish the intellect, but also alcohol. There is no sight more abhorrent than that of a drunk person. Furthermore, the drunken exposes himself to the danger of certain addiction and obsession. The demon alcohol has not only ruined individual man physically and mentally, but has also destroyed families and plunged them into misery. Alcohol may only be used for medicinal purposes, as numerous essences can be preserved provisionally only by means of alcohol.

Every yoga student is therefore recommended to practise abstinence or healthy moderation as a counterbalance to awful excesses. However, this abstinence does not mean asceticism, but rather a sensible way of life that is in the interest of every human being.

12. Rot and rubbish

Putrefaction must be avoided at all costs; even vegetables must not be allowed to rot. Nothing spoiled or dirty should be left lying around in the house. Even the presence of stale and used water or other fermenting substances attracts unwanted subtle beings and vermin. Once it becomes possible to photograph these beings from the subtle world, one will be able to see the difference between the environment of a strong-smelling cheese or meat and that of a fresh rose.

Apart from logical arguments, one will be seeing clearly that the beings attracted to rotting meat are disgusting. These lovers of decay even approach the mouth of someone eating. One can also gain corresponding experience by photographing objects and their environment under favourable conditions. As always, this experiment requires patience and perseverance. One should begin with very specific, unvarying objects. (More detailed explanations can be found in books on “psychic energy”, written in German language)

Both smoke, and the smell of burning rubbish, and the smell of meat are always harmful. Dust and all particles of dirt and rot must be avoided, because they penetrate the pores of the skin.

One should also not store worn-out togs and should discard outdated ideas in the spiritual realm.

It is important to remove all decaying substances from the home. In addition to meat, cheese, and water that are in a state of decomposition, rotting fruit and wilting flowers are also harmful. The removal of such decomposing substances is not only a matter of hygiene and beauty, but also corresponds to the knowledge of the laws of the subtle world. Since lower beings feed only on the emanations of decomposing substances, they are also satisfied with dying plants when there is no rotting meat or barmy dairy products available.

13. Cut flowers – a mischief

Cut flowers are stark nonsense. Who would keep dead animals in their home and let them rot away? Cut flowers are dying beings, slowly losing their lifeblood or plant blood and spreading an unpleasant odour that attracts lower subtle beings. Perhaps, in some cases, the original scent of the living flowers may still have a long-lasting strong effect, but regardless of this, sensitive people find it difficult to sleep in a room with cut flowers.

It should be noted at the outset that the rose is not a cut flower, but a shrub, and may therefore be cut. If cut flowers are unavoidable, only roses should be used. Of the pure shrubs, the rose should always be given preference because it contains a strong-smelling oil.

Instead of cut flowers, it is recommended to keep living flowers that can be grown in clay or other flower pots. However, roses should be given preference because they radiate the fieriest energy. Lovers of roses approach the fiery energy. The beings that live on decay avoid the pure scents of the fiery world.

Living flowers, i.e., uncut flowers, have a healing radiation due to their fragrance and beauty. The invigorating scent drives away those lower beings that seek to settle near every hearth.

During the time when no flowers are blooming, it is useful to have small conifers that accumulate prana. They store life forces and have a beneficial effect on the breath. Small pines and cedars are very useful. Unfortunately, growing them in apartments is very difficult.

„...Nothing gathers the essence of prana as well as plants do. Even pranayama can be replaced by association with plants. It is useful to understand how intently the eye should penetrate the structure of plants. The pores of plants expand not only with the growth of new leaves and

flowers but also through removal of dead parts. The law by which the earth is nurtured through the antennae of plants makes it possible to use smell and sight in drawing from this reservoir the precious essence of vital capacity, the so-called Naturovaloris, which is acquired through conscious striving." (LMG II. § 159)

In connection with cut flowers, the question may arise as to whether the custom of Christmas trees, which is popular in Germany, can be maintained or not. There is certainly nothing wrong with this, because a tree is not a cut flower and does not rot. On the contrary, one can enjoy the prana-emanating from the needles for a long time, and the dying vegetative soul of the tree will not resent being given a place of honor in the house, at least for a short time.

Another question, however, is whether it is appropriate to cut down so many trees at Christmas time. A mountain of felled trees causes a good heart painful melancholy, especially since an arrangement of fir branches, as is customary with Advent wreaths, can serve the same purpose.

Just as painful as the sight of sawed-off trees is that of torn-off and usually discarded wildflowers. When will parents and educators finally teach children to leave the flowers in the meadows, since they are far more beautiful in their living splendor than even in the most valuable vase at home?

At funerals, too, it would be appropriate to refrain from expensive floral donations and either use only fir wreaths with artificial flowers or, better still, collect the money for charitable purposes.

14. Vermin and animals in apartments

If it is discouraged from cut flowers, it is even less acceptable to keep animals in living spaces. This applies not only to the popular four-legged pets, but also to birds in cages and fishes in aquariums.

Everything low attracts low. Low subtle beings are brought into the home with pets. Stray dogs and cats may suddenly appear, as well as mice and other intrusive vermin and insects, which are attracted or sent by low subtle forces. Many subtle beings strengthen their substances only from animals; moreover, many lower subtle manifestations cannot take place at all without the participation of animals. It would be good for science to take note of and observe the connection between animals and the subtle world.

Under no circumstances should animals be allowed into the bedroom. Taking dogs into bed is utter nonsense. If dogs and birds have a low radiation, what can be said about cats, which definitely belong to the dark forces? Very few people know that cats have a great affection for possessed people and like to swarm around them, whereas dogs growl and horses become restless or shy away when possessed people approach them. In earlier times, it was customary in large houses to lead guests past the dog kennel or to visit the horse stable with them in order to draw conclusions about the visitor's mentality.

Pets definitely belong in their own place, i.e., in their own stable. Of course, one should love animals; they are the younger brothers of humanity, and through human love and care, one can help them acquire better characteristics, which is conducive to their rapid evolution. However, the sentimentality of some people toward animals, which borders on unnaturalness and repulsiveness, is wrong.

There are people who cannot harm a wasp or a moth, but on the other hand have no qualms about murdering people in their minds and consuming a pig or an eighth of an ox or more every year. This is a perverse morality and a sentimental animal pacifism that has fallen below the limits of human reason.

The elimination of vermin is a matter of cleanliness and hygiene. Vermin rarely thrive in a clean and well-ventilated home, and even annoying insects will usually leave if exposed

to a fresh breeze, but otherwise left undisturbed. However, if vermin cannot be removed peacefully, any means of defence that seems appropriate is, of course, permissible.

After all, one must resist evil, and vermin are a materialization of negative thoughts.

15. Water and fire in everyday life

Stagnant water is bad because it decomposes and does not serve to reveal psychic energy. Not only people do not pay attention to earth rays, they also do not consider what kind of water they drink. To protect them, water is chemically purified with chlorine, but at the same time it is largely killed biologically and its life magnetism is destroyed. In critical cases, people are advised to drink only boiled water. However, this completely overlooks the fact that certain living organisms cannot survive in boiled water, which is full of microbial corpses that are decomposing. In addition, as boiled water cools, it also absorbs a large number of dead particles from the air.

The use of boiled, cooled water that has also been standing for a long time reduces the brain's vitality and puts the body into a sluggish state. In contrast, good, flowing spring water with a temperature between +4 and +9 degrees Celsius refreshes both the body and the mind.

Boiled water should be drunk immediately and very warm, which also applies to food prepared with water. In open springs, pumice, tuff, and alum are useful as purifiers. Pure water not only quenches thirst but also enriches the air with oxygen. Pure spring water can even be used to treat open wounds, as it is a remedy like light.

There is much talk about the importance of fire, but people completely forget that fire is the best cleanser. Campfires, wood and oil lamps, and candlelight cleanse the room and prevent infection. It can be observed that even knowledgeable people in connection with electricity possess living fire, which so easily attracts the flame of outer space. Ask your doctor what role a burning candle plays in disinfection. He will probably find this question pointless because it has not occurred to him to think about living fire. Why do oil lamps burn day and night in temples, if not for purification? Why was it an ancient custom to surround a sick person with fire? Thus, fire is both a doctor and a protector. The living fire in the stove also keeps illness away from those who work. Living fire is therefore more favourable for heating than any other artificial heat source. The bonfire, as a symbol of purification, is truly a medical concept. This is what Living Ethics teaches.

16. Living room, kitchen and bedroom

Living spaces should be furnished in a practical manner. They should not be furnished with old or antique furniture. However, if this is unavoidable, the rooms must be well ventilated. Old things only have value if they carry with them the good emanations of their former owners. It is not without reason that it is advisable to get rid of old things, because they are usually not charged with positive psychic energy and further good thoughts.

In ancient India, it was customary to build a new palace for each new ruler and furnish it with new furniture. In old palaces it is not only haunting, but they also store the mental garbage of court intrigues and palace revolutions of past centuries, which can have very ominous effects. One should therefore avoid old castles for residential purposes.

It is also inappropriate to keep leopard and lion skins, crocodile or snake skins, stuffed animals and hunting trophies or necromantic¹ objects in living spaces. Anyone who has recognised the importance of magnetism in the animal organism will understand how vital organic auras are and how unnatural the mixture of different types of human and animal auras

¹ Necromancy - invoking the dead

is. It is also important to know that it is precisely the beings of the lowest levels of the subtle world that are attracted by necromancy and mediumism.

Harmful fuels should not be used in the kitchen. The use of gas is unfavourable, but unfortunately very common today. One should also not spend too much time near cooking stoves, as it is well known that the smells and vapours from food, especially meat, attract certain undesirable guests from the subtle realm. For this reason, open-plan kitchens are not practical and living areas should be separated from kitchens. Kitchens should not be used as living areas.

Particular care must be taken to ensure that the air in the bedroom is clean. One should consider that when the astral body leaves the physical body, the latter is left unprotected, and if the air is poor or even polluted, uninvited guests can easily sneak in.

Peppermint and eucalyptus oil are the best cleaning agents here, which are also useful for the astral body, as it leaves the physical body much more often than is generally assumed, albeit for various reasons. Just as there are diseases that are incurable in their advanced stages, there are also people whose aura's protective net is completely destroyed, leaving them defenceless against attacks by evil goblins and negative entities. In such cases, these fiends can only be countered for a short time by using the aforementioned fragrances. It is the imperative duty of everyone to create the best conditions for their astral body. For this reason, one must also ensure that there is no dirty water in the house and that dirty laundry is not kept for long periods of time. Aquariums and bird cages are undesirable breeding grounds, not to mention the keeping of white mice or other cute rodents.

LIVING ETHICS also rejects living tightly in close quarters in small spaces and communal living. Although cooperation in everyday life is recommended, caution is advised against spatial confinement and collective living habits, as these hinder the development of a spiritual community and inevitably lead to a dumbing down or levelling of intelligence and a deterioration of human customs. In this way, even among spiritual friends, malicious discord often arises instead of unity. Conscious and friendly cooperation is always and everywhere necessary, but a certain distance should be maintained, because of artificial and unnatural bonds and uniting do not lead to success.

When building homes, far too little attention is paid to the fact that the nature of wall coverings can have a particularly harmful effect on a person's condition. At the time of the ecclesiastical emperium, they made use of art of treating the walls of a living space with arsenic, sulphur compounds, mercury and other poisons to eliminate unwelcome guests. However, similar poisons can also be present in paints, and poisons are always harmful.

Our modern biochemists and technologists still know too little about the influence that building materials can have on a person's physical well-being and mental attitude. What is the difference, for example, between a house made of brick and one made of reinforced concrete, or between one made of granite and one made of marble? What is the radiation difference between iron and wood? What is the difference between oak and spruce? To which organism is more beneficial an iron bed and to which a wooden one? Who absolutely needs carpets on the floor and who is satisfied with a wooden floor? Is the use of different paints, floor pastes and the like beneficial or harmful? Under all these living conditions, the relevant industry has not yet gained the necessary experience.

Who would not agree that wood and stone, as well as metals, plastics, rubber, paints and the like, have a different influence on health? However, scientific research in this regard is still very backward. However, the persistent dowsers and pendulum users who strive to solve these questions are still denied access to science and recognition, because the spirit of the Inquisition and intolerance does not prevail only in the Church.

17. Cities – Settlement sites – Earth rays

“...Never settle on bloodstained sites. New endeavors must be carried out at new locations.”
(COM, § 195)

“...It is pointed out that spilled blood especially attracts spatial entities. This is truly so. Still we must not forget that all secretions possess the same properties. In like manner each spatial entity of equal degree is attracted to blood and saliva. Thus even an irritated skin is accessible to these entities. The lymphatism of mediums has the same property...” (HIE, § 264)

„Most certainly, people should settle in well-tested localities. Even a bear chooses its den with more care. Of course, plants will indicate the best possibilities. Look for places with cedar and pine, heather and oak, places where the grass and flowers are vividly colored. The area has to be naturally electrified. The long needles of conifers are the best condensers of electricity. Above 11,000 feet, heights without vegetation offer valuable prana.” (COM, § 182)

Prana is not emitted by conifers themselves, but originates from the sun. Most prana is found at altitudes where there is no plant growth. However, the needles of conifers store it. Its absorption by humans must be done consciously. A person who knows nothing about prana and does not consciously absorb it will derive little benefit from it. Prana is not emitted by conifers themselves, but originates from the sun. Most prana is found at altitudes where there is no plant growth. However, the needles of conifers store it. Its absorption by humans must be done consciously. A person who knows nothing about prana and does not consciously absorb it will derive little benefit from it.

“If the precipitates of space upon cities were to be investigated, something similar to imperil would be found among the poisonous substances. Carefully observing this poison, one comes to the conviction that it is imperil exhaled by the breath of evil. Undoubtedly, breathing permeated with evil is a carrier of injurious effects. If poison can be deposited in the organism, due to irritation, if the saliva can be made poisonous, then the breath can also be made a poison-carrier. It is necessary to judge how much evil is being exhaled and how multiform are the aspects of evil compressed into the new combinations of poisons present in enormous crowds of people. This is increased by the varied effluvia of decomposing foods and all manner of refuse which litter the streets even in metropolises. It is time to look after the cleanliness of backyards. Cleanliness is necessary out of doors and in the human breathing. The imperil exhaled by irritated people is identical with filth, or shameful refuse. It is imperative to impress people’s consciousness with the fact that each bit of filth infects those around. The filth of moral dissolution is worse than any excretions.” (AUM, § 293)

A student on the spiritual path who has attained a certain level of consciousness cannot remain constantly in the polluted atmosphere of cities, but must go out into the free nature to absorb pure prana. However, he must also lead a more or less secluded life. Even Buddha, Christ and other great world teachers repeatedly withdrew to the desert or to solitude and never stayed in one place for long.

A true yogi also never stays in one place for long. One should therefore change one's place of residence more often in life, because here too, variety is just as necessary as crop rotation in the fields. Travels serves to educate and is conducive to expanding consciousness.

18. Sleep and dreams

Sleep is extremely important, because many coworkers undoubtedly help the forces of light in the subtle world while they sleep. Therefore, it is appropriate not only for health reasons but also for spiritual reasons not to shorten the hours of sleep. For many, their work in the subtle world is far more important than that on the physical plane.

It is good to fall asleep with the thought that one may go to succor where one is needed by the great MASTERS. Before falling asleep, one should also recite the great and small invocation (see Lesson No. 6).

One must distinguish between sleep and drowsiness. In cities, 7 to 8 hours of sleep is not only healthy, but absolutely essential, because during these hours our subtle body receives the nourishment it needs from the subtle realm.

Drowsiness can have several causes. Mostly they are cosmic causes. However, it can also be caused by contact with a sick, vampiric aura, which sucks out energy until we are completely exhausted. It is also not uncommon for our psychic energy to be suddenly needed by a person who is close to us mentally. In such cases, we also feel drowsiness, even dizziness and temporary mental absence.

Rest is extremely necessary as a healing factor. Sleep is beneficial and healthy and essential for the maintenance of the subtle body, because during sleep we can with easiness separate it and saturate it to a greater extent through the influence of subtle energies, not to mention the great teachings that come to us during sleep.

The teaching states that entry into the subtle world takes place at the threshold of sleep. This happens quite naturally. One only needs to train oneself to be attentive and cautious. These qualities will then create the necessary conditions, and at the given moment one will hear and see what one needs.

Above all, guard your peace of mind. Mental balance holds the great secret of achievement. In the days of Armageddon, i.e. the terrible battle between light and darkness that has already begun, it is repeated incessantly: be careful and guard your health, that is the most important thing, otherwise the disciple will not be able to fulfil the tasks assigned to him.

Nowhere in the teaching of light it is pointed to that avoiding or reducing sleep is desirable. It was only said that at higher altitudes the need for sleep decreases and that at an altitude of 6,000 to 7,000 metres one can get by with almost no sleep. But where are the people who live at such altitudes or can even habitate there? In large cities, it is essential to sleep 7 to 8 hours. The same applies to eating. At high altitudes, the amount of food can be reduced. This usually happens automatically, because the body does not need to eat much. But in the infected cities, the need for food is greater.

A slight corpulence is also desirable. The nerves should be embedded in fat to a certain extent. It is well known that thin people are much more nervous than corpulent people. However, the golden mean should also be referred to here, because only in this lies the necessary balance. A physical decline in strength must be avoided at all costs, because this immediately drains mental energy.

Some people dream intensely during sleep, while others do not. This depends on the fantasy and the more or less strong connection to the supersensible worlds. However, dreams and visions are not miracles, but the so-called 'thread of life'. It is precisely the insight of the essentials of upcoming events that can best be revealed in this way, as far as karma allows and remains unaffected by that. If people could ingest dreams and visions, their lives would improve, as they would be given numerous instructions and warnings.

The so-called dream books must be rejected, whether they are ancient Egyptian, Indian or Assyrian. The same applies to modern attempts at dream interpretation in psychoanalysis. The interpretation of dreams cannot be forced into a pattern, because the symbols seen in dreams have different respectively individual meanings for all people without exception and allow only a limited degree of analogy. One must therefore take the trouble to write down one's dreams in order to recognise the meaning of the symbols seen through much observation and practice. This would be not only an interesting but also an important task for everyone.

19. Daily review and self-perfectment

Those who make proper use of everyday life and understand its higher meaning are on the path to self-perfection. To control one's spiritual progress, it is advisable to review the

day every evening before going to sleep. If people were to give account of daily on the qualities of their daily work, they could avoid many difficulties.

Keeping a diary is also recommended. Above all, the status of newly acquired insights should be noted on an ongoing basis so that progress in the development of consciousness can be determined on the basis of these records. After many years, quite a few people would then be delighted to realise that a great metamorphosis for the better has taken place within them. The pursuit of perfection must be genuine and, above all, taken seriously.

„Self-perfectment is Light. Self-indulgence is darkness. One can so build one’s life that each day will, as it were, be the end. But one can so illumine one’s life that each hour will be a beginning. Thus one can rebuild one’s earthly existence beneath one’s very eyes....” (FW I, § 308)

„The World is moulded in beautiful Principles. The expression about the renunciation of the World is incorrect. One cannot renounce the heavenly beauty. The whole World has been given to man. Therefore it would be far truer to speak about the discovery of the meaning of things. When the manifestation of renunciation arises, it concerns the most perverted concepts, the most harmful actions, but it is inadmissible to misuse a beautiful concept, the World, to describe a generalization of these abominations of ignorance. Worldly matters do not have to be unworthy and shameful. Great consciousnesses have taken great pains over the World. It is unfitting to attribute to them the distortions of ignorance! In studying the foundations of the Fiery World, it is first of all necessary to have an agreement over the understanding of many concepts. Is it at all possible to call gluttony, or depravity, or theft, or betrayal, Worldly matters? They are even beneath the actions of animals. Animals know the measure of need, but if man has forgotten the measure of justice it is only because he has abandoned the World and has fallen into darkness. Whoever does not reflect more worthily about the World, is not able to distinguish right from wrong. How could he comprehend the Blessed Fire? He would shudder at the very thought of the Fiery World. Let us advise friends to gradually differentiate the World from chaos. I advise friends to begin discourses about the fiery element as the subject of forthcoming revelations.” (FW II, § 121)

20. Overcoming bad traits and habits

“...I say, Do not burden others by unnecessary sallies and irritation. The echo of errors resounds not only around you, but is carried along the entire Chain of Hierarchy. However, each caution is beneficial not only to you but it also strengthens space unto far-off spheres.” (HIE, § 165)

Write down what I say about psychic infection. It is an old topic, but even now this knowledge is not applied in life. People still fear physical infection even to excess, while forgetting the main channel of all contagion. Is it possible to kill, curse, and rage without strata forming in space? Everything forms clear, heavy deposits, creating above the site of an event a shroud of something like harmful gases. Does anyone expect that the toxic emissions of evil energy will just dissipate? Quite the contrary, they will condense and affect the prana...” (COM, § 195)

„What is violated most of all? Co-measurement, of course!

I have spoken so much about it, but I have to return to this old theme. Even those few who sense how important co-measurement is only remember it under special circumstances. When a person is drowning he recalls the noblest of principles, but it is far more important to remember them in the midst of everyday life. The pettiest thoughts will be carried off by the whirlwind of a correct judgment. Good or bad, useful or harmful—such judgments will be singled out, for where big trees tower, shrubs do not grow.

If we apply ourselves to changing the humdrum hustle and bustle into a beautiful podvig, right away the gnarled thorn bushes will turn into a towering grove. If we can transfer our thought to the frontiers of the miraculous, then we shall no longer expound at length about a sole with a hole in it.

I strongly advise doing away with gossip. That will free up half the day, and there will only remain a lonely cup of coffee or an abandoned glass of beer. Mealtime should be shortened in order to preserve its human character. Nothing lacks co-measurement as much as gossip and prattle during meals. Nothing lacks co-measurement as much as petty slander. Nothing lacks co-measurement as much as putting off an urgent action. Nothing lacks co-measurement as much as venting resentment like a petty trader. Nothing lacks co-measurement as much as divesting oneself of all responsibilities. Nothing lacks co-measurement as much as abandoning thought about beauty.

Co-measurement is like a pillar that holds up an entire house.

*Considering all the care we take even in choosing the color to paint the walls, are we going to destroy the pillar under the archway? **Master co-measurement inside out.** (LGM II, § 316)*

Mockery should be left to the dark ones, as should silly jokes, for they are not a sign of wisdom. Arguing, condemning, gossiping and criticising, mutual belittling, bumtiusness, selfishness, gaining advantages at the expense of others and the like must of course be avoided. This is part of mental hygiene. It may be added that it is also inappropriate to leave physical dirt behind.

In this regard, two types of people can be distinguished. Some never leave dirt behind; they tidy everything up and keep used items clean so that others are not burdened with rubbish or suffer damage as a result. They will not pollute forests, meadows, wells or springs. They will treat other people's belongings better than their own.

The other type of people are unfamiliar with this hygiene and leave the dirt they cause behind unscrupulously. One can be sure that they are still very far from the fiery world. On the other hand, one can be sure that the former are already of a fiery and purifying nature. Between these two groups, which are of course extremes, lies the mass of humanity.

“Many dragons stand guard to impede each advance. Multi-colored are these monsters! Among the most repulsive is the drab dragon of everyday routine. It would make an empty gray cobweb of even the most lofty communion. Yet even in everyday life people know how to preserve the freshness of renewal. People wash themselves daily and find themselves refreshed before the next task. Likewise, spiritual ablutions should not become dusty drudgery. Few know how to overcome the dragon of everyday routine. But such heroes multiply their forces tenfold, and each day they raise their eyes anew unto the heavens.

Since Infinity is, the spirit of man has no single commonplace instant. Joy can be born of a uniqueness of sensation. But lofty communion cannot become something ordinary. Boredom is not in Infinity, but in human limitations.

Do not permit the gray dragon to triumph. It is not really strong, and its repulsiveness is only in the ugliness of habit. Where filth and ugliness have been eliminated, the gray dragon cannot exist. Thus, the conquest of daily routine is reverence of the Higher World.” (AUM, § 319)

“You are beginning to do many things correctly. You do away with handshaking, thereby recognizing the power of touch. You avoid handwriting, thereby recognizing the stratification of living energy. You abbreviate the language, thereby recognizing the need for cosmic conservation. You establish mutual aid societies, thereby recognizing community. You begin to reevaluate transitory values, thereby recognizing evolution. You do away with the use of coercion, thereby recognizing the Teacher. You do away with profanity, thereby recognizing the value of sound. You do away with vulgar dancing, thereby recognizing the significance of rhythm. You do away with crude shows, thereby recognizing the importance of color. You do away with freeloading, thereby recognizing the power of energy. You do away with backwardness, thereby recognizing the will. Even if the scientific significance of your actions is not always clear to you, you are doing the right thing by demonstrating the inevitability of evolution.

You see how many things We agree with you on. Only a really dense person would think that Our ways contradict yours.

The consciousness of the peoples is sending forth young shoots like the sprouts of healing flowers! The stream of the people's aspiration carries humanity to new

knowledge. You may express this assertion with a poetic metaphor or a dry formula, but the significance of the popular stream will remain unshakeable. Whether someone prefers to take the difficult path or understands the usefulness of cooperation, the direction of evolution will remain unchanged.

Global regeneration, cooperation, mutual assistance, and community will flourish.”
(COM, § 143)

21. The overcoming of fear

„Vexation is the plague of the World. It reacts upon the liver, and engenders certain bacilli which spread in a highly contagious action. The Emperor Akbar, upon sensing vexation in someone, would summon musicians so that a new rhythm would break up the infection. This action, even though physical, brought beneficial results. “(FW II, §165)

“Fear of the future is the horror of the World. It breaks in upon life under different concepts. It gradually decomposes the mind and deadens the heart. Such fear is false in its nature. People know that none of their situations are permanent, consequently it is sensible to prepare without delay something for the future. But formless and immobile factors of chaos attach the consciousness to illusory places. One must intensify one’s realization of reality in order to recognize the falseness of Maya, and to understand that truth lies only in the future, when we draw near to the Abode of Fire. It is impossible to describe how people try to conceal their fear before the future. They attempt to prove that not the future, but the past must occupy their thinking. They shamefully avoid everything that reminds about the advancement into the future. They forget that this attitude constitutes a dangerous poisoning of space. Even in the purest places waves of such poison can be observed. People also poison each other. But the most health-giving and beautiful thought is about the future. It conforms with the Fiery World. “(FW II, §281)

„In primitive religions the fear of God was taught first of all. Thus was suggested a feeling which usually ends in rebellion. Certainly, each one who contacts the Higher World experiences a trembling, but this unavoidable sensation has nothing in common with fear. Fear is cessation of creative energy. Fear is ossification and submission to darkness. Whereas turning to the Higher World must evoke ecstasy and expansion of one’s forces for the expression of the beautiful. Such qualities are born not of fear but through love. Therefore higher religion teaches not fear but love. Only by such a path can people become attached to the Higher World. The chains of fear are peculiar to slavery. But the creation of beauty is not slavery, but is reverence with love. Let us compare that done in fear with that done in love. The treasure of the spirit is not from the prison of fear; therefore let us counsel people to love and to be strengthened by the feeling of devotion. No one can defend a place that is fearful to him, but achievement is accomplished in the name of love. Apply this measure to the Gates of the Fiery World.” (FW II, §292)

22. Quotes from Agni Yoga

Regarding handwritings, the following is stated in the Living Ethics:
“About handwritten manuscripts.

The significance of the handwritten manuscript has been completely forgotten. Even a very ordinary doctor understands that infection can be transmitted on a piece of paper. Pious kings and most holy cardinals have used this method many times to enhance their prosperity. You are also familiar with the experiments of contemporary hypnotists in which sealed letters are read at command. Even circuses offer this attraction without extra charge. These phenomena show that both the outer and the inner significance of handwritten items are great.

Just rubbing your hand on a piece of paper makes little cork figures spring up. Think how much energy can be impressed onto a piece of paper if the nerve centers cooperate.

One can observe energy radiating from the fingertips. These flashes can be seen in the dark. When the emanations are particularly strong one can see their blue light² even in the daytime. Along with the radiation, the paper is stratified with an indelible energy whose working is similar to that of word and thought.

A written note transmits not only the letters of the alphabet but also a powerful dose of the human essence. From this perspective, it may be good to hold a certain letter in your hands and reread it, while with another it may be better not even to touch it. Of course, there are flying through the world plenty of empty sheets of paper, devoid of a single spark of human consciousness.

How can you tell the difference? By using the knowledge of the spirit, the same knowledge that decides where you can apply a handshake.

A handwritten note is a handshake at a distance.” (LMG II, §351)

Handwritten communication should perhaps only be used with close friends, as should handshakes.

„A yogi has no habits, because habits are nothing more than the decay of life. However, it is natural for a yogi to have his own way of action. It is not difficult for a yogi to cut the bonds of habit, because his state of tense alertness constantly reveals to him new approaches to problems. Inertia is the skeleton on which ignorance grows. How many kingdoms have collapsed because of inertia! “(AY, §198)

„A yogi in his labors is like a stonecutter, or a goldsmith fashioning the most delicate work. A yogi is indeed like a goldsmith, who can fashion with the finest touch an intricate design. Likewise, a yogi can pierce the signs of human intent that are invisible to others. He strives toward that which is usually invisible, and learns to discern the real causes of events. Experience gained through alertness is the yogi's. “(AY, §226)

„Can a yogi feel fatigue? Of course he can; he can even become ill. But he will know that a new store of energy must then be gathered. He will know where energy was overspent and will, without losing equanimity, make use of valerian and musk...“ (AY, §241)

„...Those who seek Yoga only for their health should instead partake of a glass of wine and discuss lofty ideas without applying them to life. For the health of a yogi rises and falls like the wings of a soaring eagle. The eye of the yogi sees like the eagle's eye, which you already know. The calm of the yogi is like the tensed power of the ocean. “(AY, §201)

„The health of the yogi is comparable to the tuned vina³. The same may be said of the work of the yogi — at times resounding, at times silent, always wrapped in the garment of goal-fitness. The aim of the yogi is to fill space with beneficent affirmation and to direct energy to wherever Truth has been debased...” (AY, §202)

“Many dream of acquiring the shield of the yogi, while finding it too troublesome to forge the needed sword. But the ability to strike cannot come through watching another wield his sword...” (AY, §204)

“The laws of energy awakened while one follows the path of Agni Yoga act inevitably and with precision. No one who has stepped onto the path of Yoga can deny that his life was fundamentally changed by it. His life was either expanded broadly or was diminished, depending upon the qualities of his spirit.

We say to all, "Accept the full Chalice of Amrita⁴." But freedom of choice rests with each one.” (AY, §208)

„Our Teaching is not strong in the hands of those who do not apply it to life. Tell this to the co-workers in all countries, so that they may immediately find the means to fortify life through the counsels of Yoga. There are too many talkers and too few doers. I see no need for general

² The blue light – Materia Lucida – Light Matter of the subtle world

³ Vina – ancient indian stringed instrument

⁴ Amrita – the immortal – lasting wealth of experience in the chalice

lectures; but individual conversations are needed. Also, do not hide the difficulties or the advantages of the Teaching. Relate Yoga to world events, because a new system of life must be introduced, without which social movements will be nothing more than a masquerade of old ideas. The severe discipline of freedom can rebuild life only when a new understanding of the conscious use of psychic energy enters into everyday life. Repeat that a new understanding is needed for application in life! "(AY, §199)

"One should think about Our actions and testify to their rightness. The least doubting thought will divert the arrow far from its target. Then it would be better not to touch Yoga at all. An obscured consciousness is a remainder from the animal state. Who has need of clouded thoughts? No one would want to receive obscure answers to their questions! It is necessary to purify the current of one's spirit. But We are not chimney sweeps, to forcibly clean the channels of your spirit! Simply say that people themselves must make it possible for Us to be of help. "(AY, §197)

"It is said that a yogi has no desires; actually, he is filled with striving. A desire is not active, because it creates expectation, and expectation is the mother of passivity. Striving, on the other hand, is a generator of motion, leading to ascent of the spirit. It is said that the yogi knows no love; but in truth, he is full of compassion. People think of love only as constricting bonds. But compassion is boundless, a co-worker of Truth. It is said that a yogi is endowed with inexhaustible powers; however, like a diligent gardener, he must tend his own plants in the garden of opportunities. "(AY, §210)

"Rejoice! rejoice! rejoice! For the yogi must know the wisdom of joy. The teaching of the Blessed One is to safeguard the joy of spirit. He who feels the presence of the spirit already rejoices in recognition of his boundlessness. "(AY, §212)



Build a "Star"

Many responsible-minded and worried people today demand a practical action that promises maximum success without attracting much attention, without affiliation to a club or without political risk. In this way they live up to positive expression to their sense of responsibility towards the world situation. Working on the "Star" helps to alleviate not only spiritual but also material distress. It is therefore important to be concerned, at least a few times a day, sending out good thoughts, not for oneself, but above all for the world and for peace. Then the general mental work will also become accustomed to selfless aspirations, and there will be the hope that through such concentrated powers of thoughts the power of evil can be successfully reduced and averted. If millions of people voluntarily made themselves available to such a work, those men and women who would be fit for their purified thinking and noble character, could be able to protrude without great difficulty in religion, politics and social life in order to establish a fair and peaceful world order for the benefit of all people.

„Aum – Tat – Sat – Aum“

*Source of light in the universe,
pour out light into human thinking,
it become brighter on Earth!*

*Source of love in the universe,
pour out love into all human hearts,
May love blossom on Earth!*

*Source of wisdom in the universe,
pour out knowledge and wisdom,
let cognition prevail on Earth!*

*Source of peace in the universe,
strengthen peace and justice,
may felicity and joy be on Earth!*

*Source of power in the universe,
seal the door to evil,
that the plan of the good will be fulfilled!*

„Aum – Tat – Sat – Aum“

(For further information see Lesson no. 6).

Source:Works of the blessed Mahatma Maitreya Morya:

Blossoms of Morya`s Garden:

Abbreviations:

Leaves of Morya's Garden I, LMG I §§ 387**Leaves of Morya's Garden II,** LMG II §§ 358

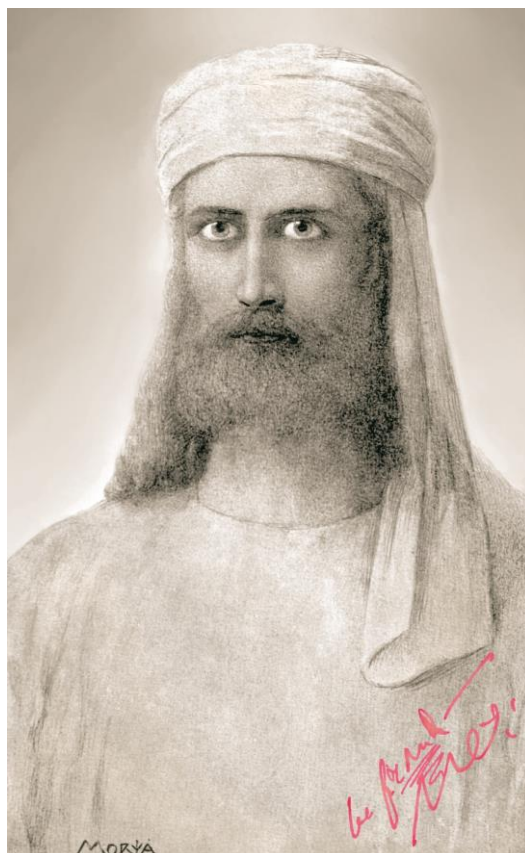
New era:

COMMUNITY COM §§ 275

Doctrine of Living Ethics in seven themes:

AGNI YOGA AY §§ 670**INFINITY I** INF I §§ 400**INFINITY II** INF II §§ 518**HIERARCHY** HIE §§ 460**HEART** HEA §§ 600**FIERY WORLD I** FW I §§ 666**FIERY WORLD II** FW II §§ 470**FIERY WORLD III** FW III §§ 618**AUM** AUM §§ 600**BROTHERHOOD** BH §§ 610**SUPERMUNDANE** SMU §§ 955**Letters of Helena Ivanova Roerich**

2 Books: HIR I, HIR II



MORYA – Indian Rajput prince, whose spirit had been raptured to the great spirit of MAITREYA and was enlightened or overshadowed by him. This portrait drawing commissioned by the artist Hermann Schmiechen in 1884 was often repainted. However, the copies only achieved a resemblance to the "face of the teacher", which is why repainted copies can lead to failure in meditations!

Living Ethics shows the way of reasonable self-education through applied ethics.



LEOBRAND – Leopold Brandstätter (* 20th February 1915 Wallern, † 26th February 1968 Linz), was an Austrian nature philosopher and humanist. His writings are concerned with ethics, humanities, psychology, philosophy, politics, ideology of the world and architecture. In the 1950s he translated the Agni yoga doctrine from Russian together with a Baltic-German team, thus paving the way for this philosophy in German-speaking countries. Leobrand founded a (non-public) school for Living Ethics. Decades before the introduction of teaching ethics in public schools he had already written 36 lessons of Living Ethics, as the first interdenominational teaching aid for ethical training. He gave countless lectures and conducted seminars. Recordings of Leobrand's lectures are available. These historical audio documents offer the possibility to understand/think along the philosophical analysis of the great thinker Leobrand and open up new horizons for life's spiritual dimension. Philosophical accuracy and clarity of expression are Leobrand's trademarks. The new concept of God is particularly noteworthy. For this new and completely independent concept of God, a new term was created: "**UNIVERALO**". Leobrand's concept is explained on a hierarchical basis, it detaches itself

from the abstract and merges with the whole existence. It includes many philosophical and historical concepts as well as advanced knowledge of relatively immortal spiritual fields of force. Leobrand therewith expressed the first and only humanistic definition of God within a new worldview and pulls the rug from under atheism. The new concept of God is as dynamic as nature itself and thus indicative of the forthcoming independent humanities. Other highlights are his work for a united Europe and for a forthcoming pannational world union. Many of those great-sounding ideas of Leobrand are already self-evident reality.

Works:

- 1955 - 1961: 36 lessons, **Briefe über Lebendige Ethik** (*letters on Living Ethics* - in translation)
- 1957: **Psychische Energie** (*Psychic energy* - humanities and psychology)
- 1958: **Heilung durch psychische Energie** (*Healing by psychic energy* - humanities and health)
- 1966: **Freude** (*Joy* - philosophy)
- 1967: **Der Ausweg** (*The way out* - politics)
- 1968: **Neues Europa und Welt ABC** (*New Europe and World ABC* - politics)
- 1968: **Das neue universelle Weltbild** (*The new universal world view* - world view)
- 1968: **Spiralik** (*Spiralik* - architecture of the future)
- 1953 - 1968: reprint, articles in magazines (partly unpublished manuscripts)
- 1976: **Der auferstandene Gott** (*The resurrected god* - humanities, compilation of articles)
- 1962 - 1967: **Lectures** and seminars on all his works (recordings MC in German language)

Activities:

- 1949: Establishment of a **peace league**
- 1953: Establishment of the (not public) „**School for Living Ethics**“ and magazine
- 1960: Publication of the magazine „**Spirale und grüne Wacht**“ (nature protection and biotechnology)
- 1961: Publication of the magazine „**Weltreichspirale**“
- 1962: Establishment of the association „**Welt-Spirale**“ - ethical society of progress and renewal of the world, and magazine.

Joy – Peace – Freedom

Serve peace and welfare of the world!

Overview of the „letters on living ethics, Introduction to Agni yoga“ from LEOBRAND:

Basic information ethics

1. The truth about yoga
2. Problems of spiritual renewal
3. The meaning of life
4. Karma and forming of fate
5. Might and meaning of thoughts
6. Self-help through proper thinking
7. Reincarnation – yes or no?
8. The meaning of suffering
9. Absolution or personal responsibility?
10. Dharma and life-task
11. Death and Rebirth
12. Devotions and sacrifice
13. The relationship of the sexes
14. Marital problems
15. Living Ethics and education
- 16. Living Ethics and everyday life**
17. Living Ethics and nutrition
18. Living Ethics and art

Spiritual training

19. Living Ethics – doctrine of life
20. Chakras or centers of higher consciousness
21. The spiritual meaning of the heart
22. The widening of consciousness
23. The subtle constitution of man
24. Monad or spiritual grain
25. The construction of the universe and Cosmoses
26. Subtle world
27. Fiery world
28. Brotherhood
29. The universal understanding of God
30. The Mother of the world
31. Occultism – yes or no?
32. Danger and meanders of occultism
33. Good and evil
34. The coming new world
35. Infinity
36. The path to become a master

Work is indispensable for development and self-perfection. Since most people on the spiritual path do not pursue that profession that corresponds to their desires and abilities, their true life's work often will begin only in their free time. It is precisely this job variation that brings the necessary inner satisfaction and, at the same time, relaxation. The emanation of coniferous trees is irreplaceable. Nervous tension leads to agitation. In such cases, to calm the energy centers, it is best to fast briefly, drink valerian tea, and consume hot milk with baking soda (naturally occurring sodium bi-carbonate), so that the heart, in particular, is relieved. All caustic smoke, especially tobacco smoke, is harmful. Pets absolutely belong in their designated places, i.e., in their own stables. Cut flowers are a rude mischief. A pupil on the spiritual path who has reached a certain level of consciousness cannot remain permanently in the polluted atmosphere of cities, but must go out into nature to absorb pure prana.

„Welt-Spirale“ Ethical society for progress and world renewal
www.welt-spirale.com