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### *Your Name*

Would that more people followed these seemingly simple directives.<sup>1</sup>

<sup>1</sup> Summarized from the works of Alice Bailey, particularly \*A Treatise on White Magic\*.

#### *Above all, practice harmlessness*

- Hold no harmful thoughts.
- Express no harmful words.
- Maintain positive harmlessness and constant watchfulness.
- Engage in no harmful action.
- Avoid negative harmlessness and tolerance through avoidance.

#### *Desire nothing for your separated self*

- Practice and strive for simplicity.
- Reject materialism.
- Eliminate possessiveness and self-reference.

#### *Look for the sign of divinity in all*

- Focus on the underlying causes, not the outward effects.
- Act on the realization that we are all the children of God.

#### *Strive to live as a spiritual being*

- Connect with your soul.
- Live a deeper Life.
- Develop a quiet, reflective mind.
- Find solitude in your daily life.
- Lose sight of your personal affairs.
- Make sacrifices.
- Seek constant inner growth.
- Follow the dictates of your own soul and the promptings of your higher self.

#### *Learn to control your thoughts*

- Thoughts are things; use them wisely.
- Guard your thoughts and your speech.
- Eliminate destructive and negative thoughts.

#### *End separateness*

- Strive to drop all racial, sectarian, political, and national barriers.
- Realize that we are all “of the same blood”.

*Practice silence*

- Learn how to keep quiet.
- Speak less and love more.
- Maintain balance and poise; hold the inner calm.
- Do not try to impose your ideas on other people.

*Maintain serenity*

- Keep your inner calm, poised in soul consciousness, the depths of your life undisturbed.

*Do not be critical*

- Criticism is a poison.
- Thoughts are things; guard your thoughts and your words.
- Do not deal with the affairs of others.
- Refuse to be separative.
- Permit no condemnation of others.

*Have the right motive*

- Only you know what your motive is and whether it is true and pure.
- Know your motive for all endeavors.

*Organize your life*

- Control your time.
- Regulate and order your daily life.
- Maintain a sense of proportion and balance.

*Be detached*

- Cultivate the attitude of the onlooker, a silent watcher.
- See all life in the light which streams from your soul.
- You are but one of many workers; be indifferent to the outcome of your work.

*Be humble*

- “True humility is based on fact, on vision, and on time pressures.”

*Be sincere*

- Apply in your daily life what you learn in your studies.

*Have singleness of purpose*

- Focus on this moment. Eliminate the secondary aspects of your life.
- Live a one-pointed life, and constantly practice the Presence of God.

*Be mentally polarized*

- Live your inner life on the mental plane.
- Strive to maintain a constant attitude of meditation—not just for a few minutes a day but constantly, all day.
- Maintain a constant orientation to directing your life from your soul.

*Practice divine indifference*

- Be indifferent to yourself, your personal interests, likes and dislikes.
- Maintain a neutral attitude toward your personal life: accept what is offered; use what is serviceable; but do not be held back by personality reactions.

*Demonstrate a true love of humanity*

- Practice goodwill.
- Promote world unity.
- Serve humanity unselfishly.
- Find your own way of serving, but do so as your primary purpose in life.

*Live a life which is an example for others*

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*Cultivate presence in each moment*

- Practice full awareness of your actions and surroundings.<sup>2</sup>
- Return frequently to the present moment.<sup>3</sup>
- Engage in conscious observation of yourself.<sup>4</sup>
- Bring sacred attention to routine tasks.<sup>5</sup>

*Choose your words and agreements wisely*

- Be impeccable with your word.<sup>6</sup>
- Don't take anything personally.<sup>7</sup>
- Don't make assumptions.<sup>8</sup>
- Always do your best, and allow your best to evolve.<sup>9</sup>

<sup>2</sup> Thich Nhat Hanh, \*The Miracle of Mindfulness\*

<sup>3</sup> Gurdjieff, \*Views from the Real World\*

<sup>4</sup> Pierre Hadot, \*Philosophy as a Way of Life\*

<sup>5</sup> Eknath Easwaran, \*Passage Meditation\*

<sup>6</sup> Don Miguel Ruiz, \*The Four Agreements\*

<sup>7</sup> *ibid.*

<sup>8</sup> *ibid.*

<sup>9</sup> *ibid.*

*Align with your higher values*

- Let truth, beauty, simplicity, and wholeness guide your choices.<sup>10</sup>
- Choose what expands your awareness.<sup>11</sup>
- Let the inner divine prompt your motives and your actions.<sup>12</sup>

<sup>10</sup> Abraham Maslow, *\*The Farther Reaches of Human Nature\**

<sup>11</sup> Sri Aurobindo, *\*The Life Divine\**

<sup>12</sup> Bailey, *\*White Magic\**

*Practice inner inquiry and self-observation*

- Look for the origin of reactions rather than suppressing them.<sup>13</sup>
- Seek to understand, not to judge.<sup>14</sup>
- Observe your inner states with curiosity and compassion.<sup>15</sup>
- Notice the difference between essence and personality.<sup>16</sup>

<sup>13</sup> A.H. Almaas, *\*Facets of Unity\**

<sup>14</sup> Hadot, *\*The Inner Citadel\**

<sup>15</sup> Almaas, *\*The Unfolding Now\**

<sup>16</sup> Almaas, *\*Essence\**

*Engage in sacred repetition*

- Choose a spiritual text and meditate on it daily.<sup>17</sup>
- Use repetition to anchor your mind and reshape your inner patterns.<sup>18</sup>
- Let your highest ideal shape your inner life.<sup>19</sup>

<sup>17</sup> Easwaran, *\*Passage Meditation\**

<sup>18</sup> *ibid.*

<sup>19</sup> *ibid.*

*Practice conscious work and service*

- Approach every task as a chance to awaken.<sup>20</sup>
- Use work to train attention and presence.<sup>21</sup>
- Offer your energy in service to others without expectation.<sup>22</sup>

<sup>20</sup> Gurdjieff, *\*Views from the Real World\**

<sup>21</sup> Bailey, *\*Letters on Occult Meditation\**

<sup>22</sup> Hadot, *\*Philosophy as a Way of Life\**

*Sources*

- 
- Alice Bailey, *A Treatise on White Magic; Letters on Occult Meditation*
  - Eknath Easwaran, *Passage Meditation*
  - Don Miguel Ruiz, *The Four Agreements*
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