

Thoughts of the trimester

“The Instructor would throw a word in the air and, based on it, the disciples formed a complete thought. There is no wiser way to test the level of consciousness.”

Adapted from *Fundamentos do Budismo* (Foundations of Buddhism) by Helena Roerich

OCTOBER 2010

Thoughts adapted from *Fundamentos do Budismo* (Foundations of Buddhism) by Helena Roerich

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Look equally at pleasure and pain, gain and loss, victory and defeat.	2 Kill in you all memory of past experiences, and do not look back anymore.
3 Destroy the feeling of separateness.	4 The wise ones get upset neither for the living nor for the dead.	5 None of us will ever cease existing in the future.	6 When we cease listening to the many, we will be able to discern the ONE.	7 Before the Soul can see, inner harmony must be achieved.	8 Renounce personality if you want to live in spirit.	9 The wise ones do not linger in the pleasurable regions of the senses.
10 The wise ones do not listen to the mellifluous voices of illusion.	11 Close your senses to the heresy of separateness that sets you apart from the others.	12 Before you enter the path, you have to change your body of desires and your mental body, and clean your heart.	13 Struggle with your impure thoughts before they dominate you.	14 Do not let the sun dry even one tear of your pain before you have dried the eye of the one who suffers.	15 Kill desire, but make sure it will not resuscitate stronger after it is killed.	16 Fight against that which is personal, ephemeral and perishable.
17 Help Nature and cooperate with it, and it will consider you one of its creators.	18 Nature will open the portals of its hidden chambers for you, and will unveil hidden treasures for you.	19 Beware not to put a still dirty foot on the first step of the stairway that takes you on High.	20 The mud on your foot will stick it to the steps of that stairway you are trying to climb.	21 If the effort is excessive, it creates wastage of energy; if it is too weak, it leads to passivity.	22 Silence your thoughts and you will hear your inner Master, who you still do not see, but who you already feel.	23 A simple thought about the past will drag you down, and you will have to begin the climb again.
24 Search for refuge only in what is eternal.	25 Learn to separate head erudition from the wisdom of the Soul.	26 Distinguish between those who understand and those who accept. Those who understand apply the teaching in life. Those who only accept do not always do it.	27 Those who accept the teaching without applying it are like a dry forest, without fruit or shade.	28 Those who absorb the teaching are like sponges prepared to clean the horrors of the world with the precious liquid.	29 Do not waste too much time with those who are not willing. Let them first demonstrate that they intend to walk.	30 The essential teaching manifests on its own, speaking to the heart of those who listen.
31 Withdraw from abstract discussions about the Teaching.						

NOVEMBER 2010

Thoughts adapted from *Fundamentos do Budismo* (Foundations of Buddhism) by Helena Roerich

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Through wise and clear precepts, a new education is calling.	2 The Light of the New Education is about to appear. The dates are getting close, within the hearts of the beings.	3 Let your decision be as firm as a diamond and as powerful as an eagle.	4 That the decision of the fair and sincere ones may be extended through all of Eternity.	5 Never give in to the attractions that seduce the human beings and deviate them from the path of Truth.	6 Just like the Sun goes through its course in all seasons, without forgetting any, the same way do not get away from the straight way.
7 Persevere in your search and you will find what you seek.	8 The feeling of ownership is not measured by the number of objects, but by the thoughts about them.	9 We may have objects without being an owner.	10 The fewer objects we have, the less time we will spend with them.	11 There is no true compassion without courage.	12 There is no self discipline without courage.	13 There is no patience without courage.
14 We cannot search for true knowledge without courage.	15 We are considered warriors not when we kill, but when we strive for the sublime wisdom.	16 We maintain an illusory existence because we have desires.	17 The senses dominate because we oppose impersonality.	18 Personality dominates when consciousness is saturated with materialism.	19 The source of all human suffering is found in obscurantism and in ignorance.	20 To keep someone in ignorance is the greatest crime.
21 The thirst for personal satisfaction for the terrestrial goods drags after it an imperfect existence.	22 Straight thinking, straight word, straight action, straight work and straight vigilance lead to straight concentration, according to Buddha.	23 Doubt, superstition, physical passions, wrath, attachment to the Earth, desire for pleasure and rest, and pride, all of this leads to ignorance.	24 The oldest and the wisest is the one who is one's own Lord.	25 To avoid arguments without excluding the others is a rule of love.	26 The fool and the ignorant are their own greatest enemies.	27 A fool who lives in the company of a sage is like the spoon that ignores the taste of the soup.
28 Long is the round of lives and of deaths for those who do not know truths.	29 It is good to believe, not because you have heard a rule, but only when consciousness verifies it and accepts it.	30 If you speak or act with an impure mind, suffering will follow you closely.				

DECEMBER 2010

Thoughts adapted from *Fundamentos do Budismo* (Foundations of Buddhism) by Helena Roerich

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 The enemy works to harm the enemy, hates those who hate him or her, but still worse is the evil done by badly directed thought.	2 As the rain infiltrates a poorly covered house, so desire infiltrates a badly trained mind.	3 Honesty may be compared to an inflated balloon that, once damaged, will be destroyed.	4 Hate has never been destroyed by hate; only goodness can put an end to hatred. Such is the eternal law.
5 Instead of living with the selfish and the vain, it is better that one walks alone.	6 Courage, patience and compassion are the weapons of the warriors of Common Good.	7 The renunciation to personal things gives birth to the sense of true freedom.	8 Buddha found the way to the hearts of people not through miracles, but through his example of great cooperation.	9 To protect your home through mysterious rituals is not enough; you must protect it with good deeds.	10 An orderly person does not boast of suprahuman perfection.	11 As the earth patiently endures everything that falls on it, so we must endure the incomprehension of humankind.
12 Cultivate patience, love, generosity and the truth, and not the incorrect actions realized by thought or by word.	13 If a magistrate punishes, let it be done without hatred, without sheltering any resentment in the depth of the heart.	14 The sooner we understand that purification frees the soul, the sooner we will stop lamenting our own luck.	15 The ones who combat must be alert not to combat for their own interests instead of truth and rightness.	16 The one who goes to war must be prepared to be killed, and there is no reason for lamenting.	17 The one who considers oneself a winner must remember the impermanence of the terrestrial things.	18 Great is an athlete who wins, but even greater is someone who has conquered oneself.
19 The teaching of the conquest of the human ego is not to destroy the souls, but to preserve them.	20 Becoming someone of attainment, you will no longer do anything without due attention.	21 You must be a conqueror of low forces here in this world, in the conditions you are now.	22 The mature human beings do not desire what they see. They seek what they do not see.	23 The best is not to kill or be the cause of deaths. Avoid taking the life of any living being.	24 Death will separate husband and wife, but death will never affect the one who has married Truth.	25 When the heart is tranquil, when consciousness is awoken, then Truth is noticed.
26 Everyone is pure or impure on their own. No person can purify another person.	27 Regeneration is only possible through an inner process of work on oneself.	28 The Teaching is salvation, not because it was given by masters, but because it liberates.	29 The Teaching is like the flame of a torch, lightening countless fires.	30 Asceticism is useful only when it does not conceal envy and greed.	31 For the vina chords to produce a harmonious sound, they must be neither too tense nor too loose.	