

Blessed are those moments of concentration and meditation, when one can better realize the real nature of things: such moments are refreshing, invigorating, enlightening, strengthening.

The new life we are entering may be said to be the only real life; the new infinite consciousness, the only real consciousness. We are traveling away from shadows into the land of Truth celestial.

The cause of humanity is the cause of love; and to be actively interested in this cause is the most enjoyable field of experience. Happiness is not gained by any selfishness: cooperative endeavor alone gives satisfaction.

To be natural is not necessarily to be rugged: in fact there is often something very artificial and affected about a rough exterior. The ascetic life is not an ideal life. Art and refinement form a beautiful crown of a natural life.

I must emphasize again and again the need of Concentration—in thought and action. From various points of view one can discern what great results come only from this balanced position. Look straight ahead; focus your mind (without any strain) on what you are doing, or what you want to do. This is the way to accomplish great things,—that is if you keep on, steadfastly, calmly, patiently, willing to wait; this is the way to be courageous, fearless, strong.