

MEDITATIONS

**BEING SELECTIONS FROM “AT THE FEET
OF THE MASTER”**

JOINTLY PUBLISHED BY

PYTHAGORAS YOUTH THEOSOPHICAL LODGE

BHUBANESWAR, ODISHA, INDIA

&

DHENKANAL THEOSOPHICAL LODGE

DHENKANAL, ODISHA, INDIA

M E D I T A T I O N S

BEING SELECTIONS FROM

“At the Feet of the Master”

NOTE

These selections are arranged for monthly, weekly and daily practice, The last month is devoted to the subject of the Coming of the Lord Maitreya, the Christ, and the sayings therein are gleaned elsewhere.

The compiler is responsible for the italics in the quotations from *At the Feet of the Master*. The edition used is the first Adyar edition.

By
A Server

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“This teaching was given to prepare him very rapidly for Initiation.”

“Take it in this way sentence by sentence and practise it for a week, and then it will help you to come very much nearer your goal.”

“Every week you should take up some point and work hard at it; practise something regularly during the week. For if you work hard at a thing for a week, you begin to do it instinctively. You will find it begins to be a habit. In this way you will make some real progress during the week.”

“Strenuous unremitting effort without which you cannot enter the Path.”

Annie Besant

“For the need is so great; and the opportunities unique.”

C.W. Leadbeater

“Nothing can be strong enough to succeed, until it has been strengthened over and over again by failure.”

Annie Besant

*“To say is easy; when you try to do, you find how hard it is. You will find it is a poison-dose indeed to be repeated every hour. Blessed the man who says and does. **‘His feet I hold close to my heart.’**”*

From the Chinese

Take with unerring choice, and make and mould, and carve and cut and force thy way-To the centre of all creation—To the heart indeed of all lovers.

Edward Carpenter

JANUARY : GOD

God, who is Almighty, is in you, and because of that there is nothing that you cannot do if you will.

FEBRUARY : THE MASTER

In the light of His holy Presence all desire dies, but the desire to be like Him.

MARCH : THE PATH

Say to yourself: "What man has done, man can do. I am a man, yet also God in man; I can do this thing, and I will."

APRIL : DISCRIMINATION

Learn to distinguish the God in everyone and everything, no matter how evil he or it may appear on the surface.

MAY : DESIRELESSNESS

You must give up all feeling of possession, Be cheerful—ready to part with anything and everything.

JUNE : GOOD CONDUCT

You must trust your Master.

You must trust yourself.

JULY : LOVE

Love is the will to be one with God, in order that you may act with Him, and as He does.

AUGUST : THOUGHT

You must control your thought: you must not let it wander.

SEPTEMBER : SPEECH

Watch every word

OCTOBER : ACTION

The one thing that you must set before you is to do the Master's work.

NOVEMBER : HELPFULNESS

Help others,

DECEMBER : THE DAY OF HIS COMING

Watch : Prepare.

JANUARY

Subject : God

PRACTICE

God, who is Almighty, is in you, and because of that there is nothing that you cannot do if you will.

PRACTICE FOR JANUARY*GOD, WHO IS ALMIGHTY, IS IN YOU*WEEKLY PRACTICE
YEARN TO BE ONE WITH GOD**DAILY PRACTICE**

1. Yearn to be one with God... that you may be a channel through which His love may flow to reach your fellowmen.
2. Because God is Love, you, if you would become one with Him, must be filled with perfect unselfishness and love also.
3. Love is often translated as an intense desire... for union with God. It is not so much desire as *will*, resolve, determination.
4. Love is indeed the will to be one with God... in order that because of your deep love for Him you may act with Him and as he does.
5. He who is on the Path... is as a pen in the hand of God, through which His thought may flow
6. He who is on the Path... is also a living plume of fire, raying out upon the world the Devine Love, which fills his heart.
7. All are one, and ...therefore only what the One wills can ever be really pleasant for any one.
8. When your body wishes something, stop and think whether *you* really wish it. For *you* are God.
9. Until (people) learn to distinguish between the real and the unreal, they have not ranged themselves on God's side.
10. *You* – the real you – you are a spark of God's own fire.
11. God, who is Almighty, is in you.
12. Because of that there is nothing that you cannot do if you will.
13. Say to yourself: "I am a man, yet also God in man; I can do this thing, and I will."

PRACTICE FOR JANUARY
THERE IS NOTHING THAT YOU CANNOT
DO IF YOU WILL

WEEKLY PRACTICE
FOR YOU ARE GOD

DAILY PRACTICE

14. The man who does not know thinks that he is great, that he has done this or that great thing; the wise man knows that only God is great, that all good work is done by God alone.
15. We can help or hinder evolution; we can do the will of the Logos or we can resist Him.
16. The really important thing is this knowledge - the knowledge of God's plan for men.
17. For God has a plan, and that plan is evolution. When once a man has seen that and really knows it, he cannot help working for it and making himself one with it, because it is so glorious.
18. So, because a man knows, he is on God's side, standing for good and resisting evil, working for evolution and not for selfishness.
19. If a man is on God's side he is one of us, and it does not matter in the least whether he calls himself a Hindu or a Buddhist, a Christian or a Muhammadan.
20. Those who are on God's side know why they are here and what they should do, and they are trying to do it.
21. You must dig deep down into yourself to find the God within you, and listen to His voice, which is *your* voice.
22. Learn how to arouse that Divine Life in your brother, learn how to appeal to that in him; so shall you save your brother from wrong.

PRACTICE FOR JANUARY*GOD, WHO IS ALMIGHTY, IS IN YOU*

WEEKLY PRACTICE
WE CAN HELP OR HINDER EVOLUTION

DAILY PRACTICE

23. You can help your brother through that which you have in common with Him, and that is the Divine Life.
24. Learn to distinguish the God in everyone and everything no matter how evil he or it may appear on the surface.
25. Against these three sins against love-gossip, cruelty and superstition, the man who would fill his heart with the love of God must watch ceaselessly.
26. The fate of the cruel must fall upon all who go out intentionally to kill God's creatures, and call it "sport".
27. For the sake of the love of God, when opportunity offers, you will speak clearly against cruelty.
28. Many crimes have men committed in the name of the God of Love, moved by this nightmare of superstition; be very careful therefore that no slightest trace of it remains in you.
29. Will, Wisdom and Love are the three aspects of the Logos.
30. You, who wish to enroll yourselves to serve Him, must show forth these aspects in the world.
31. God is Wisdom as well as Love; and the more wisdom you have the more you can manifest of Him.



RED LETTER DAYS

FEBRUARY

Subject : THE MASTER

PRACTICE

In the light of His holy Presence all desire dies, but the
desire to be like Him.

PRACTICE FOR FEBRUARY
IN THE LIGHT OF HIS HOLY PRESENCE

WEEKLY PRACTICE

NEVER..... THINK WHAT YOU CANNOT IMAGINE
 THE MASTERAS..... THINKING

DAILY PRACTICE

1. You must never do or say or think what you cannot imagine the Master as doing or saying or thinking.
2. The words, which He spoke to me, will help you also, if you will obey them.
3. To hear the Master's words is not enough; you must do what He says, attending to every word, taking every hint.
4. The pupil is one with his Master, and he needs only to put back his thought into the Master's thought to see at once whether it agrees.
5. Have no desire for psychic powers; they will come when the Master knows that it is best for you to have them.
6. Before you have the happiness of meeting Him face to face, you may attain desirelessness if you will.
7. All helpful, unselfish work is the Master's work, and you must do it for His sake.
8. Often the Master needs to pour out His strength upon others through His servant; He cannot do that if the servant yields to depression.
9. By offering yourself to Him, you have asked that your karma may be hurried, and... you must bear it cheerfully, gladly.
10. It does not matter in the least what happens to a man from the outside; sorrows, troubles, sicknesses, losses.... must not be allowed to affect the calmness of his mind.

PRACTICE FOR FEBRUARY
ALL DESIRE DIES BUT THE DESIRE
TO BE LIKE HIM

WEEKLY PRACTICE

CHEERFULNESS MUST BE THE RULE

DAILY PRACTICE

11. Remember that you are but little use to the Master until your evil karma is worked out, and you are free...
12. Your mental body... tries to calculate for self, to make you think of your own progress.
13. Many feel that they *are* their desires – that if their distinctive desires, their likings and dislikings, are taken away from them, there will be no self-left. But these are only they who have not seen the Master.
14. In the light of His holy presence all desire dies, but the desire to be like Him.
15. You must try to realize him and trust Him because if you do not, even He cannot help you. Unless there is perfect trust, there cannot be the perfect flow of love and power.
16. You must trust your Master, you must trust yourself.
17. If you have seen the Master, you will trust Him to the uttermost, through many lives and deaths.
18. These are the words of the Master who taught me. Without Him I could have done nothing.
19. If a hint is not taken, if a word is missed, it is lost forever, for He does not speak twice.
20. When you become a pupil of the Master, you may always try the truth of your thought by laying it beside His.
21. The Master's thought is perfect, because He knows all.

PRACTICE FOR FEBRUARY*IN THE LIGHT OF HIS HOLY PRESENCE*WEEKLY PRACTICE

YOU MUST TRY TO REALISE HIM...

DAILY PRACTICE

22. Think how you would do a piece of work if you know that Master was coming at once to look at it; just in that way you must do all your work.
All... work... you must do for His sake.
23. A small thing which is directly useful in the Master's work is far better worth doing than a large thing, which the world would call good.
24. Those who wish to follow the Master have already decided to take the fight at all costs.
25. Remember that *all* selfish desire binds, how ever high may be its object, and until you have got rid of it you are not wholly free to devote yourself to the work of the Master.
26. The one thing that you must set before you is to do the Master's work. Whatever else may come in your way to do, that at least you must never forget. Yet nothing else can come in your way.
27. Waiting the word of the Master...
Listening to catch His orders.
28. Seeing his slightest signal...
29. Hearing His faintest whisper...

**RED LETTER DAYS**

MARCH

Subject : THE PATH

PRACTICE

Say to yourself :

“What man has done, man can do.
I am a man, yet also God in man;
I can do this thing, and I will.”

PRACTICE FOR MARCH*WHAT MAN HAS DONE, MAN CAN DO*WEEKLY PRACTICE

A MAN WHO WISHES TO SUCCEED MUST DO
EXACTLY WHAT IS SAID

DAILY PRACTICE

1. A man who wishes to succeed must do exactly what is said.
2. Through His help I have set my feet upon the Path.
3. Four Qualifications are there for this pathway;
 - Discrimination.
 - Desirelessness.
 - Good Conduct.
 - Love.
4. The wisdom which enables you to help, the will which directs the wisdom, the love which inspires the will - these are your qualifications.
5. One statement of the Qualifications gives them thus; to know, to dare, to will, and to be silent.
6. Say to yourself, "I can do this thing, and I will."
7. If the example be followed as well as the precept, then for the reader, as for the writer, shall the Great Portal swing open, and his feet be set on the Path.
8. He who would walk upon the Path must learn to think for himself . . .
9. Discrimination between the real and the unreal... leads men to enter the Path.
10. Discrimination is to be practised, not at the beginning of the Path, but at every step of it every day until the end.

PRACTICE FOR MARCH
I AM A MAN YET ALSO GOD IN MAN

WEEKLY PRACTICE

HE WHO WOULD WALK UPON THE PATH MUST LEARN
TO THINK FOR HIMSELF...

DAILY PRACTICE

11. You enter the Path because you have learnt that on it alone can be found those things, which are worth gaining . . . things, which are real and lasting.
12. However wise you may be already, on the Path you have much to learn.
13. Say to yourself; "What man has done, man can do."
14. If you wish to enter the Path, you must think of the consequences of what you do, lest you should be guilty of thoughtless cruelty.
15. You will must be like tempered steel, If you would tread the Path.
16. Say to yourself; "I am a man, yet also God in man."
17. One-pointedness means, too, that nothing shall ever turn you, even for a moment, from the Path upon which you have entered.
18. No temptations, no worldly pleasures, no worldly affections even, must ever draw you aside.
19. Hold back your mind from pride, for pride comes only from ignorance.
20. Using always reasons and common-sense.
21. You must watch unceasingly, or you will fail
22. He who is on the Path exists not for himself, but for others.
23. He has forgotten himself, in order that he may serve others.

PRACTICE FOR MARCH*I CAN DO THIS THING, AND I WILL*WEEKLY PRACTICE

YOUR WILL MUST BE LIKE TEMPERED STEEL.

DAILY PRACTICE

24. He is as a pen in the hand of God, through which His thought may flow, and find for itself an expression down here, which without a pen it could not have.
25. He is also a living plume of fire, raying out upon the world the Divine Love, which fills his heart.
26. When you try to prepare yourself for the Path, you cannot help making your body more sensitive, so that its nerves are easily disturbed by a sound or a shock, and feel any pressure acutely; but you must do your best... that they may be as little irritable as possible.
27. The calm mind means also courage, so that you may face without fear the trials and difficulties of the Path; it means also steadiness.
28. Without a perfectly clean and healthy body you cannot do the arduous work of preparation, you cannot bear its ceaseless strain.
29. You yourself must become one with the Path; It must be so much part of your nature that you follow it without needing to think of it, and cannot turn aside.
30. You, the Monad, have decided it; to break away from it would be to break away from yourself.
31. You must be always gentle.



RED LETTER DAYS

APRIL

Subject : DISCRIMINATION

PRACTICE

Learn to distinguish the God in everyone and everything, no matter how evil he or it may appear on the surface.

PRACTICE FOR APRIL

*LEARN TO DISTINGUISH THE GOD
IN EVERYONE AND EVERYTHING*

WEEKLY PRACTICE

ALL ARE ONE

DAILY PRACTICE

1. All are one, and therefore only what the One wills can ever be really pleasant for any one.
2. Discrimination is to be practised, not only at the beginning of the Path, but at every step of it everyday until the end.
3. Men who do not know work to gain wealth and power, but these are at most for one life only, and therefore unreal.
4. In all the world there are only two kinds of people-those who know, and those who do not know; and this knowledge is the thing, which matters.
5. What religion a man holds, to what race he belongs-these things are not important; the really important thing is this knowledge - the knowledge of God's plan for men.
6. For God has a plan, and that plan is evolution.
7. You can help your brother through that which you have in common with him, and that is Divine Life.
8. You must distinguish between truth and falsehood; you must learn to be true all through, in thought and word and deed.
9. You must not hold a thought just because many other people hold it... you must think of the matter for yourself, and judge for yourself whether it is reasonable.
10. He who would walk upon the Path must learn to think himself, for superstition is one of the greatest evils in the world.

***PRACTICE FOR APRIL
BE TRUE ALL THROUGH***

WEEKLY PRACTICE

**YOU MUST DISTINGUISH BETWEEN TRUTH AND
FALSEHOOD.**

DAILY PRACTICE

11. Your thought about others must be true; you must not think of them what you do not know.
12. If a man speak angrily to you, do not think; "He hates me, he wishes to wound me." ... He is acting foolishly, for all anger is foolish, but you must not therefore think untruly of him.
13. The pupil is one with his Master, and he needs only to put back his thought into the Master's thought to see at once whether it agrees.
14. Stop often to think; "What would the Master think about this? What would the Master say or do under these circumstances?"
15. From darkness lead me to Light.
From death lead me to Immortality.
16. Until men learn to distinguish between these two (the unreal and the real) they have not ranged themselves on God's side, and so this discrimination is the first step.
17. Between right and wrong it should not be difficult to choose, for those who wish to follow the Master have already decided to take the right at all costs.
18. Between right and wrong Occultism knows no compromise.
19. You must discriminate between the important and the unimportant. Firm as a rock where right and wrongs are

PRACTICE FOR APRIL*FROM THE UNREAL LEAD ME TO THE REAL*WEEKLY PRACTICEFROM DARKNESS LEAD ME TO LIGHT

DAILY PRACTICE

concerned, yield always to others in things, which do not matter.

20. You must study deeply the hidden laws of Nature, and when you know them arrange your life according to them, using always reason and common-sense.
21. You can help your brother through that which you have in common with him, and that is Divine Life.
22. Do not mistake your bodies for yourself-neither the physical body, nor the astral, nor the mental.
23. When your body wishes something, stop and think whether you really wish it. For you are God, and you will only what God wills.
24. The astral body has its desires - dozens of them; it wants you to be angry, to say sharp words, to feel jealous, to be greedy for money, to envy other people their possessions, to yield yourself to depression... But you want none of these things, and therefore you must discriminate between your wants and your body's.
25. Study then, but study first that, which will most help you to help others.
26. Be true in action; never pretend to be other than you are.
27. You must discriminate between the selfish and the unselfish. For selfishness has many forms, and when you

PRACTICE FOR APRIL
YOU MUST WATCH UNCEASINGLY
OR YOU WILL FAIL

WEEKLY PRACTICE

DO NOT MISTAKE YOUR BODDIES FOR YOURSELF.

DAILY PRACTICE

think you have finally killed it in one of them, it arises in another as strongly as ever.

28. You must be true in speech too-accurate and without exaggeration. Never attribute motives to another... If you hear a story against anyone, do not repeat it..., Think well before speaking, lest you should fall into inaccuracy.
29. You must distinguish not only the useful from the useless, but the more useful from the less useful.
30. Try to see what is worth doing; and remember that you must not judge by size of the thing.

A small thing which is directly useful in the Master's work is far better worth doing than a large thing which the world would call good.



RED LETTER DAYS

MAY

Subject : DESIRELESSNESS

PRACTICE

You must give up all feeling of possession. Karma may take from you things which you like best – even the people whom you love most. Even then you must be cheerful—ready to part with anything and everything.

PRACTICE FOR MAY
YOU MUST GIVE UP ALL FEELING
OF POSSESSION

WEEKLY PRACTICE

YOU MAY WIN DESIRELESSNESS

DAILY PRACTICE

1. Before you have the happiness of meeting the Master face to face, you may attain desirelessness if you will.
2. There are many for whom the qualification of desirelessness is a difficult one, for they feel that they *are* their desires.
3. But these are only they who have not seen the Master; in the light of His holy presence all desire dies, but the desire to be like Him.
4. The things which most men desire, such as wealth and power, are not worth having; when this is really felt, not merely said, all desire for them ceases.
5. But there are some who forsake the pursuit of earthly aims only in order to gain heaven, or to attain personal liberation from rebirth; into this error you must not fall.
6. If you have forgotten self altogether, you cannot be thinking when that self should be set free, or what kind of heaven it shall have.
7. Karma may take from you the things which you like best—even the people whom you love most. Even then you must be cheerful—ready to part with anything and everything.
8. Remember that *all* selfish desire binds, however high may be its object, and until you have got rid of it, you are not wholly free to devote yourself to the work of the Master.

PRACTICE FOR MAY
NO DESIRE FOR SELF; NO DESIRE FOR RESULTS
WEEKLY PRACTICE
ALL SELFISH DESIRE BINDS

DAILY PRACTICE

9. When all desires for self are gone, there may still be a desire to see the result of your work.
10. If you help anybody, you want to see how much you have helped him; perhaps even you want him to see it too, and to be grateful. But this is still desire, and also want of trust.
11. When you pour out your strength to help, there must be a result, whether you can see it or not; if you know the Law you know this must be so.
12. So you must do right for the sake of right, not in the hope of reward.
13. You must be so filled with the intense desire of service that you are ever on the watch to render it to all around you—not to man alone, but even to animals and plants.
14. For if you yearn to be one with God, it is not for your own sake; it is that you may be a channel through which His love may flow to reach your fellow—men.
15. Never wish to shine, or to appear clever.
16. It is well to speak little; better still to say nothing, unless you are quite sure that what you wish to say is true, kind and helpful. Before speaking think carefully whether what you are going to say has those three qualities; If it has not, do not say it.

PRACTICE FOR MAY
YOU MUST GIVE UP ALL FEELING
OF POSSESSION

WEEKLY PRACTICE

HAVE NO DESIRS TO SPEAK

DAILY PRACTICE

17. It is well to get used even now to thinking carefully before speaking; for when you reach Initiation you must watch every word, lest you should tell what must not be told.
18. Much common talk is unnecessary and foolish; when it is gossip, it is wicked.
19. So be accustomed to listen rather than to talk; do not offer opinions unless directly asked for them.
20. One statement of the Qualifications gives them thus; to know, to dare, to will and to be silent; and the last of the four is the hardest of them all.
21. You must give up all feeling of possession.
22. Another common desire, which you must sternly repress, is the wish to meddle in other men's business.
23. What another man does or says or believes is no affair of yours, and you must learn to let him absolutely alone.
24. He has full right to thought and speech and action, so long as he does not interfere with anyone else.
25. If you think he is wrong, and you can contrive an opportunity of privately and very politely telling him why you think so, it is possible that you may convince him; but there are many cases in which even that would be an improper interference.

PRACTICE FOR MAY*NO DESIRE FOR SELF, NO DESIRE FOR RESULTS*WEEKLY PRACTICE

STERNLY REPRESS THE WISH TO MEDDLE

DAILY PRACTICE

26. On no account must you go and gossip to some third person about the matter, for that is an extremely wicked action.
27. If you see a case of cruelty to a child or an animal, it is your duty to interfere. If you see anyone breaking the law of the country, you should inform the authorities.
28. If you are placed in charge of another person in order to teach him it may become your duty gently to tell him of his faults. Except in such cases, mind your own business, and learn the virtue of silence.
29. Have no desire for psychic powers; they will come when the Master knows that it is best for you to have them.
30. To force them too soon often brings in its train much trouble;..... in any case the time and strength that it takes to gain them might be spent in work for others.
31. They will come in the course of development.... and if the Master sees that it would be useful for you to have them sooner, He will tell you how to unfold them safely. Until then, you are better without them.

**RED LETTER DAYS**

JUNE

Subject : GOOD CONDUCT

PRACTICE

You must trust your Master.
You must trust yourself.

PRACTICE FOR JUNE**YOU MUST TRUST YOUR MASTER***WEEKLY PRACTICE**TOLERANCE*

DAILY PRACTICE

1. Make allowance for everything; be kindly towards everything.
2. Look kindly, gently, tolerantly upon all; but upon all alike.
3. To help all, you must understand all.
4. For in everyone and in everything there is good; in everyone and in everything there is evil.
5. You must feel a hearty interest in the beliefs of those of another religion, just as much as in your own. For their religion is a path to the highest, just as yours is.
6. If he is on God's side he is one of us, and it does not matter in the least whether he calls himself a Hindu or a Buddhist, a Christian or a Muhammadan, whether he is an Indian or an Englishman, a Chinaman or a Russian.
7. You must not condemn others who still cling to ceremonies.
8. Your duty is to remain always joyous and serene... remembering that all evil is transitory.
9. The Master needs to pour out His strength upon others through His servant; He cannot do that if the servant yields to depression. So cheerfulness must be the rule.
10. Depression is wrong, because it infects others and makes their lives harder, which you have no right to do.

PRACTICE FOR JUNE
YOU MUST TRUST YOUR MASTER

WEEKLY PRACTICE
CHEERFULNESS

DAILY PRACTICE

11. Make light of the troubles, which come into everyone's life.
12. Avoid the incessant worry over little things in which many people spend most of their time.
13. When (sorrows, troubles, sicknesses, losses) come you must bear them cheerfully... They belong to your previous lives, not this; you cannot alter them, so it is useless to trouble about them.
14. Never allow yourself to feel sad or depressed. If ever depression comes to you, throw it off at once.
15. Nothing shall ever turn you, even for a moment, from the Path upon which you have entered.
16. The one thing that you must set before you is to do the Master's work.
17. You follow it (the Path) without needing to think of it, and cannot turn aside.
18. Your will must be like tempered steel, if you would tread the Path.
19. You yourself must become one with the Path.
20. "Whatsoever thy hand findeth to do, do it with thy might.
21. There is nothing that you cannot do if you will.

PRACTICE FOR JUNE
YOU MUST TRUST YOURSELF

WEEKLY PRACTICE
ONE - POINTEDNESS

DAILY PRACTICE

22. If you have seen the Master, you will trust Him to the uttermost, through many lives and deaths.
23. If you have not yet seen Him, you must still try to realize Him and trust Him, because if you do not, even He cannot help you.
24. Unless there is perfect trust, there cannot be the perfect flow of love and power.
25. You must trust your Master; you must trust yourself. You say you know yourself too well?

If you feel so, you do not know yourself; you know only the weak outer husk, which has fallen often into the mire.
26. But *you*-the real you - you are a spark of God's own fire.
27. And God, who is Almighty, is in you, and because of that there is nothing that you cannot do if you will.
28. Say to yourself: "What man has done, man can do. I am a man, yet also God in man; I can do this thing, and I will."
29. The pure light of truth..... should shine through you as sunlight shines through clear glass.
30. Hold back your mind from pride, for pride comes only from ignorance.



RED LETTER DAYS

JULY

Subject : LOVE

PRACTICE

Love is the will to be one with God, in order that because of your deep love for Him, you may act with Him and as He does.

PRACTICE FOR JULY**LOVE IS THE WILL TO BE ONE WITH GOD**

WEEKLY PRACTICE
OF ALL THE QUALIFICATIONS LOVE IS
THE MOST IMPORTANT

DAILY PRACTICE

1. Of all the Qualifications, Love is the most important, for if it is strong enough in a man, it forces him to acquire all the rest.
2. In daily life, Love means two things; a) That you shall be careful to do no hurt to any living thing; b) That you shall always be watching for an opportunity to help.
3. You must be active in doing good. You must be so filled with the intense desire of service that you are ever on the watch to render it...not to man alone, but even to animals and plants.
4. Think each day of someone whom you know to be in sorrow, or suffering, or in need of help, and pour out loving thought upon him.
5. When you pour out your strength to help, there must be a result, whether you can see or not, if you know the Law you know this must be so... You must give yourself to the service of the world because you love it, and cannot help giving yourself to it.
6. He who is on the Path exists not for himself but for others; he has forgotten himself, in order that he may serve them.
7. Look kindly, gently, tolerantly, upon all.
8. ...Gossip, Cruelty and Superstition... Against these three the man who would fill his heart with the Love of God must watch ceaselessly.

PRACTICE FOR JULY*IN ORDER THAT YOU MAY ACT WITH HIM*WEEKLY PRACTICE

GOSSIP IS A SIN AGAINST LOVE
 YOU MUST AVOID IT ALTOGETHER

DAILY PRACTICE

9. Gossip begins with evil thought, and that in itself is a crime.
10. See what gossip does... You are filling with evil thought instead of with good thought.
 - a) Your neighbourhood... and so you are adding to the sorrow of the world.
 - b) Your brother, and so you are making him worse instead of better ...
 - c) Your own mind- and so you hinder your own growth...
 - d) Other men - making them partners in your crime - and then they join in pouring evil thought upon the poor sufferer.
11. Never speak ill of anyone. Refuse to listen when anyone else speaks ill of anyone.
12. If you hear a story against anyone, do not repeat it; It may not be true, and even if it is, it is kinder to say nothing.
13. Never attribute motives to another; only his Master knows his thoughts, and he may be acting from reasons which have never entered your mind.
14. You must not think of others what you do not know.
15. Intentional cruelty:

Is purposely to give pain to another living being. Is the greatest of all sins. The work of a devil rather than a man. Men are daily doing it now.

PRACTICE FOR JULY
LOVE IS THE WILL TO BE ONE WITH GOD

WEEKLY PRACTICE

LOVE MEANS (1) DO NOT HURT:(2) HELP

DAILY PRACTICE

16. Examples:
- a) The Inquisitors did it.
 - b) Many religious people did it in the name of their religion.
 - c) Vivisectors do it.
 - d) Many school-masters do it habitually
 - e) All who kill God's creatures, and call it "sport".
 - f) A man who says a word with the intention to wound another.
17. For the sake of the love of God, when opportunity offers, you will speak clearly against such things. (i.e. examples a to e)
18. Unintentional cruelty :
- Comes usually from thoughtlessness.
- Is caused just by carelessness...
- By forgetting to think how an action will affect others.
- Examples:
- | | | |
|--|---|---|
| a) Paying too little : | { | A man filled with greed and avarice. |
| b) Half-starving wife & children | | |
| c) Ruining souls and bodies | { | Another thinks only of his own lust. |
| d) A man does not pay his workmen on the proper day. | | |
| | { | To save himself a few minutes' trouble. |
| | | |

PRACTICE FOR JULY*IN ORDER THAT YOU MAY ACT WITH HIM*WEEKLY PRACTICE

YOU MUST GUARD AGAINST UNINTENTIONAL CRUELTY

DAILY PRACTICE

e) Sometimes a careless word does as much harm as a malicious one.

19. If you wish to enter the path, you must think of the consequences of what you do, lest you should be guilty of thoughtless cruelty.

You must be on your guard against unintentional cruelty.

20. Superstition:

Is another mighty evil, and has caused much terrible cruelty. The man who is a slave to it despises others who are wiser, tries to force them to do as he does. Many crimes have men committed in the name of the God of Love, moved by this nightmare of superstition.

21. Examples :

- a) The superstition that animals should be sacrificed.
- b) The still more cruel superstition that man needs flesh for food.
- c) The treatment which superstition has meted out to the depressed classes in India, breeding heartless cruelty.

Be very careful that no slightest trace of it remains in you.

22. Because God is Love, if you would become one with Him, must be filled with perfect unselfishness and love also.

23. He who is on the Path is a living plume of fire, raying out upon the world the divine Love, which fills his heart.

PRACTICE FOR JULY
LOVE IS THE WILL TO BE ONE WITH GOD

WEEKLY PRACTICE

IF YOU WOULD BECOME ONE WITH HIM... BE FILLED
WITH PERFECT UNSELFISHNESS

DAILY PRACTICE

24. Love is*will*, resolve, determination, for union with God.
25. It is indeed the will to be one with God, not in order that you may escape from weariness and suffering, but in order that because of your deep love for Him you may act with Him and as he does.
26. To produce its result, this resolve must fill your whole nature, so as to leave no room for any other feeling.
27. For if you yearn to be one with God, it is not for your own sake; it is that you may be a channel through which His love may flow to reach your fellow-men.
28. By degrees you will become so full of thought for the helping of others that there will be no room, no time, for any thought about yourself.
29. You must be always gentle and kindly, reasonable and accommodating.
30. *The Master*... in the light of His holy Presence all desire dies, but the desire to be like Him.
31. Will, Wisdom and Love are the three aspects of the Logos; and you, who wish to enroll yourselves to serve Him, must show forth these aspects in the world.



RED LETTER DAYS

AUGUST

Subject : THOUGHT

PRACTICE

You must control your thought; you must not let it wander.

PRACTICE FOR AUGUST**YOU MUST CONTROL YOUR THOUGHT***WEEKLY PRACTICE*

WHATEVER YOU ARE DOING, FIX YOUR THOUGHT

UPON IT

DAILY PRACTICE

1. Whatever you are doing, fix your thought upon it, that it may be perfectly done.
2. Control the mind, so that the thought may always be calm and unruffled.
3. You are not this mind, but it is yours to use.
4. Never allow yourself to feel sad or depressed. If ever depression comes to you, throw it off at once.
5. If your thought is what it should be, you will have little trouble with your action.
6. You must never.... think what you cannot imagine the Master as.....thinking.
7. You must control your thought; you must not let it wander.
8. Stop often to think; "What would the Master think about this?"
9. You must learn to be true all through,.... in thought first.
10. There are in the world many untrue thoughts, many foolish superstitions, and no one who is enslaved by them can make progress.
11. You must not hold a thought just because many other people hold it, not because it has been believed for centuries, nor because it is written in some book which men think sacred.
12. You must think of the matter for yourself, and judge for yourself whether it is reasonable. Remember that though a thousand men agree upon a subject, if they know nothing about that subject their opinion is of no value.

PRACTICE FOR AUGUST**YOU MUST CONTROL YOUR THOUGHT**

WEEKLY PRACTICE
STOP OFTEN TO THINK

DAILY PRACTICE

13. He who would walk upon the Path must learn to think for himself.
14. Superstition is one of the greatest evils in the world, one of the fetters from which you must utterly free yourself.
15. You must not think of them what you do not know.
16. Do not suppose that others are always thinking of you.
17. If a man does something, which you think will harm you,... do not think at once: "He meant to injure me."
18. Each soul has its own troubles and its thoughts turn chiefly around itself.
19. If a man speaks angrily to you, do not think: "He hates me, he wishes to wound me," He is acting foolishly, for all anger is foolish, but you must not therefore think untruly of him.
20. Gossip begins with evil thought, and that in itself is a crime. For in everyone and in everything there is good; in everyone and in everything there is evil. Either of these we can strengthen by thinking of it, and in this way we can help or hinder evolution; we can do the will of the Logos or we can resist Him.
21. Your wicked thought tempts your brother to do wrong, for if he is not yet perfect you may make him that which you have thought him.
22. Use your thought-power every day for good purposes, be a force in the direction of evolution.

PRACTICE FOR AUGUST**YOU MUST CONTROL YOUR THOUGHT***WEEKLY PRACTICE*YOUR THOUGHT ABOUT OTHERS MUST BE TRUE

DAILY PRACTICE

23. If you think of the evil in another, you are doing at the same time three wicked things: filling your neighbourhood, your brother, and your own mind with evil thought in stead of with good thought and so you are adding to the sorrow of the world.
24. Avoid the incessant worry over little things in which many people spend most of their time.
25. So much suffering is caused just by carelessness-by forgetting to think how an action will affect others...
26. Your mental body wishes to think itself proudly separate, to think much of itself and little of others.
27. You must learn that no ceremonies are necessary; else you will think yourself somehow better than those who do not perform them.
28. When your body wishes something, stop and think whether *you* really wish it. For *you* are God.
29. Do not let your mind be idle, but keep good thoughts always in the background of it, ready to come forward the moment it is free.
30. Before speaking think carefully.
31. Hold back your mind from pride, for pride comes only from ignorance. The man who does not know thinks that he is great, that he has done this or that great thing; the wise man knows that only God is great, that all good work is done by God alone.

**RED LETTER DAYS**

SEPTEMBER

Subject : SPEECH

PRACTICE

Watch every word

PRACTICE FOR SEPTEMBER**WATCH EVERY WORD****WEEKLY PRACTICE
BEFORE SPEAKING THINK CAREFULLY**

DAILY PRACTICE

1. Before speaking think carefully.
2. Is it true, kind and helpful?
3. Stop often to think; "What would the Master...say under these circumstances?"
4. It is well to get used even now to thinking carefully before speaking; for when you reach Initiation you must watch every word, lest you should tell what must not be told.
5. Think well before speaking, lest you should fall into inaccuracy.
6. When it is gossip, it is wicked.
7. The astral body has its desires- dozens of them; it wants you to be angry, to say sharp words, to feel jealous, to be greedy for money, to envy other people their possessions to yield yourself to depression.
But *you* want none of these things.
8. It is well to speak little.
9. Better still to say nothing, unless you are quite sure that what you wish to say is true, kind and helpful.
10. Never wish to shine, or to appear clever; have no desire to speak.
11. Much common talk is unnecessary and foolish; when it is gossip, It is wicked.

PRACTICE FOR SEPTEMBER
WATCH EVERY WORD

WEEKLY PRACTICE

IT IS WELL TO SPEAK LITTLE

DAILY PRACTICE

12. So be accustomed to listen rather than to-talk.
13. Do not offer opinions unless directly asked for them.
14. One statement of the Qualifications gives them thus; to know, to dare, to will, and to be silent; and the last of the four is the hardest of them all.
15. Never attribute motives to another.
16. What another man does or says or believes is no affair of yours, and you must learn to let him absolutely alone.
17. A man has full right to free thought and speech and action, so long as he does not interfere with anyone else... you have no right to talk about him.
18. There is a cruelty in speech as well as in act; and a man who says a word with the intention to wound another is guilty of this crime (intentional cruelty).
19. Sometimes a careless word does as much harm as a malicious one. So you must be on your guard against unintentional cruelty.
20. You must never.... say.... what you cannot imagine the Master as saying.
21. You may be a channel through which His love may flow to reach your fellow-men.
22. If you hear a story against anyone, do not repeat it; it may not be true, and even if it is, it is kinder to say nothing.

PRACTICE FOR SEPTEMBER**WATCH EVERY WORD**

WEEKLY PRACTICE
NEVER ATTRIBUTE MOTIVES TO ANOTHER

DAILY PRACTICE

23. Never speak ill of anyone.
24. Refuse to listen when anyone else speaks ill of another.
25. Gently say; "Perhaps this is not true, and even if it is, it is kinder not to speak of it."
26. On no account must you go and gossip to some third person about the matter, for that is an extremely wicked action....Gossip is a sin against love.
27. You must be true in speech too, accurate and without exaggeration.
28. For the sake of the love of God, when opportunity offers, you will speak clearly against them. (Intentional cruelty) Vivisectionists do it; many school masters do it habitually; so also do all who go out intentionally to kill God's creatures, and call it "sport".
29. Another common desire, which you must sternly repress, is the wish to meddle in other men's business.
Mind your own business, and learn the virtue of silence.
30. Say to yourself: "What man has done, man can do. I am a man, yet also God in man; I can do this thing, and I will."



RED LETTER DAYS

OCTOBER

Subject : ACTION

PRACTICE

The one thing that you must set before you is to do the
Master's work.

PRACTICE FOR OCTOBER
DO THE MASTER'S WORK

WEEKLY PRACTICE
TRY TO SEE WHAT IS WORTH DOING

DAILY PRACTICE

1. A small thing which is directly useful in the Master's work is far better worth doing than a large thing which the world would call good.
2. The one thing that you must set before you is to do the Master's work.
3. You must do what He says, attending to every word, taking every hint.
4. That which is right you must do, that which is wrong you must not do, no matter what the ignorant may think or say.
5. Try to see what is worth doing; and remember that you must not judge by the size of the thing.
6. To feed the poor is a good and noble and useful work; yet to feed their souls is nobler and more useful than to feed their bodies. Any rich man can feed the body, but only those who know can feed the soul.
7. The wise man knows that only God is great, that all good work is done by God alone.
8. You must do right for the sake of the right, not in the hope of reward;
9. You must work for the sake of the work, not in the hope of seeing the result;

PRACTICE FOR OCTOBER
NOT IN THE HOPE OF SEEING
THE RESULT

WEEKLY PRACTICE

DO RIGHT FOR THE SAKE OF THE RIGHT

DAILY PRACTICE

10. You must give yourself to the service of the world because you love it, and cannot help giving yourself to it.
11. When once a man has seen that (God's plan of evolution) and really knows it, he cannot help working for it and making himself one with it, because it is so glorious, so beautiful.
12. For many people the most difficult thing in the world to learn is to mind their own business; but that is exactly what you must do.
13. Be on your guard against unintentional cruelty.
14. Intentional cruelty is purposely to give pain to another living being; and that is the greatest of all sins-the work of a devil rather than a man.
15. There must be no laziness, but constant activity in good work.
16. Often when there is an opportunity to help some one, the body feels; "How much trouble it will be for me; let some one else do it." But the man replies to his body: "You shall not hinder me in doing good work."
17. The body is your animal. Therefore you must treat it well, and take good care of it...
18. Without a perfectly clean and healthy body you cannot do the arduous work of preparation, you cannot bear its ceaseless strain.

PRACTICE FOR OCTOBER**NO LAZINESS; NO INTERFERENCE****WEEKLY PRACTICE
CONSTANT ACTIVITY IN GOOD WORK**

DAILY PRACTICE

19. But it must always be you who control that body, not it that controls you.
20. It must be your *own* duty that you do not another man's, unless with his permission and by way of helping him.
21. Leave every man to do his own work in his own way; be always ready to offer help where it is needed, but *never* interfere.
22. If you are to be His, you must do ordinary work better than others, not worse; because you must do that also for His sake.
23. Because you try to take up higher work, you must not forget your ordinary duties, for until they are done you are not free for other service.
24. You should undertake no new worldly duties; but... you must perfectly fulfill-all clear and responsible duties, which you yourself recognize, that is, not imaginary duties which try to impose upon you.
25. You must never do...what you cannot imagine the Master as doing.
26. Work patiently at your studies..... only the wise man can be wisely helpful.
27. Be true in action; never pretend to be other than you are.

PRACTICE FOR OCTOBER
FOR HIS SAKE

WEEKLY PRACTICE

YOU MUST DO ORDINARY WORK BETTER THAN
OTHERS, NOT WORSE

DAILY PRACTICE

28. Think rather of what you are doing now, which will make the events of your next life, for that you can alter.
29. Whatever you are doing, fix your thought upon it that it may be perfectly done.
30. You must give all your attention to each piece as you do it, so that it may be your very best.
31. Think how you would do a piece of work if you know the Master was coming at once to look at it; just in that way you must do all your work.



RED LETTER DAYS

NOVEMBER

Subject : HELP OTHERS

PRACTICE

Help Others

PRACTICE FOR NOVEMBER
HELP OTHERS

WEEKLY PRACTICE

YIELD TO OTHERS

LOVE MEANS:(1) DO NOT HURT:(2) HELP

DAILY PRACTICE

1. May it *help others* as the spoken teaching helped him—such is the hope with which he gives it.
2. The words which He spoken to me will *help* you also, if *you* will obey them.
3. Often when there is an opportunity to *help some one*, the body feels: “How much trouble it will be for me: let someone else do it.” But the man replies to his body: “You shall not hinder me in doing good work.”
4. Your mental body..... tries to calculate for self, to make you think of your own progress, instead of thinking of the Master’s work and of *helping others*.
5. Yield always *to others*, in things which do not matter.
6. If you know, it is your duty *to help others* to know.
7. Study then, but study first that which will most help you *to help others*.
8. Your thought about *others* must be true; you must not think of them what you do not know.
9. But by degrees you will become so full of thought for the *helping of others* that there will be no room, no time, for any thought about yourself.
10. You can *help your brother* through that which you have in common with him, and that is the Divine Life; learn how

PRACTICE FOR NOVEMBER
HELP OTHERS

WEEKLY PRACTICE
BE ALWAYS GENTLE

DAILY PRACTICE

to arouse that in him, learn how to appeal to that in him; so shall you *save your brother* from wrong.

11. You must *give yourself* to the service of the world because you love it, and cannot help *giving yourself* to it.
12. Have no desire for psychic powers;..... in any case the time and strength that it takes to gain them might be spent in *work for others*.
13. It is well to speak little; better still to say nothing, unless you are quite sure that what you wish to say is true, kind and *helpful*.
14. Never allow yourself to feel sad or depressed. Depression is wrong, because it *infects others* and makes their lives harder, which you have no right to do.
15. Leave every man to do his own work in his own way; be always ready to offer *help* where it is needed, but never interfere.
16. There must be no laziness, but constant activity in good work. But it must be your *own* duty that you do – not another man's, unless with his permission and by way of *helping* him.
17. You must feel..... a hearty interest in the belief of those of another religion, just as much as in your own..... and to *help* all, you must understand all.

PRACTICE FOR NOVEMBER
HELP OTHERS

WEEKLY PRACTICE
 HELP OTHERS TO KNOW

DAILY PRACTICE

18. Now that your eyes are opened, some of your old beliefs, your old ceremonies, may seem to you absurd..... Yet respect them for the *sake of* those good souls to whom they are still important.
19. He who has forgotten his childhood and lost sympathy with the children is not the man who can teach them or *help* them. So look kindly... upon all alike.'
20. You must bear your karma cheerfully, what ever it may be, taking it is an honour that suffering comes to you...
21. Remember that you are of but little *use* to the Master untill your evil karma is worked out, and you are free.
22. Karma may take from you the things, which you like best "even the people whom you love most. Even then you must be cheerful-ready to part with anything and everything.
23. All *helpful*, unselfish work is the Master's work and you must do it for His sake.
24. You must trust your Master; Unless there is perfect trust, there cannot be the perfect flow of love and power.
25. Because God is Love, you, if you would become one with Him, must be filled with perfect *unselfishness* and love also.
26. You shall always be watching for an opportunity to *help*.

PRACTICE FOR NOVEMBER
HELP OTHERS

WEEKLY PRACTICE
 NO ROOM, NO TIME, FOR ANY THOUGHT ABOUT
 YOURSELF

DAILY PRACTICE

27. In everyone and in everything there is good; in everyone and in everything there is evil. Either of these we can strengthen by thinking of it, and in this way we can *help* or hinder evolution; we can do the will of the Logos or we can resist Him.
28. So much suffering is caused just by carelessness-by forgetting to think how an action will affect *others*.
29. You must be active in *doing good*. You must be so filled with the intense desire of *service* that you are ever on the watch to render it to all around you - not to man alone, but even to animals and plants.

For if you yearn to be one with God, it is not for your own sake; it is that you may be a channel through which His love may flow to reach your *fellow-men*.

30. He who is on the Path exists not for himself, but for others; he has forgotten himself, but for *others*; he has forgotten himself, in order that he may serve them...

He is a living plume of fire, raying out upon the world the Divine Love which fills his heart.

The wisdom which enables you to *help*...show forth in the world.



RED LETTER DAYS

DECEMBER

Subject : THE DAY OF HIS COMING

PRACTICE

Watch : Prepare

PRACTICE FOR DECEMBER**WATCH : PREPARE**WEEKLY PRACTICE

LEST COMING SUDDENLY HE FIND YOU SLEEPING

(Mark, xiii, 36)

DAILY PRACTICE

1. The Lord, whom ye seek, shall suddenly come to his temple. (Mal., iii, 1)
2. "O wisdom that comest out of the mouth of the Most High, that reachest from one end to another, and dost mightily and sweetly order all things; Come, and teach us the way of prudence." (Roman Breviary)
3. Whenever there is decay of righteousness... and there is exaltation of unrighteousness, then I Myself come forth." (Bhagavad-Gita, iv, 7)
4. The Blessed One replied; "I am not the first Buddha who came upon earth, nor shall I be the last... In due time another Buddha will arise, and He will reveal to you the self-same eternal truth which I have taught you," (The Gospel of Buddha)
5. God best knoweth whom He will appoint for His Messenger. (Al Quran)
6. For the protection of the good, for the destruction of evil-doers, for the sake of firmly establishing righteousness I am born from age to age.
(Bhagavad-Gita, iv, 8)
7. The Holy Ghost shall come upon thee, and the power of the Highest shall over-shadow thee.(Luke, i, 35)
8. Make ye ready the way of the Lord, Make his Paths straight. (Matt., iii, 3, R.V)

PRACTICE FOR DECEMBER
WATCH PREPARE

WEEKLY PRACTICE
 MAKE YE READY THE WAY OF THE LORD...

DAILY PRACTICE

Lift up thy voice with strength; lift it up, be not afraid; say...
 Behold your God! (Isaiah, xi.9)

9. The foolish disregard Me, when clad in human semblance, ignorant of My supreme nature, the great Lord of beings.(Bhagavad- Gita ix, 11)
10. Thou hast hid these things from the wise and prudent, and hast revealed them unto babes.(Luke, X, 21)
11. If the bats refuse the society of the Sun, does that prove that the Sun is not brilliant?(Saadi)
12. Ye search the scriptures, because ye think that in them ye have eternal life:.... and ye will not come to me, that ye may have life. (John, v, 39, R.V)
13. The Blessed One said: "The Buddha that will come after me will be known as Maitreya, which means 'he whose name is kindness'." (The Gospel of Buddha)
14. He shall feed his flock like a shepherd: he shall gather the lambs with his arm, and carry them in his bosom, and shall gently lead those that are with young, (Isaiah, XI, II)
15. Be ye also ready: for in an hour that ye think not the Son of Man cometh, (Luke, xii, 40, R.V)
16. As it ever was and will be -

As a thief in the night, silently and where you least expect...
 with just the whole look of himself in his eyes-the Son of

PRACTICE FOR DECEMBER**WATCH PREPARE**WEEKLY PRACTICE

BE YE ALSO READY

DAILY PRACTICE

Man shall-yes, shall- appear in your midst. (Edward Carpenter)

17. Wide-eyed we gaze into the zenith, poor amateurs of the supernatural, looking for some abrupt and devastating glory coming in clouds of heaven. But it may be that His coming to us will be gentle and natural as the daylight: that first we may discern His radiance low down on the horizons of the world. (The path of the Eternal Wisdom)
18. Thou shalt only well known be
By the perfect harmony
That Thy coming makes in me. (Coventry Patmore)
19. Ah, fondest, blindest, weakest,
I am He Whom thou seekest!
Thou drivest Love from thee, who drivest Me.
(The Hound of Heaven)
20. A Face like my face that receives thee: a Man like to me
Thou shalt love and be loved by for ever: a Hand like my hand
Shall throw open the gates of new life to thee!
See the Christ stand! (Robert Browning)
21. But at the coming of the King of Heaven
All is set at six and seven;
We wallow in our sin,
Christ cannot find a chamber in the inn,

PRACTICE FOR DECEMBER
WATCH PREPARE

WEEKLY PRACTICE
 BEHOLD, NOW IS THE ACCEPTED TIME...

DAILY PRACTICE

We entertain Him always like a stranger,
 And, as at first, still lodge Him in the manger.

(Anonymous)

22. Blessed are the eyes which see the things that ye see; many prophets and kings have desired to see those things which ye see, and to hear those things which ye hear. (Luke, x, 23)
23. When a huge tidal wave comes, all the little brooks and ditched become full to the brim without any effort of consciousness on their own part – so when an incarnation comes, a tidal wave of spirituality breaks upon the world and people feel spirituality in the very atmosphere. (Shri Ramakrishna)
24. Behold, now is the accepted time; behold, now is the day of salvation, (II Cor., ii, 2)
25. Veni, veni Emmanuel.
26. Surely He cometh, and a thousand voices
 Call to the saints and to the deaf and dumb; Surely He cometh, and the earth rejoices, Glad in His coming who has sworn, I come.
27. Ah what a Hope! And when afar it glistens,
 Stops the heart beating and the lips are dumb;
 Only my spirit to his silence listens,
 Faints till she find him, quivers till he comes.

(Myers' Saint Paul)

PRACTICE FOR DECEMBER**WATCH PREPARE**WEEKLY PRACTICE

MY SHEEP HEAR MY VOICE... AND THEY FOLLOW ME

DAILY PRACTICE

28. My sheep hears my voice, ... and they follow me.

(John, x, 27)

Where I pass, all my children know me.

O voices breaking out over the earth,

O singing, singing, singing!

Hark! My children sing - all day and night they are singing!

Blessed art thou, whosoever thou art, from whose eyes the veil is lifted to see me. (Edward Carpenter)

29. We shall seek to make *Devotion, Steadfastness and Gentleness*, prominent characteristics of our daily life. (Order of the Star in the east)

30. O Dayspring! Brightness of the Eternal Light and Sun of Righteousness! Come, and give light to those who sit in darkness and in the shadow of death. (Roman Breviary)

31. Blessed be the King that cometh in the name of the Lord. (Luke, xix, 38)

Blessed be his glorious name for ever: and let the whole earth be filled with his glory; Amen and Amen.

(Psalm, lxxii, 19)

**RED LETTER DAYS**