

understanding counteracting a critical attitude

⁴Qualities important for the esoterician are: purposefulness, sense of proportion, synthesization entailing wider perspectives, inclusivity as counteracting exclusivity, a mind open to everything, understanding counteracting a critical attitude, ability of solitude which is connected with the ability to live for your mission in life. You quite simply do not have any time to waste on inessentials. The ability to use your time is part of the art of concentration.

⁵Meditation on a quality you wish to acquire has (if pursued in the right manner) nothing of auto-suggestion in it. You cannot force yourself, resolve to be another person than the one you are. The only success to be had in this respect is appearance and hypocrisy.

⁶You pay no attention whatever to the fact that you “wish to be such a person”. For example, you can endow your ideal with the quality strived for. Then you put your hero in various situations where he will be given opportunities to demonstrate that very quality, while you let yourself be filled with admiration for the quality.

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Knowledge of Life One

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