



Rejoice!

*Your life begins in every instant
Walk on the eternal present
And bathe your soul in Light
In infinity always.
Day and night Of life and
death.*

SER is ALWAYS!

Letters 118

- How did your Yamines meeting go yesterday at the Cuautla Ashram?
- Very good, Maestro. There were people from 16 to 80 years old and everyone was happy.
- What did they do to keep them happy?
- The routine. Harmonization with music at five in the morning. Gymnastics of different types, such as Psychophysics, Whu Shu, Yug-Do and Stretching, so that each one could choose the one that best suited him/her. Bath of rigorous cold water. Antennas at seven o'clock. Vegetarian breakfast. Ashram maintenance work. Yoga at noon. Well seasoned food. Study centers in the afternoon. Meditation at seven in the evening. Finally dinner with spontaneous singers and musicians.
- Good. That's the Line, stay on course. But I want to repeat something that I hope is very clear to you:
 1. We are working to become better Human Beings, in all aspects of human nature. The first step, within this project, is to respect ourselves as a starting point to learn to respect other Human Beings.
 2. We must learn to respect our physical body, consciously communicating with it to know what it needs and provide it with what it needs, beyond the fashions imposed by the materialistic interests of power or the religious interests of sanctity. This is not an easy undertaking. We need a minimum of exercise, nutrition and hygiene disciplines. As indicated by the MSMA and taught to us in living form by the MVHM.
 3. We need to activate our Vital Source, the Kundalini of the Yogis, without extremism, with equity. That is what Yoga and Martial Arts are for. This activation must be applied as Impersonal Service in favor of all life. It is necessary to avoid morbid mysticism, passionate fanaticism and crude eroticism. In the field of energies it is necessary to act with aesthetics, ethics and morals, without hypocrisy. We must turn our own life into a work of art.

4. We **must not lose any detail** - emphasized the MVHM - **we must** observe, study and reflect. It is necessary to acquire the right to be invited to the Schools of Real Initiation to know what is the origin of Life and what is its function in the Universe, without esotericism or absolute truths. It is necessary to learn to handle the mind as a precious tool, without petulance and without rational limits.

5. It is necessary to know the **Rit**, the rhythm, the Ritual of Truth and Reality, of Life and Death, the Cosmic Ceremonial, without going about creating shoddy divine characters as poisoned darts to generate new holy wars. It is one thing to **recognize** the models presented to us by the Cosmic Plan of Life and another to go around inventing them to create groups of illusioned proselytes with promises of degrees of wisdom. I speak of what I know and it hurts me because their existence evidences my incapacity to inspire them with greater human and divine dignity.

6. Better to **kindle a Light than to curse the darkness**. Period, there is nothing to regret. It is necessary to organize new Seats of the Universal Fraternity, for all, including those who are unpleasant to us, without philanthropy or pity, in the Cities and in the countryside. In the Houses of the RedGFU we can offer "**Health and Consciousness Packages**" at prices suitable for different economic levels, without any profit motive, only to cover expenses and respect human dignity. **You have heard that it was said to the ancients: You are gods** - said the Avatar of Pisces.

7. In the countryside it is necessary to organize Ashrams, for those who like the Oriental style, or Centers of Human Development, Environmental and Transcendental Education, for those who like the West. That is to say, Countryside Farms, with good facilities to share experiences, Initiatic disciplines, food, courses, discourses, Cosmic Ceremonies and Meditations in open fields when the climate allows it, or in multipurpose rooms when there is need. It is also necessary to prepare full time Dwellers for these Estates, with capacity to administer hotel matters, agriculture, Yoga, Martial Arts, Royal Initiation, Publicity and... without the right of preeminence for their services, however meritorious they may be.

8. These Rural Centers of the RedGFU should also have, in addition, a Chamber of High Initiation, at least, for those who nobly stand out for their need to be Initiated in the Experience of the Sacred, of the Self in themselves.

9. Finally... **We have to give an example of Discipline and impersonal work in favor of the highest ideal, The Great Universal Fraternity, without prejudices of creeds, races, sexes or social classes, without preaching a new cult or channeling the spirits** - said the MSMA and the MVHM showed it to us in the flesh.

▪ If any of you wants to fight for Power, you have every right to do so by joining a Political Party, or creating one tailored to your aspirations. You can join an Army or convert to the Creed of some Hierarchical Religion. If, simply, you want to be a better Human Being and be happier, I recommend the Great Universal Fraternity in any of its **lines**, at your discretion. But, please, do not insist on being a Royal Initiate at any cost because many difficulties await you and most probably you will simply become a graceless fanatic, ready to blame anyone, other than yourself, for your misfortune.



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Please feel free to forward opinions and corrections.