



Light and Love in Us

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J. KRISHNAMURTI's little book *At the Feet of the Master* is considered one of the three gems of Theosophy. It tells us about the four qualities that we must have not only to enter the spiritual path, but at every stage, every day, and until the end. These qualities are Discernment, Desirelessness, Good conduct, and Love. I would like to discuss the last two.

We will start with **good conduct**. Krishnamurti tells us that we should calm and quiet our mind, not let the mind wander, concentrate on the things we are doing at the moment, and do them as well as possible, having positive thoughts and avoiding the negative ones, letting our thoughts have good motives. If we have good thoughts and intentions, they will become right action. And to fulfill our own duties, we need to always offer help to others, being kind, gentle, and tolerant with them.

Krishnamurti also said we need to learn to bear cheerfully the bad things that happen to us, understanding the law of karma, accepting and being able to see in those situations the lessons they have for us. He quotes an instructor who told him: "Whatsoever ye do, do it heartily, as to the Lord, and not unto men." When we do things from the heart, things go better, and this we should do at every moment of our lives, and

finally have confidence in ourselves and in our inner Master, trust in the things we do, belief in ourselves, and have the will to continue on this path.

Madame H. P. Blavatsky (HPB) wrote in one of her letters to her friends: "With each morning's awakening try to live the day in harmony with the Higher Self. 'Try' is the battle cry taught by the Teachers to each pupil. Nothing else is expected of you. One who does his best, does all that can be asked."

The other quality I want to mention is **love**. Krishnamurti tells us that love is the most important quality, and as he explains, love is will, and it stimulates us to fill ourselves with the other qualities that are needed to tread the path. Love is that unity from which we all emanate, that deep love that, as students of Theosophy, leads us to believe and aspire to brotherhood; that powerful feeling that can do anything, and can change things, and how we see them.

As mentioned earlier, we need to have good thoughts at every moment, and about the things that we do, and to do them with love. We need to create a habit of taking out the bad thoughts, and replacing them with love. Any inconvenience that we have, for example, with another person, we are not to judge, because we do not know what he or



she feels or the problems that person has. So, if we add love, that is, thinking about the other person with affection, love, without judging, our perception of that person and the situation itself will change, our reaction will be different, and everything will surely turn out better than it would have if our reaction had been anger. Then it would no longer be a reaction that we would have, but a response. And the difference between reaction and response is quite significant. It is also important for us not to judge ourselves, not to be too hard on ourselves, to treat ourselves with love.

Albert Einstein said: "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." As students of Theosophy, we know that miracles, as religion puts it, do not exist, even HPB said so. Everything in the cosmos, including us, follows universal laws of Nature. But I would like to see the "miracle" in this phrase as an extraordinary and wonderful event. So, everything that happens every day around us is extraordinary, wonderful, and can be seen as the wisdom of Nature, and how interconnected everything is around us.

For example, let us think about how a forest is kept alive: we could not do it without considering the interactions that occur between plants, animals, and other organisms that inhabit it. We know many examples such as the work of bees, birds, or when an animal dies in the forest, the interconnection between plants and trees underground, helping each other when one of them needs nutrients. Without forests there would be no oxygen that we need to live. So all life of which we

are a part is interconnected, and it is wonderful.

I heard once about a Chilean psychologist who said in a conference that she had a blind patient and he was very depressed. She asked him as an exercise to write down in a notebook, of course with someone's help, all the good things in his life. The patient arrived the following week with four full notebooks. Here are some of the things he wrote: the temperature of the shower in the morning, the wonder of drying myself with a towel, being able to lie down on a bed with clean sheets, the smell of a toast, the texture of tomato sauce, the sun hitting my face when I walk, the smell of flowers, the kindness of a cashier at the supermarket.

This blind patient wrote about everyday things that we take for granted and do not value. The psychologist then said: "I am more blind than my patient." It is true that sometimes we are blind to what surrounds us, maybe because of our daily life, work, studies, problems, and so on. We forget, in most cases, to stop, to appreciate, to value, and to be grateful for these things.

If we are able to perceive everything that is part of this world, all that surrounds us, even ourselves, as something extraordinary and wonderful, we cannot help but be grateful, appreciate the details of our lives, and be thankful for everything. I believe that if we always keep this in mind, and are conscious of it, we will see things in a different way, closer to unity, to fraternity, that everyone and everything is interconnected and interdependent, as the Masters of the Wisdom have taught for millenia.