

## A True Life

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*Photo date and location unknown*

"If a person hears the sound of his heart tearfully sobbing, then he needs to stop immediately whatever he is doing. Anything that makes the heart suffer will ruin him. Anything that makes the heart sad will eventually make the person fall into sadness."

A true life is a life in which we abandon our private desires and live for the public good. This is a truth taught by all major religious leaders past and present, East and West, whether it be Jesus, Buddha, or the Prophet Mohammed. It is a truth that is so widely known that, sadly, it seems to have been devalued. The passage of time or changes in the world cannot diminish the value of this truth. This is because the essence of human life never changes, even in times of rapid change all around the world.

The teacher with whom we have the closest relationship is our heart. Our heart is more precious to us than our closest friends and even more precious than our parents. So, as we live our lives, we need periodically to ask our hearts, "Am I living a good life now?" Anyone can hear his heart speaking to him. If he comes to the realization that his heart is his master, he "polishes" his heart and maintains a close relationship with his heart throughout his life. If a person hears the sound of his heart tearfully sobbing, then he needs to stop immediately whatever he is doing. Anything that makes the heart suffer will ruin him. Anything that makes the heart sad will eventually make the person fall into sadness.

"Live a life that casts no shadows, as if you were under the sun at high noon." A life without shadows is a life with a clear conscience. When we finish our life here on earth and go to the spirit world, our entire life will unfold before us, as though it were being played back on videotape. Whether we go to heaven or to hell is determined by how we live. So we need to live spotlessly clean lives, casting not even the smallest shadow. (Pages 335-336)

For a person to polish his heart to the point that it becomes as clear as crystal, he absolutely must spend time in direct conversation with his heart in an environment where he is away from the world and alone with his heart. It will be a time of intense loneliness, but the moment that we become close to our hearts is the time of prayer and meditation. It is a time when we can take ownership over our hearts. When we isolate ourselves from the noise around us and allow our thoughts to settle, we can see into the deepest parts of our hearts. It will take a lot of time and effort to go all the way down to where the heart has settled. It will not happen in a day.