Five Fundamentals

- CONSCIOUSNESS ALONE IS ABSOLUTELY REAL The appearance of an objective world distinguishable from a subjective self is but the imaginary form in which Consciousness Perfectly Realizes Itself.
- IGNORANCE OF THE REAL IS THE ROOT OF SUFFERING From ignorance is born the delusion of self; from the delusion of self, desire for the world; from desire for the world, attchment to worldly forms; from attachment to worldly forms, all forms of suffering.
- THE END OF SUFFERING COMES BY THE WAY OF GNOSIS or the Sacrifice of ignorance through the Grace of a Perfect Realization that Consciousness alone is Absolutely Real.
- 4. THE WAY OF GNOSIS IS THE WAY OF SELFLESSNESS cultivated on the basis of Love (boundless compassion) and Truth (profound insight). It may be seen as a path unfolding in Seven Stages: 1. Awakening of faith, 2. Investigation of teachings, 3. Unification of self, 4. Purification of mind, 5. Illumination of heart, 6. Exhaustion of will (Kenosis), 7. Sacrifice of Ignorance (Gnosis); governed by Four Principles: 1. Attention, 2. Commitment, 3. Detachment, 4. Surrender, reflecting Seven Virtues: 1. Courage, 2. Humility, 3. Justice, 4. Patience, 5. Gratitude, 6. Mercy, 7. Joy; and embodied in Four Disciplines: 1. Inquiry, 2. Meditation, 3. Morality, 4. Devotion.
- THE WAY OF SELFLESSNESS IS THE VERY WAY IN WHICH CONSCIOUSNESS PERFECTLY REALIZES ITSELF Thus, the Way of Selflessness constitutes not only the Perfection of human life, but of the entire world as well.

Ten Selfless Precepts

I vow to practice these ten selfless precepts.

- RESPONSIBILITY. To take responsibility for my life. Not to blame others for my own unhappiness, nor make excuses for my own mistakes.
- SELF-DISCIPLINE. To regard each moment as a precious opportunity for spiritual practice. Not to waste time in frivolous pursuits, nor overindulge in drugs, alcohol or escapist entertainments.
- 3. **HARMLESSNESS**. Not to injure or kill any being heedlessly or needlessly.
- 4. **STEWARDSHIP**. Not to waste the resources upon which other beings depend.
- HONESTY. Not to deceive myself or others by word or deed.
- 6. INTEGRITY. Not to take what does not belong to me.
- 7. **HONOR**. To regard my word as sacred; not to give it lightly but, once given, strive to honor it under all circumstances.
- 8. **SEXUAL RESTRAINT**. To make of sex a sacrament; not to profane it in the pursuit of selfish ends.
- 9. **CHARITY**. Not to be possessive of people or things, but to give unsparingly of my assets, both material and spiritual, for the alleviation of suffering.
- REMEMBRANCE. To recite these precepts once a day, renewing my vows and remembering this path which I have freely chosen.