

**Robert Muller**

Former UN Assistant Secretary General  
Co-founder and Former Chancellor  
of the UN University for Peace

**The Miracle, Joy  
and Art of Living**

**My Testament to Life**

**Volume II**



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## Dr. Robert Muller

Born in Belgium in 1923 and raised in the Alsace-Lorraine region in France, Robert Muller experienced constant political and cultural turmoil during his youth. His grandparents had five successive nationalities (French, German, French, German, French) without leaving their village as a result of three wars (1870-1871, 1914-1918, 1939-1945). Often as a child, Robert Muller would look out of his window at the border he could not cross and long for the day when he, like the birds, the clouds, the sun and the stars, would no longer have to observe the imaginary line. Today, thanks to the dream and effort of his compatriot Robert Schuman who similarly hated these borders, Robert Muller's passport reads, "European Union" with the sub-title France, and he is free to cross the abolished borders of fifteen western European countries.

Robert Muller knew the horrors of World War II, of being a refugee, of Nazi occupation and imprisonment. During the war he was a member of the French Resistance. After the war he returned home and earned a Doctorate of Law from the University of Strasbourg. In 1947 he entered and won an essay contest on how to govern the world, the prize of which was an internship at the newly created United Nations.

Dr. Muller devoted the next 40 years of his life behind the scenes at the United Nations focusing his energies on world peace. He rose through the ranks at the UN to the official position of Assistant-Secretary-General. He has been called the "Philosopher" and "Prophet of Hope" of the United Nations. Robert Muller is a deeply spiritual person. From his vantage point of a top level global states-person he has seen a strong connection between spirituality and the political/cultural scene.

Robert Muller created a "World Core Curriculum" and is known throughout the world as the "father of global education." There are 43 Robert Muller schools around the world with more being established each year. The "World Core Curriculum" earned him the UNESCO Peace Education Prize in 1989. Based on this curriculum and his devotion to good causes, Dr. Muller has drawn up a "Framework for World Media Coverage" as a public service, as well as a "Framework for Planetary and Cosmic Consciousness" and a "Framework for the Arts and Culture".

Now Dr. Muller is in active "retirement" at the UN University for Peace he co-created with President Rodrigo Carazo in demilitarized Costa Rica. He is in great demand to make speeches to educational, environmental, spiritual and political conferences around the world. Dr. Muller concentrates his efforts on promoting greater human understanding and global awareness. He has received many awards, e.g. the Albert Schweitzer International Prize for the Humanities, the Eleanor Roosevelt Man of Vision Award and was nominated 21 times for the Nobel Peace Prize.

Dr. Muller lives most of the year at his small farm overlooking the University of Peace, on a sacred indigenous hill, Mt. Rasur, from which according to indigenous prophecy, a civilization of peace will extend to the entire world. His traditional Costa Rican house is located just up the hill from the Peace Monument of the University. In addition to his duties at the University, he devotes time to his writings and is an internationally acclaimed, multi-lingual speaker and author of many books published in various languages. He has published his *Testament to the UN* as well as his plans and dreams for a peaceful, happy world.

At the prompting of many of his friends, admirers and non-governmental organizations Robert Muller was a candidate as a global citizen in 1996 for the post of Secretary General of the United Nations.

In 1998 he was appointed co-chairman, with Dr. Karan Singh, of a World Commission on Global Consciousness and Spirituality. The Global Peoples' Assembly in Samoa in April 2000 honored him as its Lifelong Honorary President. In 2002 he received the prestigious World Citizenship Award of the Nuclear Age Peace Foundation in California. After his Testament to the UN, (see at end of this volume the list of his books in various languages) he wrote also his Testament to Life in three volumes of *The Miracle, Joy and Art of Living*. On 24 October 2002 - United Nations Day and the day of the award ceremony of the Nuclear Age Peace Foundation - the first volume of his biography by Douglas Gillies *Prophet, The Hatmaker's Son* was launched to the public.

**VOLUME II**

**THE ART OF PERSONAL, HAPPY LIVING**







## Volume II

### Chapter 1

### The Joy of Living

Often I pause to feel deep in myself, with exultation, the unbelievable joy of being alive. Yes, I almost cannot believe it.

\*

Life would be so much more beautiful if we repeated, whenever we feel it, the words Faust was seeking in vain all his life:

Verweile doch, Du bist so schön."  
"O moment remain. You are so beautiful."

Dear God, make it that someday humanity will be so just, so peaceful, so loving, so kind, so radiant, so healthy, so grateful that all humans shall exclaim:

"O moment remain. You are so beautiful."

\*

Even if all my efforts for the peace and joy of this planet were vain, I would still exclaim with the poet:

"It is better to have loved and lost  
Than to have lost and never loved."

\*

This beautiful, so simple and all-encompassing gypsy saying:

"We love to live."

\*

He who follows me, says Christ, walks not in darkness, for he will have the light of life.

You are so right, O beloved prophet and guide. No one has ever been so entirely, so determinedly, so assuredly, so serenely on the side of light and life. You denied darkness, you defeated death, you exalted hope, faith, love and resurrection. You brought us eternal light, the reason for being from beyond the stars and the veils of the universe. You had a total, tranquil comprehension of all there is in heaven and on Earth. Whoever follows you will indeed see the full light of life and never fear the darkness of evil and death. Everyone can be a Brother Lawrence.\*

\*

The human being is such a wonderful, God-given instrument! We can play on it the most moving and beautiful symphonies or the saddest and most heartbreaking tragedies. We must train ourselves to play on it joyfully, gratefully and justly in order to contribute to the overall joy, happiness and symphony of humanity and of our Mother Earth.

\*

Not only is the biology and natural endowment of each human person so different, but life itself offers such a vast gamut of interests, values and allegiances: a natural gamut (the seas and oceans, the mountains, the sun or the cold, walking, growing, the love for children, plants and animals, the search for knowledge from the infinitely large to the infinitely small) and a human-made gamut: thinking, building, writing, learning, the diversity of languages and cultures, etc. Planet Earth is endowed with such a profusion of life, such a rich, joyful life! Human diversity increases with evolution and with our growing knowledge and numbers. In these immense gamuts, in this capital reside our joys, fulfillment and our further destiny.

\*

\* Read his inspiring little book, *The Practice of the Presence of God*, One World Publishers, Oxford

We must replace

a fragmented mind with a whole mind  
a fragmented knowledge with a whole knowledge  
a fragmented heart with a whole heart  
a fragmented soul with a whole soul  
a fragmented being with a whole being  
a fragmented world with a whole world  
a fragmented humanity with a whole humanity

Why should we remain only fragmented when there is such breathtaking beauty, virtue, happiness and energy in wholeness?

\*

Joy of the body, joy of the mind, joy of the heart, joy of the soul, joy of the whole being, we must aim at a holistic joy.

\*

I am passionately in love with life. I am crazy about this wonderful Earth!

\*

My life has been an unending, exalted joy.

\*

Dear God:

I walk with You in my head and in my heart. I walk with my feet on Earth and my head in the heavens.

God:

"You are right my son, and I am with you, in your head, in your heart, in your soul and in every good you do."

\*

To participate is not only to express one's views. It is also to listen, to receive, to open oneself. In order to embrace the universe and know the world I do not have to be at the UN or at the Vatican, nor to be the UN Secretary General, the Pope or a head of state.

One can be happy in any place on Earth, in many professions and activities. My father the hatmaker was the happiest man on Earth. He would not have exchanged his profession with anything else in the world. Each one of us is a reflection of Creation, an embodiment of the mysterious forces of the universe.

\*

Our soul, our heart and our mind are our interior gardens, our most precious sovereign possessions. We must cultivate them with loving care.

\*

Be yourself and know yourself fully

in body  
in mind  
in heart  
and in spirit

\*

Do not wait for the whole world to understand and explain to you the greatness of the universe and of being alive. Feel it in yourself right away, this very moment.

\*

Be all-encompassing, be elevated, be exalted, be impassioned, be a strong shining light, be fully alive. Be a happiness exuding, smiling miracle.

\*

I am convinced that paradise is on Earth, that it cannot be anywhere else.

\*

Everyday, live better, more fully and happier than yesterday.

\*

Learn to see and there will be no end to what you can see  
Learn to hear and there will be no end to what you can hear  
Learn to think and there will be no end to what you can think  
Learn to love and there will be no end to what you can love  
Learn to feel and there will be no end to what you can feel.

\*

I like to work  
I like to think  
I like to love  
I like to pray  
I like to speak  
I like to learn  
I like to sing  
I like to paint  
I like to read  
I like to write  
I like to eat  
I like to breathe  
I like to sleep  
I LIKE TO LIVE.

\*

Make of your life a true masterpiece for everyone to notice.

\*

I and you must lighten the highways, roads and alleys of humanity.

\*

A sad peacemaker is not an efficient peacemaker.

A joyful peacemaker is an efficient peacemaker.

\*

There should be no sadness on beautiful planet Earth.

\*

I refuse to believe that Creation has no purpose and makes no sense  
I refuse to believe that our planet has no purpose and makes no sense  
I refuse to believe that humanity has no purpose and makes no sense  
I refuse to believe that my life has no purpose and makes no sense  
I believe that all of it has an incredible sense

\*

The universe might be incomprehensible. But the search for its secrets is so beautiful!

\*

Have an immense respect for your God-given life.

\*

Never cease to seek  
Never cease to learn  
Never cease to wonder  
Never cease to hope  
Never cease to pray  
Never cease to thank

\*

I am really joyful only when I try to live more intensely, more enthusiastically, more meaningfully, more divinely.

\*

Life, life, life, what a strange, fathomless, incomprehensible phenomenon in the universe! In the end, there might be only one way : to take it and love it.

\*

Be greedy for life  
Be curious about life  
Be in passion with life  
Be enthusiastic about life  
Be crazy about life  
Be enthralled with life.

\*

Flow with life and with its constant adaptations and changes. Flow like the waters of a river, serenely, happily, majestically, or those of a brook, joyfully, happily, humbly.

\*

A world of giving and singing and not a world of wanting and lamenting should be our aim.

\*

A Catholic Sister wrote to me:

"I directed a retreat for eight days in Maryland. The first morning I found myself telling my little group of retreatants how I had met a truly happy man in the United Nations. I told them how he does not allow anything to take his happiness from him. I know now what Paul means when he says: "He has taken hold of me, now I want to take hold of Him." I take hold of the love of Christ every morning when I get up and I say: "No one will take the love of Christ, my happiness, from me today." No wonder Paul writes: "We might be knocked down, but not out..." "Rejoice always, in all circumstances, rejoice." I thank the Lord for having met someone like you, a living example of this "rejoicing".

\*

It is better to light a candle than to curse the darkness. If we light many candles, there will no longer be darkness. Hence, let us light many candles all over the world. Let us be each one of us a candle of joy.

\*

The United Nations recommends that each human person or family should light a candle in the window on International Day of Peace, celebrated on the Tuesday of the second week of September, day of opening of the yearly session of the UN General Assembly.

Let us all do it. How beautiful it will be. How inspiring it will be to the delegates of all nations embarking upon their great world-wide work.

\*

Keep yourself elevated on the strength of your own thinking, inner joy, love and spirituality. Do not let the world around you diminish you.

\*

Joy is still the best attitude towards life. I do not know of any better.

\*

Every day count your blessings.

\*

Joy is the natural way of humans as it is for all nature. Just look at flowers in bloom. Look at them joyfully, lovingly turned towards the sun.

\*

Sing, dance and laugh against the winds of adversity.

\*

Laugh, sing, whistle and philosophize while doing anything, for you can put joy and learning into every moment of your God-given precious life.

\*

Your bright smile is a beacon of joy and hope for others.

\*

In your smile there are thousands of years. Each smile is a glimpse of heaven and eternity.

\*

Always feel in yourself the immensity, the miracle of being alive.

\*

We are swimming in a sea of mysteries and uncertainties. Of one thing, however, I am certain: of the greatness, beauty and miracle of human life.

\*

Decide to live joyfully, exultantly, gratefully, openly, and miracles will happen.

\*

Do not nibble at the greatness of life. Gobble it.

\*

I have two main approaches to life: elation with life and fulfillment of life.

\*

There should be no tears on any human face on this beautiful planet, except tears of joy.

\*

Care well for the garden of your life, that incredibly precious jewel floating in the vast universe.

\*

I was once asked by a journalist: "If you had one recommendation to make to humanity, what would it be, to live in peace?" "Yes, to live with utmost happiness in peace."

\*

Through your words, through your thoughts, through your prayers, through your writings, through your actions, through your art, enflame the world with your belief in rejoicing in life.

\*

Be your own Surya, your own sun-God. Avoid the shadows and somberness of others.

\*

One of my preferred epithets is Sunshine man, given to me by my Secretary at the UN.

\*

With sunshine in your heart there will be sunshine around you. Try it, and you will see.

\*

People often ask me why I whistle while I work? I answer: why not?

\*

It is so wonderful to be alive and to be me!

\*

Joy is a protection. It creates an impenetrable shield against negative intruders. I managed even to be happy in prison under German occupation.\*

\*

Dear Earth:

Like a flower in a field, like a squirrel in a tree, like a bird in the sky, I am a thankful tribute to you, I am matter of you become alive which some day will return to you. What then is my purpose I ask myself? The answer is to be fully what you had in mind for me: a precious living being, exercising all his senses, happy to be alive, loveful and grateful to you, my dear Mother.

\*

\*See Happy Even in Prison in my book *Most of All, They Taught Me Happiness*.

To be fully human

As a flower is a flower,  
As a squirrel is a squirrel,  
As a bird is a bird,  
And to have all nature and Earth exclaim:  
How beautiful he is, she is!

\*

Take your life as the alpha and omega of everything. Make it your most sensitive instrument of perception. Make it your most beautiful work of art. Feel proud of it like a Beethoven, like Leonardo da Vinci, like Michelangelo.

\*

Enthusiasm, joie de vivre and ecstasy are doors to the greatness and mystery of life. Open them widely.

\*

Help others to be happy. Be a shining example to them. Be a teacher of happiness.

\*

Drink the sun, the fresh air, the stars, the forests, the meadows, the waters, the flowers, the herbs and the birds. Get drunk with love for life, for Mother Earth and Father God.

\*

Reverence for life? No! Exaltation at life!

\*

Go your own luminous way and the shadows will recede!

\*

There are thousands of books on the joy of gardening or cooking. There should be as many on the joy of living.

\*

The wonder of life is that we can find happiness both in great and in small things. I can be happy in the company of God and in that of my little ten-holes harmonica. I play on it the Ode to Joy at the end of all my speeches and people always remember it.

\*

Live in a thousand worlds. They are all around you and God has given you the capacity to live them all.

\*

Thank You, O God, for having involved me in so many beautiful dreams and projects for humanity: perhaps You knew that I was open and that I would love it!

\*

Only life is important. Not the doctrines.

\*

Happy living is the ultimate, simplest personal philosophy.

\*

Life can never be dull: there are always a thousand things to do, new summits to reach, new knowledge to be gained, new wonders and loves to be discovered, new beauties to see, new questions to ask.

\*

Enjoy your life. It is the only one you have and might ever get.

\*

Even if I had written all the great classical works since the beginning of times, what would it mean to me? Very little! All that counted in my life was my own joy and happiness to be alive and to celebrate it.

\*

Joy is my security. It creates an impenetrable shield around me against any negative intruders.

\*

Joy is the infallible proof of the presence of God.

Teilhard de Chardin



## **Decide to be Joyful....**

Render others joyful  
Praise the whole Creation  
with your joy  
Be a rock against sadness,  
pessimism and hopelessness  
Switch on and keep on in yourself  
the joyful buttons,  
those marked  
happiness, love,  
passion for life,  
gratitude for life  
Whistle, sing and smile at life  
Feel like a God or Goddess  
Feel like dancing  
See the bright glory of God  
everywhere and in everyone  
Say yes to life, immensely,  
joyfully, ecstatically,  
enthusiastically  
Be convinced of the prodigy,  
sanctity and  
divinity of life  
Bring your precious contribution  
to the happiness and  
ascent of humankind  
And believe in the immortality  
and everlasting effects  
of your goodness and joy.

*Polat. Auk*

## Volume II Chapter 2 Of Happiness

After peace, the subject of happiness seemed so central to me that I devoted my first book in English, *Most of All, They Taught Me Happiness*, to it at the age of forty-five.

The key to the art of living is indeed happiness. The greatest medicine on Earth is happiness. Art of living and happiness should be the main objectives of education. All other courses should start with them.

\*

What is indeed the prime human objective? To live fully one's life and to absorb with passion the universe around us while we are conscious of it. Happiness, joie de vivre are the oxygen of life. I sometimes feel that God is silently asking me: "Are you happy?" And when I say yes, He answers: "Then I rejoice at having created you."

\*

We are rewarded with joys and happiness for the way we live our lives. This is how nature and God recompense us. Joy and happiness are therefore important yardsticks of our life-performance. To dwell with the subject of happiness is to seek the real purpose of our life.

\*

We often seek perfection and happiness in God and in paradise instead of living in perfection and happiness on Earth. We seek miracles in the outside environments of politics and religion instead of conducting our own cosmos wisely and happily. Perfection, miracles and happiness start at home.

\*

Perhaps there is no true, objective happiness, isolated from my being. Perhaps there is only my will for happiness. If this is so, then we are the artisans of our own happiness which should be the easiest product on Earth. Happiness, the easiest thing on Earth? An interesting thought indeed!

\*

The Japanese word happiness means "to take things as they come". This is a rather poor attitude towards the miracle of life. We should better say: "Happiness is to take things as they come with joy when they are good and with fortitude when they are bad." A world book giving the etymology (meaning) of the word happiness in all languages would be a very revealing, extremely important, helpful book.

\*

Don't say: I will be happy tomorrow. Say: I am happy today. As the Latins said: carpe diem. Enjoy the day. We should not wait for a better world to be happy and to do our duty towards the planet and humanity.

\*

If only all those who are not hungry, not sick, not handicapped, not dying, not unemployed, not grieved by the death of a dear one, could smile on this Earth. The world would look so different: at least 2 to 3 billion people would smile and show their happiness at life. O God, help us become a Smiling Planet.

\*

One of the happiest persons I have met in my life is Guru Satchidananda. His aim is the same as that of U Thant: to help people and humanity achieve happiness by living perfect physical, mental, moral and spiritual lives. His name reflects the objectives his mother dreamt for him:

Sat-Chid-Ananda: Life, Knowledge, Happiness.

U Thant meant: the Pure.

Blessed be the cultures and parents who give names of virtues to their children. It should become a world-wide practice.

\*

Popular wisdom rightly says "smile" to an unhappy child or person. My unhappy face might keep others away and render me even more unhappy, because I notice their displeasure. This might create permanent unhappy features on my face which will make me a permanently unhappy person.

But if I smile and have a happy face, I will make others feel happy and will receive more happiness in return.

Hence: a smile costs nothing and can reap a beautiful harvest of happiness. Smiling should become a major art and education.

\*

I will not let anything nor anyone take my happiness away from me.

\*

A reader wrote to me:

"I have applied your philosophy in your book *Most of All, They Taught Me Happiness* in the worst circumstances for a woman: I was happily married with a man I loved very much. We have four children and live in a nice house in a suburban community of the beautiful Hudson Valley. My husband's business is in New York City. He became ever more prosperous and one day began to be unfaithful to me. It was an excruciating experience, but I decided to overcome it: I resolved that "under no circumstance would I let him take my happiness away from me". I didn't change my attitude towards him, kept the family together, sought greater happiness from my children, my home and my friends. Several years have passed and very honestly I can say that I never regretted my decision. He was never able to take my happiness away from me."

\*

The countries of this world should not be judged for their power, arms and wealth, but for the happiness of their people. In tomorrow's world democracy, yearly polls should be taken of the peoples' happiness. Nations should be ranked accordingly. What would be the point of developing the world to the standards of living existing today in the US and Europe, if the people having finally reached that stage, would not be happier than are the Americans and Europeans today?

\*

Thousands of volumes of statistics are published every year around the world on innumerable subjects, but nowhere can one find information on the most important of all: the happiness of the people. Why is that?

\*

At the United Nations one can almost never find the words happiness and love in speeches or in documents. For more than forty years per capita income figures were published for all countries, only recently supplemented by a Human Development Index. I hope that it will not take another forty years until at long last a Human Happiness Index is published.

\*

Happiness is a reward by nature, God and society for doing good, for serving, for loving, for having and raising good children, for leaving this Earth a little better than we found it.

\*

"That man is a success who has lived well,  
laughed often and loved much;  
who has gained the respect of intelligent men  
and the love of children;  
who has filled his niche and  
accomplished his task;  
who leaves the world better than he found it  
whether by a perfect poem or a rescued soul;  
who never lacked appreciation of Earth's  
beauty or failed to express it;  
who looked for the best in others and  
gave the best he had"

*Robert Louis Stevenson*

\*

In the 1970s I suggested to the Gallup organization to conduct a world public opinion survey on happiness. They retained instead the concept of "Quality of life." The results were that below a certain standard of life and when there are serious sicknesses in a family, there is no happiness. Above a certain standard of life, people are on the whole satisfied with their quality of life. Beyond a high standard, unhappiness reappears: in the richest countries, the suicide rate increases, drug addiction and alcoholism proliferate, an increasing percentage of people do not find any meaning in life. This is when the hour of spirituality, philanthropy and service to a better world strikes.

\*

World happiness and harmony are impeded by the fact that so many firms are bent on producing consumer unhappiness and endless new desires in order to increase their business. To induce a six percent increase in the national product of a rich, demographically stable country a six percent increase of unhappiness must be engineered. Marketing and advertising are the main instruments.

\*

Happiness is like a ray of sun: it dissolves somberness.

\*

Happiness has its intensities and duration. We must cultivate both to the maximum until the end of our life and even beyond with our good deeds, well educated children, writings and art.

\*

If you reject, if you don't plant, seed, cultivate and harvest happiness, it will never come to you. It cannot grow.

\*

Don't try to be happier than others. Try to be happier than you were yesterday.

\*

Be happy, go lucky. Yes, because happiness attracts luck, and unhappiness repels it.

\*

Happiness dispels unhappiness as light dispels obscurity. Therefore, switch on the happiness currents in yourself.

\*

Be honest, sit down and count the number of happy days you had in your life, in a year, in a month or in a week. And then ask yourself: why not more?

In my case, since I started to concentrate on happiness, every day became a happy day.

\*

The happiest life is that which practices, exercises and teaches the art of happiness.

\*

You want a simple motto for your life? Here is one: Health, Peace and Happiness, HPH.

\*

Happiness is a shield against many external circumstances. It can even transform external circumstances to its benefit. I can say: I am mad that it rains, or I am happy that it rains; I am mad to live in a village or I am happy to live in one, etc. One can even be happy in prison.

\*

I was happy in the most problem-laden organization on Earth: the United Nations. But I worked on each problem like an enthusiastic scientist or doctor and derived great pride and happiness from my work and successes.

\*

A Catholic Sister who teaches happiness wrote to me:

"The parish should be a model of peace, love and joy for the world. This was the goal of St. Paul in his cosmic vision....In my introduction to the parish I prefer to be known as a Minister of Happiness because religion and happiness go together: Love for Christ - the Way to happiness."

What a good idea: parishes as models of happiness led by Ministers of Happiness!

\*

Happiness is a science and an art which must be studied, taught and practiced widely. I dream of Universities of Happiness, of a vast literature of "Exercises in Happiness", "Recipes for Happiness", "The Science of Happiness", "The Art of Happiness", "How to Live Happily", "Teachers' Guide to Happiness", "Courses in Happiness." Every profession should have good writers and books on: "How to live happily as a lawyer", "How to be a happy teacher", "How to be a Happy Doctor", etc. I pray that some day happiness will be taught in all schools and universities of the world. It is amazing, unexplainable that it is not.

\*

Happiness is a mysterious fluid, a positive current released by the individual. It pervades the entire being and allows its optimum functioning. This is true also for the human society whose continued journey in fathomless space and time requires joy, happiness and hope as its luminous guideposts. Hence the need for world leaders who radiate happiness and dispense optimism and hope. At this stage of evolution, there is no longer much merit and recognition in power, wealth and vainglory.

\*

Once during the war, a very intelligent man, a hat manufacturer from Belgium, visited our family. When he heard my father complain about the hardness of the times, he went to the bathroom and brought back a fragrant loaf of prewar toilet soap which my mother had extracted from her treasure-chest in his honor. He passed it around and asked everyone to take a deep breath of its delightful fragrance. Then he said:

"Once this war is over never will anyone of us feel again the happiness we enjoy at this moment in touching and smelling this soft, heavenly, rare loaf of soap. At every time of one's life, in every circumstance there is an opportunity for happiness. The art of living consists in seeking out these special moments."

I have never forgotten his words. Each time I unwrap a fresh loaf of toilet soap, his words come back to me, and I hold it respectfully to my nostrils to enjoy a special moment of happiness.

O youth of today, you do not know how lucky you are. You will never know how badly a piece of wartime soap looked like and smelled. I can still feel its sandy texture hurt my skin.

\*

It is very easy to recognize happiness: you can see it. It is written all over a face.

\*

The big firms sell happiness for their profit. The alcohol and cigarette producers associate their products with happy scenes and joyful events: baptism, marriage, social gatherings, tourism, love, even nature; one sees healthy young men and women smoke and drink in the most beautiful sceneries of Earth. It is essential to develop a literature which will de-hook happiness from drugs, alcohol and smoking and associate it instead with a clean life which alone allows the flowering and fulfillment of the miracle of life.

\*

H.L. Mencke said: "There is no record in history of a happy philosopher. They exist only in romantic legends." Well, if it is true, which I doubt, I want to be the first one, followed by innumerable others.

\*

This planet is so beautiful, life is so miraculous that happiness is a sacred duty of the well-to-do.

\*

"Happiness consists in the attainment of our desires, and in our having only right desires."

Saint Augustine

On the whole, given the colossal mysteries and difficulties of life on our planet, humans behave pretty well and are surprisingly meek and content. This is not the product of our will. It is a built-in characteristic of the human race.

\*

A secret of happiness: open your eyes very widely on the beauties and goodness of life; close them a little on its adverse and ugly sides.

\*

A few simple rules for happiness:

- good nutrition
- good thinking
- love for life
- meditation and prayer

\*

God is a satisfactory explanation of the universe  
Happiness is a satisfactory objective of life.

\*

Happiness should be the common objective of all humanity, for it is the most universal human value. It is the supreme consecration of the mystery and miracle of life.

\*

We need a great Copernican framework of the art of living in which all efforts at happiness will fall logically into place.

\*

There are two principal ways to happiness:

- to recognize that life is a true miracle, an incredible privilege;
- to thank God for it every day.

\*

Don't import unhappiness into yourself. Close your borders to it. Establish unhappiness controls. Protect your happiness' sovereignty.

\*

Sow and cultivate happiness and you will reap harvests of it.

\*

I am happy with whatever I do. If it is hard and painful, I do it for God.

\*

Nail the needle of the barometer of your life on "stable, good, permanent happiness".

\*

Happiness must be extended to the heavens, eternity and God.

\*

Whenever you are unhappy or the victim of adversity, close your eyes and say these magic words:

"God is with me."

And God will be with you.

Then keep Him with you and everything will be all right.

\*



To feel happy and beautiful, just raise your eyes to the heavens and to God.  
Like Christ, consider yourself as a son or daughter of the Father in the universe.

\*

To seek and find  
To travel and to arrive  
are both forms of happiness.

\*

Be happy wherever you are. If you cannot be happy in your home and in your garden, you will not be happier on top of the Himalaya.

\*

Human eyes and the human brain are much too precious to be wasted on the consumption of the horrid daily news, advertisements and entertainments dished out incessantly by the media. To be happy, don't read the newspapers, don't listen to the radio, don't watch television. Ignoring them is the surest way to personal happiness. Get rid of your television, I did so years ago.

\*

I believe in peace through joy, in harmony through happiness, in fulfillment of life through love. I believe that a human person can find untold happiness amid the immense complexities of our daily life on our beautiful planet in the vast universe.

\*

If we knew the ultimate secret of the universe, we would probably be very happy, but after a while we would discover that there is nothing else to do. We would then realize that the search, the path, the learning was the happiest part of our journey.

\*

Happy is the person who in a dark sky rejoices at a ray of sun.  
Unhappy is the person who in a bright, blue sky complains about a cloud.  
We happily absorb the rays, beauty, and energy of the sun. But shouldn't we radiate also something back?  
Shouldn't we become a planet radiant with peace, love and happiness?

\*

Why do I live? Because of love, to be immeasurably happy, to be an instrument of God. That is my Bible. What is yours?

\*

Love for life is the fundamental ingredient of all recipes for happiness.

\*

There is incomparable happiness in the love for nature and for animals.

\*

Love for one's profession can be one of the greatest sources of happiness.

\*

Both self-restraint and exuberance can lead to happiness.

\*

Happiness is reached through physical, mental, moral and spiritual perfection.

\*

Use the freest goods for happiness:  
the stars cost nothing  
nature costs nothing  
your inner life costs nothing  
God costs nothing.

\*

When Norman Cousins wrote the Preface of my book on happiness, he became fascinated with the effects of happiness on health. Today the subject is being seriously studied at Harvard University where they discovered and proved scientifically that the decision to feel happy has very beneficial effects on the whole body. At long last, science is looking into a fundamental recipe, known to every mother, peasant and indigenous people on Earth.

\*

Work on your internal life and radiate your happiness externally.  
Work on your external life and enrich your internal happiness.

\*

Happiness chases unhappiness as light chases obscurity. Therefore switch on happiness in yourself.

\*

Collect, produce your own coffer of pearls filled with happiness. This is what I have done with my life. And I have reaped untold joys.

\*

Like a wanderer in nature  
Love the paths of your life  
there is so much beauty to see  
so much music to hear  
so many flowers to smell  
so many thoughts to be thought  
so much love to give  
so much divinity to be felt.

\*

Weed out of your life carefully all bad elements. If not, they will proliferate and smother the good ones.

\*

Forget any adversity, past, present or future. It will only poison your life. Or consider it with sympathy, look it right into the face and determine the good and the lessons you can derive from it.

\*

There is not one form of happiness: there are myriads of them. Each human being can derive his particular form of happiness from his nature, his environment and the vast diversity of society. You might find happiness in God, in a garden, in a workshop, in a laboratory, in service to others, in the present, in the past or in the future.

\*

Let light and happiness gush into your lives and your homes.

\*

Do not let weeds grow on the path of your happiness. Use that path as often as you can.

\*

If you believe in happiness, you will find it. If you don't believe in happiness you will never find it. It is above all a question of belief, of commitment.

How could Faust seek happiness for so long when it was all around him and in him? Paradise is on Earth and in us. One just has to open one's eyes, hear it and feel it.

\*

You will never be really happy if you don't understand that producers and merchants must constantly create new unhappiness in order to sell you more goods, new goods, and often pure waste.

\*

Happiness is an art. It must be practiced. It is like writing: write anything, just for the exercise of it, and you will become a writer. Practice any form of happiness, just for the sake of it, and you will become a happy person.

To be lasting, an artist or writer must be a prophet of good, hope, and happiness. He must deal with the essentials of life and give inspiration, uplifting, reassuring answers.

\*

Happiness is in a star-studded sky  
in a flower  
in the eyes of a child  
in the love of your spouse.

\*

Suppose we both possess the same thing. You consider what you have to be of little value and I consider what I have to be of great value. Who is the happiest of us two?

\*

Cast away any bad thoughts or sentiments.

Do not let them germinate and take root. The longer you wait the more difficulty they will take to uproot.

\*

My dog does not write, speak, read or play music, and yet he is happy.

\*

Give happiness to others and you will be repaid a hundred fold. The law of karma, of cause and effect seldom fails.

\*

Happiness elevates the heart and illumines the mind. It improves our entire being and breaks all barriers. Happiness is of divine nature.

\*

Improve everything that increases happiness  
Reduce everything that diminishes happiness.

\*

The will for happiness resembles the will for knowledge. It is a form of self-elevation, of self-expansion. But while the will for knowledge has been widely recognized, promoted, taught and institutionalized, the will for happiness has not. It is high time to do it.

The will for knowledge is only a step towards the achievement of happiness. The will for happiness should come first.

\*

I know only two kinds of days: happy days and very happy days.

\*

If you are happy, you are untouchable, unbeatable.

\*

Happiness is the exercise of our vital abilities towards fulfillment in a society that allows us to do so.

\*

Living happily is the best revenge against those who make our lives miserable.

\*

Just want to be happy.

\*

Happiness is to see no evil, to hear no evil and to do no evil.

Chinese proverb

\*

Be like a hawk with your happiness. Do not let it be touched by anyone or anything. On the contrary, transform anything and anyone who approaches you into a source of happiness.

\*

What is the point of living if it is not to be happy and to give happiness to others?

\*

To live happily, live hidden (a French proverb). Be an extension of God in quietness, in the stillness of your life and soul.

\*

Under no circumstance wait for a better world to be happy. You might wait for ever and miss your earthly turn!

\*

If you do not decide to be happy, no one and nothing on Earth can make you happy. If you decide to be happy, no one and nothing can make you unhappy.

\*

A teacher who heard me speak about happiness, commented:

"I believe that children are born happy or unhappy, and that one cannot teach them happiness."

I retorted:

"Why then are you a teacher? Your belief condemns all education."

\*

When as a young man I wrote my thesis in my room in an attic, my father sometimes visited me and said: "Why do you whistle all the time? Doesn't it prevent you to work?"

"I whistle because I am happy and it helps my work."

I was simply doing what the dwarfs in Snow White's story were doing:

"We whistle while we work."

\*

An unhappy day is a lost precious day.

\*

Make your life a garden of happiness. Devote to your precious life no less care than you would to your flowers.

\*

Do not expect happiness to fall from the skies. Earn it, affirm it, cultivate it, treat it with loving care.

\*

Why should the search for happiness be only material and mental? Aren't there untold riches in the moral, the sentimental and the spiritual realms?

\*

Everyone has his or her own recipe for happiness. Some like it with a little salt, others with a lot if it.

\*

Who am I? A capacity to create good and happiness.

\*

You do not have to go far to find happiness. You can find it just where you are, at this very moment.

\*

Even now that I am almost eighty years old, people in Costa Rica sometimes comment: "You are a very happy man."

"Why do you think so?"

"Because you look so happy and you whistle lovingly."

When a Costa Rican eye surgeon examined my eyes for a possible cataract operation, she commented: "You must be a very happy and peaceful man, because your optical nerve which is in perfect shape shows it."

\*

Objects have a soul, objects have a beauty. Surround yourself with objects which speak to your soul and evoke beauty, good feelings and beloved memories. This too is part of the art of happy living.

\*

All objects around us have a life, a meaning. They embody some part, the life and soul of the person who made or possessed them. They have cosmic vibrations as the Hindus say. They are part of the cosmic order. Therefore, surround yourself with objects which incorporate good human feelings and dreams. That is the objective of art, of beauty, right meanings, feelings, etc.

\*

Surround yourself with books on happiness, with happy sights, with happy authors, with happy friends, with happy proverbs, with happy memorabilia, with happy projects.

\*

My greatest desire and efforts have always been to teach people and nations the art of peace and happiness.

\*

Become a happiness activist, a teacher of happiness. Put your happiness into action.

\*

I was in a Gestapo prison during the war, but I was happy in that filthy goal, because I decided so. Later I read this statement of Abdul Baha which confirmed my experience:

"I was in prison forty years - one year alone would have been impossible to bear - nobody survived that imprisonment more than a year! But thank God, during all those forty years I was supremely happy! Every day, on waking, it was like hearing good tidings, and every night infinite joy was mine. Spirituality was my comfort, and turning to God was my greatest joy. If this had not been so, do you think it possible that I could have lived through those forty years in prison?"

\*

I never dreamt that someday I would be able to give so much happiness to others. It was by doing it that I got there.

\*

All techniques and methods of happiness have one common element: they concentrate your attention on happiness, and as a result you will find happiness often by means other than those recommended to you.

\*

One is great only through the cause one serves. And in our time the greatest cause is the peace and happiness of all humanity.

\*

Work for your happiness and your happiness will work for you.

\*

There is no greater duty for a gifted person than to give happiness to others. The greater the happiness given, the greater the joy you receive in return.

\*

To give happiness is to deserve happiness.

\*

Advice from others will help, but basically each human being must find himself his or her happiness.

\*

A good life rule: "Keep your happiness up."

\*

Happiness is the reward given to us by God or evolution or nature for fulfilling our purpose: to reproduce, to give birth to new life, to raise children, to contribute to the betterment of humanity, to preserve well our beautiful planetary home, to do good in any form.

\*

If God is the spirit, then to live happily is to fulfill the will of God.

\*

To live happily, that is the success of life.

\*

Identification with evil causes an invasion of evil  
Identification with good causes an invasion of good  
Identification with happiness causes an invasion of happiness  
Identification with unhappiness causes an invasion of unhappiness  
Therefore get your identifications straight and your life will become a true wonder.

\*

Happiness is learning to live in harmony with the heavens, with the Earth, with the past, the present and the future.

\*

There exists no theory, no science, no philosophy, no art of human happiness on this planet, from individual happiness to the happiness of humanity, through the happiness of families, communities, cities, regions, nations, continents, religions and cultures. This most important subject has been utterly neglected. I hope that my example and efforts will put it on the map.

\*

Live your life happily, gratefully even in a world where no one listens. Your song of happiness will soon arouse attention.

\*

Happiness is so simple that many people lose sight of it.

\*

When I finished my first book in English, at the age of forty-five, my wife exclaimed: "Why did you write a book on happiness? You should have written a book about the United Nations."

I answered: "Because happiness is the most important subject on Earth. If I love to work for the UN, it is only because the UN stands for peace which is a condition of happiness. What I have seen in World War II taught me that peace is indispensable for happiness."\*

\*

"The aggregate happiness of society, which is best promoted by the practice of a virtuous policy is or ought to be the end of all governments."

George Washington

\*

\*Hence my book *What War Taught Me About Peace*.

The US Constitution is the only constitution on Earth which mentions specifically the

pursuit of happiness as a main objective of government.

\*

If George Washington were alive today he would create a Ministry or Department of Happiness in the US Government. There is not a single government on Earth which has one. That says a lot about our planet's political system.

\*

One should never be sad because one cannot be happy when one is sad.

Lucia O'Barr  
Our 7 years old granddaughter

\*

I end all my telephone calls and letters wishing my correspondents peace and happiness.

\*

We are rewarded with joys and happiness for the way we live our lives. This is how nature and God recompense us. Joy and happiness are therefore important yardsticks of our life-performance. To dwell with the subject of happiness is to seek the real purpose of our life.

\*

Each morning when I awake,  
I experience the extreme happiness of being alive.  
Each day is a resurrection, a new birth.

\*

It is usually at dawn, when I write, dream, watch the sunrise and am alone with myself, that I feel the deepest and most tranquil moments of happiness. Happiness in peace and also in action: the two must be practiced, learned and savored as part of the art of living.

\*

Happiness dispels unhappiness as light dispels obscurity.  
Therefore, switch on the happiest currents you have in yourself.

\*

The world abounds with people who want to dream, to love, to hope and to be happy. Yet happiness, love, dreams and hope are nowhere to be found on the agendas of governments and of world affairs. There must be something wrong with this planet's politics. There should be Ministries of Happiness, Love, Dreams and Hope in every government.

\*

I will never know the answers to the many mysteries of life. No one ever will. But I can use my enthusiasm and talent to write and speak about the miracle of life so as to impart some happiness to my fellow humans.

\*

First you have to believe in happiness and then you will find it. It is first and foremost a question of faith, of decision.

\*

One must try to become what the Hindus call a Trikaldarshi and a Trilokonath: one who



lives happily in the past, in the present and in the future; one who lives on the ground, in the mind and in the heavens.

\*

"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."

Einstein

\*

"The highest achievement of a human being is continuous happiness."

Montaigne

\*

"Happiness is at once the best, the noblest and the pleasantest of things."

Aristotle

\*

A young man who read my book *Most of All, They Taught Me Happiness* wrote to me that my concluding poem summarized the entire book and that I should publish it as a card for widest possible distribution. I did and it went around the world in several languages, bringing happiness to many. Here it is:

\*

## Decide to be Happy...

render others happy  
proclaim your joy  
love passionately your miraculous life  
do not listen to promises  
do not wait for a better world  
be grateful for every moment of life  
switch on and keep on  
the positive buttons  
in yourself, those marked optimism,  
serenity, confidence,  
positive thinking, love  
pray and thank God every day  
meditate - smile - laugh  
whistle - sing - dance  
look with fascination at everything  
fill your lungs and heart with liberty  
be yourself fully and immensely  
act like a king or queen unto Death  
feel God in your body, mind,  
heart, and soul  
and be convinced of eternal life  
and resurrection

*Robert A. Allen*

## Volume II Chapter 3 Of Consciousness

Human evolution began when the first human looked up at the stars and wondered.

\*

The art of living can reach from the consciousness of a flower or of my own personal life to the consciousness of God and of the universe. Our whole being will be able to focus some day almost instantly, as does already the eye, from the infinitely large to the infinitely small. The long, marvelous evolution of human eyesight will now take place also for our perception of the entire Creation.

\*

The story of humanity is a long, fascinating story of increasing consciousness. The most astonishing and farthest reaching page of that story is now only about to begin!

\*

The clue to human evolution is given right at the beginning of the Bible, when God asked Adam and Eve:

"Who told you that you were naked?"

This was the birth of consciousness, the discovery of the surrounding reality and the first attempt at explaining it. Since then, what an incredible road we have covered in expanding our consciousness!

\*

Science and human discovery have expanded tremendously the range of our knowledge, capacities and senses. We must now live up to the resplendent intelligence we have acquired and complement it with the transcendence of our hearts and souls, of our love and commitments, of our values, actions and ways of life.

\*

We need the view from the mountain and the view from the valley. From the mountain we see the vast distances, right proportions and how small we are. From the valley we see the beauty of the heights, but also the warmth of our home, of our loved ones, of a flower, of a bird, and we shudder at the cold emptiness of the mountains and outer space. We humans are both marvelous telescopes and microscopes, both mountain climbers and valley-dwellers. We can focus our consciousness over the whole range of Creation.

\*

Every human being can be conscious of the entire world, the entire universe, the entire past, present and future of all reality. Everything is in everything, while being distinct and separate. It is the marvel of unity in diversity understandable only to the human species. It is also the key to the future societal organization of our planet.

\*

I am hopeful for the future of the world not in spite of science but because of science.

\*

From a reader:

"You have a terribly important mission to widen perspectives all over the world, and help the United Nations in the process."

Yes, consciousness of the whole planet, of the entire human family, of the universe, of the divine and of the future and total time are the next great strides expected from the human race.

\*

Life is trying  
Life is learning  
Life is searching  
Life is asking  
Life is growing  
Life is never-ending  
For life is the universe  
become conscious of itself in every one of its sentient beings, its children, its living cells,  
in you and in me.

\*

If you close your eyes, you will not see.  
If you close your ears, you will not hear.  
If you close your mind, you will not understand.  
If you close your heart, you will not love.  
If you close your soul, you will not experience God.  
Why should anyone be so foolish to do that?  
Therefore open yourself to the greatness of life  
Like a flower to the sun  
Like a wondrous child to his mother and father.  
That is consciousness.

\*

Fullest possible consciousness is the purpose of life. It is the purpose of evolution and of humanity on this Earth.

\*

I have tried all my life to increase the consciousness and receptivity of humanity to the fact that we are a miracle in the universe, a unique species living on an astonishing planet, capable of the most breathtaking wonders despite our errors and misconceptions which are our growing 'consciousness pains'.

\*

A Catholic Sister who had written a book on global consciousness wrote to me this beautiful thought:

"Sometimes I think one daily touching of hearts with people is all there is to participating in the cosmic plans for peace in the universe."

\*

People send me books and papers on the "secrets" of the ancient Egyptians, the Tibetans, the Free Masons and other esoteric groups. They note a similarity between my views and these age-old writings. But this is normal. The key of all these schools was that they considered themselves to be integral parts of the universe and of eternity. All great religions do the same and the United Nations is on the way of doing it today. When this truth is taught to every child on Earth, a better, peaceful, happier world will ensue. That is evolution.

\*

After all the discoveries of the sciences from the infinitely large to the infinitely small, life and the universe still remain mysterious. The sciences have merely revealed and increased the vastness and prodigy of the mystery. Perhaps only love, mysticism, elevation, transcendence and spirituality can bring us closer to perceiving the ultimate reality.

\*

Thinking means to divide, to dissect, to analyze, to relate, to review and to conclude. But a higher form than thinking is 'feeling', the supreme synthesis of knowing. Humans can analyze the entire universe, from the farthest galaxy to the last atomic sub-particle, and yet they will never understand it. But they can 'feel' it. The love of a father, of a mother, of a poet are superior to thinking. Feeling and love are our highest forms of consciousness, of becoming one with the ultimate mysteries of life and of the universe, of being naturally, unquestioningly, a living part of it, with divine beauty and simplicity.

\*

An organ is only justified by its function. No organ survives if its function disappears. What are the functions of our organs? Why were they given to us? What is the function meant for the human race on this planet? If we do not find out, we will disappear. The answer in my view is to be responsible for the future evolution of planet Earth.

\*

To know beyond oneself, to know beyond the planet, to understand ever more of infinity and eternity, that was the human destiny until now. To act as knowledgeable, loving, responsible actors in this majestic cosmic scenario will be the next.

\*

I will never cease to be astonished by my fate: endlessly I discover that I can be greater than I was. Life offers endless possibilities for extension. Could it be true even after death? What a big revelation of increased consciousness that would be!

\*

All my life I had the growing consciousness that I was much more than myself, to the point of not belonging to myself. This non-belonging was a source of bliss. It gave my self a greater value! The universe penetrated into me, aggrandized me. I realized that I was part of the cosmos conscious of itself, a cosmic being. And most of that I owe to the United Nations, the first planetary and cosmic school on Earth. May all schools on Earth do that miracle for their children.

\*

We usually think that we are more than what we are, and yet we still by far underestimate what we could really be!

\*

The ultimate purpose of being a human is to realize that we are each a miracle and to determine what is expected from that miracle. And the whole human society should be construed to make this possible for everyone to be.

\*

We should never lose sight that the whole planet Earth is engaged in one gigantic effort to find its maximum consciousness and fulfillment in the universe. We must all bring our share to it.

\*

In order to allow humans to be fully conscious and live the fullest lives, a cooperating universal conscious society is needed. And to achieve a universal conscious society one needs to educate the children, the new living, cosmic units, as universal, fully conscious beings.\*

\*

Human senses and perceptions constantly range from the general to the particular. The art of living is therefore largely an exercise in scanning and focusing our attention to become full universal beings.

\*

To be constantly widely open, to lower the barriers of self-sufficiency and infallibility are two great ways for human beings, societies and all earthly institutions to perform properly their cosmic, universal functions.

\*

Be your body fully  
Be your head fully  
Be your heart fully  
Be your soul fully  
be your couple and family fully  
Be your whole humaneness fully

\*

A genius is never proud and erect, but always on his knees, in full admiration for the greatness of the universe. His understanding, feelings and ecstasy for the miracle of Creation are his genius. He tries to be in full union with the universe. To many he appears as a genius. But in reality he is the normal living being which all humans should be educated to be. What a pity that most education on Earth is not doing it.

\*

To live is to give ever more meaning to life. Life growth and not economic growth should be our objective.

\*

I breathe, therefore I am  
I eat, therefore I am  
I see, therefore I am  
I hear, therefore I am  
I think, therefore I am  
I love, therefore I am  
I feel, therefore I am  
I pray, therefore I am  
I am a conscious unit of the universe and time.

\*

\*This is what the Montessori schools and Robert Muller schools are doing.

You have eyes to see. Use them to the full  
You have ears to hear. Use them to the full  
You have hands to create. Use them to the full  
You have a brain to think. Use it to the full  
You have a heart to love. Use it to the full  
You have a soul to feel. Use it to the full  
You have a life to live. Live it to the full

That will be your supreme consciousness and contribution to the evolution of humanity and planet Earth.

\*

If everything on this planet is a form of cosmic forces, then we might as well have an immense respect for everything we see including ourselves. A grain of sand, a flower, a drop of water, a tiny flying insect are not just anything. They are stupendous miracles demanding our astonishment. And more astonishing of all are we humans who through inquiry, questioning, inventions, science and reasoning are ever expanding our consciousness of the universe and our co-creation with it.

\*

The world out there exists only to the extent that I open my eyes, ears, heart, mind and soul to it. The wider I open them, the greater, the more fascinating is the world that enters me, and the greater I become.

\*

For me to be alive, to have been given birth and consciousness in the universe, is a tremendous, unbelievable gift. I will never be able to fathom its significance and to fully realize how grateful and responsible I must be.

\*

Embrace life fully, from yourself to the godhead, from the place you live to the entire Earth, from here to infinity, from now to eternity.

\*

We must open ourselves to every potential, to everything we can be, to the vast world out there, to the heavens, to God and to eternity. To be one of the vastest, most understanding, longest, fullest living cosmic units in the universe, serenely and gratefully, that should be our personal ideal and agenda.

\*

The whole Earth, you and I, we manifest the essence of being. The more I "am", the greater my consciousness, the more I fulfill my reason for being. To fully be, that must be our highest objective.

\*

Let your life flow. Let your thoughts flow. Let your love flow. Let the will of God flow. Do not be closed. Do not be hard and tight. Be open, receiving, soft. Be a recipient lake of infinity and eternity.

\*

Do not only want to be  
Be  
Right away  
As of now

\*

Construe your life as a constant process of enrichment:  
See what enriches your eyes  
Hear what enriches your ears  
Read what enriches your mind  
Love what enriches your heart  
Pray what enriches your soul.

\*

Knowledge is part of spirituality. If I exclude knowledge from it, I do not fulfill my vocation as a universal, cosmic being. I must focus my physical eyes from the stars to a flower and my soul from God to my inner self.

\*

O God, guide my steps upwards so that I may climb the peaks of life towards the full consciousness of Your magnificent Creation and earn my utmost happiness.

\*

We live quite unperturbed by the death of 6,000 humans every hour. We live happily even with the knowledge that we will die too. Why then should we find it so impossible to live happily in a troubled world? Let us regret the troubles and try to heal them as well as we can. And then let us enjoy the miracle of life and happiness fully.

\*

Do not wait for a better world to increase your consciousness. Try to reach it right away. All information, ways and techniques are available.

\*

Every human being is a representative, an agent, an instrument, a spokesperson of God, of the universe, of the planet, of nature, of humanity and of all that is good. Nothing in the world prevents you from being that. Do it, concentrate on it, make it the purpose of your life and you will be recompensed with untold happiness.

\*

If we are matter of the Earth, if we are conscious outcrops of the Earth, if we are Earth become alive and conscious of her in us, if we are incarnated cosmic energy, then it is our duty to manage this planet so as to maximize its cosmic consciousness in the universe. That might be the purpose of our evolution. Examples:

- the wise use and reuse of resources for the maximum of life
- the prevention of natural and man-made disasters;
- maximum health and longevity;
- the eradication of war and all armaments.

\*

A new science and art of consciousness must be developed: the transformation of this miraculous Earth into a highly conscious, successful cell of the universe. But where is it taught? In the religions, but each is trying to monopolize it. What is needed is a World University of Consciousness.

\*



Individual consciousness

Family       "  
Group         "  
All human    "  
Planetary    "  
Cosmic       "

The last three still remain unfulfilled. But each individual can achieve them all, without waiting.

\*

The more complex our knowledge, the greater our consciousness of Creation and the richer our individuality and human life.

\*

A reader wrote to me:

"My vision begins with the transformation of the individual and snowballing to include family, community, state, nation and ultimately the world. I begin to realize that each one of us plays a vital role in the totality of humanity."

I answered: "You are 100% right, if after world you add the words universe and time."

\*

We must grow and develop our consciousness into every direction: physical, mental, moral, sentimental, spiritual, into infinity and eternity, immensely and enthusiastically.

\*

Would I prefer to traverse life as a poet or as a scientist?

I would try to be both.

\*

Be Self-conscious  
Be Earth-conscious  
Be Humanity-conscious  
Be Heaven-conscious.  
Be Eternity-conscious

\*

Any global expansion, any social expansion, any spiritual elevation means personal elevation.

\*

We must learn to see, to hear, to understand, to speak and to communicate not only with our eyes, ears, mouth, mind and soul but with our entire cosmic being.

\*

If you want examples or proofs of how cosmic consciousness was at the root of some of the greatest humans ever, read the book by Richard Burke "Cosmic Consciousness".

\*

Globalize, universalize everything that comes near you.

\*

Cosmic consciousness and universal intuition reveal all the connections, all the nervous strings and directions of Creation.

\*

To define is to limit the infinite. We are both a defining and an infinite species. We will always be both, rightly reflecting the wholeness and endless subdivisions and variety of the universe.

\*

Have a high life  
Have a high mind  
Have a high heart  
Have a high soul  
By expanding these four qualities  
You can live all Creation  
You can understand all humanity  
You can love all the Earth  
And be in full union with God.

\*

Sharpen your vision, sharpen your thinking, sharpen your love, sharpen your soul.  
Universalize your vision, your thinking, your love, your spirit.  
Be the best focusing living being that ever was.

\*

Have insight and oversight  
Have inhearing and outhearing  
Have inthinking and outthinking  
Have infeeling and outfeeling  
Have intuition and outuition

\*

Life is an endless, all-encompassing exercise in consciousness: from the self to the cosmos, from the beginningless beginning to the endless end.

\*

You may love the detail. But as with a work of art, do not forget the totality, the overall beauty, the synthesis, the harmony, the meaning, the message.

\*

Always keep your channels open in every direction to increase your life experience. Live like a hawk, sharp to seize everything that comes your way and helps increase your consciousness and self-fulfillment.

\*

That wonderful day, when you can say to yourself: I do not have to get there; I am there!

\*

We try to lift the veils of mystery all around us in every direction. We will never cease to try and some day we will succeed. What incredible miracles a human being, humanity and the Earth are! Let us eliminate all wars, violence, armaments, injustices, wrongnesses and corruptions from the miraculous humanity we are meant to be and soon will be.

We need a world-wide consciousness of what is wrong, evil, mistaken, condemnable. What an important, new University Department that would be! I would even like to see a World University on Evils and Wrongnesses in the World.

\*

## Decide to be Conscious of the Universe...

Use all the means  
given to you by God  
your eyes  
your hearing  
your touch  
your mind  
your heart  
your soul  
to embrace the entire  
Earth and cosmic reality  
to become intimate part of that reality  
try  
learn  
search  
ask  
probe  
until you become the universe  
conscious of itself  
until you feel the divinity  
of your life and of all  
Creation around you  
in the infinite stream of time  
of which you are part..

*Robert A. Bull*

***INSERT COPY OF WORLD FRAMEWORK FOR PLANETARY AND  
COSMIC CONSCIOUSNESS***

## Volume II Chapter 4 Of Positive Living

The Wizard of Oz to the Tin-man:  
Believe in yourself,  
right from the start,  
And you will have brains,  
you'll have a heart,  
You'll have courage to last  
your whole life through.

\*

A positive human is one who has eliminated from his body the notion of sickness.  
A positive human is one who has uprooted from his heart the notion of unhappiness.  
A positive human is one who has suppressed from his mind the notion of age.  
A positive human is one who has eradicated from his soul the notion of death.

\*

Human life can be as big as the world, because we can encompass the entire world in our eyes, mind, heart and soul.

\*

We must divide the world not into East and West, North and South, black and white, but into optimists and pessimists, those who believe in life and the future and those who do not. Someday this will be the main division of humans, and someday it will disappear too, leaving only a united humanity that rejoices in the miracle of life.

\*

From one of my readers:  
"I will put together a brain-storming session about your main idea of teaching and studying love, optimism and all that God has given us generously if we want to use it."  
I could not have put it better. It is through letters like this that the ultimate purpose of my writing becomes clear to me.

\*

We must be missionaries, advocates, standard-bearers, prophets of life.

\*

The parrot, the dog, the cat, all animals say to us with their eyes:  
"If you do something nice to me, I will love you and be nice to you. If you hurt me, I will dislike you and hurt you too."  
We would be well advised to listen to these oracles of nature. They tell us a monumental truth which applies to all humanity, nations, individuals and living creatures.

\*

One day I was delivering a lecture on the positive elements of humanity's future to a group of missionaries.

When I finished, one of them complained that my optimism was hard to believe. Could I please give my reasons for it. The audience seemed to be in accord and was eagerly expecting my reply. I put on a surprised face, looked at him sternly and after a moment of calculated silence uttered these words:

"This is the last question I would have expected from you. How can you address to a layman a question which is in your domain, namely that of spirituality, of the "miracle of faith"? I am tempted to ask **you** to explain it to me, for the mysterious power of faith is at the core of your religious life as it is of my world servant's life. But you had 2000 years of experience while I had only a few decades."

I learned a great lesson that evening. Never before had I thought of the real depth and significance of these momentous words: "the miracle of faith".

\*

A wise lady who at the age of 84 was still organizing each year a UN Day of Prayer on 24 October in her city of St. Augustine, Florida, always stamped these appropriate words by Edmund Burke on her mail:

"All that is necessary for evil to flourish is that good people do nothing."

We should all stamp on our mail some positive, inspiring saying which will help good and happiness prevail on Earth.

\*

This diplomat with whom I am working is already finished: his eyes are sad, his cheeks are sagging, his color is yellow, his shoulders are collapsed, his walk is sluggish, his hair is sickish, he smokes incessantly and talks pessimistically. I am sure he also drinks. He is no longer a human being who really wants to live. The nerve of life has abandoned him. His whole being has said good-bye to the world. What a pity! Will I be able to help him, to awaken him? I must try.

\*

Develop the art of positive living down to the last detail of your life. Close yourself **totally** to any negative thoughts and feelings. Be positive at every moment of your daily life until negativism keeps away from you as from an impregnable fortress. It can be done. Try it and practice it to perfection. The results are astonishing.

\*

In the end, it is all a question of "will for life", of "passion for life", of our decision to open our mind, eyes and hearts immensely and intensely to Creation, from a flower and sunrise to God and the universe. So our passion, so our life, so the aperture of our eyes, mind, heart and soul, so the greatness of what will enter them, so the wealth of our internal self.\*

\*

Live as if you were to live forever and be wise enough to prepare also your after-death.

\*

Do not blame the sea around you. Blame yourself for not knowing how to swim.  
Do not blame the world around you. Blame yourself for not knowing how to live.

\*

Sometimes I feel like writing a dictionary of only positive, joyful words. I once deleted from one all negative words and almost half of the book disappeared! This says a lot.

\*

\* At the University for Peace in Costa Rica and UN Bookshop in New York they sell a cassette of mine Passion for Life.

One should be the master of one's life, not its slave.

\*

Life is a precious diamond. You must cut and polish it rightly and with love.

\*

Some people like to live horizontally, close to their lives and to the Earth.

Others like to live vertically, in contact with God and the heavens.

I like to live radially, as a conscious positive center of the universe, capable of embracing infinity, eternity and our entire globe and humanity.

\*

I can rejoice at the beauty of my room or concentrate on a speck of dust.

\*

There are people who grow into a prominent job. There are others who make their job a source of prominence.

\*

People know you infinitely better than you think. You cannot fool them. You are transparent like crystal. Your most intimate nature is written all over you, especially on your face. Hence this good advice of Balzac which I have followed all my life:

Work for your reputation and your  
reputation will work for you.

\*

Be a good gardener of your life: have a green life thumb.

Be a good goldsmith of your life: make it a jewel, develop a golden life thumb.

\*

We must say yes to life, always and unreservedly. What could be better?

\*

If every human being used positively, optimistically his hands, his mind, his heart and his soul, the world would be a fabulous place.

\*

Garcia Lorca wrote: "Why should we work at all, why should we write at all in a world where one wants to shout all the time? I protest, I protest, I protest."

My answer: Because it is good to protest and to redress.

\*

Cultivate your being. It will bring you immortal harvests.

\*

Become a Master of Life even if no University on Earth grants that degree. The new UN University for Peace might grant one.

\*

Get up and walk. Don't say: I can't. And if you can't, do something else.

\*

Use stubbornly your capacities to the full, pray God and you will become a genius or a saint.

\*

There are immense virtues in encouragement (to put heart into). We must stimulate each other to be good, happy, positive people. We must validate each other.

\*

The brain needs positive stimuli to be a well-functioning central command unit for the entire being.

\*

Most of your life will depend on how you "see" things. If you see them in a positive, hopeful way, your life will be fulfilled.

If you see them in a negative, hopeless way, your life will be unfulfilled. It is as simple as that.

\*

The mind can contain only one thought at the same time. If it is a negative thought, replace it by a positive one which will expel the first. This good old Hindu recipe never fails.

\*

I avoid evil, bureaucracy, ugliness and all that is bad and negative on this planet. As a result, they ignore me too.

\*

Become a life enhancer:  
of your own life  
of lives around you  
of all humanity.

\*

Refuse to live in homes, in schools, in factories, in offices, in hospitals without windows. Do not let yourself be cut off from nature, the sun and the heavens. We have a fundamental human right to sunlight, fresh air and nature.

\*

If you are on a wrong track, change direction, as you would with your automobile.

\*

Zest for life is the main motor of positive living.

\*

It is your life. Take good care and charge of it.

\*

Be a sunrise person  
Be a sunshine person

\*



O God, help me to see only the good on this planet and by expanding the good, to help reduce evil.

God:

"Dear son, you do not need my help. You will do it because it is deep in you. And I will thank you and embrace you for it when you will come to heaven."

\*

Get your importances straight:

The body is more important than clothes

The mind is more important than books

Hearing is more important than radio

Seeing is more important than television

Life is more important than glory and wealth.

\*

Take a large city like New York or take the entire world. If in this immense mass of people one human being, held erect by the will to live, suddenly lets go, do you think that he will survive? No. The will to stay erect, the will to live and to be fully oneself is the single, most important force available to us.

\*

Always be positive

in intentions

in thoughts

in ideas

in words

in action.

\*

Demonstrate your joy and happiness not your fears and anxieties. If you are scared, or sick keep it to yourself, do not transmit it to others.

\*

You are the artisan of your own encouragement and discouragement. You are a self-encourager or a self-discourager.

\*

To look down is to succumb to vertigo. To look up is to be able to climb.

\*

Be a top artisan of life: never cease to learn, to improve your skills, to upgrade your life-craftsmanship. Become a life specialist, a life expert.

\*

There is a deep happiness in the expectation of a forthcoming happiness. This is part of individual futurology. Humans have the wonderful capacity to look ahead, to live in the future, to expect and to plan. This is a manifestation of the will for life. Our expectations of the future are much more positive than negative: if not, the certainty of death would destroy all our efforts and illusions. So after all, humans are a positive species, fundamentally.

\*

I dream of a world from which all negativity has been eradicated. We need a World Campaign for the Eradication of Negativity!

\*

Do not compress, diminish or stifle the capacities and willingness for life and happiness in yourself and in others. On the contrary, help them flower, give them ground for growth and expansion. Never be pessimists or life-diminishers. If you cannot be positive and inspiring, at least be silent.

\*

Always select the **via positiva** of the monks, the positive way.

\*

To be what you are and to die what you are, that is your principal challenge.

\*

I was as little negative as I could during my life. To be positive creates and attracts positive forces. To be negative creates and attracts negative forces. There is a synergy in both. You are depressed? Well, uppress yourself!

\*

My cousin Marthe had eight heart attacks. Her reaction each time was: "I won't let the devil take me."

\*

The body, our cosmic unit, tends to follow the expectations and directions of the mind. The latter, therefore, is crucial for the guidance and well-functioning of our entire being. So it is for humanity.

\*

To say yes to life is to say yes to yourself  
To say yes to life is to say yes to God  
To say yes to life is to say yes to humanity  
To say yes to life is to say yes to all living beings  
To say yes to life is to say yes to the most miraculous, most rare, most evolved manifestations of the forces of nature and of the universe.

\*

Life should be a constant effort not to hurt but to inspire, to do good, to elevate, to encourage, to give happiness.

\*

What an enormous gamut of positive activities a human being can live by:

awakening	dance
prayer, meditation, silence	music
seeing, observing	exercising
work	laughter
thinking	travelling
love	dreaming
intelligent speech	planning
sentimental speech	hoping
story-telling	mysticism
reading	sleep
writing	maturing
poetry	aging
returning to the Earth and to the Universe	
remaining in the memory of humankind	

\*

To live in the past, in the present and in the future; to live in the stars, with God and in our homes; to live in the world and in our inner self, that is the infinitely rich gamut of life which is offered to us. Yes, what a miracle human life is!

\*

Every day, every moment will pass but once. The time to do good is therefore always now.

\*

How can you "maximize" or "optimize" your life? By enjoying every moment of it. Become an optimizer of your life. We should all become life optimizers on our beautiful planet.

\*

When a little adversity or accident occurs to you, welcome it: under the law of great numbers not everything can go well all the time. Therefore a little mishap may protect you from greater ones.

\*

One day in Geneva, Switzerland, as we went to the theater in the evening, we left the car parked on the side of a street. Minutes later a taxi skidded into the vehicle, destroying a whole side of it. My wife was very upset. I told her: "Don't be upset. Be happy that we were not in the car. Be happy because we did not have an accident in ten years, and according to the law of great numbers we will sooner or later have one. Well, we just had one and will in all likelihood be protected for a good while."

And so it was for more than thirty years.

\*

I may not be able to do all I want to do, but I will want to do all I can.

\*

Look at life and Creation through clear and not dark glasses. Light and cleanliness are the best qualities of the picture of life. Be a great life-watcher. It is as important, even more important than to be a bird-watcher.

\*

Decide to be what you are. Don't simply "try".  
Decide to live fully your life. Don't simply "try".  
Decide to have your fullest human dimension, in body, mind, heart and soul. Don't simply try.

\*

Be greedy about life.

\*

Do not say no to life. Take your inspiration, your elation, your enthusiasm from the life force herself, from her greatness, from her irresistible positive, cosmic nature.

\*

Never plan "against" anything. Always plan "for" something.

\*

You do not shovel darkness out of a room. You simply switch on the light. It is the same

with life: do not empty the darkness. Make light and the darkness will disappear.

\*

The mind has a tremendous power: if you use it for negative thoughts, it will produce negative effects; if you use it for positive thoughts, it will produce positive effects. Always beware of your mind's direction. Give it the right one, the positive one.

\*

There are too many circumstances in life for a human to master them all. There are bound to be adverse ones. Accept them with fortitude as unavoidable impediments on your journey. Be happy that there are not more and bigger ones. Do with them what a peasant does with the rocks he finds in his field: build fences with them.

\*

Passion and enthusiasm for life are the best vitamins (vita, Latin word for life).

\*

We should see what is good in others, not what is bad. We should help them develop what is good, and the bad will wither away. To insist on the bad gives reality to the bad. To insist on the good gives reality to the good.

\*

Humans have tremendous possibilities for destruction as well as for construction. This is true for individuals as well as for the entire human race. If only all nations, all religions, all human institutions could be only on the constructive side!

\*

We are like trees. A grown-up tree must nurture good fruits. A grown-up human society must nurture happy, fulfilled people.

\*

Develop the art of positive living down to the last detail. Close yourself totally to any negative thoughts and influences. Be positive at every moment of your life until negativism keeps away from you as from a poison. It can be done. Try it and practice it. The results are astonishing.

\*

If you are a poet surround yourself with images and works of great poets.

If you are a musician, by music of your favorite composers.

If you are a doctor, by books of famous doctors.

If you are a states person, by busts and biographies of great statespersons.

If you are a world servant, by images and works of great world servants.

\*

We must hold our thoughts together the same way as we hold our body together. Life is an affirmative structure. This is true also of the world society: we must hold it together, build up its structure. We should create a new science: a science of positive affirmations, or affirmology.

\*

A perfect life is to respond to its finality.

\*

Let only good, great positive spirits inhabit you.

\*

To be negative is naive and repels.  
To be positive is interesting and attracts.

\*

You have no idea how people can be disinterested in your negativism. But to be polite, they say nothing or nod politely and go.

You will never imagine how many people will keep away from you because you are negative. You will never imagine how people will be friends with you and will help you if you are positive.

Pessimists, cynics and negative people think that they are smart. On the contrary, they are very stupid, self-destructive.

\*

We must look beyond what we see, what we read and what we hear. We must look beyond what we know and what we are. Our entire life must be one long positive beyonding of ourself. There should be a science of individual futurology, growth and beyonding.

\*

Count your virtues and the virtues of others. Could virtues accounting be a new science too?

\*

Do not worry about the little blemishes of life. Concentrate on the big beauties.

\*

So many people highlight the gloom and negative sides of life that I have taken it upon me to fervently advocate and herald the beauty and positive sides. Please join me. Become an optimist and positivist.

\*

Don't be only consumers. Don't read newspapers, magazines and books or watch television most of the time. Produce something. Write your journal, thoughts, feelings and memories. Tell your stories. It will validate your life and make you feel great. Keep close to your life. Cherish it. Do not sell it out as a consuming unit programmed by others. Take yourself as the first priority.

\*

Some of the greatest turning points in my life were when I had nothing to read, nothing to do, nothing to watch, either in a prison, or in an empty train compartment, or in a dark bus during the night.

My love for life and some of my books were born from such moments.

\*

Increase the lights of your life. Make them brighter.

\*

Transmute all negatives into positives. All humans possess that magical, amazing power.

\*

Many happenings have positive meaning. Think hard to find them out and to be enriched by them.

\*

Live like a God or Goddess among humans.

\*

I have tried to become fully me. And by doing so, I became it.

\*

Let no one and nothing ever hurt you. Be beyond the reach of any calumny and evil. Shrug them off, ignore them.

\*

Be the captain of your life. Hoist your sail every day and seek out the favorable winds. Become a good sailor on the ocean of life.

\*

Live fully the vast knowledge and potential of life - physical, mental, moral and spiritual - learned and accumulated so hard by all our forefathers.

\*

One of the central objectives of my life was to find out until the very end what living meant. Name one more fascinating subject. Any subject you will mention is part of it.

\*

Why be half dead before being dead? Death comes early enough.

\*

Do not cry when you lose an object. Remember that when you will die, you will lose all objects.

\*

If this planet ever goes to pieces, if the human species should disappear, it will have been principally the cause of the pessimists, cynicists and so-called realists.

\*

Do not let negativism rob your strength and energy. Be a positive, inspiring, active life force, always and everywhere.

\*

To live positively is to live more  
To live intelligently is to live more  
Not to lose your life in futile activities and negativity is to live more.

\*

I am usually at my best, very positive, optimistic when I wake up at sunrise, after a good night of sleep. And I am often pessimistic, even sometimes depressed in the evening. Barbara, my wonderful, loving wife then gives me these two remedies:

when I am only pessimistic, she asks me to seize one of my ten volumes of *4000 Ideas and Dreams for a Better World* and to read a few pages. This lifts me up and makes me optimistic again for the rest of the evening;

when I am depressed, she asks me: "Are you very depressed?" and when I answer, yes I am terribly depressed, she responds: "I am so glad to hear it, because when you are very depressed it gives birth during the night to many new, good ideas which you tell me the following morning, and you write them down and include them in your next 1000 ideas! So, do not worry about your depressions. They have a very good, positive, fruitful reason."

\*

Do all the good you can  
In all the ways you can  
In all the places you can  
To all the people you can  
As long as ever you can.

*P.R. Sarkar*

\*

## **Decide to be Positive....**

Decide to do at least  
One positive action a day  
If not several  
Or innumerable ones.  
Talk to God every morning  
And ask Him:  
"What good can I do today?"  
He will answer you and guide you  
for He is with you  
And you will have given Him life  
By asking Him.  
He does not manifest Himself  
Without being asked.  
God speaks to you through your soul  
Which is the true guide of your life.  
Ask God, talk to God, dialogue with God  
And you will be the source  
of many miracles  
You will produce them all around you.  
Do positive actions every day  
Until the very end of your life.  
Just think what a huge amount of good  
That will represent!  
And if all six billion people on Earth  
Do positive actions every day  
What a wonderful, true paradise our planet  
will be!

*Point Aule*



## Volume II Chapter 5 Of Love

I devoted rightly my first book ever to the subject of love in my French novel "*Sima mon Amour*", a love story unfolding in India and in the United Nations. When I read it again lately, the tears came to my eyes. What incredible love I have for this planet and for its people, a truly magical life and love affair for which I am so grateful to God. Love for the Earth and her magnificent nature and love for humanity starting with one's own life, love for our spouse, children and family are the greatest fountains of happiness on this planet, perhaps even in the universe.

\*

Three of the finest concepts ever developed by the human race are:  
God as the supreme image of the universe  
Happiness as the supreme objective of human life  
Love as the supreme means to achieve happiness

Let us therefore become the Planet of God  
Let us therefore become the Planet of Happiness  
Let us therefore become the Planet of Love.

If I love life, then life will be beautiful.  
If I love my family, I will have a happy family.  
If I love my work, I will be successful.  
If I love my house, I will have a beautiful home.  
If I love to study, to write, to read, to paint, to sculpt, to garden, to sing, to walk,  
my life will be happier through these loves.  
If I love God, I will find an ultimate happiness.

\*

Life is basically and simply a matter of love. Love for life is the fundamental common ingredient of all recipes for happiness.

\*

Knowledge is part of love, because one must know well what one loves. To impart that knowledge, to educate, to communicate, is therefore a form of love.

\*

Let us try to be not only living beings but loving beings. Perhaps we should altogether replace the word life by love, and living by loving. The world would gain from it.

\*

The heart aggrandizes, elevates, gives life and blood to thought. A thought, a talk not irrigated by the heart is dry, is insufficient.

\*

Love this beautiful world which is your home. How many times have I exclaimed during my life: How beautiful is my planet!

\*

There is a great law in human life:  
the law of love for what we do.

\*

To love is to give reality and worth to someone or something.

\*

Whenever I have found beauty in life,  
there was a great act of love at the origin.

\*

One can see too much, read too much, learn too much, talk too much, think too much, but one can never love too much.

\*

Love for life and love for Creation are the twin-batteries of our light and happiness.

\*

Which human, which scientist will ever explain that divine, unfathomable Himalaya of happiness we call so poorly physical love?

The ecstatic happiness experienced by billions of human beings in physical love would alone justify our starwide gratitude for the gift of life.

\*

Love is the only treasure the rich cannot take away from the poor.

\*

Arnold Toynbee once was asked what he would recommend as the single most important means for achieving a better world. He answered:

"If only people could be kinder to each other." He could have added "more loving."

Kindness...what a simple and beautiful world program that would be! We need indeed an International Year, a Decade, a Century, a Millennium of World Kindness and Love.

\*

Often the answer to a problem cannot be found in intellect and reasoning, but in the heart. Sentiments, feelings and love are a mysterious unexplainable force, often infinitely more effective than intellect and reasoning.

\*

Robert Schuman, the founder of the European Union considered that the resolution of a conflict was not the end of the job. Next came the creation of cooperation and love between the conflicting parties.

\*

We need more than a world vision (Weltanschauung).  
We need a world love (Weltliebe).

\*

Einstein asked Freud: "I have not found an answer to my search for peace in my sciences. Did you find one in your field?"

Freud: "Yes. Love for the nation, e.g. for the United States, put an end to wars and conflicts between states. Love for all humanity and for the world will put an end to international wars."

Indeed, the love of country has succeeded in binding people at the national level. The great new historical challenge is to develop love among all Earth inhabitants and for the Earth herself: peace on Earth and with the Earth.

\*

In the end it is those who dream and love strongest who will survive longest in the memory

of humankind.

\*

A reader wrote to me:  
"We must all teach this lesson:  
- like begets like  
- war begets war  
- peace begets peace  
- hate begets hate  
- love begets love  
- and ever has and ever will."

\*

Love is our only salvation, the only cement and uplifting force that holds us upright in the mysterious, fathomless universe. Love is our voluntary, conscious, willful endearment with life, with the Earth and with the positive flows of the universe.

\*

As the eye encompasses in one glance millions of bits of information, so must our heart encompass in one stroke the wondrous complexity of life and Creation.

\*

Love must start at home. How can we love others if we do not love ourselves and our next of kin?

\*

"Love is the force that moves and holds the heavens and the stars together."

Dante, The Divine Comedy

\*

"We are given one blessing: love, which cannot be taken away from us. Only love, and all the joys will be yours, the sky, the trees, people, and even yourself."

Leo Tolstoy

\*

"I have seen the truth. It is not as though I had invented it with my mind. I have seen it, and the living image of it has filled my soul for ever... In one day, one hour, everything could be arranged at once. The chief thing is love." Dostoevski

\*

"We shall never learn to feel and respect our real calling and destiny, unless we have taught ourselves to consider everything as moonshine, compared with the education of the heart."

Sir Walter Scott

\*

The heart has its reasons which reason ignores. Pascal  
How right he is. Reason might tell me to dislike, while the heart asks me to love instead. And the same is true between nations, religions, all human beings and groups.

\*

Wherever there is love, there is peace. Burmese proverb

\*

"When you fix your heart on one point, then nothing is impossible for you." Lao Tzeu

\*

Try to think with the heart. The results are astonishing.

\*

Love has the magical virtue to give reality, to validate someone or something.

\*

It is all so simple:

love your unique, miraculous life, love your family, love the Earth, love humanity, love the heavens and God.

\*

Love is a human, self-induced beam of primordial cosmic energy which dissolves all obstacles, obscurities, anxieties, fears, distances, time and even death. It is the greatest, surest means of humans to survive and live happily in a mysterious, fearful universe. It is a prodigious self-engendered creative force, unconquerable by any external power.

\*

There is one great law in life: the law of love for everything we do. If I love to live, then life will be beautiful. If I love my family, I will have a happy family. If I love my work, I will be successful. If I love my house, I will have a beautiful home. If I love to study, to write, to read, to paint, to sculpt, to garden, to hobby, to sing, to walk, my life will be enriched by loving these activities. If I love God, I will be given supreme, cosmic happiness and will probably resuscitate.

\*

Open your heart. Look into it. That is where your genius is.

\*

I beg you: exercise your love. Learn to love. Love to love. Live to love. Love to live.

\*

Be faithful to your loves and you will be recompensed beyond your wildest dreams.

\*

Your mind and heart are your greatest friends and treasures.

\*

Lessons from others, questions by others, the vagaries and accidents of life, the fortuity of human encounters and love, those are our great teachers.

\*

If you love life, you will care for life

If you love yourself, you will care for yourself

If you love your family, you will care for your family

If you love humanity, you will care for humanity

If you love the Earth, you will care for the Earth

If you love God, you will care for God

The opposite is equally true:

If you do not love life, you will not care for life

If you do not love yourself, you will not care for yourself.

Thus love is the key to caring.

And life without caring is tantamount to extinction.

\*

Goodness has an ally in everybody's heart. There should be a world association of good,

loving people.

\*

I used to say: love up to the brim. Then I learned that Mother Teresa went farther than I and said: love until it hurts.

\*

I love all my children but with different loves, each adapted to the child's particular nature. Such is God's love for all His children.

\*

Leave punishment to God. Use only love.

\*

Talk and sing to your body as the Hopis sing to their corn. "Foolish", will you retort! Well, give it a try. Love has the secret of bringing about the desired result!

\*

Love should really become a subject of very serious scientific study. Loved children are healthier, happier, more peaceful. Loved husbands have seldom heart attacks. Loved plants grow better. Loved animals are not vicious. Loved nations do not wage war. A humanity of loving people will be a peaceful humanity. To promote love means therefore to promote peace. How could scientists ignore such a fantastic, fundamental subject? We need a science of love, Universities of Love.

\*

If only humans could stop hating each other. Love could come later.

\*

A loving smile is the cheapest and most effective thing on Earth.

\*

Love is the greatest healing force in the world:

it heals yourself

it heals your family

it heals a nation

it heals humanity

it heals the Earth

it heals our relations with God and the heavens.

\*

The healing power of love should be studied and taught in all Faculties of Medicine.

\*

Love yourself - Love your work - Love the people - Love the Earth

Love humanity - Love the saints - Love God

and they will all love you in return.

\*

Produce love, transmit love, reflect love, promote love. And you will be loved in return. It is the law of Karma.

\*

Think with your heart

See with your heart  
Hear with your heart  
Feel with your heart  
Act with your heart  
Speak with your heart

\*

On a Christmas night, Napoleon was sitting with his aides on the island of St. Helen where he was a prisoner. He said to them: "Alexander the Great, Julius Caesar and I tried to conquer the world, and we failed utterly. And there was one man who had no arms, no power, no wealth and who conquered the world with one single means: love. That man was Jesus."

A remark to be meditated by all heads of state, generals and billionaires.

\*

"We should not be tired of doing little things for the love of God, who regards not the greatness of the work, but the love with which it is done."

*Brother Lawrence*

\*

Love for life is the great, simple answer to many of our problems. For example, if we loved nature we would not unnecessarily destroy her, if we loved our Earth we would not endanger her with thousands of atomic weapons, if we loved humanity we would not let so many of our human brothers and sisters die of hunger. Love is the key to a better future. The United Nations should become the World Organization of Love. It is already the World Organization of Hope.

\*

"The basic message of the UN is love; love across nations, love across color, love across race, love across ideology, love across creed, love across cultures, love across anything."

*President Kaunda, of Zambia*

\*

We have marvelously extended our senses and physical abilities.  
We have considerably extended our global brain and memory.  
We must now develop a global heart and a global soul.  
What a wonderful, exciting task! We can perfectly do it.

\*

There was only once on this planet a Ministry of Intelligence, a few years ago in Venezuela. Its Minister, Jose Machado, had studied all the philosophies of intelligence throughout history and concluded that love was the highest form of intelligence. His Ministry educated people by showing them on television how this form of intelligence manifested itself in the love between a mother and her child.

When will we see on this planet Ministries of Love, of Intelligence, of Faith, of Hope, of Optimism, of Happiness, and less Ministries of Industry, Technology, Economy, Finance and Trade and no longer any Ministries of War or Pentagons?

\*

I have married three most beautiful realities:  
planet Earth, humanity and my wife.

\*

Use one eye for knowledge and the other for love. Together they will give you untold satisfaction.

\*

Love and learn as if you were eternal. Live as if you were risking to die tomorrow.

\*

Create networks of love and common concerns to counteract the networks of evil, wealth, selfishness and power which have no place on such a beautiful, miraculous planet as ours.

\*

Today, every day is a good day to love.

\*

Love is above all the natural or willful decision to experience the miraculous beauty of our immediate surroundings, of the Earth, the skies, the stars, the waters, the plants, the animals, the people, the universe and God. Love is the most powerful ally of the will to live the fullest possible life.

\*

Begin everything with love and end everything with love.

\*

How many wonderful books have been written on  
the art and love of living  
the art and love of communicating  
the art and love of speaking  
the art and love of writing  
the art and love of working  
the art and love of aging...etc.  
They should have a loved place in your library, in all libraries.

\*

The concept of love is very fundamental to human life. We must love something to do it well and become experts at doing it. This is one of the secrets of life, of the achievement of beauty.

\*

"A genius without heart is non-sense."

Mozart

\*

"A good heart is worth gold."

Shakespeare

Knowledge is a pathway to love. At the beginning, in Biblical times, knowledge and love were synonymous. Then they became separate. Nothing could be more important than to reunite them again.

\*

You cannot love what you do not know.  
You cannot desire what you do not love.

\*

God has given me to see the world  
And I fell in love with the world.  
God in return gave me the entire world  
And, little as I am, unknown to all  
I possessed the entire world.

\*

The highest form of cooperation is love. Love should be the motor and nourishment of world cooperation.

\*

Life is born from the ecstasy of love. That says a lot about the importance of love.

\*

If you love life, then everything will fall into place. Love is the touchstone of right priorities and values. Love is the opening gate to the cosmic forces which help you to live, to evolve, to avoid errors and to achieve happiness.

\*

Love is to think what good I can do and what happiness I can give.

\*

We speak 5000 different languages but our hearts beat the same. This is why the word love exists in all 5000 of them. We should establish their list and etymology meaning. It would teach us a lot. A good subject for a Faculty of Love.

\*

Love is a supreme way of being connected and aggrandized. By loving God, the planet, the universe, my wife, my children, nature, I gain the optimum consciousness of the subjects of my love. Hatred on the contrary is a supreme disconnection: it rejects, denies, cuts off the entity or subject. Hating is like cutting the light of life.

\*

Love the small and love the great.  
Love a flower and love the stars.

\*

In your love for God's Creation, include everything: yourself, your home, your family, your community, our beautiful Earth, the great human family, God and the heavens.

\*

One hears sometimes say of someone: "He has a daring mind." I have never heard anyone say: "He has a daring heart." And yet how vital this would be for our world!

\*

The mind is the steering wheel of life. Love is its motor and cosmic fuel. Or should mind be the servant of love? This would open a new period in human history and evolution.

\*

The flowers open to the sun  
The windows open to the new day  
You too, open your heart to the sun and to the new day  
For you are a child of the sun and of the risen Earth.

\*

There is both mind and heart in love: the mind tells us what we should love: God,



Creation, a person, a good action, peace, our planet, our family; the heart gives the impulse, the flow of warmth, the "energy" of love.

\*

Speak the language of the heart. Its warmth penetrates deeper than cool intelligence.

\*

If you are self-realized, if you like what you do, you will be successful: a good hatmaker is one who loves to make hats. A good world servant is one who loves the world and humanity.

\*

Love is the best engine of life.

\*

We must train ourselves to feel, to perceive, to think, to know, to love and to act with our entire being, to live a whole, holistic, loving life.

\*

We must make of love an operational reality on this planet. Will we ever see Ministries of Love in governments? What a day this would be! What a fascinating agenda a Ministry of Love would have! Please, one head of state on Earth, have the courage to create one. You would become famous. The world would love you.

\*

There is no greater love on this Earth than that of a mother for her child or children. The necessary science of love for this planet must therefore start with the science of a mother's love, the deepest, truest and most creative, cosmic love.

\*

An intellectual uses only part of himself. To be truly great and remembered, he must also use the divine, cosmic flows of energies traversing his heart and soul.

\*

I am simply in love with life, with the world and with humanity.  
To love is the first, fundamental step. All the rest will follow.

\*

Do you say:  
"I love you"

or

"I have an affective relationship with you"?

The first statement is that of a true human being, the second is that of an intellectual.

\*

We are merely bureaucrats of life if we do not love.

\*

A good and kind person is a manifestation of God's love.

\*

Love is life fulfillment at its peak, at its best.

\*

Our love must embrace the whole Creation, the whole Earth, the entire humanity and the heavens. That is the new supreme modern law.

\*

Love is simply the realization of our cosmic nature, the joy of being and becoming fully what we are meant to be.

\*

Amor Dei  
Amor mundi  
Amor humanitatis  
Amor familiae  
Amor sui

\*

There is a flame burning in the hearts of all human beings, a unique and precious gift of creation: love.

\*

Do not go through life without smelling the fragrance of roses.

\*

We need not only philanthropy (phil, anthropos, love for humans), but also gaiaphily (gaia, the Greek goddess Earth, love for the Earth). And why not also familyphily (love of the family), egophily (love for the self) and ecophily or selfphily (love for the environment)?

\*

Once I was asked to love the French and to hate the Germans. Then I was asked to love the Germans and to hate the French. And each time they gave me a rifle to shoot the others. So I decided not to hate anyone anymore as long as I lived and to refuse any rifles.

Love your enemy as you love yourself. Isn't that one of the supreme commandments?

\*

Love is the great transcending force of attraction which alone can break the nemesis of war and violence.

You attract what you love. You repulse what you hate. It cannot be otherwise. You are the master, a miracle-maker or disaster-maker, a good-maker or an evil-maker.

\*

Love brings smiles on a human face.

\*

Perfect peace, love and brotherhood cannot really be organized in a family, in a society or in the world. These qualities must grow in the heart of each human being. **You** are their genitor.

\*

We should all be so happy and grateful for having been born on such a beautiful planet and in the human form. Love for the Earth, for humanity and for the mysterious forces that gave us life are therefore our foremost duties and interest. So is our obligation to ensure a decent life to all our human brothers and sisters.

\*

Overheard a 92 year-old lady ask another lady:  
"What is the most sensitive part of your body?"  
"I do not know."

"It is your heart."

\*

Perennial wisdom tells us that the head thinks and that the heart loves. Modern science discovered that there are neuro-electrical signals sent back and forth between the heart and the brain, and that thinking is the result of emotions or a compensation for the lack of these. Hence, let us always start with the right feelings.

\*

Humans may act for a better environment because it is in their interest. But it is infinitely better to act because we love nature, we love this beautiful Earth, we love God's Creation, we love the miracle of life.

\*

To love or not to love, that is the question.

\*

The last word in life, the great secret is love.

*Pablo Casals*

\*

A contemporary person's heart can and should be as big as the world, as big as humanity, as big as the universe and God.

\*

Love is to work together towards a noble objective. Why not political love between nations?

\*

After a life of thinking, experiencing and searching, I found love to be the ultimate answer:

love for the whole Creation and its mysterious source;

love for our beautiful planet and for all her living beings and nature;

love for my own miraculous life and for all the loves I feel in me.

This is what I felt already when I was a child. The circle is complete.

\*

The greatest problems of our time are not nationalism, armaments, population and pollution. The greatest problem is the narrowness and imperfection of our love. If we solve rightly our love problem, all the rest will follow.

\*

Proclaim your love, loud and clear, in every act of your life. Live your life as a constant manifestation of love. And you will be loved beyond belief.

\*

We must teach the children to love. We need Manuals of Love Education.

\*

No one can prevent you from loving! Love is your greatest power on Earth.

\*

On this planet we have mountains of knowledge and mole-hills of love. We are intellectual, scientific and business giants and dwarfs of love.

\*

A little boy said to his mother when his friends left their house: "I hate them, I dislike them, they came to bother me." His mother replied: "Yes, I noticed it, because I saw your face reflected on their faces."

\*

Whenever there is a conflict between your head and your heart, let your heart win.

\*

Love opens the door to the ultimate realities.

\*

Where there is love, there is no obligation, no effort, no duty.

\*

Love elevates and reminds us of our cosmic origin and belonging.

Love the universe and you will be the universe.

Perhaps only love and transcendence can get us closer to perceiving the ultimate mystery. Sursum corda, lift up your hearts in order to see and unite yourselves with the universe, with God.

\*

You become what you love.

\*

In each of us we must replace  
the love for power by the power of love  
the love for money by the power of money  
the love for fame by the power of fame.

\*

I love, therefore I am.

\*

Love what you are and what you do.

\*

Write with your heart on your heart.

\*

Faced with love, no one dares to speak badly. Love melts away the negative, the shadows, the dark sides.

\*

Love is simply the joy of being fully what we are meant to be. And we become what we love.

\*

Love is the only treasure that the rich cannot steal from the poor.

\*

We are challenged to let love transform us from within, into the powerful peacemakers that we can be.

\*

Humans are mirrors: they reflect my fist or my smile.

\*

Whenever I have found beauty in life, there was a great act of love behind it, at its origin.

\*

As the eye encompasses in one glance millions of bits of perceptions, so can our heart

encompass in one stroke of love the wondrous complexity of life and Creation.

\*

You may love the detail. But as with works of art, do not forget to contemplate the totality, the universal.

\*

Human relations on this planet are too cold. We must warm them up. The temperature of international relations, in particular, must be raised to a germinating birth-giving level. The human ice age and its cold wars have lasted much too long. This must be the responsibility of each of us. Any personal warmth we can contribute to human relations will raise the general temperature of the world society. How can we expect nations to be loving and compassionate if we are not loving and compassionate ourselves?

\*

Humanity must now acquire a global heart and soul.

\*

I am furiously in love with life. I am crazy about this world.

\*

Human life is a many-sided marvel. Our little personal cosmic unit reaches out into every possible direction: the past, the present, the future, the below, the most immediate events, objects, persons, feelings and thoughts, and the entire planet and human family. We seem to contain the nuclei of the entire universe and time. And yet our little, intensively packed cosmos is unable to understand itself, the mystery of life, Creation and evolution!

Could total knowledge be an inherent impossibility in the universe, a built-in 'limitation' of the infinite, eternal reality? Paradise might simply be to be, to feel, to love, to let flow and not try to understand the impossible.

\*

There is not a moment in life when we cannot learn something, see a new wonder of Creation, have an unexpected thought or love, be thrilled by the profusing beauty of our Mother Earth. We should be all smiles, open eyes, open minds, open hearts and drink avidly from the marvelous sources of life.

\*

My aim is to live and love a wholesome life, to belong, body, heart, mind and soul to the whole Creation.

\*

In war and in peace, in youth and in old age, in opulence and in poverty, in liberty and in prison, in health and in sickness, in activity and in leisure, in success and in failure, in city and in country, in company and in solitude, in the immense maze of human relations, injustices and sufferings, only one rule, one great, common recipe is conducive to happiness: love.

\*

The distance between the brain and the heart is only eight inches. Please open and cultivate the channels between the two.

\*

I dream of a world in which no bird would fly away and no animal flee at the approach of a human.

\*

We speak 5,000 different languages but our hearts beat the same.

\*

Perhaps only through love and transcendence can we get close to perceiving the ultimate mysteries of life and of the universe. Sursum corda, lift up your hearts in order to see and unite yourselves with the universe.

\*

Why do they call me sweetheart?  
Why is the heart sweet?  
Because the heart is full of love?  
Our granddaughter Lucia  
7 years old

\*

We become what we love.

\*

I hear often people say: "I am proud to be a US citizen", or "a Frenchman", or "a German", etc. But I can count on my fingers the number of people who say: "I am proud to be a human being, a member of the human family, a world citizen." Can't we ever get our loves, our allegiances straight? How many centuries more will it take? And by that time it might be too late.

\*

Instead of, or with precedence over stock markets, I would like to see everywhere in the world:

peace markets  
love markets  
happiness markets  
good actions markets  
philanthropy markets

In each of these markets there would be daily or frequent reports like, for the stock markets, on the best and biggest actions in the world and in nations by governments, individuals, families, the wealthy, corporations, organizations, religions, etc.

\*

I would like to see world competitions for peace, for love, for happiness, for goodness, for philanthropy, and for spirituality, instead of the current sea of dominating competition for profit.

\*

What a paradise it will be when no one will hate anymore!

What a wonderful peaceful, love-capable world it will be when all governments will have adopted this same provision in their constitution:

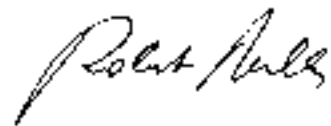
**"Aspiring sincerely to an international peace based on justice and order, the Japanese people forever renounce war as a sovereign right of the nation and the threat or use of force as means of settling international disputes. In order to accomplish the aim of the preceding paragraph, land, sea, and air forces, as well as other war potential, will never be maintained. The right of belligerency of the state will not be recognized."**

Article 9 of the Constitution of Japan,  
November 3, 1946

\*

## Decide to Love...

Take this great, momentous decision  
for all your life  
love yourself  
Love your family  
Love the Earth  
Love humanity  
Love the sun, the heavens and the stars  
Love God  
Love the good of the present, the past and the  
future  
Love to see, to hear, to think, to learn,  
to speak, to write, to communicate,  
to do good, to sing, to be happy, to laugh  
Love peace and everything  
that is good on this planet  
Love all living beings  
Love your loving life  
Irradiate your love  
Make others love  
Help humanity grow a global heart  
Help this beautiful Earth become  
the Planet of Love  
Love until it hurts  
And spend your heaven  
doing good on Earth.



## Volume II Chapter 6 Of Hope

Several years ago, one day, walking from the UN with a dear friend, Janis Rozé, representing a Non-governmental Organization at the UN, he asked me if I had an idea for a new venture his organization could undertake. I thought it over and said to him that what was very needed these days was to give hope to the people. Why not create an Institute for the Science of Hope? He liked the idea, submitted it to his colleagues and a Center for a Science of Hope\* was created in New York City in 1986, to my great delight.

I have received since then, in addition to their HopeWatch magazine, a remarkable book *Aspects of Hope* (1993), which has on its back this statement of mine:

"In all my writings I have advocated for years that we should apply scientific methods to the study of bold concepts modeled by humanity over the millennia to keep it on an upward path, concepts such as hope, love, beauty, joy, happiness, faith. Scientists shy away from them because they do not lend themselves so easily to scientific investigation. But if we try, we will discover many things."

In 1982 I had already written a book entitled *Planet of Hope* with chapters on the Span of Life, the Four Cardinal Virtues, Writing and Speaking, Our Growth and Evolution, Work for Peace and the Birth of a Global Age. In 1990 this was followed by a volume of *Dialogues of Hope* with various personalities on three subjects: Political Hope, Spiritual Hope and Individual Hope. Alas, these books are out of print. Perhaps someday they will be republished in *The Classics of Robert Muller*, planned by my wife Barbara.

\*

In my life the sun of hope never sets.

\*

A Catholic Sister wrote to me:

"You are a morning of hope in the presence of whom others become joyful because of your hope. May this someday be true of all humans."

\*

Hope creates the image of the desired result and thus opens the corridors of the mind to the means of its achievement.

\*

I am more than an optimist: I am an enthusiast (en theos, in God, by God possessed) for life. If God is life, then my love for life will bring me closest to Him.

\*

When I was a pessimistic young man after World War II I thought that at the entrance of the United Nations one should inscribe these words of Dante at the entrance of hell:

"You who enter here leave all hope."

Today I think on the contrary, that we should inscribe:

"You who enter here never leave hope."

\*

\*121 Avenue of The Americas, New York, NY 10013



John Denver visited me at the University for Peace in 1987 to tell me that he wanted to undertake a world tour of singing for hope. "The lack of hope of young people worries me deeply," he said. "Hopelessness can lead to despair and despair can lead to disaster and collective suicide, such as war."

Another singer told me during the Second World Parliament of Religions in Chicago in 1992 that he wanted to launch a series of world songs of hope under the auspices of UNESCO. Both were right.

\*

We must never cease to be the Planet of Hope.

\*

You who have been admitted to the miracle of life, never lose hope.

\*

There is no false hope. Any hope helps.

\*

Hope like love is a tremendous healing force. Use it generously.

\*

Hope is a great medicine of life. It should be studied scientifically and taught in Faculties of Medicine.

\*

I want all those who hear me or read me to feel better, more elevated, more hopeful, more human. I want to share with others my enthusiasm, my hopes, my happiness, my optimism and passion for life.

\*

Where there is no hope, the nature of a human changes. Where hope ends, despair and decadence begin.

To pessimists:

Since you cannot escape from this planet, you might as well enjoy it.

\*

For many years on this Earth I have not found a theory, a science, a literature, an art, a methodology, a book of recipes of hope. I hope that the Center for a Science of Hope will fill that gap.

\*

We very much need Universities of Hope and Ministries of Hope on this planet.

\*

The whole of humanity is evolving upward. We must be co-evolvers in it. There is hope, incredible hope for a peaceful, better humanity and world. We are entering an entirely different new millennium.

\*

There are too many people busy changing this world and too few changing themselves. Think what a difference it would make if 6 billion people changed themselves into peaceful, kind, loving and hopeful citizens of this planet!

\*

Hope is the antidote to the impossible.

\*

I would be ready to go to the end of the world to proclaim my hope and faith in humanity.

\*

Never despair. If you do, you cannot give your best. Your marvelous body, its myriads of cells and mechanisms need encouragement and hopeful guidance from the center. This applies as well if not more, to the infinitely more complex human society.

\*

We can see a bottle half full or half empty.

\*

I can say: I have only so much time left, or I still have a lot of time left to live.

\*

Do not brandish only the world's problems, but also your ideas, your dreams, your suggestions, your enthusiasm and your hopes.

\*

I will never forget what I felt when as a young man I heard many people say around me in Alsace-Lorraine in 1939: "There is no hope. Only a war can get us out of our problems." And indeed, World War II came. Hopelessness, pessimism can be fatal.

\*

I was fortunate to work all my adult life in the House of Hope: the United Nations. If there is one place on Earth where one can never give up hope it is the United Nations.

\*

"Hope is a waking dream."

Aristotle

\*

"Just as despair sets the stage for its own omens, so reasoned hope provides the essential nutrients for a flowering of the spirit that enhances life."

Norman Cousins

\*

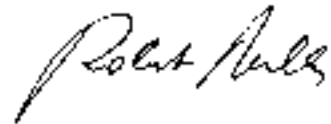
You are filled with life's more precious treasure... Hope!

Chinese saying

\*

## Decide to Hope...

be an enthusiast, a prophet of hope  
Never give up hope  
Be a daily model of hope  
Give hope to your trillions  
of little cells  
to your faithful heart  
to your wonderful mind  
to all your marvelous organs  
to the creativity of your hands  
Give hope to all people around you  
Have hope in yourself  
in your children  
in humanity  
in the world  
Have hope even in after-death  
For hope is the elixir of life  
Hope is a main concern of God  
Who holds you, humanity, the world  
and the whole universe together  
in His boundless loving arms.



## Volume II

### Chapter 7

### Of Optimism

An athlete who wants to win does not pessimistically think of defeat. If he did he would not win. The same is true of life and humanity.

\*

Optimists are far greater realists than pessimists because in spite of many errors, obstacles and setbacks, humanity does not cease to progress, largely thanks to optimism.

\*

Optimists are strong people, pessimists are weak people.

\*

The human race is probably the most optimistic species on Earth: we believe we can unlock the secrets of Creation, augment life, prolong life, suppress disease, establish justice, provide happiness, reach peace, prosperity, morality and even communion with God. Our latest belief is that we will be able to manage our air, waters and land resources and establish proper planetary governance. My own belief is that we will be able to transform our planet into the Planet of God, into paradise even if only a temporary one in the multibillion years of evolution with its glacial periods. We must make this our firm objective for the third millennium.

\*

Pessimist: every hour 6000 of our brethren and sisters die, closing their eyes forever on this planet. How can you be optimistic?

Optimist: yes, but during the same hour 14,000 babies are born. In spite of death, scores of doctors and scientists all over the world continue to fight against death and suffering.

Pessimist: yes, the 14,000 babies born every hour are a catastrophe: they contribute to the population explosion.

Optimist: that explosion was due not to more babies being born but to less babies dying. The problem is now slowing down: less people will be born and a harmony will be established between life, death and the resources of this planet.

Pessimist: you never give up.

Optimist: yes, because I am a human.

\*

Even if they proved to be wrong, optimists would nevertheless be right because pessimists would have made things worse.

\*

At the end of World War II it was estimated by a pessimistic UN that decolonization would take from 100 to 150 years. Well, it was done in 40 years.

\*

When I joined the UN after World War II, I was a very pessimistic young man. Having seen the horrors committed between two highly civilized, white, advanced countries, France and Germany; having had a grandfather who had five successive nationalities due to three wars (French, German, French, German and French again) without leaving his village; having had a father who was twice a French soldier and once a German soldier; having seen half of my cousins in French and the other half in German uniforms, with the possibility that they might kill each other, I wondered how a world of black and whites, of communists and capitalists, of poor and rich, of 5000 languages, 2000 religions, so many nations and ethnic groups would ever make it without another world war. In my view such a war would break out in less than twenty years.

Today, in 2002, I am an optimist who is convinced that humanity will succeed and that we have a great, incredible third millennium before us. What was achieved by the United Nations during the past fifty-five years, would have seemed inconceivable to me in 1945.

I have told the story of my growing optimism and offered my ideas in numerous books, articles and speeches. I have done my duty as one of the first world servants during an entire adult life in the first universal, global organization of this planet, the United Nations. I thank God for having given me that privilege and opportunity.

\*

Each person should practice four forms of optimism:

optimism of thought

optimism of heart

optimism of action

optimism of soul.

As a result, all the vital forces will be mobilized and a successful life will ensue. Since we live, why not try to live to the fullest with all our means?

\*

"Vanity of vanities, all is vanity." Yes, dear pessimist, including your saying it!

\*

I have been called a desperate optimist! My book *New Genesis* is apparently frightening because it denies humanity the freedom to commit suicide!

Absolutely so!

\*

Optimism and pessimism are forms of imaging, of thinking. The image, the thought is the first step towards a new reality. The Greeks held and the Hindus hold the view that all reality is the product of thought. In Hawaiian language Hana, i.e. action, means 'movement following a thought'.

\*

How does one deal with pessimists? Ignore them or inspire them and make them work. Give them your example and show them positive results you have obtained.

\*

We must be infectious optimists, inspiring, uplifting, contagious, irresistible optimists.

\*

Depending how we look at it, it is always the best of all times and the worst of all times. In my view it is always the best of all times to do better.

\*

If you do not look at least once a day to the sky, to the stars, to God, to a flower or the face of a person you love, you have not really lived and exercised the marvelous ministry of life entrusted to you by God.

\*

I am sometimes called an 'astonishing optimist'. What is so astonishing about being an optimist? Is not life itself an astonishing proof of the Creator's incredible, endless optimism and patience?

\*

Optimism is simply optimum living. And who does not want to live an optimum life?

\*

Do not drop out of this planet  
Do not drop out of humanity  
Do not drop out of the universe  
Do not drop out of your self.

\*

I read these two opposing inscriptions on two tombs of a cemetery in Switzerland:

"We will love each other beyond our life, for love is in the soul and the soul does not die."

"The life of man passes like grass  
He will pass like light breath  
One will not even recognize the place he occupied."

Optimism and pessimism reach even into death!

\*

I have become known as the optimist in residence at the United Nations. When I made the optimistic prediction that the cold war would end before this century was over, I was considered a fool. Later delegates and colleagues congratulated me for my prophecy. As an answer I told them what my new optimisms were.

\*

During the fortieth anniversary of the UN, of which I was in charge, I underestimated the number of heads of states who would attend the celebration by 14 percent. In view of this, I decided to increase my overall optimism by the same percentage.

\*

Pessimism and optimism have both their nutrients: pessimism seeks everything bad and wrong to feed itself; optimism looks out for everything good and right for nourishment.

\*

An optimist is someone who sees a possibility in every problem.  
A pessimist is one who sees a problem in every possibility.

\*

Norman Cousins divided the world not into East and West, North and South, black and white, but into optimists and pessimists, namely those who believe in life and those who do not. Someday, indeed, this might be the main division of humans, and someday it will disappear too, leaving only a humanity that rejoices in the miracle of life.

\*

The greatest division in the world is between optimists and pessimists, life-believers and life-deniers or doubters.

\*

Put an optimistic thought in your head and it will chase the pessimistic one.

\*

Optimism does not end with death: many of our cherished causes will succeed only after our death. But this is no reason not to try, not to be early prophets paving the way. And we should never claim the right to success or abandon if we do not succeed. A great waste of human evolution is done by people who give up too soon "because it did not work." Never do that, please.

\*

One of the greatest statements on optimism is a letter of Ludwig van Beethoven, the Heiligenstadt Testament in which he informs his brother that he will lose his hearing, become deaf. He almost shouts in it: "But I will show the world what I am capable of". And it is from then on that he composed his greatest symphonies.

\*

Here is a statement by Richard Toms, the founder of the popular New Dimensions Radio in the United States:

"Optimism is believing in spite of the evidence and working ACTIVELY to change the evidence. If we live in the box of problems, then all we have is more problems. If we live in the field of possibilities, then anything is possible."

\*

Optimism is to believe that the best can be achieved for oneself, for one's family, one's community, one's profession, one's country, all humanity and for Mother Earth.

\*

An optimist and a pessimist may both land in the same ditch, but the optimist's journey was at least a happier one.

\*

Any moment of pessimism is lost time.

\*

Be optimistic always. Do not let negative thoughts invade you. Pessimism is like a sickness. You must keep it away. A good, healthy human is always optimistic. Health optimism should become a new science, taught in Faculties of Medicine.

\*

For a long time I believed in forces of evil, but at the end of my journey I feel that such belief is doing them much honor. The best is to ignore them. They will wither away for lack of recognition, of attention.

\*

"I am an optimist. It does not seem too much use being anything else."

Churchill

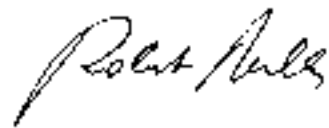
\*

Be optimists.  
Have dreams and believe deeply in them.  
Work for their fulfillment.  
Strong dreams always come true.

\*

## Decide to be Optimistic...

Let optimism be incarnated in you  
Make it part of your innermost being  
Make it your fundamental creed  
Become known as a staunch,  
trustworthy optimist  
Work optimistically  
for a peaceful, just, happy humanity  
for a wonderful, well-preserved planet Earth  
for a wonderful, happy family  
for a great, fulfilled, happy  
personal life  
Close all the doors of your mind, heart,  
soul and actions to pessimism  
Utilize all your wonderful, natural,  
God-given talents to make at long last  
this planet the optimum success  
of the universe and God  
i.e. Paradise Earth





## Volume II Chapter 8 Of Health

"Health is your greatest wealth."

*Ralph Waldo Emerson*

\*

Where do you live?

I live in my body.

Our body is indeed our first and foremost home. We must keep it healthy, beautiful, well-kept and love and care for every part of it.

\*

"Now stop and think! The Creator has presented you with the world's most wonderful machine - your own body. This miracle machine has its own non-stop motor (the heart), its own fueling system (the digestive tract), its own filtration system (the kidneys), its own temperature controls (the sweat glands), and so on. Indeed, this most remarkable contrivance even has the power to reproduce itself."

Paul Bragg

\*

Health is a wonderful cooperation - Plato called it a love affair - between all the organs of the body. Admire it, love it, encourage it, thank God for the miraculous temple of your unique, divine life.

\*

If we were to consciously direct our lungs to breathe, our heart to beat and all our other vital organs to function, we would die within a few minutes. This shows the weakness of our conscious mind. We should therefore not intervene in things which are run quite naturally and far better by our body than by our will. All we should do is give our inborn miracles the best general conditions for their proper functioning: keep away from deleterious elements such as drugs, alcohol and tobacco; give them pure water, fresh air and healthy food; give them a rest in the middle of the day and a good night of sleep; keep away moral poisons such as worries, despair and pessimism; make your entire being feel whole, wonderful and harmonious through feelings of love, happiness and long walks in God's marvelous nature

\*

The best means to prevent sickness is to keep the thought of it miles away, and to make no room for it in our mind. The first law of individual and world health is to put as a principle the good functioning and health of the human body and of humanity. Our entire evolution has been towards longer and better lives. Nature, the automatic functioning of the myriads of cells, glands, vessels, flows, and clocks of our body are far superior to medicine and surgery. All they want is to be left alone, trusted, encouraged, thanked, well nourished and loved! We cannot allow the exception, i.e. sickness to become the rule, and health the exception. Medical checkups, drugs, and health industries must be put at their right secondary place.

\*

The human body is so marvelously perfect that it is our duty to leave it alone, to believe in it, and to keep away from it any thoughts of sickness, pills and poisons.

\*

As a gardener I have learned that sick plants and flowers can transmit their sickness through their seeds and other means to other plants.

Isn't it possible that the same is true of humans, that we transmit our sicknesses, weaknesses and defects to our descendants, and may even pollute the ground into which we are buried? Isn't it therefore our duty towards the Earth and our descendants to be healthy, to live a flawless life and to think of the seventh generation as the Iroquois do?

\*

We pay much attention to the intakes of the human body: the right air, food, liquids and knowledge. But we pay little attention to a great central question: what oversees, directs, orchestrates, manages, keeps in good order and leads successfully over an entire lifetime the total human person, that marvelous, incredibly complex, unique, divine cosmos in the universe? It is love, passion, belief, trust in our extraordinary body and life.

\*

Imagine for a moment what a wave of harm a pessimistic thought can do to the healthy functioning of the trillions of little cells of your body? And imagine on the other hand what an optimistic thought can have as effects.

\*

Doctors often ask if patients suffer from stress. How useful it would be if they also asked: "Do you suffer from unhappiness, from pessimism?" It is here that science should provide an answer to this fundamental question by Norman Cousins:

"Just as despair sets the stage for its own omens, so reasoned hope provides the essential nutrients for a flowering of the spirit that enhances life, thereby contributing regenerative energies to the shared living environment."\*

In other words: pessimism feeds pessimism and breeds unhappiness, failure, sickness and death; optimism feeds optimism and begets happiness, success, health and a beautiful life.

\*

For many years I went to a yearly medical checkup at the UN and every year I was sick. For the last few years I no longer went and I was not sick. The nurses of the UN clinic who used to greet me cheerfully now give me a reproachful look. They want to be needed, but I do not want to be sick. I left the UN without seeing them again.

\*

Nearly twenty-five hundred years ago, Hippocrates, the 'father' of medicine, said these profound words:

"A wise person should consider that health is the greatest of human blessings, and learn how, by his own thought, to derive benefit from his illnesses."

"Your food shall be your medicine, and your medicine shall be your food."

\*

If you imagine, if you believe that you will be sick, you will be sick.

If you imagine, if you believe that you will be healthy, you will be healthy.

\*

\*See his preface to my book *Most of All, They Taught Me Happiness*.

I remember that whenever former Secretary-General U Thant did not want to go to a particular state visit, he became miserable and actually fell sick in order to have an excuse not to go. It was not feigned sickness. He became really sick!

\*

It is not a detailed science of eating, fasting, breathing and walking which will give a human optimum performance: it is the application of a few basic, common sense rules which are mountains compared with the little bushes advocated by proliferating health, exercise, breathing, nutritional and jogging industries.

These simple, basic rules are:

totally avoid alcohol and drugs

totally avoid smoking;

do not overeat

Add to that exercise and happiness and you have a good chance of living a hundred years.

\*

Pablo Casals did not drink a drop of alcohol in order not to diminish his capacity for feeling the greatness of life. He lived to the age of 98.

Please read my story "Pablo Casals on alcohol" in *Most of All, They Taught My Happiness*.

\*

The World Health Organization has recommended unanimously to all countries:

1. that non-smoking should be regarded as the normal social behavior and that all action which can promote the development of this attitude be taken;

2. that there should be a total prohibition of all forms of tobacco promotion.

The world has already accepted these rules for drugs.

To the list of victories still to be won we must add total prohibition of alcohol (Al kohol: Arabic, the Devil).

\*

The golden rules for health:

trust in God and nature

be happy

do not impair your marvelous functioning with tobacco, alcohol and drugs

do not overeat

exercise.

\*

We had a dog called Cleo who sniffed and scratched the door to be let out whenever someone smoked in the house. As a result, no one smoked. An animal reminded us of a basic common sense rule: to breathe the natural God-given air of our habitat.

\*

The World Health Organization has proclaimed the holding each year of a World Non-Smoking Day (31 May)). We need also a World No-Alcohol Day and a World Happiness Day. In reality, every day of the year should be a non-smoking, non-alcohol and happy day.

\*

Many institutions and professors are spending much time and money on studies concerning the effects and problems of alcoholism. But they do not dare to attack frontally the big alcohol producing firms which are gaining miles of ground while the professors are advancing a few feet. Mohammed was a genius when he condemned not only the consumption of alcohol, but also those who produce it, transport it and sell it. These are the real culprits. And today he would add on top of the list the most immoral of all: advertisers and marketers.

\*

A great tragedy of our time is that the big firms have monopolized happiness for their own profit. Thus, the cigarette and alcohol producers deeply anchor their products into human happiness. Drinks and smoking are associated with scenes of nature, beautiful women, white horses, joyful events such as marriage, baptisms, social gatherings, travel, love... Poisons are thus made attractive sources of happiness. It is most urgent to liberate happiness from drugs, alcohol and smoking, and to associate it instead with nature and a clean life which alone allow the flowering and miraculous functioning of the human being. Advertisement has become one of the main curses of modern society.

\*

Given all the food we have today and the fact that most bacterial diseases and epidemics have been eradicated, humans nowadays should be able to live well over a hundred years. But alas, due to advertisement, wrong nutrition, alcohol, smoking and other bad habits, we have become the victims of new calamities and exploiters. By eliminating them the human race should be able to achieve a new jump ahead in human longevity.

\*

The health of a human being takes a long time to deteriorate and to recuperate but the sick person wants to be healed right away. This is not reasonable. One must assume that the body requires the same time to recuperate as it did to deteriorate.

The same is true of humanity: it takes a long time for a global disease like pollution to build up. But when it breaks out, humanity wants it to be cured overnight!

\*

We owe it to the general health of humanity to be sick only of real illnesses and not of sicknesses of affluence, boredom and imagination. We cannot complain about the sad state of the world if we contribute to it. We must all contribute our health, happiness, good actions, determination and inspiration, to a better world. Our good health is a duty towards the global health of humanity.

\*

This is a planet on which people complain that our arable land is limited, but let huge areas of the best land be used to produce poisons such as tobacco and alcohol.

This is even a planet where the same governments give huge subsidies to the producers of these poisons and pay for the hospital costs of their victims!

\*

You drink the first cup of wine, and the next and following cups will drink you.

Confucius

\*

At the age of forty, each human should be his own doctor.

\*

My heart says to me:

"I am so grateful to you for having stopped smoking and drinking. I had sometimes to beat up to 100 times a minute. Now, with 65 to 75 beats, it is a pure joy to be your faithful servant. You are now kind and considerate to me. I will serve you well and long. I want to live longer too."

\*

Take your pulse and heartbeat on a day following alcohol abuse and on a day following abstinence, and you will see the difference. If your heart and organs could only speak! Their only way is to make you feel pain.

\*

Alcohol numbs all the organs of the human body, including the heart muscles. These must therefore make an extra effort to pump the blood circulation throughout the body. Alcohol is therefore one of the main causes of the so-called heart 'attack'.

\*

Life does not want to die. It has within itself marvelous life-sustaining, life-preserving, self-healing mechanisms. Just observe the healing of a wound and you will see how wonderful our body is. It is in our highest interest to prevent these stupendous mechanisms from deteriorating: we should not poison them; we should not overload them; we should not overwork them. For instance, blood is a primary healing and cleaning agent. Put alcohol in it and its role is numbed, almost killed.

\*

A wonderful, extremely intelligent friend of mine had planned everything in his life, except life itself. The possession and skillful running of a high-speed car had become essential to him, a proof of his masterly intelligence. He finally killed himself in an accident, trying to avoid a child running across a road. His wonderful intelligence and personality are gone forever. He no longer is. Overconfidence brought him to eternal standstill.

\*

If we want to enjoy the beauty and purity of life, we must not becloud our eyes, mind and heart with poisons and wrong nutrition.

\*

How discouraged, how desperate, how tired the little cells of our body must feel to receive constantly new gushes of alcohol, nicotine and fat which prevent them from doing their job efficiently. In the end they give up and let the whole wonderful construct of our body disintegrate.

\*

A sound popular proverb:

It is not what you eat but what is eating you that kills you.

\*

If only humans could place as much faith in the wonderful self-healing power of their marvelous body as they do in the power of little pills.

\*

When I think of all the mistreatment I have given to my poor body for many years, I stand in wonder for its astonishing resistance and self-healing virtues! Thanks God, I stopped smoking, avoid all alcoholic drinks and changed my nutritional habits. Probably this saved my life. I am in endless admiration for the patient, incredible will for life of my stupendous natural, God-given body.

\*

Our human body is part of the cosmos. Hence our duty to find its maximum harmony and functioning with the laws of the cosmos, of nature. This is why oriental systems of respiration, nutrition and body knowledge are generally more satisfactory than the western "scientific" approach. East and West should meet on this subject. Western science should ally with oriental wisdom, insight and the depth of ancient practices and experience.

\*

Sin is whatever diminishes the greatness, purity and beauty of life. This is why many religions condemn alcohol, smoking and drugs as sins. Muslims cannot produce, transport, sell and consume Al Kohol (the devil). Sikhs cannot marry a person who smokes. The World Health Organization should publish a world survey of these religious condemnations. Religions would be its best allies. Science should ally with the religions too.

\*

The beauty of this planet is so great that it is the duty of its inhabitants to keep themselves beautiful and healthy, physically, mentally, morally and spiritually, in reverence for God's masterpiece.

\*

Sickness is a symptom. Behind it there is a cause. Behind that cause there is a center, a root. If you want to heal you must reach that root which is usually a lack of spirituality, a rupture in your basic harmony with the divine, cosmic forces of nature.

\*

Do not try to "get rid" of a sickness: instead, concentrate on your health, bathe in good health, so that your body, your 30 trillion cells and all your mechanisms will get the right positive currents and suppress the temporary malfunctioning.

\*

Think what beatings your body has taken during your life and you will be astonished that you are still alive. Your body is indeed a faithful, very hard worker, a true miracle of God's will. Take good care of it. He is your best friend, an incredible, devoted, faithful miracle.

\*

If the world's waters, rivers and water-reservoirs were suddenly filled with carbonated air, there would be an outcry of the people. And yet the same people pay and fill themselves with carbonated drinks! Perhaps someday the merchants will sell pure water as "decarbonated" drink and make people pay more for it than for carbonated ones, as they do already for so many other "health foods".

\*

If the world's waters became suddenly alcohol, we would consider it a catastrophe. And yet we can see a good part of humanity sitting at tables and drinking alcohol with cheerful, unconcerned faces.

\*

We unanimously want pure air. And yet a great part of humanity is filling its lungs and **our** air with the smoke of a cancerous herb, tobacco. Our right to pure air is violated by anyone who smokes.

\*

Negative elements create sickness. Positive elements create health. Humanity has an enormous knowledge of negative elements: stress, worry, anxiety, depression, panic, etc. and very scant knowledge of positive elements: joy, happiness, hope, laughter, cheerfulness, prayer, faith, etc.

Why is that? Because doctors, psychiatrists, psychologists and pharmaceutical manufactures' are professionally inclined to study and stress the negative factors: they can then offer their services, tranquilizers, antacids and drugs for healing. Positive elements on the contrary cost nothing. They are found in each individual and in nature. By emphasizing them they would diminish their role and business!

\*

Churches and temples are still the greatest clinics on Earth and priests and pastors the best psychiatrists. They are free and generally unused, perhaps precisely because they are free!

\*

Never forget that the God who has given you life can also save you. He can save you from illness and from eternal death.

\*

We need every part and capacity of our being to live a fulfilled life: body, mind, heart and soul. To neglect any of them is to diminish oneself, to commit partial suicide.

\*

Cars needed mechanics from the beginning, because cars do not know how to repair themselves. Humans had no doctors for a long time, because the **human** body knows how to repair itself.

\*

What a beautiful pledge the youth of Sweden has made to International Youth Year: to be a non-smoking generation. May they decide soon to be also a non-drinking generation.

\*

Each human person is a cosmos and is responsible to the Creator for his good functioning. We cannot run constantly to other cosmoses for help.

\*

This deeply revealing prayer of a doctor to his patient:

"Please help me to heal you, to save you."

This similar prayer of the United Nations to humanity:

"Please help me to heal you, to save you."

\*

Happiness is undoubtedly one of the main factors of good health. But this remedy has never really been studied. There are no courses on happiness in medical faculties. They prefer to study pills. And yet a feeling of happiness is the best injection you can give to your body. It pervades all your system, all your cells, flows, organs and mechanisms. Take lots of vitamin H: Happiness.

\*

It is such a miracle to possess a human body with its myriads of cells, automatic mechanisms, perceptions and creative eyes, ears, hands, brain, heart and soul, that we must be endlessly grateful for it and take extremely good care of it. One of the first great lessons we must give to children is to tell them that they are a miracle, that they have a miraculous body.

\*

All theories which try to tell me how I function and what parts of my body are essential leave me dissatisfied. My feeling is that I always see, hear, think, feel, love, understand and live with my entire being. Good health, the good functioning of my cosmic unit, is a totality, a flow of life and energy which irrigates my entire being.

\*

The United Nations has adopted a Charter of Nature. The World Health Organization should adopt a Charter of the Human Body.

\*

If you want to be a healthy person, read natural health literature, consume and have natural health foods around you.

\*

Make others feel great and healthy and they will love you in return. I have tried to make the entire humanity feel great and healthy. And I have received untold love and thanks in return.

\*

We must absolutely make this a non-smoking and non-drinking planet.

\*

All methods of good nutrition and health foods have one common merit: they concentrate your attention on health, and as a result you will be healthier.

\*

Look at the beauty of life, of this planet and of humanity as you would look at the beauty of a mountain: see the total majesty, not the irregularities.

\*

I know a doctor who after a number of years of medical practice decided to travel around the world and seek unusual, traditional healing methods. Back in the United States, he acquired a large piece of land on a hill where he created a healing center using the methods he had learned. One is meditation in front of a rivulet of water flowing into a fountain surrounded by plants and flowers; the other is picking fresh, mature fruits directly from fruit trees planted on the grounds, so that patients can get direct live nutrients and energy from the Earth and the sun. We should plant fruit trees all over the world as a main, direct nourishment of the human race and of our brothers and sisters the animals and birds.

\*

Your imagination is stronger than your will. If you imagine that you are sick, you are likely to get sick. If you imagine that you are healthy, you are likely to remain in good health. Read Dr. Emile Coué's classic Self-Mastery through Conscious Auto-Suggestion.\*

Read also my story "Thank you Dr. Coué", in *Most of All They Taught Me Happiness* .\*\* Use the two precious moments of your day when the sub-conscious can be best programmed: when you wake up and when you go to sleep. First thing in the morning and last thing in the evening, before or after prayer, repeat ten to twenty times: every day and in every respect I feel better and better. I have never felt so good.

\*

At our monthly luncheons we used to have in New York, Norman Cousins and I often



pondered on two important experiences in our lives: the way he healed himself through a cure of laughter, and the way I escaped from the Gestapo during the war thanks to Dr. Emile Coué's method of auto-suggestion. We both decided to write these stories in books which became best-sellers. Ever since then I use the Coué method and jokes and laughter as an adjuvant to good health. Someone should develop a science of good humor therapy.

There should also be a nature therapy: the healthy effects of being or living in the midst of nature.

There should also be a music therapy: the beautiful effects of hearing good, harmonious, elevating, healing music. I applied it in the Alzheimer home in Costa Rica where my poor wife was taken care of. I played to the patients music from their youth and from their country of origin. The effects were magical. I also noticed that praying together the rosary has good effects on the patients. All nurses also had orders to constantly smile.

\*

A lady who once asked for an interview with famous engineer and cosmic philosopher Buckminster Fuller had to wait a year until she received an appointment. When she was in front of him she was so excited and nervous that she asked him if she could smoke a cigarette. He did not object. She offered him a cigarette too. He rejected her offer with two raised hands and said: "Madam, I have received such a perfect cosmic unit that I would never permit any deleterious material to enter me and to interfere with its functioning."

This statement should be known to all people on Earth, especially youth.

\*

To make sure that you are on the right course, take every morning your pulse and write down the number of hours you slept.

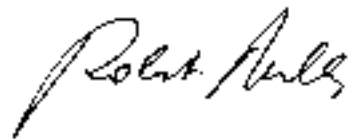
\*

\* Published in successive editions since the 1930's by George Allen and Unwin in London and by Samuel Weiser in New York.

\*\* Also published in *Stone Soup for the World*.

## **Decide to be Healthy....**

Repeat several times every morning  
when you wake up  
and every evening before you fall asleep:  
every day and in every respect  
I feel better and better  
I have never felt so good.  
Be convinced of the good health  
of every cell and organ  
of your miraculous, wonderful body  
Thank your eyes, your heart, your mind,  
your limbs and every organ  
for their wonderful, faithful  
good functioning  
Encourage them, love them, exercise them,  
admire them  
Avoid any deleterious, damaging outside  
interferences or inputs such as tobacco,  
drugs and alcohol into  
your miraculous cosmic unit  
Avoid carefully the slightest thoughts of  
possible sickness  
Be positive, cheerful and convinced  
that you will live the healthiest  
and longest life anyone can live.



## Volume II Chapter 9 Of Spirituality

After the subjects of love and happiness, spirituality seemed to me so important that I devoted an entire book to it: "*New Genesis, Shaping a Global Spirituality*", and wrote a chapter, "The UN and Spirituality" in "*My Testament to the UN*".

At the World Parliament of Religions in Chicago in 1993 it was a great honor for me to be the opening speaker, to write the preface to the Sourcebook for the Parliament and to outline a vision of a spiritual world in the year 2013, twenty years after the session of the Parliament. (See Volume III, pages 93 - 100 of my *5000 Ideas and Dreams for a Better World*.) My speech led to the creation of the United Religions Initiative a founding step to the United Religions Organization.

\*

We will never achieve a happy, harmonious society unless we relate everything to God, to the universe and eternity. Only from the point of view of distance and of an external ideal can we see our planet, our society and our destiny in the right light. Any lower perspective misses the great majestic order which holds our planet and the universe together. I dream of a day when the UN will submit a yearly report to God.

\*

Think of God and you will always do the right thing. It is as simple as that.

To have God on one's mind constantly, that is peace. Persons who have this capacity always smile. They radiate their peace and serenity.

\*

The greatness of religions is that they offer reassuring answers to the mysteries of life in the fathomless, timeless, even scientifically ungraspable universe.

\*

From a reader:

"Everyone who starts out life with a sincere desire to produce the best unselfishly will eventually touch the spiritual reality of the universe, which becomes materialized as human ideas and opinions.

All religion is for the purpose of making humans better so that they may live righteously. So whatever we call this highest inner urge within the human person: Christ, God or whatever, if activated brings humans on one accord.

Some of us may be working from the point of view of the microcosm, the individual, while others work from the point of view of the macrocosm — the universe and the world — but there is one universal mind substance and one law of the spirit of life, so either road, sincerely followed, comes to the same place, the Christ consciousness, where there is peace, love, joy and happiness for everyone."

\*

The Hindus might be right when they believe that our soul will be reborn into higher or lower life-forms, depending on our behavior.

It is possible that there is a genetics of the soul as there is one of the body. The religions may have the right perception of a basic mystery of life. A good, moral, spiritual life, would lead to the rebirth of the soul in a higher form. A bad, immoral life would cause rebirth in a lower life-form.

What do the biologists think of that?

\*

Purity of heart is undoubtedly superior to any religion. But purity of heart is difficult to achieve without religion or what is common to all religions, spirituality.

\*

In the past, the church, the cathedral, the mosque, the temple or the stupa was the center of the community. It was the highest, most beautiful and most constantly present edifice in the lives of the people through view, sound and frequent visits. It reminded us of the heavens, of the mysteries of the universe and Creation, of our tininess and yet miraculous greatness in the grandiose order of things. It gave guidance and inspiration to great minds and souls, and happiness to the humblest. It provided hope and meaning to life, from the miracle of birth to the mystery of death.

Today, alas, many temples of God have been replaced by the supermarkets and shopping centers as the heart of the community. Our lives are no longer directed by the servants of God and knowers of life but by the servants of Mammon and knowers of 'things'.

Our only salvation is that this planet will be blessed with a vast, world-wide spiritual Renaissance.

\*

Fire engines and ambulance sirens, airplanes and automobiles are today's civilization's principal sounds, no longer bells, the angelus and muezzins. Newspapers, radio and television are the people's mental breakfast at the resurrection of the day, not prayer, meditation, sacred readings and gratitude to God. And we call ourselves a successful civilization!

\*

The greatest self-help book on Earth is the Bible. The same is true of the sacred books of all great religions.

\*

Even if God did not exist, those whose mind engendered Him made Him the most powerful, all-embracing reality in the universe. This alone would be another fantastic achievement of the ever transcending, self-evaluating, time-and-universe-embracing human species.

\*

My aunt and Godmother Eulalie would have never been considered a success by modern standards. She didn't study, she didn't drive, she didn't like to leave her village, she never took a subway or an airplane, which she considered to be mechanical monsters. And yet she was one of the happiest persons on Earth: she liked to cook — and what a marvelous cook she was! — she loved her home, her family, her preserves; she attended with love and flowers the tombs of the family; and for her own, personal, intimate life she had God as a companion. She was happy to live near the church of the village. She heard her bells, saw her from the window, and attended every service she could. Her husband, the headmaster of the local school, a socialist and atheist, often apologized for having a naive, gullible, religious wife. But I wondered which of the two was the happiest and closest to the greatness and mysteries of life. She was.

\*

To those who tell me: "Only God can bring us happiness", I answer: "Look at those children playing and smiling at each other. See those young people loving each other and drinking from each other's eyes and lips. They do not think of God at that moment. God might be there all right, smiling and saying: "Play, children, play. Love, young people, love. It is you who by playing and loving cause me happiness". But they do not have to think of God at that moment, and God understands this perfectly well.

\*

A woman once apologized for not coming to one of my lectures at the local parish:

"Something terrible happened. My fifteen year old daughter was killed in an automobile accident. She and five other young people were riding in a car driven by a boy who had just received his driver's license. He wanted to show off and he ran into a telephone pole. She was sitting in the middle of the back of the car, usually the safest place, but the Lord wanted her to be the only one to lose her life."

After a silence she added:

"I do not discuss or question the ways of God. I thank Him for having given her to me for fifteen years."

I thought for myself:

"What strength and consolation religion gives! What would an atheist or rationalist have said?"

\*

A lovely story sent to me by a reader:

"One night I dreamed that I was walking along the beach with the Lord. Many scenes from my life flashed across my mind. In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, other times there was only one."

"This bothered me because I noted that during the low periods of my life, when I was suffering from anguish, sorrow or defeat, I could see only one set of footprints, so I said to the Lord: `You promised me, Lord, that if I followed you, you would walk with me always. But I noticed that during the most trying periods of my life there was only one set of footprints in the sand. Why, when I needed you most, have you not been there with me?'"

"The Lord replied, `The times when you saw only one set of footprints, my child, I was carrying you."

\*

God is the magnificent, elevated consolation of the poor, of the humble, the down-trodden and the victims of injustice. What a sad world it would be without faith, without images of God, without temples and cathedrals. How could the communists be so stupid and not enlist God on their side!

\*

God has many ways of revealing himself to us. In my case he did it when I was a child and later through UN Secretary General U Thant, a Buddhist, a man whose faith does not even have a God! It is as if God knew that this was the way destined for me, the way I had been waiting for the answer to my craving for a universal truth common to all religions, to all humans, believers and non-believers.

\*

In our parish we love to go to an early mass on Sunday to hear Father X, a very intelligent, inspiring, young guest priest who elevates our minds and hearts and explains to us the contradictions of modern times. We thus also avoid Father Y, the regular parish priest who is unable to capture our admiration. But, one day, after mass I heard a little girl ask her father:

"Daddy, where is Father Y? I like him so much."

\*

I regret that somewhere along my life modern society killed the guardian angels I had when I was a child: on my left there was a shining, white angel who told me what was good, and on my right a dark, mournful angel who told me what was bad. They were my best friends and they were so helpful. Then, as I grew up I no longer believed in them and they vanished. Now that I am old, I missed them so much that I called them and they came back immediately. And so did my prayer to the good angel as it was taught to me by my mother:

"Angel of God to whose protection I am committed by order of the Divine Providence, enlighten me, govern me, protect me today and during every day of my life."

\*

The birth of a global spirituality will be the fruit of evolution reaching the stage of planetization at the dawn of the twenty-first century and third millennium.

\*

I have listened to atheists, to humanists and to scientists. I love you all, for you are my dear human brethren, all in search for the best for humanity. I have tried to find a common denominator which would embrace all beliefs on Earth: I found peace and happiness.

In the heavens, I found God. Humanism does not fit, science is too narrow, evolution, universe and cosmos are too cool and abstract. They are not "divine" enough to express the greatness and mysteries of life and Creation. Can't we therefore agree world-wide on God as the supreme human projection or image of the perfection we so desperately seek? Let us continue to try to define God, that universal, cosmic, all-embracing, all-knowledgeable, all-loving, all-compassionate, omni-present and eternal God as the guide, the model and the image of what we strive at. Let us accept all religions as His ways, all great prophets from East and West, North and South as His voices, all saints and men and women of goodwill as His enlightened helpers. The more I advance in life, the more I believe that God is the necessary projection of what we dream, what we crave for on Earth.

\*

There will be no true justice, peace and happiness on this planet as long as we do not submit to the laws of God. The religions do not matter: they are only ways, beautiful diverse ways to the same fundamental truth and unity but unfortunately fighting all too often each other. We must again place this planet under the protective wing of God.

\*

I prefer an honest pure atheist to a religious bigot ready to go to war for his religion.

\*

Whatever you do, always ask yourself the question: Would God say: that is good?

If every person, every institution and every head of state would ask himself that question, it would be a much better world.

\*

The great task of humanity in the New Age is to determine the divine or cosmic laws which should rule our behavior on Earth.

\*

The soul encompasses all: the physical, the mental, the sentimental, the moral, infinity and eternity. With the soul alone can we perceive the totality and feel one with the universe and eternity.

\*

In the rooms of monks (and in my room) there are no newspapers, no television, no radio. There is only the incarnation of one of the greatest mysteries in the universe: humanity and God.

\*

You have no idea what great things you can do, once you place yourself entirely in the hands of God.

\*

Where there is despair, is there a remedy? Yes. Turn to God and everything, even death, will fall into place.

\*

Do not deprive God of your collaboration in the gigantic tasks on this Earth.

\*

Open yourself to God always. He will tell you what is best for you.

\*

If the Son of God returned to Earth, would He find much faith today? Would He find your faith? At least faith in the miracle of life?

\*

Every morning I ask God what more I can do for the peace and happiness of the world, and I always get an answer.

\*

Through prayer and silent contemplation please allow entry into yourself of the deepest streams of life and of the universe. You will feel peace, harmony, serenity and bliss flow into you.

\*

Give to anything in you and to much around you a supernatural, divine, sacred, miraculous character, and you will know untold peace and happiness.

\*

How can we be united with the universe, with eternity, with God, if not through an immense act of faith, elevation and love. Sursum corda. Lift your hearts. Expand yourselves.

\*

Silence is gold! It contains all the riches of the universe. Go and sit in the silence of a cathedral, temple, church or of nature. It will reveal to you the most beautiful truths and miracles.

\*

There is a great strength in stillness: a fallow land recuperates its energy.

\*

Do not be men-pleasers. Be God-pleasers.

\*

In all things, try to please God. Reference to God is the surest way to become a serene, just and happy person.

\*

As we pray to God, so shall we receive.

\*

Pray the good spirits, angels and saints to help you. They are eagerly waiting with their mysterious means to help you fulfill your dreams, provided you ask them, you open yourself to them.

\*

We must seek full employment for the numerous angels, saints and good souls who are floating around this planet. They are eager to help us defeat the forces of evil. But uncalled, they are powerless. Called, they gush into us, happy to be reincarnated and to help.

\*

What the United Nations needs most, what your world servants need most are your prayers and your faith.

\*

Put a lot of divinity into everything you do. Work for God always. Devote to Him your

humblest tasks. Follow the example of Brother Lawrence, the saintly cook from Lorraine.\*

\*

To pray is to define one's wish, which is the first indispensable step towards its realization. This is why so many prayers are fulfilled: they answer themselves, they rearrange the cosmic forces in the desired direction. God cooperates with us. He does not stay aloof from us.

\*

Converse with God, often and preferably always.

\*

The world needs many more saints, not multi-millionaires.

\*

Our work, our love, our dreams, our plans, our ambitions, God, Mother Earth, those are the instinctive, natural answers to the great, all pervading mysteries of the universe, of our planet and eternity. We simply do not want to die. Life is the antithesis of death. To live or not to live, that is the question.

\*

Try the impossible with the help of God. You will be flabbergasted by the results.

\*

Millions of people gape in front of European cathedrals, but it would not occur to anyone to build one more, to have another cosmic view, to see the Planet of God, to dream, to thank God exultantly or simply to pray.

\*

I am a tower of faith in humanity, in God and in the United Nations. No one can destroy that fortress in me. And if I fail, I will take along that faith into the after-world and continue to act from there.

\*

Given the number of atheistic, materialistic, ungodly people on this planet, I am astonished that things are not worse.

\*

Faith energizes our will to solve problems. Without faith there can be no will for action.

\*

Let your soul bear its beautiful fruits. You will be astonished by the harvest.

\*

Ask for the help of God and nothing will be impossible.

\*

Even if all doors are closed to you, even if you are in prison, have no fear: call for God. He will come and awaken in you the spirit which knows no doors or barriers.

\*

If you want to be a spiritual person, read spiritual books and have spiritual objects and images around you.

\*

\* Brother Lawrence *The Practice of the Presence of God*, which has received innumerable printings since 1692.



Nothing on Earth will ever be able to fill the capacity of a human life. Only God and the heavens can.

\*

God continues to work through us even while we sleep.

\*

"The third millennium will be spiritual, or there will be no third millennium."

*Andre Malraux*

\*

"I see no hope for permanent world peace. We have tried and failed miserably. Unless the world has a spiritual rebirth, civilization is doomed."

*Dag Hammarskjöld*

\*

We must all become saints. That is our duty. We cannot leave it to a rare few. This applies especially to political leaders. Politics must become the highest, sacred function. We need many political, global saints. Robert Schuman, the founder of the European Union will be the first.

\*

In past times, humans were exhorted to pray several times a day. Today they are exhorted to buy and use innumerable products several times a day. It is high time to go back.

\*

When I sadly think that I do not have many friends who understand me, I smile and soon exclaim: "But I have the greatest friend of all: God. No one talks to me and understands me as He does when I turn to Him."

\*

Meditate on life night and day, and you will find untold happiness. The preciousness of a treasure is its owner's love.

\*

It is easier to look for God in ourselves than in the heavens. The heavens are so far! And it is easier for Him to come down to us than for us to climb up to Him!

\*

The greater your spirituality, the greater your communication with the universe.

\*

You don't have to pray for the return of Christ. There are thousands of poor, silent Christs walking in the streets.

\*

Decide to be a saint through your life, through your works and actions in any honorable profession or way of life you may have.

\*

It is easy for a priest, a saint, a guru, a rishi sitting in a church, in a temple, in a wood, in an ashram, in a retreat or a place of pilgrimage to preach the people and their disciples. It is much more difficult to be a holy person or a guru in the midst of a world of miseries and action.

As Dag Hammarskjöld said:

"In our time the way to holiness goes through the world of action."

\*

The most convincing form of faith is faith through experience. Hence, the great responsibility of experienced people to communicate their faith to youth.

\*

Our physical body is condensed, coagulated, locked in cosmic energy. It is therefore difficult to feel the cosmic divine through our bodies, although it can be done with certain yoga practices.

But our soul is part of all the pervading cosmic energy. Our soul, spirituality, prayer, meditation, contemplation and mysticism are therefore our easiest ways to perceive the cosmos, the divine. They are our cosmic life.

\*

The world has all the bells it needs. What are missing are the hands and hearts who will ring them for the glory of God and of our beautiful Earth.

\*

At our stage of evolution there will be growing numbers of enlightened, global, universal beings. Someday peaceful, serene saints will be numerous among this Earth's inhabitants.

\*

Through our righteousness we help God's Creation to perfection until we ourselves will be divine and our Earth will be the Planet of God.

\*

During a very moving ceremony at the United Nations in December 1971, when he took leave from the UN staff in the great General Assembly hall, Secretary General U Thant, a Buddhist, suddenly put aside a written speech and said the following:

"As all of you must have been aware, I have certain priorities in regard to virtues and human values. As far as I am concerned, an ideal man or an ideal woman is one who is endowed with four attributes, four qualities: physical qualities, intellectual qualities, moral qualities, and spiritual qualities. Of course, it is very rare to find a human being who is endowed with all these qualities but, as far as priorities are concerned, I would attach greater importance to intellectual qualities over physical qualities. I would attach stiller greater importance to moral qualities over intellectual qualities. It is far from my intention to denigrate intellectualism or intellectual qualities but I am just trying to define my priorities. I would attach greater importance to moral qualities or moral virtues over intellectual qualities or intellectual virtues — moral qualities like love, compassion, understanding, tolerance, the philosophy of live and let live, the ability to understand the other person's point of view, which are the key to all great religions. And above all, I would attach the greatest importance to spiritual values, faith in oneself, the purity of one's inner self, which to me is the greatest virtue of all. With this approach, with this philosophy, with this concept alone, we will be able to fashion the kind of society we want, the kind of society which was envisaged by the founding fathers of the United Nations."

I have often returned to that statement and learned several lessons from it. I have come to believe that it contains indeed basic answers to many of our personal, social, national, and world problems.

\*

Please, look for the divinity in yourself hidden by the noises of modern life.

\*

## Decide to be a Spiritual Person...

Render others spiritual  
Irradiate your spirituality  
Treat every moment of your life  
with divine respect  
Love passionately your Godgiven,  
miraculous life  
Be endlessly astonished at your brief,  
breathtaking consciousness of the universe  
Thank God every moment  
for the tremendous gift of life  
Lift your heart to the heavens always  
Be a cosmic, divine being,  
an integral, conscious  
part of the universe  
Contemplate with wonder  
the miraculous Creation all around you  
Fill your body, mind, heart and soul  
with divine trepidation  
Know that you are coming from somewhere  
and that you are going somewhere  
in the universal stream of time  
Be always open to the entire universe  
Know yourself and the heavens and the  
Earth  
Act spiritually  
Think spiritually  
Love spiritually  
Treat every person and living being with  
humaneness and divine respect  
Pray, meditate, practice the art  
of spiritual being  
And be convinced of eternal life  
and resurrection.

*Robert A. Hall*

## ANNEX

### My Spiritual Journey

I was born with a deep spirituality. When I was a child I looked at the stars, at the moon, at nature and at the whole Creation as miracles. I also considered human life to be a miracle. We spoke German in Alsace-Lorraine at the time and I used to say: "Das Leben ist göttlich, life is divine." I used this word because it was the biggest adjective I could find.

My father could not understand it. Here was a four years old boy who was going around saying that life was divine and who took his cap off when he met an old person. He asked me: "Why do you greet old people?" I answered: "Because they know so much about life." That was my attitude as a little boy.

I couldn't understand that just across the river there were people called Germans whom we as French people were supposed to hate. Why were these borders between humans? We looked alike and they had names like Muller and Schneider which were the names of my father and mother. Why could the sun, the clouds, the birds, the winds, the moon cross the border freely and I could not?

I would leave the house early in the morning to go to church and attend the mass at dawn, attended mostly by old people. There I was fascinated by the prayers, the playing of the organ by an old invalid and above all by the "elevation" of the host by the priest. That represented to me the consciousness and union with the heavens, the infinite, mysterious universe and God.

Then came education. French education prohibited religious education. This was due to the separation between church and state established by the Revolution against the Church leaders of France coalesced with the King and the aristocrats to exploit the people. In Alsace-Lorraine we got a separate statute allowing religious education, but it was voluntary, did not count for the grading and it was ridiculized by our professors. As a result I began to forget my spirituality, replaced by the values of French education. My deep love for nature however persisted as well as my respect for old people. I will never forget the death of my 80 years old grandfather at which I saw a Catholic Sister hold his hand and help him to die peacefully, praying with him and telling him about heaven.

Then came World War II. We were refugees twice. The Nazis occupied us. I had many adventures because I did not want to serve in the German army. I experienced German prison. I was a partisan, a member of de Gaulle's mountain fighters in France. I saw the most horrible acts between two white, highly civilized countries. There was no spirituality in all that. But there was an incident which I have never forgotten: we had captured a group of French people who had collaborated with the Germans. They were condemned to death. When they were taken to their place of execution in the woods where they had been forced to dig their graves, I saw the men protest, throwing themselves on the ground, having to be pulled by their legs. But there was one woman who walked in peace, praying. When she was shot she was reciting the Hail Mary and her last words before falling into her grave were to forgive us. I finished her prayer and never forgot her example of deep spirituality.

When the war was over and I returned home, I learned that my father had spent several months in prison because I had escaped from the Germans. He asked me what I was going to do with my life. I replied: "I will work for peace. I do not want my children and grandchildren to see the horrors I have seen in this war." He said that there were no peacemakers on this planet and that I would lose my time. But during my doctorate of law studies at the University of Strasbourg I participated in a French essay competition on the subject "What do you think of world government?" I won the essay which led to an internship with the new United Nations in an abandoned war factory near New York City. I was hired as an official and stayed with the UN for the rest of my life.

The first surprise I had at the United Nations was that they had a meditation and prayer room and that the meetings of the General Assembly started with a minute of silence for prayer or meditation. I said to myself: "This is wonderful. That is exactly what we should do when we meet among nations and people: we should invoke spirituality to fully understand what we are doing and pray for good results."

Another surprise was our second Secretary General, Dag Hammarskjöld. He came to the United Nations as a very rational economist. But he went every Sunday to a church or meeting place of another religion. When he died we found on the night table of his bedroom in New York the book of a mystic, Thomas Kempis. When you read his *Markings*, or *Journal*, now published in many languages, you will see how from a pure rationalist and economist at the beginning he became himself a mystic, almost in constant communion and dialogue with God.

Another surprise to me was U Thant, the Buddhist Secretary General whose direct aide I was for two years. He was the most deeply spiritual person I have ever known. He once said to me: "Robert, I cannot understand you Catholics who limit spirituality to an hour in church on Sunday. I am a spiritual person from the moment I wake up until I go to rest." One day I said to him: "When you receive visitors, why don't you tell them to do something for peace and a better world?" He answered: "How could I do that? These people come to see me to tell me something. I must therefore open myself to them, empty myself of my self, so that I can receive them entirely as a human brother or sister."

From my experiences and lessons at the United Nations I decided to write a book on spirituality recommending that all religions should work together, with spirituality as their common values and objective. I called it *New Genesis, the Birth of a Global Spirituality*, published in several languages. Ever since that time I have been working toward the recognition of a global, all-human spirituality, out of which the various religions were born, either with one God, several gods, or nature and the Earth herself as the manifestation of the Great Spirit, or even a deeply spiritual person doing good for the Earth and humanity without belonging to any religion.

What is this concept of spirituality? In my view it is very simple. It is what I felt as a little boy. It is to receive from the religions help to understand the mystery of the universe and time. This is what all religions have in common. They help us, they elevate us, while the mysteries of the universe and time have never been resolved by the scientists, not even by Einstein. They will always remain mysteries. Religions give us hope that there is a soul in us which binds us as sentient beings with the entire universe and time, that we are children of God, active, living cosmic beings, each one the true miracle I felt already to be as a child.

As a consequence I created several spiritual associations in the UN and brought many outside spiritual organizations in contact and relation with the UN. I had contact with the Mayor of Assisi who at my suggestion arranged for the Pope to have yearly meetings in Assisi with the heads of other religions. I convinced U Thant to invite the Pope to the UN and was put in charge of that visit. I could write a whole book *What the UN Taught Me About Spirituality* as I wrote *What War Taught Me About Peace*.

The greatest chance given to me was the invitation to be the opening speaker of the second World Parliament of Religions in Chicago in 1993. I made a passionate appeal to the religions to create a world organization similar to the United Nations. Why? Because it was not sufficient for the religious leaders to meet, there was need also for a permanent organization with an inter-religious Secretariat to study in common all religions of the world and their contributions to a global spirituality as we have done at the UN for peace and other common ideals and needs of humanity. In my view there was an absolute need for a spiritual

Renaissance on planet Earth. I also made an appeal that the Parliament of Religions should not wait another hundred years to meet again but should meet before the year 2000. Bishop Edmund Tutu heard me and invited the Parliament to meet in South Africa in December 1999. Six thousand people from around the world attended it.

My proposal to create a world organization of religions is being implemented. The Charter of a United Religions Organization, still called Initiative was created on 26 June 2000, the anniversary date of the signing of the Charter of the United Nations. That organization will help the peaceful resolution of the several religious conflicts we still have on this planet, develop a common modern global science of spirituality, a strategy and a methodology of spirituality (e.g. prayer, forgiveness, sanctity, thanksgiving, confession and so many other helpful practices). It will create a different, better, spiritual world, with religions united in a wonderful, non-fundamentalist diversity.

There are now many good signs of a spiritual Renaissance in the world: the World Bank has meetings with spiritual leaders to see how poverty in the poor countries can be healed. Harvard University has conducted a vast survey of the contributions of the religions to the environment and safeguard of the Earth. Secretary General Kofi Annan has meetings with the leaders of the main religions of the world. A World Commission on Global Consciousness and Spirituality has been created. Dr. Karan Singh of India and I are its Co-chairmen.

This is where we stand. I have offered my views, hopes and proposals in many writings. One of them describes my vision of a spiritual world in the year 2013, twenty years after the Chicago session. Another is a chapter on the UN and Spirituality in my *Testament to the UN*. The excerpts on the subject of religion and spirituality from my *5000 Ideas and Dreams for a Better World* count almost 100 pages. They could be published as a book of its own.

But there is still so much to do. It is not even governments who are responsible for the current disorders in the world. It is the lack of spirituality, the lack of respect for God, for His miraculous creation which I loved so much already as a child. Please, dear readers, be the active defenders of these miracles so that we can at long last become the paradise of peace, beauty and happiness God and all religious leaders want us to become, a true jewel in the universe. And the progress I have seen achieved since the horrible World War II gives me good hope, even the conviction that we will succeed.

## Volume II Chapter 10 Of Dreams, Visions and Ideals

Dreams, visions and ideals elevate us into our higher, real, cosmic nature as beings of the universe. Through them we see how extraordinary, beautiful and miraculous life is when we possess full consciousness of our universal nature.

If it were in my power to conceive a new divinity, I would create a Goddess of Dreams. Dreams make a mother love and care for her children as if they were eternal, and perhaps they are. Dreams make a young student believe that he will be great and glorious in his life. Heavenly is the dream of a young couple that their love will last forever. Artists, writers, scientists, entrepreneurs, politicians thrive on the dream that their works and names will last forever. Without the dreams of youthful heart and mind, the elderly could not survive. Even death would be infinitely worse without the dream of an after-life and immortality of the soul. Life could not be sustained without dreams: it is so short, so tiny, so mortal in the infinite universe that dreams are perhaps the most powerful driving force of human ascent and civilization. Dreams of what we want to be make us actually become it.

\*

Humanity must never cease to invest in new dreams, visions and ideals.

\*

The trouble of our time is that limited economics has become the principal motor of human life. It is the total evolution of the Earth and of humanity which must become the engine of human consideration, efforts, life and progress.

\*

My son Philippe made me a beautiful compliment when he said:

"I would like to resemble you." He had asked me if I was an idealist and how I defined that term. I said:

"An idealist is someone who places the interests of others higher than his own. The greatest idealist is one who places the interests of the entire human family and of the Earth above any others."

\*

Do you have a dream? Write it down. Right away. Do you have several dreams? Make a list of them. Right away.

\*

Try always to have an exciting vision for yourself, for your family, for humanity and for the entire planet Earth.

\*

The great dreams of visionaries irradiate the fabric of society.

\*

Have a dream and believe in it. Strong dreams always come true.

\*

Do not let your enthusiasm and love for life be diminished by false humility:

Yes, I am proud of myself,

Yes, I am happy with my gifts and capacities,

Yes, I exult with joy and happiness

Yes, I am happy to inspire others

Yes, I believe that I can aggrandize myself to untold extents

Yes, I believe that I can change myself and the world.

\*

My vision is to live a life of:  
voluntary simplicity  
voluntary health  
voluntary ecology  
voluntary peace  
voluntary kindness  
voluntary love  
voluntary happiness

\*

Everything you would like others to be  
be it yourself and  
day after day let your life be an inspiration to them.

\*

Please give others the courage and excitement to go on dreaming their dreams, having their  
ideals and seeing visions.

The inspiration of a few can change the world. It has always been the case.

\*

If life is an illusion, then we might as well make it a positive, great, beautiful illusion and  
fully enjoy it.

\*

Keep always the stars before you, and like the magi, follow them.

\*

Define well your dreams  
Plan well your advanced, rich age  
And know how you want to be remembered after your death.

\*

The whole world stops and listens when someone comes with the right new vision at the  
right time.

\*

Mind, heart and soul deeply rooted in the dreams of the Earth and of the heavens, that is a  
worthwhile life.

\*

Do not be afraid to be called naive. All truly great people on this planet were accused to be  
naive. They crucified Jesus for being naive. No scribe, bureaucrat, power politician and wealth  
holder has ever been called naive. Pity them.

\*

Illusion is probably the most commonly shared human virtue, but it is not very often  
expressed and made an ideal worth looking up to.

\*

We all live as if we were immortal. Thank God!

\*



We should raise our heads and hearts above current reality and think and dream of a new reality more in line with the imperatives of our cosmic evolution and will of God.

\*

Make a philosophy of every event in your life. Try to find the meaning of everything.

\*

When I was a child I wanted to touch the sky. I have never ceased wanting to touch the sky. And I have touched it, were it only from the top of the United Nations building.

\*

Ideals and visions need parents to give them birth and nourish them until they can live their own life.

The founding fathers of USA, of the United Nations, of the European Union were such parents. Where are those of the sorely needed one United World and Humanity?

\*

I have fathered innumerable ideas and visions of how beautiful life on this planet can be. It was a real ideas explosion nourished by invisible forces!

\*

"Where there is no vision, the people will perish." This Proverb is true of an individual, a family, any human group and the whole humanity.

\*

Yes, always and everywhere, believe in miracles. They can only happen if we believe in them. Without belief they cannot take form.

\*

We are entering a strange, wonderful age when only dreams will come true. Perhaps, humans will finally become angels and saints!

\*

I am accused of living on dreams and illusions. Yes, because they are so delightful, so uplifting, so inspiring, so needed, so productive.

\*

As we are fortified by our visions, we influence others.

\*

If you had the attention of the entire world, what would you say? Write it down, for it will tell you a lot about the purpose of your life and your fundamental beliefs and mission.

\*

The greatest thing a leader or any willing human being can do is to feel most intensely the deepest evolutionary dreams of his time, to look ahead and to contribute to their formulation and implementation.

\*

I pray that my dreams will inspire many ideas, projects and initiatives by my human brothers and sisters. With innumerable little strings and networks we will tie down the Goliaths.

\*

Each human being can do miracles. There is a miracle-maker in each of us. Believe in it. Try it. You will be surprised.

\*

Nothing makes us greater than a great purpose.

\*

No human being should shirk the call of prophecy.

\*

Idealists are the greatest contributors to human progress. They should be humanity's most honored and beloved citizens.

\*

History is not written by events but by visions. Personal as well as collective actions are always preceded by a vision. For our present epoch we must first and foremost get our visions straight.

\*

Decide to dream and there will be no end to what you can achieve. My own life of dreams and accomplishments does not cease to astonish me!

\*

Even if my life should be a tombstone of dreams, I would have no regrets, for dreams were the beautiful fairies who held my head and heart above the worlds' most somber realities and dangers.

\*

If you have a strong dream, even a seemingly impossible one, something mysterious will happen: signs, occasions, coincidences and help will come your way to make that dream possible. We are surrounded by invisible, positive, creative forces who want to do ever more miracles for this blessed planet.

\*

I have led an extraordinary life far beyond my wildest dreams. As I went on, I continued to dream new dreams. To unceasingly dream may be one of the answers to the mystery of life.

\*

To dialogue with God is to dialogue with our own deepest dreams of perfection. It is the surest, if not the only way to fulfillment.

\*

Coincidences start from the moment you begin to dream and to look out for them. Believe in them, open yourself to them, be attentive to them and you will be astonished.

\*

I am surrounded in my office by busts of famous peacemakers: Jesus, Gandhi, Schweitzer, Dag Hammarskjöld, U Thant, Saint Francis. Why? Because I want them to inspire me. If I were surrounded by busts of Nero, Gengis Khan, Napoleon, Stalin and Hitler, I would be a different person.

Similarly, in the University's Peace Park, students and professors are surrounded by busts, statues and images of the world's greatest peacemakers to continue their work and keep their dreams alive.

\*

Tell me who your heroes are and I will know who you are.

\*

When we quote famous people, do we ever ask ourselves how they came to these sayings, how they became notorious? It is because they had a magnificent obsession or dream. Have a dream, express it, be obsessed by it and you will be quoted too. According to Internet I am one of the most quoted authors on Earth!

\*

O wonder! How many dreams can there be in one human person's life! A true miracle. It is proof that evolution is on our side.

\*

Elevate, validate everything you touch, make everyone you meet dream.

\*

The world has too many doers, managers, operators and actors and not enough idealists, dreamers, playwrights, inspirers and prophets. The world has too many specialists and not enough generalists, universalists, holisticists.

\*

In our over-materialistic world, anyone who has a beautiful, lofty idea or dream for our Earth and humanity and tries to implement it, is usually labeled an unrealistic idealist or a fool. But wait for the judgment of future generations!

One country on Earth which is judged positively and gratefully is Costa Rica, a land of dreams and numerous initiatives for a better world. Here are the words of Mrs. Elisabeth Odio, Vice-President of Costa Rica, at a meeting of the International Governing Council of the University for Peace:

"Costa Rica is a country that likes to dream, to dream of harmony with nature, to dream of justice, to dream of equality of man and woman and above all to dream of dreams."

May all heads of state follow Costa Rica's example and dream of a wonderful, well-preserved Earth, a peaceful, disarmed and demilitarized humanity and above all dream of dreams! Here is a statement by Jose Figueres, former President of Costa Rica who fulfilled his dream of demilitarizing his country.

"Have you ever stood on a mountain and watched the ocean? Have you noticed that the higher you climb, the wider the horizon? So also with humans. To the degree we conquer ourselves, we can see farther across the landscapes of our lives. Each person establishes his own horizon by his spiritual stature."

\*

Let us climb the mountains, let us wander in the clouds, let us go to the heavens to better see our wonderful Earth in her splendid wholeness. All astronauts experienced that.

\*

Beware when God lets loose a good dreamer or prophet on this Earth!

\*

I wish someone would write a manual of ways and techniques to become an effective dreamer, visionary and prophet. Its library should have all my books.

\*

I hope that some day somewhere on this planet there will be a University of Dreams, Ideals, Visions and Prophecies.

\*

If you give up your dreams you will lose much of the meaning of your life.

\*

Since I am a dream-lover, an endless flow of dreams are attracted to me. How many people have written to me and told me their dreams! And I have always done my best to see them networked and fulfilled.

\*

We need a World Party of Dreamers. I should create it.

\*

In my adoration of life, saints are my constant companions. Some of them, I am sure, have reincarnated in me and relentlessly plant new dreams in my mind and heart.

\*

Fate usually grants what you expect. Expect a lot and you will receive a lot. Expect little and you will receive little. This is true for an individual as it is for humanity.

\*

Always know deep inside what your heart really wants, for you are most likely to get it. The Greeks said it already: gnothi seauthon. Know yourself.

\*

People with a limited vision can only produce limited results. We need on this planet a flock of people with the broadest, most daring, universal visions.

\*

In what university on Earth is one taught to dream, to be an idealist, a miracle-maker, a visionary, a prophet of a peaceful, perfect world? The University for Peace created by the United Nations in demilitarized, dreaming Costa Rica should become one.

\*

Mothers are the greatest dreamers on Earth. They all have beautiful dreams for their children. So has Mother Earth for us. Do we to listen to her? Environmentalists should write *The Dreams and Wishes of Mother Earth*. I have written a large number of dialogues with her in my *5000 Ideas and Dreams for a Better World*.

\*

When I meet new people, or speak to groups I always ask them at one point what their first dreams were when they were a child. They smile, awaken and tell me stories of their life. I then advise them to fulfill their dreams, that it is never too late, that dreams are what God and the universe wanted us to do. It is a question which all retiring people should ask themselves. What was your dream or dreams when you were a child? Please fulfill them. It is never too late. Perhaps it is the ideal time to do it.

\*

In our time dreams have a better chance to become true than anything else.

Why?

Because the tenets of power disregard them and therefore do not elevate fences, barriers and opposition to them. And all of a sudden, through networking and spreading a majority of the world's people believe in the dream and make it a reality. The largest dream power of this planet is the people.

\*

Providence always recompenses you for a good idea, dream, vision or deed. The law of karma works here too.

\*

Here are a few of my dreams which became true:

- that there would not be a third world war;
- that the UN would survive, grow and become universal;
- that France and Germany would become friends in a united Europe;
- that the cold war would end before the century was over;
- that I would still be useful after retirement;
- that I would live in a country without militaries;
- that I would live on a hill with a breathtaking view, writing the beautiful stories of my life and my visions of a better world;
- that I would teach and inspire young people, sharing with them my legacy of experiences and unfulfilled dreams.

\*

I still have many dreams in store for the third millennium. My last dream is to be buried on sacred Mt. Rasur in demilitarized Costa Rica, the country of my dreams, and to be actively used by God as a spirit or saint to continue doing good on Earth.

\*

We have the obligation to dream and no rights to fulfillment. Our dreams might come true only after our death. If your dream does not come true, don't give up. You will see it come true from heaven.

\*

Humanity must never cease to dream new dreams and visions. As the scriptures say: A people without vision shall perish.

\*

This text by Goethe applies fully when you have decided to dream:

"Until one is committed, there is hesitance, the chance to draw back, always ineffectiveness.

Concerning acts of initiative and creation there is one elementary truth, the ignorance of which kills countless ideas and splendid plans:

That the moment one definitely commits oneself then Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred.

A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance which no one could have dreamt would come their way.

Whatever you can do, or dream you can, begin it.

Boldness has genius, power and magic in it.

Begin it now."

\*

In our Peace Park on Mt. Rasur, name of the God of the indigenous children, adjacent to the University for Peace we have a bench of dreams where Barbara and I sit often and formulate our dreams for a magnificent, better, warless, peaceful, happy, demilitarized, disarmed world, for Paradise Earth. Many visitors come to sit at it and formulate their dreams. A 14 years old Dutch girl, Mara van der Lugt, taught us how to dream:

1. pick up two stones
2. place each in one hand and press them tightly
3. close your eyes and say your dream very intensely in your heart
4. then, throw one stone on the Earth so that the sacred Earth will fulfill your dream
5. keep the other stone, take it home and place it on your desk or nighttable, not to forget your dream.

Several visitors have written to me from various countries that they have built similar dream benches. Mrs. Morton-Marr from Canada is building them in children's peace parks and asks children to keep a diary. Perhaps it will do a lot of good if many people around the world dream on innumerable benches of dreams.

This is the format of the golden plastic stick-ons we use on our benches of dreams:

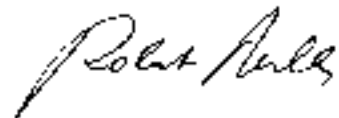


**Bench of Dreams**

\*

## **Decide to Dream...**

Decide to widely open the gates  
of your wonderful mind,  
heart and soul  
Let flow in the dreams of God,  
of the angels, saints, prophets and sages  
Give birth and let out into the world  
the dreams of your own unique,  
unrepeatable  
cosmic being  
If not born for any other purpose  
be born to dream  
be born to love  
be born to fashion a better world  
Dreams and dreamers never die  
From heaven you will see your dreams  
come true  
You will reincarnate,  
inspire and energize the new dreamers  
The dreams of our beautiful Planet of  
Dreams  
will never die  
Until we become the paradise  
we were always meant to be  
and are about to joyfully become.



***My Dream 2000***  
***by Dr. Robert Muller***

Mein Traum für das Jahr 2000  
von Robert Muller

Ich träume  
Dass am ersten Januar 2000  
Die ganze Welt zur stille kommt  
In Gebet, Meditation und Dankbarkeit  
Für unsere wunderschöne, himmlische  
Erde  
Und Für das Wunder des menschlichen  
Lebens

Ich träume,  
Dass jung und alt, reich und arm  
Schwarz und weiss,  
Menschen vom Norden und Süden  
Vom Osten und Westen,  
Vom allen Religionen und Kulturen  
Ihre Hände, Gedanken und Herzen  
vereinen  
in einer beispiellosen, universalen  
2000-Jahr-Feier für das Leben

Ich träume  
Dass das Jahr 2000  
Von den Vereinten Nationen  
Zum Weltjahr des Dankes erklärt wird.

Ich träume  
Dass während des Jahres 2000  
Unzählige Feiern und Aktivitäten  
Auf der ganzen Erde stattfinden  
Um den langen Weg der Menschheit  
Zu beurteilen und zu überdenken  
Um unsere Fehler zu studieren  
Um neue mutige Ziele zu planen  
Die noch erfüllt werden müssen  
Für das volle Erblühen der menschlichen  
Rasse

In Frieden, Gerechtigkeit und Glück  
Ich träume  
Dass die wenigen, verbleibenden Jahre  
Bis zum dritten Jahrtausend  
Von allen Menschen, Nationen and  
Institutionen  
Beispiellosen Gedanken, Taten,  
Inspirationen und Fortschritten,  
Entscheidungen und der Liebe  
Mutig gewidmet werden  
Um unsere verbleibenden Probleme zu  
lösen  
Um Eine friedliche, vereinte  
Menschheitsfamilie  
Auf unserer Erde zu verwirklichen

Ich träume  
Dass das dritte Jahrtausend  
Zum ersten Jahrtausend  
Des Friedens für die Menschheit  
Erklärt und verwichlicht wird.

- - -  
- - -

I Dream  
That on 1 January 2000  
The whole world will stand still  
In prayer, awe and gratitude  
For our beautiful, heavenly Earth  
And for the miracle of human life

I Dream  
That young and old, rich and poor,  
Black and white,  
Peoples from North and South,  
From East and West,  
From all beliefs and cultures  
Will join their hands, minds and hearts  
In an unprecedented, universal  
Bimillennium Celebration of Life

I Dream  
That the year 2000  
Will be declared World Year of Thanksgiving  
By the United Nations

I Dream  
That during the year 2000  
Innumerable celebrations and events  
Will take place all over the globe  
To gauge the long road covered by humanity  
To study our mistakes  
And to plan the feats  
Still to be accomplished  
For the full flowering of the human race  
In peace, justice and happiness

I Dream  
That the few remaining years  
To the Bimillennium  
Be devoted by all humans, nations, and  
institutions  
To unparalleled thinking, action,  
Inspiration, elevation,  
Determination and love  
To solve our remaining problems  
And to achieve  
A peaceful, united human family on Earth

I Dream  
That the third millennium  
Will be declared  
And made  
Humanity's First Millennium of Peace

- - -  
- - -

MI Sueño 2000  
por Dr. Robert Muller

Sueño,  
Que en Enero uno, día primero  
Del 2000, el año del Señor,  
De rodillas caiga el mundo entero  
En acción de gracias, oración y  
reverencia, Por la celestial belleza  
De esta tierra bendecida  
Y la vida humana milagrosa.

Sueño,  
Que los jóvenes y ancianos  
Ricos, sea, o pobres  
De piel blanca, o de colors.  
Ya del norte, ya del Sur,  
Del Este, o del Oeste,  
Sin distingos de creencias o culturas,  
Con sus manos enlazadas  
Unan mentes, corazones  
En sin par, inusitada  
Celebración bi-milenaria de la vida

Sueño,  
Que ese año del 2000  
Por las Naciones Unidas sea declarado  
Año Mundial de Acción de Gracias

Sueño,  
Que a través del 2000 Año  
Por doquiera en nuestro globo  
Se celebre y conmemore  
La distante ruta recorrida  
Por la raza humana hasta la fecha  
Y aprender de los errores,  
Y planear nuevas hazanas  
Que hemos de emprender mañana  
Para hacer de nuestra raza  
Florecente en gozo, paz, justicia

Sueño,  
Que los pocos años que nos quedan  
Para completar el bi-milenario  
Sean, asimismo, dedicados  
Por humanos, instituciones y naciones  
A meditación sin precedentes  
A elevadas metas, a inspirarse  
Con profundo amor y decisiones firmes,  
Resolver nuestros restantes males  
Y lograr sobre la tierra  
La unidad y paz de la familia humana

Sueño,  
Que el tercer milenio  
Sea declarado y hecho  
De la humanidad, primer milenio  
De paz y concordia.

Written for Earth Day 1997. Several million copies were distributed in the world. Also available in Dutch, French, Japanese, Portuguese and Russian.





## OUR DREAM 3000

by Robert Muller &  
Barbara Muller



We dream that we humans, the most advanced miracle of life in the universe will lift our sights, hopes and dreams to the year 3000 and make the third millennium a tremendous, unbelievable cosmic success.

We dream that all governments will join their minds and hearts to manage this beautiful Earth and its precious humanity in peace, justice and happiness,

That all religions will join in a global spirituality,

That all people will become a caring family,



That all scientists will join in a united, ethical science,

That all corporations will unite in a global cooperative to preserve nature and all humanity.

We believe that once and for ever,  
we will eliminate all wars, violence and armaments from this miraculous planet.

We dream that the incredible and growing distance between rich and poor,  
between and inside nations will be eliminated as a blemish to the miracle of life.

We dream that we will stop the destruction  
of our miraculous, so richly endowed planetary home.

We dream that we will eliminate all lies, corruption and immoral advertisements for purely  
monetary purposes.

We dream that we will all live simple, frugal lives in order  
not to waste unduly the precious resources of our planet.

We dream that each decade and centennial will be celebrated as a great  
world-wide thanksgiving for our successes.

We dream that we will succeed in making our planet the ultimate success of God,  
of the mysterious forces of the universe of which each of us is a miraculous, cosmic unit.

Dear brothers and sisters, dear children, youth, adults and elderly, dear spirits of all the departed  
let us join forces in fulfilling God's loving destiny intended for all of humanity

Let us prepare the year 3000 as the most extraordinary celebration  
of our grandiose, mysterious journey in the star studded heavens.

Let us make this third millennium a Jubileum filled with overflowing peace, tremendous love,  
happiness and thanksgiving.

## Volume II

### Chapter 11

### Of Gratitude

Every morning, when we wake up, we should say:

"Dear God, I promise You not to complain today. I will be joyful and grateful to You for Your wonderful, incredible gift of my life."

\*

Suppose humanity lost its eyesight or its hearing, speaking, thinking or loving capacity? Would it not be a catastrophe? Shouldn't we therefore be grateful for being endowed with these stupendous senses and capacities? Is "stupendous" too strong? Well, think how you would feel, if you lost a single one of them!

\*

At least once in a while, if not often we should thank every organ of our body, our heart, our brain, our lungs, the trillions of little cells who faithfully, day and night, give us such wonderful service. They need, they are thirsty of some encouragement to function well and not to fall sick or give up. Gratitude might be an important factor of good health. Why not try it. It is so simple.

\*

Being old, and losing my eyesight, I might say:

"O God, why do you take away my eyesight?"

Or:

"Dear God, thank you for having allowed me to see well so much and for so many years."

\*

To say thank you is not enough. To do good is the real thanks.

\*

During the war, I often heard my father exclaim:

"I promise to God that when this war is over, I will never complain again as long as I live." But he did not keep his promise. He was only human.

\*

We must open ourselves to every potential,  
to everything we can be,  
to the vast world out there,  
to the heavens, to God and to eternity.  
To be the vastest, the longest, the greatest,  
the fullest living being in the universe,  
serenely and gratefully, that should be our purpose.

\*

I often hear God saying to me and humanity:

"You want to show me your gratitude? It is very simple: be peaceful, just, kind, loving each other and grateful for every day of your life."

\*

The most beautiful question a person can ask himself or herself is:

"How can I be of service to Creation and express my gratitude for the tremendous, miraculous gift of my life?"

\*

The human being is such a wonderful, God-given instrument!  
We can play on it the most moving and beautiful symphonies  
or the saddest and most heartbreaking tragedies.  
We must train ourselves to play on it joyfully, gratefully and justly  
in order to contribute to the beauty, excellence and happiness of our magnificent planet  
Earth.

\*

What riches I can and do extract from the mere fact of being alive! No wealth on Earth can  
ever match the worth of the miracle of a single life. Hence the need to ceaselessly express our  
immense gratitude to God.

\*

Humanity fully depends on the sun and on this Earth for life, hence the need to respect and  
thank our star and our planet, to cherish them, and see them as sacred. And yet, we seem to  
have lost contact with them. We sleep and no longer pray and give thanks when the sun rises.  
We live in cities of stone and cement. We watch television and hear radio instead of  
contemplating nature and listening to her beautiful sounds. We should make daily offerings to  
the sun and to the Earth and say with the psalmists: "This is a good day to live, to glorify and to  
give thanks to God."

\*

As I was washing the windows of our little farmhouse, I was thinking:  
"What would a Roman Emperor say if he saw those beautiful, flat, perfectly transparent  
window-panes, which are so common and cheap today, which the poorest people can afford?  
He would not understand how such wonders can be made." We of course take them for  
granted and seldom look at them with love and gratitude for letting light come into our homes.  
For thousands of years scores of humans lived without them. He would express the same  
astonishment at electricity, cooking stoves, refrigerators, vacuum cleaners, television and radio.  
He would not believe his eyes, and would exclaim: "You must be the happiest people who ever  
lived."

Alas, too many people would look at him, disgruntled, taking all these blessings for granted,  
and would come up with a long list of complaints. He would not understand it. I believe God  
does not understand it either. This is why our troubles on Earth continue: since we do not have  
the gratitude to count our blessings, God is not encouraged to help us solve the new problems  
before us.

Dear reader, look for a few moments at the marvel of a window pane and give thanks for it.

\*

Life is a great miracle, a most beautiful gift, an incredible mystery. Our planet is an even  
more magnificent wonder. We must therefore be thankful and be in love with our Earth, with  
humanity, with all living beings, with the universe and with God.

\*

Let us make our world a world of giving and thanking instead of wanting and complaining.

\*

I will never be able to thank God enough for having granted me the tremendous miracle of  
life. From the millions of seeds of my father, mine was the only lucky one, I thank God  
immensely for it every day.

\*

Every morning we must thank God for our resurrection.

\*

O God, I give You all my strength, all my heart, all my mind and all my soul in return for your tremendous gift of life.

\*

Our heart can be as big as the world. I can embrace all humanity, the heavens and the Earth, even God. That is the miraculous capacity of human nature. We are a very lucky, most advanced species among all the living ones on this planet and perhaps in the universe. We must be worthy of it, endlessly grateful, peaceful and managing well the Earth.

\*

What an immense need there is in the rich countries for deep gratitude to God! But it is mostly the poor who adore, pray and thank Him. It is mostly in Latin America and in India that one hears the people thank God many times a day.

\*

If I were the President of a prosperous country, I would issue a yearly report of gratitude to God and celebrate a thanksgiving day. A few countries do it already. The United Nations should proclaim a world-wide one.

\*

Each person and nation should count its blessings and not mostly complain, be dissatisfied and always want more. No wonder that God punishes us for our lack of gratitude. Perhaps nuclear arms are the effects of our insatiability.

\*

I often think of Peter Stewart, the founder of World Thanksgiving Square in Dallas. How right he is: there should be a World Thanksgiving Day. Perhaps the International Day of the Family, proclaimed by the United Nations and celebrated on the 15<sup>th</sup> of May could become that day. I obtained already to have the year 2000 declared World Thanksgiving Year by the UN General Assembly.

\*

The world has all the bells, muezzins and chofars it needs. What are missing are the hands and hearts to ring them and thank God for our beautiful planet and innumerable blessings.

\*

The mere fact of being alive, of having consciousness is for me an endless source of astonishment and gratitude. I often smile at being alive. I have therefore the right relationships with the circumstances of my life: I never consider them more important than life itself. Rich or poor, in prison or in freedom, in success or in failure, in youth or in old age, in work or in leisure, I am always happy and grateful to be alive. Happiness is the expression of my gratitude for life.

\*

I thank You, O God, for the gift of another day. You could destroy everything with one stroke. If my plane fell into the ocean, all my dreams and plans would perish. With every day that passes, the fact that I lived so long in this world becomes a miracle. I want to be worthy of Your incredible gift, O God. May I chant Your glory to the people and open their hearts to the magnificence of Your Creation.

\*

Don't you think that God would smile and feel good if your spouse, your children, your

parents, your teachers, your colleagues, your spiritual guides would smile and feel good if you said to them once in a while these simple words:

"Thank you for giving me so much happiness."

\*

My work is prayer

My life is prayer

My life is an immense act of gratitude for the miracle of life.

\*

O God, how can I ever thank you enough for having allowed me to live!

\*

Someday, population growth will be so slow and life so precious that people will thank God for having been allowed to be born and to live.

\*

A body, a fantastic body was given to me. I must be grateful for it, take good care of it, not damage and endanger it.

A mind, a fantastic mind was given to me. I must use it to think right and to help humanity. I must take good care of it, not damage it.

Nature, God's fantastic nature, was given to me. I was born into it. I must be grateful for it, take good care of it, not damage it.

Society, my family, education, healthpitals, museums, books, etc. were given to me. I must be grateful for them, contribute to them, not damage and endanger them.

Humanity, the United Nations, the world's institutions were given to me. They help me to live in peace in a global world. I must thank God for them, contribute my life and peace to them, take good care and not damage them.

\*

The Mohawk people greet each other with the words:

"I thank the Creator that you are alive and well."

The whole world should adopt this greeting.

\*

Sometimes when I see nature, people, cars, airplanes, buildings, I stop walking and I say to myself:

"What an incredible globe this is, turning at 1,666 kilometers per hour with so much life on it, with people standing on it, their heads pointing like antennae into all the directions of the universe, with leaves, plants, and algae avidly absorbing the sun's energy and giving us oxygen to breathe and nourishment. And to think that we are the only planet of our sun, and perhaps of the entire universe, to possess life! How can we not stand in endless gratitude and awe before such a miracle?"

\*

When I write early in the morning it is with an immense feeling of joy and love. To write is my form of prayer, of thanking God for the magnificent gift of life.

\*

How wonderful it is to be thanked, for example when I received this nice message from a

reader on Valentine Day:

"Thank you for all you have done and are doing to bring the consciousness of God's peace and love to this world."

\*

In the end, it is all a question of joyful understanding and surrender to the greatness of God and His Creation.

\*

De Gaulle wanted to give France the best chance in the world.  
Robert Schuman wanted to give Europe the best chance in the world.  
I want to give all humanity the best chance in the world.

\*

## **Decide to be Thankful...**

be thankful

Render others thankful

Start every day with overflowing  
thanks to God

Be thankful for every moment  
of your life

Never complain, never be bitter  
or ungrateful

Switch on and keep on in you  
the grateful buttons  
those marked thanks, joy and love,  
happiness, kindness, generosity

Make your entire being and life  
a feast of thanksgiving

Rejoicing immensely and jubilantly  
at the prodigy of life

Be the miracle God intended you to be  
Thank Him for your wonderful body,  
mind, heart and soul

Thank Him for our beautiful planet  
for the stars and the sky  
the mountains and seas  
your human brethren and sisters  
your friends the animals  
your sisters the plants and flowers

Thank Him for the seasons of your life

Repay Him with your best deeds,  
thoughts, feelings and prayers

And be convinced of your divine,

eternal, cosmic nature.

*Robert A. Hall*



## Volume II Chapter 12 Of Forgiveness

The best proof that we love ourselves is that we forgive ourselves so easily, while we forgive others so reluctantly. Don't our human brothers and sisters deserve the same willingness to be forgiven? It would be a much better world if we could practice equal readiness to forgive.

\*

We see a straw in the eye of the neighbor but not the beam in our own eye.

French proverb

\*

Dear God, please forgive me for not having loved life and your Creation as I should have. What a misguided fool I was! How I will regret it in my tomb!

God:

"Do not worry, dear son, you will have all the time to do a lot of good from heaven. I will use you to the brim."

\*

If one really loves someone or something, one must at least be ready to forgive, if not love their shortcomings. I have applied this rule to my love for humanity and for the UN. Why should I insist on a perfect planet, a perfect humanity, a perfect UN, a perfect wife and perfect children, when I myself am not perfect?

\*

I have worked for the United Nations more than fifty years. I wonder sometimes if I have given it all my care, love, mind and soul, as I should have.

Dear UN, I ask you for forgiveness.

\*

A simple but basic cosmic law: you forgive, thus improving the functioning of the planetary cosmos and the heavens. The recompense of the cosmos will be to forgive you too. Your forgivings will remain ingrained in the cosmos for all time.

\*

If all nations and religions could only forgive each other for their misgivings, misdeeds and killings, what a progress that would mean! See the Dismal Alphabet (Idea 3035 in Volume VIII of *5000 Ideas and Dreams for a Better World*)

\*

We commit sins often and are quick to forget them. But we have the memory of an elephant for the sins of others and are very slow to forgive them. This is not just. We must turn that around and begin to teach forgiveness to our children, the newcomers to the human family.

\*

God must be ready to forgive billions of times a day the sinning individuals of this planet. Otherwise He would end up being pretty lonely in paradise.

\*

I am glad that each February, during World Forgiveness Week, a popular columnist, Abigail Van Buren (Dear Abby), publishes in all major US newspapers my "Decide to forgive...." (see Annex).

\*

I dream that during the year 2000 all humanity, all nations, all religions, all institutions will forgive each other their mischiefs during the past 2000 years.

\*

I hope that someday on this planet there will be a University of Forgiveness which will teach the science, art, methodology, ways and benefits of forgiveness.

\*

Indigenous people ask the Earth for forgiveness when they cultivate her and consume her fruits. The whole world should follow that good example. But will we ever?

\*

The Mayas ask the stones of the Earth for forgiveness when they cut them to build their temples. They assemble them with absolute perfection in order to restore the flow of life between them.

\*

I would like to see created a yearly World Forgiveness Prize which would be announced on 24 October, United Nations Day, declared International Forgiveness Day.

\*

I would like the United Nations to submit a yearly report on World forgiveness: forgiveness for past misdeeds, forgiveness for hatred and antagonism, forgiveness for untruths, false accusations and harsh language, forgiveness for wars and killings, for exploiting, for damages to the Earth, etc.

\*

I hope that in the year 2000 and 2001 many debts of the poor countries will be forgiven. Thank God, it has begun to take place to some degree.

\*

Forgiveness can also help to implement your decision "not to let anyone take away your happiness." Forgive the misguided people who hurt you and they will not be able to erode your happiness. On the contrary, love them.

\*

John Denver, the famous American singer and humanist, once stopped in Costa Rica and visited me in my modest farmhouse on Mt. Rasur. He was undertaking a world tour to sing for hope to young people. At one point he left the terrace where we were sitting to go inside the house. He took some time to come back and said to me: "Dear Robert, you have rendered me a great service." I expressed surprise and he said: "I read your poem Decide to Forgive affixed on a wall. It has rendered me a great service. I was desperate because my Australian wife left me and returned to her country with our little daughter. I was crushed. Your poem gave me the answer: I forgive her and will continue to love her."

\*

Asking for forgiveness and forgiving can cover the whole gamut of conceivable human sins

and misbehavior, from physical to verbal, to emotional, mental and spiritual. Its benefits and blessings would be as vast as its causes and motives. UNESCO has begun to look into this under the name of World Ethics.

\*

There should be on this planet a science, an art, a policy, a methodology of forgiveness. Why not teach forgiveness in all schools of the world?

\*

Rich nations should ask to be forgiven for stealing innumerable works of art from colonies and poor countries. I got a resolution adopted by the UN General Assembly asking for the return of works of art to their countries of origin. Each year some returns are being made. Thus the golden crown of St. Stephen was returned by the US to Hungary and the quetzal feathers coronation mantel of Montezuma was returned by Austria to Mexico.

But these are only trickles. Many 'great' museums of the rich countries remain robbers dens.

\*

"One should forgive any injury. It has been said that the continuation of the species is due to man's being forgiving. Forgiveness is holiness; by forgiveness the universe is held together. Forgiveness is the might of the mighty; forgiveness is sacrifice; forgiveness is quiet of the mind. Forgiveness and gentleness are the qualities of the self-possessed. They represent eternal virtue."

The Mahabharata

\*

Non-violence is the natural outgrowth of the law of forgiveness and love.

*Mahatma Gandhi*

\*

"If you forgive your brother, your heavenly Father will forgive you too."

*Mathews*

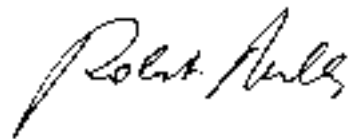
\*

Always place yourself in the position of your human brother. Or as the indigenous people say: Do not judge your brother before having walked in his moccasins for a few miles.

\*

## Decide to Forgive...

For resentment is negative  
Resentment is poisonous  
Resentment diminishes  
and devours the self.  
Be the first to forgive,  
to smile and to take  
the first step,  
And you will see  
happiness bloom  
On the face of your human brother  
or sister,  
Be always the first  
Do not wait for others  
to forgive  
For by forgiving  
You become the master of fate  
The fashioner of life  
The doer of miracles.  
To forgive is the highest,  
most beautiful form  
of love.  
In return you will receive  
untold peace  
and happiness



## Volume II Chapter 13 Of Speaking

What a miracle speaking is!

\*

In the name of whom or what should we speak? In the name of our precious , unique self or in the name of the miracle of life and human fulfillment on this miraculous Earth in the vast, mysterious universe?

\*

We might never know the answers to the mysteries of life.

But we can use our enthusiasm and talent to speak beautifully about the miracle of human life and of our Earth and inspire happiness to our fellow humans.

\*

Words are such feeble utterances and capsules to express our perceptions, feelings and dreams. O God, help us to reach far beyond what we are saying. Isn't it possible to unlock the ultimate mysteries, to become the clear, beautiful, inspiring voices of the forces of the universe?

God: Yes, You can find this in silence, prayer and meditation. And then express it to your human brothers and sisters.

\*

When I speak, there sometimes comes a moment when I feel like dissolving myself and becoming part of the universe and eternity. I no longer feel my body. My atoms seem to be in unison and to vibrate with all the universe and time. I hear myself say things which "come to me". It is as if the universe was speaking through me, using me as a particularly sensitive medium. I have opened myself to the universe and it gushes through me, impatient to say to the people: "Don't you see how great the gift of life is? Don't you see what is expected of you, what it is all about? That you must love each other, not hate and fight each other. That you must work for peace and for the preservation of this beautiful, miraculous Earth."

\*

Do we really, truly speak and express our deepest feelings, thoughts and beliefs? Do we let God and the essence of life speak through us? Or do we repeat what others, society, a nation, the media, educators, business, marketing and advertisement tell us to repeat? We must ask ourselves that fundamental question.

\*

Learn to listen not so much to others than to your innermost self.

Learn to speak not so much to others than to yourself.

Learn to speak to God and to listen to God.

\*

To be truly eloquent, you must touch the deepest fibers of truth. Then eloquence becomes a cosmic vibration. Eloquent: Latin to speak out from the inside (ex loquare). Yes, the deepest inside.

\*

Full, abundant, optimum living implies beautiful speaking, writing and works.

\*

To speak and to write are an intimate part of life, an expansion and observation of life, a two-way process of learning, teaching, communicating and contributing to human progress and happiness. Therefore, do not become a speaker or writer for speaking or writing sake, but as a means of fulfilling yourself and bringing knowledge, happiness, joy, fulfillment and goodness to other humans.

\*

Speak and write only when your mind and heart are in unison. Indeed, what are words without good thoughts as their father and love as their mother?

\*

When you harm your language, you harm the sanctity of Creation.

\*

Speaking and listening are very precious, sacred, cosmic acts. Speaking is giving cosmic energy and time. Listening is receiving cosmic messages and enlightenments.

\*

It is the duty of the gifted to speak and to write simply and movingly in order to share their gifts with their human brethren and sisters and to make them elated and proud to be humans.

\*

Sanskrit means: divine language. Dewanagara, the script in which it is embodied, means "the city of God" (Dewa: God, nagara: city). All languages are divine, cosmic expressions and communications of the phenomenon and mystery of life.

\*

To speak and to write are very important finalities. One should never talk or write lightly, immorally, vulgarly. There is a karma effect in speaking and writing. They are one of the most important instruments of human progress and evolution.

\*

We can be greater writers and speakers today than at any other time in history, because we know so much more about the Earth, humanity and the universe of which we are a part.

\*

Speaking and language are nothing less than cosmic vibrations. We must use them with infinite, religious respect, using their positive karma and avoiding any negative effects. We should never employ violent, hostile, negative, wounding language.

\*

When speaking and writing, always validate, elevate and inspire those whom you address.

\*

It is the mediocre who make the biggest noise. If the wise spoke up, the mediocre would be silenced. Much, therefore, is the fault of the silent wise.

\*

Watch your language: bad vocabulary engenders bad thoughts which engender bad actions. Good vocabulary fosters good thoughts and good actions. Your words are your soul's projections and horses.

\*

Hidden wisdom is no good. Every wise person must proclaim his or her wisdom through

speaking, writing, action, story-telling during all their life.

\*

New ages, new concepts, new words. Do not hesitate to formulate new concepts and coin new words.

\*

The famous Greek orator Demosthenes copied many times the History of Thucydides in order to perfect his style. Do the same and copy texts from your preferred authors.

\*

There is something I admire about IBM: after each lecture or seminar I receive an evaluation of my performance by each participant. This permits me to improve myself, to change course, to adapt to the needs of a special profession and to do better next time.

Rarely in my life have I been asked for my opinion about speakers, publishers, books, films, etc.

\*

When fate addresses me a request to speak, I always accept when it is possible, for it reflects usually a basic interrogation by human brothers or sisters.

\*

I never 'think' about a subject and never prepare a written speech. I let the question get nourished in my mind, become warm and alive, I fall in love with it until my understanding awakens one morning like a flower opening to the warmth and brilliance of the sun.

\*

To young inspired speakers who produce unexpected beautiful thoughts and sayings I recommend: "Always carry a tape-recorder with you, record your speeches and keep the tapes precious. They will be your harvest of gold."

\*

My tiniest speech will always be informative and moving, so that the listener will feel better, greater, elevated, inspired and proud to be human. I speak to one person as I would to a thousand or to the whole world because the whole world can be and should be in one person.

\*

Once, after a television interview, a UN journalist commented to me: "You said important, fundamental things and gave vital global information to the viewers. But you made a mistake: you said it as if it was all so simple, so natural, so down-to-earth. You should have acted like a Shakespearean artist who every evening gives the feeling to the viewers that it was his best performance ever, never to be surpassed again in the future." I answered that in my view it would not be honest to do that, to seek to be exceptional and to make a show. I want listeners simply to learn, to be aggrandized, enriched by what I have learned as a world servant.

\*

Why do I speak the way I speak?  
Because I have no choice, I must.  
Everyone must.

\*

The challenge is never "to prepare a speech". It is always: "to prepare a great informing, inspiring speech, replete with facts, ideas and feelings elevating the audience, rendering human brothers and sisters happy and conscious of the miracle to be alive."

\*

The mystery of spontaneous creation: often, after a speech, I say to my secretary: "I learned so much listening to myself!" There are indeed moments when we feel that another force is speaking through us, that a mysterious knowledge or enlightenment manifests itself spontaneously, without any intervention of our will or thought. One stands there, speaks and listens like a captive student to what upwells in us. Like air, water, matter and all living beings, we partake in the common intelligence and love of the universe.

\*

For me, speaking and writing are religious, holy, sacred duties. I do not have book parties for my new works. I have them blessed in a church or on the altar of the UN Meditation Room.

\*

I am so much in love with God, with Mother Earth, with humanity and with the miracle of life that it all runs through me like a flow of feelings, speeches, writings, dreams, ideas, initiatives and actions.

\*

I have harvested a thousandfold the happiness I have seeded in my speeches and writings. The multiplier effect of joy and goodness was unbelievable!

\*

Memories are a second, important chance at happiness. Do not miss them. Cultivate them, love them.

\*

I am often asked:

How can you speak without notes?

I answer:

How could I speak with notes, when I must speak with my mind, heart, knowledge, feelings and innermost soul?

\*

No one on Earth, especially the leaders, should have speech-writers. There is nothing more untrue than someone who reads a speech written by someone else. To speak is a personal, sacred duty. A few intimate words from the heart would be infinitely better.

\*

A speech-writer for a great personality has succeeded only when that personality takes pleasure again delivering his own speeches.

\*

In my whole life I have never delivered a single speech written by someone else.

And when I was writing speeches for the Secretary-General of the UN, my happiest day was when U Thant said to me: "Robert, you have given me back my love for my work. Again, I have pleasure to write and give my own speeches. Here is the text you prepared for me. I have rewritten more than half of it. I hope you will not object." I embraced him instead.

\*

The same way as the Hopis sing to their corn to help it grow, we must sing to our whole being, to our body, to our eyes, to our heart, to our mind, to the trillions of cells, our helpers of life. A mother sings to her child. A couple sings and dances when falling in love. The whole



world must learn to sing and to dance together. World cooperation must take the form of a festival, of a joyous world-wide song and dance.

\*

Commenting on a high United Nations official who had a bad reputation, U Thant's daughter said to me:

"When this man was appointed, I asked my father what he thought of him, but he remained silent. That meant that he was not happy with the appointment. But he would not say anything, because he would never speak badly about any human being. Silence was as far as he would go to mark his disapproval."

Perhaps he felt that he should not disapprove what the universe was doing. That there was a reason.

\*

KEEP THY TONGUE CLEAR OF HARM, AND THY LIPS FREE FROM EVERY TREACHEROUS WORD

*St. Peter*

\*

A good poet brings joy, enlivens, beautifies, validates, elevates all Creation and living beings around him. To elevate people, what a beautiful task!

\*

Every human being has stories to tell. Please tell them. They are the blood-stream of our cosmic journey, the transmission of human wisdom, learning and knowledge over eons of time. Sometimes I am mad at myself for not having told and written more stories.

\*

The chief of the UN guides said to me:

"I apologize that only half of the guides were here to listen to you. You deserve a much vaster audience." I answered: "Each human brother or sister listening is a precious audience. They give us one of their most precious possessions: their time, a fraction of their life. One must therefore speak to one person as one would speak to many. This is why your guides have such a sacred work: every day hundreds of human minds, hearts and souls are open to them. You are inspiring guides in the greatest universal building ever on this planet."

\*

Someone said to me:

"You are not so much saying something, as speaking to someone." Yes, I always speak to someone, to my human brothers and sisters, exhorting them to be happy, just, truthful, peaceful, overflowing with kindness and love, exalted with the joy of living on this miraculous planet, and to do good in gratitude for the gift of life.

\*

There is nothing on Earth that cannot be said simply. Simplicity is my sincerity.

\*

A new ambassador to the UN who heard me speak asked his neighbor:

"Who is this guy?"

The neighbor answered"

"If you listen to him, he will give you work for the rest of your life."  
How right he was!

\*

Someone in Costa Rica suggested this original idea to me:

"You should continue to speak to people even after your death. You should be buried on the prophetic hill of the indigenous God of children, Rasur, in your Peace and Love Park overlooking the University for Peace. In or next to your tomb we will install an electronic device. Before you die we will tape a whole series of speeches and messages by you on fundamental subjects of our time and on the art of living happily. I will be the manager of your tomb and for the sum of ten or twenty dollars, foreign visitors will be able to hear you speak to them from the other world."

How about that? A very original, unprecedented idea, indeed!

I suggested that one dollar would be enough to hear one of my speeches.

\*

During the last ten or fifteen years of my UN service I delivered on the average 180 speeches a year.

When I retired to the UN University for Peace, I thought that the number would diminish. On the contrary, after a year it reached over 200 in view of all the visitors we are receiving!

\*

My God, what a blessing are the letters I receive from people saying to me: "I listened to you years ago when you spoke at such and such a place. Let me tell you how you changed the course of my life and what I have been doing since then."

\*

When you listen to me, when you read me, you do not merely give me your attention and your time, you give me part of your most precious possession: your life. My communication with you must therefore be as precious as your life's expectation.

\*

O God, grant me many more years to sing and celebrate the greatness of Your Creation, of the miracle of human life and of our miraculous Earth.

\*

O, God, help us to reach far beyond what we are saying. Isn't it possible to unlock the ultimate mystery, to hear You speak?

\*

Sometimes during a speech I suddenly feel like crying. The tears come to my eyes. I cannot stop them. And some people in the audience cry too. I apologize and finish my speech by playing Beethoven's Ode to Joy on my ten-holes harmonica. This and the tears they never forget.

\*

I will repeat and repeat with all my mind, heart and soul what I have to say again and again until nations will work harder for the good of all humanity and of the Earth.

\*

## **Decide to Speak...**

Use well this greatest gift of God  
Speak clearly, beautifully, convincingly  
Put all your heart, mind and soul in what you  
say  
Make any conversation, talk or speech  
A magnificent fruit of your life  
Elevate, inspire, render happy  
those who listen to you  
Make them proud to be human  
And to carry your message to others  
Let God and the universe speak through you  
Be always elevated, in company of God  
When you speak  
Nourish your words with prior silence,  
reflection, heart and spirituality  
Know that you are representing God, the  
universe  
and our beautiful Mother Earth  
Let your preferred saint and angel  
Inspire you  
Feel yourself intensely, lovingly  
Feel how the universe speaks  
Through you  
Listen to it while you speak  
And you will be recompensed  
By untold happiness  
Your words will never be lost  
In all eternity.

*Robert A. Bell*

## Volume II

### Chapter 14

### Of Writing

To write and to speak are primarily an observation, deepening and expansion of life, a two-way process of learning, teaching, communicating, and contributing to human progress and fulfillment. Therefore, do not become a writer or a speaker for writing's or speaking's sake and fame, but as a means of fulfilling yourself and bringing happiness, joy, and goodness to your human brothers and sisters on our miraculous, to be cherished and well-preserved planet Earth.

\*

Hidden wisdom is no good. All humans should publish their wisdom through speaking, writing, action, story-telling at every stage of their life.

\*

Don't be only consumers. Don't read newspapers, magazines and books or watch television most of the time. Produce something. Write down your own thoughts, feelings, memories and dreams. It will validate, enrich your life immensely, make you feel great and give you happiness beyond belief.

\*

Writing is to be at maximum truth with yourself, the purest form of living and searching. Writing is also to be with others. To write is to live many lives.

\*

When others read me, they must feel that I have written for them. Even when I write for myself, I am writing for all my human brothers and sisters. Human nature, the mystery of life are our common family values. When I feel deeply, I feel for all the members of the family.

\*

Write in order to know yourself; write to help your human brothers and sisters; write to give happiness to others; never write for your glory; readers would find out immediately.

\*

To study one's soul as a writer is to meet with the soul of all humanity, of the whole Earth, of the universe and infinity.

\*

A good writer must convey hope and happiness. The reader wants to be reassured about life, aggrandized, not diminished. Why should he receive your unhappiness and adversities? He has enough of his own. You might interest him, but he will put your book aside and never return to it. He will re-read only inspiring, positive, hopeful, helpful books.

\*

The most rewarding books are those which render others happy. Humans are much too precious to be only entertained.

\*

How happy humanity would be if after two thousand years of television someone invented books!

\*

How many great thoughts and beautiful statements I had in my head but did not write them down, and they are gone for ever. Always carry with you a notebook to write down the flashes of truth, the observations, the ideas and dreams that come to your mind and heart

\*

There is no greater joy than the birth of a child, of a book and of a work of art. Humans are born to create. Mothers and authors are the foremost artists in the world.

\*

Writings are preserved life. Books are preserved people. Proverbs and quotations by great people preserve an incredible amount of life experience and wisdom.

\*

Writing conserves. It is a form of capturing time, of preserving individual and collective lives, knowledge, experience, dreams, visions and history. O how precious writing can be!

\*

Writing is a means of conversing, of communicating with the living, the Earth, God, the heavens, the departed and our progeny.

\*

To write or not to write, that is the question.

We will all be equals in the Earth. But it will make a difference to leave behind written works.

\*

I do not want any young people and grandchildren to complain and say: "Why didn't you write it down?" I did.

\*

The Romans said: Verba volant, scripta manent. Words fly away. Writings remain.  
Nullus dies sine linea. Not a day without a line.  
How right they were!

\*

To write is to live twice. To keep a journal is to live many times.

\*

The world needs a true global literature written by authors who have deeply lived, loved and perceived the new universal, global currents which have seized this planet and humanity. Writers' societies should be created and flourish all over the world.

\*

What is the best time to write?

Any time when a good thought or a beautiful feeling or sentence comes to you.

\*

Where is the best place to write?

Almost anywhere: in a meeting, in a train, in a plane, in public, in your home, in a prison. You could not sculpt or paint or practice any other art with such facility. Write whenever you can, as much as you can. Record your life, your experiences, your thoughts, your observations and your dreams. You will learn so much about life, the world, the universe, the people and yourself. There is no greater secret of life than to love it, to be fascinated by it and to observe it with endless, joyful, unfathomable passion. You will live immensely more.

\*

When I write early in the morning, in nature or in a church it is with an immense feeling of

joy and love. To write is my way of praying, of thanking God for the incredible gift of life and the beauty of His Creation.

\*

There exists a United Nations Writers Society which I founded.

I want to write radiant works which bring joy and sunshine to the people, moral works which bring goodness and faith to the readers, informative works which bring world knowledge to my human brothers and sisters, personal stories which will inspire them. I want to exude, to exalt my joy, hope, happiness and passion for life. I beg more world servants to do the same.

\*

I love writing as much as Michelangelo loved painting. My heart jumps with pleasure when I have time to write. But it was not always so. At the beginning it was very difficult.

\*

I mainly write with my heart.

\*

I write only what I must. What happens to the fruit is not of concern to the tree.

\*

I took solace from the fact that St. Augustine started to write the City of God at the age of 59!

\*

I am now like a mature composer: I have so many elements, I know so many notes and combinations that I can write any symphony or lullaby of words. After many years of practice, it has become easy, natural, full of flowing joy, happiness and creativity.

\*

Voltaire in his castle of Ferney in France had several desks in several rooms, with various manuscripts on which he was working. He added to them when the right thoughts came to him. I do not have a castle, several rooms and several desks, but I have manuscripts to which I add my thoughts when they are ripe. I add them to my thousands of ideas and dreams for a better world from which the computer can extract entire pamphlets on many subjects. From 5000 ideas the total on peace is 679 ideas on 213 pages.

\*

A great, peaceful reward of writing is the thought that one will never completely die. My first English book was a collection of stories from my life which I wanted to preserve for my children and grandchildren. Later, my *Testament to the United Nations* was a collection of thoughts and stories I wanted to preserve for world servants. And this is now my Testament to Life.

\*

My wife often asks me: "Why do you spend so much time autographing books?"

My reply is:

"Because an autographed book has a better chance to survive. Perhaps, after my death some of my books might show up in garage sales and be read by young people who will be inspired to pursue my work for a better world and implement my ideas."

\*

There is no born writer. Shakespeare was once a child who could not write. Do not be afraid of your "bad style". Persevere and with time you will acquire craftsmanship like any

artist or artisan. Do not see the bad product of today but the beauty of tomorrow's. Never give up.

\*

If you want to be a great person, read books by and about great people and surround yourself with their works and images.

\*

Read only good books, inspiring books, not depressing ones. Do not waste money on so many prefabricated best-sellers. Read a few pages of them before disbursing your money. Know that they are not supposed to last, since your money will be solicited almost immediately by the next one. Seek books which you will keep, cherish and read time and again for your peace, enjoyment, benefit and enrichment.

\*

A young man visited a great writer and told him that he wanted to become a famous writer.

The writer asked him:

"Describe to me everything you saw on your way to my place, and I will tell you if you will become a writer."

\*

Take the time to observe yourself and the surrounding world, and write it all down.

\*

Do not write in order to produce a book. Not all writing has to become a book. A beautiful, inspiring aphorism or thought might be more valuable, do more good and last longer than any 500 pages of a best-seller aimed at entertainment.

\*

There exists a foolproof system to acquire the style of any great author on Earth in any language: for about six months, copy every day very slowly during at least ten minutes, ten lines from the works of an author you like. After six months you will write like him or her. Later you will develop your own style.

\*

Reread what you wrote, correct it, chisel it, polish it time and again until **you** are satisfied that nothing should be changed, that it is the best jewel you could produce.

\*

I am reading my stories and essays at least ten to twenty times until I finally no longer change a word. Then I am satisfied: the writing is the flesh of my flesh; I have given it all my soul; the child can go and live its own unpredictable, mysterious life.

\*

The most fundamental form of writing is the journal as a means of observing the functioning of your being, of your heart, of your soul, of your mind and of your senses in relation to the surrounding world, the heavens and the Earth, the living and the dead, the past, the present and the future. The journal is the key, the great avenue, the real joy of writing and living.

To keep a journal helps clarify your ideas and life.

To keep a journal is to live several times.

To keep a journal helps to write other works.

\*

Do not lose hope, when you begin to write. When I reread the beginnings of my journal I feel like throwing it into the waste basket. It is so bad! But then I think that it is my life and is of no concern to anyone else.



With time, experience and patience, I learned beauty. Corrected and chiseled, the first days of my journal are today one of my greatest treasures.

\*

Poetry is a mode of living to better understand and feel the greatness, the breadth, the depth and the intensity of the miracle of human life, of our Mother Earth and of heaven.

\*

Poetry is ultimate, concentrated knowledge in a form that touches the heart. The world needs scientists and philosophers who are also poets.

\*

I did not need to write much poetry, because most of my life was poetry.

\*

Really great people do not write biographies. Their works are their biography. Their daily life, thoughts, feelings and actions are their footprints on the path of human evolution.

\*

Biography: from Greek, writing about life.

All my writings are primarily about life, my life, an endless chant of gratitude to the Creator, a theology, a sacred search of the divine in me, a record of my transient cosmic embodiment on Earth.

\*

History and biographies are for adults what legends and stories are for children.

\*

Do not underestimate letter writing: another human being will read you, might be moved and spread your message if it is an honest deeply felt one.

\*

Design your own letter-heads and cards proclaiming your basic beliefs and personal wishes to the person to whom you write. I have never bought a factory produced card. Over time my Decide to messages and Dreams spread to millions of people around the world.

\*

As my life went on, my daily mail became ever more voluminous. Sometimes in the evening, when tired, I throw some of it in the waste-basket. But then in the middle of the night or early in the morning I fish it out and answer it, for it is a human brother or sister, another human miracle who wrote to me.

\*

Albert Schweitzer was once asked:

"Who were your best friends in your life?"

He answered sadly:

"It was the people who did not write to me."

My answer, in all honesty, would be:

"It was the people who wrote to me and aggrandized the scope of my understanding."

\*

What Ptah-Hotep said in Egypt 2600 years before Christ is still true:

"Love for work into which a great person puts the whole of self is holy: don't disturb such work."

\*

Some day, if excerpts from my many volumes of correspondence are published, they will be my main contribution to humanity and will illustrate and prove what one person can do just by writing letters.

\*

Two of the most important events in my life were circumstances when I had nothing to do. In 1946, after the war I was once sitting in a very slow train without any passengers and without anything to do or to read, not even a newspaper or a book. I then remembered the announcement at the University of Strasbourg of a prize offered by the United Nations Association of France to the student who would write the best essay on world government. I thought that this was addressed to me, composed it in my mind and typed it when I arrived home. It won the prize which opened to me the doors of the United Nations!

In 1964, during a UN conference in India, I was sitting in a bus to Agra in the evening, without lights, for several hours. I remembered a beautiful Hindu girl dressed in a magnificent Saree I had seen at a Rest House where we had been served tea. Having nothing to do, I dreamt that I interrupted my trip, stayed at the Rest House, fell in love with her and married her. I wrote a novel, *Sima, Mon Amour, Sima, My Love*, which received a French literary prize and opened to me the doors as a writer.

\*

When I was a refugee student at a college in the city of Lyon, a famous professor of literature gave us to write an essay on "natural style". We all failed. He then explained to us with a story what he expected: at the Court of Louis XIV there was a Marquis who, when he was invited to a Court reception, spent hours in front of a mirror to arrange the folds of his jabot - a large neck garment of lace. When he arrived at the Court, everybody exclaimed: Monsieur le Marquis, *comme votre jabot est naturel*", how natural your jabot is!"

It is the same with style.

\*

I approached the same Professor\* one day and said to him:

"I come from Alsace-Lorraine and our teachers there tell us that we will never be able to write a beautiful French, because we are bilingual."

He answered: "Do not believe such rubbish. Follow my advice: select a great author whom you like and copy every day, very slowly, ten lines from his writings. Read once in a while the texts you have copied. I guarantee you that within six months you will write his style."

He was right. I later did the same for German and English and kept preciously the notebooks to refresh my style in these languages.

\*

I also learned that Benjamin Franklin did something similar: he learned by heart some beautiful sentences by great writers. A few weeks later he tried to express the same thought in writing and then compared the result with the original text.

\*

\* See "Of Good Teachers", in "*What War Taught Me About Peace*".

If only all heads of state and of world agencies jotted down a few of their philosophical thoughts, wisdom, perceptions, ideas and conclusions, as Dag Hammarskjöld did in his Markings, what a richer world it would be! They live in a much vaster world, with vaster duties and a vaster audience than any Socrates, Confucius, Marcus Aurelius or Lincoln.

\*

The office of Secretary-General of the UN is such a unique, vital function that I recommend to the incumbents to write down their thoughts, observations, world views, dreams, feelings and ideas as they come to them.

I urge them all to leave behind a Testament after completing their office. I wrote and published mine.

\*

I ended all my letters and notes to Secretary-General Javier Perez de Cuellar with this Latin precept:

Nullus dies sine linea

Not a day without a line.

He once assured me that he had a pen and a writing pad on his night table to record the thoughts that came to him during the night. These writings will probably be his most precious gift to humanity.

\*

U Thant planned to write after his retirement a great synthesis between Western rationality and science and Eastern philosophy and spirituality. This would have been his great legacy. Unfortunately he concentrated his efforts first on his memoirs and died before he could undertake the great work he had in mind.

\*

Once, when I visited him in Geneva, I suggested to Secretary-General Perez de Cuellar that we should both write a Testament, rather than Memoirs, after we leave the UN.

The same afternoon, I met him in an antique bookshop in the old town of Geneva. I asked him: "I did not know that you were interested in ancient books?" He answered:

"No, I came here to find the Testament of Cardinal Richelieu to the King and people of France. He was the father of the nation-state. We must father the united world."

My own Testament came out in 1992 as a contribution to the 50<sup>th</sup> anniversary of the UN in 1995. I sent him a copy."

\*

Javier Perez de Cuellar also once said to me:

"Robert, I love your books. I can open any one of them at any page. After reading a few paragraphs, I put the book aside, because you have stimulated my thinking which then proceeds on its own line. There is only one other author who does that to me: Charles Proust. I can open him at any page and he awakens my love for beauty."

He added: "What I dislike most are those American best-sellers where you have to read hundreds of pages to find out what happens at the end. They are a pure loss of time and life."

\*

It was wonderful to receive the following letter from a reader:

"I enjoyed your book\* immensely. I read every word, each phrase avidly, slowly so as to savor all nuances unfolding in the narrative. This is to confess that I was held captive to your book the moment I started reading it. From the gentle, delicate anecdote about "Grethel" to that

stirring testament of love, truth and honesty that is the final "Epilogue", it was just one beautiful, moving exciting reading experience! I found myself reading the last pages of the book 'out loud', there on my front terrace, for all to hear! My good, understanding neighbors interpreted this sudden euphoric outburst to mean that I had 'turned the corner', that final recovery was in sight, that I was in fact, **cured**. And such I felt, indeed, from that time on. The doctor pronounced me fit for work and released me not too long afterward.

Now that is proof positive that your good book did much to speed my complete recovery.

Thank you, Mr. Muller, for writing the book.

Thank you, dear God, for having me run into you that fateful day."

Such a comment made my life and writing worthwhile. What a pity that for several years after several editions, the book has remained out of print.

\*

One of my greatest joys on Earth was the birth of a book. A good writer must give hope and happiness. A reader wants to be reassured about life, aggrandized. He will re-read only positive, hopeful, helpful books. And if no publisher wants to publish your book, self-publish it. Books can be produced very reasonably these days.

\*

I have not written a single one of the "best-sellers" of my time, but I have written best-sellers for all times.

\*

Sometimes people tell me that I do not have the right to die, that I must live many more years to write. I will do my best.

\*

Sometimes I wish there was something greater than words to express the magnificence of life. Music? Art? Remembered will be only those who have chanted its magnificence. Alas, my mother did not let me study music and painting, my two great loves when I was a child. She did not want me to become a penniless artist. All that was left to me was speaking and writing. I did my best with it and God led me to the greatest forum for it: the United Nations.

\*

The French author Honoré de Balzac said: "What Napoleon could not achieve with the sword, I will accomplish with the pen."

I say the same today. May many humans say the same.

\*

Thomas Mann has written a famous novel, *The Magic Mountain*. I would like to call my works *A Magic Life on Planet Earth*. My wife wants to call them the World Classics of Robert Muller.

\* *Most of All, They Taught Me Happiness*

## Decide to Write...

to use well this wonderful means  
to communicate to others  
anywhere on Earth  
your feelings, your thoughts, your ideas,  
your dreams, your hopes,  
your loves and inspirations.

Writing can be the embodiment,  
the conservation of your daily life,  
the multiplication of your life.

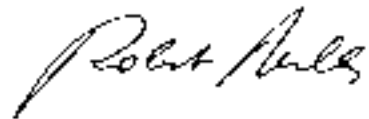
Keep a daily journal  
to live your life all over again,  
to deepen and enjoy more fully  
your miraculous journey on Earth.

Write down any thought or feeling  
that comes to you, day or night,

Write to others to enrich them  
and they will enrich you in return,

Write for your children and descendants  
who might treasure your words and life  
long after you are gone.

To write is to live longer,  
perhaps even to become immortal.



## Volume II

### Chapter 15

### Of Beauty and Art

Art makes us co-creators with God. It is therefore a spiritual, divine activity which must reflect the glory and beauty of Creation. Perhaps these were the reasons why art was born. And today art must become the most advanced stage of human evolution.

\*

Art is perhaps the greatest, ultimate human fulfillment, apotheosis, the way to paradise Earth.

\*

Please, consider every day an opportunity to do good, to show kindness and recognize the beauty of God's incredible, mind-heart-and-soul-boggling Creation.

\*

Art must be useful and beautiful. It must convey knowledge, wisdom and inspiration, make us feel richer and better, give us happiness and pride to be humans.

\*

Good art and good thinking are the most precious and enduring values of a collectivity. Glory passes. Wealth passes. Power passes. But art and wisdom do not pass.

\*

Speaking, writing and art are forms of creating beauty and happiness, of expressing our exultation at the miracle of life, of getting closer to the mysteries of Creation.

\*

Church bells, gongs, tom-toms, chofars, muezzins, mountain horns and songs are all cosmic vibrations which make us feel one with the universe. So do great music, great speeches, great literature and great art.

\*

Once an artist has reached the genius stage - the stage of divine enlightenment and rendering it through his talent - his life will be entirely immersed in art. He knows the uniqueness of his role and responsibility. There will be no limit to what he or she can dream and do.

\*

If you want to become a great artist, learn a technique of expression well and then let flow your heart. Under no circumstance think of success and promotion. This will come if you merit it. To be passionately, fully yourself is the only way. To please the market is not the way. Work for your reputation and your reputation will work for you.

To be lasting, an artist and writer must be a prophet of good, hope and happiness. He or she must deal with the essentials of life and give inspirational, uplifting, reassuring answers.

\*

Artists must be promoters of great, noble causes. They must be philanthropists (lovers of humans) and gaiaphilists (lovers of Gaia, our Mother Earth).

\*

I do not know any artist who has glorified nuclear missiles.

\*

A painter will never paint all he wants to paint  
A writer will never write all he wants to write

A composer will never compose all he wants to compose.  
Once such a skill is mastered it becomes a second nature and there will be no end to what you can accomplish.

\*

"What do you think an artist is? An imbecile who only has eyes when he is a painter; only ears when he is a musician? Only a lyre when a poet? On the contrary, the artist is altogether a person who constantly participates in the world's events, sweet or bitter.... who is an additional tool to fight against the enemies of humanity's progress."

Picasso

\*

Art is not distinct from life. It is the highest expression of life. Each human being should be an artist, were it only of his own life. Yes, to be able to say: "My life is a work of art."

\*

May your life be a beautiful work of art. Work at it always. Make it your priority, your purpose, your ideal. Be able to say to yourself: I have made my life a resplendent work of art.

\*

Make of your life a masterpiece of which you can be proud, as artists are of their paintings, sculptures, music or writings. As a matter of fact, art and writing will follow, for you will want to express and preserve your life in a durable form. Leonardo da Vinci was a great example of it with his daily notebook hanging at his belt.

\*

Writing and art are preserved life, a form of longevity, perhaps of eternity.

\*

As an artist takes a canvas to paint, take your life and make it a beautiful painting.

\*

Life is to do something so beautiful that you can be proud of it. The same applies to humanity. Perhaps life itself is the most beautiful work of art. We should always be aware of it. What a wonderful day it will be when we can look at humanity as a wonderful work of art, including the Earth. Please, let us all contribute to it. Let us be humanity's global world artists.

\*

Art encapsulates life. It makes our lives and dreams durable.

\*

Art and life must be one. Art is spirituality. Art is thought. Art is imagination. Art is feeling. Art is action. Art is the highest expression of being.

\*

In life you are both the instrument and the player. You must know well your instrument and play it well.

"One person gets nothing but discord out of a piano; another gets harmony. No one claims the piano is at fault. Life is about the same. The discord is there, and the harmony is there. Study to play it correctly, and it will give forth the beauty; play it falsely, and it will give forth the ugliness. Life is not at fault."

Ninon de l'Enclos

Yes, to be an artist of life. It is not life which is wrong, but what we make of it, how we play it.

\*

The greatest beauty is the beauty of the whole universe. As living, conscious parts of that universe, we must love and celebrate that beauty, like a cell in our body contributes to the well-functioning, happiness and beauty of our whole being, we must contribute to the well-functioning, happiness and beauty of the whole humanity and of the Earth.

\*

Creation is beautiful if we love it and ugly if we hate it. Beauty is therefore a child of our mind. We can be co-Creators with God of the beauty of our planet or co-Creators with the devil of its ugliness.

\*

Does beauty come first or love come first?

Answer:

Only great love can create great beauty.

\*

Beauty is nature at its peak, to attract, to induce reproduction, to continue life: to witness, the beauty of a flower, the beauty of a woman.

\*

Human beauty can be physical, mental, moral and spiritual. The most beautiful person is one who possesses all four.

\*

A woman smiling at her newly born child is one of the most beautiful sights on Earth. Yes, mothers are the greatest artists in the world. Their works of art are alive and growing to maturity.

\*

Beauty is what I see as beautiful. There are an infinite variety of beauties according to individual loves, from little stamps to the Himalayas.

\*

An old person can be beautiful through mind, love, charity and soul.

\*

Beauty is even more beautiful when it reflects the inner beauty of the soul. It shows on the human face.

\*



Beauty is simply Creation and nature at their best. It is the heavens, the stars, the sun, the sky, the seas and oceans, the mountains, the valleys, the forests and fields, plants and animals, water, rocks, flowers and last but not least humans and their great works of art over the millennia which we hope will never die.

\*

Beauty perhaps cannot be explained, only felt and enjoyed. Yes, what is happening in us when we recognize beauty, when we create beauty?

\*

A good human is always beautiful through his goodness.

\*

The beauties of the heavens and of nature all around us are the freest, cheapest goods on Earth. Enjoy them to the full.

\*

No king will ever be dressed like a lily of the valley.

\*

To create beauty is to give happiness.  
To give happiness is to create beauty.

\*

An honest face is a beautiful face.

\*

Beauty seldom means strength and power.  
True beauty reflects peace and serenity.

\*

Look out for good and beauty, cultivate good and beauty, and you will live a heavenly, beautiful life. Perhaps this is the way.

\*

There are beautiful sights, beautiful people, beautiful acts, thoughts, feelings and souls on this planet. Let us preserve those given by nature and augment those created by humans.

\*

Perhaps Mother Nature has taken the pain of creating so much beauty around us to give us the love to live.

\*

Young people look at their reciprocal beauty. Children look at the beauty of a little bird, chicken, bunny or animal. Parents look at the beauty of their children. Grandparents look at the beauty of their grandchildren. God provides beauty for every stage of life. Isn't that marvelous?

\*

Beauty is a whole. Do not cut up a flower. Only the whole flower is beautiful.

\*

Beauty is when we give someone or something our utmost love, enthusiastic approval felt in

every fiber of our heart.

\*

"Beauty will save the world"

Nicholas Roerich

\*

Each time I see a beautiful woman I am tempted to walk up to her and say: thank you for being beautiful. Or to press into her hand a slip of paper with these words on it. Instead, I pass by her silently with this message in my eyes, hoping that she will see it, and thank God for having created her.

\*

What mystery there is in the way of a woman walking on this Earth! Describe it, paint it, film it, sing it. And how wise and correct it was to call the Earth in all languages a woman, our mother.

\*

I was contemplating a young, beautiful woman waiting for an elevator in a hotel on a beach and was wondering: "What is her function, her reason on Earth? Why is she so beautiful? What is the purpose of her life and being? Obviously to transmit life in return for the rewards of love. Or, perhaps simply to live, to let her body, mind and heart flower to the fullest, to be happy to be alive and exercise with joy the ministry of life. The priest of my parish would say: "No, to be in union with God."

I wonder what she would say to that. We went down the elevator and she plunged her heavenly body into the warm and blue waters of the Pacific. This was definitely her function and supreme happiness at that moment. Perhaps in doing so, she was in perfect union with Mother Earth and with God.

\*

Dear God, You will never make me a saint, because of the marvelous, beautiful women You created and whom I admired so much!

God: not at all. I love my Creation to be admired.

\*

When I see beauty, how can I doubt you, O God?

God: you are right, my son.

\*

What is a Leonardo da Vinci compared with this planet as a work of art? Look at the skies and nature and you will see the works of an artist unequaled by any human!

\*

Attraction to beauty is the main means of nature to make us do what nature wants us to do: reproduce. Beauty is therefore a key instrument of evolution.

\*

The Renaissance of nature is the first sign of humanity's spiritual and artistic rebirth.

\*

When we, the rich and well-endowed, are surrounded by so much free natural beauty, how do we accept to live in monstrous cities and skyscrapers, in discontent and wanting endlessly more?

\*

Art which does not "move", inspire is not art, even if it stands in museums or costs huge sums of money.

\*

When I visit a museum, I consistently refuse to visit those rooms which contain decomposed, uninspiring art. And if I dislike a work by a so-called "famous" artist, I do not hesitate to say so. Bad art is promoted by the silence and kindness of people. In art as in everything else, there must be a democracy, an honest, free expression of public opinion.

\*

Art can dissect and analyze. Art can compose and harmonize. The scientific age was accompanied by an excessive dissecting, often meaningless art. The holistic age will now see the rebirth of a composing, harmonizing art.

\*

All periods of anxiety, confusion and loss of direction of humanity are reflected in their art and literature. A Renaissance in art heralds a new direction.

\*

The greatest, most advanced, most perduring, most treasured beloved human beings on this planet are not the kings, emperors, presidents, businessmen, not even inventors and scientists, but the great spiritual leaders, the great artists like Mozart, Bach, Beethoven, Leonardo da Vinci, the builders of cathedrals and Taj Mahals.

Alas, in our current, materialistic society this chain of the truly great ones has been broken. Their birth is smothered by the noise, cheapness, material and money craze of modern society. Our best hope rests in a spiritual, classical Renaissance.

\*

Write, write, write. Paint, paint, paint. Michelangelo refused the Pope's invitations to dinner with this comment: "Do you want me to paint or to have dinner with you?" He slept in the Sistine Chapel with his easels and lived and painted to the age of 90. Sometimes I feel I should do the same with my writing.

\*

When Leonardo da Vinci died he had these last words: "If I could start all over, I would only paint."

\*

I wish to be given another life, just to paint. I would paint golden works to glorify the greatness and beauty of Creation. I would like to be given a third life to compose. I would compose oratorios, symphonies, glorias, operas, songs, melodies, lullabies to the greatness and beauty of life and Creation. Golden speeches, golden writings, golden paintings, golden symphonies would be my aim. If someday the writings of my current life should be published

as a collection, I would like them to be called: the golden works of Robert Muller.

\*

Dear God, forgive me for having proclaimed the greatness of your Creation only through action, voice and writing, and not also through music and painting. I could have. I should have. I did not. You will hold it severely against me, for you had given me the talent and the heart.

\*

When I was a little boy I wanted to learn how to paint and to play music. My mother, a milliner who drew and painted said to me: "I will not allow you to learn music. We are bitterly poor and I do not want you to become a penniless artist. Art does not pay." She taught me how to paint a little and today I cannot believe what I was able to paint when I was twelve years old! Alas, only one of my paintings survived World War II and I have never resumed painting. This is my fault which God will not forgive me.

\*

One of my greatest joys and inspirations when I was a little boy was to go to the early morning mass, the "mass at dawn", and to listen to the music of an old organ player. I was transported to heaven. This is where I coined my child's aphorism, the central, most permanent one of my life: "Das Leben ist göttlich", "Life is divine." This is also where I dreamt to become a great composer, a dream frustrated by poverty.

I wonder how many great dreams of humans are frustrated and allowed to die on our Planet of Dreams.

\*

When I will appear before God, He will ask me: "What did you do with the gift of art which I gave you, in particular the gift of painting and gift of music?" I will have no answer, but will promise Him to do it, if He grants me another life.

\*

I have always considered my work for the UN to be a work of art. All world servants should do the same. Our work indeed is to fashion a peaceful, harmonious, beautiful world.

\*

I was taught happiness by my grandfather and father who were hatmakers. I will never forget the happiness of my father when he showed the family a new, original hat he had created.

In his view he had the most beautiful profession on Earth. I followed his example and considered that my work for peace and uniting nations was the most beautiful profession on Earth. Once I said this in a speech, and a lady from the audience had this remark:

"You never ceased to be a hatmaker. At the UN you are trying to make a beautiful hat fitting the entire world."

\*

It is so wonderful to write beautiful stories, to paint beautiful paintings, to sculpt beautiful statues, to compose beautiful music. All this is in praise of the miracle of life and Creation.

\*

When Mr. Javier Perez de Cuellar was elected UN Secretary General he called me to his provisional office in the Waldorf-Astoria Hotel and honored me with his first appointment as Assistant Secretary General. We talked about his role and responsibilities.

At one point he pointed at a pick-up which was playing softly classical music in the background and said to me:

"To tell you the truth, I am not a political man. What I really love is art, especially music, like the classical music you hear."

I jumped and said to him:

"But this is exactly what you are supposed to do: like a musician and a composer you must create a symphony of nations, a harmony between all peoples on Earth, a harmony between humanity and our beautiful Earth, a harmony with heaven. Never forget that as Secretary General you will be a conductor, a chief of orchestra and that you must produce, interpret the most universal precious harmony of all: Peace."

He looked at me and said, "You are right, but you are a great man and I am not. You should be the Secretary General. Your obstacle is your nationality."

\*

Pope John Paul II, during his historic visit to the United Nations in 1979 considered UN officials to be the carvers of the stones, the builders of the Cathedral Earth. This is what he said: "The builders of the pyramids in Egypt and Mexico, of the temples in Asia, of the cathedrals in Europe were not only the architects who laid out the designs, or those who provided financing, but also, and in no small way, the carvers of the stones, many of whom never had the satisfaction of contemplating in its entirety the beauty of the masterpiece their hands helped create. And yet, they were producing a work of art that would be the object of admiration for generations to come.

You are in so many ways the carvers of the stones. Even a lifetime of dedicated service will not always enable you to see the finished monument of universal peace, of fraternal collaboration and of true harmony between peoples. Sometimes you will catch a glimpse of it, in a particularly successful achievement, in a problem solved, in the smile of a happy and healthy child, in a conflict avoided, in a reconciliation of minds and hearts achieved. More often, you will experience only the monotony of your daily labors, or the frustrations of bureaucratic entanglements. But know that your work is great and that history will judge your achievements with favor.

The challenges that the world community will face in the coming years and decades will not diminish. The rapidly changing pace of world events, the tremendous steps forward of science and technology will increase both the potential for development and the complexity of the problems. Be prepared, be capable, but above all have confidence in the ideal you serve."

\*

When I speak in capitals or big cities, I am often asked if I would like to visit museums, including museums of modern art. My answer is: "I will visit a museum of modern art if at the exit there is a book in which I can write my opinion and feelings about what I saw. If there is no such possibility I will not go. It is my democratic right to disapprove with what has been decreed as valuable by money-makers, rich collectors and art dealers."

As a result I have not visited a museum of modern art in years.

\*

I once attended a meeting of the United Nations Development Program in Milano, Italy. The meeting took place on a site where there had just been an exhibit of modern art. Curious as always, I explored the place and found huge quantities of paintings abandoned in empty rooms and in courtyards. I asked the manager of the place what this meant. He answered: "O, these are paintings abandoned by the artists. They did not bother to take them along. They know that they are worthless."

\*

A Chilean delegate who was a friend of Picasso once asked him: "Why did you give up your blue period, when you painted so well, for the art you do now?"

He answered: "Because my blue, classical paintings did not sell. The junk I do now sells."

Perhaps modern art was invented by art dealers who could not find enough good paintings and sculptures by great artists.

\*

Once, in Caracas, Venezuela, where a UN conference was being held, I wanted to visit the Palacio dellas Bellas Artes. When I got there I saw in front of it the aluminum sculpture of a woman who had her breasts cut up, her belly open, her body completely distorted. I was horrified and thinking:

"What do the peasants from remote areas, the indigenous people from Orinoco think when they are offered such monstrosity as a symbol of beautiful art?" I hope that it has been removed since then. If not, it should.

\*

I once asked a Professor of architecture of the Rome Studies Program to give me ideas for an architecture or art program at the University for Peace, I received this answer:

"The symbolic poverty of modern architecture renders it incapable of erecting monuments to genius and peace. Le Corbusier's Chapelle de Ronchamps is an anomaly in the work of this prophet of the machine and utilitarianism. He had to borrow the form of a nun's headgear to reach a certain level of beauty."

\*

Near our former home in the Hudson Valley there is a College located on the most beautiful natural grounds, but disfigured by most depressing sculptures of modern art.

On the beautiful tropical grounds of the University for Peace, in Costa Rica, there are beautiful, inspiring sculptures, including busts of the greatest peacemakers of human history to serve as models for the students.

Which of these two makes the best use of art?

\*

Modern art will remain a mere curiosity of a time of aberration in human evolution.

\*

As a result of our emergence from the analytical, dissecting, cutting up period into a holistic, interdependent, universal age we will witness a Renaissance of art which will stress again the beauty and harmony of nature, of the universe, of the human person and of all that is good and beautiful on Earth.

We will see a great holistic Renaissance of all forms of art to glorify peace, love, justice, harmony, faith, hope, happiness, forgiveness, thanksgiving and all other great, noble concepts which helped humanity to progress on its ascending path in the vast, mysterious universe.

\*

Barbara Gaughen, my wife, has said this about the attached framework of the role of art and culture: "A true artist should be a whole, indivisible, planetary life and cosmos-conscious being. Artists, musicians, poets and writers have the vocation to become immortal."

How right she is: a Leonardo da Vinci, a Michelangelo, a Mozart, a Beethoven are immortal through their works while not a single politician, powerholder or wealthholder of their time is remembered. Try to name one.

I wrote this framework for the planetary cosmic role of art and culture so that an artist can

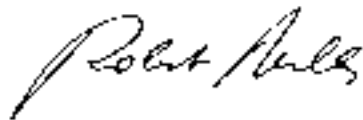
select any subject from it to celebrate it, to make it a work of art, to augment in us the understanding of the incredible meaning of the miracle of the universe, of our Earth, of all life, especially human life which now embraces the entire globe.

Yehudin Menuhin wanted to write his views on the back of this table, but alas he died prematurely. Artists should be the longest living humans on Earth. Dear God, why did you let one of the most genial sculptors ever, my friend Domenico Mazzone, die so young? (See "Domenico Mazzone, the Faith of a Great Artist" in my book *Most of All, They Taught Me Happiness*.)

\*

## **Decide to be Beautiful...**

To make your life a work of art  
To create beauty  
through your hands  
with your heart  
through your mind  
with your soul  
Feel and render the breathtaking beauty  
of Creation  
of the miracle of life  
Have harmony, peace and beauty  
always on your mind  
Be you a father, a mother,  
a youth or an elderly  
In any profession  
In whatever you do  
At every moment of your life  
Be in love with beauty  
Be a master of life.  
Create beauty  
Celebrate through your art  
the beauty of your home  
the beauty of the Earth  
the beauty of humanity  
the beauty of the stars and heavens  
Leave behind you  
a great heritage of art.





INSERT FRAMEWORK FOR PLANETARY  
COSMIC ROLE OF ART AND CULTURE

## Volume II

### Chapter 16

### Of Power, Wealth and Glory

As Arnold Toynbee has shown in his historical writings, no powerful nation or human group ever remains at the top for long. Power provokes jealousy, competition and alliances against it: remember the story of Gulliver and the Lilliputians. Power also dissolves from within; it engenders its own parasites which feed on its substance. The problem henceforth is how to achieve and maintain a peaceful, happy, world-wide human society. That is the great historic challenge which faces humanity in the 21<sup>st</sup> century and third millennium. The games of powerful, armed nations are coming to an end.

\*

More than anything else the pursuers of power and wealth want to sever us from two things: nature and the soul, for both speak for simple living, cost nothing and cannot be sold.\*

\*

Big powers are like dinosaurs: they die of overweight.

\*

Do not worry about excessive power: like big mansions, in the long run they cannot be maintained for lack of services.

\*

It is better to be the last, humblest, 6 billionth member of the human family, blessed with love, peace and happiness than the leader of a nation cursed with thirst for power, wealth and vainglory.

\*

Power is a craving of primitive, unevolved human beings and societies.

You want to climb the ladder of social values? But isn't the person who climbs the ladder more important than the ladder? Blessed be those who prefer the treasure of their person to the ladder and to any position on it.

\*

A true human being does not need power and glory. He seeks to be of service to Father God, to his fellow humans and to Mother Earth.

\*

My life of cosmic consciousness may be temporary. But human life over eons of time is not: being part of humanity makes us eternal. Our contribution to humanity becomes the highest form of living. Humanity knows that: the greater our contribution, the greater and more lasting the human recognition. And so is also the recognition by God.

\*

We should glorify the peaceful, disarmed nations and not the powerful, armed ones. Power is vainglorious, but it is my freedom and the freedom of every person on Earth not to admire it, for that admiration precisely continues to feed it and to make it want endlessly more.

\*

\* They are trying to change that too by making nature one of the biggest businesses on Earth through tourism, vacationing, land sales, selling water and air!

It is the same with wealth. Cease to admire the wealthy and they will have much less reason to accumulate wealth.

When I see a flashy sports car or expensive limousine, I turn my head away. I want the owner to know that I could not care less. Why on Earth should I admire a metallic carcass and its unknown owner?

\*

Do not seek fame or glory. If they are needed by evolution they will come by themselves. What you are, what you do, what you think, what you say, what you write, will speak for you. You will never be more than a tree which either produces good fruit or remains sterile. If the fruit is good, people will love it. They are primarily interested in the fruit and then only in the tree.

\*

It is difficult to understand that people should still be seeking national glory when nations have become so numerous, so secondary and so detrimental to the Earth. Only global peace and fulfillment are worth seeking in our time.

\*

Power devours everything: universal religions are eaten up by it; multinational businesses fall prey to it; democracy is trampled by it. In our evolution, after the limits of growth will now come the limits of power.

\*

When I meet a high executive of a corporation, if he is vain-glorious, I pity him for spending his precious life in making money. If he is kind, I thank him for devoting it to producing goods.

\*

Before speaking to executives of multinational corporations, I always ask them for their profit figures and for the number of countries in which they operate. Then, in my speech I express surprise that they work only in say 70 or 80 countries and make only 2 or 3 billion dollars of profits a year in a world of 6.1 billion people and 189 nations. You should see their faces!

\*

The objective of life is not to be glorious and number one, but to give one's best in the service of God, humanity, the Earth and the universe.

\*

God is richer than all the wealth on Earth: He **is** the entire universe. Make Him your friend and you will have the richest friend thinkable.

\*

Famous people of the past are sometimes simply famous because it is said so repeatedly of them over millennia or centuries, while in reality their work is no longer so admirable or relevant for our time. For new people to become famous will be more difficult because there are so many of them and they are forgotten more quickly.

\*

Your righteousness will dwarf all power and wealth on Earth. Make that your personal ideal and glory.

\*

Human standards of glory are nothing compared with the glory of life.

\*

It is infinitely more important to live a full, happy life than to occupy a glorified position.

\*

Greatness is to give stature to one's time and to advance humanity a notch more on the scale of fulfillment, progress and justice.

\*

It is a different matter to be known and loved. The greatest glory is that of a Mother Teresa who was both humble, penniless, known world-wide and loved.

\*

In order to feel great, simply consider yourself a child of God.  
Within human hierarchies you will never be really great,  
In the divine hierarchy you can.

\*

How can leaders expect the people to be moral and peaceful when they are not? Good example must come from the top.

\*

If you really want to become famous, the United Nations and its agencies are the best place on Earth: they reach and encompass the entire world, give you the largest audience, and allow you to attain glory as the formulator, defender and worker of the highest, all-human values: peace, justice, human rights, well-being, racial and sexual equality, freedom, as well as the rights of the Earth.

\*

"Work for your reputation and your reputation will work for you."

*Balzac*

I did. But then the prediction of Secretary General Javier Perez de Cuellar came true:

"Robert, you will be the victim of your reputation."

Indeed, my mail became a nightmare. But I consider it as a blessing because most of it is so beautiful and enriching.

\*

French saying: Power corrupts, absolute power corrupts absolutely.

\*

Ambition leads nowhere. Only service to God, to humanity and to planet Earth leads somewhere. Make that your goal, your ambition.

\*

If you say anything that is contrary to the interests of an existing power, you are invariably called "naive". I probably hold the world record of being called naive.

\*

There is a lovely story of a mouse counting the snowflakes falling on a dead branch. Each

snowflake was almost weightless. But after about 3 million of them the branch broke and fell off. We humans are like snowflakes. On any issue we can bear our weight. During all your life, be a snowflake and join the other 6.1 billion humans to be a snowmass on dead beliefs, obsolete, harmful values, institutions and vainglorious, power-money drunk people.

\*

Never hold dear your privileged position, your titles, your wealth and your success. They can blind you to true reality and be your worst enemies in your search for truth. Remain wondrous, innocent and loving like a child.

\*

I want to die not with a huge fortune, not with huge laurels, not with a huge notoriety, but remembered and loved by many of my fellow humans. I wish to be an inspiration to the young and to the people of tomorrow. This is my greatest guarantee not to die.

\*

Look who is still best remembered by humankind and who has still the largest numbers of followers. Is it politicians? No. Is it conquerors? No. Is it rich people? No. Is it scientists? No. But remembered are Jesus, philosophers, religious prophets, great visionaries, saints and artists. This should give you a clue as to the permanent human values.

\*

Happiness, not wealth, is the ultimate objective of life. It would be very sad indeed to see someday a wealthy world which would not be happier than are the rich countries today.

\*

I have no absolute right to my wealth: it comes from my ancestors, my parents and from the billions of people who have worked for it before me. It is my turn to contribute to it. I will be grateful for anything I will be paid in return.

\*

Walk through life lightly with little baggage, like an angel. Do not be overburdened, too earthbound, too goodsbound. Like angels keep your head and soul in heaven.

\*

Even if I were the greatest, most glorious and most admired person on Earth, my greatness would be nothing compared with any of God's humblest creatures.

\*

There is only one worthwhile glory on Earth: to have led a beautiful, pure, honest life and to have been of service to the planet and to humanity, i.e. to the treasures of God and of the universe.

\*

There are so many nations today and such a turnover of heads of states that none of them will be remembered for long, if it is not for a major, audacious contribution to peace and to a better world.

\*

There are so many nations and so many candidates for glory that few finally succeed. And

those who succeed are like best-sellers: they have to vanish soon to make room for the next ones.

\*

I say to the students at the University for Peace: you may expect to live 70 years. Assuming that a head of state remains in power for an average of 5 years, since there are more than 180 nations there will be during your lifetime about 2500 heads of states. But there will be only 70 winners of Nobel Peace Prizes and only 14 Secretaries-General of the UN. Consequently I expect you to become at least one of the heads of states, the local governors of this planet. Prepare yourself. Make it your objective. Our University should be a school for heads of states.

\*

During the yearly debate of the UN General Assembly there are so many national leaders that one does not even bother to look at them. They may be great at home, but seen at the UN they look rather small. Once I mentioned to my colleague Sir Brian Urquhart that I had seen three heads of states in five minutes on the second floor of the UN. He commented: "If you have seen one, you have seen them all."

\*

The largest gatherings of heads of states on this planet are at their funerals. The bigger the country of the deceased, the larger the crowd. I call this the funeral diplomacy, a subject for study by global anthropologists.

\*

Military glory is dying since wars, conquests and violence are dying from the code of values of the human race. Henceforth, glory will be that of the peacemakers. This is an enormous progress in human evolution.

\*

Whenever I have an opportunity I ask a head of state:

"Do you think that you could be famous by waging a war and winning it?"

They look at me as if I was an idiot, and say nothing.

Then I ask them:

"Do you think you could be famous by being a great peacemaker and receive the Nobel Prize for Peace?:

Then they smile and acquiesce

Well, this is a far cry and progress from the Alexanders the Great, Caesars, Napoleons and Hitlers.

\*

Most people have very limited ambitions. For example, they still seek national glory at a time when world glory is widely open to them. They want to be national heroes when they could be world heroes. They want to be national artists or writers when they could be world artists and writers. They want to be national philanthropists when they could be world philanthropists. They love a nation when they could love the entire world and humanity. How strange is that retardedness?

\*

Anyone who wants to be great today must consider origin and culture secondary. Those who remain stuck in them will fail. Only global, universal, cosmic, spiritual humanists, thinkers and leaders will be recognized as the great ones of our time.

\*

The search for fame is justified only if it is to enable the seeker to do more good. It might even be a duty on his part.

\*

To possess great moral qualities leads to self-respect, respect by others, reputation and fame. Today, moral qualities are world-wide, humanistic qualities. World fame is therefore within reach of national leaders only inasmuch as they do good for humanity and the planet. The story of fame and glory will henceforth be a global story.

\*

On this lovely planet we must be governed by wisdom, love and foresight not by power and vainglory.

\*

Life is not a right. Life is a privilege. It entails duties towards the Earth, humanity, the universe and God.

\*

I belong to the world and will serve the world until my last breath. This I swear to God.

\*

When I became a world servant I became a child of the world. Mother World then loved me and I was no longer a mere servant.

\*

Never get weary of giving and you will never cease receiving.

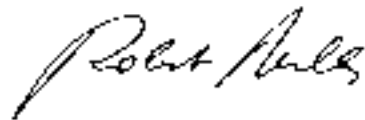
\*

I will proclaim, proclaim and proclaim what I have to say until the powerful will listen and change the course of the world.

\*

## Decide Not to Seek Power...

vainglory, undue wealth  
and the applause of the crowds.  
They are so temporary  
So illusory  
So time and life-consuming.  
Seek instead the glory  
of your own precious miraculous life,  
of your family,  
of your friends,  
of your goodness,  
love and happiness.  
Take your family,  
your neighborhood, your village  
as your kingdoms  
Be glorious, wealthy and powerful  
with the greatest treasure on Earth:  
your miraculous, God-given, unique  
unrepeatable life in the universe.  
Your service to others,  
to the poor  
to the downtrodden of the world  
to the Earth  
to the beautiful Creation of God  
will be your greatness,  
the source of untold happiness.





## Volume II

### Chapter 17

### Of Peace

From the notion of sickness we have at long last passed to the concept of health as the normal condition of a human person.

Similarly, we must and will pass from the notion of conflicts and war to that of peace as the normal condition of humanity.

\*

O, leaders of nations, you have no right to destroy this planet, because you have not created it.

O, leaders of nations, you have no rights to destroy entire groups of humans, because you have not created them.

O, leaders of nations, you have no rights to get me killed, because you have not created me.

\*

No one has given the right to the big nuclear powers to decide our fate. Who are they anyway to endanger innocent populations for the sake of their interests and power? The keeping in state of almost instantaneous readiness of thousands of nuclear missiles on planet Earth is a pure scandal, a craziness, an insult to our planet and to human 'intelligence'.

\*

Everybody wants a better world. But who is ready to accept that to be human is more important than to be American, Russian, Arab, Jewish, Catholic, or Protestant, etc.? And yet, it will be a better world only when people will have accepted this much older, truer and permanent biological reality.

\*

Now that the world has a United Nations with rules of conflict resolution and agreements between nations, no war can anymore be justified and considered a 'just war'.

\*

One hears the most sophisticated, intelligent, endlessly complicated statements and theories trying to justify the arms race, but basically it is all fundamentally very wrong. It would be infinitely better for these fine minds to work on peaceful planetary management.

\*

I dream of a University in which each chair would bear the name of a famous peacemaker. It might become the case of the UN University for Peace in Costa Rica.

\*

The time must absolutely come when the world will spend on peace and worthy causes what it now spends on war, armaments and militaries.

\*

Outcries against injustices resemble pains in the human body: they point at a malfunctioning of the system.

\*

Peace is not only the absence of war, it is a human virtue and morality that can be radiated by all living humans. Peace as non-war is a pretty poor concept, only a first step in the right direction.

\*

The peace of the world is the sum-total of the peace of all people.

\*

An Indian chief said to me: "Humanity is one nation with many tribes." Indeed, we should call only humanity a nation, the human nation, and call all others tribes. The United Nations should be renamed either the United Nation or the United Tribes.

\*

I prefer an honest pure atheist to a religious bigot ready to go to war for his religion.

\*

What is more important, life or your nationality?  
If you take away my passport, I will still have my precious life.  
If you take away my life, you can throw my passport in the trashcan.  
Hence, my life is more important than my nationality.

\*

A hundred years ago, Madame de Stael wrote that three main reasons led men to war: the love for fatherland and liberty, the love of glory, and religious fanaticism. Today, the second reason has disappeared: no one can find glory anymore in war. Religious fanaticism has diminished, but not disappeared. Strongest today are still love for country and liberty. One could add two new causes: love for justice and ideological fanaticism, and on the horizon: wars for resources, for the environment.

\*

If anyone decided to create an institute for the comparative study of communism and capitalism, both would scream: "This is impossible. We hold the perfect truth. If everybody follows us, we will achieve peace and happiness on Earth." Of course. All the religions said that and then killed each other for centuries in the name of God and their total, infallible truth. At this period of human evolution, we must reject and outgrow such naiveté. The proper management or government of this Earth and of billions of people is infinitely more complex than the theorists of liberalism and socialism dreamt 100 years ago. They would be the first to scrap their theories if they returned to life.

\*

Thank God that we have socialism to remind us of the human dream of justice and that we have the free enterprise system to remind us of the human dream of liberty. Why can't they work together?

\*

A planet which spends 2,500 times more on armaments than on peace and the same total as it does on health and education, is not a well-run planet. Governments deserve an 'F', failure in planetary management. And nations happen to be strongest today at the time when they are most unnatural and least needed.

\*

Don't be black or white before being human.  
Don't be a Catholic or a Jew before being human.  
Don't be American or Russian before being human.  
Don't be European or Asian before being human.  
Don't be communist or capitalist before being human.  
For the first time in history, to be human must come first.  
Only thus can the people save this planet.

\*

Ours is not the age of reason. How could it be with its atomic bombs, its conflicts, its hatred, its poverty, its dying children, its hunger, its innumerable unneeded and unemployed, its

degradation of the Earth' nature and basic elements? It should rather be called the age of global mismanagement and disorder.

\*

I once asked a young man: "Are you a human being?" He answered: "Of course I am." "No, you are a national being, because if tomorrow you are ordered by your nation to kill another human being, you will do so. Hence you are first and foremost a national being and not a human being."

\*

"The first man who raised a fist was a man who ran out of ideas."

*H.G. Wells*

Ambassador Belaunde from Peru once said: "When there is a problem between two small nations, the problem disappears. When there is a problem between a big country and a small country, the little country disappears. When there is a problem between two big countries, the United Nations disappears."

\*

When the Bangla-Desh upheaval broke out, the Ambassador of Pakistan exclaimed in response to a speech by India: "What you call right to self-determination, we call treason." How many times do we see people called patriots by one side and traitors by the other! This can end only after humanity has organized itself into one family under one government, one world morality, and one world law and ethics. The world's 190 unnatural national tribes must be molded into one Earth community.

\*

This Earth belongs to no humans. We belong to her.

\*

Human government still remains at the surface of things. It has hardly any depth. If it had, there would be no wars, armaments and militaries on this planet.

\*

The world and humanity badly need a system of world law and justice. For example, it is nationally 'legal' for someone to join an army and to kill other human beings. But from humanity's point of view, such killing constitutes murder.

\*

This ancient text still applies to armed nations and to terrorism:

"When Alexander the Great asked a captured pirate what he meant by infesting the sea, the pirate boldly replied: 'I do my fighting on a tiny ship, and they call me a pirate; you do yours with a large fleet, and they call you a Commander.'"

\*

War, violence and terrorism will persist as long as people will tolerate them. The successful

peoples' movements of the 19<sup>th</sup> century to abolish slavery must be followed by peoples' movements  
to abolish war  
to abolish militarism and armaments  
to abolish violence  
to abolish terrorism.

\*

Each individual on Earth should interrupt his activities for a few minutes every day to think about peace. This alone could change the course of the world.

\*

What we are witnessing these days is the progressive elimination of war from the values of humanity. This will have momentous effects.

\*

The more interdependent the world becomes, the less there will be risk of war.

\*

Wherever there is love, there is peace.

*Burmese proverb often quoted by U Thant*

\*

Peace is not only outward but also inside us, in the innermost depth of our soul. Individual peace therefore is the product of individual spirituality, and world peace is the product of world spirituality.

\*

All humans can meet at the deeper levels of prayer and in the common experience of God. Hence, a common, global, world spirituality can save humanity from its quandaries.\*

\*

"The sword will always be conquered by the spirit."

*Napoleon*

\*

"I see no hope for permanent world peace. We have tried and failed miserably. Unless the world has a spiritual rebirth, civilization is doomed."

*Dag Hammarskjöld*

\*

So many unimportant things are being presented to us as important that we are finally completely taken away from the essence of life which is to be in communion with each other, with nature, with the heavens, with eternity and with God. Our divinity is being crushed by noise, untruths and abnormal ways of life. We must revolt and protect our cosmic nature and importance.

\*

\* This is why I wrote in 1982 the book *New Genesis, Shaping a Global Spirituality*, published also in French, German, Polish, Japanese and Italian. It led at long last to the creation in 2000 in San Francisco of the United Religions' Initiative an organization similar to the United Nations.

There will be no truth, justice, peace, and happiness on this planet as long as we do not

submit to the laws of God. The religions do not matter: they are only ways to the same fundamental truth and unity. We must again place this planet under the kind, protective, loving wing of God.

\*

The Romans said:

"Si vis pacem, para bellum"

"If you want peace, prepare war,"

The University for Peace says:

"Si vis pacem, para pacem."

"If you want peace, prepare peace."

The two main facets of our work are peace on Earth and with the Earth.

\*

To achieve total peace is not utopian. It is the absolute fundamental human priority. And it is so easy, if there is the will.

\*

Please do not forget it, the peace of the world is the sum-total of the peace of all its inhabitants. Peace is not out there. You are part of it. It starts with you, in yourself and in your home.

\*

Action is a movement which follows thought. Peace and violence originate therefore first in the mind. Hence it is in the mind of people that peace must be cultivated and violence eliminated.

As the Constitution of UNESCO states:

"Since war begins in the mind of man, it is in the mind that the defenses of peace must be built."

\*

If you have a problem, if you are at war with yourself, do not take it out on others. They may be at peace with you while you are all up in arms against them and yourself.

\*

What is my first and foremost recommendation for peace? That it be practiced and taught in each family where the leaders, educators and adults of tomorrow will all come from. Mothers, fathers, and grandparents are the first and foremost peace teachers on Earth.

Research has proved that most criminal leaders and warriors had awful families when they were young.

\*

Peace must start at conception: new members of a peaceful human family cannot be conceived in violence or under the influence of drugs and alcohol.

Peace education must start in the womb of the mother and in her surrounding. What the mother will dream for her child is likely to become reality.

\*

Grandparents and elderly people have also a great responsibility as peace educators. They know life and the benefits of a peaceful conduct of life. We should give them a peace teaching role. We should collect, study and publish prominently their views, experiences and philosophies of peace, right human relations and values.

\*

What is each of us doing for peace? Please ask yourself: What am I doing for peace? What have I done for peace of late and so far in my life?

\*

Peace is not only the absence of war: It is a human virtue, a progress to be achieved by all people and their governments.

\*

The first thing God is expecting from us on this planet is peace. Peacemakers perform the most advanced cosmic function. They are the most precious artisans of God's will.

This is why in all religions they are considered the highest, the most beloved, the saints, the immortals. "Blessed be the peacemakers..." You could be, you should be one of them.

If every person on Earth would take peace and non-violence as his or her priority, there would soon be peace on this beautiful planet.

\*

Love for peace should be strengthened by visions of peace, a science of peace, an art of peace, a strategy for peace, and actions for peace.

\*

Even if they are not used, armaments kill: they kill little children who could have been saved if resources spent on armaments had been available for their nourishment and care.

\*

War is a sin.

War is a crime

War is the highest degree of immorality and inhumanity

Outer space visitors would never understand that there can be wars on such a beautiful planet.

\*

We need world peace in order to concentrate on the happiness and fulfillment of all humans. Wars, armaments and conflicts make us lose much precious time and resources. They must be urgently eliminated from this planet and from the world budget.

\*

There are huge, endless libraries and museums on wars and military victories. There are practically none on peace. We must reverse the order, if peace is to be the principal state of the Earth.

\*

There are thousands of trained military strategists on this planet and no trained peace strategists. There are hundreds of military academies financed by nations and only a handful of privately sponsored peace academies. The UN University for Peace in demilitarized Costa Rica is the only one of its kind and probably the poorest university on Earth. Only 36 of 190 governments have ratified it. See list in Annex. We pray for peace and we pay for war.

\*

One says: "Your insult does not touch me". How right these words are! The body feels pain when it is hit or touched, because it offers a resistance. The mind can retract, offer no resistance and as a result will not be touched. This is an art of living and peace to be taught. It would render ineffective and suppress much mental, verbal and physical violence. Socrates was a great expert at it.

\*

We have at least come to the point when most people no longer want war. Conflict, violence and wars have become immoral, despicable and out of fashion. No glory derives from them anymore. But we have not yet reached the point when most people in the world would firmly, vocally want peace. There are very powerful people who do not want peace either, because it

would cause them prejudice. They might even provoke conflicts to prove that peace is against human nature. Many businesses, especially arms businesses, the military and fanatic ideologists are in this category.

\*

The more interdependent the world will become, the less there will be risk of war. International business, networks and associations can be vital contributors to peace.

\*

How can anyone not hate war?

Can there be anything more beautiful, more needed on the miraculous Earth than peace?

\*

I may not be able to change the world, but I can change myself. World peace starts with me.

\*

I want everyone to be  
a peacemaker and the  
only way that can happen  
is if I can be a peacemaker

- Katie  
Age 6

\*

Man can as well be an expert at making peace as at making war. This new, exciting stage of our evolution has begun. Education and science should be firmly behind it.

\*

You must first and foremost have a heart for peace. The mind alone is unable to bring peace to this planet. The mind produces excuses. The heart eliminates them.

\*

All my life I wanted to see a different world, a better world, a peaceful world. With one increasing purpose, I will pursue this objective until I die and even beyond it, God willing.

\*

I work for peace and happiness even during my sleep: a last reading or thought will give my night its work program.

I work for peace and happiness all my life long, from youth to old age.

I will work for peace and happiness even after my death through my writings and example. I will return as a spirit to Earth to pester the heads of states in their offices, families and sleep to make peace..

\*

Peace will henceforth increase unceasingly, inexorably on this planet, for it is a basic, new evolutionary requirement. The minds of most people of this planet are already tuned to it.

Militaries do not show themselves anymore in military parades as they did during my

youth. They should intelligently and actively prepare their disappearance or reconversion.

\*

What we are witnessing these days is the eradication of war and militarism from the values of humanity. This will have momentous, wonderful, beneficial effects for our future and the future of the Earth. The faster we do it the quicker the effects.

\*

"Politically and intellectually, nothing is more needed in the US administration than an office of peace education."

*Coleman McCarthy*  
*The Washington Post*

\*

You want to do something for peace? Here are a few simple things.

Display the UN flag

Celebrate International Day for Peace (Second Tuesday in September, Opening of the  
Celebrate United Nations Day (24 October) UN General Assembly)

Pray for the UN and for peace

Ask your government to ratify the UN University for Peace  
and contribute to it (see Annex)

Join or create a United Nations Association in your community

By supporting the UN, you will force your government to abide by the rules of the UN Charter. And if governments obey and fully implement the Charter, there will be peace on Earth.

\*

Peace is a lucid, conscious desire for conditions under which life can unfold to its fullness and cosmic evolutionary nature.

\*

Peacemakers must be rooted in God, if not, you will burn out too fast.

\*

If you want peace, you must first believe that peace is possible. A peacemaker is like a doctor who must believe that healing is possible.

\*

We must celebrate peacemakers, not military so-called 'heroes'. This is why the University for Peace has a program of celebrations honoring the great peacemakers and visionaries of this planet.

\*

Today peace is the result of a strenuous effort. With time it will become a natural state.

\*

Peace is basically a question of trust. If I trust my neighbor I will not pile up stones against him. There should be reciprocal trust agreements between nations with proper implementation dispositions.

\*

Do not repeat the slogan that there will never be peace on Earth. For if you do, you might contribute to making peace impossible. Believe and proclaim that peace is inevitable.

\*



To be a peacemaker ask every morning God: "What more can I do today for the peace and good of the world?"

\*

I work for peace so strenuously because it is the key issue, the priority of my time, on which everything else depends.

\*

We have many more possibilities for peace and construction than we have for war and destruction. It is up to each of us to take sides.

\*

The world needs a theology of peace, not of just war. There is no uglier and contradictory word than "just war". Do we speak of just or "loving killing"?

\*

"Let there be peace on Earth and let it begin with me." Pray it, sing it, think it, be it, live it, share it, work for it.

\*

Each individual on Earth should interrupt his activities at least for a few minutes every day to think about peace. This alone would change the course of the world. The UN should proclaim a world-wide daily meditation for peace.

\*

The people in the world who work for trade, travel and tourism should be inspired by these words of Conrad Hilton: "World peace through international trade and travel."

Display these words in your office and work place.

\*

The structures for world peace are already here. They need your support with your government.

\*

Do not condemn all tensions and seeds of conflicts. They may imply important human learning and growth, for we are still in our childhood's state of evolution.

\*

The quicker we all become co-workers in promoting world unity, the faster there will be peace on Earth.

\*

Have a heart at ease, devoid of any tensions and pressures. That is peace.

\*

Serenity and peace are a calm transparency of the universe.

\*

Peace and world cooperation are moving forward most powerfully and inexorably. The more people will work at it, the faster we will succeed.

\*

Why is Costa Rica the most peaceful and most prosperous country in Central America? Because it has abolished the army, demilitarized and disarmed itself more than thirty years ago by Constitution. Why do not many countries follow Costa Rica's example?

\*

A French peasant said to me:

"Mr. Muller, we were so poor and miserable during the war. And now after a few years of peace, we are so happy and well-off. Just look at our houses and fields, and you will see."

May soon the whole world say this. And it can be soon, if all governments decide it.

\*

I want to be buried in Costa Rica, one of the first demilitarized countries on Earth. Here I will be able to rest in peace.

\*

All military and police forces of this planet should be transformed into peace agents. They should build peace, prevent and heal violence, not make war or prepare for war. The United Nations should become the supreme Peace Agency on Earth. Each government should have a Department of Peace instead of War or Defense. In each state, province and municipality, peace should be made an executive function carried out by peace agents instead of police forces and military guards. Peace education should be obligatory in all schools of Earth and at all levels of government.\*

\*

All military academies of this planet should be replaced by peace academies.

\*

When the government of Costa Rica introduced in the General Assembly of the UN in 1979 its proposal to create a UN University for Peace, I wrote this peace education proposal which I handed to the Vice-President of Costa Rica:

15 November 1979

Dear Mr. Vice-President,

I would propose the following general approach for the University for Peace which would not constitute any duplication with anyone and which would provide a vast and useful framework within which curricula could be considered:

1. Peace in the various segments of our physical cosmos or habitat

- peace in outer space
- peace in the atmosphere
- peace in the biosphere
- peace on and in the oceans
- peace on the continents
- peace on international rivers
- peace in the realm of natural resources
- peace in the animal kingdom
- peace in the vegetal kingdom
- peace in microbiology
- peace in the atomic nuclear field.

\* See "Ministries of Peace" proposed by Generals for Peace in Vol. III, Annex to Part I, of the *5000 Ideas and Dreams for a Better World*. In 2001 Congressman Kucinich of Ohio has introduced in the US Congress a draft legislation to create a US Department of Peace.

2. Peace in the human family and among its various groups

- peace of the entire human family
- peace between nations
- peace between races
- peace between religions

- peace between cultures
- peace between ideologies
- peace between private companies
- peace in local communities
- peace of the family
- peace of the individual

### 3. Peace in time

#### The past

- a. The concept of peace in religions
- b. The concept of peace in philosophies
- c. The concept of peace in political doctrines
- d. History of peace.

#### The future

- a. Futurology of peace
- b. Visions of peace
- c. Proposals for peace
- d. Creation of a climate and wisdom of peace.

For each of the subjects under 1. and 2. one can envisage a time dimension, for example, peace in the atmosphere, past, present and future, peace in and on the oceans, past, present and future, peace of the individual, from childhood to adolescence, maturity and old age.

What is really needed is a correct cosmology for our time, a science and theory of harmonies with our planet, between ourselves, with the heavens and within time.

As your collaborators know, I am an ardent defensor of the historic proposal of Costa Rica for the creation of a University for Peace and I will always be ready to help you in any way I can.

Please receive, dear Mr. Vice-President, the assurance of my highest respect.

His Excellency  
Mr. Jose Miguel Alfaro Rodriguez  
Vice-President of the  
Republic of Costa Rica

Robert Muller  
Secretary of the UN  
Economic and Social Council

God wanted it that I should be put in charge of the creation of the University by the United Nations and later appointed one-dollar-a-year Chancellor of that blessed UN University for Peace!

\*

"It is not good enough to talk about peace. One must believe in it. And it is not good enough to believe in it. One must work at it."

*Eleanor Roosevelt*

\*

Perhaps no one on Earth has presented as many peace-proposals as I have during my 53 years of United Nations service. My books are replete with them.\*

\*

I will shout to the stars and the world until my last breath: Let us nail down peace once and forever on this beautiful planet.

\*

When it comes to peace, justice, love, honesty and all that is good for the human race on this

God-given planet, never give up, never give up, never give up, please.  
\*

As a child I dreamt of peace and the abolition of borders. Emerging safe from World War II, I declared to my father: I will work all my life for peace. He told me that no such thing existed. God heard me and I won an essay which opened to me the doors of the United Nations. Thirty-eight years later, three days before I retired from the UN, I was appointed Chancellor of the first University for Peace in the world in demilitarized Costa Rica. Fifteen years later I am still there working, teaching and writing these lines. I can hardly believe in my extraordinary life odyssey, in the magic of my life, dreams and achievements.

\* See for example my Peace Plan 1992-2010 in *First Lady of the World*, my *Testament to the UN* and *The Birth of a Global Civilization*. My eleven volumes of *5000 Ideas and Dreams for a Better World* are replete with ways, actions, methods and plans to achieve peace in the world. The extract of my 679 ideas on peace (213 pages) can be ordered from my co-worker Ms. Carolyn Hawkins, 255-A Elise Place, Santa Barbara, CA 93109, Tel: (805) 568-0909 or from my wife Barbara Gaughen Muller at (805) 968-8567 or email: barbara@rain.org.

## **Decide to be Peaceful...**

Render others peaceful  
Be a model of peace  
Irradiate your peace  
Love passionately the peace  
of our beautiful planet  
Do not listen to the warmongers,  
hateseeders and powerseekers  
Dream always of a peaceful world  
Work always for a peaceful world  
Switch on and keep on, in yourself  
the positive buttons,  
those marked love,  
serenity, happiness, truth  
kindness, friendliness,  
understanding and tolerance  
Pray and thank God every day for peace  
Pray for the United Nations  
and all peacemakers  
Pray for the leaders of nations  
who hold the peace of the world  
in their hands  
Pray God to let our planet at long last  
become the Planet of Peace  
And sing in unison with all humanity:  
"Let there be peace on Earth  
And let it begin with me."

*Robert A. Bell*

## ANNEX

### List of countries which by 2002 have ratified the UN Treaty creating the University for Peace:

Argentina	Mexico
Bangladesh	Nicaragua
Bosnia-Herzegovina	Pakistan
Cambodia	Panama
Cameroon	Peru
Chile	Philippines
Colombia	Saint Lucia
Costa Rica	Senegal
Cuba	Slovenia
Cyprus	Spain
Dominican Republic	Sri Lanka
Ecuador	Suriname
El Salvador	Togo
Guatemala	Turkey
Guyana	Russia
Honduras	Uruguay
India	Venezuela
Italy	Yugoslavia

Of the 190 member countries of the UN 154 governments after 21 years have not yet ratified it. Of the five big veto powers — China, France, the United Kingdom, the USA and Russia — only Russia has ratified it. That says a lot. They have no excuse: under the Treaty no government is obliged to contribute resources to it. The 154 governments concerned should be ashamed. Their people should protest.

## Volume II Chapter 18 Of Education

The ultimate objectives of education should be human fulfillment, happiness, gratitude for the miracle of life and respect and love for our Mother Earth and Father God.

\*

What a world! We are in dire need of minds and hearts wide enough to encompass the entire planet, to preserve it, to manage it well, to love it dearly. That is the great challenge to modern, global education.

\*

"Schools and schooling are increasingly irrelevant to the great enterprise of the planet."

*John Gatto,  
New York City Teacher of the Year, 1990*

\*

If all human brothers and sisters were educated rightly into the world, into the human family, into the universe and our global journey on this planet, then innumerable problems would be resolved, for most of them are human-made and due to wrong education. True modern education must be concerned with the ultimate harmony between the human species and this planet.

\*

To be a human means first and foremost to be a member of the human family. Instead of that, national education makes us narrow, national, planetarily irrelevant, often hostile and aggressive national beings.

\*

Being a microcosm of the universe, of eternity, of our globe and of humanity, each individual has the capacity to encompass the universe, eternity, our globe and humanity. Those who know this simple law are called saints or geniuses. But in reality they are simply what every human is and should be educated to be.

\*

We do not see the world as it is. We see it as we are taught to see it. The same is true of our view of humanity, of the universe, of history and of ourselves. But in reality we are the world, we are humanity, we are the universe, we are the past, the present and the future.

\*

We are all fellow-students of the mystery of life. We never cease to be students of life.

\*

I would like to see these two sentences displayed in all schools on Earth:

"We die on the day our lives cease to be illuminated by a wonder beyond all reason."

*Dag Hammarskjöld*

"The tragedy of life is not death, but what we let die inside of us while we live."

*Norman Cousins*

\*



A Copernican revolution is needed on this planet against national education and programming. As God's beings we must be educated about the heavens, the Earth and humanity. The Earth and life do not revolve around nations. Nations are only parts, instruments, contributors, not the objectives of life and of the Earth.

\*

A school without God or spirituality? What a poor carcass that is!

\*

Since governments do not give us the right world education, it is our individual right and responsibility to denationalize ourselves and to learn objectively about the human family and our planetary home. To turn to the United Nations is the first practical step.

\*

One of the most fundamental human rights we should claim is the right to a proper, global, planetary and universe education.

\*

If I visualize myself as a little erect being on the surface of this whirling planet, among 6.1 billion other humans, I am no more than a tiny speck. And yet, that speck can embrace the entire heavens, the Earth, humanity, the past and the future. I can be and am an active actor and receiving sensor of the universe. To be this "fullest being" is our divine, cosmic vocation, our sacred, spiritual duty. To teach all humans the art of such optimal living is the task of a new universal education.

\*

Humans are not a problem. They are born and created in the image of God. Wrongly educated humans are the problem. Rightly educated humans will be co-creators with God, with the Earth and with the cosmos of the most peaceful, beautiful, happy planet in the universe.

\*

The "secret" of all kabalas, esoteric societies, great prophets, saints and philosophers is very simple: consider yourself as part of the total universe, of the total stream of time, of the total planet and of the total human race, and you will feel as great as these entities. Everything will fall into place. You will have discovered the simple, ultimate truth. You will look like a genius to others. But in reality every child and human being on this planet can be taught that truth. This must be the objective of a new global education which will then produce the right leaders, media and workers needed for a well-preserved, further evolving, heavenly planet.

\*

Someone said: "We educate children from the neck up." How right that is! The heart is seldom included.

\*

For what understanding, for what kind of world, for what personal fulfillment are schools preparing children? That is a question every educator should ask.

\*

We are the Planet of constant new learning. We cannot afford to cease being it.

\*

Education requires first and foremost the right, vastest possible framework, the framework of our life in the universe, on our planet, as members of the human family and in time. Then come the skills and the institutions pursuing our evolution within that framework.

\*

Learn with all your mind, heart and soul from the treasures of your own experiences, collect

them faithfully in a Journal. There is no greater master than your own life.

\*

We exercise our minds all the time, because we are taught to do so. What a world it would be if we exercised as well our hearts and souls, if we were taught to love as we are taught to think! This is a major challenge to education.

\*

Exercise your body, your mind, your heart and your soul. That is total education. We have a vast literature on body exercises, mental exercises and spiritual exercises, but very little on heart exercises. Here is a vast unexplored, unexploited field open to educators. We badly need a science and education of love.

\*

I dream to write someday a Breviary of the Art of Living - It would consist of  
A Breviary for the Body  
A Breviary for the Heart  
A Breviary for the Mind  
A Breviary for the Soul.

\*

The more I live, the more I am tempted to cease using the word "education" (ex ducare: to lead out of) and call it "inducation" (in ducare: to lead into). Well, I will do it from now on.

\*

We must teach love as vigorously and scientifically as we teach knowledge and intelligence. Then we will become a better world.

\*

Every human being is a genius in a way and a miracle throughout.

\*

This impromptu cri-du-coeur of Pablo Casals\* has always struck me as the key to a right induction of the children of this world:

"...The child must know that he is a miracle, a miracle, that since the beginning of the world there hasn't been and until the end of the world there will not be another child like him. He is a unique thing from the beginning until the end of the world. Now, that child acquires a responsibility: "Yes, it is true, I am a miracle. I am a miracle like a tree is a miracle, like a flower is a miracle. Now, if I am a miracle, can I do a bad thing? I can't, because I am a miracle, I am a miracle.

God, Nature. I call God, Nature, or Nature, God. And then comes the other thought: "I am a miracle that God or Nature has done. Could I kill? Could I kill someone? No, I can't. Or another human being who is a child like me, can he kill me?" I think that this theory can help to bring forth another way of thinking in the world. The world of today is bad; it is a bad world. And it is because they don't talk to the children in the way that the children need."

Today he would add: and we should not kill Nature, the Earth.

\*

\* See *Most of All, They Taught Me Happiness*, chapter on Casals.

Nowadays human nature is starved for nourishment of the very essence of its extraordinary capacity to learn, to think, to imagine, to love, to dream, to grow in consciousness and fulfillment

in the universe. Global induction can provide this nourishment. We must enlist youth in novel great enterprises of a global nature: a World Environmental Service, a World Peace Service, service to the poor, service with the United Nations and its world agencies. Governments should be ashamed of this statistic:

there are 556 soldiers per 100,00 people on this planet;  
there are 85 doctors per 100,000 people  
there is 1 world servant per 100,000 people.

\*

There are not many schools on Earth which teach the children and youth their right place in the universe, in time, on our planet and in the human family. The entire humanity must be reprogrammed through a right global induction.

\*

For years I was inducted to the beauty, glory and greatness of France. Then the Germans came, told me that these were all lies, and they inducted me to the beauty, glory and greatness of Germany. But no one, until I arrived at the United Nations, ever inducted me to the beauty, glory and greatness of the whole Earth and humanity.

\*

If your child were taught that Westchester county or New York State is the most important place on Earth, greater than the rest of the world and that he should be ready to kill and to die for it, you would protest with anger. And yet this is how your child is being inducted to his country.

\*

There are so many ways of learning: seeing, thinking, reading, doing, touching, listening, praying, associating with human brothers and sisters. We must use all these God-given means.

\*

Do you eat decayed food? No. Well, don't feed your mind with decayed books either. Be as careful with the nutrition of your mind as you are with the nutrition of your body.

\*

Isn't the basic purpose of life and induction to teach you to learn, to know, to love and to cooperate?

The Directors of the Robert Muller schools point out that this is what they teach. They prophesize that some day there will be thousands of such schools around the world. Then there will be no more hating, dividing, and wars.

\*

It was pointed out to me that students who have finished their studies in a Robert Muller school become advisers of other students and young people. I am not surprised: they have the right total framework of knowledge within which they can advise other humans reach fulfillment.

\*

I learned with surprise that indigenous people come to the Robert Muller school in Arlington to learn how to establish such schools. After a moment of reflection I got the answer: with such an education they can jump straight into a modern cosmology, identical to their own, but filled and supported by science, and would not lose theirs as they do when adopting limited national educations.

\*

There is nothing more beautiful, more heart-warming, more rewarding than to constantly learn more about the miracle of human life and the miracles of our Earth.

\*

There are hundreds of military academies in this world while there is only one United Nations Peace University, ratified by only 36 nations out of 190 and supported financially by only a few of them. On what kind of a planet do we live? Do nations want peace or not?

\*

UNESCO reports that Universities around the world spend more on teaching international relations than the total expenses of the UN and the agencies being studied! There is something basically wrong with that.

\*

When I came to the University for Peace after 38 years of service with the United Nations, I expected academia to have done its work, to have developed a science of peace, a strategy of peace and an art or methodology of peace. It was not the case. They had done it only very partially, while the military, since Napoleon and Clausewitz, have done it to perfection for war in military academics.

\*

I have come to the conclusion that we need a whole series of new, global, world universities dealing with those great concepts which have since times immemorial helped humanity to survive and to find its way on our mysterious journey in the universe: Universities of hope, of faith, of love, of optimism, of the art of living, of gratitude, of forgiveness, of spirituality, of kindness, of happiness, etc. All such universities should develop and teach a science, a strategy, an art and methodology in their field. What a different world we would see!

\*

Looking closely at it, one would find an incredible degree of duplication and waste of efforts in the national, expensive educational systems of the rich countries. We must devise a world-wide efficient, universal, rational, life-enhancing inductational system, beneficial to all humanity and to the planet.

\*

I find it strange that during all the years of induction of our four children my wife and I were never invited once to attend one of their classes. Why is induction of our blood and flesh monopolized within the four walls of schools? Who do they think they are?

\*

A teacher asked me: "What would you recommend to me as an immediate practical action for global education?"

I answered: "Celebrate with the children one of the international days proclaimed by the UN. For example, on World Food Day ask them to fast for one day, so that they can feel what hunger means. They can even collect the food saved and give it to the poor. On Human Rights Day, ask the children what they think of human rights. On World Environment Day, ask them to clean a road or to plant a tree. On International Day of Peace they should not fight. They will thus participate in the making of a better world. They will enjoy it and will feel more responsible for the fate of their planet and human family.

\*

A teacher commented to me after a speech:

"I wish I had your enthusiasm to convey to the children the beauty of the world and the greatness of life!"

I answered: "But aren't you doing that? Isn't teaching the passionate communication of knowledge, skills and the art of living, of the miracle each child is?"

\*

A sage, a teacher, a guru, a master, a wise person is one who provokes a magical enlightenment in others, sometimes entire transformations or changes in the direction and fulfillment of their lives.

\*

No University on Earth gives a master's degree or doctorate in the art of living. How strange! We seem to be missing the essential, the all-encompassing training for which universities were originally created: life, universal knowledge to fulfill one's life..

\*

We learn well what we love.  
Love and enthusiasm are the best ways of learning.

\*

The greatest people in human history were all universal beings. Their names were then monopolized by nations, religions, schools and cultures in attempts to lift themselves to universal greatness! There is only one way to end this game: to make all people universal beings. That is the role of inducators. They hold the future of the world in their hands.

\*

To obtain a peaceful, happy and harmonious world, all schools on Earth must teach humans their greatness and right relationships with the planet, with the human family, with the universe and with eternity.

\*

Each human being can contribute his skills and art of living to the capital of human progress. And if he cannot, if he is handicapped we must help him to live to the best of his capacities.

\*

Academic excellence? Yes. But what about moral, spiritual, world and cosmic excellence?

\*

The purpose of induction? To teach the art of living, to be an instrument of God and of the Earth, and be recompensed with untold happiness.

\*

It is essential for children to learn well about the wonders of this Earth and to become the first generation of trustees, caretakers and custodians of our beautiful, life endowed celestial body in the universe.

\*

Humans are so programmed by national education that almost all of them die without having realized that they lived on a miraculous planet as members of the most evolved species on it, humanity.

\*

The whole Earth must be our induction.  
The whole human family must be our induction  
The whole universe must be our induction.

\*

Secretary General U Thant, a former teacher, often commented to me: "Robert, the present generation will not be able to make peace. Only a new generation, differently educated, will do it." I listened to him, designed a world core curriculum and helped create a United Nations University and a UN University for Peace..

\*

"History is a race between education and catastrophe."  
*H.G. Wells.*

\*

Life is a constant expansion of awareness through learning, experience, trials and errors. Always ask yourself: what have I learned today? In that enlargement, include God, the universe and eternity. Then you will become a perfect, well-inducted cosmic being. Global induction is not enough: only cosmic induction will lead us to peace and fulfillment on this planet in the universe.

\*

There are not one but many categories of illiterates: there are national literates who are global illiterates; there are scientific literates who are spiritual illiterates; there are mental literates who are heart illiterates, there are global literates who are spiritual illiterates; there are spiritual literates who are global illiterates, etc. The formation of all-rounded, well-informed, whole human beings and leaders must become the primary role of modern induction. My World Core Curriculum derived from my experience in the United Nations should be considered for it.

\*

If someone telephoned each head of state and asked this simple question: What will be the world population in the year 2050? I am sure not a single one would know the answer widely publicized by the United Nations. Why? Because they were wrongly, insufficiently inducted. The fate of the world is in the hands of global illiterates. The University for Peace, a school of future heads of states, attempts to correct this situation.

\*

There is no greater learning process than to teach. We must all be wonder teachers and world teachers.

To teach is one of the most crucial, beautiful, responsible professions on Earth.

\*

Democracy stands and falls on proper induction. Since democracy impacts today on the fate of the entire Earth and humanity, it requires a first-class global induction and proper world information. This has become one of the world's top priorities.

\*

We are educated to be members of a nation and participants in an economy, but not inducted into life, the Earth, humanity, God and the universe.

\*

Village, city, state, region and the world are neglected orphans in education. National education is the all-devouring center. As if God on the eighth day had created nations!

\*

Have you ever had one class in local history?  
Have you ever had one class on the United Nations?

\*

Wrong education is one the main causes of the political chaos on this planet. The UN must absolutely convene a world conference on proper induction and information.

\*

In the Robert Muller schools the children are told on the first day that they are a miracle and that they are lucky to be alive today when they will receive an induction and information which no Emperor, King or ruler has ever received in the entire human history. They are then given the general framework of that information in the World Core Curriculum.

A child who came home from the school said to his mother: "Mammy, did you know that we are living in heaven?"

\*

I have received many satisfactions when visiting Robert Muller schools. In Panajachel, Guatemala I was told by the Superintendent of schools of the province that the curriculum was almost a perfect reflection of the ancient Maya cosmology. But the one I liked most is this remark of the courtyard attendant of the school in Arlington, Texas who said to me: "Mr. Muller, I do not know what they do to the kids in this school, but during all the time I have been working here, I have never seen two children fight. What do they do to them?"

I answered: "It is very simple. They tell the children from the first day that each of them is a miracle. And a miracle does not hurt another miracle."

\*

**INSERT: A WORLD CORE CURRICULUM FOR A GLOBAL EDUCATION**





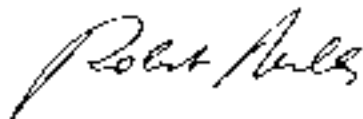
## Decide to Inducate...

Your miraculous self with all the incredible  
knowledge of humanity  
from the infinitesimal small  
to the entire, beautiful Earth  
and infinite heavens

from your individuality to all humanity  
from your miraculous body  
to your stupendous brain  
to your miraculous heart  
to your heavenly soul

from the infinite past to the infinite future  
inducate yourself and learn  
from all people you meet  
inducate your children and learn from them  
inducate your family and learn  
from her members  
inducate from all events of your life  
Throughout your earthly life be an impassioned  
student and  
a loving, enthusiastic inducator  
into God's vast, miraculous Creation

Make your induction a major factor  
of world peace and happiness.





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**The Miracle, Joy and Art of Living**

by DR. ROBERT MULLER

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