

**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 III**



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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 III**

**THE SEASONS OF LIFE**



# Volume III

## Chapter I

### The Span of Life

Life is a circle. We are born, we grow, we rise, we descend, we return to Earth — the Mother of us all, Mater Omnium as the Romans said —, and we will be born again. Like the stars in heaven, like the vast universe, like an atom, we are all circles. There is no beginning and no end. There is no spontaneous generation from the void. There is no death and emptiness. We all come from somewhere and are going somewhere. All reality, all life are endless, temporary manifestations of a universal, mysterious, still unexplained cosmic energy or force, divinity or creative Godhead.

\*

We are unique and fundamentally the same from birth to death. And yet every person we meet changes us a little, as one atomic particle changes another on its path.

\*

At any time of our life we must be always ready to fulfill our inborn greatness, dreams or vocation. We must never cease to do that.

\*

The sand of my life is running out. I must make sure that it is beautiful, shining and clean.

\*

I am happy for my past, my present and my future. I am happy with myself, with the Earth and with the universe.

\*

Life must be planned as a harmonious whole. Advanced age must be visualized and built as the completed temple.

\*

Every day is a new day. But in reality there is no end to a day: the sun slowly and unceasingly wakes us up and shines on us as the Earth revolves around herself. So it is with life: we are born from the Earth and will return to the Earth in an incredible, unceasing, cosmic journey. I sometimes cannot even conceive death. Whoever invented, coined that word, that concept of a total destruction and end?

\*

At every stage of your life  
know well the miracle, perfect functioning and reason of your body  
" " " " of your mind  
" " " " of your heart  
" " " " of your soul

\*

Our lives resemble those of trees: heavy winds and tempests can make us stronger and dig our roots deeper. We must gain strength from every gust of adversity.

\*

My evening prayer:

Thank You, O God, for having let me live another day, for having let me see so many things, thought so many thoughts, felt so many feelings. Each day is one of Your incredible, precious gifts. Thank You, O God. I love you immensely for the miracle of my life.

\*

Each day of our life is precious and unique: let us therefore write down our story, keep a journal, preserve life. Journal keeping should be taught in all schools of Earth. I hope that someday when an inspection team from outer space visits our planet, they will exclaim with joy: "How wonderful, this is a planet where every human keeps a journal of his precious life."

\*

A journal allows us to live our life time and again. There is no greater life-conserver, life enhancer, life-expander and life-long teacher than a journal.

\*

When I am sad or unhappy all I have to do is seize one of my old journals and read it, and I become again forthwith one of the happiest persons on Earth.

\*

Never cease to learn life from yourself and from others. Write it all down to perfect yourself and to impart your wisdom to those around you and to those who will follow.

\*

A human being, like the world and any group or nation, has a history and a future. Be your own historian and futurologist.

\*

I have been unbelievably happy in my life. But it did not come all by itself. I had to work and look out constantly for it. I had to make it my ideal and highest purpose, during my entire life and beyond.

\*

Try to live with light, love, goodness and beauty in your heart, every hour, every day, every week, every month, every year, all your life. I was almost tempted to add: every life!

\*

In the end, there will be only one question: was my life worthwhile, was it a happy life? And since my life is made of many days, I must answer that question every day: was it a happy day?

\*

Every moment of life is precious, divine and good. Do not waste any of it. Be greedy for life.

\*

Every human being carries along with him a world of his own, made of all that has been, all he has seen, loved and experienced.

\*

My life is a constant dialogue with God, with Mother Earth, with my human brethren and sisters and with myself. And most of these dialogues I write down.

\*

What should be our greatest personal priorities? To stay alive as long as possible and to be as happy as possible. All the rest is secondary.

\*

Every day is a resurrection  
Every day is a revelation  
Every day is a salvation  
Every day is an astonishing miracle

\*

Each person's life should be an immense journey of love.

\*

Oh! If we could only teach all children in all schools of the world one lesson: that life is the most precious gift of all, that to live a happy, long, marvelous, exciting life should be their primary aim. It is done in the Robert Muller schools.

\*

Each age has its forms of happiness. Do not regret bygone forms. Enjoy the present ones. Children love their toys, adults love their children, the aged love their grandchildren and memories. Books should be written on the main forms of happiness at every age.

\*

Remember with joy your past, derive full happiness from the present and look forward to the coming bliss.

\*

Know the most fascinating subject on Earth: yourself, for you are a miraculous earthen, cosmic unit of perception of all that is fascinating on Earth and in the universe.

\*

Know yourself  
Feel yourself  
Respect yourself  
Love yourself  
Aggrandize yourself  
Take good care of yourself

For you are your most precious possession. Economists would say capital. Yes, why not consider human life as the most valuable capital on Earth and measure its value as we have done recently for the Earth.

\*

As you go to sleep or take a siesta, remember that you have decided to live long and visualize all the years your body, organs, heart and senses will still have to work and serve you well. Result: a deeper rest and relaxation and the wise decision not to overtax your body.

\*

I have on my desk a slip of paper with two numbers: 100 and 22. 100 is the age I want to attain. 22 is the number of years my organs will still have to function and serve me well to reach that age. On especially good days it means 122, the world record of longevity I want to beat!

\*

A survey of all the people over 100 years old in the United States (75,000 of them) revealed that they attributed their longevity to three virtues:

- optimism
- devotion to a cause
- acceptance of losses.

I possess all three. They have carried me successfully through war and peace to the age of 78.

\*

Every year, on the first of January, I calculate how many days I have lived in my life, and how many days I wish still to live in order to achieve the age of 100: On 1 January 2001, the figures were as follows:

days already lived: 27,990

days to reach 100: 8,505

past heart beats: 3,061,800,000 (at 75 beats per minute, 4,500 an hour, 108,000 a day)

heart beats to go: 879,660,000

A reduction of heart beats by 5 a minute, due to calm and relaxation, represents 7,200 less beats a day.

\*

I often close my eyes and say to myself: "I will live very long and will live even longer through my good actions, speeches and writings." It might not be true, but it elevates me, makes me feel good and fills me with the will to achieve this purpose.

\*

At least believe and hope that you will live long, for fate can only grant you what you desire.

\*

Try to be as long and intensively as possible an instrument of God and of the Earth.

\*

Try to live in heaven while you live on Earth. For this Earth is in heaven, is part of heaven.

\*

A nice comment I often receive: may you live long and take good care of yourself in order to do more good for the world and humanity. Also this one: you do not have the right to die, you must continue to work for us.

\*

Beautify and sanctify every place of Earth where you live, your home, your office, your garden, your village, your city. It will bring you much happiness.

\*

My family was bitterly poor when I was a child. And yet I considered that life was beautiful and divine. My subsequent life did not diminish my belief. It increased it substantially.

\*

Do not complain of accidents. According to the law of great numbers, the longer you live, the more accidents are bound to happen. A little accident might protect you from much bigger ones.

\*

In every mishap, try to see a lesson, a benefit, a good side. Many popular proverbs in the world recommend it.

\*

Socrates said: "Know thyself." Jesus said: "Change thyself." We should do assiduously both.

\*

The more I live, the greater becomes the part of the spirit and the lesser the part of the body and of the intellect. I am learning to become a cosmic unit, part of the cosmic flows.

\*

It is so easy to forget what is really important in life. Train yourself to always remember the miracle of life. It is a very rewarding art.

\*

During all my life I tried to be a reflection of my essential purpose of life, the reason I was born for, namely to be a passionate lover and advocate of life.

\*

If you remember your right place in the universe and in time your judgments will always be just.

\*

Nothing is more important than life itself. From birth to death we know, we feel the centrality of our life. But so many people, values and things want to replace our centrality by theirs. The art of living is to protect and develop our own vital, central importance.

\*

No person is ever fully realized. We learn and enrich ourselves until we die. We gain new capacities and lose old ones. The art of living has no end. It is too rich to be exhausted in a single life time. Perhaps in our next resurrection we will do better.

\*

Genius can flower in a young person or in an old one. It can be a precocious inborn capacity or the result of long life experience.

\*

You never know where enlightenment may come from. Be always open, on the look-out and ready for it. Usually it is a magical moment, a click, something which falls into place after a long time of gestation. The most unexpected event or person can trigger it off. But we must be permanently on the look-out. And keep a record of your enlightenments.

\*

Life is a journey so rich, so beautiful: it can be a journey into ourself, into others, into the entire world and universe, into the past, present and future. It can be a constant journey holding hands with God on this splendid planet in the star-filled heavens.

\*

Ask yourself the question: "If I were allowed to return to Earth and to live again what would I do?" The answer will throw important light on your present life. Remember what Leonardo da Vinci said on his death-bed: "If I could live again, I would only paint."

\*

We must see our destination and always remember our origin, because we are part of evolution, evolving beings.

\*

The Lord has given me the miracle of life.  
The Lord will take away the miracle of life,  
Blessed be the Lord.  
I hope He will have other miracles in store for me.

\*

The days are not long enough, my life is not long enough to do all the good I want to do for this beautiful planet and for humanity.

\*

O God, grant me a long life, not for me, but for the work I still have to do for You.

\*

We are all children walking on an extraordinary, earthly, heavenly life path filled with sunshine and beauty.

\*

Be in passion with your life. It is the only one you have got.

\*

O God, I will chant endlessly the glory of life and of Your Creation. I want my life to be a shining example of it.

\*

I would like to become a legend of the UN, not for my vainglory, but for the glory of world service and as an inspiration to others, especially youth.

\*

My fascination with life has no end. It is such a miracle, such an incredible privilege that I ask myself: how is it possible that I am alive? What is the miracle behind it? For what mysterious purpose was I born? And God always answers me: to be happy, to be fulfilled, to render service to others and to live again.

\*

To whomever approaches you, be an inspirer, an awakener, a giver and enhancer of life and happiness.

\*

Each life must be a contribution to better lives of the next and future generations.

\*

Put your smile into another person's life.

\*

Be a blessing to anyone you meet.  
Be a joy of life always.

\*

Morning prayer:

O God, allow me to put all my heart, all my mind, all my soul and all my strength in the service of others, in my thoughts, in my prayers, in my conversations, in my writings and works. Your servant is a two-way flow: I open myself to receive; I open myself to give.

\*

What greater life can there be on Earth than to do good and give happiness?

\*

I am so grateful to humanity for having given me the most fascinating job on Earth. Hence my duty to repay humanity with all I have learned and all my love.

\*

We must be worthy of the incredible chance to be alive and to do good.

\*

The duty of rich people and nations is not to get richer but to use their blessings to bring help, service and happiness to others.

\*

What an incredible conjunction of circumstances it took to store in me the necessary world knowledge and to arouse in me the ideas, proposals, ideals and inspiration to share with my

human brothers and sisters!

\*

God gave me the task to fight for underdogs. The two most mistreated underdogs I could find were planet Earth and the poor in the world.

\*

My life makes only sense indissolubly enfleshed in service to humanity and to the Earth.

\*

My body will dissolve into the Earth and only my work will remain. My work is therefore more important than I.

\*

St. Augustine devoted his whole life to Christianity as the rising sun of a new civilization shining over the rubble of Roman decadence and barbarian violence. I gave my whole life to the United Nations as the rising sun of a new civilization shining above the troubles of nation-states, excessive power and modern cataclysmic warfare and militarism.

\*

Say these magic words to others as often as you can:

you are beautiful  
you are intelligent  
you are kind  
you are unique  
you are wonderful

This is how beauty, intelligence, kindness, uniqueness and wonder will grow and spread around you, from you into the world.

\*

To seek credit for your good works is to make the beneficiaries lose face.

\*

Good offices must be quiet to be good.

\*

Each human being can be proud, because each in his own way and in billions of ways, can contribute to a better world and happiness. This is what binds us together in one great human family.

\*

In whatever walk of life you are, try to work for the good of Mother Earth and humanity. There is always a way.

\*

To validate others is the greatest service we can render. And it costs nothing! Just a few good words or a smile.

\*

If Jesus came back, He would probably say to us: "Validate others. Give faith to each other in the greatness of life and in your capacity to build the Planet of God."

\*

All experience destines us to contribute to the good and further ascent of the human family.

\*

One is great only through the causes one serves. And in our time the greatest causes are the peace and happiness of all humanity and the preservation of our Mother Earth.

\*

Service is a product of soul unfoldment. It is a contribution to the universal which can be understood only through the soul.

\*

When I was young the main concern in the world was humanity. Then in the middle of my life, the main concern became humanity and the Earth. And now it is the Earth first and humanity second. What will it be tomorrow? The whole fate and evolution of planet Earth and of life on it?

\*

Philanthropy (love for humans) must be accompanied by gaiaphily (love for Gaia, our Mother Earth). Local and national philanthropy must vastly extend into world philanthropy and gaiaphily.

\*

I hope that some day somewhere on this planet there will be founded a University of Altruism, Philanthropy and Gaiaphily.

\*

"The greatest power of a human is to be of service."

*Socrates*

I would add:

"And your recompense will be happiness."

\*

I wish someone would write a manual on how to become an effective gooddoer, people's and Earth's lover and servant.

\*

I repeat these words by Goethe which so well apply when you have decided to be a good-doer on Earth. They applied fully to my life. I could give innumerable examples of them, write a whole book on them.

Until one is committed, there is hesitancy, 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.

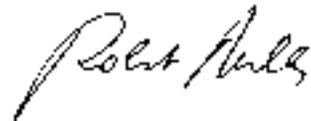
*Goethe*

\*

Start every day with these words: I will be today the happiest person on Earth.

## **Decide to Live.....**

the longest, fullest, happiest life  
To enjoy to the maximum  
God's miraculous gift to you  
to see more  
to learn more  
to think more  
to love more  
to do more good all around you  
to transmit your wisdom and experience  
to the chain of life  
Never loose sight  
of the target: the longest, fullest, happiest life  
avoid all risks  
spare your precious body and gifts  
love them, care for them  
encourage them, talk to them  
always cherish your life and miraculous being  
as your most precious possession and gift,  
as the finest expected contribution you can  
make  
to humanity, to our beautiful Earth and to  
God.



## Volume III Chapter 2 The Miracle of Life Giving

Falling in love is one of the most awesome, miraculous events in a human life: mysterious forces of nature, of the universe, insufficiently studied, arouse incredible feelings of desire, attraction and happiness between man and woman to continue the evolution of humanity through life giving.

Falling in love must be valued and cherished as one of the high-points and most sacred events in our life.

\*

The act of love! A divine, ecstatic, heavenly, paradisiac moment releases a cosmic fluid towards a receiving egg which begins to absorb matter and energy to become a new unique human being! What an incredible moment! What respect and wonder we must have for it!

\*

To give life is the most sacred, divine act conceivable: it is to give birth to an embodiment, an incarnation of incredible cosmic forces, a true act of Creation. Each father and mother is a Co-Creator, a God and a Goddess.

\*

Love is the highest, most intensive consciousness by humans of the cosmic forces of the universe. This is why in all religions, marriage is a sacrament, a divine, sacred act. In the Mayan cosmology, husband and wife become a cosmic unit creating new lives, more evolved lives from the joining of the lives of all their antecedents.

\*

The objective of the act of love is not to give pleasure but to create a new human being. Pleasure is the incentive, urge, stimulation used by the cosmos to make us give life. The act of love must therefore be performed in full consciousness, with divine respect and religious dignity. Its climax is heavenly, because it is indeed a moment of heavenly creation. At that moment we are closest to being a god and a goddess creators.

\*

The life of a human being starts at conception, which is a high point in all religions. Through the act of love, cosmic, divine energy or life-force (prana) incarnates into a new cosmic being. One should not take the ways for the purpose: love is not the purpose, life-giving is the purpose. The pleasures of love are given to us by nature or God to make us create, reproduce. Like the Earth they are not given to us to abuse recklessly. Quite the contrary.

To conceive in a state of violence, orgy, drugs, alcohol or exhaustion is bound to harm the future child, for this state is spread in every cell of the father's or the mother's body. Think of it. Please conceive in full consciousness that you want to engender a perfect child, a miraculous new human being.

Let your guests drink at your wedding, but do not drink yourself. It is now well established that malnutrition, smoking, and alcohol during a mother's pregnancy affect the constitution and future of her baby. Is it not possible that her mental and psychological disposition may affect the baby too? We must, therefore, surround the child-bearing mother with all the love, consideration, and happiness possible. This is how we will get healthy, happy children. Peace requires a happy world. A happy world requires happy children. Happy children require happy mothers. Pregnant mothers require a happy environment.

I would recommend this prayer by a couple at conception:

O God, grant us to give life  
to the physically most healthy and beautiful child  
to the mentally most intelligent child  
to the sentimentally most loving child  
to the spiritually most God-serving child.

Please dear life-giving couple, remember that the child born from your union will be an active element in tomorrow's humanity. Dream and pray God that he or she will be an admirable, peace-loving, good-doing person. The invisible cosmic forces will hear you.

Every child on Earth should have the right to a beautiful conception and perfect pregnancy. The United Nations should proclaim these as two basic human children's rights.

\*

Since the health, happiness, peace and constitution of a child are largely determined during pregnancy, the mother should lead a perfect physical, mental, moral, sentimental and spiritual life in order to impart these top qualities and virtues to the child.

The mother should also talk to the forming child and dream for it the most marvelous dreams, virtues, abilities and future.

\*

The medical profession of late recommends to pregnant mothers not to smoke, not to drink, not to exert themselves, to have a proper nutrition and not to get upset. This is a first, most important step towards the birth of healthy new members of the human family. But it is not enough. The same is needed for the child's mental, affective and spiritual qualities. The mother must help form the mind, heart and soul of the child who is an integral part of her own mind, heart and soul. Most religions and indigenous people know and practice that. Modern man has neglected it. Science is beginning to discover, to confirm and recommend it.

\*

In all Robert Muller schools expecting mothers are taught "Early Beginnings". They come to the school and gather in a beautiful room with pictures of the stars, the heavens and nature. They lie down on soft feather-beds and talk to the child in their womb, tell them how great, miraculous life will be and address themselves and stimulate the development of their body, brain, heart and soul. They practice this also at home.

\*

I knew the wife of a Minister of Health of Chile who wanted her child to become a great artist. She played for him the piano every day during her pregnancy. At the age of four, the boy fell in love with the piano and later became the greatest concert pianist in Chile.

\*

Perhaps Mozart and other great composers and musicians became geniuses because during their mother's pregnancy they were surrounded by music and by a family of composers and musicians. It was bound to have an effect on them.

\*

In our desires, concepts and efforts for world peace, we should include this very important factor: the peace of the world starts in the wombs of the mothers.

\*

My mother who was from a very poor family which had suffered a lot during the first world war, once told me that when she was carrying me in her womb she wanted me to become a great peacemaker. God or the cosmic forces of the universe must have heard her, programmed me genetically, placed me for forty years in the United Nations and made me the co-founder of the first University for Peace on this planet. When I will arrive in the beyond world she will receive me with a happy smile and warm embrace.

\*

What wonderful patience, care and love are so readily given by the feminine to form a new life! I think not only of the nine months of child-bearing of a mother, but also of other feminine members of Mother Nature: hens are sitting for 22 days on eggs, with little food and water, until the chicks are born. Our geese require thirty days. What gentle, saving miracles of nature they are! The pregnancies of all living species' would merit to be a science.

\*

Every mother on Earth, when seeing, holding, feeding, loving and caring for her baby feels like a Goddess, which indeed she is!

\*

Venezuela is the only country on Earth which had a Ministry of Intelligence. The Minister who had studied all the philosophies of human history, came to the conclusion that the love and relations between a mother and a child are the highest form of intelligence. Indeed, it is a fundamental natural phenomenon to which philosophy has not paid sufficient attention, probably due to the predominance of male philosophers.

\*

May this inscription on the Peace Monument of the University for Peace in demilitarized Costa Rica apply soon to all mothers on Earth:

"Happy the Costa Rican mother who when giving birth to a son knows that he will never be a soldier."

Let us make sure of it.

\*

## **Decide to be Married...**

To become one heart, one body,  
    one mind and one soul  
To share your joy  
To live life as an art  
And to make every moment precious  
Whether together or apart.

Remember as a couple  
You are now more than one  
To create harmony and  
    perfect love that will  
    last through eternity  
even after this life is done.

Remember also there is a power  
In this union of two  
to protect this planet  
And humanity too  
As a couple you can do it.

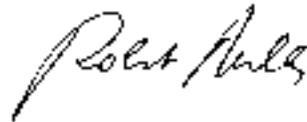
It's in the deciding  
To be united in love  
To express your joyful oneness  
To every person you meet, and  
In every action you take  
And together a perfect marriage you'll make.

**Barbara Gaughen Muller**

## Decide to Value the Act of Conception ...

as the highest, most sacred,  
divine, God-given gift  
to us humans as cosmic entities  
capable to create new human beings.  
Perform it with ecstasy and holy  
respect for the unfathomable  
peace and happiness  
resulting from the union  
of two cosmic beings in the mysterious  
universe.

Give immense thanks to God for it  
Smile with endless wonder at it  
Consider your partner as the most  
incredible, loving and beloved being  
on Earth and in the heavens.  
Take the ecstasies of your union  
as your most precious treasure in life.  
They are indeed your heaven,  
your paradise on Earth.



## Volume III Chapter 3 The Miracle of Childhood

These words of Pablo Casals should be a guide for all children in the world, as they are in the Robert Muller schools:

"The child must know that he is 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 being,  
from the beginning to 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?  
No, I can't, because I am a miracle.'"

\*

What is the greatest work of art on Earth? A healthy, beautiful, well-raised, loving child. Fathers and mothers are the greatest artists on Earth. A happy, loving family is more precious than any Rembrandt or Leonardo da Vinci painting. It is the natural and perennial role of parents to teach, to warn, to protect, to guide, to help, to prepare, to "raise" their children. Children, for their part, have their own predispositions, nature, vocations, gifts, talents, dreams, and loves. The result will be a blending of all these, of the past, the present, and the future. And thus humanity proceeds on its incredible, cosmic evolutionary journey, molded in each of the Earth's hundreds of millions of families and children.

\*

Dear children and youth, remember always  
that you are your parents' main contribution to evolution  
and further human ascent;  
you are their immortality;  
you are their greatest work of art and joy  
you will be their last thought and pride  
at their moment of death.  
You must think of the chain of life from which you come  
as you will later think of the chain of life born from you  
The family is the foremost church on Earth.  
The most sacred acts are conducted in it:

love,  
the gift of life,  
care, protection, education of the children  
the care of the elderly

\*

Children must from early on learn the value of respecting themselves and others. Confucius was right when he advocated courtesy and respect as the foundation of the family and of society. Cooperation and love will be next.

\*

Someone said:

"We are educating children from the neck up."

How right that person was! For what personal fulfillment, for what understanding, for what kind of world are schools preparing children? That is a question all educators should ask themselves. We must make of each child a work of art, a positive element in the further evolution of humanity on planet Earth.

\*

Perhaps there are no barriers at all between us and the universe, except those created by ourselves and society. As a child I could feel the immensity and divinity of life. Then society came and created the barriers: you must like this nation rather than that — thus fragmenting and reducing my natural, universal love. An essential aspect of education: teaching each child to love the immensity and infinite variety of life, and the miracle of each individual human being.

\*

In the Robert Muller schools the children are taught about their place in the universe in the simplest way: they are asked to fill out the following questions and to draw at the end a picture of their home. A child who has done this will never forget it.

### WHERE ARE WE?

UNIVERSE \_\_\_\_\_

GALAXY \_\_\_\_\_

SOLAR \_\_\_\_\_ SYSTEM

PLANET \_\_\_\_\_

HEMISPHERE \_\_\_\_\_

CONTINENT \_\_\_\_\_

COUNTRY \_\_\_\_\_

STATE \_\_\_\_\_

CITY \_\_\_\_\_

STREET \_\_\_\_\_

NAME \_\_\_\_\_

You are truly a citizen of the Universe!

## DRAW HERE A PICTURE OF YOUR HOME

Asked, "What do you want to be when you are a grownup?" a little girl answered: "To be alive."

\*

Children should have the opportunity to learn from many people. Everybody should be a grandfather, a grandmother, an uncle, an aunt, a brother or a sister to a child.

Everything has been lived,  
everything has been thought,  
everything has been dreamt and felt,  
everything has been said:  
but the great art of living is to live it all over again,  
to think it again,  
to dream it again,  
to feel it again,  
to say it again yourself.

We are both fundamentally the same and each unique and forever unrepeatable.  
This is one of the beauties of human life in the universe.  
This is what we should tell children.

\*

What is the most fascinating thing on Earth?  
A child's own being  
All external things are fascinating to him  
His own life  
His own functioning,  
His own complexity,  
His own capacity to love,  
those are the most fascinating things on Earth to a child.

\*

A human body constantly loses dead cells and produces new ones. It is the same with humanity. People die, replaced by new cells, our children, and humanity continues to live as one body. We must learn to be effective cells and part of that holistic body and raise and love well the new cells.

\*

I regret that somewhere along my life modern society killed the two guardian angels I had when I was a child: on my left side a shining, white angel who told me what was good, and on my right side a dark mournful angel who told me what was bad. They were my best friends and were so useful. Then, as I grew up, I no longer believed in them and they vanished. When I grew old, I missed them so much that I called them back and they came instantly. And so did my prayer to the good angel as it was taught to me by my mother (in French):

"Angel of God, my guardian dear,  
To whom God's love commits me here:  
Ever this day be at my side  
To light and guard, to rule and guide."

\*

Each child has an inborn natural instinct of wonder at life and thinks that life is really beautiful. It expects it to remain so, filled with endless new wonders, not wars and crimes. It is the duty of the family and of society to fulfill that expectation. We should tell them: what matters most is to love most, to be in passion with their miraculous life, the wonders of the Earth

and the peace of humanity.

\*

For a child life is full of endless discoveries. As a little boy I called life "göttlich", divine, which was the highest adjective I could find. Despite what warring nations did to me, more than ever I hold today that life is divine. I wish this exclamation of mine as a child were translated in all languages and displayed in all schools of the world.

\*

The family should be the principal, most peaceful, happy, healthy, perfect, orderly human society for the child. The education of the child starts in the family at the most intensive period of sensitivity. The peace, happiness, health, perfection and orderliness of the child start in the family. For the child the family should receive the greatest love.

\*

Each child on Earth should have the right to a family. This right should be proclaimed by the United Nations, as well as the right of each family to have a child. Adoption legislations and procedures especially between nations should therefore be facilitated to the utmost.

\*

O parents, please observe very carefully your children and write down their dreams, inclinations, talents and what they say. They are a precious indication of what the cosmos or God has in mind for them, for what purpose and function they were born. They are the core of their personality, the foundation of their fulfillment, happiness and successful life. Later on they will be so grateful for the notes you took.

\*

Pay great attention to the names you give to your children. My first name has little meaning, no message: Robert (Rot Bart), the red beard. My wife was luckier: Margarita (Greek: the Pearl). Christians give names of saints. Orientals and other ancient cultures give names of Gods or virtues. It must have an effect to be named U Thant, the Pure, or Irene, the goddess of peace. Do not give a name to your child without knowing what it means. It will be repeated millions of times during his life. It will be an essential part of his personality and contribution to society. Give your children beautiful, elevated, inspiring, model, heavenly names. In my vision of a heavenly, peaceful, happy humanity on Earth, there would be no meaningless names.

\*

Parents should ask their children at an early age what their strongest, real dream or dreams are, before society and the media impose their artificial, often distorted, wrong dreams. They are a deep, instinctive indication of the child's God-given capacities, intended purpose and contribution to the further evolution of humanity.

\*

Parents should keep a record of their observations of the child, to help it later find his or her real cosmic meaning and destiny in life. Children most of the time do not know themselves, but parents and grandparents do. Record also what others say about your child.

Parents take pictures of their children. But much more is needed, namely tapes recording what they say and dream. Parents should write down their views, inclinations and capacities. That journal will be so precious to them later in life. It should become a new science and art taught to parents. I regret not to have any of such testimonies from my parents. How I would cherish them!

\*

My grandfather once showed me a letter from a business partner who conveyed to him his observations of the little boy I was at the age of five. He predicted that I would go very far and reach the top of the world. It left a deep impression on me. Alas, this rare letter was destroyed in the bombardment of my grandfather's home during World War II.

\*

As I wrote my *5000 Ideas and Dreams for a Better World*, I remembered that on my essays and homework the teachers often wrote: "Des idées" ("Ideas") and sometimes "De bonnes idées" ("Good ideas").

\*

The role of grandparents and of old people in the development of children, the transmission to them of their wisdom of life, especially through story-telling, is of fundamental importance. When I was a little boy I apparently took my cap off whenever I met an old person. My father asked me why I was doing that and I answered: "Because they know so much." Indeed I received some of the greatest lessons in my life from my only living grandparent, my grandfather the hatmaker. Today, many more children are luckier: they have the benefit of their grandparents, due to increased longevity.

\*

Children should be enabled to learn from many peoples. Everybody should be a grandfather, a grandmother, an uncle, an aunt, a brother or a sister to a child.

\*

Children should be enabled to learn from nature, which is the greatest, most natural, most fascinating school on Earth. When our grandchildren visit us on our farm in Costa Rica they never watch television.

\*

Prayer, ceremonies and religion are important means to give a child a sense of awe for the greatness and mystery of the universe, of life and of God. For that reason alone we need a great spiritual Renaissance,

\*

We have entered an age of such complexity, distortions and wrong values that we should turn to children and indigenous people for answers to many questions and issues.

\*

Listen carefully to your children: they have often fundamental approaches and answers to the mysteries of life which we have lost or forgotten as adults.

\*

If we only knew what children think and feel about life, nature, people and the world into which they are born. It would give us many clues to the meaning of life and happiness. Please record what they are feeling and saying.

\*

In order to feel the true spirit of life and of the Earth, we must remain like children during all our life. Only the innocent, loving consciousness of the greatness of Creation can lead us to truth and fulfillment.

\*

When I was a child, I spoke like a child  
When I was an adult, I no longer spoke like a child  
When I became old and wise, I spoke again like a child  
I should have always spoken like a child.

\*

When I was a child, I loved stories  
When I was an adult, I no longer loved stories  
When I became old and wise I loved again and told stories  
I should have always loved stories

\*

It is marvelous and a protection to remain a child all life long. Never cease to be a child. One of the most beautiful epithets I have been given is that of a "a wise sage with the heart of an innocent child".

\*

I do not mind being called childish, naive, foolish or utopian. My dream is to remain a child as long as I live, with wonder in my heart and stars in my eyes.

\*

We should collect the views of children about the world and future they want. How precious these views can be! The views of the children of the first Robert Muller school in Arlington, Texas, are sent to the United Nations and distributed to all permanent missions of the member states.

\*

An Alsatian schoolchild visiting the United Nations asked me: "Why doesn't the UN abolish all borders?"

An old proverb says: "out of the mouth of children comes the truth." It reminded me of my own dreams as a child (see Annex).

\*

Humanity had an International Year of the Child, an International Year of Youth, two World Assemblies on Aging, five World Conferences on Women, an International Year of the Handicapped and an International Year of the Family.

Humanity still needs international years or conferences on love, conception, marriage, motherhood, fatherhood and grandparenthood.

\*

O children, believe in your dreams, make your life a jewel, keep a smiling face and the brilliance of stars and wonders in your eyes. Remember that peace and happiness start with a smile.

\*

In the US schools attended by my grandchildren I am known as the grandfather who puts french fries into his ears and nose and does all kinds of other funny things. Children also like me to play my 10 holes little harmonica on which I am able to play the Ode to Joy by Beethoven. At the school of El Rodeo, the little hamlet where the UN University is located, the children translated the Ode to Joy of Beethoven into Spanish to sing it when I come to play the harmonica for them at their graduations and celebrations. I am so happy that those children

love me and might not forget me.

\*

O parents, build in your garden or on your premises a bench of dreams for the family, especially your children. Here is the ritual of dreaming taught to me by a 10 year old Dutch girl, Mara van der Lugt:

# Bench of Dreams

Select two stones  
Hold them close together, one in each hand,  
close your eyes  
and dream your dream very strongly  
then throw one stone on the ground  
so that Mother Earth can fulfill it  
and keep the other stone carefully  
at your house to remember it.  
Please tell this to all the people  
who come to your dream bench  
and ask them to do it too.

\*

Robert Muller  
11 March 2001  
my 78<sup>th</sup> birthday

## ANNEX

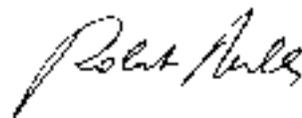
### My Dreams as a Child

At my advanced age I am constantly drawn back to my basic dreams and values when I was a child of 4 or 5 years old. They were:

1. That life was divine, a true miracle. The people of my hometown were surprised to hear a child of that age declare in our local Germanic dialect of Alsace-Lorraine: "Das Laeve isch Göttlich," life is divine.
2. I had a deep passion for nature. The blooming of a cherry tree in spring and the possession of my own hen were true miracles. I describe these feelings in my book of memories *Most of All, They Taught Me Happiness*.
3. I could not understand that the river crossing our town was a border, that the people living on the other side of it were not French but "enemies", "Germans" to be hated although they had the same names as my father and mother (Muller, Schneider) and spoke the same language. Why did the sun, the clouds and the birds cross that border freely, and I could not? I swore that if in my lifetime I could do something to suppress them, I would do it.
4. My Father was surprised that when I met old persons I took off my cap to salute them. He wondered why: it was because these old people knew so much about life and I dreamt that some day I would be old and know as much as they knew.
5. I escaped from home early in the morning to attend the mass at dawn in the nearby church, attended only by old people and nuns. An old invalid was playing the organ. And I waited for the elevation of the host toward heaven. This was a very special miraculous moment for me: it gave me the feeling of belonging to the universe, to God, the Father in heaven. I often proclaimed in a loud voice, "Das Laeve isch Göttlich.:"

These were key points of my early childhood which never left me during my life. I often refer to them in my writings and speeches. They explain a lot of what happened to me, of my stubborn dreams, ideas and initiatives for a divine nature, for peace and a happy, borderless, wonderful world, of my beliefs and values, my constant increase of world knowledge, of my mishaps and failures, but also of many successes beyond my wildest dreams.

On this birthday I thank You, dear God for the long, wonderful, truly magical life You had in store for me and I promise You to continue to do my very best for as long as You will bless me with the miraculous gift of life.



## **Decide to Remain a Child ...**

all your life  
to admire God's Creation  
with the wondering eyes of a child  
to express your joys,  
expectations, astonishments,  
happiness and disappointments  
like a child  
to continue to learn,  
to love and to challenge,  
to be the best of your past  
childhood, current adulthood  
and future wisdom  
to do once in a while  
childish things  
and to report to your  
photos as a child  
your wonderful growing, progress  
and fulfillment  
on our miraculous,  
beautiful planet Earth.

*Robert A. Hall*

## Volume III

### Chapter 4

# The Highpoint of Human Life, Youth

There is nothing more beautiful than to see young people dance, from the blonde, heavenly youth of the North to the dark, fiery youth of the South.

O youth! Of all the living beings, you are the most needed. The adults and older people who look down to you so assured, so wise, so secure, live mostly on past capital: they need from you the light, the dreams, the visions, the drive, the enthusiasm, the belief in life and in the future they often no longer possess. This is what they really seek when they turn to you or hire you.

\*

Cosmic energy and life forces are at their peak in youth. Never forget it. You are the highpoint of human life, of the cosmic way, of cosmic evolution.

\*

Youth cannot complain that there is nothing left to do on this planet! The biggest, most challenging objectives are still to be attained: peace, justice, well-being for all, full human rights, proper Earth and human government, our harmony with nature, human unity, the preservation, salvation of the Earth, the preparation of the future and our harmony with the heavens.

If you do not believe me, please consult the Encyclopedia of World Problems and Human Potentials published by the Union of International Associations in Brussels. It lists more than 12,000 world problems!

These problems are at least as challenging as are sports, motorcycles and rock music. To solve world problems, to build a better, orderly, just world must become the most beloved, highest sport of youth. Amnesty International, Volunteer Corps, Greenpeace, Médecins sans frontières are wonderful examples. There are many others. Create more of them, new ones. I would love to see a World Youth Movement for the Total Disarmament and Demilitarization of the Planet and Youth Assemblies held parallel to all UN World Conferences, National Parliaments etc.... Please do it, I beg you. There are many ideas and suggestions to you in my *5000 Ideas and Dreams for a Better World*.

\*

Dear youth, please remember that you are your parents' main contribution to evolution and further human ascent; you are their achievement, their greatest work of art and joy; you will be their last thought and pride at the moment of death. You must think of the chain of life from which you come and of the further chain you will create. Your parents are simply sacred. The Mayans call them cosmic couples. So will be you in marriage. So will be your descendants: sacred, cosmic units.

\*

Dear youth, find the gift, the message, the special capacities and dreams God has placed in you. Use them to the full and you will find untold happiness.

\*

Try to recall the first events, remembrances, images and dreams in your childhood and write them down. They will tell you a lot about your natural inclinations and what the universe, the cosmos or God have created you for, expect from you and will pave the way for you.

My earliest recollections in life were my love for peace, nature, for church and for wise old people. (See Annex to Volume III, Chapter 3) These were unmistakable indications of my God-ingrained passion for life and peace. My whole life seems to have been magically directed by God.

\*

Young people: always ask yourself what is your fundamental, wildest, dearest dream before embarking upon your adult life. Brush aside all obstacles, seeming impossibilities, fashions or "what will people say". Go and walk silently in nature and ask God for the answer. For God and nature have created you for a specific task. If it is to become a doctor, then become a doctor. If it is to become a mother because you adore children, then become a mother. Do not pay any attention to fashions and to the views of others.

Be true only to the fundamental love and inclination placed into you by God or the cosmos for the benefit of the Earth' and humanity's fulfillment and further evolution.

And you will be rewarded with untold happiness as I was beyond my wildest dreams.

\*

Undoubtedly the first priority of this generation is to bring peace, order and justice on this planet. This is youth's primary historical function. We absolutely, urgently need proper Earth government. I offer you my strong, urgent recommendations in the Conclusion and Proposals of Volume IX of my *5000 Ideas and Dreams for a Better World*.

\*

Only in the UN and in the first world agencies are there people who think and care properly for the whole planet and humanity. Youth should therefore look to the UN for the answers to the challenges of their time. Youth should invade the UN and the world agencies, be their main advocates and supporters, have a strong place and voice in all world affairs, governments, national delegations, non-governmental organizations, world conferences, etc.

\*

Dear youth, the tenants of power who do not want the world to change will accuse you of idealism, irrationalism, irresponsibility, lack of experience, hippism, revolutionary impatience, etc. In reality, you are performing your evolutionary task as new cosmic units whose biological function is precisely to speak and act for the Earth's and humanity's future. We need badly a theory, a science and an art of the role of youth, as well as of all generations, so that each of them can play correctly its intended, important biological role.

\*

The revolutionary youth of the 1960's was ridiculed, besmeared and fought by the tenants of power and wealth. And yet today all their claims and ideals appear on the front pages of the media, on top of the world and governmental agendas: peace, human rights, demilitarization, the environment, participatory democracy, women's rights, etc. Please launch a new revolutionary youth movement for the 21<sup>st</sup> century. It is sorely needed.

\*

We need a forward-looking, audacious world youth movement for the 3<sup>rd</sup> millennium. What are the new challenges and your next century and millennium visions?

\*

Dear youth, do not say: "What can I do against the existing powers, structures, world corporations, monopolies and media; it is hopeless; I am powerless." I am saying to you: not at all, young people are more than half of the world's population. You have the majority. You also have many years ahead of you, due to greater longevity (72 years in the rich countries, 60 in the poor). Even if you do only one good thing every day of your life, multiplied by millions of others, you will change the world. If you have a dream, keep to it, cling to it, work on it, network it every day, use every opportunity and person you meet. Be the advertiser and agent of your dreams. And mark my words: your vision, your ideals will come true if they are in the right currents of evolution. And if they will not come true during your lifetime, they will later.

\*

Two young men once asked me: "How come that at your age you are so optimistic and youthful, while we are so pessimistic and depressed?"

I answered: "Because I work for the United Nations where I can see the innumerable great, incessant efforts of humans for a better world, even if the path is strewn with colossal obstacles, obsolete idiosyncrasies, monumental errors and serious failures. Take interest in the UN and in its world agencies, conferences, international years, celebrate the world days proclaimed by the UN, and you will become optimists too."

\*

A reader wrote to me:

"The motto 'passera, ne passera pas, will go through, will not go through' from your story how you escaped from the Gestapo<sup>\*</sup>, could be the guiding principle to the attitude and success of youth."

\*

Every young person on Earth should join a youth organization, local or international. Consult the World Encyclopedia of Youth Movements published by the United Nations. Join a United Nations Association. Organize Model UN's. Support the UN, its specialized agencies. Organize parallel youth conferences to each UN world conference. Celebrate the world days proclaimed by the UN. Force your governments to abide by their treaties and international commitments. Don't be passive, numbed and dehumanized by television and sports. Take the future in your hands. Get up, talk, walk and act. My generation has not done so well, but at least we are giving you the global files which we did not have and which will allow you to act.

We have a multitude of dreams, ideas, projects and plans for ourselves, our family, our community, our profession, our corporation, our nation, but we begin only to have major concerns, projects, ideas and plans for our beautiful, perishable Earth—our home—and for the long-term fate of humanity. Please young people, think, dream and plan far ahead. Your harvest might be incredible.

\*

Since the birth of the United Nations there have been one International Youth year in 1985 and two World Youth Assemblies in 1970 and 1985. You must absolutely obtain another world youth assembly or conference in order to express your visions, views, dreams and demands for the 21<sup>st</sup> century and 3<sup>rd</sup> millennium which are yours.

If I were you I would request the creation of a World Youth Agency by the United Nations. This would permit you to express your views and proposals for a better world. Nothing could be more useful at the beginning of this new century and millennium.

You should also remember that the World Peoples' Conference in Samoa in 2000 has launched the creation of Peoples' Assemblies all over the world. Take an active interest in these Assemblies and be well represented in them. (For information: Global Peoples' Assembly, 211 E. 43rd Street, Suite 908, New York, N.Y. 10017-4707).

Good luck and lots of love. And if you should run out of ideas, consult the indexes and volumes of my *5000 Ideas and Dreams for a Better World*.

\*

\* See story "Thank you, Dr. Coué, in *Most of All, They Taught Me Happiness*. Also in *Stone Soup for the World*.

Placing myself at the age of 21 in the French underground during World War II, seeing incredible killings and risking myself to be killed, I asked my guardian angel what would be my fate, my future, if I had any.

This was the answer:

you will live beyond the age of 78,  
you will be a doctor of law and an economist  
you will win an essay contest allowing you to enter the United Nations  
you will marry a beautiful Chilean wife and  
    have four children and nine grandchildren  
the border with Germany in your hometown will be suppressed  
you will be a UN servant for more than 38 years, reaching the high level of Assistant  
    Secretary General  
you will deliver innumerable speeches and attend conferences around the world for peace  
    and a better world  
you will write more than twenty books translated into several languages  
at your retirement you will be the co-founder of the first University for Peace on this planet  
    by the UN in demilitarized Costa Rica  
You will become its Chancellor and give your wisdom to students from around the world  
You will buy a sacred hill overlooking the University for Peace and write your ideas and  
    dreams for a better world  
After the demise of your wife Margarita you will marry Barbara, a wonderful Hungarian  
    much younger wife, who loves dreams and ideas too and wanted to get the Nobel Peace  
    Prize for you  
You will receive dozens of awards and peace prizes during your life  
You will write your *Testament to the UN* and two great classics, *5000 Ideas and Dreams  
    for a Better World* and *The Miracle, Joy and Art of Living*  
You will be buried on your sacred hill. From your tomb, you will continue to work for  
    world peace and human happiness  
In heaven you will be a main adviser to God on peace and happiness  
Your grandchildren will preserve your memory and continue your work,

That is all

Hearing this in 1944 I would have exclaimed: "This is utterly impossible, crazy, pure fiction and fantasy."

And yet, it all became true, a pure magic!

Well, dear young people, if this was possible, your future might be magical too, beyond your wildest dreams. I can only guarantee this to you: if your passion is right, the invisible forces of the universe will work for you in the most mysterious, extraordinary, unbelievable ways.

\*

## **Decide to Network....**

Dear youth, use every letter you write  
Every conversation you have  
Every meeting you attend  
To express your fundamental  
beliefs and dreams  
Affirm to others the vision  
of the world you want  
Network through thought  
Network through action  
Network through love  
Network through the spirit  
You are the center of a network  
You are the center of the world  
You are a free, immensely powerful  
source  
of life and goodness  
Affirm it  
Spread it  
Radiate it  
Think day and night about it  
And you will see a miracle happen:  
The Greatness of your own life.  
In a world of big powers,  
media, and monopolies  
But of six billion individuals  
Networking is the new freedom  
the new democracy  
A new form of happiness.

*Robert A. Hall*

## Volume III Chapter 5 Of Adulthood

Adulthood, meaning "grownup", comes from ancient Germanic and the Latin to bear, to produce, to nourish (adolescence is the way of becoming a grownup, like a fully grown plant). Adulthood is the stage wanted and formed by nature to continue the chain of life, to give birth, to create a family, to nourish the newly born, to transmit experience and wisdom, to educate and to provide the maximum chances to the next generation.

We take adulthood for granted. Thus, the United Nations has convened world conferences on every stage of life, from childhood to old age, but not on adulthood. There exists no coherent, comprehensive science of adulthood. There should be one. It would be important. It is long and dangerously overdue.

\*

Optimum adulthood ideally means: optimum physical life, optimum mental life, optimum moral life, optimum spiritual life.

At the current stage of evolution humanity is doing pretty well on the first two optima, mediocrally on the third, and appallingly on the fourth.

There is still a long way to go. The whole humanity must coalesce and attain all four optima in order to produce the maximum chance for our species, all species' and the Earth, to fulfill the next stage of evolution.

\*

Adulthood, from about 25 to 60 years, twice the length of childhood and of the old age, must be accompanied by pride: the pride to make an optimum contribution to human evolution and ascent, to produce one's seeds and fruits, to create new life and to prepare well the next generation in the chain of life. All other objectives must be contributing elements to that function and ideal.

\*

To be happy and hopeful at every moment of life is the best example adults can give to children and youth.

\*

The world out there is changing, and its changes might affect you. But you, together with hundreds of millions of adults around the globe are also changing the world. Keep informed about global problems by joining international associations or a local United Nations association or other movements concerned with world affairs and causes. One of the main purposes of adulthood is to contribute to a peaceful, more just, better world, and to give proper guidance to the children and youth. This is the sacred duty of adulthood.

Also adults are the basic units of democracy, the optimum living perceptive units of the Earth and of the human condition. Exercise this function with extreme seriousness, not limiting it to the election of public officials, but expressing your views by networking, writing to your representatives and newspapers, etc. To do that, you must be properly informed about the place where you live, your community, your country, your continent and the world.

\*

As an adult, do not concern yourself mostly with what others should be or do, but try to be and to do what you think you ought to be and to do. Your good example will inspire others and bring much needed good to humanity. Work for your reputation, and your reputation will work for you. The law of karma applies supremely to you.

\*

This statement by Jose Figueres, the former President of Costa Rica who demilitarized his country in 1948 seems particularly appropriate to the adult age:

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 in the landscape of our lives. Each person establishes his own horizon by his spiritual nature.

\*

I was more myself when I was a child. I could burst out with joy and also cry. I was fascinated by everything. I fell asleep at night, exhausted by the practice of life.

Today, as an adult, I am a cross-section of many lives and thoughts. I am a crosspoint of people, of very vast problems and time dimensions.

I speak and write as an instrument of the universe, of the planet, of humanity and of life. I am giving back what I have received. I try to inspire others, as I am inspired myself. Everyone will find in me an echo of himself or herself. Perhaps the greatest virtue of adulthood is to inspire confidence and deep love for life.

During your adulthood there comes a time when you must be born again, when you must find again the simplicity, resplendence and integrity of your childhood and the dreams of your youth.

\*

In the middle of adult life, one sometimes feels that our ambitions, efforts and beliefs are very confused, not right anymore. One seems lost in a jungle. The whole being longs for light, for an open sky, for the deeper truths of life. Then begins the royal road towards enlightenment and wisdom. Then the arrow of life points back again to the dreams of our childhood and youth. It is the beginning of understanding the cosmic divine, evolutionary, natural meaning of our integral individual human life.

\*

Every human person carries along a world which is made of all that he has seen, done and loved. We become deeply aware of that when we are adults. We must feel enriched by it, not bewildered.

\*

We must allow the best to flower in each individual. It would have been wrong to make of Jesus a lawyer, an economist, or a scientist.

\*

It is more important to live a full, happy life than to occupy a glorified position. Humanity is one living body made of human beings, not of lifeless governments and institutions. The latter are only the servants of life, not life itself.

\*

In the end, there will be only one criterium:  
Was my life worthwhile?  
Was it a happy life?  
And since my life is made of many days,  
I must answer that question every day:  
Was it a happy day?  
The highest art is the way we live each day.  
When I was a child I wanted to touch the sky.  
During all my life I have never ceased wanting to touch the sky.  
An artist is given a canvas to paint and make a work of art.  
We are given by God something infinitely more precious:  
life.  
We must make a work of art of that divine gift.  
\*

Adulthood is also when we must begin to write down the wisdom of our life, our experiences, what we really believe, our enlightenments, our convictions, what we would advise, recommend to our descendants, our testimonies, nothing less than a testament to the miracle of life. I try to do this in my *Testament to the UN* and *Miracle, Joy and Art of Living* which I began to write at the onset of my adulthood.  
\*

Adulthood is also the age when you have attained the full understanding of the unique, miraculous identity and value of your life companion, your spouse, and find the true meaning, the cosmic evolutionary, divine meaning of love, of the creative union of two human beings. Yes, that love is perhaps the most fundamental foundation, the cornerstone of the human society. It should be extended as the law to all human societies, from the family to the entire humanity and to the recently discovered vastest family of all: our relationships with Mother Earth.  
\*

Written at the peak of my adulthood, this *Miracle, Joy and Art of Living* is in large part addressed to the adult generation.  
\*

Perhaps each adult should write an Art of Living, a compendium of wisdom, a testament to life. What a precious family and world literature this would be! How happy I would be to read a philosophy, a life experience of my parents, grandparents and earlier ancestors! Alas, I do not have a single line from them. It makes me very sad.

Perhaps my children, grandchildren and descendants will not read me, but at least I will have done my duty. I have left them the books *Most of All, They Taught Me Happiness*, to youth my *5000 Ideas and Dreams for a Better World*, to the religions *New Genesis, Shaping a Global Spirituality*, to the world *The Birth of a Global Civilization*, to educators my World Core Curriculum, to women my novels *Sima Mon Amour* and *First Lady of the World*, and to the United Nations my *Testament to the UN*. And I continue to do it every day, in this *Art of Living* and other writings, correspondence, journals and speeches. It was and continues to be an extraordinary, rich experience, an untold happiness. When I appear before God, I will have a good file to my credit.  
\*

## **Decide to be a Great Adult...**

an admirable man or woman  
grown to full flowering  
giving birth and nourishing  
physically  
mentally  
morally  
and spiritually  
the next new members in the ascending  
chain of human life,  
a perfect link between the past  
and the future,  
a noble contribution to a peaceful, happy  
better world  
through your role of man or woman  
in your daily life of work, action,  
thought and love.  
Decide to live as long and healthily  
as possible  
to do as much good as possible.  
Plan your optimum age  
of wisdom and experience  
wrongly called old age  
to further the Earth's and  
humanity's upward journey  
so that you can answer God's question  
to you after death:  
"What did you do with  
the tremendous, miraculous,  
gift of life I gave you on

a very unique, wonderful planet in the vast universe?"

*Robert A. Heinlein*

### Volume III

### Chapter 6

### The Rich Age

We must take very good care of ourselves in order to live and serve God, the Earth and humanity as long and well as possible. To live long for personal reasons only is self-defeating, because narrowness and egotism stifle old age. An old person who does not love and lives only for himself is not loved. One who loves and is of service is loved in return.

\*

Even and especially in old age (the rich or advanced age), life can pursue its upward course thanks to a passion. That passion can range over an immense gamut of values and realities: from the infinitely large (e.g. God) to the very small (e.g. a stamp collection). The object may not be so important, but the drive for life, the will for life, the passion for what one does is.

\*

Usually when one becomes a wise person of advanced age, one is no longer needed, for a younger generation occupies the scene. To write, to teach, to conclude, to tell stories and transmit one's wisdom to the next generation becomes then a foremost service and delight.

\*

"It is not the years in your life but the life in your years that counts."

*Adlai Stevenson*

\*

When with my young wife we visited after World War II a hero of the French Resistance, General Koenig, he gave us this advice: "Prepare well your advanced, rich old age. Have a vision of what you want to be and have accomplished in your life." We were grateful to him all our life for this wise strategic counsel.\*

\*

The rich age of the western countries has become too much a victim of tourism. We receive innumerable groups of elderly tourists at the University for Peace. But most of them want to see, to consume, to learn, to ask questions. Seldom do we get an idea, a proposal, a dream, a vision from them. Only one group, the Gray Panthers came to Costa Rica to hold a summit meeting out of which we got dozens of ideas and proposals for a better world, and pledges to take action.

\*

Life is an endless wonder. The rich old age should never be considered as an end. There is no end to the mystery and power of life and love. By cultivating especially love, advanced age can be made into a resplending wonder.

\*

The Hindus call old age the period of vanaprashtha, the preparation for the beyond. In their view, the last goal of life should be to become a sanyassin, a guru (teacher), a holy person, a saint. What a wise philosophy that is!

\*

\* See *Most of All, They Taught Me Happiness*, chapter Advice of a General.

A comment I received in June 1995, after speaking at Grace Cathedral in San Francisco on the fiftieth anniversary of the signing of the United Nations Charter in that city:  
"You will never get old, because your ideas are too great."

\*

Retirement can be so beautiful. It is the seventh day of Creation: the work is done, one can look back and, like God, feel proud. It is the marvelous age of taking stock, of concluding, of thinking deeply about the meaning of life, of one's own life in particular. It is the age of new reasons for happiness: to philosophize, to be closer to God, to altruism, to social work, to peaceful, charitable, humanitarian causes, to the little children who need to be taught the mysteries and ways of life through loving stories, etc.

\*

Retirement is also the time to make peace with the Earth and the heavens, to prepare one's return to them in the eternal flow of time. Our soul must be clear and purified for re-entry into heaven. Our body must be prepared for proper re-entry into the Earth and rebirth into other life forms. Retirement from our occupational life must be a preparation for rebirths into new lives. Visualize those lives and there is a good chance that it will happen.

\*

Happy are those who have the privilege of retirement, who have not been prematurely taken away from the stream of life through sickness, war, violence, accident or death. We can have no reasons for bitterness or regrets. We are the lucky ones. We must thank God for every day of retirement.

\*

Since philosophy means the love of wisdom (Greek: phil and sophia) the views of the elderly people of the world, holders of wisdom, should be collected and studied. I would love to see conferences and consultations on a vast number of subjects on which elderly people would give their views.

\*

There is no inevitable downward trend in life. Life should always be upward, up to heaven. Advanced age can be as precious as any other. It is accumulated spirit, experience and the culmination of a process or apotheosis of the wisdom of life. This is why in so many civilizations, the elders are the most respected and honored persons: they are the distilled essence of life.

As the Africans say: an old person who dies is a library that burns.

\*

Poets and saints never get old. Try, therefore, to be one or both.

\*

Secluded saints are said to live more than a hundred years. Therefore, don't be afraid to 'retire', to withdraw from the world and to live with yourself and God.

\*

What can I do during my last years on Earth? To see the beauty of the world around me, to love it and to give thanks to the Lord for having been admitted to the miracle of life on His magnificent planet.

\*

You don't have to die to be reborn: every day is a resurrection.  
\*

People often say to me with a tinge of preoccupation:  
"Take good care of yourself. We need you." Sometimes even: "You have no right to die!"  
This is the apex of my life: to be needed by others, to be of continued service. What greater happiness could anyone ever earn?  
\*

One of the nicest compliments I sometimes receive:  
"May you live many more years to continue your good work. May God keep you well."  
\*

Advanced age is not a diminution: it is an achievement, a progress, a peak experience. I often say: I am not retired, I am refired!  
\*

Try to live longer and better and you will not get old.  
\*

Wisdom is having learned to live in harmony with the heavens, with the Earth, with humanity and with ourselves. Let us tell it, proclaim it.  
\*

I want to take good care of myself in order to live very long and serve God and my planet well. I often close my eyes and say to myself: "I will live a hundred years and will be remembered for my actions and writings." It may not be true, but it elevates me, makes me feel happy, and fills me with thoughts to achieve that purpose.  
\*

To the recipes for living long I would add this one:  
Relax as much as you can. Albert Schweitzer who lived happily to a very advanced age, used to let his arms and hands hang down in a totally relaxed fashion. Do that and you will feel your entire body relaxed. Relaxation is the peace of the individual.  
\*

In old age, all the past years unfold before you, talk to you, tell you of your successes and failures, your rights and wrongs, your enlightenments, your peaks of happiness and depths of sorrow.

Old age is quite an experience, a tremendous one, not to be lamented but taken at its full value and optimized as its intended great role in the total flow of your life. Please think, feel and dream in that direction. You will harvest the most beautiful, astonishing results.  
\*

No person is ever completely self-realized or fulfilled.  
We learn and enrich ourselves until we die.  
We gain new capacities and we lose old ones.  
The art of living has no end.  
It is too rich to be exhausted by a single life.  
\*

Better an old man with an old heart that needs the help of a pacemaker than a young man without a heart.  
\*

My physical body may be less efficient and less beautiful in old age. But God has given me a vast compensation: my mind is richer, my experience is wealthier, my soul is vaster, my wisdom is at its peak. I am so happy with my old age riches that, contrary to Faust, I would not wish to return to the state of ignorance of my youth.

\*

How lonely I was in drawing a synthesis, conclusions and advice from all the knowledge gained during my many years of work at the United Nations. May it at least benefit and inspire others. Dear God, please grant me a few more years to complete my symphony.

\*

O God, how wonderful it is to be retired, in company with my thoughts, listening to the birds and voices of nature, fully free to do what my heart desires.

\*

Three days before my retirement from the UN in 1986, I wrote in my Journal:

"I dream that someday,  
as a sort of elder  
of the United Nations,  
I will live on a hill  
with a breathtaking view  
and spend my last days  
writing the beautiful  
stories of my life, and my  
visions of a better world."

My dream was fulfilled: I live on a sacred hill, Mount Rasur, in a peaceful, demilitarized country, Costa Rica, above the UN University for Peace of which I am the one-dollar-a-year Chancellor Emeritus, I have one of the most breathtaking views on Earth, I write the beautifully stories of my life, and I teach and spread wide and far my visions of a better world.

\*

Retirement is the pay-off period. And what joy it is to repay life and society for all they gave us!

\*

If Epictetus, a lame slave, was able to expound his beautiful golden sayings, how could I not do it, a healthy and well-off being? The question no longer is: what do I still expect from life? It is: what can I still contribute to life? What does humanity still expect from me?

\*

With retirement we disappear only from a given structure: a business, an administration, an institution, in which we had a role, an influence, an activity. In retirement one can seek other structures: a new activity, associations, teaching, humanitarian causes. I myself, upon retirement, sought to integrate myself into the vastest structures of all: nature, the Earth, humanity, the universe and time.

\*

I reached retirement and quickly refused the concept of retirement. And I never retired. I experienced old age and quickly refused the concept of old age. And I never felt old. I will experience death but I will refuse the concept of death. And as a result I might not die.

\*

In our advanced age, we should not look for a hobby but for our life-purpose. Ask yourself what your most cherished dream of your early childhood was, and fulfill it now. That is my advice to all Elderhostels and elderly people visiting Costa Rica and the UN University for Peace.

Our dreams as children are the inner voice of why we were born, of what the universe and God expect from us. My child's dream was to live on top of the world and to be a peacemaker. That dream was fulfilled beyond my wildest expectation.

\*

Each human being, each professional should leave behind a testament to the next generation, an Art of Living, or at least some fundamental reflections or anecdotes on life. Among world servants, Dag Hammarskjöld left behind his Markings, and I leave behind my *Testament to the UN* and this *Art of Living* to humanity.

\*

I can look at my life companion and see her wrinkles, gray hair, and less voluptuous body, or I can see in her all the happiness in the world, our younger years, our dreams, our efforts, our children, our present wisdom and serenity, the new being, mind, heart, and soul we form together.

\*

How many wonderful sages there are among old people.  
What life experience they represent.  
The elderly should be our kings, our teachers, our masters.  
Yet, we barely consult them.  
To live is to search for truth  
They have lived longest and are therefore closest to the truth.

My physical body may be less efficient and less beautiful in advanced age. But God has given me vast compensations: my mind is richer, my experience is wealthier, my soul is vaster, my wisdom is at its peak.

\*

One of the richest products of living for a long time is wisdom and story-telling.  
Our life-long learning and search must have a reason.  
Is it for ourselves?  
Partly yes, but largely no, for our life will end.  
So it must be to enrich humanity and its future journey.  
My life therefore makes more sense  
as part of the total flow of human life through time.  
I am both part of the whole and part of the flow.

\*

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,  
especially if they live many years.

\*

The wise Athenian legislator Solon devoted his remaining years to culture and poetry. I devote mine to wisdom, philosophy, concluding from my world service and transmitting the stories and wisdom I have acquired. I try to be a good, rich, loved, wise elder, an adviser and inspirer to youth and children.

\*

Advanced age is the time of meditation, of conclusion and wisdom, of story-telling and sharing advice with the little ones and youth as one climbs the last hill of life, with its widest, breathtaking horizon and views.

\*

A long, happy life brings along the consciousness of immortality.

\*

We should never see life as 'going down'. The notions of 'retirement' and old age should be suppressed.

We should see our lives as constantly growing into something greater and more beautiful, into wisdom, more knowledge, into an apotheosis, into the 'rich age' as the Hunzas call it. In many ancient civilizations the elderly were the 'highest', the 'most revered', the wise counselors of the group. We must arrive at death with these words: "God, here I am. All ends well. Thank You for the incredible, long, miraculous gift of life."

\*

Until the very end, a flower remains a flower, a squirrel a squirrel, a bird a bird. Until the very end, a human remains a human and must fulfill his humaneness. This is the law of nature, of the cosmos.

\*

Do useful acts until the very end and beyond. Never give up doing good and you will never cease being recompensed with happiness, including in the beyond.

\*

Dear Lord, please grant me the peace and richness of my culminating age, my richest age.

\*

Increased wisdom is nature's rich compensation for the loss of youth and strength.

\*

As the number of old people will grow, the world will gain in wisdom, if the old people know and decide to exercise their crucial roles.

\*

Old man: I am old and I can't do any good anymore.

Boy: please tell me stories, you will do me a lot of good and I will love you.

\*

Old people are closer to God. Therefore, they are better transmitters of wisdom and spirituality to the Earth.

\*

A long life is increased wisdom which is beyond full intellectual grasp.

\*

Learn proverbs. Speak in proverbs. Teach proverbs. Write down your proverbs. They are the most precious legacy of our lives.

\*

As you advance in years and wisdom, you will be closer to God. It will also be the time to transmit your art of living to the young and future generations. It will be the time of balance-sheets and story-telling. The greatest wealth of old age is wisdom and its transmission.

\*

Retirement is the beautiful age of service to others. A wilting flower or plant is no longer useful. Humanity has managed to give usefulness to its elderly members: the sharing of experience, progress and service to others.

\*

Humanity had an International Year of the Child, an International Year of Youth, a World Assembly on Aging and an International Year of Older Persons, four World Conferences on Women, an International Year of the Handicapped, and an International Year of the Family. Humanity still needs international years and/or conferences on marriage, motherhood, grandparents, retirement, death and the beyond.

\*

The role of grandparents in the development of children and transmission of the wisdom of life, especially through story-telling, is of paramount importance. Some of the greatest lessons in my life I received from my only grandparent alive, my grandfather the hatmaker. Today, many more children have the benefit of their grandparents, due to increased longevity. They should be happy and grateful and take full advantage of it. A grandparent is alive and a blessing. Television is not.

\*

Each person on Earth should have a guru (teacher), a master, a sage, a confessor, a spiritual person to talk to, to turn to for advice. The function of guru should be adopted world-wide. Wise elderly guides should become gurus. The teaching of wisdom should be the main function of the third age, or age of vanaprashtha, the "preparation for the beyond".

\*

What a blessing it was to be appointed in my advanced, optimum, richest age one-dollar-a-year Chancellor Emeritus of the first University for Peace on this planet! What a crowning of my life that was and what a wonderful prospect it is to be buried in one of the first demilitarized countries on Earth! Here my beloved wife and I can really rest in peace!

\*

The sage has discovered his nature, your nature and the common nature of all humans. He shows you with a smile and a few words how to be most happily, most fully yourself.

\*

I have crossed life with clear eyes, a clear mind and a clear conscience. It has been a wonderful journey, despite the horrors of wars I saw. I drew lessons from them.

\*

Blessed are those who know the ways of bringing back the memories of yesterday. Old people are the specialists of that.

\*

Why are young people so beautiful, so healthy?

Why do young people heal so quickly?

Simply because nature wants them to reproduce at optimum capacity.

Why are the elderly less beautiful, less vigorous and slow to heal?

Because, like withering flowers, plants and any other long living creatures they have lost their reproducing function and are no longer of the same use to nature.

But nature has a use for every age. If we find a way to be of service to it, to the progress of life, to evolution, nature will say: "this elderly person is still useful. I have no interest in losing him or her."

As a result we will be shinier, happier, more vigorous and will live longer.

\*

I have still so much to do that I have no time to get sick, to get old or to think of death. I am even organizing the continuation of my work after death and visualizing my actions as a soul, a saint, an angel, a helper of God in the heavens and on Earth.

\*

"Old age, especially an honored old age, has so great authority, that this is of more value than all the pleasures of youth."

*Cicero, De Senectude  
(Of old age)*

\*

"Age is a relative matter. If you continue to work and absorb the beauty in the world about you, you will find that age does not necessarily mean getting gold, at least not in the ordinary sense. I feel many things more intensely than ever before and life grows more fascinating.

As long as one can admire and love then one is young forever."

*Pablo Casals*

\*

As long as we can do good, be of service, be in love with the miracle of life, then one is young forever.

*Robert Muller*

\*

When reaching advanced age, ask yourself this question: what are my passions and unfulfilled dreams? And your life will be renewed and filled with wonders.

\*

Do not look at your lost beauty and youth when you are an elder. Look instead at the youth inside you: the enthusiasm, the thrill of knowing so much, of having lived and experienced so much and being now able to transmit your wisdom and enthusiasm to youth. What a beautiful relationship this can be between the elderly and posterity! It is a whole new chapter of a fundamental new sociology, the sociology of evolution, of the passage into the future.

I can see Faculties created on it in Universities.

\*

From a speech of Albert Schweitzer to elderly people visiting him in Lambarene:

"I cannot tell you what your destiny and future will be. But one thing I can tell you: if you are of service, you will be recompensed with untold happiness."

&

One of the greatest secrets to remain young when being old is to continue learning, working and communicating through writing and talking one's best remembrances and wisdom to the next generation, especially to children and youth.

\*

It is never too late to do great things, to have bold dreams in life. In your advanced, rich age ponder about the following extract from Beethoven's letter to his brother when he learned that he was getting deaf. It is remembered as Beethoven's Heiligenstadt Testament:

"My heart and mind were ever from childhood prone to the most tender feelings of affection, and I was always disposed to accomplish something great.

...Ah! how could I possibly leave the world before bringing forth all that I felt it was my vocation to produce?"

And from then on Beethoven composed his greatest symphonies!

Please think the same and say to yourself: "Ah! how could I possibly leave the world before bringing forth all that I felt was my vocation to produce."

It might start a miracle, a new wonder-filled life for you.

&

We must know how to conclude our life and complete what we want to do before it is too late. This is dramatically illustrated by this conversation of Balzac, a famous French author, with his doctor:

"Can you give me six months?" asked Balzac. "It will just take me that to collect the threads of my *Comédie Humaine*, to add here, to cut there, to explain everywhere." The doctor shook his head. "Give me six weeks", then asked Balzac. "I can't complete my task by that time, but I can make right a few of the glaring errors and fill up a few of the worst omissions." Again the doctor shook his head. "Six days, then", begged Balzac with a groan. He died six hours later.

\*

## **Decide to be a Very Happy Elderly Person...**

who has reached  
the highpoint of human life:  
the age of wisdom  
the age of reflection  
the age of recollections  
the age of transmission  
the age of story-telling  
To be a building block  
of the world of tomorrow,  
a wise contributor to humanity's  
global brain, global heart  
and global soul  
You are a treasurehouse of  
human experience and wisdom  
May God bless you and  
when the time comes, receive  
you with love in His arms and use  
you as one of His latest  
saints and heavenly angels.

*Robert A. Kelly*

## ANNEX

### An Example

In the 1970's, when we were stationed at the UN in New York I learned from a friend who is a neurologist that the human brain is the last organ of the body to age: It becomes apparently more effective or 'younger' over most of a person's lifetime, as it creates ever more diversified and finer chains of neurons. The human brain is an admirable, incredibly complex computer capable of branching out inwardly and of refining endlessly its capacity to store information, synthesize, summarize, conclude, and give with lightening speed instructions to the billions of cells and parts which compose the human body. But the brain 'grows' only as long as it is stimulated by the will, imagination, drive, or curiosity of the individual. Once the stimulus disappears, neurons stop growing. They atrophy and the brain loses its effectiveness as the central command unit of the human being. Disruptions and malfunctions appear in the form of all kinds of physical and psychological ills. Death not infrequently occurs after an individual has lost his will for life or basic drive. This often happens when a person retires from a very active life and is confronted with idleness and a lack of objectives. Indeed, why should a life continue if there is no will for it?

What I had learned might have subsided from my mind after a while, had I not been given shortly thereafter a vivid illustration of its truth.

We were visiting in Danbury, Connecticut, a cousin of mine from Alsace-Lorraine, Marthe Bogen, who had immigrated after the war with her husband and child to the United States. My cousin Marthe is one of those extraordinary persons I have known in my life. Few people in this world have gone through the amount of torment and miseries she and her family have suffered. Her stories would fill a sizable volume. Nevertheless, she has always remained the happiest and most optimistic person on Earth. Her happiness engenders a tonic aureole all around her and accounts for the innumerable friends she has. One spends a few minutes with her and life becomes beautiful, cheerful, bouncing, exciting, full of interesting stories, and laughter. She irradiates a *joie de vivre* that catches everyone who comes near her. And of course people seek her friendship in order to benefit from this tonicity. She is quite capable of stating in a great outburst of laughter:

"Do you know the latest news? I have decided to donate my body to a medical school so that scientists and students may figure out by what miracle I have survived for more than seventy years with one lung, one eye, one kidney, an artificial hip, several sectioned nerves, and a host of other lesser defects. They are going to have some fun with me on the dissecting table, believe me!"

We were therefore utterly dismayed when we learned one day that she had suffered a heart attack. But she recovered soon and after her release from the hospital she invited us to her house in order to celebrate. At coffee time, I told her of my friend's theory, for it seemed to me that her whole life was a living proof of it, except for her recent heart attack.

She listened attentively, remained silent for a while, and then commented:

"My mind has been functioning at high gear while you spoke. I believe your friend is right, and I will give you a proof of it. Do you know when exactly I had my heart attack? It was on the anniversary date of the death of my husband. I was sitting here in the kitchen all day long alone, crying my soul out, and lamenting about the beautiful bygone days. I just let go. Life had no meaning for me anymore. It was worthless, purposeless. I had no reason to go on living and fighting. Living for what? For me alone? Well, at ten o'clock in the evening after several hours of such treatment, I suffered my heart attack and was taken to the hospital. What happened to me proves the correctness of your friend's theory."

Cousin Marthe's adaptation to her new condition was slow at first. She suffered three more attacks and hospitalizations. But progressively she found her good old self again, and today one can hear her once again exclaim in a cascade of laughter:

"Heart attack? What heart attack? I have seen much worse than that in my life. My heart will just be another anatomical curiosity for the students, since it is now equipped with a pacemaker. They are going to have some fun finding all the hardware located in me, I assure you! I have resumed my normal life and have erased the whole affair from my mind. The time is not yet ripe for the devil to catch me. Death may strike at any moment. We all have to go sooner or later. But I am going to resist it as long as I can. I am just not going to give in; no sir!"

And I looked at her in utter amazement. Her aged, heavy, over-weight, battered, cut-up, patched-up body seems to have wings and to be animated by the spirit of a young girl who has just discovered the beauty and joys of life. Her blue, irradiating eyes are full of sunshine, flowers, and stars. She seems to have caught a piece of paradise on Earth, of cosmic origin, of the cause of eternal life and resurrection.

If this can be true of an individual, it can also apply to humanity. Social groups are living entities. They require a brain, a heart, a nervous system, a will to live, an objective, a dream, an ideal. What we need most at this juncture of evolution is leaders with vision, with eyes full of peace, goodness, and a beautiful future. Humanity needs common goals, lofty goals, *joie de vivre*, and a strong belief in a peaceful, wonderful future. The worst we could ever do would be to let go, to despair, and to lose control over ourselves. We need a Cousin Marthe at the helm of each government and of the world. And they should all work for the achievement of paradise on Earth.

## Volume III Chapter 7 Return to Mother Earth

The Hunzas have a good concept of death: it happens at a very advanced age, at night, during sleep. It should not be preceded by sickness. Death for them is the natural ending, a falling asleep, a peaceful, unnoticed transition to another life.

\*

It would be fascinating if the United Nations or the World Health Organization would collect and study the etymology, the meaning of the word death in all languages of the world.

\*

O God, make sure that I shall die during my sleep. Simply stop and give a rest to my good, old, faithful heart which has done infinitely more than its duty.

\*

Dear God,

The thought of my own death does not frighten me. What wounds me is to know that my beloved ones, our children and the children of their children will die someday. I would like them to live eternally.

God:

"But they live eternally, my son. Death follows life. Birth follows death. Life is eternally renewed from the body and heart of the Earth and from the soul of the universe."

\*

Human beings are future oriented: everyone regrets no longer to be alive in a hundred years; but nobody regrets not to have lived a hundred years ago. Or could it be that we instinctively know that the future will be better than the past, despite our complaints?

\*

I was very moved by an old centenarian French peasant woman being interviewed on television. Asked about her views on death, she looked pensively to the ground and murmured in a soft voice:

"The Earth is calling me back. I can feel it. The voice is getting louder every day. The Earth wants me back."

\*

This beautiful goodbye of St. Francis at his death: "I leave you with my body, but I leave you my heart." "Io mi parto da voi con la persona, ma vi lascio il mio cuore."

\*

I heard this in Alaska:

An old Eskimo woman walks away from the family igloo, sits down at a distance and waits for the polar bear to come and devour her.

She murmurs: "My son will kill you next spring and your flesh will feed our little ones."

\*

An Eskimo saying:

"Before the white men came, we lived under the ground and left our dead above it.

Now we live above the ground and bury our dead in the ground, and everything goes wrong."

\*

How can we accept to be burned or locked up in a coffin or vault of cement when Mother Earth is waiting to take us back into her bosom and resuscitate us into different life forms?

\*

I believe that only those who see themselves after their death will survive in the memory of humankind. As Socrates said:

"The nearest way to glory is to strive to be what you wish to be thought to be."

Or as U Thant said:

"I want to be remembered as a kind and good man who understood others."

\*

O death! I should not hate you. You are only doing your job. You have watched over my shoulder during all my life, reminding me to value the world, its beauties, its living beings and my miraculous temporary life. And you will bring me peace, eternal peace. O death! Forgive me. I was not told that you will be with me much longer than the angel of life. I should have thought of you more often, befriended you, loved you while alive and seen you as my companion during eternity. I have neglected and underestimated my two longest and most faithful companions: God and Death!

\*

The indigenous people of Guatemala cultivate love relationships with death. They keep their coffin near their house, place flowers on it, talk to it, get accustomed to it, because it will be their longest, permanent home.

\*

If I were buried in a sunny country of this planet I would be reborn as a vegetal, a tree or any other living form of that country, possibly as another human. By selecting the place of my burial I have the choice of my rebirth. This is why families and people of the same region and religion want to be buried in the same place as their ancestors. They want their remains to stay where they loved and saw the light of day. Their chances of rebirth are greater. We should all have the right to a nearby burial ground.

\*

Pray for a good, peaceful death during your sleep. Pray God to take you gently to Him when you are least conscious and have already half left this world, for instance during an out-of-the-body experience.

\*

If you are in peace and union with God, with the Earth, with humanity and with yourself, then death will come gently and will only be a transformation, a change of worlds.

\*

When I die, please place a pen in my hands, writing paper and copies of my books in my burial ground and cover my body with a blue United Nations flag. I have kept one in our home for that purpose.

\*

I was born with a boundless love for life. At my return to Earth, I will leave behind a record of that love, my life and actions. I am so glad I did.

\*

Nothing dead remains erect. The Earth wants all her matter back, but then lifts it up again in the same or different forms. This natural recycling by the Earth should be urgently studied as a science.

\*

It is scary to think of death. But if one thinks of one's life as a service, as a contribution to human ascent and the evolution of our planet, as part of the flow of the mysterious universe, then death is only a transformation, a change of status.

\*

The precious miracle and greatness of life you can see only, really and fully when you are at the death-bed of someone you love.

\*

To those who see this world as part of God's Creation of the Earth's evolution, death will come naturally and gently.

\*

Death in modern times no longer appears in the form of a skull with a scythe. Death has a multitude of subtle helpers who penetrate our weak points in innumerable ways: cigarettes, alcohol (Al Kohol, the Devil), the demons of speed, greed, worries, anxieties, competition, etc. Death has created a hell's kitchen which produces these demons by the scores and dresses them as beautiful angels: silver and cellophane wrapped cigarettes, elegant bottles, sexy women, flashy cars, healthy sportsmen, and all the gold and glimmer of which the Devil always had the specialty.

\*

The best way to deal with Death is to live 100 percent. Dame Death avoids those who give her the least chance.

\*

From our remains will grow again other endless life forms. We are merely absorbed, recycled by our Mother Earth.

\*

If you are in peace with God, with the Earth, with humanity and with yourself, then death will come gently and will only be a transformation, a change of worlds.

\*

We seldom think of our death. There is a great lesson of nature in that: we are not supposed to think of adversities, of negative courses, of decay. The life forces push us constantly forward. God and nature want us to consider death as a positive element.

\*

When I die, I hope to be able to say: "Life was wonderful. I thank you, O God. Please continue to use me."

\*

Humans will not admire my bank account after my death, but they might admire me for the person I was, for the good I did, for the writings and messages I left.

\*

Dying persons should give a message to the living and tell them how they could and should better live. For it is at the moment of losing something that one values it correctly.

\*

At the moment of death, to be able to say to oneself: I have gone through life without being fooled. I have not believed the false values and prophets. I have carried my happiness untouched through the noisy marketplaces. I have fulfilled myself beyond belief. I was a truly free, happy, inquiring child of God and of the Earth.

\*

Death is the call of the universe. Dying people look out of the window, to the sky. They know their death is the will of the universe, the return of the soul or life-spark to its source.

\*

To be able to say at the end of one's life:

I loved to live

I lived to love

I laughed a lot

I gave much love

I leave the world a little better than it was

I loved the worlds' incredible beauty

I sang life and the universe

I looked for the best in others

I gave the best I had

Thank You, O God, for the miracle of Life.

\*

There comes a time when we must begin to close the files of our life and prepare to return gently, happily and confidently into the arms of Mother Earth and Father God.

\*

Words of a dying sister:

"I have given 45 years of my life to my convent. I have now the right to return to God and to be with Him." The right to die, not the fear to die. Her last words were to ask the Virgin Mary to bring her a glass of ice water!

\*

Advice of a dying man to his wife: "Work, create beauty and do good." What an inspiring message! The dying know best.

\*

The last words of Socrates: "Crito, I owe a cock to Asclepius; will you remember to pay the debt?"

\*

I wish there existed a book of what dying people said as their last words of advice to the living. I mention a few in my *5000 Ideas and Dreams for a Better World*.

\*

May the day of my death be a day of Resurrection. Teilhard de Chardin prayed God to let him die on Easter Day and God called him back on that day. His companion Father de Breuverie on the eve of his own death ordered like Teilhard a Mass of Resurrection, all in white and filled with joy. They knew how to die rightly. I am asking for a Mass of Resurrection too and will record for my death service the Ode to Joy by Beethoven on my harmonica.

\*

Sometimes, like Bertrand de Comminges who died quietly on the steps of the altar of the Cathedral of Notre Dame in Paris, I dream of dying on the altar of humanity, serving the United Nations or in my aula of the UN University for Peace in demilitarized, peaceful Costa Rica.

\*

I once dreamt to be buried in the Park of Nations, next to the United Nations, overlooking the Geneva Lake and in full view of my beloved Mont Blanc. On my tombstone would be a statue with my outstretched hands and the inscription: Peace, I am waiting for you.

\*

Now I dream to be buried with my beloved two spouses on sacred Mt. Rasur, in Costa Rica, above the UN University for Peace, with this inscription on our tomb:

We will spend our heaven helping you make peace on Earth. Please open yourself, pray for us, let us enter you, reincarnate in you with our experience, ideas and dreams for a better world.

Margarita (first to leave us)

Robert and Barbara

\*

Write down what you would like to see as your epitaph. It will tell people a lot about who you were and how you related to the universe, to God and to Mother Earth.

\*

I want to be interred (in terra, in the Earth) and covered by ground on which a fruit tree will be planted, so that I will resurrect in the form of a tree and fruits and receive God's solar energy every day and the visit of birds, squirrels and monkeys.

\*

All humans should have the right not to be burned, but to be buried into the Earth in order to be reabsorbed by the Earth and reborn into other life forms. The Earth is entitled to the return to her of the enormous biomass of the fifty millions of humans who die every year.

\*

It is not right to burn the demised.  
It is not right to lock them in non-degradable coffins  
It is not right to imprison them in vaults of cement.  
It is not right to make mummies out of them  
The Earth wants them back into her fold  
to reabsorb them into her flesh and elements  
and resurrect them into innumerable, evolving, other life forms.  
Amen,

\*

## **Decide Never to Die...**

Having been born from  
the living bosom and  
elements of our Mother Earth  
we will return to her and  
be reborn into other  
life forms and elements  
forever and forever  
We. want therefore our body  
neither to be burnt  
nor to be locked in a vault;  
We want simply to be  
buried into the Earth  
and be covered by her ground..  
Our souls will join all the  
invisible saints, angels and spirits  
who are active to make planet  
Earth a true paradise, the  
ultimate success of the cosmos  
To you the living we  
wish you long, healthy  
and very happy, miraculous lives

*Robert A. Hall*

## Volume III Chapter 8 The Life Beyond

How can we even conceive for a moment that we die when we see that no energy on this planet ever dies? I can cut the light, but the energy remains. I can burn wood, but the heat is transferred. I can eat food but its energy will live in me. I will 'die', but my physical energy is transferred to the Earth, my mind remains part of the globe's brain, my heart of the globe's heart and my soul of the universal soul. Where is there death? There is only endless transformation. And the better our life, the better will be our transformation in the cosmic journey of the universe.

\*

I often feel that my life is a lamp, a temporary container filled with light, a flow of energy, condensed and held together for a while in a mysterious, marvelous very complex cosmos linked with the rest of the Earth and the heavens through material, visible, touchable and immaterial, invisible, untouchable elements.

Someday the lamp will extinguish. The material elements will be reabsorbed by the Earth in her chains of life and energy. The immaterial elements will return to a universal soul to be reborn in other forms on this planet and elsewhere in the universe. We are all cosmic matter come alive on a particular planet partaking in that planet's further evolution.

\*

I have innumerable children: my ideas and visions of how beautiful life on this planet can be.

It would help us understand our life's objective better if we said like St. Teresa: "I will spend my heaven doing good on Earth."

Personally, I have decided to return to Earth as a spirit to needle heads of state and world leaders to make peace, to administer this planet for the good and happiness of all, to make this Earth a paradise in the universe.

\*

Humans continue to live after 'death', through their children and the good they have done. They might also leave behind a journal, correspondence, year-end family letters and possibly books of cherished memories, successes and anecdotes.

\*

Our body might 'die', but our thoughts, our deeds, our loves and our soul will not die. Everything changes. The universe is in constant transformation. Everything is being transformed but not annihilated. It can't.

\*

We must incorporate as much as possible of our life into actions, children, works, writings and art, so that we will continue to live after breathing and heart-beating have stopped in our body.

\*

I am sad that my work for the world will come to an end  
I am sad at God for not having made me eternal on this beautiful planet  
But perhaps He did  
Perhaps we are part of an unending change of worlds  
Perhaps my life and work will not die  
Perhaps my matter will be reborn in other life forms  
Perhaps I am part of the whole universe for all eternity.

\*

The human race has been evolving over time from primitive stages to ever more advanced ones. This process will continue until we have reached paradise Earth. It would be more proper for us to speak of 'evolution' for the past and 'advolution' for the future. Each human being, each family is part of both.

\*

Why should I worry about death? Whatever I do, my children, my work, my thoughts, my love will remain part of paradise's advolution. I will survive (survive).

\*

If you want to be remembered after your death, you must work for it.

\*

Have the epitaph of your tomb inscribed in your mind and do not hesitate to amend it as you advance on your journey towards it.

\*

If you decide to live after life you will live after life, for you will find the ways to do so. We have the marvelous capacity not to die by leaving something durable behind us.

\*

Live so that your dreams will still be carried out after your demise.

\*

Every event in life has a meaning. Every event is a stone with which we can build. The greatest art is to build even on failures and negative events, including our demise which can be a constructive inspiration to others. Yes, we can conquer death by surviving for a long time in the memory of humankind.

\*

This Earth is sanctified by all our human brethren and sisters who have walked on it before us. Our dead are sacred. Their spirit is still around us, in the rocks, in the soil, in the trees, in the waters, in the air, in our minds, in human achievements. Let us never forget our predecessors. Let us love, remember and honor them.

\*

I tried to make my life a progress, a sanctification of humanity and of this planet. I tried to be a cosmic being. And cosmic beings continue to live through their works. For example, I will live through my descendants, through the United Nations and through the University for Peace.

\*

The end of our journey is not calvary and disintegration, but heaven and resurrection, cosmic and divine integration or reintegration.

\*

Sometimes I would like to live on this Earth as a saint or as a spirit, but my body is too heavy. Perhaps when my soul will be liberated from my body I will remain on Earth as a spirit. Perhaps that is the will of God or of evolution.

\*

No earthly work done for God can be defeated. The success of our work will be our prolongation or resurrection.

\*

Since everything changes and is in constant transformation, the question arises: what do we want to be transformed into? The way we want to be remembered might be the answer. And so it is with humanity.

\*

I want my death to be constructive, very constructive.  
I want to become a saint or spirit in order to continue to do good on Earth.

\*

Many species, for example sea anemones, give birth by simply dividing themselves. As a result they never die. The same is true of all species, whether they produce seeds or reproduce as we humans do.

\*

All religions believe in the resurrection or transmigration of the soul. It would be helpful to a better understanding of life and of our being if the United Nations convened a world conference on the phenomena of life and death.

\*

I am often thanked for my lifetime contributions to peace and to a better world. But I must plan my postlife contribution too, which will be much longer.

I pray God to allow me to work after life, He might allow me to do so. I wish to help the saints up there with my recent experiences and knowledge of the Earth. I will need the prayers of many people after my life. I want to be invisibly in the office of every head of state, needling them to make peace, to be just and good to the people, and to become the new saints of paradise Earth!

\*

Since we do not know what death really means, we should preferably use the word 'afterlife' which is more positive. UNESCO or the World Health Organization should collect the words for death in all languages of the world and create a science of afterlife.

\*

My beloved life companion Margarita did not want me to suffer or to be sad at her departure, but to continue relentlessly to work for peace and a better world. She left me physically, but not mentally, sentimentally and spiritually. A second union has started between us: I, still for a while on Earth, and she in heaven, in the mysterious realm of the invisible, spiritual world. I often report to her in writing and orally at her tomb wherefrom one can see the Margarita and Robert Muller Peace Park, its sacred Mt. Rasur, and Mt. Margarita. I place on her tomb my most important letters and proposals, asking her to intercede with God, the saints and the departed peacemakers of this world. Thus she continues to give me her love, happiness and inspiration, pending our reunion in heaven which we will spend together doing more good on Earth.

\*

O God, how could you let someone as miraculous and beautiful as was my beloved wife die?

God:

"You would be worse off if I had not allowed both of you to live, to love each other and to labour for a better world."

You have always an answer.

"Yes, this is why I am God. And I remind you: you can continue to live with her in the spiritual realm while living on Earth with a new, very specially selected new wife, heavenly Barbara."

\*

"Look upon each day as a challenge, a test of courage. The pain will come in waves, some days more than on others for no apparent reason. Accept the pain. Do not suppress it. Never attempt to hide grief from yourself. Little by little, just as the deaf-mute, the blind and the handicapped, you will develop with time an extra sense to balance the disability, you will find new strength, new visions born from the very pain and loneliness that seemed impossible to master.

We know, we must face it honestly, that life for us can never be the same again, but as the months pass, the seasons change, something of tranquillity descends, and although the well-remembered footstep will not sound again, nor will the voice call from the room beyond, there seems to be about one in the air an atmosphere of love, a living presence.... This feeling is simply there, pervading all thought, all action. When Christ, the healer, said "Blessed are they that mourn for they shall be comforted," He must have meant just this."

*Daphne Du Maurier*

\*

## Decide to Live after Death...

To be a model, a hero  
for your children and grandchildren  
leave behind you beautiful stories and  
anecdotes from your life,  
warm, inspiring books, a journal,  
innumerable good ideas, deeds  
and dreams for a better world.

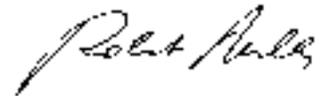
Visit the living during the night  
and give them ideas, dreams  
and encouragement never to give up

Turn to God:

Dear God tell me what  
I should do to survive after my death?  
And God will tell you.

Perhaps an even greater, inconceivable life  
expects us after our death  
so help us God.

God: I will



\*

## **Texts which have Guided me in my Life**

Whenever I feel discouraged, or the victim of an injustice, I invariably find comfort and reinvigoration in one of the following beautiful texts from the world's great ethical writings:

### **Be Happy**

Brethren, rejoice and always be happy. I repeat it to you: always be happy. Proclaim your serenity to all, for the Lord is near. Without fear, in any circumstance, explain to God your problems, pray to Him and be filled with gratitude. And the peace of God which surpasses all imagination will bless your heart and your spirit. Brethren, fill your mind with everything that is true, everything that is noble, everything that is good and pure, everything that we love and honor, everything that is virtuous and worthy of praise... and the peace of God will be with you.

*St. Paul,  
"Letter to the Philippians"*

### **Prayer for Peace**

Lord make me an instrument of your peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy.  
O Divine Master, grant that I may not so much seek to be  
    consoled as to console;  
    to be understood as to understand;  
    to be loved as to love.  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life.

*Prayer of St. Francis\**

### **Anyway**

People are unreasonable, illogical and self-centered. Love them anyway.  
If you do good, people will accuse you of selfish ulterior motives. Do good anyway.  
If you are successful, you will find false friends and true enemies. Succeed anyway.  
The good you do today will be forgotten tomorrow. Do good anyway.  
Honesty and frankness make you vulnerable. Be honest and frank anyway.  
The biggest man with the biggest ideas can be shot down by the smallest men with the smallest minds. Think big anyway.  
People favor underdogs but follow only top dogs. Fight for some underdogs anyway.  
What you spend years building may be destroyed overnight. Build anyway.  
People really need help but may attack you if you help them. Help people anyway.  
Give the world the best you have and you'll get kicked in the teeth. Give the world the best you've got anyway.

*The Karma*

\* The text of this prayer was distributed on the occasion of the visit of Pope Paul VI to the United Nations on 4 October 1965, feast day of St. Francis. The Charter of the United Nations was signed on 26 June 1945 in the City of San Francisco, named after St. Francis. A bust of St. Francis was inaugurated on the grounds of the UN University for Peace near my office, with a mass on 11 March 1998, my 75<sup>th</sup> birthday.

## I BELIEVE

I believe in the absolute sacredness, uniqueness and prodigy of each human life;

I believe that humanity on this miraculous, wondrous, life-teaming planet has a tremendous cosmic destiny to fulfill and that a major transformation is about to take place in our evolution;

I believe that unprecedented life-fulfillment, consciousness, transcendence, happiness and union with God are the true objectives of life. I believe that cooperation, commitment to life, altruism and love are the means to that fulfillment;

I believe that an unprecedented, all-encompassing new evolutionary agenda now faces humanity, namely:

- a. the harmony between humanity and our planet;
- b. the harmony and peace of the human family;
- c. our harmony with time;
- d. our harmony with the heavens;
- e. our personal, individual harmony.

I believe that the main action, inspiration and wish for this transformation rests with each of the more than 6 billion individuals of this planet;

I believe that humanity must now transcend its magnificent material and scientific achievements into the moral, affective and spiritual fields. The next frontiers of humanity will be the heart and the soul of which an even lesser percentage than that of the brain is being used;

I believe in humanity's capacity for unparalleled thinking, perception, inspiration, elevation, planning, cooperation and love for the achievement of a major transformation and the advent of a peaceful, happy and godly society on Earth;

I believe that humanity should hold each year on 1 January a world-wide Celebration of Life.

### *I commit myself*

to thank God every day for the unbelievable gift of life;

to take good care of the miraculous cosmic unit I have been given, physically, mentally, morally and spiritually;

to be a peaceful, loving, kind, happy and healthy person all my life;

to defend the first universal, cosmic law: "Thou shall not kill, not even in the name of a nation or a faith";

to reimburse God and society for the privilege of being alive through my contributions to a better, more just, kinder, happier and peaceful world;

to devote every moment of my life, every thought, every action and every movement of my heart to the transformation of our planet into a true paradise in the universe;

to leave behind me children, friends, actions, thoughts and works which will continue to help humanity's further ascent and transformation towards cosmic fulfillment;

to spend my spiritual or reincarnated life after death in doing good for my beloved planet Earth and the proud human race.

Robert Muller

## **Ten Commandments to Humanity**

1. You shall love each other, your planet, your family, the God of the Universe and your own miraculous life with all your heart, all your mind, all your soul and all your strength.
2. You shall practice truth, kindness and tolerance toward each other.
3. You shall never kill a human brother or sister, not even in the name of a nation or a faith.
4. You shall not produce, trade, or use any arms or instruments of violence.
5. You shall never be violent, neither physically nor verbally toward each other.
6. You shall respect the lives, peace, happiness and uniqueness of all your human brothers and sisters.
7. You shall cooperate with each other, help each other, inspire each other, love each other.
8. You shall contribute your peace, love and happiness to the peace, love and happiness of the human family.
9. You shall live in harmony with yourself, with your parents, with your children, with your environment, with all humanity and with the God of the Universe.
10. You shall live a responsible life in accord with the supreme interests of our planet and of the human family.

## **Ten Commandments to all Groups and Institutions**

1. You shall practice truth, tolerance, and respect toward each other.
2. You shall live in unity and diversity, cooperation with each other and shall not subvert each other.
3. You shall harmonize your actions and interests with the supreme interests of our planet and of the human family.
4. You shall not produce, trade, possess or use any arms.
5. You shall not practice violence, neither physical nor verbal, and shall resolve your differences with peaceful means.
6. You shall never require killing, violence, or unethical behavior from your members.
7. You shall respect the United Nations Charter and unanimous rules and recommendations, codes of conduct and ethics, agreed to by humanity universally.
8. You shall adopt internal laws and rules of ethics in accord with the supreme interest of our planet and of humanity.
9. You shall protect the sacred rights of the human person and obey the universal human rights injunctions of the United Nations.
10. You shall insure the internal peace, love and happiness of your members and live in harmony with our planet, with all humanity and with the God of the Universe.

Together we shall establish peace, love and happiness for all on our beautiful life-teeming Earth circling, journeying and evolving in the breath-taking, mysterious unfathomable Universe.

*Robert Muller*

## **Decide to do at least one Good 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 can 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 at least one good action a day  
During all your life  
Until the very end  
Just think what a huge amount of good  
That will represent!  
And if all six billion people on Earth  
Do one good action a day  
What a beautiful, peaceful, incredible world  
it will be!

God: you will have achieved paradise Earth.

*Robert A. Hall*

## NEW GENESIS

Since most of my books are out of print and *New Genesis, Shaping a Global Spirituality* will soon be too, I add here its conclusion which has moved many people around the world.\*

My Final Prayer:

O God, I do not know who You are, but I am in exultant joy before the magnificence of Your creation.

O God, I do not know why You gave me life, but I thank You with every fiber of my heart for having lit up in me the divine spark of light in the vast, incomprehensible universe.

O God, I know that I come from You, that I am part of You, that I will return to You, and that there will be no end to my rebirth in the eternal stream of Your splendid creation.

O God, I do not know why You created light and darkness, happiness and despair, good and evil, love and hatred, creation and destruction, matter and void, and allowed us to choose constantly between the two, but I know that it is my duty and joy to throw down my gauntlet for light, brightness, compassion, goodness, happiness, truthfulness, life, beauty and love.

O God, only You know the meaning of all there is in the heavens and on Earth. Why don't You return again to tell us once more what our lives and destiny should truly be?

O God, I cannot define You, I cannot see You, I cannot perceive You, I cannot understand You, I cannot embrace You, but I can most definitely feel You, love You and know that You are.

Please, O God, have pity on us and allow us to become at long last a warless, weaponless, hungerless, horrorless, just, kind, truthful, thankful, loving and happy planet.

O God, help me to show through my life that this is the Planet of God. Please.

## THE NEW GENESIS

And God saw that all nations of the Earth, black and white, poor and rich, from North and South, from East and West, and of all creeds were sending their emissaries to a tall glass house on the shores of the River of the Rising Sun, on the Island of Manhattan, to study together, to think together and to care together for the world and all its people.

And God said: that is good.

And it was the first day of the New Age of the Earth.

And God saw that soldiers of peace were separating the combatants of quarreling nations, that differences were being resolved by negotiation and reason instead of arms, and that the leaders of nations were seeing each other, talking to each other and joining their hearts, minds, souls and strength for the benefit of all humanity.

And God said: that is good.

And it was the second day of the Planet of Peace.

And God saw that humans were loving the whole Creation, the stars and the sun, the day and the night, the air and the oceans, the earth and the waters, the fishes and the fowl, the flowers and the herbs, and all their human brethren and sisters.

And God said: That is good

And it was the third day of the Revered, Happy Planet.

And God saw that humans were suppressing hunger, disease, ignorance and suffering all over the globe, providing each human person with a decent, conscious and happy life, and reducing the greed, the power and the wealth of the few.

And God said: that is good.  
And it was the fourth day of the Planet of Justice.

And God saw that humans were living in harmony with their planet and in peace with one another, wisely managing their resources, avoiding waste, curbing excesses, replacing hatred with love, greed with contentment, arrogance with humility, division with cooperation, and mistrust with understanding.

And God said: that is good.  
And it was the fifth day of the Golden Planet.

And God saw that people were destroying their arms, bombs, missiles, warships and warplanes, dismantling their bases and disbanding their armies, keeping only policemen of peace to protect the good from the bad and the normal from the mad.

And God said: that is good  
And it was the sixth day of the Planet of Reason.

And God saw humans restore God and the human person as the Alpha and Omega, reducing institutions, beliefs, politics, governments and all human entities to mere servants of God, of the Earth and of the people. And God saw them adopt as their supreme law: 'You shall love the Lord your God with all your heart, all your soul, all your mind and all your strength. You shall love your neighbor as yourself. There is no greater commandment than these'

And God said: that is good.  
And it was the seventh day of the Planet of God.

Robert Muller

\* New Genesis was published also in France, Germany, Italy, Japan and Poland.

**ANNEX**  
**A letter received during the birth of this Volume III**



August 6, 2002

Dr. Robert Muller  
7456 Evergreen Drive  
Goleta, CA 93117

Dear Robert,

We are so pleased that we will be able to present you with the Foundation's 2002 World Citizenship Award this year. The award is made annually to an individual of high distinction who has acted for the benefit of humanity and by his life has demonstrated the qualities of world citizenship. Prior recipients include Ted Turner, Daisaku Ikeda, Queen Noor and Frederick Franck.

The Foundation's Board of directors would like to honor you for your years of service in helping to create a stronger and more effective United Nations and for your steadfast commitment to creating a more decent and peaceful world. We feel we could not choose a more deserving individual.

The Award will be presented at the Foundation's 19<sup>th</sup> annual Evening for Peace on Thursday, October 24<sup>th</sup>. This is also United Nations Day. The dinner and awards ceremony will take place at Fess Parker's Doubletree Resort and we expect some 400-500 community and national leaders to be in attendance.

We plan to present you with the Award prior to dinner and would ask that you make a short statement of between 10 and 15 minutes on this occasion, which the Foundation will publish and distribute widely. Following dinner, the Foundation will present its Distinguished Peace Leadership Award to President Arthur N.R. Robinson of Trinidad and Tobago for his role in the creation of an International Criminal Court.

Anna Grotenhuis and Imaging Spence, both Board members, are co-chairing the dinner and will be in touch with you regarding planning if necessary. Chris Pizzinat in our office will be your Foundation contact. We look forward to honoring you.

With best wishes.

Sincerely

David Krieger  
President



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

by DR. ROBERT MULLER

**Volume III**

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