



A Compass for Spiritual Practices



There are three things we need to do:

1/ Cultivate the spiritual path, engage in acts of compassion, and develop habits that orient us towards the path, rather than following worldly habits.

2/ Aim to Be, not to Have.

- To Be means to become. For example, becoming more loving, more forgiving, more pleasant and kind, more tolerant, more open-minded, and more understanding.

- To Have means acquiring more houses, more money, more possessions, more fame. The more we live, the more we accumulate, adding more and more.

3/ Be free, don't get attached. Being free means viewing everything through the lens of art, through the lens of spirituality. Recognize that everything has its own direction, thus don't get stuck on anything. Understand cause and effect deeply. Understand that every action has its own direction, every deed we do has consequences, every word we say has consequences. Therefore, by looking at the chain of cause and effect, looking at all conditions, we should smile and live with a higher ideal: The ideal of becoming ever more open-minded and altruistic.