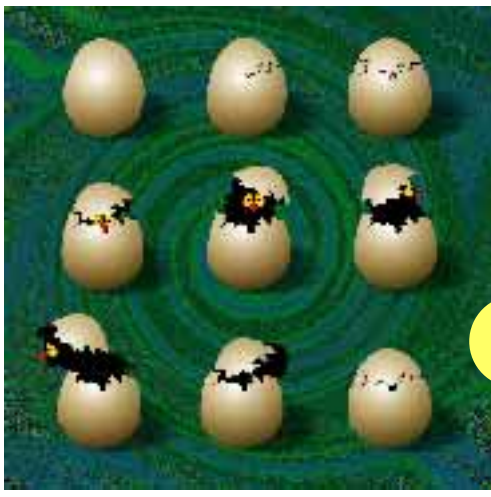


the principles

that can help you in your search for internal unity



1

To go against the evolution of things is to go against yourself.



2

When you force something toward an end, you produce the contrary.

Do not oppose a great force. Retreat until it weakens, then advance with resolution.

3



4

Things are well when they move together, not in isolation.



5

If day and night, summer and winter are well with you, you have surpassed the contradictions.



6

If you pursue pleasure, you enchain yourself to suffering. But as long as you do not harm your health, enjoy without inhibition when the opportunity presents itself.

If you pursue an end, you enchain yourself. If everything you do is realized as though it were an end in itself, you liberate yourself.

7



8

You will make your conflicts disappear when you understand them in their ultimate root, not when you want to resolve them.



9

When you harm others you remain enchainned, but if you do not harm anyone you can freely do whatever you want.

When you treat others as you want them to treat you, you liberate yourself.

10



It does not matter in which faction events have placed you. What matters is that you comprehend that you have not chosen any faction.

11



12

Contradictory or unifying actions accumulate within you. If you repeat your acts of internal unity, nothing can detain you.