



**Dagens Ord  
fra  
2008**

To ting er nødvendige for at leve et lykkeligt liv.

Korn til næring for kroppen og meditation til at få adgang til Herrens tempel indeni dig selv og smelte sammen med Hans Pragt.

De gamle vise trak sig tilbage i skovens stilhed og modtog, gennem hårdt mentalt arbejde, den store skat af spirituel erfaring og inspiration til hele menneskeheden.

Grunden til at de søgte ophold på ensomme steder var for at holde sanserne bort fra ting der fryder og distraherer, for at undslippe den betændelse der vil ødelægge glædens kilder.

Deres eneste formål var at lære frihedens hemmelighed at kende til gavn for menneskeheden.



Two things are essential for happy life. Food and Meditation.

Food grains for the sustenance of the body and meditation for entering the temple of the Lord within you and merging in His Glory.

The sages of yore retired into the silence of the forest and by means of hard mental toil won for mankind the great treasure of spiritual experience and inspiration.

The reason for their taking refuge in lonely places was to keep the senses away from things that delight and distract, to escape the infection that will damage the springs of joy.

Their sole purpose was to learn the secret of liberation for the benefit of humanity.

