

# Forerunners of the Light

~ *Skills – Attitudes – Techniques* ~

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1. In all aspects of life, try to be both practical and mystical simultaneously.
2. Do not simply do what you are able to do. Do what you are gifted to do.
3. Cultivate the quality of “divine indifference” in order to rise above personality reactivity—both as it pertains to your own reactions and those of others.
4. Know that your work is related to the spiritualization of form.
5. See things in longer units of time, which is the prerogative of the soul.
6. Know that everything is a mixture of darkness and light. The spiritual value of something is determined by the ratio of the darkness and light that it contains.
7. Remain discriminative, decentralized, dispassionate and detached (the 4 D’s).
8. Recognize social systems and countries as living entities, each having both a soul and a personality.
9. Know that the “hill and valley” experience is built into the evolution of human consciousness, both individually and collectively considered.
10. Seek out opportunities for solitude as often as possible to sense the Plan.
11. Be increasingly conscious of the words you use and their effects on others.
12. Cultivate a greater sense of right-timing and rhythm when in service to others.