

Lord of Nagas, a single practice of the Bodhisattvas correctly stops rebirth in the lower realms. What is this single practice?

It is the discernment of what is virtuous. You must think, "Am I being true? How am I spending the day and the night?"

—Sagara-naga-raja-pariprccha (Questions of the Naga Kings of the Ocean)



"Many things are necessary for observing. The first is sincerity with oneself. And this is very difficult. It is much easier to be sincere with a friend. Man is afraid to see something bad, and if, by accident, looking deep down, he sees his own bad, he sees his nothingness. We have the habit of driving away thoughts about ourselves because we fear the gnawings of conscience.

Sincerity may be the key which will open the door through which one part can see another part. With sincerity man may look and see something. Sincerity with oneself is very difficult, for a thick crust has grown over essence. Each year a man puts on new clothes, a new mask, again and again. All this should be gradually removed — one should free oneself, uncover oneself. Until man uncovers himself he cannot see.

You must go on trying to be sincere. Each day you put on a mask, and you must take it off little by little."

— G. I. Gurdjieff





Sincerity in Experience

"People do not understand that sincerity must be learned. They imagine that to be sincere or not to be sincere depends upon their desire or decision. But how can a man be sincere with himself when in actual fact he sincerely does not see what he ought to see in himself? Someone has to show it to him. And his attitude towards the person who shows him must be a right one, that is, such as will help him to see what is shown him and not, as often happens, hinder him if he begins to think that he already knows better."

— G. I. Gurdjieff

"We must cultivate sincerity, because the most beautiful flowers of the Spirit germinate within the substance of sincerity."

-Samael Aun Weor, Igneous Rose



Hidden Truth

"The Word says, 'If you know the truth, the truth will make you free.' Ignorance is a slave, knowledge is freedom. If we know the truth, we shall find the fruit of truth within us. If we join with it, it will bring us fulfillment.

At present we encounter the visible things of creation, and we say that they are mighty and worthy and the hidden things are weak and insignificant. It is not so with the visible things of truth. They are weak and insignificant, but the hidden things are mighty and worthy."

—The Gnostic Gospel of Philip

"Perfect things have opened to us, and hidden things of truth. The Holy of Holies was revealed, and the bedchamber invited us in. As long as the seed of the Holy Spirit is hidden, wickedness is ineffective, though it is not yet removed from the midst of the seed, and they are still enslaved to evil. But when the seed is revealed, then perfect light will shine on everyone, and all who are in the light will receive the chrism. Then slaves will be freed and captives ransomed. 'Every plant that my father in heaven has not planted will be pulled out.' What is separated will be united, what is empty will be filled."

—The Gnostic Gospel of Philip