

# THREE KEYS

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*(This is one of Helena Roerich's many texts collected in her two volumes of Letters. With incredible beauty, simplicity, and depth she describes what we must do if we want to open the doors to the mastery of the Self, thus inviting us to walk the path of discipleship within ourselves).*

Dedicated to: Past, Present and Future Disciples.

My dear Young Friends!

These three great keys are not stored on other planets nor other stellar worlds, but in we, and by taking possession of them, you will acquire something comparable only to the worlds. Would it be reasonable to refuse these keys? Certainly not. Therefore, without wasting time, let us go for them. In the name of my love for you, I will remind you of the paths leading to mastering these keys.

Their names are LOVE, BEAUTY AND KNOWLEDGE. Remember these paths, take them, and point them out to others.

In every act demonstrate mobility, love, and prudence. Try to be a wise sculptor at work with yourself and others and beware of being friable clay in the hands of bad company.

Choose good friends and, in dialogue with them, emphasize your good qualities; read good books, come to conclusions, and remember all the best to put them into practice in life.

Develop in yourselves plans and methods for creating a beautiful life with will and wisdom, full of work and harmony with the outside world.

Be aware that with every wrong thought, word, and deed, you are breaking the sacred rights with which, like any other creation, you have been generously rewarded by nature.

Develop in yourselves steadfastness and perseverance, and do not dawdle during work. If the work is tedious but necessary, arrange yourselves so that with patience you will bring it to its conclusion.

It will be easier to do if you undertake each task with joy. You are not a doll or a toy that mechanically goes through the motions but a rational man. Therefore, you are obliged to treat every work wisely, carefully and with love.

Try to purify your language of empty and meaningless words. Instead, let your speech be clear, precise, and brief.

Abandon the place filled with vain talk, anger, and hatred, where quarrelling, harmful entertainment, and stupidity reign.

If you decide to rest, be sure to give your mind and body pleasant entertainment and freeloads during these minutes of relaxation.

Do not rush. Eradicate lies. Be honest and kind. Develop in yourselves a sense of nobility and in your communication with people be polite and simple. The feeling of fear should also be alien to you.

Maintain balance in pleasure as well as in suffering, in joy as well as in pain. Forgive always and respond to hatred with love. Only in this way will you defeat ill will.

Your thoughts are your children. You must make each of them beautiful. Each thought must become a creative force directed towards doing good. Always remember that the power of thought is significant. Prepare to use it for the benefit of the world.

Be accurate in everything, truthful and certain in your actions. Otherwise, you cannot be trusted with meaningful work.

Life must flow through you in all its splendor and full force. Therefore, do not allow unimportant things to weaken your perseverance in achieving your goal.

Life and love are a powerful force and the reason everything in the Universe exists. Love is the force that rules the world: everything done by it has the power of universal law. Only with love for all can you defeat evil. So, bring love wherever you go. You will soon understand how it will help you in all ways.

Be pure and let love emanate from you, as the scent emanates from the flower.

Make the firm and unwavering decision to become the expression of love and the willingness to help wherever you can. Let your life be a ray of joy to others. Find diamonds in your soul so that you can put them into the treasury of the common good.

If you have more knowledge than some of your friends, do not be blinded by pride in it, do not show your superiority, but share your knowledge if it is appropriate at the time.

Remember that every minute of your life has a purpose. Be able to understand it. If you have difficulty in choosing a job or profession, consult your superiors.

Be attentive to the empty minutes. Laziness may seize you because of them. Hours and days can be made of empty minutes, and the task of the true man is great. Life is indeed multifaceted and exciting. From the minutes spent wisely, you can weave the true and beautiful fabric of your soul. Therefore, try to fill every minute of your life with work, knowledge, or pure thoughts. Let incessant work bring you pleasure and let the fire of unquenchable creativity light your path.

Try always to keep your thoughts in absolute purity and think much about what you can do to better people's lives and alleviate their sufferings.

Nature is overflowing with pure and sacred gifts and is seeking receptacles. Let your soul be resplendent and transparent for the acceptance of these gifts.

Become a ray of light, leave the world of vain dreams, and apply your energy to the ceaseless ascension on high.

Let your soul ever radiate light and bliss, warmth and compassion, dynamism, and desire to help those who are nearby. Then you will feel how the heavy tasks lose their weight, and the sorrowful garments of suffering become the snow-white veils of shining pure joy.

Be cautious and condescending in your judgment of people, for you are imperfect. But be strict with yourselves and work tirelessly at correcting your own defects.

You will face many trials in life. Only through them will you acquire infinite treasures, but you will be prepared to overcome them successfully only if you are armed with the ammunition of prudence, perseverance, and faith in yourselves.

Should a failure occur, do not lose courage. Discouragement will only weaken your strength and diminish your inner growth. Instead, it is better to mobilize your strength and think about the best strategy you can find to continue the action. This will improve your tenacity and multiply your powers. Transform every failure and bitter experience into the most valuable lesson that will serve you as a guide in the future. Every obstacle in your path will tell you what is necessary to develop to equip yourself with ammunition to continue the struggle.

But in battle, you must always remember the welfare of those who are close to you. Beware of buying your own welfare at the cost of the suffering of those close to you. Such welfare is cruel and unstable.

Be able to consume your energy carefully and judiciously in any work. Arrange for a robust, vigorous, and robust body. Do not load it with food in larger quantities than is necessary for normal nutrition, nor load it with anything that is obviously harmful to your health. Study the laws not only of spiritual but also of correct physical growth. Your body is an immediate tool that you will treat wisely.

Through such handling, you will carry the most precious receptacle of natural forces and health in a more lasting way through the daily storms and the paths of tireless toil.

But this receptacle is given to all that exists. Therefore, be equally sensitive to the health of people, animals, birds and even plants. For example, plants collect light and heat from the sun just as you do. Flowers like you would die if they were deprived of them. It means that you are brothers, but you are older, stronger, and more intelligent. Therefore, one should always render proper help to the weaker and pay more attention. You are endowed with greater strength and wisdom than many placed under you. Therefore, you should always protect the helpless, whether they are people, animals, plants, etc.

A saying goes like this: "The darker the night, the brighter the stars", and thus, you will be the bearers of light, love and knowledge in the human darkness and earthly struggle. The more light you have, the more darkness you will disperse.

It is necessary to reach the top of the mountain, but how difficult is the ascent and how easy it is to roll down! Is the latter the reasonable thing to do? Think of the infinite happiness it is to take possession of the summit and to show others the way; how much of the unknown you will see from there; how vast and immense horizons will appear before your astonished eyes; you will then understand the total value of the road you have travelled!

You will receive what you persistently sought for yourselves, despite the resulting hardships and difficulties.

And so always, with every minute of your life, ascend higher and higher. Remember that during challenging ascents, you will be offered a helping hand.

And the greater your help to the people, the more majestic and broader your mind and soul will be and the more manageable the challenging ascents will be for you.

Therefore, eradicate from yourselves the feeling of selfishness. Do not be a debtor to nature. She has rewarded you with extraordinary gifts. She has planted in you great seeds. Will you multiply her treasures? Will you share them with others?

Try to listen to the voices of all that exists. In this way, you will understand its specific aspects. Then, having understood, fall in love with a love that embraces all that exists. Acquire a more profound knowledge. Develop in yourselves the appreciation of harmony and beauty as much as possible with love, knowledge, and beauty go-to people. Unite them. Build with them a life full of light, vigor, tireless work, and joy. In this tremendous creative endeavor, you will acquire endless new sources of power and knowledge, and by aspiring to learn the hidden secrets of nature in the name of the Common Good, you will thus be repaying your debt.

By following this path, you will acquire the three great keys of BEAUTY, LOVE and KNOWLEDGE.

With them, you will open the doors that lead to the luminous sources of divine truth.