

# The work on oneself in accordance with the Grail Message

Author: Dr. Richard Steinbach

If we intend to work on our personality in accordance with the Grail Message we must do all we can to become calm and balanced human beings through the recognitions of the Grail knowledge.

This calm and balance, however, must not be from apathy but must come from our spiritual nature. Nor can it be developed artificially, as for example through yoga, meditation, psychotherapy or any other kind of mental exercises or methods. All such artificial methods are in reality merely sedatives that work by diverting our inner senses from the essential things in life.

The more we are still bound to the intellect the more questions arise needing to be solved.

The hearth of our thoughts – our intuitive capacity –, however, is impure as long as we still have questions which prove that we are still unable to solve these questions within ourselves... or to patiently wait for the solution which definitely will be given to us according to the degree of our spiritual maturity.

It would not make sense to simply ignore the questions that arise in us. The consequences of such a wrong inner attitude would be spiritual indolence and superficiality. We must not ignore the urgent questions of spiritual problems! However, we should not try to answer these questions with the intellect but should endeavor spiritually to receive an answer true to the words of the Son of God:

“Ask and you shall receive, seek and you shall find!”

See the connection between the words “receive” and “perceive”!

To answer a question spiritually, however, absolutely requires an “inspiration” from the Light, it requires an intuition!

The Grail knowledge clearly and unmistakably shows us the way to receiving “inspiration”! (see Grail Message Lecture on Silence)

Certainly, this path is not easy, yet it is very simple! I have attempted to express this practical path to inspiration in one single sentence so as to establish it in a plain and explicit manner.

This sentence is as follows:

“Connection with the realms of the Light is obtained solely through the realization of absolute inner calm; this calm is achieved through the power of silence which renders thought vibrations magnetic and attracts inspiration from higher planes!”

We must impress this sentence into our memory so that we have a firm and secure foundation. To repeat briefly: Connection to the realms of the Light arises from absolute inner calm, calm arises from silence – and from the power of silence arises inspiration if we direct our thoughts correspondingly!

In brief outlines this shows the path to be taken in the work on ourselves. Although this path is extremely simple and uncomplicated, it is – as mentioned before - not easy!–

The goal of this path is never reached here on this as earth; only a reflection of the high goal of spiritual perfection is realized here in the world of coarsest matter, and this is: peace of the heart!

Like a bud of the Light, this peace slumbers in our soul.

If we let the words of peace of the Divine Message enter into us with pure longing, then this bud opens as under the breath of a liberating breeze.

From the Bible we already realize the path and the promise of peace (Isaiah 45/22: “Turn to me so that you may have peace!” and (Isaiah 48/18: If you listened to my commandments your peace would be as a peaceful river and your righteousness as the waves of the sea).

We also remember the sublime words of the Son of God Who in His prayer at the Last Supper, spoke to His Disciples: “Your peace I leave to you, my peace I give to you so that you have peace in me; for you have no peace in the world; for the world hates you!”

And Peter Rossegger (Austrian poet, tr.note) said: “Our goal be peace of the heart. Seek and keep peace in your heart. I know of nothing better.”

The greatest tidings of peace and the highest command of peace, however, was given to us in the Grail Message:

“Keep the hearth of your thoughts pure, you will sow peace and earn happiness!”

Thus, it is a matter of realizing peace of the heart within ourselves. To achieve this the Lord gave us the following distinct advice:

“Empty your mind of thoughts and release the desire for the good and noble in you; then you will have the foundation for thinking which comes from the volition of your spirit...” (Abd-ru-shin)

It is thus a matter of purity of the spirit free of thought so that the thoughts of purity can arise from within us. This is the purity of thoughts.

Purity of thought, however, is not achieved by intellectual answers to questions or by the so-called “solution of problems” equally accomplished by intellectual means. All this is piecemeal not suitable for spiritual upbuilding.

Purity of thought is achieved solely through a lifestyle that strives for simplicity.

Living a simple life without needs is the unmistakable sign of a spiritually mature person

These two characteristics awaken all genuinely great virtues!

The uppermost motto of someone who works on himself is therefore:

Become simple!

Simplicity means putting all one’s thoughts into one compartment:

To put our thoughts into the one compartment of Divine Truth requires the earthly human form of simplicity: plainness!

It means to separate out what is essential, useful and of vital necessity from what is non-essential: simply put – to be simple, simply put your life into the one compartment of Truth

However, what is essential and what is non-essential?

A few logical and practical thoughts might help clarify this question:

There are four activities in human life that are vitally necessary: eating, sleeping, working and body care.

In checking all other activities with a view to their necessity we are surprised to find that, apart from the four afore-mentioned ones, there are no other activities in life that are vitally necessary in the true sense of the word, i.e. essential for life.

If we are honest about our luxury-dependent “ego” we will realize that outside of these four activities, there is no activity that is absolutely necessary:

In other words, briefly: eating, sleeping, working and body care are the essential things in our life, all else is non-essential, unimportant and even harmful to the purity of the hearth of our thoughts.

The question may arise: will man not regress into primitiveness if he limits his interests to the point that he is no longer interested in anything besides eating, sleeping, work, and body care?

This is definitely the wrong question! For it is not a matter of what a man does but of how he does it.

I have watched an academic painter work on a portrait in such a reluctant, spiritless way that it pained me deep in my soul.

And I have seen a street sweeper doing his work with such devotion as if he were a priest of the Almighty.

The difference between primitiveness and simplicity is expressed in the word “aright” in connection with the quality of the respective activity.

Someone who only eats, sleeps, works and takes the necessary care of his body can truly be called “primitive” .

However, someone who takes care to eat aright, sleep aright, work aright, and take care of his body aright has realized the essence of “simplicity” .

Someone who puts all of his soul’s energy into the performance of these four simple activities vitally necessary for his existence will find himself going from one amazement to another.

One who seeks his calling in his everyday work, who takes his food as medicine with gratitude to the Supreme Being, who devoutly takes care of his body as a precious, sacred possession entrusted to him by the Creator, who lies himself down to sleep in trusting devotion to God so as to draw new energy through possible dream connection with higher spheres; one who does all this filled with spiritual reverence – leads a God-willed, spiritualized and completely fulfilled life;. Such a person works on himself in the right way and lives his life completely in accordance with the Grail Message.

There will be some who listen to my lecture today and may be disappointed that I lecture on such extremely simple things. They would perhaps prefer to hear me speak about the symbolism of numbers, occultism, science, or hear my comments on various subjects of spiritual sciences.

I could offer you this also! I have also spent time - far too much time - on these things in the past and wasted precious time!

For: All of these things are important for those with a respective calling. And when someone with a vocation tells of such great discoveries I will, even today, gladly listen and be edified.

But I will do so full of respect and restraint! I will not get more deeply into these areas unless certain life situations and my matured intuitive perception will lead me into them.

Anyone who is not Called to it should keep his hands off and refrain from entering sacred territory, for all these discoveries are sanctified by the Truth.

Nor should those who feel that they have been Called, touch these things. Solely the one who is Called may work in these areas. However, such a man does not work on them, rather the spiritual knowledge works on him.

One who is Called cannot do anything but fulfill his Calling! He can fulfill his Calling in an erroneous or in an enlightened way, badly or well, or indifferently, but he absolutely must fulfill it.

Truly, these are the words of a Called One!

However, I speak out of my most deeply-felt conviction: For one that is not Called it is doubly sinful to question and speculate about issues of an area of Spiritual Science. For, on the one hand he obstructs his own development by neglecting to work on himself in the things that are necessary in life. On the other hand he,- without the vocation and without being Called - hinders the spiritual development of the entire Grail Movement by dabbling and blundering his way into areas that do not concern him at all and for which he most likely lacks the required spiritual maturity.

He thereby makes it more difficult for a truly Called One to fulfill his sacred mission!

Such a one has burdened himself with twice as much sin, twice as much karma, twice as much guilt! He, as one who is not Called, dared in a frivolous way to venture into questions and problems that do not concern him at all since he did not have a genuine Calling.

I often ask myself:

Why do people always have to meddle in things that are none of their business? Why do they always feel the need to enter into areas of knowledge for which they lack the necessary maturity? Why do people have to ask questions about matters that have no relevance to the essential things in life? Why do people ever again feel they have to taste from the tree of knowledge although it was forbidden them at the very beginning of the history of mankind?

It is nothing more than curiosity and sensationalism, an interest in and craving for things that lie way above their current level.

If man left these things alone, if he liberated himself from the desires of his intellect, if he, totally bare of intellectual thoughts, listened into the intuition of his soul in deepest silence and filled with purest inner attention, watching and praying – then and only then would he be given so much through all that is noble and good arising in him that perhaps he might someday experience his Calling within, without especially feeling Called – for:

A man who renounces himself (according to words by the Son of God (Math. 16/24), a man who relinquishes all his personal opinions for the sake of the all-encompassing Truth of the Holy Cross, will also throw his intellectual “ego” overboard, in order to be

Called in his true spiritual self , called to high action. This happens without the intellectual “ego” consciously transmitting the Calling to the feeling. In other words, the Calling arises completely unconsciously in a man!.

Quite frequently a man obstructs his true Calling because he feels Called in a completely different area!

This is why I say:

The genuinely Called One does not feel Called, he is Called.

There are certain unmistakable characteristics in this respect.

A man who feels Called will always talk much about his Calling. Directly or indirectly he will always show how familiar he is with just this particular field!

His one-sided, eccentric behavior is a sure sign that he is not a Called one.

A Called One fulfills his Calling from the center of his being and can therefore never seem ex-centric (i.e. outside of his center).

A man who does not feel Called but is Called does not talk about it at all; in his Calling he is his own stabilizing element.

In other words, as the Lord states in His 10<sup>th</sup> Commandment: “A genuine human being does not place his works in front of himself but lives in them.”

The one who has been called by the Light, thus has a Calling, is one who has realized absolute calm within himself, his knowledge having reached such a spiritual depth that words are no longer adequate. He is a knowing one. The following Japanese saying applies to him:

“The talker knows nothing, but the knowing one does not talk.” (Byokoto Takeda)

Thus the challenge is to work on oneself in the right way

What is missing in our time is the trait of modesty, the tendency toward simplicity. This has meant the loss of genuine virtue, of clarity of intuitive perception, of purity of feeling, and of the capacity of the mind (common sense).

Genuineness of a virtue can only come from a virtue that cannot be feigned.

Modesty is the only virtue which cannot be feigned.

All other virtues can be pretended in pharisaic fashion, they can be feigned as intentional distortions. Although a man may be forced to live modestly because of poverty it is obvious from his discontented manner that his modesty is not joyfully free-willed.

Luxury-dependent man can feign anything except modesty.

On the soil of modesty, however, all genuine virtues grow, blossom and thrive naturally on their own; for: it is law that where there is genuineness only genuineness can arise.

Whether or not a man, at the start of the work on himself, is capable of believing in God does not matter at all. The main thing is that he knows where his salvation lies. And his salvation lies in simplicity. It is imperative to call out to today's humanity the message from the Light: "Save yourselves in simplicity! Simplicity will solve each and every human problem!"

Success of the work on oneself in accordance with the Grail Message lies in regaining the capacity to read from the sign of the Living Truth and to draw therefrom all the spiritual knowledge that man needs for his complete spiritual maturity!

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