



---

# PRECEPTS FOR INNER REFORM

---

TWENTY WAYS FOR IMPLEMENTING THE INTIMATE REFORM



*Right knowledge, right vision and right action are the three jewels of true life*

Inner reform corresponds to a change in attitude, thinking, feeling and acting, to transform our lives for the better. These are ways to develop compassionate and mindful living through daily grinding experiences.

Change is the solution that conduces to an intimate way of living with peace and gratitude for the wonderful gifts that the Universe has given us, allowing an important opportunity to grow through the experiences on Earth.

Change the focus - think of solutions rather than the problems. This makes the journey of our life a wonderful journey, full of pleasure and joy.

1. Keep a peaceful attitude any offense done to you.
2. Forget the favor that we give to someone.
3. Do not black mail your friends to practice any kindness toward us.
4. Commit to silence our aggressiveness.
5. Happily complete our own obligations.
6. Do not condemn the views that may differ from ours.
7. Abolish any malicious or unnecessary questions.
8. Agree to repeat Information and lessons as necessary without any whining.
9. Constantly train our patience.
10. Commit to hear with good heart and good will the problems of others without putting our own pain above them. Remind them of their spiritual purpose.
11. Genuinely seek the means or interest to be more useful.
12. Train yourself to forgive the damages and harm caused by others, without waiting for an apology.
13. Do not think or speak ill of anyone. We are all students in Earth school



14. Always seek to see the best from the people with whom you live, and be grateful for what they represent in your life.
15. Rejoice with the joy and happiness of others, practice Farginen<sup>1</sup>.
16. Not to overwhelm or bother others who are performing any work.
17. Commit in helping others with good will and disposition, even without being asked.
18. Respect the service of others.
19. Do not place your personal problems as a priority to others.
20. Serve willingly when illness hurt those we love.

The Student of earthly experiences would want and will wish to apply at least some of the twenty exercises proposed here, these were in essence the teachings of the Master Jesus for the school of life and degree of spiritual charity.

---

<sup>1</sup> A Yiddish word that means, literally, to wish someone well, to delight in someone else's delight. It's the opposite of envy.