

The First Garden



(Artist: julia_krav_)

www.enterthegarden.org

◆ Health ◆

◆ Truth ◆

◆ Love ◆

◆ Beauty ◆

◆ Peace ◆

Dear One,

Enter the Garden.

Come to the Path of Deepest Love.

You can be the Green of the Gardens.

You can further the Greatest of Goodness.

We are the People of this World.

Focus.

This is the Purpose of our Life.

We might witness Everything as One.

We might witness the Light of Heaven.

Come to the Meaning of Being.

Enter the Light.



Enter the Garden



Enter the Garden.

Come to the Path of Deepest Love.

Follow the Five Roots of Life.

Health, Truth, Love, Beauty, Peace.

And centre upon Love.

And further the Peace of Truth by Love.

Health regards the Needs of People.

And it is the Root of the Body.

So sustain the Body, as the Needs of the Body give the Instincts to Live.

Truth regards the Mind reflecting the World.

And it is the Root of the Mind.

So develop the Mind, as the Mind reflects Truth of the World.

Love regards the Bonds of People.

And it is the Root of the Heart.

And the Love of the Heart gives the Reasons to Live.

Beauty regards the World reflecting the Soul.

And it is the Root of the Soul.

So enrich the Soul, as the Soul reflects Beauty onto the World.

Peace regards the Rules of People.

And it is the Root of the Spirit.

So guide the Spirit, as the Rules of the Spirit give the Ways to Live.

Health, Love, Peace.

Follow these Roots of the Path of Life.

Truth, Love, Beauty.

Follow these Roots of the Depth of Life.

Come to the Path of Deepest Love.

Enter the Garden.



Enter the Garden



The Green of the Gardens

**You can be the Green of the Gardens.
You can further the Greatest of Goodness.**

Choose between these Four Wants of People.
Meagreness, Goodness, Evilness, Greatness.
And centre upon Choice.
And find the Growth of Worth in Choice.

There are those furthering the Greatest of Evilness, who you are not to be.
They are highest in Growth, yet least in Worth.

As their Greatest Success was having the Worst Character.
And their Greatest Freedoms were met with the Worst Courage.
And their Greatest Power was shown the Worst Patience.

They will be the Last in the Garden.
And they will be the Least to the Light.

**Choice regards the Wants You have Now.
So choose Goodness before Greatness Now,
So that Greatness may choose You.**

There are those furthering the Greatest of Goodness, who you are to be.
They are highest in Growth and most in Worth.


As their Greatest Success was having the Best Character.
And their Greatest Freedoms were met with the Best Courage.
And their Greatest Power was shown the Best Patience.

They will be the First in the Garden.
And they will be the Most to the Light.


Meagreness and Greatness.
These are the Wants of the Growth of Life.
Goodness and Evilness.
These are the Wants of the Worth of Life.

**You can further the Greatest of Goodness.
You can be the Green of the Gardens.**

The Green of the Gardens



The People of this World



We are the People of this World.

This is the Purpose of our Life.

There are Four Parts of this World

Ana, Matter, Unmatter, Kata.

And they will be centred by Will.

And they will be witnessed by Will.

Ana regards Past, Down, and others alike.

Ana forms the Substrate of this World.

Matter is within the Substrate, yet unlike Unmatter.

Matter forms the Substance of this World.

Ana to Kata.

Matter to Unmatter.

We are Here.

Focus.

We are Now.

Unmatter to Matter.

Kata to Ana.

Unmatter forms the Substance of this World.

Unmatter is within the Substrate, yet unlike Matter.

Kata forms the Substrate of this World.

Kata regards Future, Up, and others alike.

And what was witnessed by Will.


And what was centred by Will:

Kata, Unmatter, Matter, Ana.


These are the Four Parts of this World.

This is the Purpose of our Life.

We are the People of this World.



The Purpose of our Life



The Light of Heaven

We might witness the Light of Heaven.

We might witness Everything as One.

These are the Sets of the Things of Heaven:

One and Unn.

These are the Sets of the Ends of Heaven:

Nothing and Everything.

Who might witness the Light?

Those People, the Green of the Gardens.

They are the People of this World.

They further the Greatest of Goodness.

And they follow the Path of Deepest Love.

They will witness the Ends of Things.

They will witness Everything as One.

Awareness is the regarding of Things.

Awareness is the Light on the Ends.

So, be aware.

Who might not witness the Light?

Those People, not the Green of the Gardens.

They are the People of this World.

Yet, they delay the Greatest of Goodness.

Yet, they turn from the Path of Deepest Love.

They will not witness the Ends of Things.

Yet, they will witness Everything as Unn.

Come to the Ends of Things in Awareness.

The Centre is Awareness.

Nothing, One, Unn, Everything

These are the Four Sets of Heaven.

We might witness Everything as One.

We might witness the Light of Heaven.

The Light of Heaven

Enter the Light

Enter the Light.

Come to the Meaning of Being.

These are the Uts of the Being of Heaven.

Existence, the Light, Difference.

These are Uts of the Meaning of Heaven.

Order, the Light, Chaos.

Order is Order.

It is. It is.

Difference is what is not.

If it is different, it is not.

The Light is Beyond.

The Heart of Heaven.

The Focus of Love.

The Meaning of Being.

The Light is Beyond.

Existence is what is.

If it is existent, it is so.

Chaos is Chaos.

It is not. It is.

Witness the Order of Existence by the Light.

And centre upon the Light.

Chaos, Existence, the Light, Difference, Order

These are the Five Uts of Heaven.

Come to the Meaning of Being.

Enter the Light.

Enter the Light

The First
Roots of Good
Life

Body

◆ Health ◆

Needs of People

Instincts to Live

Mind

◆ Truth ◆

Minds reflecting Worlds

People understanding

Heart

◆ Love ◆

Bonds of People

Reasons to Live

Soul

◆ Beauty ◆

Worlds reflecting Souls

People experiencing

Spirit

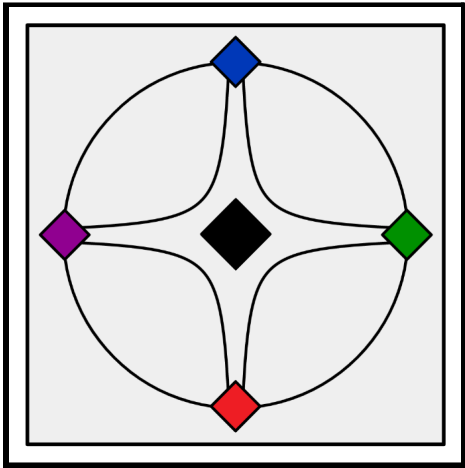
◆ Peace ◆

Rule of People

Ways to Live

The First
Vision

The
Path of Life
(↕)



The
Depth of Life
(↔)

Loams



• Sustenance •
(Hth)



• Development •
(Tth)



• Connection •
(Lve)



• Enrichment •
(Bty)



• Guidance •
(Pce)

Roots



♦ Health ♦
(healthy)



♦ Truth ♦
(truthful)



♦ Love ♦
(loving)



♦ Beauty ♦
(beautiful)



♦ Peace ♦
(peaceful)

Mantles



■ Sustainer ■
(sustaining)



■ Developer ■
(developing)



■ Connector ■
(connecting)



■ Enricher ■
(enriching)



■ Guider ■
(guiding)

Root

◆ Health ◆

(healthy)

Loam

● Sustenance ●
(Hth)

Mantle

■ Sustainer ■
(sustaining)

To make Health better, sustain the Body.
(As the Body's Needs give the Instincts to Live.)

Primes of Health

● Inmost ●

● Foremost ●

● Utmost ●

Practice

The following are practical acts and habits to sustain the Health of the Body:

Further your Strength.

So, breathe deeply.

Clean thoroughly.

Drink water. Eat healthfully.

Exercise harder. Sleep restfully.

Further your Wealth.

So, straighten your posture. Dress yourself well.

Sort out your tools. Care for your home.

Explore the settlements of People.

And explore the environments of Nature.

Further your Security.

So, practice self-defence and practice protection of others.

Sharpen your senses. Coordinate your body.

Then welcome strangers and the adventures of travel.

Finally, have some Sun.

Inmost
● Sustenance ●

Inmost ◆ Health ◆

Inmost
■ Sustainer ■

Health regards the Needs of People.

Inmost Health regards the Needs of Oneself.

There is always the possibility of a [medical emergency](#).

The commonest examples being a [heart attack](#), a [seizure](#), or a sudden [injury](#).

Therefore, preparations must be made.

Always have access to a [first aid kit](#) and [emergency services](#).

Maintain basic health knowledge and practises.

And be aware of the specific needs of specific people.

Foundational

CBk: Maribeth Boelts (2003), Kids to the Rescue!: First Aid Techniques for Kids; Parenting Press.

OBk: Triple One Care (2021), A New Zealand First Aid Reference Guide.

Web: RedCross, FirstAidForFree, St John Ambulance Channel

Intermediary

CBk: British Red Cross Society (2016), First Aid Manual (10th ed.); Dorling Kindersley.

OBk: Indian Red Cross Society (2016), Indian First Aid Manual (7th ed.).

Web: MedlinePlus, PubMed, Examine.com

Foremost
● Sustenance ●

Foremost ◆ Health ◆

Foremost
■ Sustainer ■

Health regards the Needs of People.
Foremost Health regards the Needs of Others.
There is a varying probability of [local disaster](#).
The commonest examples being [floods](#), [storms](#), and [earthquakes](#).
Therefore, preparations must be made.
Improve [survival skills](#) by having survival tools:
An [everyday carry](#), a [survival kit](#), and a [well-supplied shelter](#).
Improve survival knowledge by receiving survival training.
And, most importantly, maintain the will to survive.

Foundational

CBk: Colin Towell (2012), [The Survival Handbook: Essential Skills for Outdoor Adventure](#); Dorling Kindersley.
OBk: Boy Scouts of America (2010), [Wilderness Survival](#).

Advanced

CBk: John ‘Lofty’ Wiseman (2014), [SAS: Survival Handbook \(3rd ed.\)](#); William Collins.
OBk: US ARMY (1992), [FM 21-76 Survival](#).
Web: [Survivor Library](#)

Utmost
● Sustenance ●

Utmost ◆ Health ◆

Utmost
■ Sustainer ■

Health regards the Needs of People.
Utmost Health regards the Needs of Everyone.
There is an escalating probability of [global disaster](#).
There are natural precedents for this;
such as the [Carrington Event](#) and the [COVID-19 pandemic](#).
And there are artificial possibilities for this;
such as [nuclear holocaust](#) and [uncontrolled artificial intelligence](#).
Therefore, preparations must be made.
Support projects increasing the [modularity](#) of society;
such as [eGranary](#) and the [Svalbard Global Seed Vault](#).
Support better [emergency management](#).
And, most importantly, support better Guidance (Pce) for us all.

Advanced

- CBk:** Toby Ord (2020), [The Precipice: Existential Risk and the Future of Humanity](#); Hachette Books.
- OBk:** [Global Challenges Foundation \(2021\), Global Catastrophic Risks 2021.](#)
- Web:** [Future of Humanity Institute \(FHI\), The Chicago Council](#)

Root

◆ Truth ◆

(truthful)

Loam

● Development ●
(Tth)

Mantle

■ Developer ■
(developing)

To find more Truth, develop the Mind.
(As the Mind reflects the Truth of the World.)

Primes of Truth

● Inmost ●

● Foremost ●

● Utmost ●

Practice

The following are practical acts and habits to develop the Truth of the Mind:

Open your Mind.

Ask questions and Make inventions.

Solve a puzzle. Code a program. Make a machine.

Analyse motion & light. Experiment with materials. Observe plants & animals.

Study communities. Research economies. Examine languages.

Increase your Intelligence. Increase your Productivity.

And Learn to Love to Think.

Inmost
● Development ●

Inmost ◆ Truth ◆

Inmost
■ Developer ■

Truth regards the Mind reflecting the World.
Inmost Truth regards the reflecting itself.
This is the Loam of Thought (Tht).
Here, the ‘reflecting’ means understanding.
The universal thing to understand are the forms.
Therefore, develop understanding of the forms themselves.
For this, the nearest selected Loam is Mathematics (Mth).

Foundational

- CBk**: Israel M. Gelfand, Alexander Shen (1993), Algebra; Birkhäuser.
Serge Lang (1971), Basic Mathematics; Springer.
- OBk**: Openstax (2020), Prealgebra.
Openstax (2021), Algebra and Trigonometry (2nd ed.).
- Web**: Khan Academy, Mathigon; Sorobon Exam

Intermediary

- CBk**: Michael Spivak (2008), Calculus (4th ed.); Cambridge University Press.
H. S. M. Coxeter, Samuel L. Greitzer (1967), Geometry Revisited;
American Mathematical Society.
- OBk**: G. H. Hardy (1908), A Course in Pure Mathematics; Dover Publications.
Euclid of Alexandria (c. 300 BCE), Elements. (tr. Richard Fitzpatrick)
- Web**: Paul’s Online Notes; SageMath, Geogebra; AoPS Community

Advanced

- CBk**: A. D. Aleksandrov, A. N. Kolmogorov, M. A. Lavrent'ev (1999),
Mathematics: Its Content, Methods and Meaning; Dover Publications.
I. N. Bronshtein, K. A. Semendyayev, Gerhard Musiol, Heiner Mühlig (2007),
Handbook of Mathematics (5th ed.); Springer.
- OBk**: Evan Chen (Ongoing), An Infinitely Large Napkin.
- Web**: MIT OCW, Oxford Notes; OverLeaf; MathOverflow

Foremost
● Development ●

Foremost ◆ Truth ◆

Foremost
■ Developer ■

Truth regards the Mind reflecting the World.

Foremost Truth regards this World, as it seems, reflected into the Minds of People.

Here, the ‘reflecting’ means understanding.

Its Aspects are Science (Sci) and Technology (Tch).

Therefore, understand these Aspects, as they seem, Now.

This is far beyond the scope of a single page.

However, the selected Loams are:

Physics (Phy), Chemistry (Chm), Biology (Bio)

Foundational

CBk: DK Publishing (2016), Science: The Definitive Visual Guide; Dorling Kindersley.

Web: Khan Academy: Phy Chm Bio; PhET

Intermediary

CBk: (Nat) Arihant Experts (2020), Encyclopedia of General Science for General Competitions; Arihant Publications.

OBk: (Phy) Richard Feynman (1964), The Feynman Lectures on Physics; Addison-Wesley.

(Chm) David W Ball, John W Hill, Rhonda J Scott (2011), The Basics of General, Organic, and Biological Chemistry; Saylor Foundation.

(Bio) OpenStax (2021), Concepts of Biology.

Web: HyperPhysics, PubChem, EOL

Advanced

CBk: (Phy) Hugh D. Young, Roger A Freedman (2015), University Physics with Modern Physics (14th ed.); Pearson.

(Chm) Nivaldo Tro (2019), Chemistry: A Molecular Approach (5th ed.); Pearson.

(Bio) Neil Campbell, Lisa Urry, Michael Cain, Steven Wasserman, Peter Minorsky, Jane Reece, Rebecca Orr (2020), Campbell Biology (12th ed.); Pearson.

OBk: (Phy) OpenStax (2020), College Physics.

(Chm) OpenStax (2019), Chemistry 2e.

(Bio) OpenStax (2020), Biology 2e.

Web: MIT OCW: Phy Chm Bio; ScienceDaily; Stack Exchange: Phy Chm Bio

Utmost
● Development ●

Utmost ◆ Truth ◆

Utmost
■ Developer ■

Truth regards the Mind reflecting the World.

Utmost Truth regards the Mind able to reflect the whole World.

This is the Loam of Mindbuilding (MdB).

With few resources, a relevant Loam is Linguistics (Lng).

With modern resources, a relevant technology is [artificial intelligence](#).

Artificial intelligence has seen rapid [advances](#) recently.

If current progress rates continue, emergence of a [superintelligence](#) is possible.

Therefore, this technology must be engaged with wisely.

Intermediary

(Linguistics)

CBk: Andrew Radford, Martin Atkinson, David Britain, Harald Clahsen, Andrew Spencer (2009), [Linguistics: An Introduction](#); Cambridge University Press.

OBk: W. M. Baskervill, J. W. Sewell (1895), [An English Grammar](#).

Web: IOL

(Artificial Intelligence)

CBk: Andriy Burkov (2020), [Machine Learning Engineering](#); True Positive Inc.

OBk: David L. Poole, Alan K. Mackworth (2017), [Artificial Intelligence: Foundations of Computational Agents](#) (2nd ed.); Cambridge University Press.

Web: [GeeksforGeeks](#); [tio](#), [github](#), [replit](#)

Advanced

(Linguistics)

CBk: Mark Aronoff, Janie Rees-Miller (eds.) (2017), [The Handbook of Linguistics](#) (2nd ed.); Wiley-Blackwell.

OBk: Catherine Anderson (2018), [Essentials of Linguistics](#); BCcampus.

Web: MIT OCW: [Linguistics](#); [Glottolog](#), [WALS](#), [Linguist List](#)

(Artificial Intelligence)

CBk: Stuart Russell, Peter Norvig (2020), [Artificial Intelligence: A Modern Approach](#) (4th ed.); Pearson.

OBk: Ian Goodfellow, Yoshua Bengio, Aaron Courville (2017), [Deep Learning](#); MIT.

Web: MIT OCW: [AI](#), [OpenCog](#)

Root

◆ Love ◆

(loving)

Loam

● Connection ●
(Lve)

Mantle

■ Connector ■
(connecting)

To make Love better, connect Hearts.
(As the Heart's Desires give the Reasons to Live.)

Primes of Love

● Inmost ●

● Foremost ●

● Utmost ●

Practice

The following are practical acts and habits to connect the Love of People's Hearts:

Be kind.

Kind to children. Kind to animals. Kind to strangers.

Visit the sick. Give to the poor. Protect the weak.

Gather together.

Together with trust. Together with warmth.

Listen to each other.

Tell the truth. Tell it with beauty.

Share a smile. Share some food. Share a hug.

Respect differences. Forgive wrongdoings.

And always bring hope.

Feel confident.

Learn another language. Tell a good joke.

Try something new!

Try it together.

Inmost
• Connection •

Inmost
♦ Love ♦

Inmost
■ Connector ■

Love regards the Bonds of People.
Inmost Love regards the Bond to Oneself.

To love yourself and restore Love of your own Heart:

Care for yourself.

Begin with your body.
Begin with your time to breathe.
What you eat makes you, so eat the goods of Earth.
How you move shapes you, so move with Purpose.

Know yourself.

Know what you can change.
Know what you cannot and what you need not.

Be your own friend.

Speak well to yourself. Use kind words.
Make chances to trust yourself.
Start small and grow from there.
Believe in yourself.
And when it's time for others, set your boundaries.

Accept yourself.

Accept your appearance and your past.
Move forward by comparing yourself only to who you were.

Control yourself.

Have standards and live up to them.
You can make mistakes, so learn to forgive yourself.
If you have today, you have a chance, you have hope.

You are worth Goodness.
Despite any wrongs you have done.
Despite any wrongs that have been done to you.
You are always worthy of Goodness.

Foremost
• Connection •

Foremost
◆ Love ◆

Foremost
■ Connector ■

Love regards the Bonds of People.
Foremost Love regards the Bonds to those Dear.
Family, friends, children, and more.

To connect at all, learn the languages of your own Heart.
Learn every single word; their stories and their powers.
(Online: [Vocabulary](#), [OneLook](#), [Etymonline](#), [OED](#))
[Peter Mark Roget \(1852\)](#), [Roget's Thesaurus of English Words and Phrases](#).

To connect to others, learn the languages of their Hearts.
Learn languages of need, languages of those [near](#), and languages of those Dear.
Learn some of those [least spoken](#), some of those [most spoken](#) (2022):
[Mandarin](#) | [Hindi](#) | [Spanish](#) | [Arabic](#) | [Russian](#)
And some to [surprise](#) yourself.

Now as you connect together:
Love one another as you have learned to love yourself.
Then together make a space.

To make virtual spaces,
Promote principles of [FOSS](#) and [E2EE](#) software in the [Fediverse](#):
These may come and go, so always have alternatives and spread things out (2022):
[Protonmail](#) | [Friendica](#) | [Signal](#) | [Pixelfed](#) | [Mastodon](#)
And make some of your own, too.

To make physical spaces,
Balance the space with nature, with tradition, and with technology.
Make places of solitude, places for neighbours, and common places for strangers.
Keep it accessible, but keep it fortified.

Our many Hearts connected together, we make one Space.
With common guidance over Time, we make one Spirit.

Utmost
• Connection •

Utmost
◆ Love ◆

Utmost
■ Connector ■

Love regards the Bonds of People.
Utmost Love regards the Creation of People.
This is the Loam of Lifebuilding (LFB).

For People, this so often begins with Intimacy (New).

For any intimacy at all, be ready.
Ready in your Body, in your Mind, and in your Soul.
These differ and have differed as much as People differ and have differed.
But, what is the same is the need for Inmost Love.

Then for intimacy with each other, be ready in your Hearts.
Love one another as you have learned to love yourself.
Intimacy can bring a new life, so be ready for a new life.
Whatever has happened to you, whatever will happen to you,
You are always worthy of Goodness.

And eventually, this so often couples with Nurturing (Nur).

Care for who you nurture.
Stay together and be each other's family.

Provide them their needs; their food, their clothing, and their shelter.
But, encourage their strength to provide for themselves.

Teach them the universe; read together and play together.
But, encourage their curiosity so that they may teach themselves.

Love them dearly; hug them, listen to them, and give them a home.
But, let them learn to love themselves.
So they can rightly love their family and the wider world.

Cherish them, however they appear; and have no favourites.
But, encourage their self expression so that they may cherish themselves.

Guide them by the example of your character.
Be fair; but, be forgiving.
It will be difficult. Have patience.
Stay together.

Root

◆ Beauty ◆

(beautiful)

Loam

● Enrichment ●
(Bty)

Mantle

■ Enricher ■
(enriching)

To find more Beauty, enrich the Soul.
(As the Soul projects Beauty onto the World.)

Primes of Beauty

● Inmost ●

● Foremost ●

● Utmost ●

Practice

The following are practical acts and habits to enrich the Beauty of the Soul:

Open your Soul.

Explore cultures and Create art.

Sing a song. Make a picture. Dance a dance.

Build a building & its rooms. Prepare a recipe. Dress with style & with scents.

Play a game. Give a gift. Tell a story.

Increase your Sophistication. Increase your Creativity.

And Learn to Love to Dream.

Inmost
● Enrichment ●

Inmost
◆ **Beauty** ◆

Inmost
■ Enricher ■

Beauty regards the World reflecting the Soul.

Inmost Beauty regards the reflecting itself.

This is the Loam of Dream (Drm).

Here, the ‘reflecting’ means experiencing.

The universal thing to experience are the senses.

Therefore, enrich experiencing of the senses themselves.

For this, the nearest selected Loam is Music (Mus).

Foundational

CBk: Jeff Todd Titon, Timothy J. Cooley, David Locke, Anne K. Rasmussen, David B. Reck (2017), *Worlds of Music, Shorter Version* (4th ed.); Cengage Learning.

OBk: Russell Jones, Catherine Schmidt-Jones (2005), *Understanding Basic Music Theory*.

Web: MusicTheory, BeepBox

Intermediary

CBk: Terry E. Miller, Andrew Shahriari (2012), *World Music: A Global Journey* (4th ed.); Routledge.

OBk: N. Alan Clark, Thomas Heflin, Jeffrey Kluball, Elizabeth Kramer (2015), *Understanding Music: Past and Present*; University of North Georgia Press.

Web: FunkWhale, Audacity, LMMS

Selection

The following are regions to begin sampling traditional music from:

United States, China, Japan, Germany, United Kingdom,

India, France, Italy, Canada, South Korea,

Indonesia, Pakistan, Brazil, Nigeria, Bangladesh,

Russia, Egypt, Mexico, Ethiopia, Philippines,

Argentina, Australia, Turkey, Saudi Arabia, South Africa,

Colombia, Spain, Algeria, Israel | Palestine, Thailand

Foremost
● Enrichment ●

Foremost ◆ Beauty ◆

Foremost
■ Enricher ■

Beauty regards the World reflecting the Soul.
Foremost Beauty regards the Souls of People, as they are, reflected onto this World.

Here, the ‘reflecting’ means experiencing.
Its Aspects are Art (Art) and Culture (Clt).
Therefore, experience these Aspects, as they seem, Now.

This is far beyond the scope of a single page.
However, the selected Loams are:
Imagery (Img), Architecture (Arc), Cooking (Ckg)

Imagery

- CBk:** Fred Kleiner (2018), Gardner’s Art Through the Ages: A Global History; Wadsworth Publishing.
- OBk:** Pamela Sachant (2016), Introduction to Art: Design, Context, and Meaning; University of North Georgia Press.
- Web:** InkScape, Alphonso Dunn Playlist; PixelFed

Architecture

- CBk:** Le Corbusier (1995), Towards a New Architecture; Dover Publishing.
- OBk:** Marcus Vitruvius Pollio (~20 BC), The Ten Books on Architecture (De architectura).
- Web:** FreeCAD, MIT OCW: Architecture

Cooking

- CBk:** Harold McGee (2004), McGee on Food and Cooking, Hodder & Stoughton.
- OBk:** Sorangel Rodriguez-Velazquez (2016), Chemistry of Cooking.
- Web:** recipe-search, Wikipedia Portal: Food, Cooking Stack Exchange

Utmost
● Enrichment ●

Utmost ◆ Beauty ◆

Utmost
■ Enricher ■

Beauty regards the World reflecting the Soul.
Utmost Beauty regards the World able to reflect every Soul.
This is the Loam of Worldbuilding (WdB).
With few resources, a relevant Loam is Literature (Lit).
With modern resources, a relevant art is [artificial reality](#).
Artificial reality has seen rapid [advances](#) recently.
If current progress rates continue, dependence on [extended realities](#) is possible.
Therefore, this art must be engaged with wisely.

Foundational to Intermediary

(Literature)

- CBk**: [The Journey to the West](#) by [Wu Cheng'en](#) (1592) (tr. [Anthony C. Yu](#))
[The Hobbit](#) by J. R. R. Tolkien (1937)
- OBk**: [One Thousand and One Nights](#) (~ 8th c. to 14th c.) (tr. [Edward William Lane](#))
[A Tale of Two Cities](#) by [Charles Dickens](#) (1859)
[Alice's Adventures in Wonderland](#) by [Lewis Carroll](#) (1865)

(Artificial Reality)

- CBk**: [Jon Woodcock](#) (2019), [Coding Games in Scratch](#); [Dorling Kindersley Children](#).
- OBk**: [Al Sweigart](#) (2021), [Scratch Programming Playground](#); [No Starch Press](#).
- Web**: [Scratch](#), [OSGL](#)

Advanced

(Literature)

- CBk**: [One Hundred Years of Solitude](#) by [Gabriel García Márquez](#) (1967)
(tr. [Gregory Rabassa](#))
- OBk**: [The Iliad and The Odyssey](#) by [Homer](#) (~ 8th c.) (tr. [Alexander Pope](#), [Samuel Butler](#))
[Don Quixote](#) by [Miguel de Cervantes](#) (1605, 1615) (tr. [John Ormsby](#))
[The First Folio](#) by [William Shakespeare](#) (1623)
[Anna Karenina](#) by [Leo Tolstoy](#) (1878) (tr. [Constance Garnett](#))
- Web**: [Project Gutenberg](#), [LibriVox](#), [Manuskript](#)

(Artificial Reality)

- CBk**: [Jesse Schell](#) (2019), [The Art of Game Design: A Book of Lenses](#) (3rd ed.); [CRC Press](#).
- OBk**: [Richard A. Bartle](#) (2003), [Designing Virtual Worlds](#).
- Web**: [Godot](#), [Blender](#), [GIMP](#)

Root

◆ Peace ◆

(peaceful)

Loam

● Guidance ●
(Pce)

Mantle

■ Guider ■
(guiding)

To make the Peace better, guide the Spirit.
(As the Spirit's Rules give the Ways to Live.)

Primes of Peace

● Inmost ●

● Foremost ●

● Utmost ●

Practice

The following are practical acts and habits to guide the Peace of People's Spirit:

Further your Respect.

So, sense your own feelings. And empathise with those of others.

Compose your own feelings. And calm those of others.

Be humble before those rightly ahead.

And helpful to those rightly behind.

Further your Justice.

Refine your principles. And be civil together.

Keep your honour. And be accountable together.

Be fair to those most wrong.

But, forgiving to those least wrong.

Further your Hope.

Be grateful for your life.

Follow your path in life; as others will follow theirs.

Have wisdom. Have balance.

Have hope.

Inmost
• Guidance •

Inmost
◆ Peace ◆

Inmost
■ Guider ■

Peace regards the Rules of People.
Inmost Peace regards the Rule of Oneself.

To bring Peace to your Spirit:

Be Still.

Focus.

Be Now.

This is the Day.

Increase to days ago.

Your Past.

Increase to days ahead.

Your Future.

Remember your actions. Remember your people. Remember your intentions.

As you increase in these number of days:

Increase your calmness. Increase your consciousness.

You are a continuum.

5

(~ One Week)

25

(~ One Month)

125

(~ Four Months)

625

(~ Two Years)

3125

(~ One Decade)

15625

(~ Four Decades)

78125

(~ Two Centuries)

As far in Time

Before

(Beginnings)

As far in Time

Beyond

(Endings)

Peace regards the Rules of People.
Foremost Peace regards the Rule of Many.

Its Rings are Politics (Po1), Law (Law), and Religions (Rel).
To bring Peace to our Spirit, learn these aspects, as they seem, Now:

Politics

(& General History)

- CBk :** J. M. Roberts, Odd Arne Westad (2013), The Penguin History of the World (6th ed.); Penguin.
Brent J. Steele, Eric A. Heinze (2018), Routledge Handbook of Ethics and International Relations; Routledge.
- OBk :** Erik Ringmar (2019), History of International Relations; Open Book Publishers.
Stephen McGlinchey (ed.) (2016), International Relations; E-International Relations.
- Web :** MIT OCW: Political Science; Research and Politics

Laws

- CBk :** Bardo Fassbender, Anne Peters (eds.) (2012), The Oxford Handbook of the History of International Law; Oxford University Press.
Malcolm N. Shaw (2017), International Law (8th ed.); Cambridge University Press.
- OBk :** Diane Marie Amann (ed.) (2014), Benchbook on International Law; American Society of International Law.
- Web :** ICJ, UN Documents

Religions

(& General Philosophy)

- CBk :** Huston Smith (2009) The World's Religions (2nd ed.); HarperOne.
Jay L. Garfield, William Edelglass (eds.) (2014), The Oxford Handbook of World Philosophy (reprint ed.); Oxford University Press.
Mircea Eliade (1981), A History of Religious Ideas; University of Chicago Press.
- OBk :** Beau Branson (ed.) (2021), Introduction to Philosophy of Religion; Rebus Foundation.
George Matthews (ed.) (2019), Introduction to Philosophy: Ethics; Rebus Foundation.
- Web :** SEP; PhilPapers, MDPI Religions

Peace regards the Rules of People.
Utmost Peace regards the Rule of All.

Many traditions have arisen to answer this.
There cannot be this Peace from them without Peace between them.
Respectful discussion, experienced tuition, and travel are encouraged.
Here is a brief selection of some scriptures of major differing traditions:

Hinduism : The Bhagavad Gita

(Online: vedabase.io; Free tr. (1885) by Edwin Arnold)
Georg Feuerstein (tr.) (2014), The Bhagavad-Gita: A New Translation; Shambhala.

Buddhism : The Dhammapada

(Online: wisdomlib.org; Free tr. (1881) by Max Müller)
K. R. Norman (tr.) (1997), The Word of the Doctrine (Dhammapada); Pali Text Society.

Taoism : The Tao Te Ching

(Online: thetaoteching.com; Free tr. (1891) by James Legge)
D. C. Lau (tr.) (1974), Tao Te Ching; Penguin.

Confucianism : The Analects

(Online: [MIT Classics](http://MITClassics); Free tr. (1861) by James Legge)
D. C. Lau (tr.) (1979) The Analects; Penguin Classics.

Judaism : The Tanakh

(Online: sefaria.org; Free tr. (1919) published by The Jewish Publication Society)
Adele Berlin, Marc Zvi Brettler, Michael Fishbane (eds.) (2003),
The Jewish Study Bible; Oxford University Press.

Christianity : The Bible

(Online: bible.com, Free tr. (1611) commissioned by James VI and I)
Michael Coogan, Marc Brettler, Carol Newsom, Pheme Perkins (eds.) (2018),
The New Oxford Annotated Bible with Apocrypha (5th ed.); Oxford University Press.

Islam : The Quran

(Online: quran.com, Free tr. (1861) by J. M. Rodwell)
M. A. S. Abdel Haleem (tr.) (2005) “The Qu’ran”; Oxford University Press.

Find throughout them the Five Roots of Life:

Health | Truth | Love | Beauty | Peace

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