

The  
First  
Garden



Success                      Choice                      Power  
♦ Character ♦              ♦ Focus ♦              ♦ Patience ♦

### ♦ Enter the Garden. ♦

This world has many beautiful gardens.  
They are places of life and places of caring.  
From this comes the idea of the Garden.

The Garden is wherever People are.  
So, it is wherever you are.

The Garden grows whenever People do Good.  
So, it grows whenever you do Good.

### Now Focus.

Have Good Character!  
As this will be your Best Success.

Live with Great Patience!  
As this will be your Greatest Power.

Make the Right Choice!  
Follow the Straight Path with the Deepest of Love.  
Find for yourself the Meaning of Being.

### ♦ Learn the Way. ♦

♦ Character ♦              ♦ Focus ♦              ♦ Patience ♦  
Success                      Choice                      Power

# Why The **Greatest** Good

What

Who

# • Improving •

# ■ Everyone ■

The Greatest Good. The Most Loving. The One and Only.

# All Good is for the Love of the One.

So, do good.

How

**Be thankful for the Goodness you have now.**

**Have the Good Character to help those with less.**

So, sustain the Health of your Body.

## Develop the Truth in your Mind.

## Connect the Love of your Hearts.

Enrich the Beauty in your Soul.

And guide the Peace of your Spirit.

**Wish for the Greatest Patience to help those with less.**

**Be hopeful for the Goodness yet to come.**

Good

## • Conduct •

Be thankful for the Goodness you have now.  
Have the Good Character to help those with less.

### Sustain the Health of your Body.

So, increase your Strength.  
Refine your Wealth & Generosity.  
Raise your Security.  
**And you will improve your Health.**

### Develop the Truth in your Mind.

So, open your mind.  
Ask questions intelligently.  
Make inventions productively.  
**And you will find more Truth.**

### Connect the Love of your Hearts.

So, tell the Truth and tell it with Beauty.  
Gather together for the Love of the One.  
Show Kindness and show it with Bravery.

**And you will have Love.**

### Enrich the Beauty in your Soul.

So, open your soul.  
Explore cultures sophisticatedly.  
Make art pieces creatively.  
**And you will find more Beauty.**

### Guide the Peace of your Spirit.

So, raise your Respect.  
Refine your Justice & Mercy.  
Increase your Hope.  
**And you will improve your Peace.**

Wish for the Greatest Patience to help those with less.  
Be hopeful for the Goodness yet to come.

Why

# ♦ Health ♦

What

● Sustenance ●

Who

■ Sustainer ■



(Health regards the Wellness of the Needs of the Body.)

**Health is for Goodness.**

**So, sustain the Health of your Body.**

How

**Be thankful for the Health you have now.**

**Have the Good Character to help those with less.**

So, increase your Strength.

Refine your Wealth & Generosity.

And raise your Security.

**Wish for the Greatest Patience to help those with less.**

**Be hopeful for the Health yet to come.**

Sustaining  
• Conduct •

Be thankful for the Health you have now.  
Have the Good Character to help those with less.

**Survive.**

[Vital]

**Increase your Strength.**

So, breathe calmly.

Clean thoroughly.

Drink water. Eat healthfully.

Sleep deeper. Exercise skillfully.

[Material]

**Refine your Wealth & Generosity.**

So, correct your posture. Dress yourself well.

Order your tools. Honor your work. Care for your home.

Explore the settlements of people.

And explore the environments of nature.

[Societal]

**Raise your Security.**

So, sharpen your senses. Coordinate your body.

Welcome strangers and the adventures of travel.

Fight in self-defense and for the protection of others.

And finally, have some Sun.

**Wish for the Greatest Patience to help those with less.**

**Be hopeful for the Health yet to come.**

Why

# ♦ Truth ♦

What

• Development •

Who

■ Developer ■



(Truth regards the Wellness of the Mind reflecting the World.)

**Truth is for Goodness.**

So, develop the Truth in your Mind.

How

**Be thankful for the Truth you have now.**

**Have the Good Character to help those with less.**

So, open your mind.

Ask questions intelligently.

And make inventions productively.

**Wish for the Greatest Patience to help those with less.**

**Be hopeful for the Truth yet to come.**

# Developing • Conduct •

**Be thankful for the Truth you have now.  
Have the Good Character to help those with less.**

# Open your Mind.

[Science]

## Ask questions intelligently.

[Engineering]

Make inventions productively.

[Formal]

## Understand the Forms.

So, solve a puzzle.

## Compose instructions.

And make a machine.

## [Natural]

Investigate Nature.

So, analyze motion & light.

## Experiment with materials.

And observe plants & animals.

[Social]

## Develop the Society.

So, study communities.

## Research trading economies.

And examine languages.

Make the Mind that may reflect the Truth of all Worlds.

**Wish for the Greatest Patience to help those with less.**

**Be hopeful for the Truth yet to come.**

Why

# ♦ Love ♦

What

• Connection •

Who

■ Connector ■



(Love regards the Wellness of the Bonds of People's Hearts.)

**Love is for Goodness.**

So, connect the Love of People's Hearts.

How

**Be thankful for the Love we have now.**

**Have the Good Character to help those less loved.**

So, tell the Truth and tell it with Beauty.

Gather together for the Love of the One.

Show Kindness and show it with Bravery.

**Wish for the Greatest Patience to help those less loved.**

**Be hopeful for the Love yet to come.**

Connecting  
• Conduct •

**Be thankful for the Love we have now.**  
**Have the Character to help those less loved.**

[Language]

**Tell the Truth and tell it with Beauty.**

So, learn the languages of your heart.  
Find those words with the best of meaning.  
Learn the languages of the wider world.  
And build bridges for the messages of people.

[One]

**Gather together for the Love of the One.**

So, gather with trust and gather with warmth.  
Focus your Faith on the Love of the One.  
Then share with others and give to the poor.

[People]

**Show Kindness and show it with Bravery.**

So, build a family and secure your home.  
Raise your children with the best of character.  
Make good friendships that stay together.  
And help your community with continuous charity.

**Wish for the Patience to help those less loved.**

**Be hopeful for the Love yet to come.**

Why

## ♦ Beauty ♦

What

- Enrichment •

Who

- Enricher ■



(Beauty regards the Wellness of the World reflecting the Soul.)

**Beauty is for Goodness.**

So, enrich the Beauty in your Soul.

How

**Be thankful for the Beauty you have now.**

**Have the Good Character to help those with less.**

So, open your soul.

Explore cultures sophisticatedly.

And make art pieces creatively.

**Wish for the Greatest Patience to help those with less.**

**Be hopeful for the Beauty yet to come.**

# Enriching • Conduct •

**Be thankful for the Beauty you have now.  
Have the Good Character to help those with less.**

# Open your Soul.

[Culture]

Explore cultures sophisticatedly.

[Art]

**Make art pieces creatively.**

[Sensational]

**Experience the Senses.**

So, sing a song.

Make a picture.

And dance a dance.

[Artifactual]

## Embellish Nature.

So, build a building & its rooms.

Prepare a delicious recipe.

Dress with style & with scents.

## [Community]

Enrich the Community.

So, play a game.

Give a gift.

And tell a story

Make the World that may reflect the Beauty of all Souls.

Wish for the Greatest Patience to help those with less

**Be hopeful for the Beauty yet to come**

Why

# ♦ Peace ♦

What

- Guidance •

Who

- Guider ■



(Peace regards the Wellness of the Rules of the Spirit.)

**Peace is for Goodness.**

So, guide the Peace of your Spirit.

How

**Be thankful for the Peace you have now.**

**Have the Good Character to help those with less.**

So, raise your Respect.

Refine your Justice & Mercy.

And increase your Hope.

**Wish for the Greatest Patience to help those with less.**

**Be hopeful for the Peace yet to come.**

Guiding  
**• Conduct •**

**Be thankful for the Peace we have now.**  
**Have the Good Character to help those with less.**

[Philosophy]  
**Center upon wisdom.**

[Practice]  
**Act with balance.**

[Political]  
**Raise your Respect.**  
 So, compose yourselves with empathy.  
 Support your people and righteous authority.  
 Gather your history and commit it to memory.  
 And live as nations, together in harmony.

[Legal]  
**Refine your Justice & Mercy.**  
 So, to all people be fair, but forgiving.  
 Read the sources of law and find righteous rulings.  
 Guard your histories with careful, but consistent reading.  
 And live as nations, separate and self-governing.

[Spiritual]  
**Increase your Hope.**  
 So, preserve the sweetest parts of particular traditions.  
 Observe the eternal messages of universal religions.  
 Study world history in every area of education.  
 And center upon right and wrong in private contemplation.

**Revive.**

**Wish for the Greatest Patience to help those with less.**  
**Be hopeful for the Peace yet to come.**

# The ♦ Righteous ♦ Way

**Dear One,**

Your time is divided into Days.  
And a Day is the time between rising and resting.

Your Days are divided into Deeds.  
And a Deed can range from wrongful to righteous.

Righteous Deeds bring you earnings.  
Centering upon the One is the highest earning Deed.  
The ways of centering differ by tradition, location, and person.  
But for those without, a beginning way of centering is provided.



Each Day can reward you up to 125 earnings.  
Earnings are gathered and measured through 21 Deeds.  
The 4 opening, 1 central, and 4 closing Deeds are for centering.  
These deeds are seeds to sow and will grow into the Green of the Garden.

Half of the earnings of centering are for cleaning yourself well.  
The other half are for what you notice or remember.

The remaining deeds give up to 5 earnings each.  
Your responsibility is to measure them well.

**Begin the Day.**

# Rising

## Declaration



### **Be Clean.**

Position your Body.

Then say, read, or think the following:

**By the Love of the One,**  
Yesterday was the day to do Right.

I am **Thankful** for the Goodness I've got.  
(Name up to 5 things to be grateful for.)

I must have the **Good Character** to help those with less.  
(Name up to 5 people to help.)

Today will be the day I do Good, the day I do my Best.  
So, I **Hope** to resist more Evil and more Wrong.  
(Name up to 5 things to resist, not to regret.)

**With my Faith in the One.**

# Rising

Commitments



These are the core commitments.  
Gratitude, Humility, Faith, Charity, Hope.

These are the most important commitments, so focus on these first.

♦ represents five earnings, so these Deeds account for over half of your rewards.  
Indeed, being clean accounts for over half of these rewards, so be pure, be clean.

Earnings	Intentions	Earnings
	[Rising]	
♦ ♦	I will be Clean before I rise and center.	♦ ♦
♦	I will find the Goodness I am Thankful for.	♦
♦	I will find those to help with Good Character.	♦
♦	And I will find the Evil and Wrong I Hope to resist.	♦
♦ ♦ ♦	[Remembering]	♦ ♦ ♦
	I will be Clean and Aware of the One throughout the Day.	
	[Resting]	
♦	I will remember, or regret, the Evil and Wrong I Hope to resist.	♦
♦	I will remember those to help with Good Character.	♦
♦	I will remember the Goodness I am Thankful for.	♦
♦ ♦	And I will be Clean before I center and rest.	♦ ♦

These are the daily commitments.  
Health, Truth, Love, Beauty, Peace.

At least twenty-five core earnings are needed to obtain these daily earnings.  
This boundary exists so that people focus on core commitments first.  
They may be interlaced with the core commitments, as shown, or spoken afterwards.



### (The Rising Commitments)

[Sustaining]

#### ♦ I will take care of my Health. ♦

- ♦ So, I will eat well and exercise to increase my Strength. ♦
- ♦ I will work skilfully to refine my Wealth & Generosity. ♦
- ♦ And I will fight hard to raise my Security. ♦

[Developing]

#### ♦ I will learn, I will read, and I will seek deeper Truth. ♦

- ♦ So, I will ask intelligent questions and pursue their answers. ♦
- ♦ And I will make useful tools to enhance my Productivity. ♦

[Connecting]

- ♦ I will improve my Language, speaking Honestly and Eloquently. ♦
- ♦ (The Remembering Commitment) ♦
- ♦ I will improve my Relationships with Kindness and Confidence. ♦

[Enriching]

#### ♦ I will learn, I will read, and I will seek deeper Beauty. ♦

- ♦ So, I will experience the art of others and embrace culture. ♦
- ♦ And I will make art pieces to express my Creativity. ♦

[Guiding]

#### ♦ I will live a life of finer Peace. ♦

- ♦ So, to others, I will raise my Respect. ♦
- ♦ To others, I will be Fair, but Forgiving. ♦
- ♦ And to others, I will increase their Hope. ♦

### (The Resting Commitments)



# Opening Schedule

This is the Opening of the Day.

Sunrise to solar noon.

♦ Keep Peace throughout the Day. ♦

Rise before sunrise.

Center in the Center.

Value	Deed
-------	------

♦ (Hth) ♦ **(Rise from Sleep)**

♦ (Lve) ♦ **Clean & Center** for Faith

♦ (Hth) ♦ **Eat Well** for Strength

♦ (Hth) ♦ **Exercise & Fight** for Strength & Security

♦ (Lve) ♦ **Improve Language** with Honesty & Eloquence

♦ (Tth) ♦ **Question & Produce** for Intelligence & Productivity

♦ (Hth) ♦ **Work** for Wealth & Generosity

This shows just an **Ordering** of Opening Deeds.

The **Timing** of Deeds is your responsibility.

Days vary and lives vary even more, so no schedule is for everyone.

(Center)

# Continuing

Declaration



## **Be Clean.**

Position your Body.

Then say, read, or think the following:

Within the Will of the One,

I am aware of my life, I am aware of my meaning,

To do Good for the Greatest Good, the Most Loving, the One and Only,

I am aware of the way, I am aware and moving,

Within the Will of the One.

Closing

# Schedule

Center in the Center.

Rest after sunset.

♦ Keep Peace throughout the Day. ♦

Solar noon to sunset.

This is the Closing of the Day.

Value	Deed
♦ ( <a href="#">Hth</a> ) ♦	<b>Work</b> for Wealth & Generosity
♦ ( <a href="#">Bty</a> ) ♦	<b>Experience &amp; Create</b> for Sophistication & Creativity
♦ ( <a href="#">Lve</a> ) ♦	<b>Improve Relationships</b> with Kindness & Bravery
♦ ( <a href="#">Hth</a> ) ♦	<b>Exercise &amp; Fight</b> for Strength & Security
♦ ( <a href="#">Hth</a> ) ♦	<b>Eat Well</b> for Strength
♦ ( <a href="#">Lve</a> ) ♦	<b>Clean &amp; Center</b> for Faith
♦ ( <a href="#">Hth</a> ) ♦	<b>(Rest into Sleep)</b>

- ♦ ([Hth](#)) ♦      **Work** for Wealth & Generosity
- ♦ ([Bty](#)) ♦      **Experience & Create** for Sophistication & Creativity
- ♦ ([Lve](#)) ♦      **Improve Relationships** with Kindness & Bravery
- ♦ ([Hth](#)) ♦      **Exercise & Fight** for Strength & Security
- ♦ ([Hth](#)) ♦      **Eat Well** for Strength
- ♦ ([Lve](#)) ♦      **Clean & Center** for Faith
- ♦ ([Hth](#)) ♦      **(Rest into Sleep)**

This shows just an **Ordering** of Closing Deeds.

The **Timing** of Deeds is your responsibility.

Days vary and lives vary even more, so no schedule is for everyone.

# Resting

## Measurements



These are the core measurements.  
Gratitude, Humility, Faith, Charity, Hope.

These are the most important measurements, so focus on these first.

♦ represents five earnings, so these Deeds account for over half of your rewards.  
Indeed, being clean accounts for over half of these rewards, so be pure, be clean.

### Earnings

### Questions

### Earnings

[Rising]

♦ ♦

Did I Clean before I arose to Center?

♦ ♦

♦

Did I find the Goodness I have to be Thankful for?

♦

♦

Did I find those to help with Good Character?

♦

♦

Did I find the Evil and Wrong I hoped to resist?

♦

[Remembering]

♦ ♦ ♦

**Was I Clean and Aware of the One throughout the Day?**

♦ ♦ ♦

[Resting]

♦

Did I remember, or regret, the Evil and Wrong I Hoped to resist?

♦

♦

Did I remember those to help with Good Character?

♦

♦

Did I remember the Goodness I am Thankful for?

♦

♦ ♦

Was I Clean before I centered and rested?

♦ ♦

These are the daily measurements.  
Health, Truth, Love, Beauty, Peace.

At least twenty-five core earnings are needed to obtain these daily earnings.  
This boundary exists so that people focus on core measurements first.  
They may be interlaced with the core measurements, as shown, or spoken afterwards.



### (The Rising Measurements)

#### [Sustaining]

- ♦ Did I eat well and exercise to increase my Strength? ♦
- ♦ Did I work better to refine my Wealth & Generosity? ♦
- ♦ Did I fight hard to raise my Security? ♦
- ♦ Then I took care of my Health. ♦**

#### [Developing]

- ♦ Did I ask intelligent questions and pursue their answers? ♦
- ♦ Did I make useful tools to enhance my Productivity? ♦
- ♦ Then I learned, I read, and I sought deeper Truth. ♦**

#### [Connecting]

- ♦ Did I improve my Language, speaking Honestly and Eloquently? ♦
- ♦ (The Remembering Measurement) ♦**
- ♦ Did I improve my Relationships with Kindness and Confidence? ♦

#### [Enriching]

- ♦ Did I explore the art of others and embrace culture? ♦
- ♦ Did I make art pieces to express my Creativity? ♦
- ♦ Then I learned, I read, and I sought deeper Beauty. ♦**

#### [Guiding]

- ♦ Did I raise my Respect for others? ♦
- ♦ Was I Fair, but Forgiving, to others? ♦
- ♦ Did I increase the Hope of others? ♦
- ♦ Then I lived a Day of finer Peace. ♦**

### (The Resting Measurements)



# Resting

Declaration



## Be Clean.

Position your Body.

Then say, read, or think the following:

### With Faith in the One.

(Name the 5 or fewer things you resisted or now regret.)

I **Hope** to resist more Evil and more Wrong.

Today was the day I tried to do Good, the day I tried to do my Best.

(Name the 5 or fewer people you wished to have helped.)

I wish for the **Greatest Patience** to keep helping those with less.

(Name the 5 or fewer things you were grateful for.)

I am **Thankful** for the Goodness I've got.

Tomorrow will be the Day to do Right,

**For the Love of the One.**

# Support

Far away, for the Faithful Ones, is a Sacred Place.  
And on the Way to that Promise are the Gardens.

This is the First Garden.  
There are Five Gardens; each larger than the last.  
You can be the Green of the Gardens and you can help them grow.

To help the Garden grow:  
Best of all is to follow the teachings.  
You may also invite those Dear to you to the Garden.  
You may also share translations, adaptations, or creations inspired by these writings.  
And you may also send questions, comments, and corrections.

# Connect

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# Thank You



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