

# The First Garden



(Artist: Julia Kravchenko)

[www.enterthegarden.org](http://www.enterthegarden.org)

Body                      Mind                      Heart                      Soul                      Spirit  
♦ Health ♦                      ♦ Truth ♦                      ♦ Love ♦                      ♦ Beauty ♦                      ♦ Peace ♦

What                      Why                      Who  
• Improving •                      ♦ Goodness ♦                      ■ Everyone ■

Dear One,

Our home here has many beautiful gardens.  
They are places of life and 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.

**Focus!**

Have the Best Character.  
As this will be your Greatest Success.

Live with the Best Patience.  
As this will be your Greatest Power.

Now act with Courage.  
Follow the Path of Deepest Love.  
Find for yourself the Meaning of Being.

**Enter the Garden.**

♦ Health ♦                      ♦ Truth ♦                      ♦ Love ♦                      ♦ Beauty ♦                      ♦ Peace ♦  
Body                      Mind                      Heart                      Soul                      Spirit

Why

# ◆ Health ◆

What

● Sustenance ●

Who

■ Sustainer ■

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

## Primes of Health

● Inmost ●

● Foremost ●

● Utmost ●

How

## Sustain

Here is how to sustain the Health of the Body:

### **Increase your Strength.**

So, breathe deeply.

Clean thoroughly.

Drink water. Eat healthfully.

Exercise harder. Sleep restfully.

### **Refine 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.

### **Raise 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.

What  
Inmost  
● Sustenance ●

Why  
Inmost  
◆ **Health** ◆

Who  
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

Priced Book:

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

Free Book:

[Triple One Care \(2021\), A New Zealand First Aid Reference Guide.](#)

Web Resources:

[RedCross](#), [FirstAidForFree](#), [St John Ambulance Channel](#)

## Intermediary

Priced Book:

[British Red Cross Society \(2016\), First Aid Manual \(10th ed.\); Dorling Kindersley.](#)

Free Book:

[Indian Red Cross Society \(2016\), Indian First Aid Manual \(7th ed.\).](#)

Web Resources:

[MedlinePlus](#), [PubMed](#), [Examine.com](#)

What  
Foremost  
• Sustenance •

Why  
Foremost  
♦ **Health** ♦

Who  
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

Priced Book:

[Colin Towell \(2012\), The Survival Handbook: Essential Skills for Outdoor Adventure; Dorling Kindersley.](#)

Free Book:

[Boy Scouts of America \(2010\), Wilderness Survival.](#)

## Intermediary

Priced Book:

[John 'Lofty' Wiseman \(2014\), SAS: Survival Handbook \(3rd ed.\); William Collins.](#)

Free Book:

[US ARMY \(1992\), FM 21-76 Survival.](#)

Web Resources:

[Survivor Library](#)

What  
Utmost  
● Sustenance ●

Why  
Utmost  
◆ Health ◆

Who  
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 for us all.

## Advanced

### Priced Book:

[Toby Ord \(2020\), The Precipice: Existential Risk and the Future of Humanity; Hachette Books.](#)

### Free Book:

[Global Challenges Foundation \(2021\), Global Catastrophic Risks 2021.](#)

### Web Resources:

[Future of Humanity Institute \(FHI\)](#), [The Chicago Council](#)

Why

# ◆ Truth ◆

What

● Development ●

Who

■ Developer ■

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

## Primes of Truth

● Inmost ●

● Foremost ●

● Utmost ●

How

## Develop

Here is how to develop the Truth of the Mind:

**Open your Mind.**

**Ask questions. 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.**

What  
Inmost  
● Development ●

Why  
Inmost  
◆ Truth ◆

Who  
Inmost  
■ Developer ■

Truth regards the Mind reflecting the World.  
Inmost Truth regards the process of reflecting.  
This is Thought (Tht).

Here, the ‘reflecting’ means understanding.  
The universal thing to understand are the forms.  
So, develop understanding of the forms themselves.  
For this, the most relevant Area is Mathematics (Mth).

## Foundational

### Priced Books:

[Israel M. Gelfand, Alexander Shen \(1993\), Algebra; Birkhäuser.](#)  
[Serge Lang \(1971\), Basic Mathematics; Springer.](#)

### Free Books:

[Openstax \(2020\), Prealgebra.](#)  
[Openstax \(2021\), Algebra and Trigonometry \(2nd ed.\).](#)

### Web Resources:

[Khan Academy](#), [Mathigon](#); [Sorobon Exam](#)

## Intermediary

### Priced Books:

[Michael Spivak \(2008\), Calculus \(4th ed.\); Cambridge University Press.](#)  
[H. S. M. Coxeter, Samuel L. Greitzer \(1967\), Geometry Revisited; American Mathematical Society.](#)

### Free Books:

[G. H. Hardy \(1908\), A Course in Pure Mathematics; Dover Publications.](#)  
[Euclid of Alexandria \(c. 300 BCE\), Elements. \(tr. Richard Fitzpatrick\)](#)

### Web Resources:

[Paul’s Online Notes](#); [SageMath](#), [Geogebra](#); [AoPS Community](#)

## Advanced

### Priced Books:

[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.](#)

### Web Resources:

[MIT OCW](#), [Oxford Notes](#); [OverLeaf](#); [MathOverflow](#)



What  
Foremost  
● Development ●

Why  
Foremost  
◆ Truth ◆

Who  
Foremost  
■ Developer ■

Truth regards the Mind reflecting the World.  
Foremost Truth regards this World 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 Areas are:  
Physics (Phy), Chemistry (Chm), Biology (Bio)

## Intermediary

### Priced Book:

[Arihant Experts \(2020\), Encyclopedia of General Science for General Competitions; Arihant Publications.](#)

### Free Books:

[Richard Feynman \(1964\), The Feynman Lectures on Physics; Addison-Wesley.](#)

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

[OpenStax \(2021\), Concepts of Biology.](#)

### Web Resources:

[HyperPhysics](#), [PubChem](#), [EOL](#)

## Advanced

### Priced Books:

[Hugh D. Young, Roger A Freedman \(2015\), University Physics with Modern Physics \(14th ed.\); Pearson.](#)

[Nivaldo Tro \(2019\), Chemistry: A Molecular Approach \(5th ed.\); Pearson.](#)

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

### Free Books:

[OpenStax \(2020\), College Physics.](#)

[OpenStax \(2019\), Chemistry 2e.](#)

[OpenStax \(2020\), Biology 2e.](#)

### Web Resources:

[MIT OCW: Phy Chm Bio](#); [ScienceDaily](#); [Stack Exchange: Phy Chm Bio](#)



Truth regards the Mind reflecting the World.  
Utmost Truth regards the Mind able to reflect All Worlds.  
This is Mindbuilding (MdB).  
With few resources, a relevant Area 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.

## Linguistics

### Priced Books:

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

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

### Free Books:

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

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

### Web Resources:

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

## Artificial Intelligence

### Priced Books:

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

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

### Free Books:

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

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

### Web Resources:

[GeeksforGeeks](#), [TIO](#), [Github](#), [Replit](#), [MIT OCW: AI](#), [OpenCog](#)

Why

# ◆ Love ◆

What

● Connection ●

Who

■ Connector ■

To make Love better, connect Hearts.

(As the Heart's Desires give the Reasons to Live.)

## Primes of Love

● Inmost ●

● Foremost ●

● Utmost ●

How

## Connect

Here is how to connect the Love in 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.

What  
Inmost  
• Connection •

Why  
Inmost  
◆ Love ◆

Who  
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.

What  
Foremost  
• Connection •

Why  
Foremost  
◆ Love ◆

Who  
Foremost  
■ Connector ■

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

**To connect, 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.

What  
Utmost  
• Connection •

Why  
Utmost  
◆ Love ◆

Who  
Utmost  
■ Connector ■

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

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

For any relations 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 relations with each other, be ready in your Hearts.  
Love one another as you have learned to love yourself.  
Relations 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.**

Why

# ◆ Beauty ◆

What

● Enrichment ●

Who

■ Enricher ■

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

## Primes of Beauty

● Inmost ●

● Foremost ●

● Utmost ●

How

## Enrich

Here is how to enrich the Beauty of the Soul:

**Open your Soul.**

**Explore cultures. 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.**

What  
Inmost  
● Enrichment ●

Why  
Inmost  
◆ **Beauty** ◆

Who  
Inmost  
■ Enricher ■

Beauty regards the World reflecting the Soul.  
Inmost Beauty regards the process of reflecting.  
This is Dream (Drm).

Here, the ‘reflecting’ means experiencing.  
The universal thing to experience are the senses.  
So, enrich experiencing of the senses themselves.  
For this, the most relevant Area is Music (Mus).

## Foundational

### Priced Book:

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

### Free Book:

[Russell Jones, Catherine Schmidt-Jones \(2005\), Understanding Basic Music Theory.](#)

### Web Resources:

[MusicTheory](#), [BeepBox](#)

## Intermediary

### Priced Book:

[Terry E. Miller, Andrew Shahriari \(2012\), World Music: A Global Journey \(4th ed.\); Routledge.](#)

### Free Book:

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

### Web Resources:

[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](#)



What  
Foremost  
● Enrichment ●

Why  
Foremost  
◆ **Beauty** ◆

Who  
Foremost  
■ Enricher ■

Beauty regards the World reflecting the Soul.  
Foremost Beauty regards the Souls of People 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 Areas are:  
Imagery (Img), Architecture (Arc), Cooking (Ckg)

## Imagery

Priced Book:

[Fred Kleiner \(2018\), Gardner’s Art Through the Ages: A Global History; Wadsworth Publishing.](#)

Free Book:

[Pamela Sachant \(2016\), Introduction to Art: Design, Context, and Meaning; University of North Georgia Press.](#)

Web Resources:

[InkScape](#), [Alphonso Dunn Playlist](#); [PixelFed](#)

## Architecture

Priced Book:

[Le Corbusier \(1995\), Towards a New Architecture; Dover Publishing.](#)

Free Book:

[Marcus Vitruvius Pollio \(~20 BC\), The Ten Books on Architecture \(De architectura\).](#)

Web Resources:

[FreeCAD](#), [MIT OCW: Architecture](#)

## Cooking

Priced Book:

[Harold McGee \(2004\), McGee on Food and Cooking, Hodder & Stoughton.](#)

Free Book:

[Sorangel Rodriguez-Velazquez \(2016\), Chemistry of Cooking.](#)

Web Resources:

[recipe-search](#), [Wikipedia Portal: Food](#), [Cooking Stack Exchange](#)

What  
Utmost  
● Enrichment ●

Why  
Utmost  
◆ **Beauty** ◆

Who  
Utmost  
■ Enricher ■

Beauty regards the World reflecting the Soul.  
Utmost Beauty regards the World able to reflect All Souls.

This is Worldbuilding (WdB).

With few resources, a relevant Area 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.

## Literature

### Priced Books:

[The Journey to the West](#) by [Wu Cheng'en](#) (1592) (tr. [Anthony C. Yu](#))

[The Hobbit](#) by [J. R. R. Tolkien](#) (1937)

[One Hundred Years of Solitude](#) by [Gabriel García Márquez](#) (1967) (tr. [Gregory Rabassa](#))

### Free Books:

[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)

[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 Resources:

[Project Gutenberg](#), [LibriVox](#), [Manuskript](#)

## Artificial Reality

### Priced Books:

[Jon Woodcock](#) (2019), [Coding Games in Scratch](#); Dorling Kindersley Children.

[Jesse Schell](#) (2019), [The Art of Game Design: A Book of Lenses](#) (3rd ed.); CRC Press.

### Free Books:

[Al Sweigart](#) (2021), [Scratch Programming Playground](#); No Starch Press.

[Richard A. Bartle](#) (2003), [Designing Virtual Worlds](#).

### Web Resources:

[Scratch](#), [OSGL](#), [Godot](#), [Blender](#), [GIMP](#)

Why

# ◆ Peace ◆

What

• Guidance •

Who

■ Guider ■

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

## Primes of Peace

• Inmost •

• Foremost •

• Utmost •

How

## Guide

Here is how to guide the Peace of People's Spirits:

### **Raise 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.

### **Refine your Justice.**

So, 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.

### **Increase your Hope.**

So, Be grateful for your life.

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

Have wisdom. Have balance.

Have hope.

What  
Inmost  
• Guidance •

Why  
Inmost  
◆ Peace ◆

Who  
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 actions. Remember people. Remember intentions.

As you increase in these number of days:

Increase calmness. Increase 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)

What  
Foremost  
● Guidance ●

Why  
Foremost  
◆ Peace ◆

Who  
Foremost  
■ Guider ■

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 Rings, as they seem, now:

## Politics

### Priced Books:

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.

### Free Book:

Erik Ringmar (2019), *History of International Relations*; Open Book Publishers.

### Web Resources:

MIT OCW: Political Science; Research and Politics

## Law

### Priced Books:

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.

### Free Book:

Diane Marie Amann (ed.) (2014), *Benchbook on International Law*; American Society of International Law.

### Web Resources:

ICJ, UN Documents

## Religion

### Priced Books:

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.

### Free Books:

Beau Branson (ed.) (2021), *Introduction to Philosophy of Religion*; Rebus Foundation.  
George Matthews (ed.) (2019), *Introduction to Philosophy: Ethics*; Rebus Foundation.

### Web Resources:

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 texts of major differing traditions:

**Hinduism : The Bhagavad Gita**

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

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Find throughout them the reasons to live:

Health | Truth | Love | Beauty | Peace

# ♦ Why? ♦

Dear One,  
Why are you here?  
You live to further the Greatest of Goodness.  
Commit yourself to your Character.

Take these as the Meaning of your Being:

♦ Health ♦

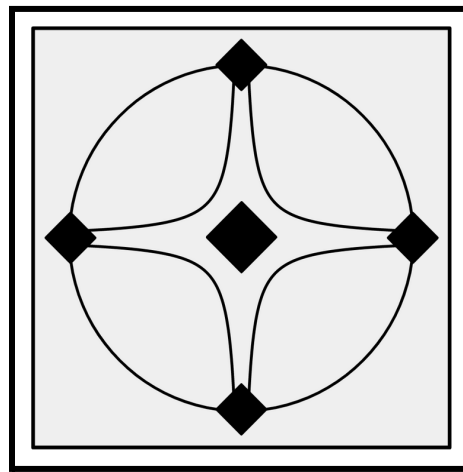
♦ Truth ♦

♦ Love ♦

♦ Beauty ♦

♦ Peace ♦

The  
Path of Life  
(↕)



The  
Depth of Life  
(↔)

♦ Peace ♦

♦ Beauty ♦

♦ Love ♦

♦ Truth ♦

♦ Health ♦

Hold your values in view.  
This is centering.  
As you center:

**Focus.**

Follow the Path of Deepest Love.

## ■ Who? ■

Dear One,  
Who are you?

First is your Body.  
It senses, moves, and breathes.  
And it is your extent over space.  
Its needs give you the instincts to live.

Next is your Mind.  
It thinks.  
It understands.

Centre of all is your Heart.  
It is your extent over People.  
And its desires give you the reasons to live.

Next is your Soul.  
It dreams.  
It experiences.

Last is your Spirit.  
It is past, present, and future.  
And it is your extent over time.  
Its rules give you the ways to live.

## ● What? ●

Dear One,  
What should you do?  
Start simple.  
Think well. Speak kindly.  
And eventually go further:

● Sustain ●

● Develop ●

● Connect ●

● Enrich ●

● Guide ●

This is the First Garden.  
There will be a Second.

Enter the Garden.



# Support

To help out the Garden:

Most welcome of all is following the Path of Deepest Love.

You can invite those Dear to you to the Garden.

You can share translations, adaptations, or creations inspired by these writings.

You can send questions, comments, and corrections.

Finally, donations are welcome (2022):

PayPal: [enter.the.garden.green@gmail.com](mailto:enter.the.garden.green@gmail.com)

# Connect

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[youtube.com/](https://youtube.com/) : [Enter the Garden](#)

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# Thank You



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[The End.](#)