

The Second 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 creatively.
And you will find more Beauty.

Guide 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.

The
• Beads •

The Writings of the Gardens are divided into **Beads**.

Beads are declarations or directions, such as:

“Enrich the Beauty in your Soul.”

The **Source Bead** is:

“Do good.”

Or fully:

“Do good for the Love of the One.”

A Bead may be said by itself (**singly**), like so:

“Work hard, but at times, rest.”

A Beads may also be said with its siblings (**siblingly**), like so:

“Do work of good value.

Share the earnings of your work.

Work hard, but at times, rest.”

Finally, a Bead may be said with its ancestors (**ancestrally**), like so:

“Do good for the Love of the One.

So, sustain the Health of your Body.

So, refine your Wealth & Generosity.

So, honor your work.

So, work hard, but at times, rest.”

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.

What
• Surviving •

♦ Survival ♦

Who
■ Survivor ■

Be born!

Be thankful from your first breath.

Help the many people who are just surviving.

Help those people struggling for water, food, and protection.

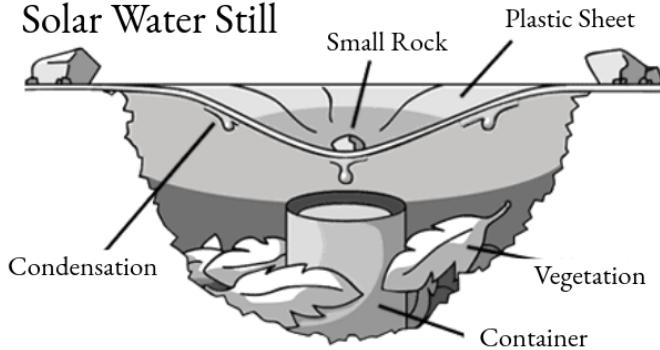
Always be aware that every luxury is temporary.

So, gather knowledge and guard your will to survive:

Water

Find clear running water, rainwater, or morning dew.
Get water from leaves by wrapping them in a plastic bag.
Filter then boil collected water and drink it when thirsty.

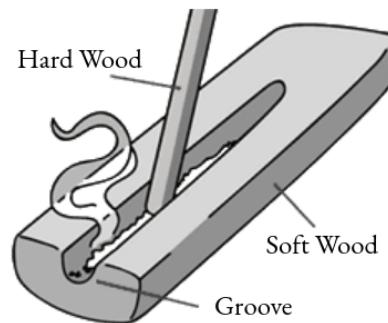
Solar Water Still



Warmth

Keep dry fire starters, like flints, matches, or lenses.
Start fires with tinder under a tepee of small twigs.
Maintain a fire with fuel in a circle of dry rocks.

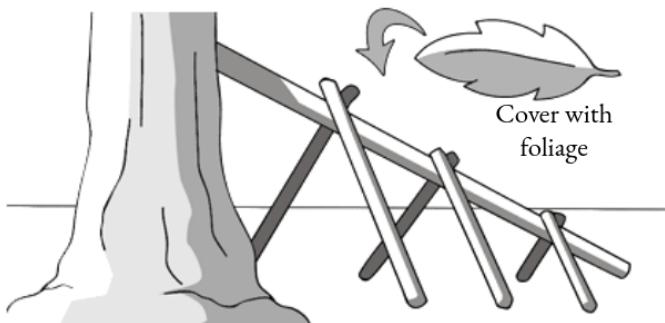
Fire Plow Method



Shelter

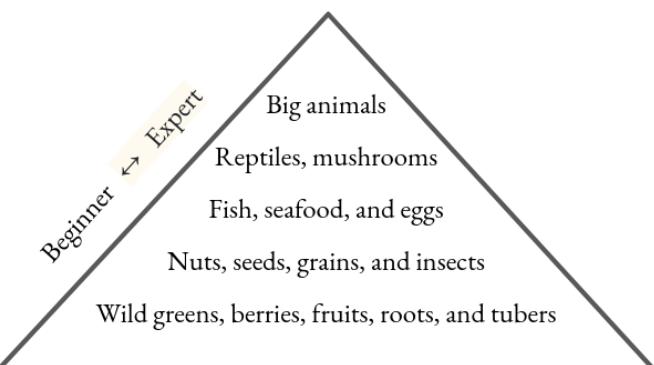
Make a shelter away from rain and wind.
Insulate a shelter's ground with dry leaves in a log frame.
Cover the shelter with leaves and debris, one finger thick.

Lean-to Shelter



Food

Use a guide to learn the plants safe to eat, but be careful.
Trap animals to survive; remove the insides & cook them.
Share food, waste no movement, and stay strong.





(Strength is the power to overcome physical challenges.)

Strength is for Health, which is for Goodness.

So, increase your Strength.

How

Be thankful for the Strength you have now.

Have the Good Character to help those with less.

[Purity]

Breathe calmly.

So, find fresh air free from dust.

Breathe in through your nose.

And breathe as you focus.

Clean thoroughly.

So, clean your body.

Clean and tidy your home.

And make use of all waste.

[Energy]

Drink water.

So, find pure water to drink.

But, avoid drinking poisons.

Share your water, but at times, fast.

Eat healthfully.

So, find earthly foods to eat.

But, avoid eating in excess.

Share food together, but at times, fast.

[Activity]

Sleep deeper.

So, rest with quiet sounds and faint lights.

Sleep at similar times every day.

And leave others in peace as they sleep.

Exercise skillfully.

So, stretch, flex, and move yourself.

Exercise every day in some way.

And find a way to exercise together.

Wish for the Greatest Patience to help those with less.

Be hopeful for the Strength yet to come.

What
Material

Why
Material

Who
Material

♦ Health ♦

● Sustenance ● ■ Sustainer ■

(Wealth is richness in the value of objects.)

Wealth is for Health, which is for Goodness.

So, refine your Wealth.

(Generosity is readiness to rightly share objects.)

Generosity is for Health, which is for Goodness.

So, refine your Generosity.

How

Be thankful for the Wealth & Generosity we have now.

Have the Good Character to help those with less.

[Centrality]

Correct your posture.

So, be aware of your body.

Position the parts of your body properly.

And be aware of others' bodies with respect.

Dress yourself well.

So, be aware of your clothing.

Balance purpose with appearance when dressing.

And be aware of others' clothing with respect.

[Proximity]

Order your tools.

So, learn about your tools.

Organize your tools by their purpose.

And respect others' tools.

Honor your work.

So, do work of good value.

Share the earnings of your work.

Work hard, but at times, rest.

Care for your home.

So, learn about your home.

Organize your home with a purpose.

And respect others' homes.

[Distancy]

Explore the settlements of People.

So, explore the settlement you are in.

Find the routes between human settlements.

And learn about all significant & distant settlements.

Explore the environments of Nature.

So, explore the environment you are in.

Find the routes between natural environments.

And learn about all significant & distant environments.

Wish for the Greatest Patience to help those with less.

Be hopeful for the Wealth & Generosity yet to come.



(Security is the power to protect the bodies, tools, and spaces of others.)

Security is for Health, which is for Goodness.

So, raise your Security.

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

[Accuracy]

Sharpen your senses.

So, increase the range of your senses.

Integrate your senses and translate between them.

And find new ways to take sensory input.

Coordinate your body.

So, increase the range of your motions.

Combine your motions and alternate between them.

And find new ways to make motory output.

[Mobility]

Welcome traveling strangers.

So, welcome travelers with Good Character.

Host people from afar, at least once, if able.

And share your way of life with your guests.

Welcome adventures of travel.

So, travel to those with Good Character.

Travel far, at least once, if able.

And learn the way of life of your hosts.

[Safety]

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

So, stop threats before they grow.

If you are attacked, defend yourself.

And stand up for those in need.

Wish for the Greatest Patience to help those with less.

Be hopeful for the Security 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.

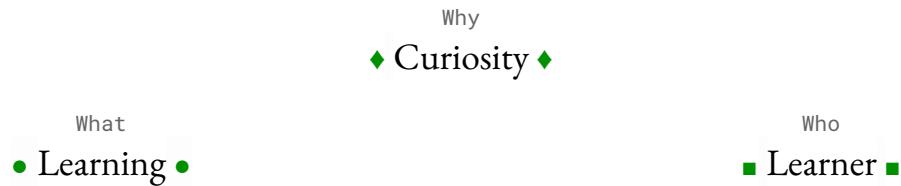
And make inventions productively.

Wish for the Greatest Patience to help those with less.

Be hopeful for the Truth yet to come.

Truth

♦♦ Aspects ♦♦



The desire to learn and find the ideas of Truth.

So, be curious and learn.

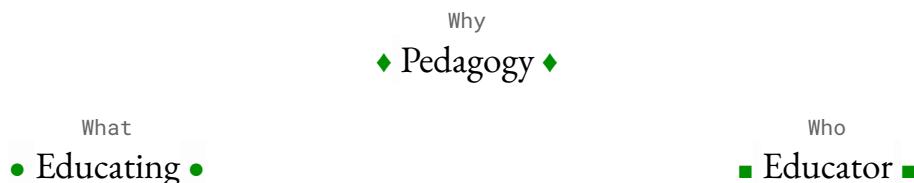
<p>Why ♦ Intelligence ♦</p> <p>What • Science •</p> <p>The power to investigate the world to develop the mind using knowledge from technology.</p>	<p>Why ♦ Productivity ♦</p> <p>What • Engineering •</p> <p>The power to invent and construct technology to advance intelligence.</p>
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Intelligence is the knowing aspect of Truth.

So, ask questions intelligently.

Productivity is the making aspect of Truth.

So, make inventions productively.



The desire to teach and give the ideas of Truth.

So, be instructive and teach.

Developing
• Conduct •

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

Open your Mind.

<p>[Science]</p> <p>Ask questions intelligently.</p>	<p>[Engineering]</p> <p>Make inventions productively.</p>
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<p>[Formal]</p> <p>Understand the Forms.</p>	
---	--

So, solve a puzzle.
 Compose instructions.
 And make a machine.

<p>[Natural]</p> <p>Investigate Nature.</p>	
--	--

So, analyze motion & light.
 Experiment with materials.
 And observe plants & animals.

<p>[Social]</p> <p>Develop the Society.</p>	
--	--

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.



(Formal Truth regards abstract structures, such as quantities, figures, and algorithms.)

Formal Truth is for Truth, which is for Goodness.

So, understand the forms to find more Formal Truth.

Here are five important entities from each area.

Learn about them and many more.

How

Be thankful for the Formal Truth we have now.

Have the Good Character to help those with less.

[Philosophical]

Metaphysics

Existence, Categories, Substance,
Modality, Spacetime

[Symbolical]

Mathematics Quantity, Structure, Space, Change, Pattern	Programming Algorithms, Languages, Syntax, Operators, Data
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[Computational]

Computer Science Computation, Systems, Processes, Information, Automation	Computer Engineering Sensors, Memory, Controllers, Software, Hardware
--	--

Wish for the Greatest Patience to help those with less.

Be hopeful for the Formal Truth yet to come.



(Natural Truth regards natural structures, such as solids, chemicals, and animals.)

Natural Truth is for Truth, which is for Goodness.

So, investigate nature to find more Natural Truth.

Here are five important entities from each area.

Learn about them and many more.

How

Be thankful for the Natural Truth we have now.

Have the Good Character to help those with less.

[Motional]

Physics
Space, Time, Motion,
Matter, Energy

Applied Physics
E.g. Civil & Mechanical
Engineering

Astronomy
Stars, Planets, Moons,
Galaxies, Nebulae

[Substantial]

Chemistry
Substances, Reactions, Bonding,
Phase, Energy

Applied Chemistry
E.g. Chemical & Material
Engineering

Geology
Rocks, Minerals, Soils,
Tectonics, Dating

[Biological]

Biology
Animals, Plants, Cells,
Viruses, Genes

Medicine
Patients, Injury, Disease
Medicine, Drugs

Ecology
Species, Habitat, Biome
Diversity, Dependency

Wish for the Greatest Patience to help those with less.

Be hopeful for the Natural Truth yet to come.



(Social Truth regards social structures, such as groups, trade, and language.)

Social Truth is for Truth, which is for Goodness.

So, develop the society to find more Social Truth.

Here are five important entities from each area.

Learn about them and many more.

How

Be thankful for the Social Truth we have now.

Have the Good Character to help those with less.

[Anthropical]

Individual
Psychology

Humanics

Identity, Minds, Beliefs,
Kinship, Culture

Collective
Sociology

[Plutical]

Merchantry

Markets, Buyers, Sellers,
Production, Distribution

[Philological]

Linguistics

Words, Sounds, Meanings,
Grammar, Context

Wish for the Greatest Patience to help those with less.

Be hopeful for the Social 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.

What
● Connection ●
to
Language

Why
◆ Love ◆
of
Language

Who
■ Connector ■
to
Language

Honesty is to speak with Truth.

Eloquence is to speak with Beauty.

Honesty is for Love, which is for Goodness.

Eloquence is for Love, which is for Goodness.

So, speak with Honesty.

So, speak with Eloquence.

Tell the Truth and tell it with Beauty.

How
Be thankful for the Honesty & Eloquence we have now.
Have the Good Character to help those with less.

[Native]

Learn the languages of your heart.
So, find the words with sounds you remember.
And express your soul with the finest poetry.

Find your words with the best of meaning.
So, learn the senses of every sentence.
And explain your mind with the highest clarity.

[Foreign]

Learn the languages of the wider world.
So, refine your fluency in the languages you need.
And acquire the languages of those dear and widespread.

Build bridges for the messages of people.
So, find the best way for messages to travel.
And learn to translate between different languages.

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

What
● Connection ●
to the
One

Why
◆ Love ◆
of the
One

Who
■ Connector ■
to the
One

Piety is to be in Love with the One.

Piety is for Love, which is for Goodness, which is for the One.

So, be with Piety.

Gather together for the Love of the One.

How
Be thankful for being at all.
Have the Best of Character.

[Gathering]

Gather with trust and gather with warmth.
So, come together in the temple of Earth.
And as you gather together, deepen your fellowship.

[Centering]

Focus your Faith on the Love of the One.
So, begin within, with the Love of the One .
Then center yourselves upon the Perfection.
And deepen your Faith in the Promise to come.

[Sharing]

Then share with others and give to the poor.
So, share your smile, share some food, share a hug.
And as you listen, and as you give, deepen your charity.

Wish for the Best of Patience.
Be hopeful to be with the One.

What
● Connection ●
to
People

♦ Love ♦

Why
of
People

Who
■ Connector ■
to
People

Kindness is to act with Beauty.

Bravery is to act with Truth.

Kindness is for Love, which is for Goodness.

Bravery is for Love, which is for Goodness.

So, act with Kindness.

So, act with Bravery.

Show Kindness and show it with Bravery.

How
Be thankful for the Kindness & Bravery we have now.
Have the Good Character to help those with less.

[Family]

Build a family and secure your home.

So, marry with good character, love, and piety.

And stay married together through the tests of partnership.

Raise your children with the best of character.

So, prepare your wealth to provide for another.

And lead your children by the highest example.

[Community]

Make good friendships that stay together.

So, befriend righteous people with plenty of variety.

And stay close together through the tests of friendship.

Help your community with continuous charity.

So, make spaces for your community to connect.

And do a favor for your neighbor.

Wish for the Greatest Patience to help those with less.

Be hopeful for the Kindness & Bravery 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.

[Artefactual]

Embellish Nature.

So, build a building & its rooms.

Prepare a delicious recipe.

Dress with style & with scents.

[Communal]

Enrich the Community.

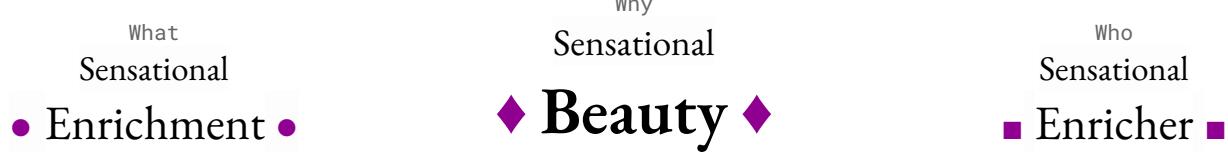
So, play a game.

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.**



(Sensational Beauty regards sensorial expressions, such as songs, pictures, and dance.)

Sensational Beauty is for Beauty, which is for Goodness.

So, experience the senses to find more Sensational Beauty.

Here are five important entities from each area.

Learn about them and many more.

How
Be thankful for the Sensational Beauty we have now.

Have the Good Character to help those with less.

[Philosophical]

Aesthetics

Expression, Form, Intention,
Representation, Emotion

[Sonovisual]

Imagery Shape, Form, Color Space, Texture	Music Harmony, Melody, Rhythm Song, Style
--	--

[Performal]

Dance Space, Body, Time Force, Form	Drama Narrative, Plot, Characters, Acting, Setting
--	---

Wish for the Greatest Patience to help those with less.

Be hopeful for the Sensational Beauty yet to come.



(Artefactual Beauty regards concrete expressions, such as buildings, meals, and clothing.)

Artefactual Beauty is for Beauty, which is for Goodness.

So, embellish nature to find more Artefactual Beauty.

Here are five important entities from each area.

Learn about them and many more.

How

Be thankful for the Artefactual Beauty we have now.

Have the Good Character to help those with less.

[Habitual]		
Urbanics	Architecture	Interiors
Buildings, Infrastructure Region, Land, Public	Volume, Proportion Point, Line, Plane	Light, Space, Color Texture, Pattern
[Objectal]		
Sculpture	Cooking	Design
Material, Volume, Surface Light, Color	Ingredients, Taste, Utensils Preparation, Cuisine	Form, Shape, Line Color, Texture
[Personal]		
Cosmetics	Fashion	Perfumery
Skin, Lips, Eyes Product, Brush	Line, Shape, Color Form, Texture	Notes, Family, Source Oils, Fragrances

Wish for the Greatest Patience to help those with less.

Be hopeful for the Artefactual Beauty yet to come.



(Communal Beauty regards communal expressions, such as games, gifts, and stories.)

Communal Beauty is for Beauty, which is for Goodness.

So, enrich the community to find more Communal Beauty.

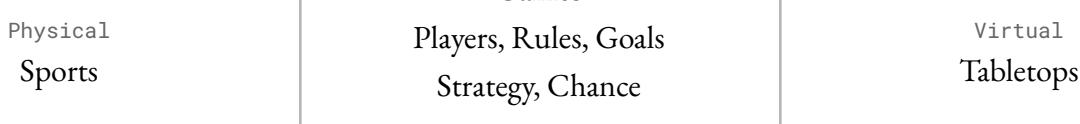
Here are five important entities from each area.

Learn about them and many more.

How

Be thankful for the Communal Beauty we have now.

Have the Good Character to help those with less.



[Charital]

Gifting

Bestower, Gift, Recipient,
Intent, Delivery

[Lingual]

Literature

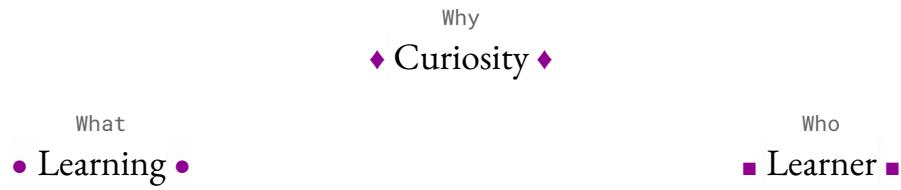
Characters, Settings, Narratives
Themes, Plots

Wish for the Greatest Patience to help those with less.

Be hopeful for the Communal Beauty yet to come.

Beauty

♦♦ Aspects ♦♦



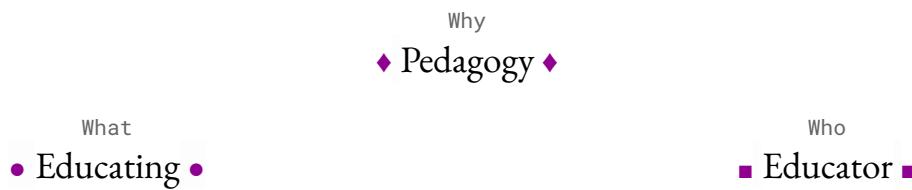
The desire to learn and find the expressions of Beauty.

So, be curious and learn.

<p>Why ♦ Sophistication ♦</p>	<p>What • Culture • Who ■ Culturer ■</p>	<p>Why ♦ Creativity ♦</p>	<p>What • Art • Who ■ Artist ■</p>
<p>The power to explore and appreciate cultures to advance creativity.</p>		<p>The power to embellish the world to enrich the soul using imagination in expressions.</p>	

Sophistication is the knowing aspect of Beauty.
So, explore cultures sophisticatedly.

Creativity is the making aspect of Beauty.
So, make art pieces creatively.



The desire to teach and give the expressions of Beauty.

So, be instructive and teach.

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.



(Respect is the care for the rights, beliefs, and feelings of others.)

Respect is for Peace, which is for Goodness.

So, raise your Respect.

How

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

(Gather your history and commit it to memory.)

[Central]

Compose yourselves with empathy.

So, face your fears. Slow your anger.

Enjoy your happiness. Resolve your sadness.
And return yourselves to calmness.

[Local]

Support your people and righteous authority.

So, be humble before those rightly ahead.

But, be helpful to those rightly behind.

And understand, in the end, you are equal as mortals.

[Global]

Live as nations, together in harmony.

So, come to agreements with exemplary diplomacy

Limit trading with those not respecting sovereignty.

And, in war, fight the cruelest of oppressors.

Wish for the Greatest Patience to help those with less.

Be hopeful for the Respect yet to come.

What Legal • Guidance • Why Legal ♦ Peace ♦ Who Legal ■ Guider ■

(Justice is fairness in conduct with people.)

Justice is for Peace, which is for Goodness.

So, refine your Justice.

(Mercy is readiness to rightly forgive people.)

Mercy is for Peace, which is for Goodness.

So, refine your Mercy.

How
Be thankful for the Justice & Mercy we have now.

Have the Good Character to help those with less.

(Guard your histories with careful, but consistent reading.)

[Personal]

To all people be fair, but forgiving.

So, have consistent standards made known to others.

Listen calmly to both sides of a dispute.

And find a path, however hard, to forgive people.

[National]

Read the sources of law and find righteous rulings.

So, study the laws of nations having the most power.

Study the laws of nations bearing the most people.

And deeply study the laws of your own nation.

[International]

Live as nations, separate and self-governing.

So, keep the equality of sovereignty of every nation.

Keep trade between nations voluntary.

And keep intervention between nations limited.

Wish for the Greatest Patience to help those with less.

Be hopeful for the Justice & Mercy yet to come.



(Hope is the power to overcome spiritual challenges.)

Hope is for Peace, which is for Goodness.

So, increase your Hope.

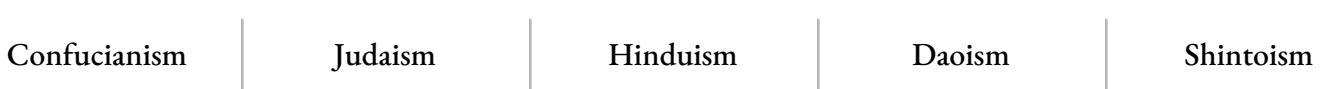
How
Be thankful for the Hope we have now.

Have the Good Character to help those with less.

(Study world history in every area of education.)

[Special]

Preserve the sweetest parts of particular traditions, such as those in:



[Universal]

Observe the eternal messages of universal religions, such as those in:



[Philosophical]

Ethics

Center upon right and wrong in private contemplation.

Center upon wisdom. Act with balance.

Hold onto hope.

Wish for the Greatest Patience to help those with less.

Be hopeful.

**Age well.**

So, prepare yourself for your health to come to an end.

And as you age, reflect on the truth of your life.

Prepare your loved ones for your time together to stop.

And as you age, reflect on the beauty of your lived life.

And prepare yourself to end in peace.

Be good to the dead.

So, gather with sympathy and gather with solemnity.

Respect the dead and respect their places of rest, but do not revere them.

Focus your Faith together for the one now gone.

Remember the best of the dead and how they lived well.

But end the debts of the dead and do not be divided by legacies.

Return!

Some Gardens will end in the Fire.

Some Gardens will end in the Endless Night.

So, return to the Eternal, dear One.

As far away, for the Loving Ones, is their Water.

But far away, for the Faithful Ones, is the Eternal Light.

Why

The
♦ Love ♦
of

What Who

The
♦ One ♦

This is the End Point of Patience.

This is the Answered Hope.

Eternal Peace.

With Blissful Beauty.

And Perfect Love.

The Ultimate Truth.

Absolute and Universal to All.

Finally, our Characters will be Rightly Rewarded.

Finally, we can return Home.

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 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.

Rounds

The First Garden gives the **Allday Commitments**.

These are responsibilities meant for all days with very few exceptions.

You can commit to the First Garden for your entire life.

Enter the Second Garden.

The Second Garden gives so many Commitments that they must be divided.

They are divided into a cycle of five days called a Round.

Every Rounday has five Foci, which are given more focus than usual.

Here are the Roundays in order, together with their Foci:

♦♦ Maday ♦♦

Security	Mind Building	Family	Beauty Bounding	Respect
----------	---------------	--------	-----------------	---------

♦♦ Inday ♦♦

Wealth & Generosity	Nature	Native Languages	Community	Justice & Mercy
---------------------	--------	------------------	-----------	-----------------

♦♦ Enday ♦♦

Strength	Forms	♦ The One ♦	Senses	Hope
----------	-------	-------------	--------	------

♦♦ Onday ♦♦

Wealth & Generosity	Society	Foreign Languages	Artifacts	Justice & Mercy
---------------------	---------	-------------------	-----------	-----------------

♦♦ Paday ♦♦

Security	Truth Bounding	Community	World Building	Respect
----------	----------------	-----------	----------------	---------

A Focus on one commitment does not allow total neglect of a matching commitment.

For example, a focus of Family on Maday does not allow a total neglect of Community.

Indeed, it is even better to find a way to build Community through building Family.

Exceptions

Entering the Garden gives you responsibilities for life.

But, there are Times of Exception.

Find them wisely and think of others.

♦ Times of Emergency ♦

If you become sick, make this a priority.

If others become sick, visit them and care for them.

When others are desperate for care, be the stable and reliable one.

If you become destitute, ask for help, and remember those who helped you.

So, give to the poor when they ask and be remembered for your way.

If you are traveling, make time for your hosts.

If you are fighting, then focus and win the fight first.

♦ Times of Opportunity ♦

Remember children.

And remember that you were once a child.

So, if a small bird lands on you, smile for it.

If a child invites you to a game, join in and have fun.

And if you see a gorgeous sunset, delight in it.

♦ Times of Tradition ♦

You are part of something bigger.

And you can do your part to make it better.

Perhaps there are special days in your nation,

Perhaps there are traditions you know of valuing families and life,

And perhaps there are religions valuing an eternal message,

Take time off and show up!

If there is Goodness in it, bring it as far out as you can!

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 questions and pursue their answers with Intelligence. ♦
- ♦ 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 art and embrace cultures with Sophistication. ♦
- ♦ 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)



♦♦ Maday ♦♦

♦♦ Inday ♦♦

♦♦ Enday ♦♦

♦♦ Onday ♦♦

♦♦ Paday ♦♦

♦♦ Maday ♦♦

Commitments

Maday is the first day of a Round.

These are the Maday Foci:

Security, Mind Building, Family, Beauty Bounding, Respect.

Enter the First Garden and you must carry the Allday Commitments for all days.

Enter the Second Garden and you must carry the Maday Commitments for Madays.

Earnings	Intentions	Earnings
♦	♦ I will focus more on raising my Security. ♦	♦
♦	So, I will do coordination and perception training.	♦
♦	I will welcome more strangers and adventures of travel.	♦
♦	And I will fight with higher and finer vigor.	♦
♦	♦ I will focus more on the Mind that may reflect all Worlds. ♦	♦
♦	So, I will learn more about how Minds work.	♦
♦	I will make tools that work as the Mind works.	♦
♦	And I will remember the Truth I learned last Maday.	♦
♦	I will focus more on building my family and securing my home.	♦
♦	♦ I will remember what I did with People last Maday. ♦	♦
♦	I will focus more on raising children with the best of character.	♦
♦	♦ I will focus more on Beauty as a whole. ♦	♦
♦	So, I will learn combined arts, new arts, and what Ugliness is.	♦
♦	I will combine arts, make arts, and find the Truth of Beauty.	♦
♦	And I will remember the Beauty I learned last Maday.	♦
♦	♦ I will focus more on raising my Respect. ♦	♦
♦	So, I will learn how to better compose myself with empathy.	♦
♦	I will support my people and righteous authority.	♦
♦	And I will learn how nations may live together in political harmony.	♦

♦♦ Inday ♦♦

Commitments

Inday is the second day of a Round.

These are the Inday Foci:

Wealth & Generosity, Nature, Native Languages, Community, Justice & Mercy.

Enter the First Garden and you must carry the Allday Commitments for all days.

Enter the Second Garden and you must carry the Inday Commitments for Indays.

Earnings	Intentions	Earnings
	♦ I will focus more on refining my Wealth & Generosity. ♦	
♦	So, I will correct my posture and dress myself well.	♦
♦	I will sort my tools, honor my work, and care for my home.	♦
♦	And I will explore settlements and environments more.	♦
	♦ I will focus more on the Truth of Nature. ♦	
♦	So, I will study matter, energy, materials, reactions, and life.	♦
♦	I will solve problems about these and make tools to further their study.	♦
♦	And I will remember the Truth I learned last Inday.	♦
♦	I will focus more on Accuracy in my native languages.	♦
♦	♦ I will remember what I did with Language last Inday. ♦	♦
♦	I will focus more on Eloquence in my native languages.	♦
	♦ I will focus more on the Beauty of Communities. ♦	
♦	So, I will play games, cherish gifts, and read stories.	♦
♦	I will also make games, give gifts, and tell stories.	♦
♦	And I will remember the Beauty I learned last Inday.	♦
	♦ I will focus more on refining Justice & Mercy. ♦	
♦	So, I will be even more fair, but forgiving to people.	♦
♦	I will study the systems of laws of nations.	♦
♦	I will learn how nations may live together in legal harmony.	♦

◆◆ Enday ◆◆

Commitments

Enday is the third day of a Round.

These are the Enday Foci:
Strength, Forms, The One, Senses, Hope.

Enter the First Garden and you must carry the Allday Commitments for all days.

Enter the Second Garden and you must carry the Enday Commitments for Endays.

Earnings	Intentions	Earnings
♦	♦ I will focus more on increasing my Strength. ♦	♦
♦	So, I will clean more thoroughly than ever.	♦
♦	I will fast as much as able.	♦
♦	And I will exercise for endurance.	♦
♦	♦ I will focus more on the Truth of Forms. ♦	♦
♦	So, I will study puzzles, instructions, structures, devices, and computers.	♦
♦	I will solve problems about these and make tools to further their study.	♦
♦	And I will remember the Truth I learned last Enday.	♦
♦	I will focus more on gathering with others with trust and warmth.	♦
♦	♦ I will focus my Faith more on the Love of the One. ♦	♦
♦	I will focus more on sharing with others and giving to the poor.	♦
♦	♦ I will focus more on the Beauty of Senses. ♦	♦
♦	So, I will experience the highest songs, images, dances, and dramas.	♦
♦	I will also sing songs, make images, dance, and do dramas.	♦
♦	And I will remember the Beauty I learned last Enday.	♦
♦	♦ I will focus more on increasing my Hope. ♦	♦
♦	So, I will learn the sweetest parts of particular traditions.	♦
♦	I will learn the eternal messages of universal religions.	♦
♦	And I will contemplate upon the range of wrong to right.	♦

♦♦ Onday ♦♦

Commitments

Onday is the fourth day of a Round.

These are the Onday Foci:

Wealth & Generosity, Society, Foreign Languages, Artifacts, Justice & Mercy.

Enter the First Garden and you must carry the Allday Commitments for all days.

Enter the Second Garden and you must carry the Onday Commitments for Ondays.

Earnings

Intentions

Earnings

♦ I will focus more on refining my Wealth & Generosity. ♦

- ♦ So, I will correct my posture and dress myself well.
- ♦ I will sort my tools, honor my work, and care for my home.
- ♦ And I will explore settlements and environments more.

♦ I will focus more on the Truth of Societies. ♦

- ♦ So, I will study communities, trading economies, and examine languages.
- ♦ I will solve problems about these and make tools to further their study.
- ♦ And I will remember the Truth I learned last Onday.

♦ I will focus more on learning the languages of the wider world. ♦

- ♦ ♦ I will remember what I did with Language last Onday. ♦
- ♦ I will focus more on building bridges for the messages of people.

♦ I will focus more on the Beauty of Artifacts. ♦

- ♦ So, I will experience buildings, cooking, and clothing.
- ♦ I will also design buildings, dishes, and clothes.
- ♦ And I will remember the Beauty I learned last Onday.

♦ I will focus more on refining Justice & Mercy. ♦

- ♦ So, I will be even more fair, but forgiving to people.
- ♦ I will study the systems of laws of nations.
- ♦ I will learn how nations may live together in legal harmony.

♦♦ Paday ♦♦

Commitments

Paday is the fifth day of a Round.

These are the Paday Foci:

Security, Truth Bounding, Community, World Building, Respect.

Enter the First Garden and you must carry the Allday Commitments for all days.

Enter the Second Garden and you must carry the Paday Commitments for Padays.

Earnings

Intentions

Earnings

♦ I will focus more on raising my Security. ♦

- ♦ So, I will do coordination and perception training.
- ♦ I will welcome more strangers and adventures of travel.
- ♦ And I will fight with higher and finer vigor.

♦ I will focus more on Truth as a whole. ♦

- ♦ So, I will learn combined sciences, new sciences, and what Falseness is.
- ♦ I will combine sciences, make sciences, and find the Beauty of Truth.
- ♦ And I will remember the Truth I learned last Paday.

I will focus more on my friendships and staying together.

♦ I will remember what I did with People last Paday. ♦

- ♦ I will focus more on helping my community with good charity.

♦ I will focus more on the World that may reflect all Souls. ♦

- ♦ So, I will experience entirely created Worlds.
- ♦ I will continue creating entire Worlds, too.
- ♦ And I will remember the Beauty I learned last Paday.

♦ I will focus more on raising my Respect. ♦

- ♦ So, I will learn how to better compose myself with empathy.
- ♦ I will support my people and righteous authority.
- ♦ And I will learn how nations may live together in political harmony.

♦♦ Paday ♦♦

Measurements

Opening

Schedule

This is the Opening of the Day.

Sunrise to solar noon.

♦ Keep Peace through 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.

For the Opening Deeds there are optional **Deed Openings**.

Deed Openings

These can be said, read, or thought **before** Deeds:

Vital Deeds

♦ Before Resting ♦

I'm thankful to rise from sleep.
I'm thankful for this day to become better.
And I'm hopeful to help those people with less.

♦ Before Cleaning ♦

I'm thankful I may become clean.
So I can become stronger & healthier & better.
And I must help those without water & with less.

♦ Before Eating ♦

I'm thankful I may become nourished.
So I can become stronger & healthier & better.
And I must help those without food & with less.

Goal Deeds

These Deeds must have goals, such as a:

Current Goal (x) and **Distant Goal (y)**

These goals must be:

Specific, so speakable in a few words.
Achievable, so reasonable based on your history.
And with feedback, so you know when they are complete.

♦ Before Improving Language ♦

I'm thankful I may speak & connect better.
I must (x), so I can (y)
And I must help others love & speak better.

♦ Before Questioning & Producing ♦

I'm thankful I may question & produce & learn more.
I must (x), so I can (y)
And I must teach others to develop their Mind.

♦ Before Exercising & Fighting ♦

I'm thankful I can become stronger & securer.
I must (x), so I can (y)
And I must protect the weak and help others.

♦ Before Improving Relationships ♦

I'm thankful I may relate & connect better.
I must (x), so I can (y)
And I must help others love & relate better.

♦ Before Experiencing & Creating ♦

I'm thankful I may experience & create & learn more.
I must (x), so I can (y)
And I must teach others to enrich their Soul.

♦ Before Working ♦

I'm thankful I can become wealthier & more generous.
I must (x), so I can (y)
And I must give to the poor and help others.

(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.

Deed Closings

These can be said, read, or thought **after** Deeds:

Vital Deeds

♦ After Resting ♦

I'm thankful to rest and sleep.

I'm thankful I've had this day to become better.

And I'm hopeful to keep helping those people with less.

♦ After Eating ♦

I'm hopeful I became nourished.

So I can become stronger & healthier & better.

And I hope to help those without food & with less.

♦ After Cleaning ♦

I'm hopeful I became clean.

So I can become stronger & healthier & better.

And I hope to help those without water & with less.

Goal Deeds

These Deeds must have goals, such as a:

Current Goal (x) and **Distant Goal (y)**

These goals must be:

Specific, so speakable in a few words.

Achievable, so reasonable based on your history.

And with feedback, so you know when they are complete.

♦ After Improving Relationships ♦

I'm thankful I could relate & connect better.

I worked on (x), so I can (y)

And I hope to help others love & relate better.

♦ After Experiencing & Creating ♦

I'm thankful I could experience & create & learn more.

I worked on (x), so I can (y)

And I hope to teach others to enrich their Soul.

♦ After Working ♦

I'm thankful I could become wealthier & more generous.

I worked on (x), so I can (y)

And I hope to give to the poor and help others.

♦ After Improving Language ♦

I'm thankful I could speak & connect better.

I worked on (x), so I can (y)

And I hope to help others love & speak better.

♦ After Questioning & Producing ♦

I'm thankful I could question & produce & learn more.

I worked on (x), so I can (y)

And I hope to teach others to develop their Mind.

♦ After Exercising & Fighting ♦

I'm thankful I could become stronger & securer.

I worked on (x), so I can (y)

And I hope to protect the weak and help others.

Closing

Schedule

Center in the Center.

Rest after sunset.

♦ Keep Peace through the Day. ♦

Solar noon to sunset.

This is the Closing of the Day.

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

- ♦ (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.

For the Closing Deeds there are optional [Deed Closings](#).

♦♦ Paday ♦♦

Measurements

Paday is the fifth day of a Round.

These are the Paday Foci:

Security, Truth Bounding, Community, World Building, Respect.

Perform the Allday Measurements before the Paday Measurements.

75 Daily earnings are needed to gather any of the Paday earnings.

Earnings

Questions

Earnings

- ♦ Did I do coordination and perception training? ♦
- ♦ Did I welcome more strangers and adventures of travel? ♦
- ♦ Did I fight with higher and finer vigor? ♦
- ♦ **Then I focussed more on raising my Security. ♦**

- ♦ Did I learn combined sciences, new sciences, and what Falseness is? ♦
- ♦ Did I combine sciences, make sciences, and find the Beauty of Truth? ♦
- ♦ Did I remember the Truth I learned last Paday? ♦
- ♦ **Then I focussed more on Truth as a whole. ♦**

- ♦ Did I work on my friendships and stay together? ♦
- ♦ **Did I remember what I did with People last Maday? ♦**
- ♦ Did I help my community with good charity? ♦

- ♦ Did I experience entirely created Worlds? ♦
- ♦ Did I continue creating entire Worlds? ♦
- ♦ Did I remember the Beauty I learned last Paday? ♦
- ♦ **Then I focussed more on the World that may reflect all Souls. ♦**

- ♦ Did I learn how to better compose myself with empathy? ♦
- ♦ Did I support my people and righteous authority? ♦
- ♦ Did I learn how nations may live together in political harmony? ♦
- ♦ **Then I focussed more on raising my Respect. ♦**

♦♦ Onday ♦♦

Measurements

Onday is the fourth day of a Round.

These are the Onday Foci:

Wealth & Generosity, Society, Foreign Languages, Artifacts, Justice & Mercy.

Perform the Allday Measurements before the Onday Measurements.

75 Daily earnings are needed to gather any of the Onday earnings.

Earnings	Questions	Earnings
♦	Did I correct my posture and dress myself well?	♦
♦	Did I sort my tools, honor my work, and care for my home?	♦
♦	Did I explore settlements and environments more?	♦
♦	◆ Then I focussed more on raising my Wealth & Generosity. ◆	
♦	Did I solve communal, economic, and linguistic problems?	♦
♦	Did I learn theories and use tools to study these?	♦
♦	Did I remember the Truth I learned last Onday?	♦
♦	◆ Then I focussed more on Truth as a whole. ◆	
♦	Did I learn the languages of the wider world?	♦
♦	◆ Did I remember what I did with Language last Onday? ◆	♦
♦	Did I build bridges for the message of people?	♦
♦	Did I experience buildings, cooking, and clothing?	♦
♦	Did I design buildings, dishes, and clothes?	♦
♦	Did I remember the Beauty I learned last Onday?	♦
♦	◆ Then I focussed more on the Beauty of Artifacts. ◆	
♦	Was I even more fair, but forgiving to people?	♦
♦	Did I study the systems of laws of nations?	♦
♦	Did I learn how nations may live together in legal harmony?	♦
♦	◆ Then I focussed more on refining my Justice & Mercy. ◆	

◆◆ Enday ◆◆

Measurements

Enday is the third day of a Round.

These are the Enday Foci:

Strength, Forms, The One, Senses, Hope.

Perform the Allday Measurements before the Enday Measurements.

50 Daily earnings are needed to gather any of the Enday earnings.

Earnings	Questions	Earnings
◆	Did I clean more thoroughly than ever?	◆
◆	Did I fast as much as I could?	◆
◆	Did I exercise for endurance?	◆
◆ Then I focussed more on increasing my Strength. ◆		
◆	Did I solve puzzles, compose instructions, and make computers?	◆
◆	Did I learn theories and use tools to study these?	◆
◆	Did I remember the Truth I learned last Enday?	◆
◆ Then I focussed more on the Truth of Forms. ◆		
◆	Did I gather with others with trust and warmth?	◆
◆ Did I focus my Faith more on the Love of the One? ◆		
◆	Did I share with others and give to the poor?	◆
◆	Did I experience the highest songs, images, dances, and dramas?	◆
◆	Did I sing songs, make images, dance, and do dramas?	◆
◆	Did I remember the Beauty I learned last Enday?	◆
◆ Then I focussed more on the Beauty of Senses. ◆		
◆	Did I learn the sweetest parts of particular traditions?	◆
◆	Did I learn the eternal messages of universal religions?	◆
◆	Did I contemplate upon the range of wrong to right?	◆
◆ Then I focussed more on increasing my Hope. ◆		

◆ Inday ◆

Measurements

Inday is the second day of a Round.

These are the Inday Foci:

Security, Mind Building, Family, Beauty Bounding, Respect.

Perform the Allday Measurements before the Inday Measurements.

75 Daily earnings are needed to gather any of the Inday earnings.

Earnings	Questions	Earnings
♦	Did I correct my posture and dress myself well?	♦
♦	Did I sort my tools, honor my work, and care for my home?	♦
♦	Did I explore settlements and environments more?	♦
♦	Then I focussed more on refining my Wealth & Generosity. ♦	
♦	Did I learn theories and use tools to study these?	♦
♦	Did I solve physical, chemical, and biological problems?	♦
♦	Did I remember the Truth I learned last Inday?	♦
♦	Then I focussed more on the Truth of Nature. ♦	
♦	Did I improve the Accuracy of my native languages?	♦
♦	Then I remember what I did with Language last Inday. ♦	♦
♦	Did I improve the Eloquence of my native languages?	♦
♦	Did I play games, cherish gifts, and read stories?	♦
♦	Did I make games, give gifts, and tell stories?	♦
♦	Did I remember the Beauty I learned last Inday?	♦
♦	Then I focussed more on the Beauty of Communities. ♦	
♦	Was I even more fair, but forgiving to people?	♦
♦	Did I study the systems of laws of nations?	♦
♦	Did I learn how nations may live together in legal harmony?	♦
♦	Then I focussed more on refining my Justice & Mercy. ♦	

♦♦ Maday ♦♦

Measurements

Maday is the first day of a Round.

These are the Maday Foci:

Security, Mind Building, Family, Beauty Bounding, Respect.

Perform the Allday Measurements before the Maday Measurements.

75 Daily earnings are needed to gather any of the Maday earnings.

Earnings	Questions	Earnings
♦	Did I do coordination and perception training?	♦
♦	Did I welcome more strangers and adventures of travel?	♦
♦	Did I fight with higher and finer vigor?	♦
♦ Then I focussed more on raising my Security. ♦		
♦	Did I learn more about how Minds work?	♦
♦	Did I make tools that work as the Mind works?	♦
♦	Did I remember the Truth I learned last Maday?	♦
♦ Then I focussed more on the Mind that may reflect all Worlds. ♦		
♦	Did I help in building my family and securing my home?	♦
♦	♦ Did I remember what I did with People last Maday? ♦	♦
♦	Did I learn more about raising children with the best of character?	♦
♦	Did I learn combined arts, new arts, and what Ugliness is?	♦
♦	Did I combine arts, make arts, and find the Truth of Beauty?	♦
♦	Did I remember the Beauty I learned last Maday?	♦
♦ Then I focussed more on Beauty as a whole? ♦		
♦	Did I learn how to better compose myself with empathy?	♦
♦	Did I support my people and righteous authority?	♦
♦	Did I learn how nations may live together in political harmony?	♦
♦ Then I focussed more on raising my Respect. ♦		

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 questions and pursue their answers with Intelligence? ♦
- ♦ 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 art and embrace cultures with Sophistication? ♦
- ♦ 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)



♦♦ Paday ♦♦

♦♦ Onday ♦♦

♦♦ Enday ♦♦

♦♦ Inday ♦♦

♦♦ Maday ♦♦

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

enter.the.garden.green@gmail.com

Thank You



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