

-- edited here, for use as a theme in our seminar. The full text will be read at the seminar.

Last Hour of Life Exercise

Imagine, that you have only a few minutes, maybe an hour left to live; somehow you have discovered exactly when you will die. What would you do with this precious hour of your stay on Earth? ...

The organic life is very fragile. The planetary body can die at any moment. It is always one step from death. And if you could manage to live one more day, it is only a chance accidentally given to you by nature. If you will be able to live even one more hour, you can consider yourself to be a lucky person. From the moment of conception we are living on borrowed time.

Living in this world you have to feel death each second, so settle all your life affairs, even in your last hour. But how can anyone know exactly his last hour? For the sense of security make up your things with nature and yourself in every hour given to you, then you will never be met unprepared. The man has to be taught this starting from the [esoteric] school: how to breathe, to eat, to move and to die right. ...

When I was young I learned to prepare fragrances. I learned to extract from life it's essence, it's most subtle qualities. Search in everything the most valuable, learn to separate the fine from the coarse. One who has learned how to extract the essence, the most important from each moment of life, has reached a sense on quality. ...

In this world, to live life through, from the beginning to the end – means another aspect of the Absolute. All greatest philosophers were carefully preparing for the last hour of their life. And now I will give you the exercise to prepare for the last hour on the Earth. Try not to misinterpret any word from the given exercise.

The Exercise

Look back at the hour that has passed, as if it was the last hour for you on the earth and that you have just acknowledged that you have died. Ask yourself, were you satisfied at that hour?

And now reanimate yourself again and set up the aim for yourself. In the next hour (if you are lucky to live one more) try to extract from life a little more than you did in the last hour. Define, where and when you should have been more aware, and where you should have put more inner fire.

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