

August 29, 1969

Paul Namaste,

Reading your letter I really felt I was in touch with your Witness. You are indeed on the path and the unfolding is quite beautiful to behold. Undoubtedly there will be much more of the roller coaster in store for you but I think that you are proceeding with your sadhana in a productive way.

I'm enclosing a booklist which may be of some help to you. It covers a wide range of things but it might give some directions to start to hunt in. For a while in the unfolding that is going on you will undoubtedly be involved with much karma yoga and it is here where it is most difficult to keep one's center. Wherever you live I think it is vital that you set up a quiet corner and a puja table and surround yourself there with the writings of realized beings, their pictures and other suitable artifacts to help you convert your own thought process away from worldly matters. I feel that you are spiritually ahead of where your thought process is still.

Regarding helping others such as your girl or any of your friends the rule always is "work on yourself first". In fact the rule could be amended to just simply say "work on yourself" for it is clear that if one is able to center and go to one's center there is where one finds another person.

You're very beautiful. I hear you.

Shanti.

*Ram Dass*

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