

## Foreword

Affirmation of life is affirmation of Light.

The human spirit is immortal, but such a simple truth is not close to people; for they care more about the body than about the spirit.

Life obliges man to ascend, whereas death is a descent.

People, in principle, prefer to understand death as destruction. Existence itself affirms eternal renewal. Each man dies for yesterday and is regenerated for tomorrow.

Each day a renewal of all three principles takes place. Each day and hour man draws nearer to or recedes from the Higher World.

Let each one by the quality of his thinking further his own ascent and his perception of the Higher World.

Tranquillity is the crown of the spirit.

People cannot imagine Light as energy.

Let us not look into that Infinity where thought and Light and all that exists merge into unity, but according to the earthly understanding let us apprehend Light as a salutary energy, without which life is impossible.

Light is the most pervasive messenger of salvation.

One can distinctly comprehend a difference between utilitarian fire and cosmic Light. Not fire, but radiance surrounds each living being.

The benevolent thinker is surrounded by a rainbow, and through his light brings healing. So many times We have foretold the future of these radiations. We have said that with such a criterion the very structure of life will be transformed.

One may rightly call Light the principle which leads to regeneration. Thought and Light are so closely linked that thought may be called luminiferous.

Absolutely everything which refers to the luminous future is connected with Light.

Helena Roerich  
Excerpt from the book *AUM*

Q 3

### **Light, Love and Life**

Is not the essential nature of enlightened Man  
a subtle commingling of Light, Love and Life?

## Q 10

### Every Light Footstep

Does not every Light footstep of the Divine Man  
leave in its wake the tremor of a thousand stars?

Q 12

### Path of Return

Is the Incandescent Immensity casting Its clear Light  
upon your chosen path of Return?

Q 14

### **Divine Consciousness**

Is your mirror of Light clearly reflecting forth  
in this very moment, the Divine Consciousness  
living out the body?

## Q 15

### **Bounty of Light**

Does your Bounty of Light brighten up the birds,  
the bees and even babies?