

TABLE OF CONTENTS

1	“Know Thyself”	15
2	The Synoptic Chart	19
3	Spirit and Matter	43
4	The Soul	93
5	Sacrifice	103
6	The Foods of the Soul and the Spirit	115
7	Consciousness	131
8	The Higher Self	159
9	Truth	
	I Simplicity	173
	II Unity and Multiplicity	178
	III Objective Truth and Subjective Truth	205
	IV The Whole and Details	214
	V The Two Sides of Truth	222
10	Liberty	
	I The Laws of Destiny	229
	II True Freedom is Consecration	238
	III Death, the Liberator – Fate and Freedom ...	244
	IV Be Attached to Become Detached	256
	V Liberate Yourselves to be Able to Commit Yourselves to the Divine Work	267