



Out of reflections on the tasks of the working group on School of Spiritual Science work, Robert Nuber and Trisha Glover developed a text that tries to capture the mood of the inner space in which meditative work with mantric contents takes place. (December 2018)

The protection of the sacred, in the silent space of my heart

Keep a secret – why?

It is for you – do not say it –
don't share it

nourish it with your silent attention,
so that the seed becomes rooted and absorbed,
that it can grow in the silent space of your heart
where it will flourish, mature and bring fruit –

Do not talk –

not about it –

consecrate it, sanctify it

by taking it from everyday life

and giving value to the protection of it, in the space of your heart.

Do you understand...

Let the words of the mantra grow
in the silence of your heart.

I will learn to understand by practicing it.

Keep it protected,

sanctified by my deed, in the garden of my heart.