

remain worthy. Prattle is seductive. Stay out of its clutches.

It's not necessary to restrict yourself to lofty subjects or philosophy all the time, but be aware that the common babbling that passes for worthwhile discussion has a corrosive effect on your higher purpose. When we blather about trivial things, we ourselves become trivial, for our attention gets taken up with trivialities. You become what you give your attention to.

We become small-minded if we engage in discussion about other people. In particular, avoid blaming, praising, or comparing people.

Try whenever possible, if you notice the conversation around you decaying into palaver, to see if you can subtly lead the conversation back to more constructive subjects. If, however, you find yourself among indifferent strangers, you can simply remain silent.

Be of good humor and enjoy a good laugh when it is apt, but avoid the kind of unrestrained barroom laughter that easily degenerates into vulgarity or malevolence. Laugh *with*, but never laugh *at*.

If you can, avoid making idle promises whenever possible.

Avoid Most Popular Entertainment



Most of what passes for legitimate entertainment is inferior or foolish and only caters to or exploits people's weaknesses. Avoid being one of the mob who indulges in such pastimes. Your life is too short and you have important things to do. Be discriminating about what images and ideas you permit into your mind. If you yourself don't choose what thoughts and images you expose yourself to, someone else will, and their motives may not be the highest. It is the easiest thing in the world to slide imperceptibly into vulgarity. But there's no need for that to happen if you determine not to waste your time and attention on mindless pap.