

A little book
about
Happiness and Wisdom

Whitebook


the path of prayer.

there is a superpower,
which is not visible,
and doesn't have a form.

higher than the highest,
bigger than the biggest,
with eyes, ears everywhere,
with power everywhere.

talking to him,
is as talking with not seeing
to whom.

by talking about everything
which is a feeling or care,
you get peace of heart.
that power is the allmighty




the path of awareness.
it is being aware of body,
and reality.

no thoughts,
no mind.

by not thinking,
you will heighten your sight on
reality.

give your awareness to the here and now.

untill there is only awareness of the current mo-
ment.



the path of action.

choose to follow reasonable and democratic laws.

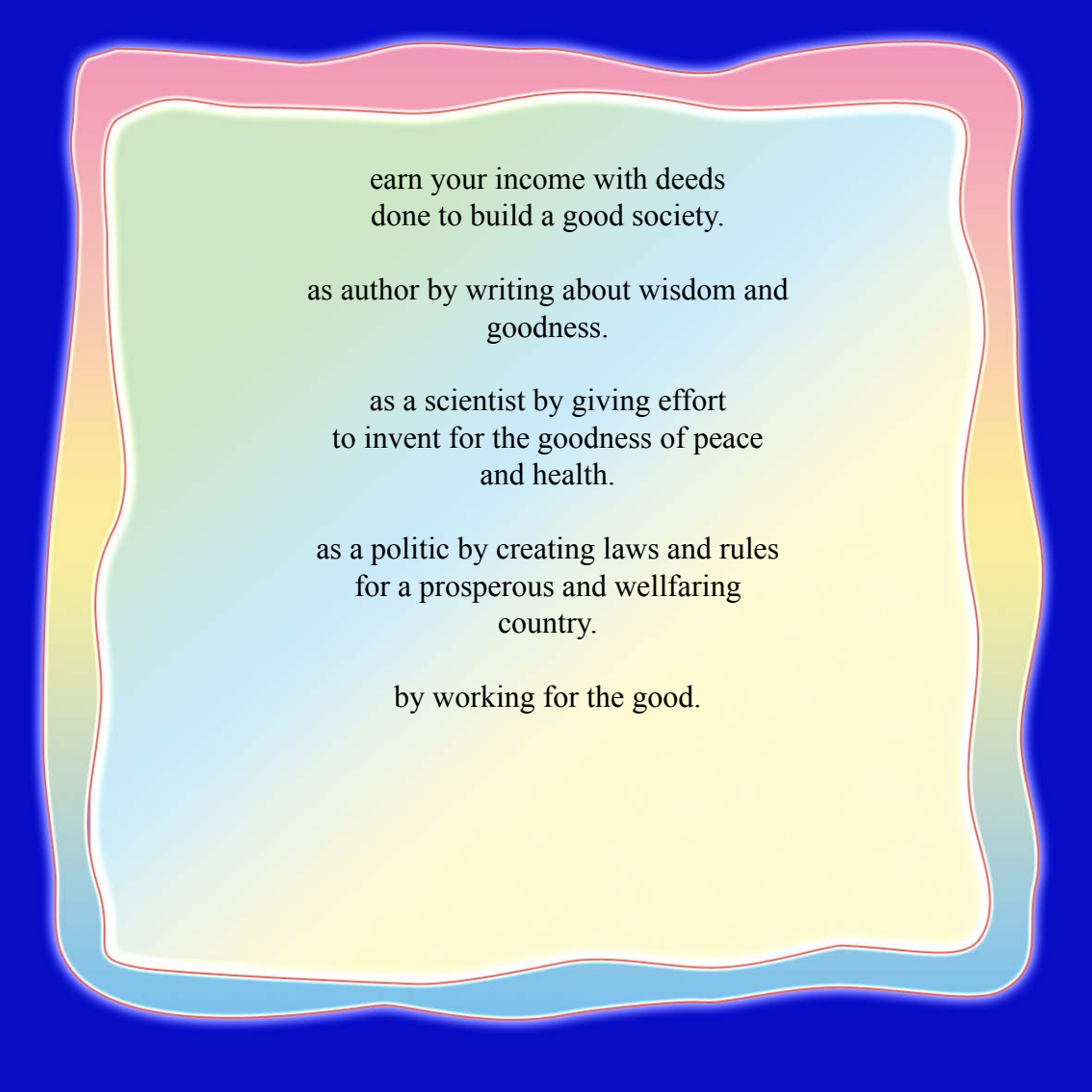
Don't act crimes.

By adapting to good laws,
You get a good name

Rules as not hurting living beings
and do not use drugs.

Help others as you would like to be helped.

Share your time with them who are poor or sick.



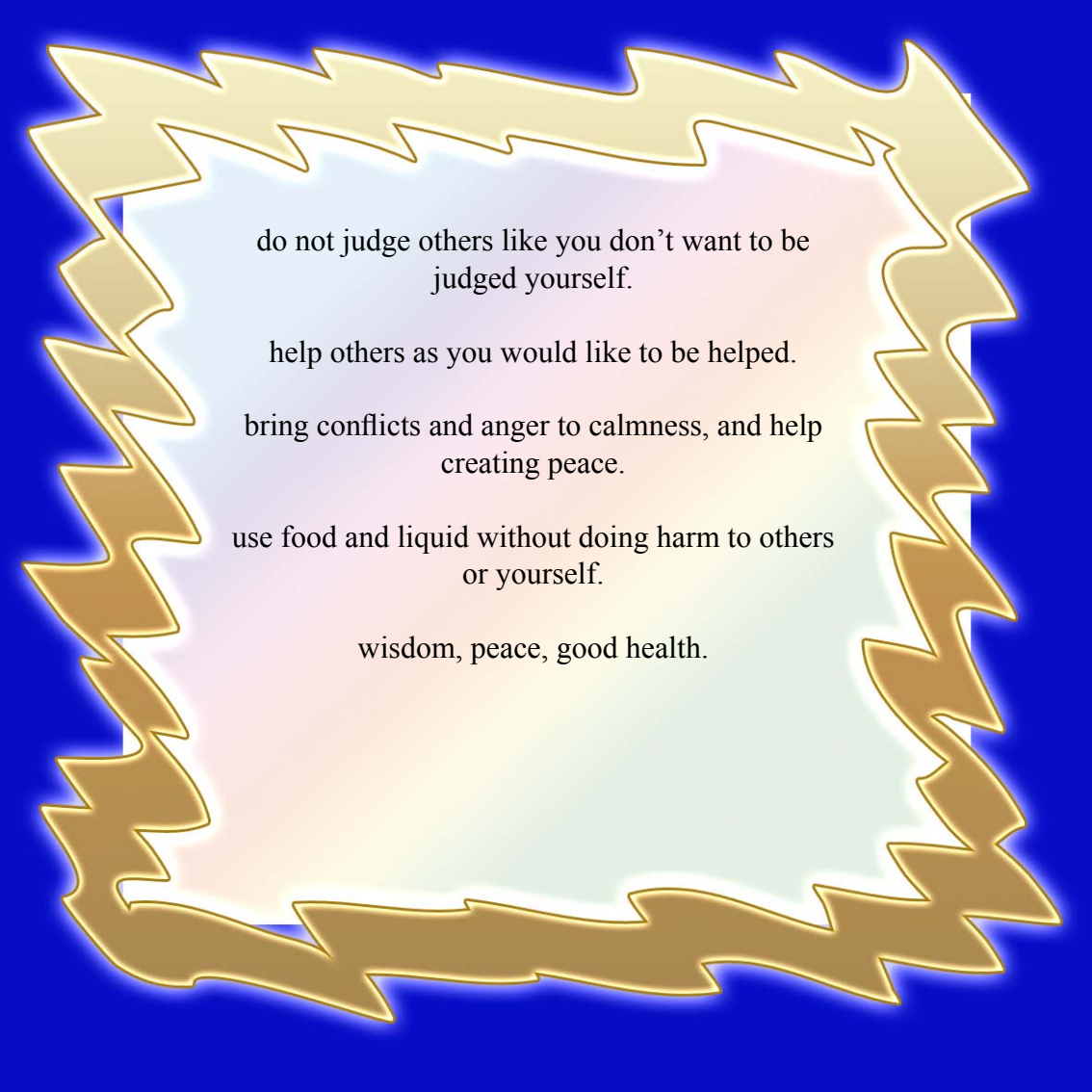
earn your income with deeds
done to build a good society.

as author by writing about wisdom and
goodness.

as a scientist by giving effort
to invent for the goodness of peace
and health.

as a politic by creating laws and rules
for a prosperous and wellfaring
country.

by working for the good.



do not judge others like you don't want to be
judged yourself.

help others as you would like to be helped.

bring conflicts and anger to calmness, and help
creating peace.

use food and liquid without doing harm to others
or yourself.

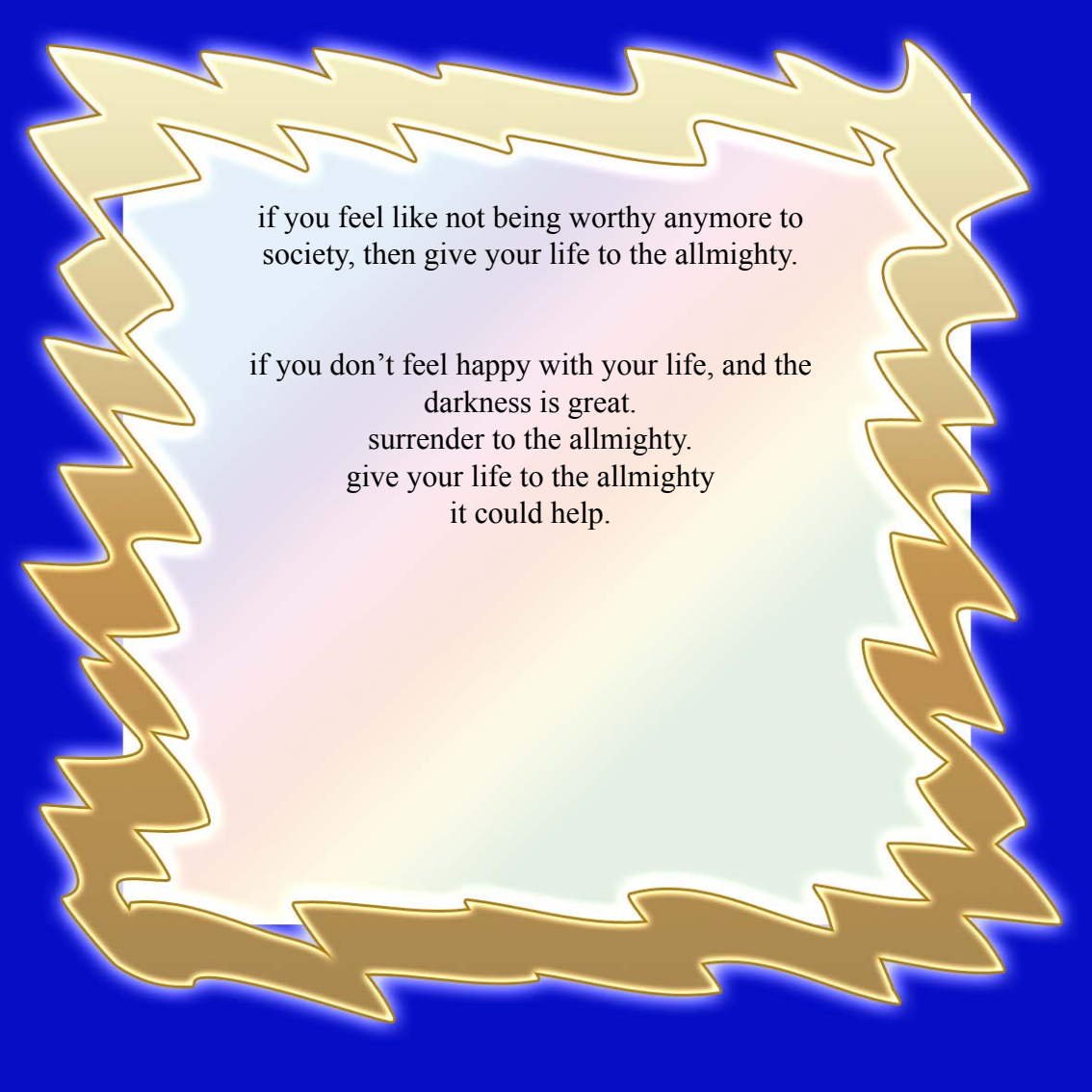
wisdom, peace, good health.

surrender, living offer,

in religious writings there is written
about surrender.
surrender to the allmighty,
to higher lords, or gods.
and to the sun or the earth.

that power grants you with good gifts.

may the good come to existence by it.
surrender and offer is like giving yourself to that higher power.



if you feel like not being worthy anymore to
society, then give your life to the allmighty.

if you don't feel happy with your life, and the
darkness is great.
surrender to the allmighty.
give your life to the allmighty
it could help.

this little book
is written
by Bastiaan Oostendorp.

