

June 2026

Thought for month: "I will review the nine moral preliminaries daily"

1. "I've been doing a lot of thinking recently about something."
2. What is it?
3. "Well, you really made me think about 'something'."
4. Again, what is it?
5. "You have talked a lot recently about 'moral preliminaries'."
6. "As I understand them, they are the behaviors that ground the human experience."
7. Yes, that's right.
8. You need them to function capably and fruitfully in the world.
9. And, you need them to evolve Spiritually.
10. So, what have you noticed about them?
11. "I noticed that they are not easy to do."
12. "When I first read the nine of them, I thought that I had them down pretty well."
13. "And, then, I had a thought that began to be bother me. I couldn't shake it."
14. "Then, I thought about the first moral preliminary: Control your thoughts."
15. "Well, I had to admit that I didn't control that bothersome thought very well."
16. "Then, I thought that I should re-examine all nine of them."
17. "I found them on the Sunday services of May 3rd and May 10th."
18. "Oh, they all are challenging!"
19. Are there others that you want to mention?
20. "I do."
21. "There's that one about equanimity, treating the good and bad equally."
22. "Well, that is really challenging, but I'm getting better at it."
23. "And, then, that one about being open-minded."
24. "I realized how closed-minded I have been on certain issues."

25. "And, that one on distinguishing between the real and the superficial."

26. "I'm embarrassed to say that much of my life has been rather superficial."

27. "I'm really learning a lot, and I thank you for teaching them."

28. Is there anything else?

29. "Yes, how good are you at doing these nine moral preliminaries?"

30. Like you, I'm getting better, but I'm working on them, too!