The aspirant to Monsalvat has generally the necessary physical and spiritual strength to lead him along the beaten track, and it is not one that is drawn from a desire for prizes. The hearts of all who ascend these heights keep a healthy rhythm and one which does no harm to spiritual growth.

Monsalvat the sanctified is a name known to all languages. Constantly developing let us avoid all that is dead and finite. We are mistaken however if we imagine that bodily achievements are the goal of life and those which deserve the crown.

It has been ordained that the spirit alone shall receive the crown.

Let us remember how the principles of Monsalvat were born, let us not forget how this guiding concept emerged into life.

As we approach it we are aware that its signification goes beyond all our limitations, as every teacher has to repeat.

To those engaged in life's daily routine the heights of Monsalvat may seem remote and inaccessible. Many will save up their possessions saying "They will be needed when I wish to go there." These people are not misers infatuated with earthly possessions, they are falcons who are spreading their wings, and they know that when the time has come to go, they can go.

In the first place they will have overcome the feeling of solitude, that deadly cold feeling which terrifies all those who dwell in ignorance. Lofty expressions are alone suited to the heights, for commonplace words do not naturally gather about lofty concepts. Those who desire to see can behold many things, those who wish to listen can hear voices.

Monsalvat—the sanctified!
It is deplorable when one thinks of all the marathons of today since they are nothing but a needless waste of time. When we see non-stop dancers establishing records of seventy-two hours we begin to wonder who is to benefit from it. There is certainly no beauty in it. If we were to see couples embracing one another for hours we should find it both grotesque and undignified. These modern marathons are nothing more than a caricature of the great classic race instituted by the Greeks. Moreover the Greek runners after the Marathon were accustomed to frequent the Academy where they could listen to the lecture of great scholars and philosophers. In this they were not one-sided.

Others will tell you that violent bodily exertion prevents a healthy development of the nervous system. We know that the Peripatetic school of philosophers in Greece always lectured, while walking, so as to harmonize their spiritual and physical activities.

If we compare the sport of the decadent Roman circus with the classical games of Greece, we shall get some idea of the inferior character of all purely physical contests.

Unfortunately a public execution will draw an immense crowd even today. In Germany they have again begun to decapitate women criminals, and, although this takes place in the prison court-yard, yet if such a spectacle were to be transferred to the public square you would find in this 'civilised' age of ours that the amphitheatre would be packed. As a matter of fact the gate money would probably exceed all the sums that go to philanthropic works.

We once heard that certain ladies were vexed because capital punishment by hanging had replaced that of being burnt alive. Such monstrous sentiments are due to an abnormal development of certain instincts, and a great deal of ugliness and brutality is due to narrow one-sided prejudice. Certain muscles have swollen producing, as it were, an ulcer of savagery and sadism which has poisoned both heart and brain.

Against such one-sided physical culture there is the theory that a proper education of the nervous system will do more than all to develop the muscles and put all the organs under our control. We know that it is our thought that sets all the muscles in movement, although there are many who are so thoughtless as not to realize this important fact, which is quite easy to prove.

By aspiring towards the higher life they took a lively interest in existence and this alone helped to keep their organism well balanced.

Value the gift of life. In desiring to live a life of labor and activity you will have acquired an impulse which will do more to keep you healthy than all the remedies, vaccination and massages. Conscious mental massage can pump fresh energy into any weak part. The simplest breathing exercise of pranayama, which consists in inhaling fresh air and sending the prana in it to any weak spot is a practice which you can prove for yourself. Every day one hears of monstrous methods for curing disease or failing health. One will take to narcotics or to alcohol so as to cure insomnia; another, because of certain symptoms begins to smoke or take drugs, oblivious of the fact that he is only increasing his troubles. We often hear about the joy of dedicating one's life to Service but what joy can there be in the use of narcotics, nicotine and alcohol? They will not help us towards the joy of development and ascent but only lead to a shameful retreat into darkness. Doctors are well aware of the harm caused by an addiction to sport, and it is quite common to hear of heart troubles and other ailments caused by over exertion.

Cardiac neurosis and other serious heart diseases are all induced by these excesses.

A specialized athlete is hardly fit for average physical activity. He is like a hothouse plant which can only live in artificial conditions.

The specialized athlete is far more one-sided than the professional man of business, and if one listens to the ideals of sportsmen and prize fighters one very soon begins to doubt about the value of civilization in its present condition.

It would seem that bull fights are beginning to lose their interest, but even this is not certain, since crowds can still be gathered to applaud this cruel sport.

The boy scout movement, however, is quite apart from professional sport, and is one of the most healthful ways of employing our leisure time. The golden measure is a doctrine which has been preached for centuries, but has perhaps been rarely understood.

As we rise steadily in our ascent towards the spiritual heights of Monsalvat we shall find very few sportsmen or prize fighters among the pilgrims. Those who aspire constantly towards these heights are very different in character. Physical prowess is not enough if we are to overcome the hardships and dangers of the way.