

Copyrighted Material

*Nobility:*

Pretend always that you are the whole universe,  
and not merely the one individual whose body  
you currently seem to occupy.

Thus you will tend to identify  
with the goals of the universe  
and not merely with the goals  
of one individual.

As a result, you will feel  
justified in treating  
all individuals equally,  
including the individual  
through whose eyes you currently peek.

This is the meaning of the metametaprogram

*“Treat others as you treat yourself”;*

in effect, these others are to be seen as your self;  
every object in the universe  
is to be seen as your self.

When you feel that you as an individual  
have failed or are in danger,  
remind yourself that the fate of the one cog  
that is your current link to this plane  
is trivial;

*your concern is with the progress  
of the whole you,  
the whole universe.*