

H. P. B. states in *The Key to Theosophy* “Much must necessarily be left to the individual judgment” about whether our actions are in line with the commitment we have made. As Theosophists, we must promote true brotherhood “by inculcating those higher and nobler conceptions of public and private duties which lie at the root of all spiritual and material development” and “our daily individual life must radiate those higher spiritual forces which alone can regenerate his fellow man.”

The individual journey is left to the individual alone. There is no dogma, there are no hard and fast rules, there is no guru to tell us what to do. However, there are keys as I mentioned earlier such as H. P. B.’s opening question in *Isis Unveiled* and our connection to Nature. Another key are the “Golden Stairs” which are simple instructions for our own individual journey, but difficult to achieve. And yet, they are instructions to a life of spiritual fulfillment and love. I have personally found that by meditating and living by the “Golden Stairs,” as well as one can, one’s life can be transformed. We begin to have compassion for everything around us, including ourselves.

A clean life, an open mind, a pure heart, an eager intellect, an unveiled spiritual perception, a brotherliness for one’s co-disciple, a readiness to give and receive advice and instruction, a loyal sense of duty to the teacher, a willing obedience to the behest of truth once we have placed our confidence in and believe that teacher to be in possession of it, a courageous endurance for personal injustice, a brave declaration of principles, a valiant defense of those who are unjustly attacked and a constant eye to the ideal of human progression and perfection which the secret science depicts. These are the Golden Stairs.

We can take these words at face value by doing the minimum of eating a nutritious diet, keeping our body and surroundings clean, and basically being of good character. We can keep an open mind by being accepting of others and generally being open to new experiences and so on. In order to be pure hearted we can make sure we think good thoughts — whatever that may mean to one — and try not to talk disparagingly about another, and on it goes. Face value is basically touching just the surface where it is comfortable.

However, if we decide to live an altruistic life — which eventually brings us into touch with the love that brought us here in the first place — we