

# The Nature of the Mind, the Spirit, and Death

Post by “Kalosyni” of March 11, 2024 at 9:27 AM

I was recently listening to a recording of Book 3 (translation by Humphries), and it occurred to me that there is actually a lot in it that is relevant to our times, since there are people who still believe in reincarnation (or heaven). The science we now have in our present time also could be combined (but it would be a lot of work to research and assemble it).

This would be something that I could see presented as a class/lecture. And it would also need a little something added in regarding living the best life now.

1. The nature of the mind.
2. The sense of "spirit" (or sense of self).
3. Why the mind and spirit do not survive death.
4. Living the best life now - using prudence, self-sufficiency, friendship, good health to experience the complete feeling of a pleasant and pleasurable life.