WHAT I BELIEVE. This is a corollary of the essays in this book - a summary of my life stance, if you will.

I believe the Truth is that all of the human race is one; hence we must treat all humans equal and with kindness.

I believe there is a spiritual dimension, but the concept of spirituality must not divide humanity - as religions do.

I believe in a law that underlies and defines creation, and that this law allows for a universal consciousness.

I believe in meditation I connect with my true self, which relates to the universal consciousness like a drop to the ocean.

I believe nothing is more vital than to live an ethical life, which includes trying to fix what is wrong in the world.

I believe war is wrong and humans must abolish it, if there is to be a future for humankind in millennia to come.

I believe we must always strive for the truth, but we have to be prepared to adjust our understanding of it at any time.

I believe in humanism - a rational philosophy informed by science, inspired by art, and motivated by compassion.

I believe in tolerance, justice, freedom, pacifism, equality, love - while I loathe authoritarianism, control and manipulation.

I believe in keeping an open mind, allowing perceptions (and beliefs) to be changed, and to be uncertain about certainties.

‘What I believe’ were essays written by E. M. Forster and Bertrand Russell, advocating secular humanism. Several other authors have written works with the same title, alluding to either or both of these essays. Forster said, “I don’t believe in creeds, but there are so many, one has to formulate one’s own in self-defence.”