

2 ears and one mouth

2 Ears and One Mouth: The Wisdom of Listening More and Speaking Less

2 ears and one mouth is a well-known adage emphasizing the importance of listening more than speaking. It underscores a fundamental principle in effective communication: to truly understand others and foster meaningful relationships, one must listen attentively before voicing opinions. In a world filled with noise, distractions, and the constant urge to express oneself, this simple yet profound idea serves as a vital reminder of the power of active listening. This article explores the significance of this principle, its roots in various cultures, its application in different aspects of life, and practical tips to embody this wisdom in everyday interactions.

The Origin and Meaning of the Saying

Historical and Cultural Roots

The phrase "2 ears and one mouth" has roots in multiple cultural traditions, often emphasizing humility, patience, and respect in communication. In ancient Greece, Aristotle highlighted the importance of listening as a virtue necessary for effective speech and good judgment. Similarly, many Eastern philosophies, such as Confucianism and Buddhism, stress the value of listening as a key component of wisdom and self-awareness.

In the modern context, the phrase is a reminder that humans are naturally inclined to speak more than they listen, which can lead to misunderstandings, conflicts, or missed opportunities. By consciously balancing the act of listening and speaking, individuals can develop empathy, improve relationships, and learn more effectively.

Interpretation of the Principle

- **Listening as a skill:** Active listening involves fully concentrating, understanding, responding, and remembering what is being said.
- **Speaking as a responsibility:** Words carry influence; thus, speaking should be measured, thoughtful, and purposeful.
- **Balance:** The ratio of listening to speaking should favor listening to ensure comprehension and meaningful dialogue.

The Importance of Listening in Effective Communication

Building Trust and Respect

People tend to feel valued and understood when others listen attentively. Listening fosters trust, as it demonstrates genuine interest and respect for the speaker's perspective. When individuals feel heard, they are more likely to open up, share ideas, and collaborate effectively.

Enhancing Understanding and Reducing Conflicts

Misunderstandings often arise from assumptions or incomplete information. By actively listening, one can clarify doubts, grasp nuances, and avoid misinterpretations. This approach reduces conflicts and facilitates problem-solving, especially in sensitive situations.

Learning and Personal Growth

Listening is a gateway to knowledge. Whether in personal relationships, professional settings, or educational environments, listening allows individuals to absorb insights, learn new skills, and expand their worldview. It also cultivates humility, as it reminds us that we do not have all the answers.

Practical Applications of "2 Ears and One Mouth" in Different Areas of Life

In Personal Relationships

- Active listening during conversations to understand partner or family members' feelings and perspectives.
- Practicing patience and refraining from interrupting when others are speaking.
- Using empathetic responses to validate and support others.

In the Workplace

- Effective team communication by listening to colleagues' ideas and concerns.
- Enhancing leadership skills through attentive listening to employees' feedback.
- Facilitating conflict resolution by understanding different viewpoints before responding.

In Education and Learning

- Students actively listening to teachers and peers to grasp complex concepts.
- Educators fostering an environment where students feel comfortable sharing and questioning.
- Developing critical thinking skills by engaging with diverse perspectives.

In Negotiations and Conflict Resolution

- Listening carefully to understand the underlying interests and needs of the parties involved.
- Using reflective listening to validate the other side's concerns.
- Creating solutions that address mutual interests rather than just positions.

Challenges to Practicing "2 Ears and One Mouth" and How to Overcome Them

Common Barriers to Effective Listening

1. **Distractions:** External noise, multitasking, or internal thoughts can divert attention.
2. **Preconceived Notions:** Biases or assumptions may prevent genuine understanding.
3. **Emotional Reactivity:** Strong emotions can hinder objectivity and listening

patience.

4. **Desire to Respond:** The urge to immediately give advice or interject rather than listening fully.

Strategies to Improve Listening Skills

- **Practice Mindfulness:** Being present in the moment enhances focus and awareness.
- **Ask Clarifying Questions:** Demonstrates engagement and helps ensure understanding.
- **Use Non-Verbal Cues:** Nodding, maintaining eye contact, and appropriate facial expressions show attentiveness.
- **Reflect and Paraphrase:** Summarize what has been said to confirm understanding.
- **Limit Interruptions:** Allow the speaker to finish before responding.

Benefits of Embodying the "2 Ears and One Mouth" Philosophy

Improved Relationships

By listening more, relationships—whether personal, professional, or social—become more authentic and resilient. People appreciate being heard, which fosters loyalty and mutual respect.

Enhanced Personal Development

Active listening cultivates patience, humility, and emotional intelligence. It broadens perspectives and helps individuals become more empathetic and considerate.

Better Decision-Making

Gathering comprehensive information through listening leads to more informed choices. It prevents impulsive reactions and promotes thoughtful responses.

Increased Influence and Leadership

Leaders who listen effectively inspire trust, motivate teams, and foster a collaborative environment. Listening is often the cornerstone of influential leadership.

Conclusion: Embracing the Wisdom of Listening More and Speaking Less

The adage "2 ears and one mouth" encapsulates a timeless truth: effective communication begins with listening. In a society that values self-expression and quick responses, mastering the art of attentive listening can be transformative. It enhances understanding, builds trust, and opens pathways for genuine connection. By consciously practicing this principle, individuals can improve their personal relationships, succeed professionally, and grow as empathetic, wise human beings. Remember, the goal is not to silence ourselves but to create space for others' voices, thereby enriching our interactions and our lives.

Frequently Asked Questions

What is the meaning behind the phrase '2 ears and one mouth'?

The phrase emphasizes the importance of listening more than speaking, suggesting that we should listen twice as much as we talk to foster better understanding and communication.

How can practicing '2 ears and one mouth' improve my relationships?

By listening attentively and speaking thoughtfully, you can build trust, reduce misunderstandings, and create stronger connections with others.

In what situations is it especially beneficial to remember '2 ears and one mouth'?

It's particularly helpful during conflicts, negotiations, or when learning new information, as active listening allows for better comprehension and empathy.

Are there any challenges to applying the '2 ears and one mouth' principle?

Yes, some people may find it difficult to resist the urge to speak or may feel uncomfortable listening without interrupting, but with practice, it becomes easier to prioritize listening.

How can I practice better listening according to the '2 ears and one mouth' concept?

Practice giving your full attention, avoiding interruptions, asking open-ended questions, and reflecting on what others say to ensure genuine understanding.

Additional Resources

2 Ears and One Mouth: The Power of Listening Over Speaking

In a world that often emphasizes self-expression, the timeless adage "Two ears and one mouth" reminds us of the vital importance of listening. This principle underscores the idea that humans should listen twice as much as they speak, fostering understanding, empathy, and effective communication. In this comprehensive exploration, we delve into the origins, psychological underpinnings, practical applications, and benefits of this wisdom, highlighting how adopting this mindset can transform personal relationships, professional interactions, and our overall approach to life.

The Origin and Meaning of the Saying

Historical Roots

The phrase "Two ears and one mouth" is a proverbial reminder rooted in various cultural traditions and philosophical teachings emphasizing the importance of listening. Its origins are often traced back to ancient philosophies:

- Greek Philosophy: Socrates and Plato emphasized dialogue and active listening as essential to understanding truth.
- Eastern Wisdom: Traditional Chinese and Indian teachings highlight the value of observing and listening before speaking.
- Biblical References: Proverbs 18:13 warns against answering before listening, hinting at the importance of patience and understanding.

Core Message

At its core, the saying advocates for a balanced approach to communication:

- Listen More: Prioritize understanding others' perspectives.
- Speak Less: Share only after fully comprehending the situation.
- Practice Patience: Avoid the impulse to respond immediately; instead, listen attentively.

This simple ratio—two ears to one mouth—serves as a metaphor for the natural human capacity for listening and the importance of restraint in speech.

The Psychological and Neuroscientific Foundations

The Cognitive Benefits of Listening

Research indicates that active listening activates specific areas in the brain associated with comprehension, empathy, and social cognition:

- Enhanced Empathy: Listening stimulates the mirror neuron system, fostering empathy and emotional understanding.
- Better Memory Retention: Listening attentively improves information retention and recall.
- Reduced Conflicts: Understanding others' viewpoints can mitigate misunderstandings and disputes.

Why We Tend to Speak More

Humans often speak more than they listen due to various psychological factors:

- Desire for Validation: Speaking allows individuals to express their identity and validate their experiences.
- Fear of Silence: Silence can feel uncomfortable, prompting people to fill it with speech.
- Ego and Self-Importance: A tendency to prioritize one's own voice over others' opinions.

Barriers to Effective Listening

Despite knowing the importance of listening, numerous obstacles hinder our ability to do so:

- Distractions: External noise or multitasking reduces focus.
- Preconceived Notions: Assumptions about what the other person will say can lead to selective listening.
- Emotional Reactivity: Strong emotions can interfere with objective listening.
- Lack of Training: Many individuals haven't been taught active listening skills.

Practical Applications of "Two Ears and One Mouth"

In Personal Relationships

Effective listening forms the foundation of strong, trusting relationships. Key strategies include:

- Active Listening Techniques:
 - Maintain eye contact.
 - Use verbal affirmations like "I see" or "Go on."
 - Paraphrase or summarize what the other person said to confirm understanding.
 - Avoid interrupting.
- Benefits:
 - Builds trust and intimacy.
 - Resolves conflicts more efficiently.
 - Encourages openness and honesty.
- Common Pitfalls to Avoid:
 - Listening with the intent to respond rather than understand.
 - Judging or criticizing the speaker.
 - Becoming distracted or inattentive.

In Professional Settings

The workplace benefits greatly from attentive listening:

- Leadership: Leaders who listen actively can better understand team needs, foster loyalty, and make informed decisions.
- Customer Service: Listening to clients' concerns ensures better service and satisfaction.
- Negotiations: Understanding the other party's priorities can lead to mutually beneficial agreements.
- Practical Tips:
 - Schedule dedicated listening time during meetings.
 - Ask clarifying questions.
 - Avoid multitasking during conversations.
 - Be aware of non-verbal cues and tone.

In Education and Learning

Students and educators both benefit from prioritizing listening:

- Students who listen attentively tend to retain information better.
- Teachers who listen to students' questions and feedback can adapt their teaching methods.
- Effective Strategies:
 - Encourage open-ended questions.
 - Foster an environment where listening is valued.
 - Incorporate active listening exercises.

In Conflict Resolution and Mediation

Listening is paramount in de-escalating conflicts:

- Allow all parties to express their viewpoints.
- Validate feelings without immediate judgment.
- Identify underlying interests rather than surface issues.
- Use reflective listening to demonstrate understanding.

The Benefits of Embracing the "Two Ears, One Mouth" Philosophy

Enhanced Communication Skills

By consciously listening more:

- You develop better comprehension.
- You become more empathetic.
- You improve your ability to respond thoughtfully.

Stronger Relationships

People feel valued and understood when they are truly listened to:

- Increases trust.
- Fosters deeper emotional bonds.
- Reduces misunderstandings and resentment.

Personal Growth and Self-Awareness

Listening also involves self-awareness:

- Recognizing one's own biases.
- Managing impulsiveness to speak.
- Cultivating patience and humility.

Professional Success

Employers and colleagues value employees who listen well:

- Better teamwork.
- Increased problem-solving ability.
- Leadership qualities.

Emotional and Mental Well-being

Listening to others can also boost your own mental health:

- Reduces stress by promoting understanding.
- Enhances social support networks.
- Encourages mindfulness and present-moment awareness.

Strategies to Cultivate Better Listening Habits

Active Listening Exercises

Practicing specific exercises can reinforce good habits:

- Paraphrasing: Restate what the speaker has said in your own words.
- Reflective Listening: Mirror feelings as well as content.
- Summarizing: Summarize key points after the conversation.

Mindfulness and Presence

Being fully present during interactions minimizes distractions:

- Practice mindfulness meditation.
- Limit multitasking during conversations.
- Maintain an open and receptive posture.

Questioning and Clarification

Encourage deeper understanding:

- Use open-ended questions like "Can you tell me more about that?"
- Clarify ambiguous points.
- Show genuine curiosity.

Managing Emotional Responses

Control emotional reactions to maintain objectivity:

- Take deep breaths if emotions run high.
- Pause before responding.
- Recognize and validate emotions without judgment.

Developing Patience

Patience is essential:

- Allow others to speak fully.
- Resist the urge to interrupt.
- Embrace silence as a space for reflection.

Conclusion: The Transformative Power of Listening

The simple yet profound principle of "Two ears and one mouth" is a cornerstone of effective communication and personal development. By consciously choosing to listen more than we speak, we open ourselves to deeper understanding, stronger relationships, and personal growth. It encourages humility, patience, and empathy—traits that enrich our lives and the lives of those around us.

In an age dominated by rapid information exchange and digital distractions, the ability to truly listen remains a rare and valuable skill. Embracing this wisdom can lead to better decision-making, more meaningful connections, and a more harmonious society. Remember, the most powerful conversations often start with listening—and the best responses arise from understanding, not just speaking.

So, next time you find yourself in a conversation, pause, listen twice as much as you speak, and experience the profound impact it can have.

2 Ears And One Mouth

2 ears and one mouth: *Stoicism* Hector Janssen, 2020-09-17 The following topics are included in this 3-book combo: Book 1: What are the four virtues of stoicism? In this book, you will find fascinating thoughts on courage, temperance, justice, and wisdom. We will touch on these topics and help you understand why they are so important. This can make a huge difference in your life. Stoicism can also help people react better to each other in family relationships. With the virtues described, great improvements can be made in the way we interact with each other. This is the central theme of most of this guide. Lastly, one chapter is devoted to overcoming anxiety through stoicism, something many people have successfully done. Don't wait and learn more about yourself, relationships, and the virtues you can probably increase in your life. Book 2: A lot of people have heard of stoicism, some even know what it is, but the question is: How do you become more stoic? The answer to this question lies at the heart of this book. You will learn of new methods and insights to accomplish this. Furthermore, some very important quotes about stoicism will be revealed. And a schedule will be given that you can adhere to, if you want, and stick to a routine that enables you to practice a stoic attitude in your daily life. Find out how to do this now!

2 ears and one mouth: *The Encyclopedia of Pure Materia Medica* Timothy Field Allen, 1876

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provide an in-depth, analytical, and philosophical explanation of why specific cultural and social issues exist. With each topic, I discuss what it is, give examples for each, and break down each example providing more detail of just some of the possible reasons as to why people do them (possible mentalities). I also give some of my own experiences and everything discussed in this book, I have personally witnessed and or have gone thru. I included the following: * Situations based on personal experience and or witnessing them, with some online research to support specific issues. * My perception, perspective, and mentality on various issues that affects everyone to some degree * Quotes that further support certain chapter topics * Philosophies, analogies, and comparisons to provide better contextual clarification on certain issues * Detailed breakdown of the examples provided within each chapter * Explanation of what it will take to help fix each of these issues * Some of the many possible reasons why people behave the way they do and some of the possible motives, intentions, and life experiences from both sides (the person doing the behavior and the person receiving the treatment) * Solutions to all the topics that are discussed (changes that we need to make with how we think and act towards others) Furthermore, I provide much thought-provoking material to challenge the way we think and view society, in ways you might not have considered. I discuss many unhealthy mentalities and behaviors which is damaging to people on a much larger scale and it's having a much greater influence on others both directly and indirectly in ways that we do not even realize. This book is something the whole world needs to read and here is why: * Providing solutions to some of the biggest cultural and social issues which have existed for far too long * The way the world is with how we treat others is badly broken and some of the solutions are in this book which the world needs the solutions I provide * We do the same or similar behaviors towards others expecting different results and this is not working at all * We need to step outside our comfort zone by changing their behaviors in ways we're not used to doing (to get something you've never had, you must first do something that you've never done) * The world needs to be less close-minded and use less tunnel vision (the mind is like a parachute, it can't work if it's not opened) I see the world differently, and the purpose of this book is to share different ways of looking at situations and the numerous possibilities to take into consideration. I share my perception and perspective, viewpoint, mentality, and some of my own philosophies. I provide a more in-depth perspective of looking at a variety of life situations and the possible reasons why people choose to treat others the way they do. I think a lot of people might find this content in general interesting, beneficial, inspiring, and or even life-changing.

2 ears and one mouth: Remembering the Kanji, Volume 1 James W. Heisig, 2007-01-01 The aim of this book is to provide the student of Japanese with a simple method for correlating the writing and the meaning of Japanese characters in such a way as to make them both easy to remember. It is intended not only for the beginner, but also for the more advanced student looking for some relief from the constant frustration of how to write the kanji and some way to systematize what he or she already knows. The author begins with writing because--contrary to first impressions--it is in fact the simpler of the two. He abandons the traditional method of ordering the kanji according to their frequency of use and organizes them according to their component parts or primitive elements. Assigning each of these parts a distinct meaning with its own distinct image, the student is led to harness the powers of imaginative memory to learn the various combinations that result. In addition, each kanji is given its own key word to represent the meaning, or one of the principal meanings, of that character. These key words provide the setting for a particular kanji's story, whose protagonists are the primitive elements. In this way, students are able to complete in a few short months a task that would otherwise take years. Armed with the same skills as Chinese or Korean students, who know the meaning and writing of the kanji but not their pronunciation in Japanese, they are now in a much better position to learn to read (which is treated in a separate volume). For further information and a sample of the contents, visit http://www.nanzan-u.ac.jp/SHUBUNKEN/publications/miscPublications/Remembering_the_Kanji_1.htm.

2 ears and one mouth: The Bhagavata Purana Part 2 J.L. Shastri, Dr. G.P. Bhatt, 2004-01-01

The Purana is a class of literature that treats ancient religion, philosophy, history, sociology, politics and other subjects. It is an Encyclopaedia of various branches of knowledge and ancient wisdom. It has been defined as a class of literature that contains material on the topics of Creation, Dissolution of Manus, Ages of Manus, Genealogies and the History of glorious kings. For dealing primarily with these subjects it has been called Pancalaksana a little that was incorporated in the Puranas themselves and had become popular by the Fifth Century A.D., for it was included by Amarasimha in his lexicon 'Amarakosa'. But as the process of interpolation continued, the Pancalaksana definition was found inadequate. The Puranic redactors adopted a Dasalaksana definition that suited the contemporary text. Still, the dynamic forces were at work and the process of insertion, modification and abridgement went on and it was soon discovered that the Dasalaksana definition too fell short of an actual fact. It was found that the Puranas contained certain aspects that were not covered by any of the five or ten characteristics. Besides some of the characteristics covered by the Pancalaksana or Dasalaksana definition were not found in certain Puranas. In fact, the Purana as a class represents the different phases and aspects of the life of diverse ages. It is impossible to adopt a standard definition for the class of literary composition that contains heterogeneous phases and aspects. Moreover, a definition framed on the numerical basis of points is bound to be imperfect. The Puranas are divided into two classes the Mahapuranas and the Upapuranas. Each class consists of eighteen Puranas. Thus the number of the Puranas is thirty-six.

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2 ears and one mouth: Journal of the Bombay Branch of the Royal Asiatic Society Asiatic Society of Bombay, 1872

2 ears and one mouth: GOD SAW YOU Robert E. Carpenter D.D.S, 2025-08-11 In God Saw You, Dr. Carpenter takes the reader through a fascinating journey that focuses on the modern sciences of genetics and biochemistry, uniting them with the mysteries of the kingdom of God. Over 1,400 footnotes are presented on the page, referring to them so the reader has immediate access to the truths presented. Modern science and the Holy Scriptures conflict with each other. On these pages, the battle lines are reduced unapologetically from assumptions, possibilities, hypotheses, and theories to raw truths, many of which you might find to be inconvenient. The author finds an amazing number of scriptures that deal with genetics, ranging from simple concepts (such as seeds and conception) to complex references to DNA and the human genome. The book's real pay dirt is when he reveals the beautiful spiritual truths that are metaphorically parallel to these physical sciences. This is the true sense of the word apocalypse, meaning an unveiling. The entire Bible is an apocalypse...an unveiling of who God is, His kingdom, His expectations, and all of history-past, present, and future. This book does just that, lifting the veil off of familiar scriptures and revealing the rich and thrilling images previously hidden in the mysteries of God's Word. Get ready to see into the mind of God as He planned and programmed your genome. As King David said in Psalm 139, Your eyes saw my substance, being yet unformed, and in Your book, they all were written...when as yet there were none of them. How precious also are Your thoughts to me, O God! How great is the sum of them! Yes, God actually Saw You. And when you see that, you will never be the same again.

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2 ears and one mouth: Early English Text Society , 1899

2 ears and one mouth: Cultivating Perfection Louis Komjathy, 2007 Employing a comparative religious studies approach, this book provides a comprehensive discussion of early Quanzhen as a Daoist religious movement characterized by asceticism, alchemical transformation, and mystical experiencing. Emphasis is placed on the complex interplay among views of self, religious praxis, and religious experience.

2 ears and one mouth: Journal of the Bombay Branch of the Royal Asiatic Society Royal Asiatic Society of Great Britain and Ireland Bombay Branch, 1872

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2 ears and one mouth: Reawaken the Spirit Warrior Rita Aldo Rasi, 2019-11-29 Reawaken the Spirit Warrior is a trusted and guided companion to help navigate those who hear the inner calling that beckons from deep within your soul. This innermost sense of knowing, that there is something more out there, and the acceptance that the world as we know it, is veiled for those oblivious to its truth. To escort those who seek the practices to improve their comprehension and influence great change, in assisting our struggling planet, and seek the lessons and gifts that mother earth, so openly offers to heal and sustain us. We are all born to learn, by the stories inherently given to us by past generations. Then called, during our reawakening, to unlearn that narrative, progressing to dispel the hurt, anger and untruths to elevate to a heightened and enlightened state of understanding of mother earth, our world, and ultimately ourselves. This understanding, which we were all born to be the best we can be, to offer our own gifts and medicine to the world, and ultimately to unleash your awesome. "Spiritual awareness brings strength to the heart and confidence to the mind. It nourishes and expands, becoming the solid anchor during the worst of storms, and the beacon of light that shines throughout your life." ~ Rita Aldo Rasi

2 ears and one mouth: The Portrait in Twelfth-century French Literature Alice M. Colby, 1965

2 ears and one mouth: Raymond Queneau's Dubliners James Patrick Gosling, 2019-09-12 This work is a broad-ranging exploration of two comic erotic and well-nigh feminist novels written by Raymond Queneau, *On est toujours trop bon avec les femmes* (1947) and *Journal intime* (1950). Both are set in Ireland, were initially published by Éditions du Scorpion under the pseudonym Sally Mara, and then later published together by Gallimard as *Les Œuvres complètes de Sally Mara* (1962). The book examines Queneau's life when he wrote these texts, the pervasive Joycean influences, his surreal version of the 1916 Dublin Uprising versus the real event, his remarkably accurate Dublin city and his use of the Irish language. The seven core chapters are explorations of prominent aspects of these works, and most involve the solution of puzzles by means of investigations of contexts, contemporary events, and a wide variety of sources. In conclusion, the book makes a convincing case for the literary and entertainment value of *Les Œuvres complètes de Sally Mara* as a long-planned and subtly integrated work.

2 ears and one mouth: SONG OF SCIENCE - SHRIMAD BHAGWAT GITA DR. B.G. MATAPURKAR, 2020-12-19 Indians have a boasting habit that everything discovered in modern time has already been known to their ancestors. It can further be added that not only did scientific knowledge exist, but scientists of past civilization were much more advanced than the modern scientist. The truth gets unfolded when new modern discovery is explored such as embryonic Stem Cell discovery is scientifically scripted in the AADI PARV of MAHABHARAT. Growing babies outside the uterus and outside the human body. This is still to be discovered by modern science. Only patiently one must discover what is scripted in Vedic literature, understand and analyze it and co-relate with modern science. It is surprising to see the seeds of all sciences and technology in ancient Vedic literature. Modern science is searching for God Particle after confirming "particle physics". In "Vaisheshik Darshan", Maharishi Kanaad (7000 BC) has stated about particle Physics. Rishi Kanaad included Soul as having particles. Is it indicating as God particle? Read this book to find out!

2 ears and one mouth: The Grail Lars Muhl, 2017-12-19 The Grail is neither a secret, a world treasure in the shape of a cup, a specific mortal woman, nor a hidden, chosen family. The Grail is a state of heart and mind! An old Spanish manuscript is given to Lars, and for two years it lies untouched in his office until one day the sun falls upon the book and Lars is drawn to pick it up once again. The pages reveal symbols and signs that he had not previously seen, and so begins the final part of his journey to discover the importance of the feminine archetype for our times. His travels take him to the caves of the holy mountain of Montsegur and on to the Southern Pyrenees and Mary Magdalene's secret cave near Perillos. During his travels Lars meets a nameless Being of Light who

presents him with the answers to many of today's spiritual dogmas.

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