

Notes Siberian Lessons on Life, Love and Death

For each chapter, please find additional notes below. In order to keep the book at a decent price, these were not included in the Bulgarian edition.

Introduction

CERN: The European Organisation for Nuclear Research (French: *Organisation Européenne pour la Recherche Nucléaire*), with 2 600 employees and 8 000 scientists and engineers, the world's largest particle physics laboratory, situated near Geneva. Today's Mecca of physics.
Dr Zhivago: Novel by Boris Pasternak, published in 1957. It tells the story of Yuri Zhivago, a physician and poet, and how it is affected by the Russian Revolution of 1917 and the subsequent Russian Civil War. Boris Leonidovich Pasternak (1890 –1960) was a Russian language poet, novelist, and literary translator. The book was made into a film by David Lean in 1965.

Darkness cannot extinguish it: John 1:5. There are two different translations of this text. The King James translation of 1611 says: "And the light shineth in darkness; and the darkness comprehended it not". Similarly, the New International Version of 1984 gives: "The light shines in the darkness, but the darkness has not understood it" and the New American Standard Version of 2001: "The Light shines in the darkness, and the darkness did not comprehend it". In short: the Darkness does not understand the Light.

On the other hand, we have: "The light shines in the dark, and the dark has never extinguished it" (God's Word Translation, 1995), "The light shines in the darkness, and the darkness has not overcome it" (English Standard Translation, 2001), "The light shines in the darkness, and the darkness can never extinguish it." (New Living Translation, 2007) and "And the light shines on in the darkness, and the darkness has never put it out." (International Standard Version, 2007). Summarised: the Darkness has not extinguished the Light.

The abbot apparently chose the latter translation.

Chapter 1

Iljitsa Square: Named after Lenin's father.

Andrei Rublev (1360s - 1427 or 1430): considered to be the greatest medieval Russian painter of Orthodox icons and frescoes.

Yaroslavska Railway Station: Starting point of the Trans Siberia Express.

Komsomol Square: named after the Communists' youth organisation. There are three railway stations at this square, including Yaroslavska.

Father (Ochyenj): normal term to address a priest.

Good fruits: Matthew 7:17.

Know yourself: Inscription in the ancient Greek temple of Apollo at Delphi.

Provodnitsa: Lady guard, who also provide drinks and snacks on the train.

Samovar ('self-boiler'): metal pot with oil heater to prepare tea.

Whoever is without sins, casts the first stone: John 8:7.

Gnostics: see Chapter 17.

Cathari: a Christian religious sect with dualistic and gnostic elements that appeared in the Languedoc region of France and other parts of Europe in the 11th century and flourished in the 12th and 13th centuries. See Chapter 17.

Bogomils: a Gnostic religiopolitical sect founded in the First Bulgarian Empire by the priest Bogomil during the reign of Tsar Petar I in the 10th century.

Mennonites: followers of Menno Simonsz, see Chapter 17.

Lutherans, Calvinists: followers of these reformers.

Chapter 2

Knyaz (Count) Vladimir: Vladimir I of Kiev or Saint Vladimir of Kiev, also named Vladimir Svyatoslavich the Great (958 – 1015): the grand prince of Kiev who converted to Christianity in 988 and christened large parts of the Russian population.

Alexander Nevski ('Alexander of the Neva'; the Neva is the river around which St Petersburg is built): Saint Alexander Nevsky (1220 – 1263), Grand Prince of Novgorod and Vladimir who rose to legendary status on account of his military victories over German and Swedish invaders.

Maslow's theory of the hierarchy of needs: In 1943, Abraham Maslow proposed that there is a hierarchy of human needs, basic needs such as food, water and sleep at the bottom level and self-fulfilment at the top. According to this theory, a person will only work on the higher levels after the lower ones have been satisfied.

Chapter 3

The other world: The abbot refers to the world that houses our souls after death.

As a good man of the Church, I always stay close to Jesus: Matthew 25: 14-30.

Chapter 4

Look at the birds: Matthew 6:26.

The curse will pass on to future generations: Exodus 20:5 and 34:7.

The touchstone is action: Matthew 7:16-20.

John Chrysostom (347–407): Archbishop of Constantinople and important Early Church Father. Chrysostom comes from the Greek *chrysostomos*, meaning "golden mouthed", as he was known as an eloquent speaker.

Chapter 5

Gorki-Mosk Vokzal: Gorki Railway Station.

Gorki: the communists renamed Nizhny Novgorod Gorky after Maxim Gorky (1868 – 1936), a Russian-Soviet author. It was renamed Nizhny Novgorod in 1992.

Kremlin: castle. In most cities, as in Moscow, it is a walled citadel.

Pechersky Ascension Monastery: The monastery was founded in 1328 by the *Kievo-Pecherskaya Lavra Monastery*, an old and important monastery in Kiev (see note in Chapter 16). *Pechery* means caves. Although there are no caves in Nizhny Novgorod, the name Pechery has been preserved as a link to the old Kiev Monastery.

Orthodoxy: Orthodox literally 'having the right opinion', adhering to the accepted or traditional and established faith. The opposite is heterodoxy, 'other teaching'. The word orthodox can also mean fundamentalist or conservative. The Orthodox Church claims to be the original Christian Church, which became the second in size after the East-West schism in 1054 when what is now the Roman Catholic Church split off.

Shishkin, Repin and Lewitan: 19th century romantic Russian painters.

Ayvazovski: Ivan Konstantinovich Aivazovsky (1817 – 1900), a Ukrainian painter of Armenian descent, most famous for his seascapes, which constitute more than half of his 6 000 paintings.

Malevich, Kandinski and Goncharova: Avant-garde painters, early 20th century.

Chapter 6

Aleksandr Nikolayevich Ostrovsky: Russian playwright (1823 – 1886).

Snegurochka: Snow White. The play was later turned into an opera by Rimsky-Korsakov.

Vera Stepanovna Beljajeva: well-known Kirov theatre artist and ballet dancer.

Generation transfer: see Chapter 4.

William Congreve (1670 – 1729): English playwright and poet.

Chapter 7

Oymyakon: Village of 520 inhabitants in Eastern Yakutia in the Sakha Republic. In 1924, a temperature of -71.2 Centigrade was recorded there, making it the coldest inhabited place in the world.

Wandergeselle: Young craftsman who learns a trade by travelling and staying with different masters.

Adam and Eve's longing back for paradise: Genesis 3: 23.

Machine language: a system of instructions and data fed directly into a computer's central processing unit. It is the lowest-level way of programming a computer; the 'ones' and 'zeros' have to be put in one by one.

Autocode: the name of a family of 'simplified coding systems', later called programming languages, devised in the 1950s and 1960s. With languages like Fortran, Algol and Cobol there was no longer a need for the cumbersome programming in machine language.

My Damascus moment: the abbot refers to Paul's conversion on the road to Damascus, Acts of the Apostles 9:3-9.

Bob Dylan: Robert Allan Zimmerman (1941 -), American singer, song writer, musician, poet, film director and painter. The line 'that he not busy born is busy dying' is from his song 'It's Alright Ma (I'm only bleeding)' of 1965.

Oh Mensch, gibt acht (Oh man, beware!): poem by Friedrich Wilhelm Nietzsche (1844-1900), set to music by Gustav Mahler (1860-1911) in "Zarathustras Mitternachtslied", part of his Symphony no. 3.

Tverskaya Prospekt: major boulevard and shopping street in central Moscow.

Chapter 8

Matrioshka: Wooden Russian doll, in which there is a smaller, similar doll, in which there is again a smaller doll and so on.

Chapter 9

Cossacks: originally members of military communities in Ukraine and southern Russia.

Gulag: the government agency that administered the penal labour camps of the Soviet Union. Also: short for Gulag Archipelago, the name given to the 476 camps in Aleksandr Solzhenitsyn's 1973 novel of the same name, which likened the scattered camps to "a chain of islands".

They become one flesh: Genesis 2:24.

Ganina Yama: a pit, three meters deep, in the Four Brothers Mine near the village of Koptiyaki, 15 km north of Yekaterinburg.

Kirovgrad, Nizhny Tagil and Verchnaya Tura: Villages north of Yekaterinburg.

Yekaterina the Great (Ekaterina II): Tsarina of Russia, 1762 – 1796.

Yekaterinburg: the city was named after Yekaterina I, wife and successor of Tsar Peter the Great. Its name was changed into Sverdlovsk by the Bolsheviks in 1924, after Yakov Sverdlov, the Bolshevik commander who ordered the execution of the imperial family. It regained its original name in 1991.

Francis: Saint Francis of Assisi (1181 – 1226), a Catholic deacon and the founder of the Order of Friars Minor, more commonly known as the Franciscans.

In the beginning was the Word: John, 1: 1 – 5. See also the last note of the Introduction.

Thou seeest no other image of me than my Voice: Deuteronomy 4:12.

Our Lord has taught us to love those who hate us: Matthew 6:44.

Chapter 10

One for all and all for one: (Unus pro omnibus, omnes pro uno), motto of Alexandre Dumas' novel *The three musketeers* and also the traditional motto of Switzerland.

Kipling's poem: Joseph Rudyard Kipling (1865 – 1936), an English poet, short-story writer, novelist and 1907 Nobel Prize winner. The abbot quotes the refrain of the poem 'The Ballad of East and West' (1889).

Chapter 11

You were reunited with your other half: cf Plato: *Aristophanes in the Symposium Dialogue*.

Professional life, cultural life and religious life: See Chapters 15, 16 and 17.

Family life: See Chapter 14.

Chapter 12

Inner cylinder: See Chapter 4.

Chapter 13

Do unto others as you would have them do unto you: from Matthew 7.12: "Therefore all things whatsoever ye would that man should do to you, do ye even so to them, for this is the law and the prophets".

Johnny: Edna O'Brien: *Johnny, I hardly knew you*, Penguin, 1977.

Michael: Bernhard Schlink, *Der Vorleser* (The reader), Diogenes Taschenbuch, 1995. Later filmed.

Frisch's Sabeth: Max Frisch, *Homo Faber* (the man, the maker, as opposed to homo sapiens, the knowing man), Suhrkamp Verlag, 1957. The book was made into the film *Voyager* in 1961.

Fusun: Orhan Pamuk, *The Museum of Innocence*, Faber & Faber, 2010.

Berlioz: Hector Berlioz, *La damnation de Faust* (*The Damnation of Faust*), opera, 1846, based on Goethe's poem, which he took from an ancient German legend. The abbot refers to Scene XVIII.

Pierre Abélard (1079 – 1142): a prominent scholastic philosopher. The story of his love for Héloïse has become legendary. People still bring flowers daily to their grave at the Père Lachaise cemetery in Paris.

Elvira Madigan: film directed by Bo Widerberg (1967). The second part of Mozart's 21st piano concerto in C (KV467) contributed to no small extent to the success of the film.

Kemal: main character in: Orhan Pamuk, *The Museum of Innocence*, Faber & Faber, 2010.

Anna Karenina: Novel by Tolstoy, 1877.

Faust and Gretchen: main characters in the legend and Goethe's poem *Faust*.

Romeo and Juliet: play by Shakespeare, 1597.

Kabuki: genre of 17th century Japanese drama.

Tristan and Isolde: opera (1856 – 1859) by Richard Wagner, based on a story by Gottfried von Strassburg (around 1200).

La Traviata: opera by Verdi (1853), based on the novel *La dame aux Camélias* by Alexandre Dumas fils, 1848.

Giselle: opera by César Franck, 1889, later set to ballet.

Wayang plays: Shadow puppet theatre in Java.

Noce Blanche (White Wedding; 1989): French film, directed by Jean-Claude Brisseau.

Chapter 14

Born in sin: see also Chapter 17.

Luther: Martin Luther (1483 - 1546), priest and professor who initiated the church reformation in 1517.

Calvin: John Calvin (1509 – 1564), influential French/Swiss theologian who developed Calvinism.

Augustine: Augustine of Hippo (St. Augustine, 354 – 430), influential theologian in the development of Christianity. Propagated the concept of original sin.

Which was then still united: The abbot refers to the Great Schism between the Roman Catholic and Orthodox Christian Churches in 1054.

Annunciation: announcement, in this case the announcement by an angel to Mary that she was going to have a baby, Luke 1:26.

To love God and our fellow men as we love ourselves: Matthew 22:40.

Whatever you wish that others would do to you: Matthew 7:12.

I do not what I wish to do: Romans 7:14.

Chapter 15

Hermitage (literally 'retreat'): one of the oldest and largest museums in the world, located in Saint Petersburg in the former imperial winter palace.

Mariinski: Mariinski Theatre, a major concert hall where ballets are performed, the equivalent of the Bolshoi Theatre in Moscow.

Oktiabrsky Concert Hall: the largest and most prominent music hall in St Petersburg.

Mister: In Russian, one never addresses someone as 'Mr'; this only creeps in at international meetings. The normal way to address a person is by using the given name and patronymic, as in 'Yevgeni Nikolayevich'. Contrary to Western habit, this does not suggest familiarity in Russian. The student here is most impolite by addressing the abbot as 'Mr'.

Gospodin: Russian for Sir. This is always followed by a surname. Leaving it out is also very impolite.

Chapter 16

Chekhov: Anton Pavlovich Chekhov (1860–1904), one of the greatest short-story writers and playwrights in world literature.

Tretyakov: The State Tretyakov Gallery in Moscow is the most important gallery of Russian art.

Alexandr Ivanov: Alexander Andreyevich Ivanov, Russian painter (1806 – 1858). Yavlenne Christa Narodu relates the story of Christ's baptism by John the Baptist, cf Matthew 3: 13 – 17.

Shishkin: Ivan Ivanovich Shishkin (1832 – 1898), Russian landscape painter.

Mendelssohn Bartholdy: Jakob Ludwig Felix Mendelssohn Bartholdy, (1809 – 1847), German composer, pianist, organist and conductor of the early Romantic period. His fourth symphony is nicknamed 'the Italian'.

A thing of beauty is a joy for ever: poem by John Keats (1795-1821).

Waterhouse: John William Waterhouse (1849 — 1917), an English painter who is best known for his paintings of female characters from Greek and Arthurian mythology.

Rembrandt: Rembrandt Harmenszoon van Rijn (1606 - 1669), a Dutch painter and etcher, generally considered one of the greatest painters in European art history. *Suzanne and the elders* was painted in 1647 and is on display in the Gemäldegalerie in Berlin. The theme is taken from the book of Daniel.

Rodin: François-Auguste-René Rodin (1840 – 1917), French sculptor. 'Le baiser' is: 'The kiss'.

Kahlo: Frida Kahlo (1907 – 1954), Mexican painter.

Psychopompus: an escort for the dead to help them find their way to the afterlife (the Underworld in the Greek myths, Hermes being the psychopomp).

Bergman: Ernst Ingmar Bergman (1918 –2007), Swedish director, writer and producer for film, stage and television. The abbot refers to his film *The Seventh Seal*.

Gauguin: Eugène Henri Paul Gauguin (1848 –1903), a leading French Post-Impressionist artist. The abbot refers to one of his last paintings, *The Ford The Flight*.

Tomasi di Lampedusa: the abbot refers to Chapter VII, *Death of a Prince*, in the novel *The Leopard* by Giuseppe Tomasi di Lampedusa (1896 – 1957), according to many the most impressive dying scene in world literature. The novel was published in 1958 and set to a film by Luchino Visconti in 1963.

Isherwood: the abbot refers to Kenny in the novel *Single Man* (1964) by Christopher Isherwood, set to a film by Tom Ford (2009).

Thomas Mann: (1875 –1955), a German novelist, short story writer, social critic, philanthropist, essayist, and 1929 Nobel Prize laureate. The abbot refers to his novella *Death in Venice* (*Der Tod in Venedig*, 1912). The novella was set to a film by Luchino Visconti (1971).

Portrait of an elderly man: painted by Rembrandt in 1667 and on display in the Mauritshuis in The Hague.

Picasso: Pablo Picasso (1881 – 1973): Spanish painter and sculptor. The abbot refers to the *Self Portrait Facing Death* of 1972, now at Fuji Television Gallery, Tokyo.

Lucian Freud, Self-Portrait, Reflection, 2002 (in a private collection). Freud (1922 – 2011) painted a number of self-portraits, calling the later ones 'Reflection'. Although the Reflection of 2002 was his last self-portrait, the abbot was not entirely correct in listing this painting as a 'portrait facing death'.

Stabat Mater: a thirteenth century hymn. Its title is an abbreviation of the first line, *Stabat mater dolorosa* ("The sorrowful mother stood"). The hymn, one of the most powerful and immediate of medieval poems, meditates on the suffering of Mary, Jesus Christ's mother, during and after his crucifixion.

Rossini: Gioachino Antonio Rossini (1792 – 1868), Italian composer. He put the *Stabat Mater* to music in 1832 and 1841.

Requiem (Requiem or Requiem Mass): a liturgical service of the Roman Catholic Church for the repose of the soul of a deceased person.

Webber: Andrew Lloyd Webber (born 1948), English composer of musicals. He wrote his *Requiem* in 1982, dedicated to his father.

Im Abendrot (At sunset): poem by Joseph von Eichendorff, put to music by Richard Strauss in 1948. One of the *Four last songs*.

Thomas Cole: American painter (1801 – 1845). He painted *The Voyage of Life* in 1839 – 1840, now in the National Gallery of Art in Washington.

Bedrich Smetana: Czech composer (1824 – 1884). He composed *Má vlast* (My Fatherland), a cycle of six symphonic poems, between 1875 and 1882.

The return of the prodigal son: painted by Rembrandt between 1662 and 1669, now in the Hermitage Museum, St Petersburg.

Sophocles: Greek dramatist, 497 - 406 BC. *Oedipus the King* (Oedipus Rex in Latin) in which a son unknowingly kills his father and marries his mother, was first performed in 439 BC.

Hemingway: Ernest Miller Hemingway (1899–1961), American author and journalist who won the Nobel Prize in Literature in 1954. He wrote the novella *The old man and the sea* in 1952.

Christ of St John of the cross: by Spanish painter Salvador Dali (1904 – 1989) in surrealistic style, completed in 1951, on display in Glasgow's Kelvingrove Art Gallery and Museum.

Jan van Eyck: (1395 –1441), Flemish painter active in Bruges and considered one of the best Northern European painters of the 15th century. The Ghent Altarpiece *The Adoration of the Mystic Lamb* was painted in 1432.

Kaddish: prayer in the Jewish prayer service. The central theme of the Kaddish is the magnification and sanctification of God's name. The term "Kaddish" is often used to refer to "The Mourners' Kaddish".

Kievo-Pecherskaya Lavra: the Kiev monastery of the caves (Lavra is a large monastery). See also Chapter 5.

Bortniansky: Dmytro Stepanovych Bortniansky (1751 - 1825), Ukrainian composer, mainly active in Russia.

Debussy's Syrinx: A piece for solo flute, 1913.

Sermon of the Mount: Matthew 5-7.

Samarkand mosque: The *Bibi-Khanym Mosque* of Samarkand, Uzbekistan.

Aya Sofia, (Hagia Sofia, "The holy wisdom"), Wisdom Church, built in 532-538 in Istanbul, now a mosque.

Sultan Ahmed Mosque: popularly known as the Blue Mosque.

Assumption Cathedral in Moscow: Built in 1475-79 to underline Moscow's ambition of being 'the third Rome' (after Rome and Constantinople; Constantinople fell in 1453 to the Turks and the Russian tsars took over the role of leader of the Orthodox Church, including the emblem of the double-headed eagle).

York Minster: York Cathedral, York.

Gothic cathedrals etc: all in France.

Sainte-Chapelle: La Sainte-Chapelle (The Holy Chapel), in the centre of Paris, commissioned by King Louis IX of France, later Saint Louis, built between 1239 and 1248.

Transverberation of Saint Teresa (the ecstasy of Saint Theresa): sculpture by Bernini in the Santa Maria della Vittoria in Rome.

Bernini (1598 — 1680): leading Italian Baroque sculptor and architect in Rome.

Expel the merchants from the Temple: Matthew 21: 12 – 17.

Spaso-Preobrazhenskiy Monastery: Monastery of the Transfiguration of our Saviour, Matthew 17:1-13.

Chapter 17

Mysticism: the pursuit of communion with, identity with, or conscious awareness of an ultimate reality, divinity, spiritual truth, or God through direct experience, intuition, instinct or insight.

Unio mystica: the union with God, eternity, the other world or whatever you call it.

Yayoi Kusama (1929 -), Japanese avant-garde artist and writer, one of the most creative talents of the twentieth century. Her 'Infinity Net' paintings, large canvasses in a few off-white colours, are made up of carefully repeated arcs of paint built up into large patterns.

Cécile Ex (1965 -), Dutch visual artist.

He spent a great deal of his life in the desert: Matthew 4: 1-11.

The Essenes: a Jewish religious group (much smaller than the Pharisees and the Sadducees, the other two major sects at the time) that flourished from the 2nd century BC to the 1st century AD. The Essenes were dedicated to asceticism, voluntary poverty, and abstinence from worldly pleasures, including marriage, and daily baptisms. Both Jesus and John the Baptist are believed to have been members of the Essenes.

John the Baptist: a mission preacher and a major religious figure who led a movement of baptism at the River Jordan in expectation of a divine apocalypse that would restore occupied Israel. He was killed around the year 30.

Behold, I was shapen in iniquity: Psalm 51:5.

Behold the lamb of God: John 1:29.

Meister Eckhart: Eckhart von Hochheim (about 1260 – 1327), commonly known as Meister Eckhart, a German theologian, philosopher and mystic. Meister is German for "Master", referring to the academic title Magister in theology he obtained in Paris.

Rites in which God is uniquely active: quoted from Hexam's *Concise Dictionary of Religion*.
But after me will come one who is more powerful than I, whose sandals I am not fit to carry: Matthew 3:11.

Menno Simons (1496 –1561): a Dutch (Frisian) religious leader from the Friesland region. Simons was a contemporary of the Protestant Reformers and his followers became known as Mennonites.

Zwingli: Huldrych Zwingli (1484 – 1531), a Swiss church reformer.

Ave Maria: Hail Mary, Mother of God, pray for us sinners now and in the hour of our death: central prayer in the Roman Catholic and the Orthodox Churches.

Pater Noster: Our father, Matthew 6:9-15.

Isis: goddess of motherhood, magic and fertility in Ancient Egyptian, whose worship spread throughout the Greco-Roman world.

Thomas à Kempis (1380 – 1471): late Medieval Catholic monk and probable author of *The Imitation of Christ*, one of the best known Christian books on devotion.

Bellum Judaicum (The Jewish War): Flavius Josephus's book of the history of the Jewish War against the Romans, written in the year 75. Flavius Josephus was a very well informed Jewish-Roman historian.

Pier Paolo Pasolini (1922 – 1975): Italian poet, film director, and writer. The film *Sopralluoghi in Palestina per il vangelo secondo Matteo* (Investigation of the events in Palestine according to the gospel according to St. Matthew) was made in 1965.

Apostels: Literally: messengers, here meaning missionaries.

Paul: The self-appointed apostle to the Gentiles (non-Jewish people).

Grand Inquisitor of Seville: from Fyodor Dostoyevsky last novel: *The Brothers Karamazov*.

Spaso-Preobrazhenskiy (Transfiguration of our Saviour): Matthew 17:1-13.

Gethsemane (literary: oil press): a garden at the foot of the Mount of Olives in Jerusalem most famous as the place where Jesus and his disciples (students) prayed the night before Jesus' crucifixion. While his disciples had fallen asleep, Jesus prayed three times "to take this cup away from me", the cup meaning the crucifixion. Matthew 26: 36 – 46.

Faithful is he that calleth you, who also will do it: Thessalonians 1:24.

Die Zauberflöte (The Magic Flute): last opera of Wolfgang Amadeus Mozart, 1791.

The new Jerusalem: Revelations, 3:12 and 21:2.

Chapter 19

Robert Herrick (1591 – 1633): 17th century English poet. The abbot quotes his poem: "To the Virgins, to Make Much of Time".

Waterhouse: John William Waterhouse (1849 — 1917), an English painter who is most famous for his paintings of female characters from Greek and Arthurian mythology.

Weltgeist (world spirit): a metaphysical principle that helps explain the world, especially used by the German philosopher Hegel.

Sintrom: (Acenocoumarol), anticoagulant, used to treat and prevent blood clots in the veins by preventing blood clots from forming or from getting bigger.

Chapter 20

In the Act of the Apostles 1:1-11 it is described that Jesus appeared and spoke to the apostles until forty days after his resurrection. He was then lifted up and disappeared in a cloud.

Chapter 21

Nostre vite gaudia abstulisti omnia (All my joyful life has been taken away): from a 13th century codex of 250 songs and poems of Benediktbeuern, Bavaria. Put to music by Carl Orff (1935 - 1982) as the Carmina Burana (Songs from Bayern).

Jesus after the ascension: see note Chapter 20.

Tous les homes sont mortels: (All Men are Mortal), novel by French writer and philosopher Simone de Beauvoir (1946).

The ballad of Narayama: a film by Shohei Imamura, 1983.

Spring, summer, autumn, winter... and spring: a film by Kim Ki-duk, 2003.

Überm Sternenzelt, muß ein lieber Vater wohnen (High above the starry sky, there is a loving Father, dwelling): line from Friedrich Schiller's poem *Ode an die Freude* (Ode to Joy), 1785. Put to music in Beethoven's ninth symphony.

Memento mori: Remember you will die.

Carpe diem: Seize the day. Live the life to the full.

Eplilogue

The central human deficit: see Chapter 14.

Love is the child of trust and respect: see Chapters 4 and 12.

Montessori system: The Montessori method employs the natural curiosity of the child and the fact that a child learns by playing. Older children guide younger ones. Based on the work of Italian educator Maria Montessori (1870–1952).