

# The



# Practice

**Why Logical, Ethical and  
Universal Action  
Changes Everything**

**ELAN CARMO**

The leuK Practice

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Action Changes Everything



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# 1. The Path Across the Bridge

Imagine a world in which people have forgotten who they are. Where they have come to believe that everything is separate: themselves from each other, and from the greater whole. Where they no longer listen to their inner compass, but instead rely on rules and systems that no longer make sense.

In that world, people grow tired, angry, or afraid. They lose their way. They turn against one another.

In such a world, Leonardo wakes up. As a scientist, he senses that something is off. He sees how logic is missing. In this world, ethics are twisted and many people act without looking at the bigger picture.

Leonardo sets out in search of a different path. Along the way, he meets Eduard, who—despite everything—continues to choose what is right. And Uriël, who sees the world from a broader perspective.

Their meeting is no coincidence. Their paths cross. In deep conversation. In quiet sorrow. In shared longing. What

unites them is not certainty but the questions they all carry:  
“Can it be different? And if it can, how?”

They are searching for a way to find the right path. A path that leads to a world where you can live purposefully, in harmony and abundance with others. What they discover is a way of life with practical tools, a life-practice. A way of thinking and doing that can even be expressed as a formula.

A world that is leuK. Logical. Ethical. Universal. Kindling mutual strength. They walk the Karmic Path of The Golden Rule.

Their discovery lives on in two places: in this book and in *"The Bridge to leuK"*. There you can read the story of Leonardo, Eduard, and Uriël. You discover how these three lives converge into a living insight.

This book is for anyone who wants to learn more about leuK and put it into practice. The books can be read independently, so choose whichever you prefer. If you want to read both, I recommend starting with *"The Bridge to leuK"*.

In the book you are now reading you will find explanations, examples, and exercises. You will also encounter new words

that match a new way of thinking and acting. For that reason, a glossary of key terms is included at the back.

In some examples you may recognize yourself or situations around you; in others, not. Sometimes they may stir questions or emotions. The examples are meant for clarification, but you can also use them for personal reflection and conversation. As much as possible, the examples draw on the current state of the world—a world that is not yet fully leuK.

This book is not a manual. It's an invitation.  
To see the bridge. And to dare to walk across it.  
Not as a leader. Not as a follower.  
But—like Leonardo, Eduard, and Uriël—simply as a human being.

