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THOUGHTS OF A SPIRITUAL TEACHER

THE TRUE TASK
OF
ART

EDITION HEAVEN ON EARTH

THE TRUE TASK OF ART

This book is a collection of Daily Meditations
from the years 1987, 1988, 1995, 1998, 1999,
2000, 2001, 2002, 2003 and 2004

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Conception and Realisation:

Benjamin Christ

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When a virtue manifests in you, it is not you who has created it, it is not your work. This virtue has come from far away and you are only a conductor, a transmitter of the divine entities of which it is the incarnation. If you are able to behave with goodness, with generosity, it is because the entities of love have chosen you as their messenger. It is because you have been working in this area and possess the necessary elements and a state of being suitable for its transmission. Someone else may have prepared himself to become a messenger of wisdom. In this case, other entities manifest themselves through that person in order to propagate the light. And the same thing applies where goodwill, purity and all the other virtues are concerned. Nature is faithful and true; she identifies and classifies every being according to their work and their ideals. In this way, when our aspirations succeed in attracting their corresponding entities, each one of us becomes a medium. **(JANUARY 17, 2000)**

Every human being needs to create. But unless we have developed faculties that allow contact with higher regions, our works will be mere copies or reproductions, and not true creations. Exactly the same phenomenon occurs when fathers and mothers reproduce their own weaknesses and short-comings in their children. They call it creation, but in fact it is only reproduction.

True creation draws on elements of a spiritual nature. Artists who wish to create must go beyond their normal limitations and surpass themselves, meaning that they must search for their subjects in divine regions through prayer, meditation and contemplation. Only on that condition will their works be imbued with elements which lift them beyond the ordinary level of consciousness, and so merit the title of 'creation'. **(FEBRUARY 1, 1998)**

Observe yourselves, and you will realize that your emotional life is largely made up of a subtle interchange, or communication, of thoughts and feelings, which feeds and enriches you. You leave home in the morning, you meet friends you like or admire, you greet them and they return your greetings, and you all feel happy. These gestures of greeting are made through the intermediary of your feelings and thoughts, your soul and spirit. Even if you do not meet in the flesh people for whom you feel love and admiration, you can always hear on the radio, or see on television, people who do inspire such feelings. You may also be inspired and filled with wonder by reading, listening to beautiful music, or contemplating works of art. These experiences are all interchanges with other beings. Through their masterpieces artists give us something, and we give something in exchange, in the form of admiration and love. 'But many of them are dead!' you say. Physically that may be so, but the soul and spirit which created these masterpieces is immortal, always at hand to nourish and enrich our own souls and spirits. **(FEBRUARY 15, 1999)**

It is quite marvellous to be a creator; to create music, poetry, painting - or children! But it is important to examine the quality of one's creations, otherwise they will turn out to be gargoyles! You have managed to produce something? Excellent! But don't forget to ask yourself how good it is and what its effects will be. People are very ready to tell you that they feel the need to express what is inside them. Yes, in one way or another, we all need to bring out what is in us, but does this mean that we must put it all on display? Unfortunately this is what a great many creators in the field of art, literature and philosophy are doing: they are exposing their own excrement in public. You will object that I am exaggerating! Unfortunately, no: it is no exaggeration! In the future, when artists are instructed in Initiatic schools, they will be led in the paths of true creativity, and they will produce only works of art that inspire the souls of men, for they will be a reflection of Heaven. **(FEBRUARY 15, 1988)**

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We can adopt several attitudes towards love. We can eat it, we can drink it, we can breathe it in, and we can live in it. People who eat love on the physical plane: they are never satisfied, because they are content with inferior pleasures. People who drink love taste pleasures that are less crude, but their satisfaction is still found in the delights of the astral plane. The person who has succeeded in reaching the realms of the mental plane, thanks to art or philosophy, breathes love. As for those who live in love – in the subtle, etheric aspect of love – they possess light in their spirits and warmth in their hearts, and they spread this light and warmth over all who are near them. Whoever lives in that love tastes plenitude. **(FEBRUARY 21, 1998)**

To show an interest in and an understanding of the various forms of spirituality is perfectly acceptable. What is dangerous, however, is to dissipate oneself, to fail to choose one method of inner work in which to engage oneself. The question is not whether we should be Catholic, Protestant, Orthodox, Muslim, Buddhist, Taoist, or nothing at all. The point – and it concerns each one of us, whether we believe or not – is to settle on a few essential spiritual truths and put them into practice. Spirituality is not an optional realm that we can choose or not, as we do with other disciplines such as languages, art, sports, and so on. Given the structure of the human being, spirituality is a vital necessity for him. As long as he is not conscious of this necessity, he throws himself into activities that are absurd and dangerous, both for himself and for others. His structure is such that he needs to find nourishment for his soul and his spirit. **(FEBRUARY 25, 2004)**

Even among the disciples of a master, many in fact do not truly follow his teaching. If they analyse themselves they will see that they are still enthralled by all sorts of concerns which are not at all spiritual. There are a few bits that they accept from their master or from Jesus or other spiritual masters so that their conscience is clear, but they mix them up with all sorts of trivialities: what a certain politician, a certain intellectual, a certain artist said, wrote or created. I am not suggesting that you should not be interested in such matters, but there are so many more important things! Yes, it is more important to be interested in the creatures who inhabit the luminous regions in space, in their work and in the laws that govern human destiny, because this is where our true life lies. It is not found in what the newspapers, the radio or television recount, but in this essential, eternal world in which we must at last participate. **(FEBRUARY 25, 2003)**

All the letters of the cosmic alphabet, symbolized by the letters of the Hebraic alphabet, are universally linked to each other. If you know how to combine and arrange these letters into words, sentences and poems, you are a true scribe. A scribe, in the initiatic sense of the word, is someone who knows how to transpose all the elements of language – the letters of the alphabet – into all areas of life, especially within himself. There he makes efforts to collect and organize these elements, so that the result may be beautiful and harmonious. And this is the most difficult thing to achieve.

Whenever there is disorder within us, it is because the ‘words’ have become muddled – disorganized, without true science or wisdom. **(FEBRUARY 26, 1998)**

Philosophers, writers and artists have a duty to reflect on the effects their works may have on others, because even if human justice does not hold them accountable, divine justice will. One day, when they arrive in the other world, they will be shown the damage they have done. However they may protest their innocence, the reply will be: ‘No, these people have suffered because of you: you have introduced confusion into their minds and their hearts, you have encouraged them to engage in risky experiments, without warning them of the dangers they run. You are guilty, and you will be punished.’ Each one of you must take care to use your gifts to

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enlighten others, to awaken in them love, confidence in life and the desire to improve themselves. Otherwise, know that not only will you be punished, but that in your next incarnation you will be deprived of your gifts. **(FEBRUARY 27, 2003)**

You have to know how to be dissatisfied with yourself for this can stimulate you in your efforts to improve. On the other hand, you must prevent this dissatisfaction with yourself from becoming obsessive and self-destructive, by balancing it against your satisfaction with others. In this way you will be in no danger of falling into a negative frame of mind which could lead to complete discouragement. Look for the good and the beautiful in all human beings, particularly in those whose genius or virtue has contributed to man's evolution, then you will always be full of wonder and delight and avoid the danger of despair. If certain writers and artists, in a fit of discouragement, have destroyed valuable examples of their own art, it is because they could not see beyond themselves: they did not know how to transcend their own situation and look for the good in others. If they had done so, they would have been quite safe, for they would not have turned their dissatisfaction against themselves. Initiates are not satisfied with themselves, but they are satisfied and full of admiration for the works of God and His servants, and this counterbalances the grief caused by their own imperfections. **(MARCH 2, 1988)**

It is true to say that art will save the world, but the only art that will do so is a conscious art, one that is enlightened by the truth of initiatic science. Unfortunately these days, any kind of racket is called music, any kind of daub is called painting and any gobbledegook poetry. But what can we truly expect from such art? How can we tell a true artist if any crank now seems to be elevated to the status of 'artist'?

A true artist is an interpreter of philosophy, science and religion, because being an artist means realising in the physical plane what the mind perceives as being right and true and what the heart feels is good so that the world of the spirit may descend to manifest itself in matter. A perfect artist is one who has been able to establish order and reason in his or her thoughts, introduce peace and love in his or her heart and as such is able to bring beauty and harmony to everything they produce. **(MARCH 7, 2002)**

To say that you are going to seek for truth is the surest way of never finding it, for truth is not something you can find on earth. He who expects to come across something one day of which he can say, 'Behold, this is truth!' is deluding himself. Truth is the world in which we live; we are linked to it, we are an integral part of it, we cannot be separated from it. We live in the truth, we eat and breathe truth, we exist within it, and it exists within us. This is why you must stop thinking of truth as something that can come to you from outside yourself. The only things that can come from outside are the contacts with other beings or with objects, books or works of art that awaken within you an intuition of truth. That is all. **(MARCH 8, 2001)**

What is called 'inspiration' is in reality a contact with a force, an intelligence, an entity which belongs to a superior world. With this contact we can accomplish what we could not normally do by ourselves. For example, someone wants to talk, but does not find the right words: he is embarrassed, he stammers. But suddenly something passes through him, a light, an energy and he surrenders himself to it. He is so amazed then to see that he does not have to search for words anymore, they just flow like a source to the point where he listens to what he is saying while talking, as if he were listening to somebody else. This is what goes on in an artist too. Where does this phenomenon come from? What is the presence within him that knows how to find the material, how to put the elements together, and how to combine them to create forms and expressions, which amaze us and fill us with wonder? By himself, man is not really capable

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of creating works of genius; but if he knows how to prepare himself by working inwardly to purify and elevate himself, he can be visited by souls who will inspire him. **(MARCH 20, 2001)**

The most gifted people in the world are successful only because they have practised several hours a day, every day, often since childhood, in order to develop their talents. Work and work alone brings results, and this is even truer for the spiritual life than for all other realms. Why? Because the spiritual life is inseparable from the whole of existence.

Consider a musician, for example: even though he is a genius, music does not take up his whole life. He can cultivate his gifts, while at the same time succumbing habitually to uncontrolled passions and leading a chaotic, unbalanced life. The same applies to writers, painters, and so on. It is thus easier to cultivate a gift, whatever it may be, than to tackle our psychic weaknesses and faults. It is because the spiritual life requires constant work, day and night, that there are so few candidates! **(MARCH 27, 2004)**

The ideal of a disciple is to resemble the Word of God more and more closely. To do this he has to learn to purify, vivify, harmonise and strengthen the Word within himself, and this is a science in itself. The first rule he must observe is to keep a close watch on his words, and to achieve this he has to begin by being conscious of all his thoughts and feelings, and to tell himself, 'I must not let myself go; I must be fully in control of myself so that my Word may be effective, constructive and divine.'

If you do this, the day will come when you will be able to speak to the spirits of nature. When they see that you are patiently and sincerely cultivating the art of keeping a watch on your words, that you look on words as a form of divine energy, they will begin to listen to what you say and start to take care of you and to answer your prayers. **(APRIL 5, 1988)**

Try not to become attached to the sort of art that holds you down in the shadows of the astral plane, because it will not help you to see clearly, or to advance, and may even prevent you from evolving. Of course, one cannot deny that such regions are very seductive, but those who stay in them cannot progress very far. In the *Odyssey*, Homer tells how Ulysses had the ears of his companions plugged with wax as they sailed past the island of the Sirens, so that they would not hear the melodious singing of these women who were trying to lure them off course and seduce them in order to devour them.

The Sirens are one of the numerous symbols depicting the entities on the astral plane that we must try hard to avoid. Like Ulysses, a genuine teacher who sees the truth clearly tries to put his disciples on their guard against the snares of the astral plane. He leads them further and higher, to discover the only realities worth discovering: the splendours of the divine world. **(APRIL 15, 1998)**

If you acquire the taste for an inner work of precision and clarity, using all the most beautiful colours and the most beautiful forms, you will never have to complain of a lack of outer wealth and fame. The exterior plane doesn't mean much to someone who does this. When we know and feel that our real work takes place inside us, we cannot doubt or become discouraged.

'Yes, but nobody can see what we have created,' you could say. Oh my! Our creations are not there for human beings to see, they are there for other entities from the invisible world. These entities will come to view your works, they will give their opinion on what they see and then 'buy' them, and you will become a famous artist – on high. It would be very easy for them to make you famous here on earth, too, if they decided to do so one day. But it is not earthly glory that you must seek. You must try to please and delight only heavenly entities and each day ask them, 'So what do you think of the progress I have made on this picture of mine?' **(APRIL 19, 1998)**

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People are avaricious, not thrifty. To be thrifty is not necessarily to be selfish, and likewise, to be extravagant is not necessarily to be generous. Yes, we have to make a distinction: those who throw money out of the window or use up their energies running in all directions are often thought of as generous. No, it is carelessness, vanity or foolishness – anything you want, but not generosity. To be able to display generosity, you must know the art of saving, otherwise when you have squandered everything, what will be left to distribute? To be thrifty is to know how to spend and when to spend just enough and no more. **(APRIL 27, 2001)**

You are going to visit friends and you would like to take them some flowers, but it is late, and the shops are closed. Why not concentrate for a few minutes with all your love and imagine the most beautiful and the freshest flowers for them? And you can even add a card with a few kind words. When you arrive they will feel something special, and you will see how joyfully they receive you. But do you prepare yourself to visit your parents or friends in this way? No, before going to them you brood over some grudges you hold against them and plan how you are going to settle certain scores. So, what good can come from your visit?

You must never pay a visit without remembering to bring gifts. Even if you are not an artist and cannot paint pictures, even if you are neither a singer nor a musician and cannot sing or play, inwardly you can always do something. Inwardly, you can do everything: sing, play, and bring the finest gifts. This is true magic. **(MAY 3, 2003)**

Everyday events arouse feelings and emotions in us which we must learn to see as material on which we can work. When someone has done you an injustice or offended you, you find it quite normal that you feel upset or cry even. If, on the other hand, you were to shed a tear when faced with true beauty, a work of art or a noble gesture for instance, you would most probably feel some degree of shame. Well, let me tell you that, on the contrary, you should show yourself stoical and impassive in sorrow, but when faced with beauty it is alright to show emotion and sensibility and shed tears. The tears you shed when faced with beauty are like celestial rain that purifies you and waters the flowers of your inner garden. Tears of disappointment and bitterness may bring you some relief for a time, but no more than that. Tears of wonder, however, will regenerate you because they are impregnated with divine powers. **(MAY 3, 2002)**

Whether they be musicians, dancers, painters, sculptors, architects, poets or whatever, all artists wish to find something new to express. But they do not question whether this search for novelty at any price takes them further and further away from the source of all beauty and harmony. Not that artists are forbidden to seek novelty: on the contrary. But why do they have to do so by descending so low, searching in areas ever more distant from the source? They are not enlightened and know nothing of science, and impelled by their need to create, they abandon themselves to their instincts. Of course, it is always possible to create, whether it be along good lines or bad; there are many novel sights and forms to be found far from the source, far from the spiritual sun. But why choose forms that only serve to put distance between those who contemplate them and the source. **(MAY 5, 1998)**

Your occupations must do more than bring you happiness, relaxation or a sense of well-being. They must become a means of improvement, of liberation.

Many people receive no stimulus to work toward perfection from their practice of art, science, or even religion, because of the way in which they approach these subjects. This state of affairs needs to change. And this is why the teaching of the Universal Brotherhood of Light stresses, above all, the need for each individual to work toward perfection. But this work of perfection is

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possible only if we change the quality of our vibrations and make them more intense, that is to say, more spiritual.

Initiatic science reveals that everything depends on the intensity of our thoughts, our feelings and our lives. When we manage to live that intense life, all our activities, material as well as spiritual, help us along the way of evolution. **(MAY 10, 1998)**

It is in the act of creation that human beings experience the greatest joy, because it is then that they come closest to the very essence of God. God is a creator, and human beings, who are made in the image of God, are also creators. Of course the creations of human beings cannot be compared with those of God, but it doesn't matter, in principle there is not difference: like God, the human being is a creator.

And since the greatest joy is to create, it has therefore been given to artists to taste the greatest joys. 'And what about mystics,' you might ask, 'and scholars?' To the extent that scholars and mystics are creators, they of course may be as happy as artists. Yes, but you must understand that when we speak of the happiness of artists, it means that at the moment they create, in the very act of creation, they are truly happy. And by the word artist, we imply any human being in the act of creation. **(JUNE 17, 2000)**

When you feel anxious or distressed, do not give in to this state. Keep your thoughts from taking this negative direction, or you will end up blaming God for arranging things so badly. Whatever happens, strive to maintain a link with the region of peace within you that is sheltered from adversity, and do not allow all kinds of inferior thoughts and feelings to cloud your consciousness.

Consider the trapeze artiste or the tightrope walker: he manoeuvres freely in the air, free because he does not allow himself to become distracted by extraneous elements which would cost him his concentration and send him hurtling to the ground. In order to remain in the heights, you too must protect your consciousness from agitation, negative preoccupations and disruptive desires. Only by doing so will you remain in the regions of light and inner calm. **(JUNE 18, 2004)**

Any attempt to prove the existence of God through argument is a fruitless undertaking. By means of reasoning, we can argue certain points to prove His existence but, by using the same methods, we can also prove His non-existence! The more we try to prove the existence of God, the more we risk introducing doubt in others. If people are not ready to accept what you tell them, it is no good. They must open their own minds; it is not you who can do it for them.

You will say: 'Oh, but if someone were to perform miracles before all these non-believers, they would have to believe all the great truths that religion and the sacred books teach us.' Do you really think so? At the most, they would be impressed for a few moments, as if though they were in the presence of a conjuring trick, and then they would forget. Attempts to prove the existence of God are a waste of time. There is really only one thing to do: lead human beings to that level of consciousness where the question of God's existence is no longer even asked. **(JUNE 21, 2004)**

In the initiatic sense of the word, writing is an act of will and renouncement. To write is first of all to succumb to something within oneself and then to bring it out in order to make it known. To write is to leave a mark, and some philosophers and artists have left beautiful marks which have been the subject of thousands of years of study. But above and beyond the philosophers and the artists are the great initiates, who are the true creators, because they work with divine magic. A true magus is someone who is able to write just a few words in space, letters of fire which become inscribed everywhere in the minds and hearts of human beings. **(JUNE 25, 2000)**

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From disorder to order, from chaos to harmony, such is the law of creation, and everywhere in the universe we can observe this law at work. Yes, we see it everywhere, except in what our contemporaries insist on calling art, which is more often, in fact, only a return to the formless. We look at a painting or a piece of sculpture without being able to distinguish what it represents. Inarticulate sounds pass for a song, cacophony and noise pass for music, words thrown together pass for poetry, and disorganised movements pass for dance ... The intelligence of living nature always works in the direction of differentiation and organisation: a single cell divides, and a few months later a human creature appears, extraordinary in form. Must we now take the opposite path and become unicellular, or chaotic? How is it that artists, who are by definition creators, have not understood the law their creations must obey?
(JULI 26, 2003)

When you love someone, you project your thoughts and desires on to your beloved and try to enter his, or her, heart and mind. In this way, according to the quality and strength of your love, you can either project devastation within your loved one, or you can bring the Kingdom of God to live in his, or her, soul. Now you see why it is said that love is the father of magic. If people find this a scandalous claim, they need only to observe themselves to realize that, when they are in love, they unconsciously work magic. They concentrate their whole attention, all the time, on trying to attract the object of their love, on choosing conditions and situations favourable for seduction, even ensnarement. Is this not magic? You see how clear it is that human beings learn the art of magic from love.
(JUNE 27, 1998)

In the past many artists received a teaching from an initiatic school, which revealed to them how to rise to higher realms in order to find forms, colors and sounds. When their works of art succeeded in translating what they had received during their meditations and contemplations, they would influence human beings, inspiring in them a desire to embark on the same path towards celestial heights. That is why for centuries these creations have continued to move us. Nowadays artists graduate from Academies with all kinds of diplomas, but, having no knowledge of initiatic laws, they invent all sorts of theories to explain, for example, that their "abstract" art contains a philosophy, a thought that the masses cannot grasp. You look at a picture, you turn it in all directions ... What does it contain? What does it express? Nothing, stupidities, absurdities. Artists themselves do not know what art is anymore, what is its function, its mission. And yet it is simple, it can be summed up in very few words: the mission of art is to inspire human beings, so as to encourage them to turn back to their celestial homeland.
(JULY 12, 2001)

Picture a man who wants to give an impression of strength: he makes a great deal of noise in order to call attention to how well he does everything, how brilliantly he succeeds and how happy and fulfilled he is. He thinks that in this way others will be fooled into giving way and letting him bully them. Of course a few will be taken in but there will always be some who are more perceptive and clear-sighted and who will realize that he is a fraud and a liar, that his behaviour is a charade designed to conceal his weaknesses. Those who are genuinely strong have no need to call attention to their strength. They know that sooner or later others will sense it. As you see, weakness and strength each has its own method. True strength is the property of the great masters. They have no need of stunts designed to fascinate the public. They have the patience to wait, knowing that sooner or later they will be recognized for what they are, for there is a law in the universe to the effect that victory belongs to the wisest, the strongest and the best.
(JULY 22, 1995)

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(JULY 26, 2003)

So many people, especially artists, have been mortally wounded by criticism. So many painters, poets and musicians have let themselves die, so discouraged were they by the calumnies and venomous articles and letters aimed at them. The fact that these evils had such a deeply negative effect on them shows that they did not know how to turn it to good use. We need to learn how to resist evil, and it is the earth that can best teach us this. The earth knows how to put everything to good use. We throw away all our dirt and debris, and the earth accepts it all and uses it as a precious raw material which it transforms into plants, flowers and fruit. For the earth nothing is really dirty, nothing is useless. Why should a disciple not possess the same secret knowledge as the earth? Why must he succumb to poison, insults and outrage?
(JULY 29, 1995)

On departing this earth, it is not only their material possessions that human beings must leave behind. Everything that has come to them in the realms of intelligence and feeling from other people, books, works of art and so on also disappears, unless they have profoundly lived it and verified it. And if they have not done so, when they return in the next incarnation, they must learn everything again, and with a great deal of difficulty. Just because someone can speak or write on a variety of subjects is no proof that he truly understands them, and he must start all over again from the beginning.

Let us look further: people get married and have children, and many of them are as helpless and lost in this situation as if they were experiencing it for the first time. Yet they have experienced it many times in previous incarnations, but as they have never truly sought to deepen their role and their responsibilities as husband, wife, or parent, it is always as if they were discovering them for the first time. As a result, they make mistakes and suffer. Therefore you must exert yourselves so that you do not find yourself at such a loss in a future incarnation.

(AUGUST 2, 2004)

People who embark on a study of esoteric science without working on purity will only dabble in psychic matters, without ever knowing the reality of the spiritual world. These people may often have real psychic gifts, but they should know that this is not everything. It must be understood, once and for all, that the psychic world is not the spiritual world, and that possession of a psychic gift does not mean it will be correctly used. The most gifted musicians and painters will achieve nothing if they do not submit to a discipline, or study under the direction of a master. An artistic gift must be cultivated, and so also must psychic gifts, such as clairvoyance, mediumship and magnetism. The only way to cultivate these gifts is by working on the one quality that will allow clear vision and the ability to use these faculties very well: purity. The use of the word 'purity' here signifies not only lucidity, but also honesty, unselfishness, and an acceptance of responsibility.
(AUGUST 3, 1998)

In people who are governed by their instincts and passions, we can recognize the convulsions of a primitive earth: everything within them is agitation and chaos. It is true that, as for the earth,

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life manages to survive amidst perturbations, but it does not have the right conditions to produce very elaborate forms. The bursting out of passions creates within man a state that is incompatible with the emergence of a culture, a civilization. When this primitive earth calms itself at last and becomes an organized world, then plants, animals and human beings will come to settle down – figuratively speaking. This is our daily task: to prepare our inner world, a world where even angels and divinities will come to visit us in the form of inspiration, intuition and revelation, for this is true life!
(AUGUST 12, 2001)

Men and women who blindly obey their sexual impulses do not realise to what psychic dangers they are exposing themselves. 'What dangers?' you will ask. Consider a drunkard: he is completely dazed and anaesthetised with drink. Wine is an excellent thing, but he has abused it, and look at what a state he is in now. Sexual energy is also an excellent thing, and what is more, it has often been compared to wine. But if we abuse it? You will say that you know men and women whose dissolute lives do not prevent them from educating themselves and holding jobs. Yes, of course, sensuality is compatible with certain intellectual and artistic faculties. But if one day they wish to do a spiritual work, they will not be able to, because they will have lost the necessary elements, their most precious quintessence, and moreover they will no longer have the desire to rise higher in themselves. Consider another example: bees which have gorged themselves on honey become too heavy to fly. It is the same with men and women who have not learned to master their sexual instincts: they can continue to do all sorts of work, but they cannot fly. The Heavenly regions are forbidden to them.
(AUGUST 14, 2003)

So many artists have consciously tried to multiply their love affairs because they were under the impression that love kept their inspiration alive! It is true that this very human, sensual and fickle love was the source of a few inspirations, but unfortunately, it was principally the cause of greater disorders. Love is like wine, it brings ecstasy; but ecstasy sought in the lower regions leads to the same physical and moral degeneration as drunkenness. True love must be sought up above in the realms of the soul and spirit. This love makes you more attractive, enlightens you. Thanks to this love, you do good to all creatures, and above all you are happy. Wisdom will not bring you happiness; neither will power. Power will make you invincible but not happier. To be happy, you have to love.
(AUGUST 16, 2001)

In the Garden of Eden, the Lord put Eve in charge of all vegetation. As she lived amongst flowers, eventually she exhaled a fragrance of flowers, but as soon as the first sin was committed, this fragrance left her. Before the fall she emanated these fragrances because she possessed the qualities and virtues that manifest on the physical plane as perfume. Every psychic phenomenon has its equivalent on the physical plane: a perfume is the physical expression of a virtue, just as a disgusting smell is the physical expression of a vice. When a woman uses perfumes, she is unconsciously wishing to rediscover the gift she possessed in the Garden of Eden, where she exhaled beautiful fragrance naturally. Resorting to a bottle of scent is not the best method. There is no harm in using scent or make-up, but women have no need of artifice if they concentrated on developing qualities and virtues. In doing so, they would rediscover their true fragrance and would regain their original loveliness.
(AUGUST 16, 1998)

We say that people are gifted, whether they be great artists, true clairvoyants or brilliant mathematicians. And what is a gift? It is a spiritual entity that has taken up lodging in somebody to help and work through him. Of course, psychologists would never admit that talents and great capabilities are entities that live in people. But the proof that the marvels people do are not created by the individuals themselves but by entities working through them, is that these same

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people can lose their gifts. In fact, this often happens to those who lead disordered lives. Do you want to attract superior entities that will bring you gifts and virtues? Introduce inner light, harmony and peace into yourself, because these are the conditions divine entities need in order to manifest. They are all there, waiting, and when they see someone who has prepared a worthy dwelling for them, they enter into that person with great joy, to help him and to help others through him. **(AUGUST 19, 1998)**

If the human voice has still not revealed all its inherent wealth and powers it is because singers pay no attention to the way they live. The vocal cords are different from every other musical instrument in that they are part of man. They are not outside us. And this means that they reflect everything we experience and all the thoughts and feelings that go through our hearts and our heads. However excellent a singer's technique, if he gives in to certain weaknesses and vices they will inevitably show up in his voice.

Singers who really want to cultivate a beautiful voice and keep it in perfect condition for a long time must not only be very careful about their health, they must also pay attention to the quality of their psychic life. Instead of pandering to their vanity and passions or thinking only of pleasure or of financial gain, they must set their sights on a high ideal. In doing this they will be forming a bond with perfect spiritual entities who will help them and guide them in ways that lead to ever greater possibilities for the development and enrichment of their art. **(AUGUST 21, 1995)**

It is a sad fact that most of the fruit and vegetables we eat are impregnated with negative forces, because the earth is a vast cemetery, soaked in human blood and impregnated with the crimes committed by humankind. And since many of the people who cultivate it do so without respect, their thoughts and feelings penetrate the seeds and poison them. Human beings ceaselessly create unhealthy living conditions for themselves, simply out of ignorance. How beneficial it would be nowadays for people to relearn the art of cultivating the earth according to the initiatic rules. These rules, which were known and respected in certain past civilizations, relate to working with the cosmic energies so that the seeds sown into the ground capture these energies and give to the fruits of the earth the maximum amount of nutritive and curative virtues. **(AUGUST 26, 2002)**

Initiates, mystics and artists all have in common the fact that they have a beneficial effect on humanity. Artists by means of their works of art, mystics by means of their virtues and spiritual emotions, and Initiates and Masters, who must be ranked above the others, by means of their power to propagate light.

Artists work on the level of forms which they endeavour to make ever more beautiful and harmonious; mystics and the devout work to improve the moral dimension, that is to say, the contents, whereas Initiates and Masters work in the psychic dimension of ideas or principles. These three categories of beings have a common desire continually to improve and perfect mankind, but they set about it in different ways, in keeping with their different gifts, faculties and qualities: the first with regard to form, the second with regard to content and the third with regard to meaning. For these three categories correspond to the three essential principles in man: the body (artists), the soul (mystics) and the spirit (the great Masters). **(SEPTEMBER 19, 1987)**

In the future, the worth of an artist will be assessed not only by the quality of his works, but by the quality of all that he emanates: poetry, music, light and form. In days to come, all creative artists will understand that true artistry is the ability to make their whole lives a magnificent work of art, communicating poetry, music, dance and harmonious shapes and colors. In this way human beings will regain the appearance they once possessed: They will resemble God. Much

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time, effort and work are necessary to reach this goal; but do not preoccupy yourselves with the idea of time. The exterior creations we produce do not belong to us and must be left behind when we die, whereas the work done on ourselves stays with us eternally.

(SEPTEMBER 21, 1998)

He who works accurately and with clarity within himself, making good use of the most beautiful forms and colours, will never complain if he is not outwardly rich. The external dimension does not matter much to him: he knows, he can feel, that his work is within, so he cannot doubt or be discouraged. And there is no point in complaining that you cannot see his works of art; he is not creating them for you but for the entities of the invisible world: it is they who come and contemplate and admire his exhibition. And then, if they like what they see, they 'buy' his paintings and he gains a reputation on high as a great artist. If, one day, these entities decide to make him famous on earth too, nothing is easier for them. But earthly glory must not be his goal: his goal must be to please and delight the heavenly entities and ask them, each day, what they think of his work.

(SEPTEMBER 23, 1988)

The artists that create music, dance, painting, sculpture, architecture, poetry, etc., are continually trying to produce something new, and nobody realizes that this search for novelty at all costs is leading them further and further from true beauty. There is no reason why artists should not seek novelty, on the contrary; but why do they always have to look for it on the lowest levels and get further and further from the Source? They are not enlightened; they have no science or philosophy, so they abandon themselves to their instincts and their creative impulses. To be sure, whatever your orientation, whether good or bad, you can still create. There are infinite numbers of new forms and aspects to be found, even if you are very far from the Source, the spiritual Sun. But such forms help to lead those who contemplate them further and further from the Centre. In fact, this distance is evident, nowadays, in music, painting and literature... in all the arts.

(OCTOBER 7, 1988)

Good and evil are so closely intertwined that we have to think very carefully before seeking to separate them. Any premature separation causes wrenching and tearing. Successful separation is a most difficult art and initiates take their instruction from nature itself. We are not able to separate the nut from its husk, but nature knows how to do so: She allows the fruit to ripen and the husk comes away by itself and falls off. This separation is a sign of maturity.

This child is attached to its mother's bosom. Taking it away prematurely would result in death for both. If, however, you allow the fruit time to fall off by itself, the tie between the mother and the child can be cut.

Initiates, who have observed nature, say: 'Your soul is a prisoner; to free it you must separate away the thick layer that surrounds it, but you must first wait until it has matured.' Autumn is the best time to meditate on true liberation.

(OCTOBER 10, 1999)

True artists are people who want the beauty and harmony of creation to pass through them, to be reflected through them. This is why they use their own flesh as sculpting material, as painting-canvas, and their chisel, their brushes, are their thoughts and feelings.

Beauty is a living reality, whose source remains hidden deep within a person and which, when it gushes forth, impregnates the entire body, the skin, the eyes, the smile and even the voice. But only luminous thoughts and feelings of unselfish love can bestow this beauty on you. And then everywhere you go you leave behind the scent of blossoming flowers and ripening fruit from the garden of your soul.

(OCTOBER 15, 2000)

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Pedagogy, the art of an educator, cannot be learned from books. A true pedagogue is born with this gift. His presence, his look, his emanations are sufficient to have a beneficial effect on children. History has many examples of men and women who were born with this love, this moral quality which allowed them to achieve wonders with children, for children are very sensitive to these qualities. They are like animals in that they can sense from a distance whether or not you are a master. Look at horses: if a horse senses that its rider is afraid it will throw him at once. Otherwise it will be perfectly docile. Children have the same natural intuition.

Actually, true pedagogy is initiation. A true pedagogue is an initiate. By their example, their work and self-abnegation, their patience and self-sacrifice, the great initiates have educated humankind by showing them new ways. **(OCTOBER 15, 1995)**

Religions are accused of having massacred human beings in the name of the love of God. And it is true. But it is also true that those who have advocated the love of human beings have been as guilty of serious mistakes as those who have preached the love of God. Atheists, as well as believers, have ruthlessly murdered their kin, and the citizens of nations ruled by political regimes hostile to all forms of religion have been neither freer nor happier. So it is not the fault of religion. It is the fault of human beings who do not see that it is essential above all to study oneself and seek the best methods for transforming oneself. This is why they spoil everything they touch: not only religion, but also philosophy, politics, science, art and so on. These are only what human beings make of them. People must understand that what is most important is to carry out a work on themselves to improve their thoughts, their feelings and their actions.

(OCTOBER 19, 2004)

Artists, philosophers and even some scientists tend to live more in their own inner world than in the outer world. But as they do not always know how to control this inner world, many are swept along dangerous paths and reach dead ends where, without a true philosophy to guide them, they become totally lost. Their favorite words are: 'I consider it to be like this ... or like that. In my opinion ...' Well, they may consider themselves to be gifted creators and exceptional innovators, but if they are working contrary to the great natural laws, they are nothing but anarchists.

One eternal philosophy exists, handed on by initiates down the ages, and we are working here to draw ever closer to this philosophy. This does not mean that we have to limit our individual self-expression: certainly we can express ourselves as we wish in original, even unique ways, as long as we do so within the framework of initiatic philosophy. **(OCTOBER 21, 1998)**

In the future, an artist will not be judged on his works alone; people will want to know the author of those works so as to admire the poetry, music, light and forms emanating from him. In the future, artists will spend their lives writing their own book, carving their own statue, painting their own picture; they will seek to live a life of poetry, to express music through their every thought and gesture, to mould their countenances in the image of God. A great deal of time, effort and hard work are needed to reach this point, but that should not be allowed to hold you back, for you must know that man's external creations never really belong to him, he is obliged to abandon them when he dies, whereas the work that he carries out on himself lasts for eternity.

(OCTOBER 25, 1988)

The only true religion is Initiatic Science. In nature, religion, science and art are one. It is only in the minds of human beings that they have been split apart and, as long as men continue to see them as separate and apart there will always be an element that is lacking in their understanding. Science, religion and art form a whole, thanks to which everything can be understood and explained. Science is a need of the will that seeks to express something, to

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create and build. And these three needs are inextricably linked, for what you think you will one day feel, and what you feel you will eventually express in actions. **(OCTOBER 28, 1988)**

Every form, every physical manifestation has its origin in the invisible world. Every one of our thoughts, feelings and emotions gradually assumes the shape corresponding to its nature, leaving visible marks upon our faces and bodies. Our thoughts and feelings act first upon our subtlest, invisible vibrations, then on our emanations, then on the colour of our skin, then on our fragrance and finally upon the shape of our bodies. That is how our present faces and bodies were formed: By all the inner states through which we have lived in previous existences. The disciple who knows that he is the sculptor of his own body works upon it through thoughts and feelings to make of it a temple, harmonious in form and proportion. **(NOVEMBER 11, 1998)**

Everything we experience, all the feelings and thoughts we foster in our heart and in our head have repercussions on our voice, which is why people who truly want to cultivate their voice and preserve it a long time must not only be careful with their health but also keep an eye on their inner states.

If a singer lives a pure, balanced and harmonious life, his or her voice becomes stronger, increases in volume, in suppleness, softness, subtlety and agility, it obeys them more and more and they are able to render more easily what they want to express. And the same is true for actors. So instead of satisfying only their whims and their passions and seeking only pleasure and financial gains, artists who express themselves through their voice must foster a higher ideal. They will then create a bond with spiritual entities who will come and help them and they will be led onto a path where they will find more and more opportunities to work and enrich their voice. **(NOVEMBER 13, 2002)**

Do not be misled into thinking that in order to become a black mage you must have a devilish master to teach you the art of bewitchment or evil conjuration. It is possible, but you do not necessarily need teaching for this. Anyone can become a black mage, without a master, without anything; all they need to do is to allow themselves to be guided by their lower nature. Indeed, people who give a free rein to their bad instincts, who incessantly break the laws of kindness, justice and love, who try to gain at the expense of others, to oust them or destroy them, can do nothing else but become a black mage. And in the same time, those who think only of helping and enlightening others, even if they do not have a master to teach them, are already in the process of becoming a white mage. **(NOVEMBER 18, 2002)**

Only the Absolute, God Himself, can fulfill you, and it is only if you persevere in your quest for God that you can obtain all that you desire – and even more. The great thing is to understand the nature of what you are doing and never to be discouraged. Anyone who reflects on the nature of his activity knows that certain difficulties are occupational hazards that come with the job. But this does not prevent him from persevering, for he knows that every occupation has its drawbacks. Why should people who have chosen the spiritual life not experience occupational hazards like everybody else? If they give way to discouragement and abandon their chosen path it shows that they have not understand this; if they had, their difficulties would stimulate them to continue with even greater ardor. When you are discouraged, your very discouragement should be a reason to renew your courage. This is true alchemy, the true philosophers' stone. **(NOVEMBER 19, 2001)**

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Every human being needs to satisfy his mind by thinking; he needs to satisfy his heard by feeling and he needs to satisfy his will in action. But the greatest joys are in action. Fulfilment lies not in understanding or feeling, but in action. When a man accomplishes something concrete, he feels in harmony and at one with primeval force. Action allows for no rupture, no dispersal of energies; on the contrary, it implies a concentration of energies, a unification of all the cells of our being in the accomplishment of a common gesture. Each of our acts requires the collaboration of all our cells. This is why every good action carried out in full consciousness brings fulfilment. **(NOVEMBER 22, 1988)**

Many artists, whether painters, musicians, novelists or playwrights, have destroyed some of their works in fits of depression, even though these may have been of great merit. That is a pity, because in doing so they deprived the whole world of their masterpieces and harmed themselves as well. Why did they do this? Because they were concentrating too much on themselves, on their own difficulties and problems. Not knowing how to extricate themselves from this self-centered attitude, they failed to connect with all the goodness and beauty in people and nature. Only this could have prevented them from destroying their works in a fit of dissatisfaction. A truly spiritual person is not satisfied with himself, but he finds happiness in the works of God and marvels at those who serve Him, and in this way he remedies the sorrow caused by his own imperfections. **(NOVEMBER 23, 1998)**

Our life is a succession of encounters, of contacts with objects, places, situations, human beings and other creatures. Everyone wants to experience and know. Why? Because they think that with this knowledge they will gain something. But be careful, because very often the reverse is true.

The fly looks at the spider's web with great curiosity. It wants to know what it is. It has no idea that in this magnificent web of threads lurks the very cunning creature who spun it, and so the fly ventures in and makes the acquaintance of the spider, once and for all we could say. The artist who spun this trap is of course delighted, but for the fly it is the end. Well, life is full of spider's webs and traps like this, waiting for the curious and careless who venture off without anyone to guide or instruct them. **(NOVEMBER 25, 2002)**

People's opinions are usually determined by their physical or psychic weaknesses, by their passions and baser appetites. Unfortunately, this must also be said of artists, thinkers and writers. Their point of view is determined by their personal weaknesses and vices. They are certainly sincere when they tell you that their philosophy or their conception of art is the fruit of long years of reflection, but the truth is that all these theories are simply the expression of their moods and of their unhealthy and sometimes vicious inclinations. It is particularly striking to see how those who are most strongly persuaded of the objectivity and disinterestedness of their opinions about life's problems are precisely those on whom their instinctive tendencies have the strongest hold. This is something worth thinking about. **(DECEMBER 2, 1995)**

True poetry is the expression of the divine word, which is music, colour, form and scent all in one. This is why it is so powerful. Some will claim music to be more powerful than poetry, because it has an immediate effect on its audience. Yes, but the language of music is not as clear and therefore not as educational as that of poetry because it is only made up of sounds, whereas a poem is made up of words which not only convey a melody, a rhythm, an intonation, but also colours, forms and an architecture and, most importantly of all, it conveys a meaning. Music stirs the emotions, stimulate the will, but it does not give a clear direction. You can listen to music all your life and remain as uncertain and ignorant as always. Whereas when you read

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or listen to the work of a truly inspired poet, you discover a meaning through the words and you can then walk in the light. **(DECEMBER 6, 2000)**

Many people seek recognition at any price as poets, painters, musicians, etc. But have they first of all worked on themselves? No? So they will not be able to produce much of value. The sculptor who has not begun by sculpting himself is not a true sculptor. The painter who has not worked on the colours of his aura is not a painter. The musician who has never thought about tuning his intellect, his heart and his will does not yet know about harmony.

True art must first of all be apparent in the way the artist thinks, feels, moves, speaks – in his whole expression. Each day, an audience of angels is present at our exhibitions, concerts and ballets. Ceaselessly they watch and listen to us. So why do so many people ruin their health by trying to attract an audience of ordinary spectators and readers, when an angelic public is there, every day, waiting to admire their work? **(DECEMBER 6, 1998)**

The notion of creation is the quintessence of our Teaching. Yes, but creation of what? Is the Teaching about creating paintings or statues? No, it is about creating oneself. We ourselves are the best raw material we can have! Perhaps you know a sculptor who has produced some very good statues, but when you look at the man himself, it is obvious that he has never tried to sculpture himself: he is a mess... a hairy mess! People are always ready to show you their creations: their little paintings, their little ditties, their verses that have neither rhyme nor reason. Haven't we had a surfeit of all these artists? Where are the true artists who are ready to begin the real work of fashioning themselves inwardly, this truly original work that has never yet been done? This is the work of the future. **(DECEMBER 13, 1988)**

Many Christians abandon religion because they think scientific discoveries contradict or dispel the truths of faith. Well, this proves they have understand nothing, neither about science nor about religion because, quite to the contrary, the discoveries made by science actually emphasize the truths of faith, which are the truths of initiatic science. In reality there is no conflict between science and religion. They walk together and moreover art walks with them. The three are linked. Science is there to give human beings light, religion to give them warmth and art to give them activity. And because in human beings they are held together, they should neither be separated nor should preference be given to one at the detriment of the other. If God has given human beings an intellect, a heart and a will it is so that they may work together; so that the intellect may do its work in the field of science, the heart in the realm of religion and the will in the realm of creation, of art. **(DECEMBER 19, 2000)**

The greatest happiness one can ever taste is when one is being creative, because at that moment one draws close to the very essence of God. God is the Creator, and he made man in his image to be a creator also. Of course, human creations cannot be compared to divine creation, but that does not matter; the act of creating brings the greatest joy, so it is artists who enjoy the greatest moments of happiness. 'What about mystics and scientists?' you may ask. Yes, to the extent that they are also creators, they may be just as happy as artists. You say you have noticed that some artists are really unhappy, and of course that is true. But when we speak of the artist's happiness, this means that at the moment that he creates, in the act of creating, the artist – and by 'artist' we mean any human being in the process of creating – tastes the greatest happiness. **(DECEMBER 21, 1998)**

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APPENDIX: BOOKS

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* * *

EDITION HEAVEN ON EARTH

(ALL ADOBE-FILES)

THOUGHTS OF A SPIRITUAL TEACHER

OMRAAM MIKHAËL AÏVANHOV:

- A correct understanding of Good and Evil (F)
- A new Light on Prayer
- A new Understanding of Health
- Angels & the Tree of Life (F)
- Becoming a Spiritual Disciple (F)
- Christ, Christians & Christianity (F)
- Education – *Guidelines for Parents* (F)
- Explanations on Heredity
- Guidelines for Spiritual Work
- How to master Habits (F)
- How to surpass Karma & Predestination
- How to work with Talismans
- Interpretations of the Gospel
- Life and Death
- Magic in everyday life
- Master & Discipleship (F)
- Meditation as the Gateway to harmonious living

THE TRUE TASK OF ART

- Means to bring 'Heaven on Earth'; *Prenatal Education & Spiritual Electroplating*
 - Music and Creation
 - Nutrition for a successful life
 - Purity as the Key to Self-Realisation
 - Real Freedom (F)
 - Reflections on Birth
 - The Cosmic meaning of Marriage
 - The different aspects of 'Clairvoyance & Intuition' (F)
 - The Importance of having an High Ideal
 - The Kingdom of God & His Righteousness
 - The Laws which govern the Universe
 - The Power of Thought
 - The Quintessence of Christianity
 - The Reasons behind Suffering
 - The Relationship between Colours & the Aura
 - The Sublime Origin and Goal of Sexuality and the Sexual Force
 - The Sun & the Sunrise-Meditation; *working with the Divine Image*
 - The true Task of Art (F)
 - The Universal Brotherhood of Light
 - Traditions, the Gospels & the Holy Scriptures
 - True Happiness (F)
 - True Love (F)
 - What is a Servant of God?
 - Working with Light
- (F) = also in French available; (D) = also in German available

BENJAMIN CHRIST: « Let's create 'Heaven on Earth' » (D)

PETER DEUNOV : « The woman – Source of Love and Life »

* * *

EDITION PROSVETA

OMRAAM MIKHAËL AÏVANHOF

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- COMPLETE WORKS -

THE SECOND BIRTH

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2. 'Ask, and it Shall be Given to You. Seek, and You Shall Find. Knock, and it Shall be Opened to You.'
3. Truth is Hidden in the Eyes
4. Wisdom is Hidden in the Ears
5. Love is Hidden in the Mouth

Summary

To be born a second time is to be born to a new life, the life of the Kingdom of God, the life of the great Universal White Brotherhood.

Two thousand years ago, in Palestine, Jesus gave us the key to all spiritual work, when he said, Unless a man be born of water and the Spirit, he cannot enter into the Kingdom of God. Today, the Master Omaam Mikhaël Aïvanhov interprets these words for our benefit. The water Jesus speaks of is Love; the Spirit, fire, is Wisdom, and Love and Wisdom unite to give birth to Truth which is the new life. In his commentary, the Master Omraam Mikhaël Aïvanhov shows how these three virtues of Love, Wisdom and Truth, correspond to man's psychic structure composed of heart, mind and will. Explaining that our physical bodies mirror our psychic being, he shows how Cosmic Intelligence has inscribed the secret of love in our mouths, that of wisdom in our ears and that of truth in our eyes.

This volume, which is the first of a series, sets out the essential foundations of Omraam Mikhaël Aïvanhov's Teaching and reveals the vast scope of his thought in which Holy Scripture, esoteric symbolism and the sciences of man and of nature meet and complete each other in one all-embracing synthesis.

6. Love, Wisdom and Truth

7. The Master of the Universal White Brotherhood - Peter Deunov

8. The Living Chain of the Universal White Brotherhood.

SPIRITUAL ALCHEMY

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1. Gentleness and Humility
2. 'Except Ye Die Ye Shall Not Live'
3. Living in Conscious Reciprocity with Nature
4. The Unjust Steward
5. Lay Up for Yourselves Treasures
6. The Miracle of the Loaves and Fishes
7. The Feet and the Solar Plexus
8. The Parable of the Tares
9. Spiritual Alchemy
10. Spiritual Galvanoplasty
11. The Mother's Role During Gestation

Summary

True Alchemy does not consist in the spectacular transmutation of base metals into gold, but in the spiritual transmutation of man's own matter. Grains of sand are transformed into pearls; summer sees twisted, blackened vine-stocks burst into leaf and bow beneath the weight of their grapes; caterpillars are metamorphosed into butterflies; galvanoplasty transforms a drab piece of base metal into a golden ornament... All these different ways of transforming things are familiar to us but we have never studied them sufficiently closely to realize that they contain the secret of our own inner metamorphosis. If a tree, for instance, is capable of transforming the raw mineral nutrients it draws from the soil into the sugarsap which enables it to produce flowers and fruits, why should man not do likewise? Why should we not be capable of transforming the raw juices of our instincts and passions so that they produce a rich harvest of flowers and fruit, in the form of vitality in our physical bodies, love and joy in our hearts and understanding and wisdom in our minds?

LIFE FORCE

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5. Presence and Absence
6. Thoughts are Living Entities
7. Unwanted Guests
8. The Strength of the Spirit
9. Sacrifice
10. A High Ideal
11. Peace.

Summary

Human beings come and go, work and play, and busy themselves with all kinds of things, never realizing that their life is growing dim and dirty because they do nothing to protect it. They think that the life they have received is theirs to dispose of, and that they have a right to use it for pleasure or become rich, learned or renowned, as they please. So they draw on their reserves without restraint until, one day, they find themselves utterly spent and obliged to abandon all their activities. It is completely senseless to behave like that for, once we have wasted our supply of life, we have no other resources to fall back on.

The Sages have always said that the only thing that is essential is life itself, and that we must protect, purify and sanctify it and eliminate whatever may hinder or prevent it from developing. And, if we do so, life will give us everything else: health, strength, power, intelligence and beauty - everything! The highest form of magic, the highest form of White Magic is to lead a pure, luminous life."

HARMONY

Table of contents

1. Harmony
2. Medical Science Must be Based on Initiatic Science
3. The Future of Medicine
4. A Disciple Must Develop His Spiritual Senses
5. What Can We Learn From a House?
6. How Thought is Materialized on the Physical Plane
7. Meditation
8. The Human Intellect and Cosmic Intelligence
9. The Solar Plexus and the Brain
10. The Hara Centre
11. The Initiatic Heart
12. The Aura.

Summary

"Meditate on harmony, love it, long for it so as to introduce it into your every gesture, every look, every word. Let the word "harmony" impregnate you; keep it within you as a kind of pitch pipe, and when you are feeling worried or upset, take it out and listen to it and do nothing until your whole being is in tune with it once more. In the morning, when you wake, remember to begin your day by tuning yourself to the world of universal harmony... When you enter a house let your first thought be: "May peace and harmony reign in this house".

THE MYSTERIES OF YESOD The bases of spiritual life

Table of contents

- Yesod reflects the Virtues of All the Sephiroth
- Part I. Purity : Purity is a Question of Nourishment
- Sorting and Selecting
- Purity and the Spiritual Life
- Purity in the Three Worlds
- The River of Life
- Purity and Peace
- The Magic of Trusting
- Purity and Speech
- To Find Purity
- Blessed are the Pure in Heart
- The Gates of the New Jerusalem
- Part II. Love and Sex
- Part III. Realization - The Spring

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THE TRUE TASK OF ART

Fasting - Washing - The Real Baptism

The Angels of the Four Elements.

Summary

Yesod, the ninth Sephirah on the cabbalistic Tree of Life, is the symbol of a pure life. Taking purity as the basis of his spiritual teaching (Yesod means 'base' in Hebrew), Omraam Mikhaël Aïvanhov renews in our times the sense and significance of the ancient Initiations enriched by his own innumerable discoveries. He has personally practised and experimented at length with the rules and exercises he proposes for our use ; their purpose is to liberate man and awaken in every fibre of his being the vital, harmonious forces of Divine life.

THE SPLENDOUR OF TIPHARETH

Table of contents

1. Surya-yoga - The Sun, Centre of our Universe
2. Obtaining Etheric Elements from the Sun When We Gaze at the Sun Our Soul Begins to Resemble it
3. Our Higher Self Dwells in the Sun
4. The Creator Sows Seeds in Us and the Sun Makes Them Grow
The Sun Reflects the Blessed Trinity
5. Every Creature Has a Home - The Seven Beads of the Rosary
6. The Master and the Seven-bead Rosary
Every Creature Needs to Own and Protect its Dwelling Place - The Aura
7. The Heliocentric Point of View
8. Love as the Sun Loves
9. A Master Must be Like the Sun and Remain at the Centre
Some Prayers to Say at Sunrise
10. Rise Above the Clouds - The Sephirah Tiphareth
11. The Spirits of the Seven Lights
12. The Prism, Symbol of Man
13. A New Heaven and a New Earth - Spiritual Grafting
14. The Sun Has the Solution to the Problem of Love - Telesma
15. The Sun is in the Image and Likeness of God - 'In Spirit and in Truth'
16. Christ and the Solar Religion
17. Day and Night -Consciousness and the Subconscious
18. The Sun, Originator of Civilization
A Disciple's Clairvoyance Must Begin on the Highest Levels
19. The Sun Teaches Unity - The Power of Penetration
20. The Sun Teaches by Example - The Sun, Heart of our Universe
21. Three Kinds of Fire
22. Making Everything Converge Towards One Goal.

Summary

When we focus our attention on the sun, the centre of our universe, we draw closer to our own centre, our higher self, the sun within; we melt into it and begin to resemble it more and more.

But to focus our attention on the sun also means to learn to mobilize all our, thoughts, desires, and energies, and put them to work in the service of the highest ideal. He who works to unify the chaotic multitude of inner forces that constantly threaten to tear him apart, and launch them in the pursuit of one, luminous, beneficial goal, becomes a powerful focal point, capable of radiating in every direction. Believe me, a human being who masters the tendencies of his lower nature can benefit the whole of mankind. He becomes as radiant as the sun. His freedom is such that his consciousness embraces the whole human race as he pours out the superabundance of light and love that dwell within him.

The world needs more and more human beings capable of dedicating themselves to this work with the sun, for only love and light are capable of transforming humanity.

THE KEY to the Problems of Existence

Table of contents

1. The Personality
2. Jnana-yoga
3. Giving and Taking
4. Evil is Limited, Good is Limitless
5. Eternal Happiness
6. Fermentation
7. Which Life ?
8. The Image of the Tree - The Individuality Must Consume The Personality
9. Working on the Personality
10. The Personality Keeps You from Reflecting the Sun
11. Identify with the Individuality
12. The True Meaning of Sacrifice
13. The Balance Restored
14. Render Therefore Unto Caesar
15. The New Philosophy
16. The Personality Devoured by The Individuality
17. Call On Your Allies
18. The Further Down, The Less Space
19. Your Inner Animals
20. But Which Nature ?
21. Sexual Sublimation
22. Toward Universal Brotherhood.

Summary

This book shows us that our 'personality', that inner force of which we are all aware and which so often leads us astray, can be a precious ally rather than an enemy. Instead of waging a losing battle against our lower nature, we can learn to control and use it to elevate ourselves. In doing so we gradually discover the existence of a higher psychic power within us, our 'individuality', which is above all contingencies and conflicts and is capable of using them to create inner harmony and true fraternal bonds.

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THE TRUE TASK OF ART

COSMIC MORAL LAWS

Table of contents

1. 'As You Sow, So Shall You Reap'
2. The Importance of Choice - Work not Pleasure
3. Creative Activity as a Means of Evolution
4. Justice
5. The Law of Affinity : Peace
6. The Law of Affinity : True Religion
7. The Laws of Nature and Moral Law
8. Reincarnation
9. Don't Stop Half-Way
10. Know How to Use Your Energies
11. How to Distil the Quintessence
12. The Moral Law Exemplified in a Spring
13. Why Look for Models in the World Above
14. Man Creates in the Invisible World by Means of his Thoughts and Feelings
15. We must not Sever the Link Between the World Below and the World Above
16. If You Are Light You Will Seek the Company of Light
17. Duplicates - New Recordings
18. Morality Comes into its Own in the World Above
19. Example ist the Best Teacher
20. Turn the Other Cheek.

Summary

True morality is everywhere manifest in Nature, the extension of the natural laws that govern our psychic life. When human beings break these laws they pay by suffer-ing or illness. The reader will no doubt be surprised to learn that true morality is not a limitation; on the contrary it confers tremendous freedom and increases our power of action. If we obeyed these laws both in our own lives and in our dealings with others, the result would be the ideal society.

A NEW EARTH Methods, exercises, formulas, prayers

Table of contents

1. Prayers
2. A Daily Programme
3. Nutrition
4. Actions
5. Overcoming the Evil Within
6. Methods of Purification
7. Human Relations
8. Man's Relations with Nature
9. The Sun and the Stars
10. Mental Work
11. Spiritual Galvanoplasty
12. The Solar Plexus
13. The Hara Centre
14. Methods for Working with Light
15. The Aura
16. The Body of Glory
17. Formulas and Prayers.

Summary

A great many people today feel the need for some practical methods that will help them to grow spiritually. A New Earth responds to that need. It contains a number of simple, effective, spiritual exercises taken from the thousands of lectures given by the Master Omraam Mikhaël Aïvanhov over a period of nearly fifty years. Some concern our everyday life: nutrition, breathing, hygiene, purification, and our relationships with nature and other human beings. Others touch on questions that are more directly spiritual: meditation and prayer, the development of our psychic centres, or chakras, the aura, the body of glory, and so on. All these methods grow out of that immense body of knowledge known as initiatic science, the principal goal of which is the advent of the 'new heaven and the new earth' announced in scripture.

LOVE AND SEXUALITY

Table of contents

1. The Masculine and Feminine Principles
The Love of God, the Love of Others, Self Love
2. Taking the Bull by the Horns - The Caduceus of Mercury
3. The Serpent -Isis Unveiled
4. The Power of the Dragon
5. Spirit and Matter - The Sexual Organs
6. Manifestations of the Masculine and Feminine Principles
7. Jealousy
8. The Twelve Doors of Man
9. From Yesod to Kether : The Path of Sexual Sublimation
10. The Spiritual Screen
11. Nourishment and Love
12. Woman's Role in the New Culture
13. The Initiatic Meaning of Nudity
14. Exchanges and Relationships
15. Wealth and Poverty
16. To Love is the Work of the Disciple
17. Love in the Universe
18. A Wider Concept of Marriage I
19. The Twin-Soul
20. Everything Depends on Your Point of View
21. A Wider Concept of Marriage II and III
22. Analysis and Synthesis
23. Like the Sun, Love Brings Order to Life
24. Mother Love
25. The Meaning of Renunciation
26. The Bonds of Love
27. Youth and the Problem of Love - The New Currents
Marriage - Why Self-Control - The Need for a Guide
Give Your Love to God First.

Summary

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This book could change your life. It provides the key to your evolution as a human being, as a child of God. This book explains that by simply gratifying your sensual nature, you feed only your lower self - which is limited in consciousness and which can never bring true joy or fulfillment. It shows the sacred purpose of the creative force within, and tells you how to make it become a dynamic source of life and energy which nourishes your higher self, bringing joy, rapture and self-perfection. This new way of living will create a Golden Age in which all humanity will exist as one - using its love to create a world of unparalleled splendour and beauty.

LOVE AND SEXUALITY

Table of contents

1. A Question of Attitude
2. True Marriage
3. The Sun is the Source of Love
4. The Goal of Love is Light
5. The Manifestations of the Masculine and Feminine Principles
6. Master or Mistress ?
7. Vestal Virgins ; the New Eve
8. Materialism, Idealism and Sexuality - 'On Earth as in Heaven'
9. Heart and Mind ; the Universal White Brotherhood
10. Seek the Soul and the Spirit
11. Restoring Love to its Pristine Purity
12. Love Transforms Matter
13. Love and Identification
14. The Task of a Disciple
15. Open Yourself to Others and They Will Love You
16. Tantra-Yoga
17. Emptiness and Fullness : the Holy Grail
18. Love is Everywhere
19. Look for Love at its Source
20. Know How to Use Your Powers of Love
21. A Broader Concept of Marriage, Part IV
22. It Rises from Earth and Descends from Heaven
23. The Secret of Happiness is in an Expanded Consciousness
24. 'Whatever you Bind on Earth'
25. Love God so as to Love Your Neighbour Better
26. Live Lovingly
27. Our Only Weapons: Love and Light
28. Never Stop Loving
29. Towards a Broader Concept of the Family.

Summary

There are several possible attitudes towards love. You can eat it, you can drink it, and you can breathe it, but you can also live in it. Those who eat love remain on the physical plane and are never fully satisfied because they are content with pleasures of a lower order. The pleasures of those who drink love are less crude, but they are still confined to the delights and satisfactions of the astral plane. The philosophers, writers and artists who have managed to reach the mental plane are those who breathe love; love is the constant source of their inspiration. Only those who live in love, in the subtle, etheric dimension of love, truly possess it. For them it is light in the mind and warmth in the heart and they can pour out that light and warmth on those around them. Those who live in this love possess all fullness."

KNOW THYSELF: JNANA YOGA

Table of contents

1. 'Know Thyself'
2. The Synoptic Table
3. Spirit and Matter
4. The Soul
5. Sacrifice
6. Food for the Soul and the Spirit
7. Consciousness
8. The Higher Self
9. Truth
10. Freedom.

Summary

Know thyself was the maxim inscribed on the pediment of the temple at Delphi. What is this 'self' that we have to know? Is it a question of knowing our own vices and virtues, our strengths and weaknesses? No: to know oneself is to know the different bodies (the physical, etheric, mental, causal, buddhic and atmic bodies) of which we are formed and what each of these bodies needs. If the initiates of old insisted so much on the necessity of self-knowledge it was because this knowledge opens up tremendous possibilities for growth, progress and success. As long as man is ignorant of the needs of his higher self, he will continue to forfeit his physical body while his soul and spirit suffocate and die of hunger and thirst."

KNOW THYSELF: JNANA YOGA

Table of contents

1. Beauty
2. Spiritual Work
3. The Power of Thought
4. Knowledge: Heart and Mind
5. The Causal Plane
6. Concentration, Meditation, Contemplation and Identification
7. Prayer
8. Love
9. The Will
10. Art and Music
11. Physical Gestures
12. Respiration.

Summary

Know thyself! All science and all wisdom lies in knowing oneself, in finding oneself, in the fusion of one's lower self with one's higher self. The symbol of the initiate who has succeeded in finding himself is the serpent with its tail in its

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mouth. A serpent forms a straight or wavy line, and a line is limited. But the serpent with its tail in its mouth forms a circle and a circle represents the infinite, the limitless, the eternal. He who succeeds in becoming a circle enters a world without limitations where the 'above' and the 'below' are no longer separated, because all the powers and all the riches and virtues of the true, higher self have been infused into the lower self. The higher and the lower become one and man becomes a divinity.

A NEW DAWN: Society and Politics in the Light of Initiatic Science (I)

Table of contents

- | | |
|--------------------------------------|--|
| 1. The Age of Aquarius | 5. True Economics |
| 2. The Dawn of Universal Brotherhood | 6. Wealth |
| 3. Youth and Revolution | 7. Aristocracy and Democracy |
| 4. Communism and Capitalism | 8. Politics in the Light of Initiatic Science. |

Summary

Man was built by Cosmic Intelligence in such a way that he can fulfil himself and attain his full stature only by maintaining ties with a higher world from which he receives light and strength. When human beings rely exclusively on their own limited intellect they deprive themselves of true understanding, and it is this lack that is the cause of all their disastrous mistakes. When men are motivated only by a lust for material possessions and power and act in total disregard for the plans of Cosmic Intelligence, they stir up layers of the physical and psychic atmosphere and arouse formidable forces whose fury is turned against them. The Age of Aquarius will soon be upon us and the tremendous upheavals accompanying it will oblige human beings to understand the reality of the invisible world and the laws that govern it. But the beauty, splendour and harmony of the new life that will emerge from these upheavals will be beyond anything imagined by man. All those who have been secretly working for the coming of the Kingdom of God throughout the world will join forces and work together, and the bastions of ignorance, materialism and despotism will crumble and collapse. This I tell you. And it will be: nothing can prevent the coming of the new era, the new Golden Age."

NEW DAWN: Society and Politics in the Light of Initiatic Science (II)

Table of contents

- | | |
|----------------------------|---|
| 1. Forms and Principles | 4. The Cosmic Body |
| 2. The Religion of Christ | 5. The Kingdom of God and His Righteousness |
| 3. The Idea of a Pan-World | 6. The New Jerusalem. |

Summary

Man as conceived by Cosmic Intelligence is such that if he is to be fulfilled, he must connect himself with the light and power of the Higher World. If not, if he puts all his trust in his own limited faculties, he will be unable to see ahead and in his blindness he will make drastic errors in all domains. If he puts his faith in technology, trade and material development, sooner or later he will fail, for if his action is based on the desire to control the world regardless of the plan and purpose of Cosmic Intelligence it will stir up the psychic and physical layers of the atmosphere, and hostile forces will turn against him in their fury. The Age of Aquarius is now coming in and it will cause great upheavals and cataclysms all over the world, after which those who survive will have a better understanding of the Laws. The splendour and harmonious beauty of the new life that is in store for mankind surpasses the imagination. People who have been secretly working for the Kingdom of God will find each other and combine their new-found extraordinary powers to bring down the fortresses of ignorance, materialism and despotism. I tell you this now, and it will be as I say, for nothing can prevent the coming of the new era, the Golden Age.

ON THE ART OF TEACHING from the Initiatic Point of View (III)

Table of contents

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|-----------------------------|---|
| 1. Spiritual Work | 5. On Perfection |
| 2. On Responsibility | 6. On the Reality of the Invisible World |
| 3. On Building the New Life | 7. On Participation in the Work of the Universal White Brotherhood. |
| 4. On the Living Knowledge | |

SUMMARY

Parents and teachers have every material means at their disposal for the proper education of children, but they still lack the means of regenerating humanity. This is what the Teaching of the Universal White Brotherhood brings us: the means parents need to bring healthy, gifted children into the world, the means educators need to turn them into men and women ready to work for the good of society. But these methods can only be applied by adults who have already changed their patterns of behaviour in such a way as to be living examples for their young charges.

LIFE AND WORK IN AN INITIATIC SCHOOL

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| 1. The International Day of the Sun | 3. Training for the Divine |
| 2. The Bonfin | 4. Hrani-Yoga and Surya-Yoga |

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5. The Spirit of the Teaching
6. Matter and Light

7. Purity and Light
8. The Meaning of Initiation.

Summary

We are here between the four walls of this room at the Bonfin, but we are also in the town of Fréjus. Fréjus is in the Var; the Var is in France; France is in Europe, and Europe is one of the continents on earth. The earth belongs to the family of planets in the solar system; the solar system belongs to a galaxy, and that galaxy is a tiny part of the whole cosmos. Yes, the prodigious truth is that we are here in this room and, at the same time, in the cosmos. What conclusion - if any - can we draw from this? The conclusion that, as cosmic beings, we must not eternally confine ourselves to our own petty interests. We must open our eyes and remind ourselves that we have cosmic work to do. What is the use of belonging to the Universal White Brotherhood if we do not work for broader, more far-reaching goals? For the welfare of the whole world? Henceforth, try to change your mental habits, to adopt a broader point of view; try to become more aware of being part of the cosmos, of being linked to the whole universe; try to see that this means that the things you do as well as the way you do them must change."

THE FRUITS OF THE TREE OF LIFE THE CABBALISTIC TRADITION

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| 1. How to Approach the Study of the Cabbalah | Logos |
| 2. The Number Ten and the Ten Sephiroth | II. The Universal Language of the Logos |
| 3. Structure and Symbols of the Tree of Life | III. The Power of the Logos |
| 4. The Tetragrammaton and the Seventy-Two Planetary Spirits | 12. The Esoteric Church of Saint John |
| 5. The Creation of the World and the Theory of Emanation | 13 Binah, the Realm of Stability |
| 6. The Fall and Redemption of Man | 14. The Human Spirit is Above Fate |
| 7. The Four Elements | 15. Death and the Life Beyond |
| 8. Evening Vigils Round the Fire | 16. Human and Cosmic Respiration |
| I. The Power of Fire | 17. The Cardinal Feasts |
| II. Fire and the Sun | 18. The Moon and its Influence on Man |
| III. The Fire of Sacrifice | 19. The Glorified Souls |
| 9. Water and Fire | 20. The Land of the Living |
| 10. A Bowl of Water | 21. A Magic Wand |
| 11. The Living Logos | 22. Nature Spirits |
| I. The Alphabet and the Twenty-Two Elements of the | 23. Objects are Receptacles of Life |
| | 24. The Holy Grail |
| | 25. Building the Inner Sanctuary. |

Summary

The Sephirotic Tree, the Tree of Life of the Cabbalah, is an image of the universe, inhabited by God and impregnated with His quintessence. It represents the divine life which circulates throughout the whole of creation. Here is a system which prevents you from becoming dispersed in your spiritual activities. If you work for years on this Tree, if you study it, if you taste its fruit, you will create stability within yourself and harmony in the cosmos."

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P0201AN : Toward a Solar Civilization

Table of contents

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| 1. The Sun, Initiator of Civilization | 6. Man is Made in the Image of the Sun |
| 2. Surya Yoga | 7. The Spirits of the Seven Lights |
| 3. Seeking the Centre | 8. The Sun as our Model |
| 4. The Sun our Provider | 9. The True Solar Religion. |
| 5. The Solar Plexus | |

Summary

Although we may know about heliocentricity from the point of view of astronomy, we are still far from having exhausted all its possibilities in the biological, psychological, cultural and spiritual spheres. The sun exists within each one of us and, if allowed to, can manifest its presence by awakening our consciousness to a global view of human problems.

P0202AN : Man, Master of his Destiny

Table of contents

- | | |
|--|-------------------------------|
| 1. The Law of Cause and Effect | 5. The Law of Correspondences |
| 2. You will Separate the Subtle from the Gross | 6. Natural and Moral Law |
| 3. Evolution and Creation | 7. Nature's Records |
| 4. Two Justices: Human and Divine | 8. Reincarnation |

Summary

Why is one born in a particular country and a particular family? Why is one healthy, rich, illustrious and powerful, or on the contrary poor, handicapped and miserable? Even those who think they are entirely free must put up with their fate because of their ignorance of the laws which govern the invisible world. The reply to these questions not only helps the disciple to unravel the tangled threads of his life, it also gives him the tools he must have in order to become master of his own destiny.

P0203AN : Education Begins Before Birth

Table of contents

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| 1. The First Priority: Educating Parents | 7. Never Let Your Children be Idle |
| 2. Education Begins before Birth | 8. Prepare Your Children for Adult Life |
| 3. A Blueprint for the Future of Mankind | 9. Protect Your Children's Sense of Wonder |
| 4. Don't Neglect Your Children | 10. Love without Weakness |
| 5. A New Understanding of a Mother's Love | 11. Education versus Instruction |
| 6. The Magic Word | |

Summary

Is it possible for education to begin before birth? Yes. Because true education is primarily subconscious. A child is not a little animal which you can start training as soon as it is old enough. A mother can have a beneficial influence on her child in the womb through the harmony of her thoughts, acts and feelings. And this pre-natal influence must be faithfully continued once the baby is born, for, as all parents should realize, a tiny baby is highly sensitive to its environment. Ultimately, it is by example that parents and pedagogues should accomplish their educational mission

P0204AN : The Yoga of Nutrition

Table of contents

- | | |
|--|---|
| 1. Eating: An Act which Concerns the Whole Man | 7. Fasting: I – Means of Purification. II - Another Form of Nutrition |
| 2. Hrani-Yoga | 8. Communion |
| 3. Food: A Love-Letter from God | 9. The Meaning of the Blessing |
| 4. Choosing Your Food | 10. The Spirit Transforms Matter |
| 5. Vegetarianism | 11. The Law of Symbiosis. |
| 6. The Ethics of Eating | |

Summary

This is not a dietary book. Omraam Mikhaël Aïvanhov teaches that our attitude towards our food and the way we eat is far more important than what, or how much we eat. He replaces our ordinary ideas of everyday eating with the true mystical significance of nutrition. In this way we can learn to extract from our physical food all the subtle elements necessary for true health and fulfilment.

P0205AN : Sexual Force or the Winged Dragon

Table of contents

- | | |
|-----------------------|---|
| 1. The Winged Dragon | 3. The Sexual Force is Essential for Life on Earth |
| 2. Love and Sexuality | 4. Pleasure: / I - Do not Seek Pleasure for it Will |

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- Impoverish You
- 4. Pleasure: / II - Replace Pleasure with Work
- 5. The Dangers of Tantric Yoga
- 6. Love without Waiting to be Loved
- 7. Love is Everywhere in the Universe

- 8. Spiritual Love is a Higher Way of Feeding Ourselves
- 9. A High Ideal Transforms Sexual Energy
- 10. Open Your Love to a Higher Path

Summary

The dragon is not pure fiction: it is the symbol of our instinctive, primitive forces and is common to all mythologies as well as to early Christian iconography. The great challenge of the spiritual life is to conquer, tame and use those forces to reach the highest summits of the spirit.

P0206AN : A Philosophy of Universality

Table of contents

- 1. What is a Sect?
- 2. No Church is Eternal
- 3. The Spirit Behind the Form
- 4. The Advent of the Church of St. John
- 5. The Foundations of a Universal Religion
- 6. The Great Universal White Brotherhood
- 7. For a Universal Notion of the Family
- 8. Brotherhood, a Higher State of Consciousness
- 9. The Annual Conventions at the Bonfin
- 10. The Universal Dimension of All Our Activities

Summary

It is not enough to create associations dedicated to universality. As long as each one of the members has not devoted his or her life to universality, these organizations are powerless. Universal consciousness is the fruit of patient learning and practice, for which Omraam Mikhaël Aïvanhov gives us the basic elements in this book

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P0207AN : What is a Spiritual Master ?

Table of contents

- 1. How to Recognize a True Spiritual Master
- 2. The Necessity for a Spiritual Master
- 3. The Sorcerer's Apprentice
- 4. The Exotic Should not be Confused with Spirituality
- 5. Learn How to Balance the Material and Spiritual Worlds
- 6. A Master is a Mirror Reflecting the Truth
- 7. A Master is There Only to Give Light
- 8. The Disciple and His Master
- 9. The Universal Dimension of a Master
- 10. The Magical Presence of a Master
- 11. Identification
- 12. 'Except Ye Become as Little Children...'

Summary

It is not enough to create associations dedicated to universality. As long as each one of the members has not devoted his or her life to universality, these organizations are powerless. Universal consciousness is the fruit of patient learning and practice, for which Omraam Mikhaël Aïvanhov gives us the basic elements in this book

P0208AN : The Egregor of the Dove or the Reign of Peace

Table of contents

- 1. Towards a Better Understanding of Peace
- 2. The Advantages of Unity amongst Nations
- 3. Aristocracy and Democracy
- 4. About Money
- 5. The Distribution of Wealth
- 6. Communism and Capitalism
- 7. Towards a New Understanding of Economics
- 8. What Every Politician Should Know
- 9. The Kingdom of God

Summary

Everyone agrees that peace is essential. And yet they continually feed the fires of conflict within their own hearts and in society, in politics and economics. As long as we do not master our own disordered thoughts and feelings, we cannot hope to create durable peace around us. When peace reigns within us then, and then only, can we truly contribute to peace in the world.

P0209AN : Christmas and Easter in the Initiatic Tradition

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1. The Feast of the Nativity
2. The Second Birth
3. Birth on the Different Planes of Being
4. 'Except Ye Die Ye Shall not Live'
5. The Resurrection and the Last Judgment
6. The Body of Glory

Summary

The fact that the Feasts of Christmas and Easter coincide with the winter solstice and the spring equinox is evidence of their cosmic significance. So we learn that the human being, who is part of the universe, participates intimately in the natural process of gestation and blossoming. These two feasts are two different ways of celebrating the regeneration of men and women and their birth into the spiritual world.

P0210AN : The Tree of the Knowledge of Good and Evil

Table of contents

1. The Serpent of Genesis
2. What Good is Evil?
3. Beyond Good and Evil
4. Until the Harvest
5. The Philosophy of Unity
6. Into the Wilderness to Be Tempted
7. The Undesirables
8. Suicide is not the Answer
9. The Real Weapons
10. The Science of the Initiates, or the Inner Lamps

Summary

The solution of the question of evil lies in knowing the methods of how to work with it and to use its power. What-ever its origin, evil is an inner and outer reality which con-fronts us daily and which we have to learn to deal with. To attack it head-on is not only useless but dangerous: the odds are too heavily against us. So we have to learn the methods to use in order to gain the upper hand and transform evil into good.

P0211AN : Freedom, the Spirit Triumphant

Table of contents

1. Man's Psychic Structure
2. Mind over Matter
3. Fate and Freedom
4. Freedom through Death
5. Sharing in the Freedom of God
6. True Freedom: a Consecration of Self
7. Freedom through Self-Limitation
8. Anarchy and Freedom
9. The Notion of Hierarchy
10. The Synarchy With

Summary

Freedom has become such an important political stake that we have lost sight of its true significance. It is this significance, the relationship between spirit and matter, that the Master Omraam Mikhaël Aïvanhov attempts to restore. 'Enter into the realm of the spirit which creates, models and fashions and in so doing you will gradually loosen the hold that the exterior world has on you; you will be free!

P0212AN : Light is a Living Spirit

Table of contents

1. Light : Essence of Creation
2. The Sun's Rays, their Nature and Activity
3. Gold is Condensed Sunlight
4. Light Enables us to See and be Seen
5. Working with Light
6. The Prism : a Symbol of Man
7. Purity Clears the Way for Light
8. Living with the Intensity of Light
9. The Spiritual Laser.

Summary

Light is held by tradition to be the living substance of the universe from which God created the world. Recently, thanks to the development of the laser, light has become a formidable instrument for the exploration and transformation of matter. Light offers us an infinite range of possibilities both on the material and the spiritual planes. Here Omraam Mikhaël Aïvanhov invites us to explore the spiritual potential of light, to understand above all that it is the only truly effective means available with which to transform ourselves and the world around us.

P0213AN : Man's Two Natures, Human and Divine

Table of contents

1. Human Nature or Animal Nature?
2. The Lower Self is a Reflection
3. Man's True Identity
4. Methods of Escape
5. The Sun Symbolizes the Divine Nature
6. Put the Personality to Work
7. Perfection Comes with the Higher Self
8. The Silent Voice of the Higher Self
9. Only by Serving the Divine Nature
10. Address the Higher Self in Others
11. Man's Return to God, the Victory

Summary

Man is that ambiguous creature placed by evolution on the borderline between the animal kingdom and the Kingdom of God. His nature is twofold and if he is to continue to evolve it is important that he become aware of his inherent ambivalence. If the Scriptures declare, 'Ye are gods', it is in order to remind men that hidden deep within them lies

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that sublime essence that they have to learn to manifest. Omraam Mikhaël Aïvanhov gives us the methods we need to manifest ourselves as the gods we really are... and of which we are still unaware.

P0214AN : Hope for the World : Spiritual Galvanoplasty

Table of contents

- | | |
|--------------------------------------|---|
| 1. What is Spiritual Galvanoplasty? | 8. The Solar Nature of Sexual Energy |
| 2. Reflections of the Two Principles | 9. Mankind Transformed |
| 3. Marriages Made in Heaven | 10. The Original Experiment and the New One |
| 4. Love Freely Given | 11. Replenish the Earth! |
| 5. Love on the Lower Plane | 12. Woman's place |
| 6. Love on the Higher Plane | 13. The Cosmic Child |
| 7. Love's Goal is Light | |

Summary

There are two fundamental principles in the universe which are reflected in every single manifestation of nature and of life: they are the masculine and feminine principles. The whole of creation is the result of the concerted work of these two principles which are replicas of the two creative principles of the cosmos: the Heavenly Father and the Divine Mother, of which men and women are also the reflection. The two principles must work in conjunction: alone, each one is barren. Spiritual galvanoplasty is an application in the spiritual life of this science of the two principles."

P0215AN : The True Meaning of Christ's Teaching

Table of contents

- | | |
|---|--|
| 1. 'Our Father Which Art in Heaven' | 6. 'He That Eateth My Flesh and Drinketh My Blood Hath Eternal Life' |
| 2. 'My Father and I Are One' | 7. 'Father, Forgive Them, For They Know Not What They Do' |
| 3. 'Be Ye Perfect, Even as Your Father Who is in Heaven is Perfect' | 8. 'Unto Him that Smiteth Thee on the One Cheek...' |
| 4. 'Seek Ye First the Kingdom of God and His Justice' | 9. 'Watch and Pray'. |
| 5. 'On Earth as it is in Heaven' | |

Summary

The whole of Christ's teaching is summed up in the prayer he gave us: the Lord's Prayer. Omraam Mikhaël Aïvanhov demonstrates and explains this. Nature, in her own wonderful way, has condensed a tree's entire potential into one tiny seed. Jesus did the same. He took his whole Teaching, and condensed it into a prayer to his Father, in the hope that this seed would take root in our souls, be nurtured by them and grow into its full potential : the massive fruitful tree of Initiatic Science, the true Teaching of Christ.

P0216AN : The Living Book of Nature

Table of contents

- | | |
|-----------------------------------|--|
| 1. The Living Book of Nature | 8. Building a House |
| 2. Day and Night | 9. Red and White |
| 3. Spring Water or Stagnant Water | 10. The River of Life |
| 4. Marriage, a Universal Symbol | 11. The New Jerusalem - Perfect Man. I - The Gates. II - The Foundations |
| 5. Distilling the Quintessence | 12. Learning to Read and Write. |
| 6. The Power of Fire | |
| 7. The Naked Truth | |

Summary

'In Initiatic Science, to read means to be able to decipher the subtle and hidden side of objects and creatures, to interpret the symbols and signs placed everywhere by Cosmic Intelligence in the great book of the universe. To write means to leave one's imprint on this great book, to act upon stones, plants, animals and men through the magic force of one's spirit.

P0217AN : New Light on the Gospels

Table of contents

- | | |
|--|--|
| 1. 'Men do not Put New Wine into Old Bottles' | 7. The Calming of the Storm |
| 2. 'Except Ye Become as Little Children' | 8. The First Shall Be Last |
| 3. The Unjust Stewart | 9. The Parable of the Five Wise and the Five Foolish Virgins |
| 4. 'Lay up for Yourselves Treasures in Heaven' | 10. 'This is Life Eternal, that they Might Know Thee the Only True God'. |
| 5. The Strait Gate | |
| 6. 'Let Him Which is on the Housetop not Come Down...' | |

Summary

Omraam Mikhaël Aïvanhov interprets all these familiar tales, whether real or symbolic, told by the Gospels. He strips them of their restrictive, purely anecdotal character, and reveals their underlying, psychological and spiritual realities.

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Suddenly it becomes clear that they are always relevant to our own inner lives, where the forces of materialism and spirituality confront and come to terms with each other.

P0218AN : The Symbolic Language of Geometrical Figures

Table of contents

- | | |
|--------------------------|---------------------------------|
| 1. Geometrical Symbolism | 5. The Pyramid |
| 2. The Circle | 6. The Cross |
| 3. The Triangle | 7. The Quadrature of the Circle |
| 4. The Pentagram | |

Summary

'Geometrical figures are, as it were, the framework or skeleton of reality but although they are reduced to the bare bones they are by no means dead, for they represent living realities in man and the universe. And this is why, in order to interpret them, we have to breathe the life of the spirit into them: they will mean nothing to us if we are content to study them only as they occur outside ourselves.

P0219AN : Man's Subtle Bodies and Centres

Table of contents

- | | |
|--|-----------------------------------|
| 1. Human Evolution and the Development of the Spiritual Organs | 5. Kundalini Force |
| 2. The Aura | 6. The Chakras: The Chakra System |
| 3. The Solar Plexus | I. - The Chakra System |
| 4. The Hara Centre | II. Ajna and Sahasrara. |

Summary

'However much we cultivate and refine our five senses they will always be severely limited in scope for they belong to the physical plane: they will never be capable of exploring any reality above or beyond the physical. In order to experience other, new sensations, we must call into play those other, subtler organs and centres which we all possess.

P0220AN : The Zodiac, Key to Man and to the Universe

Table of contents

- | | |
|---|---|
| 1. The Enclosure of the Zodiac | 7. The Leo-Aquarius Axis |
| 2. The Zodiac and the Forming of Man | 8. The Fire and Water Triangles |
| 3. The Planetary Cycle of Hours and Days | 9. The Philosophers' Stone : the Sun, the Moon and Mercury |
| 4. The Cross of Destiny | 10. The Twelve Tribes of Israel and the Twelve Labours of Hercules in Relation to the Zodiac. |
| 5. The Axes of Aries-Libra and Taurus-Scorpio | |
| 6. The Virgo-Pisces Axis | |

Summary

The constellations and planets are the hieroglyphs, the sacred letters which reveal, to those who know how to decipher them, how mankind and the world were created, how they evolve hand in hand and how their inner structure is identical. Every human being who becomes aware of his kinship with the universe begins to feel the need to cultivate his inner life in order to rediscover, within himself, that cosmic plenitude symbolized to perfection by the circle of the zodiac

P0221AN : True Alchemy or the Quest for Perfection

Table of contents

- | | |
|---|---|
| 1. Spiritual Alchemy | 7. Grafting |
| 2. The Human Tree | 8. The Use of Energy |
| 3. Character and Temperament | 9. Sacrifice, the Transmutation of Matter |
| 4. Our Heritage from the Animal Kingdom | 10. Vainglory and Divine Glory |
| 5. Fear | 11. Pride and Humility |
| 6. Stereotypes | 12. The Sublimation of Sexual Energy |

Summary

'Don't battle against your weaknesses and vices for it is they who will win: instead, learn to make them work for you. You find it perfectly normal to use natural, physical forces so why be astonished at the idea of using your own primitive forces! Once you know the rules of spiritual alchemy you will be able to transform and use the negative forces that exist in such abundance within you.

P0222AN : Man's Psychic Life : Elements and Structures

Table of contents

- | | |
|-------------------------------------|-----------------------------------|
| 1. Know Thyself | 4. Heart, Mind, Soul and Spirit |
| 2. The Synoptic Table | 5. The Apprenticeship of the Will |
| 3. Several Souls and Several Bodies | 6. Body, Soul and Spirit |

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7. Outer Knowledge and Inner Knowledge
8. From Intellect to Intelligence
9. True Illumination
10. The Causal Body

11. Consciousness
12. The Subconscious
13. The Higher Self.

Summary

'In order to give a clear idea of human anatomy one is obliged to have recourse to a series of different plates each of which illustrates one of the systems of the human body: the skeleton, the muscular system, the circulatory system, the nervous system, etc. Similarly, when an Initiate wants to study one or other aspect of man's psychic structure, he applies the same method as an anatomist: he uses different diagrams or outlines according to which aspect he is studying.'

P0223AN : Creation: Artistic and Spiritual

Table of contents

1. Art, Science and Religion
2. The Divine Sources of Inspiration
3. The Work of the Imagination
4. Prose and Poetry
5. The Human Voice
6. Choral Singing

7. How to Listen to Music
8. The Magic Power of a Gesture
9. Beauty
10. Idealization as a Means of Creation
11. A Living Masterpiece
12. Building the Temple

Summary

The laws of true artistic creation are identical with the laws of spiritual creation. The creative work of an artist is exactly the same work of inner regeneration as that undertaken by one who is striving for spiritual perfection. Just as an artist uses paint and canvas, clay or bronze to create a work of art, so a spiritual person uses the raw materials of his or her own being in striving towards inner perfection.

P0224AN : The Powers of Thought

Table of contents

1. The Reality of Spiritual Work
2. Thinking the Future
3. Psychic Pollution
4. Thoughts are Living Beings
5. How Thought Produces Material Results
6. Striking a Balance between Matter and Spirit
7. The Strength of the Spirit

8. Rules for Spiritual Work
9. Thoughts as Weapons
10. The Power of Concentration
11. Meditation
12. Creative Prayer
13. Reaching for the Unattainable.

Summary

'Every one of our thoughts is pregnant with the power of the spirit which brought it into being, that power is constantly at work. Knowing this, each one of you has the possibility of becoming a benefactor of mankind; by projecting your thoughts into the farthest reaches of space, you can send out messages of light to help, comfort, enlighten and heal others. He who undertakes this work knowingly and deliberately, gradually penetrates into the mysterious arcana of divine creation.'

P0225AN : Harmony and Health

Table of contents

1. Life Comes First
2. The World of Harmony
3. Harmony and Health
4. The Spiritual Foundations of Medicine
5. Respiration and Nutrition
6. Respiration:

- I. The Effects of Respiration on Health
- II. How to Melt into the Harmony of the Cosmos
7. Nutrition on the Different Planes
8. How to Become Tireless
9. Cultivate an Attitude of Contentment.

Summary

'If you are ill, it's because you harbour disorder within yourself: you have nourished certain thoughts, feelings and attitudes that have finally affected your health. The best weapon against illness is harmony. Night and day think about synchronizing yourself with the whole of life - limitless life, cosmic life.'

P0226AN : The Book of Divine Magic

Table of contents

1. The Danger of the Current Revival of Magic
2. The Magic Circle of the Aura
3. The Magic Wand
4. The Magic Word
5. Talismans
6. Is Thirteen an Unlucky Number

7. The Moon
8. Working with Nature Spirits
9. Flowers and Perfumes
10. We All Work Magic
11. The Three Great Laws of Magic
12. The Hand

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13. The Power of a Glance
14. The Magical Power of Trust
15. Love, the Only True Magic

16. Never Look for Revenge
17. The Exorcism and Consecration of Objects
18. Protect Your Dwelling Place.

Summary

'True magic, divine magic, lies in using all one's faculties, all one's knowledge, toward realizing the Kingdom of God on earth. Very few magi have reached the high level where the only ideal is to work in the Light for the Light. Those who manage to do so are the true benefactors of humanity.'

P0227AN : Golden Rules for Everyday Life

Table of contents

1. Life: our most precious possession
2. Let your material life be consistent with your spiritual life
3. Dedicate your life to a sublime goal
4. Our daily life: a matter that must be transformed by the spirit
5. Nutrition as Yoga
6. Respiration
7. How to recuperate energy
8. Love makes us tireless
9. Technical progress frees man for spiritual work
10. Furnishing your inner dwelling
11. The outer world is a reflection of your inner world
12. Make sure of a good future by the way you live today
13. Live in the fullness of the present
14. The importance of beginnings... etc.

Summary

Nothing is more difficult than to put the spirit where it rightfully belongs in our lives: in first place. In fact, except in the case of a few great saints or mystics, the attempt to do so has usually ended in failure, discouragement and even mental breakdown. In his role as a spiritual teacher, Omraam Mikhaël Aïvanhov takes care not to provoke any such rupture with the realities of life by showing us how everyday actions and events can be the foundation of a genuine spirituality.

P0228AN : Looking into the Invisible Intuition, Clairvoyance, Dreams

Table of contents

1. The Visible and the Invisible
2. The Limited Vision of the Intellect, The Infinite Vision of Intuition
3. The Entrance to the Invisible World: From Yesod to Tiphareth
4. Clairvoyance: Activity and Receptivity
5. Should We Consult Clairvoyants ?
6. Love and Your Eyes Will be Opened
7. Messages From Heaven
8. Visible and Invisible Light: Svetlina and Videlina
9. The Higher Degrees of Clairvoyance
10. The Spiritual Eye
11. To See God
12. The True Magic Mirror: The Universal Soul
13. Dream and Reality
14. Sleep, an Image of Death
15. Protect Yourself While You Are Asleep
16. Astral Projection While Asleep
17. Physical and Psychic Havens
18. The Sources of Inspiration
19. Sensation is Preferable to Vision.

Summary

Meditation, mediumship, astral projection and dreams can give us access to the invisible world but the quality of the revelations we receive depends on our degree of evolution. Omraam Mikhaël Aïvanhov warns: 'You must not imagine that, just because someone is gifted as a medium, he necessarily has access to every region of the invisible world; on the contrary, he will see only that which corresponds to his own level of consciousness, his own thoughts and desires'.

P0229AN : The Path of Silence

Table of contents

1. Noise and Silence
2. Achieving Inner Silence
3. Leave Your Cares at the Door
4. Make Your Meals an Exercise in Silence
5. Silence, a Reservoir of Energies
6. The Inhabitants of Silence
7. Harmony, the Essential Condition for Inner Silence
8. Silence, the Essential Condition for Thought
9. The Quest for Silence is the Quest for the Centre
10. Speech and the Logos
11. A Master Speaks in Silence
12. The Voice of Silence is the Voice of God
13. The Revelations of a Starry Sky
14. A Silent Room.

Summary

'The silence that concerns us here is not the silence of inertia; it is the stillness of a work of great intensity that is taking place in a climate of perfect harmony. Nor is it emptiness or absence; it is plenitude, a fullness comparable to that experienced by two human beings who love each other very deeply and share something that cannot be expressed in words or gestures. Silence is a quality of the inner life'

P0230AN : The Book of Revelations: A Commentary

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Table of contents

1. The Island of Patmos
2. Introduction to the Book of Revelations
3. Melchizedek and Initiation into the Mystery of the Two Principles
4. Letters to the Church in Ephesus and Smyrna
5. Letter to the Church in Pergamos
6. Letter to the Church in Laodicea
7. The Twenty-Four Elders and the Four Holy Living Creatures
8. The Scroll and the Lamb
9. The Hundred and Forty-Four Thousand Servants of

- God
10. The Woman and the Dragon
11. The Archangel Mikhaël Casts Out the Dragon
12. The Dragon Spews Water at the Woman
13. The Beast from the Sea and the Beast from the Land
14. The Wedding Feast of the Lamb
15. The Dragon is Bound for a Thousand Years
16. The New Heaven and the New Earth
17. The Heavenly City.

Summary

'Many people find the Book of Revelations very obscure and difficult to interpret. It is true that for those who do not possess the key to it, it is obscure but for those who do possess the key it is extremely clear. Once one knows the hidden meaning of the numbers and symbols, all the elements that seem to be totally unrelated can be brought together and used to shed light on each other, and the result is an extraordinarily logical whole'.

P0231AN : The Seeds of Happiness

Table of contents

1. Happiness: A Gift to be Cultivated
2. Happiness is not Pleasure
3. Happiness is Found in Work
4. A Philosophy of Effort
5. Light Makes for Happiness
6. The Meaning of Life
7. Peace and Happiness
8. If You want to be Happy, Be Alive
9. Rise Above your Circumstances
10. Develop a Sensitivity to the Divine
11. The Land of Canaan

12. The Spirit is Above the Laws of Fate
13. Look for Happiness on a Higher Level
14. The Quest for Happiness is a Quest for God
15. No Happiness for Egoists
16. Give Without Expecting Anything in Return
17. Love Without Asking to be Loved in Return
18. Our Enemies are Good for Us
19. The Garden of Souls and Spirits
20. Fusion on the Higher Planes
21. We are the Artisans of Our Own Future.

Summary

Human beings come into the world with certain aspirations; they need to love and be loved: they need to know, and they need to create. It is the fulfilment of these aspirations that they call happiness. Before they can fulfil their aspirations, however, they need to add something more to the baggage they bring with them; it is not enough to want something in order to obtain it. Happiness is like a talent that has to be cultivated. If you don't cultivate it, it will never amount to anything.

P0232AN : The Mysteries of Fire and Water

Table of contents

1. The Two Principles of Creation, Water and Fire
2. The Secret of Combustion
3. Water, the Matrix of Life
4. Civilization, a Product of Water
5. The Living Chain of Sun, Earth and Water
6. A Blacksmith Works with Fire
7. Water is Born of Mountains
8. Physical and Spiritual Water
9. Feeding the Flame
10. The Essential Role of Fire

11. The Cycle of Water: Reincarnation
12. The Cycle of Water: Love and Wisdom
13. A Candle Flame
14. How to Light and Tend Fire
15. Water, the Universal Medium
16. The Magic Mirror
17. Trees of Light
18. The Coming of the Holy Spirit
19. A Treasury of Pictures

Summary

'Our psychic life is shaped and moulded every day by the forces and influences we allow to enter and impregnate us. This is why it is essential to have a store of lovely pictures that we can conjure up in our minds often, pictures that are with us day and night, so that our thoughts may be constantly in touch with all that is most elevated, pure and sacred. And what is more beautiful, more poetic or more full of meaning than water and fire, and the different forms in which they appear to us? You can fill your whole life with these pictures, and absorb them until they impregnate every cell of your body.'

P0233AN : Youth: Creators of the Future

Table of contents

1. Youth, a World in Gestation
2. The Foundation Stone of Life: Faith in a Creator

3. A Sense of the Sacred
4. The Voice of our Higher Nature

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5. Choosing the Right Direction
6. Knowledge Cannot Give Meaning to Life
7. Character Counts for More than Knowledge
8. Learning to Handle Success and Failure
9. Recognize the Aspirations of Soul and Spirit
10. The Divine World, Our Own Inner World
11. Did you Choose Your Own Family?
12. Benefit From the Experience of Older People
13. Compare Yourself to Those Who Are Greater
14. The Will Must be Sustained by Love
15. Never Admit Defeat
16. Never Give Way to Despair
17. Artists of the Future
18. Sexual Freedom
19. Preserve the Poetry of Your Love
20. Members of One Universal Family (I) (II).

Summary

'If we remember that there is a correspondence between the life of a human being and that of nature, we can say that a young person's formative years can be compared to the period when the earth itself was being formed. At that time, no organized form of life was possible on earth, for it was nothing but a seething mass of molten matter constantly racked by volcanic eruptions... Nothing solid can be built on such unstable ground, and this means that before they can become a hospitable environment for plants, animals and human beings, symbolically speaking, young people have to introduce an element of moderation, control and harmony into their lives. It is this that constitutes the transition from youth to adulthood: the transition from an unorganized, chaotic, unstable life to a life that is rich and full and beneficial both to oneself and to others.'

P0234AN : Truth: Fruit of Wisdom and Love

Table of contents

1. The Quest for Truth
2. Truth, the Child of Wisdom and Love
3. Wisdom and Love; Light and Warmth
4. The Love of a Disciple; the Wisdom of a Master
5. Truth, the Kernel of Life
6. 'I am the Way, the Truth and the Life'
7. The Blue Ray of Truth
8. Three Levels of Truth
9. Be Faithful to the Truth
10. There is no Arguing about Tastes
11. Reality: Objective and Subjective
12. The Primacy of Subjective Reality
13. Scientific Progress v. Moral Progress
14. Scientific Truth and the Truth of Life
15. A Fresh View of Reality
16. Dreams and Reality
17. Truth Transcends Good and Evil
18. 'The Truth shall Make you Free'(I) (II).

Summary

'Truth has been defined in so many different ways that the whole question has become hopelessly involved. The fact is that one cannot define truth, for it does not exist as such. Only wisdom and love exist... It is your love and wisdom that will show you truth.'

P0235AN : "In Spirit and in Truth"

Table of contents

1. The Framework of the Universe
2. The Divine Office of Weights and Measures
3. The Link with the Centre
4. Reaching for the Top
5. From Multiplicity to Unity
6. Building the Edifice
7. Contemplating the Truth: Isis Unveiled
8. Garment of Light
9. The Skin
10. The Perfume of Eden
11. 'In Spirit and in Truth'
12. An Image Can Be a Support for Prayer
13. The Spirit is not Held Captive in Relics
14. Speak to the Spirit of Those You Love
15. The Sun, the Quintessence of Religion
16. The Truth of the Sun is in Giving
17. The Kingdom of God is Within.

Summary

'Imagine how the faithful of all the world's religions would feel if they were told one day that there would be no more churches or temples. That every external manifestation of religion would disappear. That the time had come to worship God in spirit and in truth. They would feel utterly lost, as though they had nothing to hold on to any more. Only those who are exceptionally highly evolved are capable of finding within their own soul the sanctuary in which to communicate with the Lord. Of course, such an expansion of consciousness is highly desirable. Those who achieve it are free to work without restrictions to build a future for themselves as sons and daughters of God.'

P0236AN : ANGELS AND OTHER MYSTERIES OF THE TREE OF LIFE

Table of contents

1. From Man to God, the Notion of Hierarchy
2. Introduction to the Sephirothic Tree of Life
3. The Angelic Hierarchies
4. The Names of God
5. The Sephiroth of the Central Pillar
6. Ain Soph Aur, Unlimited Light
12. Malkuth, Yesod, Hod, Tiphareth, Archangels and Seasons
13. The Sephirothic Tree, Symbol of Synarchic Order
14. Yesod, Foundation of the Spiritual Life
15. Binah:

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7. Light, the Substance of the Universe
8. 'When God Drew a Circle on the Face of the Deep'
9. The Kingdom of God is like a Mustard Seed
10. The Cosmic Family and the Mystery of the Trinity
11. The Body of Adam Kadmon
- I The Laws of Destiny
- II The Realm of Stability
16. Chokmah, the Creative Word
17. Yesod, Tiphareth, Kether, the Sublimation of Sexual Energy
18. The Prayer of Solomon.

Summary

'Think for a minute about what electricity is and how we use it, and you will have some notion, however approximate, of God. We use electricity to light and heat our houses, and power all kinds of machines and appliances, but we have to be very careful of how we handle it, for it is easy to cause an accident. Direct contact with an electric current can be fatal. In order to harness and use it without danger, we have to channel it through transformers. The same can be said of God: God is like a pure current of electricity which has to pass through transformers before it reaches us. And the transformers that God uses are the countless luminous beings that populate the heavens, known to tradition as the choirs of angels or angelic hierarchies. It is through them that we receive divine life; it is through them that we can be in contact with God.

P0237AN : COSMIC BALANCE - THE SECRET OF POLARITY

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1. Cosmic Balance and the Number Two
2. Oscillation of the Scales
3. One and Zero
4. The Role of The Masculine and The Feminine - Adam and Eve : Spirit and Matter Adam and Eve : Wisdom and Love - The Mental and Astral Planes - Man and Woman
5. God Transcends Good and Evil
6. The White Head and the Black Head
7. Alternation and Antagonism - The Law of Opposites
8. 'To Work the Miracles of One Thing' - The Figure of Eight and the Cross
9. The Caduceus of Hermes - The Astral Serpent
10. Iona, Principle of Life - Horeb, Principle of Death
11. The Triad Kether-Chesed-Geburah - Sceptre and Orb Mind and Heart - A Straight Line and a Curved Line
12. The Law of Exchange
13. The Key and the Lock
14. The Work of the Spirit on Matter - The Holy Grail
15. Union of the Ego with the Physical Body
16. The Sacrament of the Eucharist
17. The Androgynes of Myth
18. Union with the Universal Soul and the Cosmic Spirit.

Summary

On September 23rd, the Sun enters the sign of Libra (Scales or Balance), and this is the autumn equinox. After the ascending phase, from Aries to Virgo, comes the descending phase, from Libra to Pisces. Libra is the seventh sign on the zodiacal belt. Why, you may wonder, are there scales in the heavens, and what do these scales teach us? This is the only sign of the zodiac that does not represent a living being, human or animal. It is an inanimate object, and not just any object, but an instrument for weighing things. It is as though its two pans were there to maintain the balance between the powers of darkness and light, of life and death. Libra, the Scales of the zodiac, is a reflection of the cosmic scales, the equilibrium between the two opposite and complementary principles, thanks to which the universe came into being and continues to exist. The symbol of the scales, which we find also in the sephirothic Tree of Life, dominates the whole of creation.'

P0238AN : The Faith that Moves Mountains

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- 1 - Faith, hope and love
- 2 - The mustard seed
- 3 - Faith and belief
- 4 - Science and religion
- 5 - Faith always precedes knowledge
- 6 - Retrieving lost knowledge
- 7 - A religion is only a form of faith
- 8 - Our divine lineage
- 9 - Proof of God's existence lies within us
- 10 - Identifying with God
- 11 - God is life
- 12 - God in creation
- 13 - Rabota, vreme, vera : work, time, faith

Summary

Faith goes hand in hand with long-term work. It is the fruit of efforts repeated day after day. Faith is something that lives, something that we must never separate from our everyday life. This is what we need to understand if we are to discover the hidden meaning of Jesus' words : if you have faith the size of a mustard seed, you will say to this mountain, "Move from here to there," and it will move.

We can move a mountain, but only if we do not rush at it, thinking to move it in one go. We can move a mountain, but only if we are ready to move it stone by stone. Every stone we move - that is, every time we succeed in something, however small, increases your faith ; we begin to feel that we are stronger and more stalwart, more in control of the

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situation. And then one day, if we look back at the progress we have made and find that half the work is already done, it is just possible that our faith will have become so strong that we can move the rest in one go.

P0239AN : Love Greater Than Faith

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| 1 - The uncertainties of modern man | 6 - Only your actions witness to our faith |
| 2 - Destructive doubt : unification and bifurcation | 7 - Never abandon your faith in good |
| 3 - Constructive doubt | 8 - "Unless you become like children" |
| 4 - "Your faith has made you well" | 9 - "The greatest of these is love" |
| 5 - Let it be done for you according to your appreciation | 10 - Base your trust on vigilance |
| | 11 - "As I have loved you" |

Summary

"When you decide to embrace a religion or a spiritual philosophy and to put its principles into practice in your life, not only will you encounter difficulties with yourself because of the efforts required of you, but you will also have difficulties with others who will not necessarily understand how and why you have changed. Well, it is the way you handle these difficulties which reveal the quality, the authenticity of your faith. You must not say, for example, "I'm going to change my life completely, and I don't care what the family thinks. That is not my problem." Oh but it is your problem, because your spiritual life will depend on how you resolve it. Try, as far as possible, not to make others suffer, and of course, you must not abandon them. Remember that love is always greater than faith."

B0301AN : THE NEW YEAR

Summary

The Cabbalah tells us that the new year is influenced by the stars. The birth of a new year is like the birth of a child: it is the beginning of a life that will last just twelve months. When a child is born one can draw up a horoscope based on the date and time of birth and thus foresee the principal events of the child's life. And we can do the same for the birth of a new year; in fact you should know that the first day of the year determines the first month, the second day, the second month, the third day the third month and so on. So you must try to live, think, feel and behave as well as possible, at least during the first twelve days, so as to ensure an intelligent, luminous start to the year and thus influence and determine it favourably.

B0302AN : MEDITATION

Summary

Never forget that it is by your meditations that you allow your inner Self to express itself and reach its full flowering. This is the means by which you can release this mysterious, subtle being so that it can gaze on all that exists in infinite space and then reproduce it on the physical plane. Of course, we are practically never conscious of the realities that this being gazes on, but if we continue to do these exercises regularly and often, little by little they will reach our consciousness and constitute an inner treasure that will always be with us.

B0303AN : RESPIRATION Spiritual Dimensions and Practical Applications

Summary

Inhalation, exhalation... inhalation, exhalation... The ebb and flow of our breathing is the key to all the rhythms of the universe. When you become conscious of this movement within you, you enter into the movement of cosmic harmony in which you are immersed; little by little you will feel that your breathing melts into the breathing of God.

B0304AN : DEATH AND THE LIFE BEYOND

Summary

Let the dead live in peace. Don't cling to your family and friends, don't let your sorrow at their departure hold them down and, above all, don't try to communicate with them by calling them back. This only troubles them and prevents them from breaking free. Pray for them, send them your love, think of them becoming freer and freer and rising higher and higher towards the light. If you really love them, be sure that you will be with them again one day. That is the truth. How many times have I already told you this: where your heart is, there you will be one day.

D0005AN : The Gypsy Queen (Children Library)

Summary

Within each one of us lives a king or a queen, and this king and queen are eager to achieve great things in life. The story of young King Bojil and the Gypsy girl who became his Queen, lead us into the glorious adventure of love on the path of freedom and human brotherhood. The young readers will find here, presented with an enchanting lightness of touch, some essential aspects of their own quest for great things. - A delightful reminder of wisdom tales of all regions of the world. All ages

CD5009AN : THE SEED

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Summary

"A seed is nothing either than a living being who ceaselessly calls upon the forces and materials of the cosmos so as to be able to accomplish its task. And its task is to resemble the tree that produced it. The Creator put into the seed the vocation to resemble its father, the tree ; that's why, once planted - unless it's defective - all of its work will go in the direction of this vocation, taking from among the elements which surround it those which suit it, relinquishing the others, and it's in this way that it will come to express all the tendencies indicated in the diagram which it carries within it.

It is the same thing for man. Since God created man in His image, he has the possibility, by developing himself correctly, of becoming like his Heavenly Father."

K2510AN : The Laws of Reincarnation

Summary

'Belief in reincarnation is one of the cornerstones of morality. As long as human beings are unaware that the law of cause and effect is operative from one incarnation to the next, no amount of sermonizing will persuade them to change their ways. But once they know that the difficulties and trials they encounter in life are the direct result of faults committed in a previous life, not only can they accept them as just, but they start to work for good so as to be sure that their future incarnations will be better.'

V4605AN : The activity of the soul and spirit... How can we modify our destiny ?

Summary

You have been given every possible means with which to create your own future.

When you strive to put your physical body, and also your heart and mind, at the service of your soul and spirit of all that is most noble and exalted you set the seal of the Godhead on your every act and on each of your words.

And this work of self-transformation will produce other transformations throughout the world, and even to the far-distant stars... For everything is linked.

V4606AN : How can we purify our physical body despite the pollution ...

Summary

Pollution has become one of the greatest curses of our times. It is becoming increasingly difficult to find healthy food and clean air. But human beings are capable of neutralizing external poisons. If they live in harmony, if they forge a bond with light, their inner forces react and reject even physical impurities. In this way their organism defends itself.

"You Are Gods" - Synthesis, Vol. I

Omraam Mikhaël Aïvanhov

"Jesus was the most revolutionary of God's messengers. He was the first to defy all the ancient customs and his audacity in claiming that he was the son of God and that all human beings are equally sons and daughters of God was expiated on the cross. The insistence with which Jesus accentuated man's divine filiation offended and irritated the scribes and Pharisees to the point that they attempted one day to stone him. But Jesus said to them: 'I have shown you many good works from the Father. For which of these are you going to stone me?' The Jews answered, 'It is not for a good work that we are going to stone you, but for blasphemy, because you, though only a human being, are making yourself God.' And then Jesus reminded them of the verse in the Psalms: 'Is it not written in your law, "I said, You are gods"?"

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