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THOUGHTS OF A SPIRITUAL TEACHER

THE
DIFFERENT ASPECTS OF
CLAIRVOYANCE
AND
INTUITION

EDITION HEAVEN ON EARTH

THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

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

Edited by Prosveta, France.

Conception and Realisation:

Benjamin Christ

Montreal, December 2004

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THIS IS
CLAIRVOYANCE

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

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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)**

Many people unknowingly carry out projects of others they have never even heard of. You may say, 'I don't understand. How can this be?' Simple: Thoughts and feelings are active powers that can influence people who have the corresponding psychic structure and who are prepared to pick up waves sent out by others. This is how, because of their weakness, some people end up committing crimes; they are forced to act by powers of negative thoughts and feelings that others have sent out and projected. And since human law is not clairvoyant, it does not punish those who have sent out these criminal thoughts and feelings, but those who have carried them out and are not really guilty. Of course, they are guilty of the weakness and passivity that lead them to become instruments of bad currents, but actually, other people are responsible for these crimes. So be careful with your thoughts and feelings because if they are bad, divine Law, which never makes mistakes, will hold you responsible. **(JANUARY 20, 2001)**

If clairvoyants are able to predict future events it is because they have seen these events already occur in the invisible world. The events that occur on earth are the result of events that first occurred up above, in the subtle planes. It takes some time for these events to reach the physical plane, but they inevitably do occur, because they are already recorded up above. If you look at a snake, however long it may be, its tail always follows where its head has gone before. Because the head always follows the tail. And just like the serpent's tail, the physical world always follows what has already occurred in the subtle planes and actualizes it. Now when you transpose this to human beings, the head represents thought and the tail represents their actions. In practice, this means that those who are patient enough to nurture a spiritual ideal for a long time, for a very long time, without ever becoming discouraged, will one day be able to lead their tail, by which I mean change their actions, their behaviour and even transform their physical body. **(FEBRUARY 9, 2002)**

If you try to jump across a large chasm, you will fall into it and if you ever get up from your fall you will have had such a fright that you will never attempt even the smallest obstacle. Whereas if you learn to jump across a ditch that is, say, fifty centimetres wide, then one of sixty and then one a little wider every day, you will go far because you will gradually grow in confidence. People who throw themselves into major challenges straight away expose themselves to disappointments and accidents. Many are those who have wanted to launch themselves into occultism in order rapidly to acquire power, become clairvoyant and so on, and they have ended up destroying themselves.

Therefore, do things gradually; begin with little things – I have given you so many methods in the past – a few words, a simple gesture. But you do not use these methods because you feel they are too insignificant. It is by using these very methods, however, that you will go far.

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(FEBRUARY 11, 2002)

You will manage to develop true clairvoyance when you rise to the highest part of your being, to your higher self. Every day imagine yourself reaching that higher self and becoming one with it. Imagine you have reached the summit and from there you cast your eyes out into the universe ... And because your higher self is omniscient and you have become one with it, all the knowledge you have already acquired, without realizing it, gradually descends into your consciousness and you are dazzled by all you are suddenly able to perceive and understand. The only true vision is that which is given to you by the eyes of the spirit. To begin with, of course, it seems as if you see nothing, as if you understand nothing, but you are preparing the ground for true clairvoyance.

(FEBRUARY 12, 2000)

So many people go to clairvoyants, mediums or exorcists to find solutions to their problems of health or of the heart, or to be exorcized or released from a spell. They do nothing to become stronger and solve their own problems. They always rely on someone else to do it for them. But even if another person did manage to solve their problems they themselves are so defenceless that they would soon be in the same state again. As long as people continue to expect others to heal, console and reassure them, they will remain ignorant, weak and vulnerable.

Even if a very great spiritual master healed and protected you it would only be for a little while, for ultimately everything depends on you. If you want his help to endure you must learn to use the light and the keys he gives you, for then it will be you yourself, your own soul and spirit, that do the work.

(FEBRUARY 14, 1995)

Study the profound meaning of day and night. Night is symbolically the domain of the invisible – the non-manifest, and day, all that is visible – the manifest. All that is manifest depends on the non-manifest, just as day depends on night.

It is during the 'night' – in the invisible – that events of the 'day' are prepared, because everything tangible is the result, the condensation, of something immaterial. This is how a clairvoyant foresees forthcoming events: they already exist in the invisible world. It takes time for these events to reach the physical plane, but they must eventually do so, because they have already been ordained on high. Watch how a snake moves: its tail always follows its head. The head represents the idea, the project, and the tail its tangible existence, the material formation of events already created and present in the invisible world.

(FEBRUARY 23, 1999)

What is it that certain clairvoyants see, and how can these visions be explained? Think of it like this: the nature of a vision is exactly the same as that of a dream. It is merely a question of the degree of consciousness: whether it comes from a state of wakefulness, or sleep. Can we believe these visions? Yes, but only to the extent that those dreams, or visions, provide information about the dreamer or clairvoyant, and their level of evolution. Dreams and visions always have a meaning, but those who have not managed to free themselves from the lower astral plane will receive their visions and dreams from these shadowy regions. Obviously, they cannot be confident of receiving clear knowledge or precise answers to their questions. We can have confidence in the messages in our dreams and visions only when we have managed to elevate ourselves to the causal, buddhic, and atmic planes.

(FEBRUARY 27, 1999)

The Book of Genesis tells how, when Jacob lay down with his head on a stone and slept, he had a vision of a ladder reaching from earth to Heaven with the angels of God going up and down it. This was how the cosmic Hierarchy that Cabbalists call the Tree of Life, was revealed to him.

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Heaven and earth are not cut off from each other; there is a constant to and fro of mutual giving and receiving going on. Clairvoyants have sometimes seen beings coming down to earth to work on men, animals, plants and minerals. Some of them stay only a very short time, while others, on the contrary, stay and work for a long time. In our day, very few people believe in the existence of these creatures and the work they do but, one day, the whole of mankind will be aware of the constant interchange going on between earth and Heaven, between the earth and the sun, between the earth and the farthest reaches of the universe and beyond, to infinity.

(MARCH 3, 1988)

Imagine you have just finished a long, deep meditation in which you sent light and love to the entire world, and now you go out for a walk in the streets. When you return, you are under the impression you have done nothing much at all on your walk, but this is where you are wrong. If you were clairvoyant you would see all the good your presence did for the people you met along your way, but you were unaware of this. Some who had evil plans have now abandoned them; others who were harassed and discouraged have found peace again and the will to live.

Always remain conscious that by means of a pure, noble and enlightened life you can lead all creatures along the right path. Even if what you are doing seems to have no effect, remember that there is always someone nearby who is roused from a sleeping state, and stirs, and is encouraged and quickened as you pass by.

(MARCH 12, 2000)

Some people attempt to awaken kundalini by prolonged exercises of breathing and concentration, because they have read about how to become clairvoyant, or how to gain magical powers by developing their chakras. These exercises are unquestionably effective, but what is the end result? If you want to develop your chakras without any preliminary study or training, you expose yourselves to immense danger. It would be like giving a child a box of matches. What would the child do? It would start a fire. Well, you must know that kundalini, which has to be activated in order to awaken the chakras, is pure fire, and anybody who has not worked first on purity and self-mastery risks the devastating experience of witnessing the eruption of the fire of kundalini, and subsequent total inner destruction. Whereas, if you begin by working on purity and self-mastery you also work indirectly on your chakras, which will come to life and begin functioning without risk.

(MARCH 27, 1999)

Our hearts and intellects are useful instruments – they are even essential – but they are not sufficient to guide us along all the paths we must travel. That is why it is necessary to develop a third faculty: intuition. Similar to the intellect in that it is a kind of intelligence, and similar to the heart inasmuch as it is a form of feeling, intuition is both intelligence and feeling, but on higher levels. 'But that is clairvoyance!' you exclaim. No, nowadays clairvoyance is all the rage; there is a great deal of talk about it. But the faculty of clairvoyance only allows a vision of the objective aspect (forms, colours, movements) of the astral and mental planes. It is possible to be clairvoyant without understanding what one sees, without knowing how to interpret it. And what good would that be? Whereas with intuition, there is no need for vision, but you understand things much better, because you live and feel them.

(MARCH 30, 1998)

Many people claim to be divinely inspired, they gesticulate, rolling their eyes in all directions, holding forth incoherently, or spend hours fixed in some posture imitating a state of ecstasy. Well, these people are unbalanced and sick, and the rest of their behaviour proves it. They may talk about Heaven, the Holy Spirit, angels and archangels, but in fact they are really unstable. They believe they are communicating with the divine world, whereas lack of discipline and inner work has connected them with the subterranean regions of the astral plane. They receive

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messages and commands, it is true, but they would do well to mistrust these communications. We must learn to distinguish between inspiration and various forms of mystical delirium. If we are truly in contact with Heaven we receive only waves of light, harmony and peace.

(APRIL 8, 1999)

The psychic world of human beings is populated with creatures from the invisible world. Our feelings of well being and joy as well as those of suffering and sorrow are brought to us by entities attracted to us by our thoughts, feelings, desires and actions. If you were clairvoyant, when you suffer from worry or anguish you would see yourself surrounded by grimacing beings who are ready to scratch, sting, bite and torment you in all kinds of ways. Referred to as the 'undesirables' in esoteric tradition, these creatures approach human beings saying, 'Aha! See this woman, and that fine fellow over there – now they are interesting! Let's make their lives miserable for a while – what fun it'll be to see them shouting and waving their arms about!'

Yes, this is what happens when you are unhappy, tormented. And when you feel great happiness, if you were clairvoyant you would see a multitude of winged creatures rushing towards you, laden with gifts of light, who sing and dance, and leave in their wake streams of sparkling colours and exquisite fragrances.

(APRIL 12, 2000)

Official science is still very far from understanding what human beings were like when they were first created by the Lord in his workshops on high. But great clairvoyants and Initiates who have been to such heights that they have seen these things for themselves, have revealed that a human being, in his essential reality, has no form: he consists of currents of energy and luminous emanations, and that these condense to form the physical organs as we now know them. Our stomach, liver and spleen, our brains, eyes and ears, legs and arms, etc., are the materialisation of forces moving in the subtle regions. And when man fails to live according to reason, it is as though he gradually extinguished his lights on high (that is to say, his virtues), so that the corresponding organs begin to wilt and weaken. This means that physical anomalies, illnesses, are the result of man's lights on high being dimmed and snuffed out.

(APRIL 12, 1988)

To develop one's powers of clairvoyance or mediumship, one has to adopt a passive, receptive attitude. But that is not enough: one also has to cultivate one's will-power, in order to be capable of resisting the attacks of entities of darkness. Most people do not realise how dangerous it is to venture into the regions of the invisible world without being properly prepared beforehand, for the inhabitants of the invisible world are not all luminous spirits; there are also plenty of malevolent entities in these regions, and they are often extremely hostile to human beings and ask nothing better than to prey on them. Nor do people know that the world is filled with monstrous complaint before the Courts of Heaven, just as you would before an earthly Court of Law, and Heaven will decide what action to take. Whatever you do, don't take the matter into your own hands; never try to revenge yourself.

(APRIL 14, 1988)

I am not here to prevent you from becoming a clairvoyant, a healer, an astrologer, an alchemist, a magus, a cabbalist ... The purpose of my work is to help you further your knowledge and abilities as far as possible, and if you really wish to advance on the path of evolution, you should not begin with such studies. You are intrigued by a whole range of subjects that are certainly important and fascinating, but not essential. What is essential is to learn how to live. Then, but not before, you can allow yourselves to develop this or that faculty, to become a healer, clairvoyant, cabbalist, or alchemist, and so on. As long as the question of how you live has not been dealt with, whatever else you may do, you expose yourself to every danger. I know that

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this way of seeing things is neither pleasant nor appealing, but if you take it seriously and apply it, you will soon see good results. **(APRIL 17, 1998)**

Innumerable entities in the divine world are busy preparing the conditions for our success and happiness, but we do not want to recognise their work. Why? Because what happens in our lives is different from what we have imagined or expected. But if our hopes and expectations were realised, we would perhaps be faced with even greater complications and disappointments. Have you thought about this?

Divine wisdom responds to all our requests, but it does so through events we do not understand. Yes, we are not yet sufficiently clairvoyant to interpret the signs which would reveal to us the reasons for these events or encounters in our lives, or for the presence of certain people around us. One day we will understand them, but meanwhile we must trust heaven which has foreseen everything concerning our evolution. **(APRIL 28, 2004)**

Some people consult clairvoyants to know what the future holds. Well, I should tell you that clairvoyants are not necessary, because it is all too easy to know our future. Of course, perhaps we cannot guess what our future professions, meetings, financial gains or losses, illnesses, accidents, or successes will be, but these facts are not very important. What is essential is to know whether or not we are advancing along the way of evolution, and whether we will live in freedom, light and peace: and this is easy to discover. If you love all that is great, noble, just and beautiful, and if you work with all your heart, mind and will to realize this objective, your future is already determined: you will live, one day, in conditions which correspond to your ideal and aspirations. There! That is what you need to know about your future. Everything else is of secondary importance, because it is transient: it may be granted you, and then taken away again. When we leave the earth only the aspirations of our soul and spirit, and everything connected, truly stay with us. **(APRIL 29, 1999)**

Everything is alive, everything vibrates and radiates. If you were clairvoyant you would see this radiance throughout creation. But even if you do not see it, you can feel it, which is even more important because, where the inner life, the spiritual life is concerned, feeling is superior to seeing. It is possible to see and yet to feel nothing. What most human beings do is proof of this: they see, but they do not benefit much from what they see, because they are imprisoned deep inside themselves, with the doors and windows firmly locked, so that nothing reaches them. And if God Himself were to come and visit, no doubt they would look at Him with a critical eye, because they would not like many things about Him. So, seeing in itself changes nothing deep within; it is feeling that gives you an understanding of reality. **(MAY 31, 2004)**

No one asks you to be like some extremely sensitive mediums who scream at a sick person's bedside because they feel his sufferings. No, but you must learn to put yourself in the place of other people. If you get into this habit, in a very short while, you will become really clear-sighted, intuitive and even clairvoyant. Of course, the majority of people prefer to develop clairvoyance by making use of crystal balls or absorbing certain drugs. Well, this is not recommended. It is better to leave crystal balls and drugs alone and learn to enter into other people's situation. Believe me, that is true clairvoyance, and it is highly superior to that which is practiced by a lot of people who claim to be clairvoyant. The best way to see and feel the essential is to forget yourself a little and think about others. **(JUNE 10, 2001)**

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To understand and help other people it is not necessary to feel exactly what they feel and live through. Actually, it is better not to share these experiences, as often this can hold us back on the astral plane. We need to rise to the mental plane to use our reason and reflect. If we are sufficiently attentive, we can listen to people, observe them, and thus discover, with practice, all about them: who they are – their thoughts, feelings, needs – without being affected by them. Some people have a psychological insight which is a kind of clairvoyance. When we do no more than feel, without deeper comprehension or clear perception, we make ourselves vulnerable; if that is the case we are not really capable of helping others. **(JUNE 13, 1998)**

With practice, many people can develop psychic powers, but this is not sufficient. You must acquire the highest degree of self-mastery in order to respect, come what may, the rules of purity and selflessness which alone put you in contact with the luminous forces and entities of the universe.

This is why I warn those who claim to help others through clairvoyance and divination, or to heal their physical and psychic ills by magnetism, the laying on of hands, and so on. Very few people are allowed to have access to the invisible world in order to see the past, present, and future, or to make contact with psychic and spiritual forces and entities and to work with them. Why? Because the qualities one needs for this work are far more difficult to acquire than those that allow us to work on the physical plane. **(JUNE 27, 2003)**

The clairvoyance of mediums is more or less always limited to the astral plane. When you ask a medium to reach far distant regions to answer questions of a spiritual or cosmic nature, most of the time he or she is not able to. This kind of clairvoyance holds no interest for initiates because it cannot help people to become conscious of higher states. That is why initiates do not choose to linger on the astral plane: in fact, they even keep their eyes tightly closed as they cross these astral regions.

A true initiate does not seek to develop mediumship powers. He only works on purifying himself, on developing wisdom, love and self-control in order to reach the summit. And once he has reached the summit, the substance of his being has become so pure that it is impregnated with the very quintessence of the universal Soul. This quintessence, on which everything is recorded, gives him the ability to see and sense all he wishes to know. That is how, through his work, he not only acquires power, but also achieves true clairvoyance. **(JULY 6, 1999)**

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)**

The need to dominate, to have power, is so strong in some people that we now see the most materialistic scientists starting to explore the field of initiatic science – telepathy, clairvoyance, clairaudience, radiesthesia and psychometry – and they classify all this as 'parapsychology'. Providing it can give them power over others they will accept any theory, however insane they

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may have found it previously. They accept any knowledge of initiatic science which can help them achieve their aims, and they reject any knowledge which cannot give them power. However, using initiatic truths as a means to dominate others is highly immoral, and those who do so will be punished by Heaven. You should only use this spiritual knowledge to help and comfort others, to spread light and peace in the world. Then it will be noted in Heaven that you are a white magus and soon divine blessings will start to rain down upon you.

(AUGUST 16, 1999)

One sometimes sees very sensitive mediums who are in a deplorable state because they have no means of defending themselves against astral entities. It is all right to be sensitive to the invisible world, provided you first exercise judgement and will-power. To make contact with the invisible world, you must abandon yourself, one way or another, to the influence of the spirits. But not all spirits of the invisible world are favorably disposed towards human beings. There exist dark entities that take advantage of defenceless human beings and deceive them, use them and steal their energies. And after a while, these poor souls are completely exhausted and unbalanced.

Before embarking on certain psychic experiences, people have to know what the risks are and be able to face up to them. It is not enough to feel an attraction for some aspects of occult sciences. All genuine masters will tell you this and will have you wait the necessary time before they make revelations. But the day they consider you to be sufficiently purified and reinforced, it is they who will unveil the truth, and then everything you wanted to see or to know will become accessible to you.

(AUGUST 17, 2001)

We say that people are gifted, whether they are 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 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)

As long as you believe you are separated, distinct from other people, you cannot know them. To know people, you must feel that they live within you. This is how a link will be established between you; this link will allow you to feel what they experience. So many people can suffer around you without your suspecting it because there is no communication between you. Just look at a mother: Even if she is far from her child, she suffers, she feels him because she is linked to him.

You should base your life on the idea of unity. When you place this idea as the basis of your relationships with others, you will understand better, and believe me, that is true clairvoyance.

(SEPTEMBER 9, 2001)

It is time for people to understand the true role of an initiatic school. Too many still imagine that they can go there to acquire gifts of clairvoyance, magic powers and all sorts of supernatural faculties that will help them satisfy their desires and ambitions. It is not like that.

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The true role of an initiatic school is to train people for the constant work of creating the Kingdom of God on earth: brotherhood amongst all people. You do not need to be a magus or a clairvoyant, or possess exceptional powers in order to embark on this work; all that is necessary is to become wiser, purer and more disinterested, and to attain greater mastery over yourself.

(SEPTEMBER 15, 1998)

When you are in the midst of nature, try to sense the presence of all those highly evolved spirits that are at the service of Cosmic Intelligence. Take the trouble to make contact with them, to talk to them and admire the beauty of their work. It will make them very happy if you do this; they will be true friends to you and smile on you and give you their gifts: vitality, joy, poetic inspiration and even clairvoyance.

When you are in the woods, you can speak to a tree. Say, 'How big and handsome you are! If only I could be as strong and stable as you are! Please tell all the trees in the forest that I love and admire them.' When they hear this, the spirits who dwell in the trees will say to each other, 'Most human beings are blind and half-asleep, but this one feels our presence in the forest. Isn't that wonderful!' And they will be so happy that they will pass the word along to all the other trees, and all the spirits will come out of hiding to have a look at you, and marvel at what they see and dance round you in delight!

(SEPTEMBER 16, 1987)

There are books in which you can find various methods for obtaining the gift of clairvoyance: Gazing into a crystal ball or a magic mirror, working with plants, having yourself hypnotized, etc. All these methods are certainly effective, but I cannot emphasize enough that they are dangerous for you unless you have previously worked on purity.

Jesus said, '*Happy are the pure in heart for they will see God.*' You can become clairvoyant without first working to obtain purity, but what you see will not be the divine world. You will see everything that is better not to see: Pending catastrophes, crimes being hatched in secret, calamities, obscure and evil entities circulating amongst human beings. In other words, we can see very little beyond the level of evolution that we ourselves have reached. That is why the best way to obtain true clairvoyance, to view the divine world, is to develop within ourselves love and purity.

(SEPTEMBER 30, 1998)

True clairvoyance is that which enables someone to see the reality of the spiritual world: That is, to sense and understand the subtlest elements in nature and the human soul. There is another kind of clairvoyance, which gives a vision of past or future events or of astral spirits, and this clairvoyance is nothing very special. Everyone or nearly everybody can acquire this type of clairvoyance through specific exercises or drugs, but these methods will not take them far and may even be very dangerous for the psyche. You should try to attain only the sort of clairvoyance that can transform you into a crystal prism, through which the light of Heaven shines. This is the clairvoyance that Jesus was speaking about when he said, '*Happy are the pure in heart, for they shall see God.*'

(OCTOBER 13, 1998)

If you are capable of showing goodness and generosity do not be tempted to think the source of these virtues lives within you. No, the impulse that moves you comes from very far away and you are merely a conductor, a transmitter of the entities of love. These entities have chosen you as a messenger because you have been working in this direction and you hold the necessary elements, the appropriate state for this transmission. And if you have prepared your brain to become a messenger of wisdom then other entities manifest themselves through you to propagate light. And it is the same for willpower, purity, beauty, etc. Nature is faithful and

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truthful. She determines and classifies everyone according to their work, their ideal and so each of us becomes a medium for the entities attracted by our aspirations. **(OCTOBER 19, 2000)**

The spiritual life is a discipline which requires a great deal of time and effort. Therefore, if someone comes along and begins by promising that, as his disciple, you will obtain clairvoyance and psychic powers very quickly and easily, you must mistrust him. And mistrust him all the more if he asks for money in exchange for such rapid results. For the truth is that money is of no use whatsoever when it comes to spiritual progress. Your daily efforts to learn self-control, to be considerate of others, and to unite with God through prayer and meditation...all this costs nothing, it is free. But it is a long process, and as human beings are both lazy and impatient to achieve success, they are immediately attracted by someone who promises them miraculous results, even if the price is high. But in this case they should not complain if they are swindled. When you look for a spiritual master you must know what to expect of him: illusions or truth.

(OCTOBER 22, 2003)

Many of you imagine that clairvoyance is the highest achievement of the spiritual life. Well, you are quite wrong; in fact, let me warn you that clairvoyance may well hinder your evolution if you cultivate it prematurely, that is to say, before being sufficiently pure and strong. If you are not pure you will be incapable of seeing beyond the lower astral regions, the regions of monsters and elementals. And you will be so terrified by what you see that you will end by begging the Lord to take your clairvoyance away from you! You can only rise to great heights and contemplate the things of Heaven if you purify yourselves. And you will only be able to bear the sight of what goes on in the minds and hearts of men if you become much stronger. It is not enough to 'see', you must be capable of seeing what Heaven and the light reveal to you, but you must also be able to bear the sight of Hell.

(OCTOBER 30, 1988)

Do not seek clairvoyance through occult methods. True clairvoyance, the true eyes, are in the heart, and it is love which opens these eyes. When you love another, what do you see in him? You see things that no one else sees, because love makes true clairvoyance possible. A woman who loves a man sees him as a divinity, and do not tell her she is mistaken! Objectively speaking, yes, she is mistaken; but if she seems to exaggerate the beauty and virtues of her beloved, it is because she sees him as God originally created him, or as he will be when he returns to the womb of the Eternal. You have not yet understood the power of love to open the eyes of the soul. Those of you who wish to become clairvoyant must learn to love. Your hearts must call out for help, like the blind man in the Gospels: 'Have pity on us, Lord.' Launch an appeal, and one day the light of the cosmos will come and ask what it can do for you. 'Open our eyes!' you will say, and your eyes will be opened.

(NOVEMBER 5, 2004)

Why are there so many people who are mentally, spiritually and emotionally unbalanced? Because they have developed the feminine principle too much within themselves, the principle that is passive and receptive. These people unreservedly open themselves up to all influences and after a time they lose their way. They should therefore ponder, study, analyze the effects these influences have on their inner life and only accept those which are beneficial and reject the others. In other words they must develop the masculine principle within themselves. And this is particularly true for people with mediumistic faculties in that they imply receptivity. The crystal ball used by some mediums as an aid to their clairvoyance is the equivalent to the feminine principle in nature – water. Being a medium implies being receptive to spirits and energies in the invisible world. But these spirits and energies are not all luminous, pure and beneficial. It is therefore important for all those with natural mediumistic gifts to train themselves to determine

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the nature of these psychic energies and to develop their will so that they can reject the dark energies. **(NOVEMBER 6, 2000)**

Everybody considers the question of food to be of the greatest importance; they are ready to do everything possible, even to go to war, to solve it. But this attitude towards food is no more than an impulse, an instinctive tendency, it does not stem from an enlightened consciousness. Only Initiatic Science teaches us that food, which has been prepared with inexpressible wisdom in the divine laboratories for our use, contains magic elements which have the power to preserve and restore both our physical and psychic health. Before we can avail ourselves of these elements, however, we have to know in what conditions this can be done and, also, that the most effective means of doing it is thought. Yes, for the thoughts of man are capable of drawing from what he eats, the subtle, luminous particles that go to make up his whole being and, in this way, little by little, he transforms himself.

Once you understand it, food will become a source of blessings and wonder for you, because, over and above the simple fact of eating in order to sustain life, you will find in it another significance, other knowledge, other tasks and other goals to be achieved. Outwardly you will continue to eat like everyone else, and everyone else will eat like you, but in reality the difference will be as great as the difference between Heaven and earth. **(NOVEMBER 13, 1988)**

Even if they have a good imagination, the majority of human beings do not know what this faculty really is. True imagination, such as the initiates conceive it and with which they work, is a type of screen located at the frontier between the visible and invisible worlds where objects and entities that normally escape consciousness are reflected. In some very evolved beings that know how to orient their imagination, this screen receives and records many things that they then express and manifest. Later, we perceive that what they had thus 'imagined' was not pure invention on their part, but that they had captured realities which had not yet appeared on the physical plane. Those who know how to work on their thoughts and feelings succeed in purifying their mental body to such a degree that their imagination becomes clear - pure and transparent - and they begin to 'see'. At this level, imagination and vision are one. **(NOVEMBER 19, 2003)**

The need to dominate others is so strongly felt by men that, today, we see even the most materialistic scientists exploring phenomena that belong to the domain of Initiatic Science: things such as telepathy, clairvoyance, clairaudience, divination and psychometry, which they group under the name of 'parapsychology'. As long as there is some chance of their being able to use them to subjugate others, they are ready to accept theories which they have always condemned as ridiculous. In other words, they accept any of the teachings of Initiatic Science that can be made to serve their own ends and reject those that do not put power into their hands. But to use Initiatic truths in order to gain ascendancy over one's fellow men is highly immoral, and those who do so will be banished by Heaven. Man has no right to use this spiritual knowledge for any purpose other than to help his fellow man and to propagate light and peace in the world. Those who use it in this way rank as white magicians in the eyes of the beings on high, and Heavenly blessings will rain down on them. **(NOVEMBER 23, 1988)**

There are several forms of vision and they are known by different words depending on the plane to which they apply. At the highest level is the vision of the spirit, which we call understanding. This vision does not take a physical or material format and people are often not aware of what they see. But in reality they do see. When a higher reality is suddenly revealed to someone in the form of an idea it means they have succeeded in projecting beams of light from themselves

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very far and very high up, which allow them to see laws, connections, a structure in the universe. It is the light of the spirit which illuminates reality and allows us to grasp its highest aspects.

(NOVEMBER 28, 2000)

It is very difficult for human beings in general and spiritual persons in particular to have an objective opinion of themselves. Some, frightened by the immensity of initiatic science, by the distance separating them from their goal, feel miserable, whilst in fact they are very evolved, they have made sound progress along the road of their inner development. This is really not very good for them. Others on the other hand, who are completely stupid and short-sighted, believe themselves to be the great initiates, geniuses, even divinities. But since nothing in their lives justifies this good opinion they have of themselves, they go and consult a so-called medium or clairvoyant who tells them all kinds of fantastic stories about their reincarnations – because after all it is in their own interest to cheat people otherwise they would attract no clients. Indeed they are fantastic stories, full of celebrities and glorious history and saints and prophets. But what good does it do them, if every day reality proves to them that they are nothing at all? One of the greatest hindrances to evolution is to delude yourself about your past incarnations. If you really want to progress, evolve, do not waste your time with clairvoyants, but study and work so that you may come to know yourself. No-one can truly evolve if they have assessed themselves correctly.

(DECEMBER 3, 2000)

Many of you imagine that clairvoyance is the height of the spiritual life. Well, it is not. You should realize that a gift of clairvoyance can even prevent you from progressing, if it has been prematurely achieved before sufficient purity and strength have been acquired. If you are not pure, you cannot rise above the inferior regions of the astral plane where only monsters and larvae dwell, and you will be so horrified by what you see that you will implore the Lord to take away this faculty of sight. You must purify yourselves in order to rise high enough to see divine things. You must also gain the strength to tolerate all you will see in the heads and hearts of other people. To see is not enough: your 'seeing' must be capable of giving you such a vivid vision of Heaven that you will have the strength to endure the sight of hell.

(DECEMBER 19, 1998)

There are all kinds of methods that we are told will enable us to become clairvoyant: gazing into a crystal ball or a magic mirror, the use of certain plants, getting someone to hypnotize us, etc., etc. But all these methods are bad or even dangerous. In fact it is advisable not to attempt to develop clairvoyance before acquiring purity.

Jesus said, 'Blessed are the pure in heart, for they shall see God.' It is possible for someone who is not pure to become clairvoyant, but what does he see will not be the divine world but the entities of darkness prowling round him and others; he will see wickedness, treachery and lies; he will see disasters before they happen. In other words, he will see not further – or barely any further - than the level he has already reached. This is why the best way of obtaining true clairvoyance, the vision of the divine world, is to develop one's inner spiritual love and purity.

(DECEMBER 27, 1988)

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THIS IS INTUITION

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Human beings place too much confidence in their intellect. They think it is an expert counsellor, even though it has led them into error countless times! Yes, because all the intellect sees is the superficial appearance.

Listen to what it is saying to a young girl: 'Look at that boy. He has a good job, money, a fabulous car; he dresses in expensive clothes. In addition he is quite charming, most attractive, with the physique of an athlete. You would be more than stupid not to catch him. Go on, marry him!' There, that is the reasoning of the intellect, based on appearance alone.

Once married, the young girl may discover that her charming athlete, blessed with all that pleases, is in reality cruel, self-centred and dishonest. She could have avoided so much suffering and unhappiness if she had asked the advice of her heart, her intuition, instead of listening to the calculations of her intellect. Of course, that is just one example. Consider all the times in your life when you have had to suffer disappointment and regret through listening to the reasoning of your intellect, and learn from them where you went wrong. **(MARCH 3, 1998)**

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)**

Our hearts and intellects are useful instruments – they are even essential – but they are not sufficient to guide us along all the paths we must travel. That is why it is necessary to develop a third faculty: intuition. Similar to the intellect in that it is a kind of intelligence, and similar to the heart inasmuch as it is a form of feeling, intuition is both intelligence and feeling, but on higher levels. 'But that is clairvoyance!' you exclaim. No, nowadays clairvoyance is all the rage; there is a great deal of talk about it. But the faculty of clairvoyance only allows a vision of the objective aspect (forms, colours, movements) of the astral and mental planes. It is possible to be clairvoyant without understanding what one sees, without knowing how to interpret it. And what good would that be? Whereas with intuition, there is no need for vision, but you understand things much better, because you live and feel them. **(MARCH 30, 1998)**

The hearts and minds of human beings always show extraordinary ingenuity when it comes to presenting things as they wish to see them, thus keeping people prisoners of their desires and appetites! The mind is always ready to aid and abet the heart by providing arguments to back up its desires. This is why intellectuals - may they forgive me for saying this - however intelligent and capable they may be in certain areas, are often the ones who make the most mistakes. You will protest that they are intelligent. Yes, but unfortunately this kind of intelligence does not protect them from error, because it lacks one essential factor: the intuition, which enables one to grasp the reality behind appearances. Renowned scientists or eminent philosophers can still make stupid mistakes simply because they have never made the effort to rise above the astral and mental planes to reach the causal plane. **(APRIL 7, 2003)**

As our physical body is constructed symmetrically on either side of a central axis – the spinal column – it has 2 sides, and can be classified as 2. We have 2 eyes and 2 ears. The brain and

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nose seem to be 1, but in fact are divided respectively into 2 hemispheres, and 2 nostrils. Then there are 2 lungs, 2 kidneys, and lower down, a man has 2 testicles and a woman 2 ovaries. Finally, we have 2 arms and 2 legs.

Even though this symmetry is rarely perfect, as the left side of our bodies is never an exact replica of the right, still it remains a physical fact. But our psyche – thought and feeling – is quite different. Studies of the human brain show that the two hemispheres have different functions: the left side controls all analytical faculties – logic and reason- which can be classified as masculine qualities, and the right side is the seat of the faculties of synthesis – intuition and sensitivity – which can be considered feminine qualities. So the activities of these two hemispheres are complementary. We can therefore draw the conclusion that our physical bodies are constructed symmetrically, whereas our psyche – our thoughts and feelings – are based on the polarization of masculine and feminine – positive and negative. **(APRIL 15, 1999)**

So many people say, 'Ah, this initiatic science is so fantastic! We feel that it would bring the solution to our problems, but we have no time to study it or do exercises: we are overloaded with the family, work, relationships, and so on.' And in this way they feel they are right. In reality, if they had any intuition, if they were very advanced souls, they would not have put themselves in a situation that limits them so much. If they have committed themselves too deeply, it is because, in previous incarnations, they have not gone through the necessary evolution that would have helped them benefit, at this time, from all this wonderful science. What is it that some people have been preparing since childhood, feeling they had to stay free to serve an ideal? It is because they had within them vague recollections, or they made a promise to the divine entities before they were reincarnated. Other people think they are right to let themselves be immersed in matter. They say, 'It's just too bad, that's the way it is, that's life!' **No, life is what we make it.** If some people are so taken up with their affairs, it is because they have not been able to free themselves inwardly. **(APRIL 26, 2001)**

When you question people about their faith, a great many will tell you that they believe in 'someone' or 'something', but they are unable to say exactly whom or what. Their intuition tells them that they once knew and experienced something, and occasionally, like a brief flash of light from the depth of time, that knowledge and those experiences rise to the surface of their consciousness. They do not know why this impression is so compelling, but they cannot doubt its reality.

At one moment or another in their lives, human beings sense that they are linked to a higher, mysterious world which has left its mark within them. The difference between them is that some let this feeling fade without attempting to examine it more closely or reflect on what it might mean, whereas for others it is the starting point of an inner quest that leads them to the Divinity. **(MAY 4, 2003)**

In order to weaken and control a group of people, it is sufficient merely to divide them, and the pernicious effects of such division are well known in the political, social, professional and family domains. It is the inner domain that we have not yet sufficiently studied. A man who is full of doubt creates division within himself; it is as if he wants to go in two opposite directions at the same time, and he can only stagger. You will say that it is not always easy to acquire the certainty that enables us to be (Decisive. I know but, in order to escape destructive doubt, there is a method, which is to rise to a higher level, and say: 'Of course I am ignorant, I do not have the necessary intuition and clarity to understand reality completely, but this must neither trouble nor paralyse me. I place my faith in good, in the light and I will continue to act honestly, with

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disinterestedness and courage.' If you know how to remain in this state of mind, you will ultimately triumph over any doubts that assail you. **(JUNE 16, 2004)**

Imagine a man inside a sphere, another, outside. The one inside, of course, sees it as concave and the one outside, as convex. Both men discuss and squabble; it is impossible to have them agree.

Now let us interpret. The one who is inside the sphere is the heart: he observes life from inside – subjectively – that is with emotion, feeling, and sensation. The one who is outside is the intellect that observes things from outside – objectively, rationally. This is why discussions and confrontations have gone on for centuries between the heart and the intellect, between religion and science. Which is right? Both of them, but only 50% each. That is why a third observer comes along and says: 'The sphere is both concave and convex,' then of course the other two get angry and consider him insane. In reality, the latter is a wise man who contemplates truth in its entirety. This sage is our intuition, which has the capacity of bringing together thought and feeling to see things simultaneously from outside and from inside ... Yes, to know the true reality of things one must be both subjective and objective, standing both inside and outside.

(JUNE 23, 2001)

Each time you find yourself faced with a choice, reflect carefully, and once the right direction becomes clear, be decisive and act! If, despite this clarity, you begin to think: 'Maybe this will be too much trouble', or 'There will be a price to pay, since I'll antagonise so-and-so', you open the door to forces of darkness that will undermine you. On the psychic as well as the physical plane, every action entails consequences. Those who look for an excuse not to do what their good judgement or intuition dictates will end by losing these faculties. If they justify holding back on the basis that something is too difficult, soon they will lose their clarity as to the best path to follow. Yes, this is the result of doubts and indecision: you lose the ability to judge.

(JULY 15, 2003)

To a disciple, adaptability means an opening up of consciousness: that is, to have intuition and tact, to know the right word to say and the right moment to say it, to know the best time for action, and finally, to know the right way to behave. But all this must be accomplished without ever losing sight of the high ideal, and without compromising in any way the spiritual principles of honesty, integrity and straightforwardness. Understood in this way, adaptability calls for strength of character and a penetrating and subtle intelligence. A disciple's convictions must remain firm and unshakeable, but at the same time he must demonstrate his ability to be adaptable. Even when cut into pieces, if a person truly serves God, his love and faith remain steadfast.

(JULY 17, 1998)

The heart and the intellect are useful; they are necessary, but they are not enough for a true understanding of life without a third faculty, intuition, which is both an understanding and a feeling. Be careful, however, not to confuse intuition with clairvoyance. Intuition is superior to clairvoyance. Clairvoyance is a faculty that only allows you to look objectively at the astral and the mental plane. You can be clairvoyant and not understand anything you are seeing. Whereas with intuition you may not see anything, but you understand things as if you saw them one hundred per cent more clearly, because you are living and experiencing them.

(AUGUST 10, 1999)

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By observing insects we can make very interesting discoveries about our psychic life. For example: if we leave a little food on a table, right away insects such as flies, ants and wasps appear. By what intuition or power of divination are they able to detect from afar the presence of these crumbs? And if we clean them up, the insects leave. Well, the same law applies to the psychic realm. Here, too, all sorts of 'insects' sense from afar the impurities that human beings accumulate in themselves, and they come to feed off them. Everywhere, in all realms, everything is food for something else. Dark and evil creatures need to eat, as do luminous and divine beings. Therefore, beware of the entities which your thoughts and feelings attract to you!

(AUGUST 12, 2004)

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, 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)

Why is the existence of God so obvious to some people and not at all to others? The explanation is simple: at birth each human being comes to earth with the sum of experiences he has lived in his previous incarnations. What he has studied and verified in his previous lives is recorded in his soul and manifests in this life as an intuition of the divine world. If he now recognises the existence of his heavenly Father, it is because he has been with Him for a long time. He has communed with Him and has been left with such powerful imprints that he cannot doubt: he knows. Faith is therefore knowledge based on experience. Those who have experimented in the lower regions of their being in previous incarnations draw conclusions from those experiences which they obviously think is the truth. And those who have experimented in the higher realms of the soul and spirit also draw conclusions, but these are obviously different.

(AUGUST 23, 2004)

Purity alone allows intuition to develop. That is why, in our teaching, we attach such great importance to purity: living a pure life, eating pure food, drinking pure drink, breathing pure air, having pure thoughts and pure feelings.

Man's destiny depends on the clarity of his 'inner eye', and this clarity depends on his way of life. As soon as he commits an error and violates divine laws his spiritual vision clouds over, and he becomes entrenched in inextricable complications. Therefore, always try to become aware of the relationship that exists between your day-to-day behaviour and the clarity of your vision. If you decide to live a straight, honest and noble life, you purify yourself, and your subtle organs start to function. That is how, with proper guidance and direction, you will again find the springs, the fields, the lakes, the meadows and the mountains of your true homeland.

(AUGUST 29, 1999)

All living creatures, even animals, have an instinct allowing them to find solutions to their problems and a remedy for their pains. A sick animal, for instance, will instinctively find the plant which will cure it. And in many cases the instinct nature has given us also helps us human beings. But instinct alone is not enough. Instinct is a blind impulse belonging to the realm of the subconscious and it is up to human beings to enlighten it and to bring it into consciousness. This instinct is a kind of intuition, but manifested in the lower regions, whereas true intuition belongs

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to the realms of the soul and the spirit. There is a great similarity, therefore, between instinct and intuition; in fact it is almost the same faculty, but manifested in two different regions. So, to help find the plant that will cure them, animals have a kind of intuition, or let us rather call it a flair, which has nothing to do with intelligence, knowledge or consciousness. Whereas in evolved beings everything is conscious; they *know*.
(SEPTEMBER 12, 2000)

The intellect evaluates and draws conclusions on the basis of the appearance of things and on the partial view it has of them. That is why it cannot be relied on to make correct judgements about other people and situations, and that is the origin of many mistakes. Obviously, by accumulating over a long period a large number of elements you can succeed in seeing the complete picture, but how long does that take? There will always be subtle, intangible elements which the intellect cannot grasp. When you first meet someone, you cannot immediately know who he is. It takes a considerable amount of time to get to know him. The only instantaneous way to know a person completely is by developing intuition, which is a manifestation of the spirit. Intuition needs no other element to evaluate: it instantaneously penetrates the heart of people and of things and draws its conclusions immediately, without ever making a mistake. Nothing is hidden from intuition, it alone is able to know people and things as they truly are.
(SEPTEMBER 25, 1999)

In successfully taming the forces of nature by means of technology, human beings have attained an extraordinary level intellectually. But this is not yet the evolution the Creator has envisioned for the beings He created in His image. What He envisages, far beyond scientific or philosophical aptitudes, are faculties such as intuition, that is to say, the immediate understanding, the direct vision of things. You will say: 'But why then have human beings been encouraged to develop their intellectual faculties?' Because they are necessary, and if human beings do not possess these preliminary faculties, they will not be able to access the higher ones. It has been necessary for humanity to head in this direction and move through certain specific stages in order to develop new faculties today but, of course, without relinquishing those already acquired. The intellectual faculties must still be perfected and at the same time must remain subordinate to the new faculties coming to light.
(OCTOBER 15, 2004)

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)

Sometimes you may meet with a setback or have an accident, and thinking about it, you say to yourself: 'There was something, a tiny voice within, that warned me, but it was so very, very faint.' You did not attend to this warning because you listened, instead, to other voices that speak so loudly and so often, and these are the voices that lead you astray. It is important to know that Heaven speaks softly and without insistence: once, twice, three times and then it is silent. Yes, the voice of Heaven is always very gentle, melodious and brief. Likewise, intuition is

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no more insistent. So if you are not listening attentively, and if the loud blaring of desire and greed prevent you from catching this tiny voice, you will be constantly led astray.

(OCTOBER 17, 1998)

Everyday we meet different people and we cannot stop ourselves from spontaneously feeling either like or dislike for them, because they are natural feelings that even the sages experience. However, the difference between the sage and the ordinary man is that the sage controls his dislikes and does not give way blindly to his likes, because he knows that neither one nor the other are good criteria. They are often instinctive, purely personal feelings which originate in experiences lived in other lives. They do not provide impartial information about the value of a person, his qualities, or his defects. Many imagine that their intuition dictates these reactions. No, not at all. That is why we must make a habit not only of behaving with understanding and kindness toward people we do not like, but of recognising the mistakes and weaknesses of those we do like.

(NOVEMBER 13, 2003)

Because it has a synthetic view of reality, intuition is true intelligence. It does not need to do research or calculations, its understanding is instantaneous; it penetrates everything with a single glance – the objective and subjective worlds, the exterior and interior – and transmits its findings directly to you. Intuition is both a sensation and a comprehension; you feel things at the same time as you understand them. It is a superior intelligence that contains life as a first essential element. And when everyone else hesitates and doubts, one who possesses this intelligence and believes in it, understands immediately. Someone who, thanks to his intuition, begins to explore reality as it is – with both aspects, objective and subjective, exterior and interior – is amazed to discover the simplicity of all things.

(DECEMBER 3, 2001)

To explore the inner world is a difficult and dangerous enterprise. It is here that initiatic science is so necessary, for it teaches us that before attaining the heavenly regions of clear, luminous intuition, a disciple has to make his way through the dark regions of the lower astral and mental spheres, in which illusions and aberrations abound. These regions are like zones of dust and fog. Fog represents the crude emotions of the heart, and dust represents the aberrations of the mind. There is danger in lingering in these regions, therefore, for both fog and dust make it impossible to see clearly. Only those who make the effort to go beyond these perilous regions end by reaching the spiritual summit, the causal plane.

(DECEMBER 5, 1995)

APPENDIX: BOOKS

– BIBLIOGRAPHY –

Prenatal Education, Spiritual Electroplating

- Bradley Boatman: *A Gift for the Unborn Children* (Vidéo)
- Geoffrey Hodson : *The Miracle of Birth* (Brochure 1929)
- Peter Deunov *The Woman, Source of Love and Life* (Brochure)
- Omraam Mikhael Aïvanhov
 - *Education Begins Before Birth* (Book 1984)
 - *Hope for the World: Spiritual Galvanoplasty* (Book 1984)
- Denise Tiran:
 - Natural Remedies for morning sickness and other Pregnancy Problems* (Book 2001)
- Denise Tiran, Sue Mack
 - Complementary Therapies for Pregnancy and Childbirth* (Book 1995)
- Carista Luminaire Rosen, Ph. D.: *Parenting begins before conception* (Book)
- David Chamberlain *Babies remember Birth* (Book)
- Thomas Verny, Pamela Weintraub:
 - *Life before Birth*
 - *Pre-Parenting, nurturing your child from conception, questions medicals* (Book 2001)
- Ina May Gaskin: *Spiritual Midwifery* (Book 1990)
- Frédéric Leboyer *Birth without Violence*
- Jean Liedloff: *The Continuum Concept, in search of happiness lost* (Book 1985)
- Aviva Jill Romm: *The Natural Pregnancy Book* (Book 2003)
- Susan S. Weed: *Wise Woman Herbal for the Childbearing Year* (Book 1986)

* * *

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
- A Servant of God
- Angels & the Tree of Life (F)
- Becoming a Spiritual Disciple (F)
- Christ, Christians & Christianity (F)
- Education – *Guidelines for Parents* (F)
- Explanations on Heredity (F)
- Guidelines for Spiritual Work
- How to master Habits (F)
- How to surpass Karma & Predestination (F)
- How to work with Talismans
- Interpretations of the Gospel
- Life and Death
- Magic in everyday life
- Master & Discipleship (F)

Can '*Prenatal and Perinatal Education*' as well as '*Spiritual Electroplating*' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

- Meditation as the Gateway to harmonious living
- Means to bring 'Heaven on Earth'; *Prenatal Education & Spiritual Electroplating* (F)
- Music and Creation
- Nutrition for a successful life
- Only Beauty can save the World
- Proper knowledge of Human and Divine Justice
- Purity as the Key to Self-Realisation
- Real Freedom (F)
- Reflections on Birth (F)
- The Cosmic meaning of Marriage (F)
- 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)
- 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 AÏVANHOV

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- COMPLETE WORKS -

THE SECOND BIRTH

Table of contents

1. The Second Birth
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
6. Love, Wisdom and Truth
7. The Master of the Universal White Brotherhood - Peter Deunov
8. The Living Chain of the Universal White Brotherhood.

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.

THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

SPIRITUAL ALCHEMY

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

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 seeds 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

Table of contents

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|---------------------------------------|-------------------------------|
| 1. Life | 7. Unwanted Guests |
| 2. Character and Temperament | 8. The Strength of the Spirit |
| 3. Good and Evil | 9. Sacrifice |
| 4. Pitting Oneself Against the Dragon | 10. A High Ideal |
| 5. Presence and Absence | 11. Peace. |
| 6. Thoughts are Living Entities | |

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

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

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| Yesod reflects the Virtues of All the Sephiroth | The River of Life |
| Part I. Purity : Purity is a Question of Nourishment | Purity and Peace |
| Sorting and Selecting | The Magic of Trusting |
| Purity and the Spiritual Life | Purity and Speech |
| Purity in the Three Worlds | To Find Purity |

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

Blessed are the Pure in Heart
The Gates of the New Jerusalem
Part II. Love and Sex

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.

Part III. Realization - The Spring
Fasting - Washing - The Real Baptism
The Angels of the Four Elements.

THE SPLENDOR 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

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

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.

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 suffering 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

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

Marriage - Why Self-Control - The Need for a Guide

Give Your Love to God First.

Summary

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

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|--|---|
| 1. A Question of Attitude | 15. Open Yourself to Others and They Will Love You |
| 2. True Marriage | 16. Tantra-Yoga |
| 3. The Sun is the Source of Love | 17. Emptiness and Fullness : the Holy Grail |
| 4. The Goal of Love is Light | 18. Love is Everywhere |
| 5. The Manifestations of the Masculine and Feminine Principles | 19. Look for Love at its Source |
| 6. Master or Mistress ? | 20. Know How to Use Your Powers of Love |
| 7. Vestal Virgins ; the New Eve | 21. A Broader Concept of Marriage, Part IV |
| 8. Materialism, Idealism and Sexuality - 'On Earth as in Heaven' | 22. It Rises from Earth and Descends from Heaven |
| 9. Heart and Mind ; the Universal White Brotherhood | 23. The Secret of Happiness is in an Expanded Consciousness |
| 10. Seek the Soul and the Spirit | 24. 'Whatever you Bind on Earth' |
| 11. Restoring Love to its Pristine Purity | 25. Love God so as to Love Your Neighbour Better |
| 12. Love Transforms Matter | 26. Live Lovingly |
| 13. Love and Identification | 27. Our Only Weapons: Love and Light |
| 14. The Task of a Disciple | 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 fulness."

KNOW THYSELF: JNANA YOGA

Table of contents

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| 1. 'Know Thyself' | 6. Food for the Soul and the Spirit |
| 2. The Synoptic Table | 7. Consciousness |
| 3. Spirit and Matter | 8. The Higher Self |
| 4. The Soul | 9. Truth |
| 5. Sacrifice | 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 surfeit his physical body while his soul and spirit suffocate and die of hunger and thirst."

KNOW THYSELF: JNANA YOGA

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

Summary

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

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 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)

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| 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)

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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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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

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

THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

- EDITION IZVOR -

P0201AN : Toward a Solar Civilization

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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

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| 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

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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

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| 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

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

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

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

P0209AN : Christmas and Easter in the Initiatic Tradition

Table of contents

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

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

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 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

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| 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

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| 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

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| 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. |
| 5. Distilling the Quintessence | II - The Foundations |
| 6. The Power of Fire | 12. Learning to Read and Write. |
| 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

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| 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

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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. 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

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| 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

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| 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

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| 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

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| 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

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

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

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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
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

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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

Table of contents

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| 1. The Island of Patmos | God |
| 2. Introduction to the Book of Revelations | 10. The Woman and the Dragon |
| 3. Melchizedek and Initiation into the Mystery of the Two Principles | 11. The Archangel Mikhaël Casts Out the Dragon |
| 4. Letters to the Church in Ephesus and Smyrna | 12. The Dragon Spews Water at the Woman |
| 5. Letter to the Church in Pergamos | 13. The Beast from the Sea and the Beast from the Land |
| 6. Letter to the Church in Laodicea | 14. The Wedding Feast of the Lamb |
| 7. The Twenty-Four Elders and the Four Holy Living Creatures | 15. The Dragon is Bound for a Thousand Years |
| 8. The Scroll and the Lamb | 16. The New Heaven and the New Earth |
| 9. The Hundred and Forty-Four Thousand Servants of | 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

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| 1. Happiness: A Gift to be Cultivated | 12. The Spirit is Above the Laws of Fate |
| 2. Happiness is not Pleasure | 13. Look for Happiness on a Higher Level |
| 3. Happiness is Found in Work | 14. The Quest for Happiness is a Quest for God |
| 4. A Philosophy of Effort | 15. No Happiness for Egoists |
| 5. Light Makes for Happiness | 16. Give Without Expecting Anything in Return |
| 6. The Meaning of Life | 17. Love Without Asking to be Loved in Return |
| 7. Peace and Happiness | 18. Our Enemies are Good for Us |
| 8. If You want to be Happy, Be Alive | 19. The Garden of Souls and Spirits |
| 9. Rise Above your Circumstances | 20. Fusion on the Higher Planes |
| 10. Develop a Sensitivity to the Divine | 21. We are the Artisans of Our Own Future. |
| 11. The Land of Canaan | |

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

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| 1. The Two Principles of Creation, Water and Fire | 11. The Cycle of Water: Reincarnation |
| 2. The Secret of Combustion | 12. The Cycle of Water: Love and Wisdom |
| 3. Water, the Matrix of Life | 13. A Candle Flame |
| 4. Civilization, a Product of Water | 14. How to Light and Tend Fire |
| 5. The Living Chain of Sun, Earth and Water | 15. Water, the Universal Medium |
| 6. A Blacksmith Works with Fire | 16. The Magic Mirror |
| 7. Water is Born of Mountains | 17. Trees of Light |
| 8. Physical and Spiritual Water | 18. The Coming of the Holy Spirit |
| 9. Feeding the Flame | 19. A Treasury of Pictures |
| 10. The Essential Role of Fire | |

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.'

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

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
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
12. Malkuth, Yesod, Hod, Tiphareth, Archangels and

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THE DIFFERENT ASPECTS OF CLAIRVOYANCE AND INTUITION

3. The Angelic Hierarchies
4. The Names of God
5. The Sephiroth of the Central Pillar
6. Ain Soph Aur, Unlimited Light
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

- Seasons
13. The Sephiroth Tree, Symbol of Synarchic Order
 14. Yesod, Foundation of the Spiritual Life
 15. Binah:
 - 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

Table of contents

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 sephiroth Tree of Life, dominates the whole of creation.'

P0238AN : The Faith that Moves Mountains

Table of contents

- 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.

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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 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

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own quest for great things. - A delightful reminder of wisdom tales of all regions of the world.
All ages

CD5009AN : THE SEED

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"?"