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THOUGHTS OF A SPIRITUAL TEACHER

BECOMING
A
SPIRITUAL DISCIPLE

EDITION HEAVEN ON EARTH

BECOMING A SPIRITUAL DISCIPLE

This book is a collection of Daily Meditations
from the years 1987, 1988, 1995, 1998, 1999,
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Conception and Realisation:

Benjamin Christ

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In an initiatic school, the disciple works at strengthening in himself the feeling of respect, love, adoration and gratitude towards the deity. Whatever activities he has, he first tries to cultivate an attitude of wonder in face of the beauty and greatness of his Creator. This attitude allows him to feel a circulation of luminous energies, which he knows will bring him the greatest blessings.

However interesting the activities human beings may be engaged in: poetry, music, scientific research, etc. and however fascinating the experiences they may have, those and only those, who know how to cultivate a sacred attitude towards the Creator will find fulfillment. They have learnt to unite with a realm that surpasses them and approach such a realm with humility, respect and adoration, in the silence of the soul. **(FEBRUARY 21, 2001)**

A true initiate, a true disciple always looks natural, simple and approachable. Why would you want to draw attention with superior or inspired looks? You might say, 'You mean we must not show our spiritual acquisitions? – Yes, you must show them. – And how?' Since you have worked on yourself, since you have called on the spirit to shape you, sculpture you, then let your body, the features of your face, your posture and gestures speak in your favor. And you, stay simple and natural. Why impose yourself artificially? Since you follow a spiritual teaching, understand that your qualities – wisdom, purity, nobleness – will manifest naturally, without the need to adopt poses or make speeches to emphasize them. Simply let your interior work speak for itself; even without your knowing it, it will bear witness to your qualities. **(FEBRUARY 25, 2001)**

The palm tree is a tree that grows in the sands of the desert where the sun is fierce and water is scarce. The palm tree, however, says: 'This is what I can do in the worst of conditions,' and it produces dates, which are sweeter and more mellow than any other fruit. The palm tree is a true alchemist: It transmutes sand into sugar. On the other hand, another shrub planted in the very rich soil, kept well watered and growing in a favorable climate, only manages to be a blackthorn, producing bitter fruits. Many people resemble the blackthorn: they live in favorable conditions but, even so, they bear bitter fruit, they are always complaining. This shows that they are not aware of the riches they possess within themselves and do not know how they can make use of these riches. They should meditate on the image of the palm tree which flourishes and bears fruit in the worst conditions. That is why it is said in the Psalms: 'The righteous flourish like a palm tree.' **(SEPTEMBER 1, 1999)**

For far too many people, spirituality consists of reading esoteric books. They do not understand a great deal of what they are reading and it is all of little use to them because it is all merely theory – theories that are not always very accurate or even contradictory at that – which they can make no sense. But what does it matter? And so they continue to devour their books. When will they understand that spirituality is about choosing a few methods and studying those well and putting them into practice. Because what really matters is life, the divine life human beings must live. Divine life will bring them all knowledge of Heaven and earth. People who are content with just reading books are wasting their time. Even if they are able to explain the contents perfectly, they are fully aware that behind the explanations lurks a void, because no love, no light, no deep understanding emanates from them. Love and light are not obtained by reading but by applying the rules of initiatic science day to day. **(SEPTEMBER 2, 2002)**

Many people cling desperately to this life because they are ignorant of the fact that they could enjoy another, better life after they die. To survive, they may commit all manner of crimes, thus incurring karmic debts which, sooner or later, will have to be paid. A disciple of an initiatic school

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thinks differently. Sometimes he may reflect, 'Life on this earth is nothing more than drudgery: I am limited, subjected to scorn and rough handling, tormented and overworked,' and he images the beauty of the divine world. But he also knows that he is here on earth to work, to repair past errors and he accepts to do so, because he knows that as soon as he has finished this work, he will live in the freedom of space. Spiritual people know this truth and that is why, even though they know that their true life is elsewhere, they remain convinced they must stay here on earth. As long as their earthly affairs are not in order, as long as the work that Heaven has given them has not been finished, nothing else matters. They do not ask themselves whether they would prefer to live or die; they only wish to finish their work. However, as soon as that work is completed, they pass on with great joy, because they know the effort of clinging to this earth is not worth the candle. **(SEPTEMBER 20, 1998)**

The majority of people have only a mediocre destiny because they seem unable to keep their inner bearings and lose their way: they oscillate incessantly between light and darkness, and that is why their future is always uncertain. Try therefore to channel your energies and direct them towards the luminous world of harmony and love: the Divine World. Even if every now and then some shadows appear, it will not be for long: as long as you keep to the right direction within your inner self, there will come a day when you do not wander off the path any more.

Human destiny is governed by precise mathematical laws. Just as your present condition is the result of all you have lived in the past, your future is determined by the direction you give to your life now. **(SEPTEMBER 22, 1999)**

If we observe how water is purified in nature, we will notice that there are two possible processes. By the first process, water disappears into the ground to be filtered slowly through the different layers, leaving behind its impurities as it goes, before emerging farther on as spring water. By the second process, water is heated by the rays of the sun, becomes lighter, rises in the atmosphere in the form of vapor and rejoices in light; it purifies itself by evaporating and then falls back to earth in the form of dew or rain, bringing life to the vegetation.

As for water, there are also two means of purification for human beings. The first – unfortunately the most widespread – is for people to let the events of life make them go through great suffering, which presses and crushes them until they understand that they must rid themselves of obscure and unhealthy elements that they have nourished within themselves. But the disciples of initiatic science choose the second method: Each day they expose themselves to the rays of the spiritual sun and make some effort, through their mind, to ascend to the sun so as to absorb the most luminous elements, which will purify them. **(SEPTEMBER 26, 2001)**

The long-term destiny of human beings is to become like God himself, each day drawing closer and closer to His Wisdom, His Love and His Power, manifesting these qualities in their own lives. But along the way toward that great destiny, there are small, previously determined destinies we must cope with.

For instance, the destiny of our feet is to carry our physical bodies and walk in the direction indicated by our heads. Sometimes a foot lashes out and kicks someone, but that is not truly its destiny. The predetermined destiny of the hands is to create and bless; they can also harm and destroy, but that is not their true destiny. The predetermined destiny of the eyes is to look, to take in images and light; they can also give out withering looks, but that is not their destiny. And it is the same for all the physical organs.

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Now, what is a human being? We are a synthesis of all these predestinations, and it is our job to direct and organize them, because they serve as the means toward our great and distant destiny: To become like our Heavenly Father. **(SEPTEMBER 28, 1998)**

A materialist believes in the reality of the visible world and a spiritual person believes in the reality of the invisible world. It is this belief that gives them powers on one or the other world. A materialist has very little power in the plane of thoughts and feelings, because they identify too much with the physical plane. The danger for them is therefore that they are incapable of resolving problems in their inner world. The danger for a spiritual person on the other hand lies in the fact that from the moment they become capable of changing the flow of their thoughts and feelings, of transforming their sorrow into joy, discouragement into hope, they tend to imagine they are also easily capable of changing the outside world. Well no, our psychic faculties bring us into contact with the spiritual world and enable us to live in light, love and joy, and although this world is a reality, it is not a concrete, material reality. The objective world and the subjective world both exist and rather than confuse the two, a spiritual person must know where the correspondence between these two worlds lie and must then adjust them so as to carry out their work effectively. **(SEPTEMBER 30, 2002)**

Sight, hearing, smell, taste, and touch...our five senses connect us to the world around us. Consider the fact that we can hear sounds from a distance and see things at an even greater distance, but to feel and touch things we must get closer and closer to them, and to taste them we must even put them in our mouth. So the five senses can be classified. Hearing and sight leave human beings freer, while smell, touch, and taste tend to ensnare them, because they require them to come closer to objects and other beings.

But it is often the case that the higher senses - sight and hearing - lead people to the lower senses. Yes, eyes and ears try their utmost to sign contracts with the nose, the mouth, and the hands! A man marvels at the beauty of a woman, at the sound of her voice...Will he be satisfied merely to look at her and listen to her? He will not rest until he can get closer to her and breathe her perfume, caress her, and embrace her. But a spiritualist knows that he can break this contract, that if at times he resists approaching people and things in order to feel, taste, and touch them, he will make greater contact with their subtle being by means of his ears and eyes, and he will be freer. **(OCTOBER 2, 2003)**

Most human beings view the approach of old age with anxiety. For many, in fact, old age is a very unhappy time because of the way they have lived previously. They have wasted their energies in ordinary, useless activities, and then when they have almost nothing left, what can they expect from old age? But for the disciples of initiatic science, old age is the best period of life, because the years of searching and inner experience have given them clarity, peace, and serenity.

Obviously, even for the person who lives a sensible existence, old age will arrive one day with its inconveniences: weakness and illness. But those who have done real inner work will go through these times with greater confidence and tranquillity, never ceasing to enrich themselves spiritually. **(OCTOBER 4, 2003)**

The sacred books are the work of exceptional beings who, through prayer, meditation, and contemplation, succeeded in attaining the world of sublime truths. To understand these works, we must be able to vibrate on the same wavelength as these great beings and to follow the same path as them. And in order to do this we must begin by adopting their lifestyle, because lifestyle is everything. It is their lifestyle that has enabled the prophets, the initiates, and the

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great masters to approach the divinity, and it is this that you must adopt in your turn, for there is no other way. Do not worry about understanding the Bible or other sacred books right away, because they are often difficult to read; read them, but do not be troubled by them. But at the same time, work on yourself; impose a discipline on your life which will bring you closer to the world of the spirit. Jesus said to his disciples: 'I still have many things to say to you, but you cannot bear them now. When the Spirit of Truth comes, he will guide you into all the truth.' Without this contact with the Spirit, which one can obtain only through true asceticism, no understanding of the sacred books is possible. **(OCTOBER 5, 2003)**

He who embarks on initiatic tuition seeking to gain knowledge that will give him power, money and glory, exposes himself to grave danger. What he does not realize is that he is playing the sorcerer's apprentice with the powers of the mind and the soul, and that he will release formidable forces, even within his own body, which he will soon no longer be able to control. We have in the past seen people who have devoted themselves to occult science and who have ended up in trouble, to everyone's surprise. For years these people portrayed an image of wisdom and spirituality: All that concerned them was meditation, thought and study. And then one day, as if an uncontrollable force had taken hold of them, they succumbed to senseless acts of debauchery and violence: The few successes they had achieved had completely turned their heads. What they should have realized, however, is that the more you seek to elevate yourself, the more you must demand of yourself, becoming yet more disinterested and even more humble. **(OCTOBER 5, 1999)**

Matter is alive because it is animated by the spirit. If human beings are alive it is because their physical body is animated by the spirit. Human beings are therefore subjected to two influences: One from the spirit that stimulates them and the other from matter that paralyzes them and engulfs them. This is why they must always fight and if they are not vigilant, if they are not enlightened, they give in to inertia and become like a swamp, with its stagnating water full of bugs and producing miasma. People who allow matter to dominate, who do not spiritual work, run the risk of stagnating. The disciple, on the other hand, is someone who opens the doors to the spirit, giving it every opportunity to manifest and so the spirit, which then becomes king, begins to bring everything into harmony and enlivens and enlightens everything. **(OCTOBER 7, 2002)**

If human beings experience so many failures and difficulties in their lives it is because they are inwardly divided: The heart pulls one way, the intellect another and the will a third; the stomach wants one thing and the sex another. There is an old fable that tells of how an eagle, a fish, a mole and a crayfish decided to carry a burden together: The mole pulled towards the ground, the fish towards the river, the eagle up towards the sky and the crayfish pulled backwards. Well, you can guess how far they got with their burden! And this is exactly what happens most of the time with man, for there is nothing more difficult than to unite all one's different tendencies and get them to pull in the same direction. From time to time it can be done – but so rarely! And yet it is this unification of his different tendencies which alone can give man genuine balance and peace. **(OCTOBER 17, 1987)**

A disciple is one who acknowledges the existence of a higher world, a world to which he is subject, of which he is the servant. His desire is to learn, to carry out the designs of this higher world and do its will. And this attitude changes everything: It means that he becomes a representative of nature and begins to dispose of means which are not his alone but which belong to the whole cosmos, to the whole of nature. He who clings obstinately to his own

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anarchistic philosophy will be reduced to drawing on his own limited resources and will gradually become poorer, whereas the disciple who, on the contrary, has understood the advantage of serving the cause of Heaven, becomes gradually stronger and richer because he disposes of a divine, cosmic capital. **(OCTOBER 25, 1987)**

You decide one day to learn to play, let us say, the violin. So you go out and buy an instrument and music books and you begin to play. For the first few days you practise one or two hours each day, but very soon your enthusiasm starts to wane and you stop. One week later you go back to your violin and then once again you stop. And so it goes on, practice followed by lazy inactivity, according to your mood. But now imagine for a moment that you have a violin teacher. You practise regularly because you cannot go to a lesson without having prepared. And your teacher is always there to correct your mistakes or to give you encouragement. For this same reason it is necessary to have a master if you want to make progress in your spiritual life, because you have to make an effort for him. You say you do not want a master, that you will manage by yourself, that there is no need for someone to guide you. Very well. Do as you wish. But if it is not a master, then it will be life that takes charge of you, and life is likely to teach you some very hard lessons. **(OCTOBER 26, 2000)**

The disciple must take measures in order to ensure that his lower nature does not get the better of his divine nature. When he succeeds in a particular area, he must tell himself: 'It is not I who deserve the credit, but You, Lord,' otherwise he risks falling into the trap of arrogance. When you receive praise or you are being congratulated, be on your guard, do not allow yourself to become swollen-headed, but keep saying to yourself: 'It is not I who deserve the glory, but You, Lord.' Other people often unintentionally set you traps, and you could take their compliments so seriously that you become arrogant and pretentious, which poses a threat to your personal evolution. You must work for the glory of God, and if you are praised, transfer this praise on to Him: That is how your impersonal, disinterested side can develop. Heaven appraises you according to your attitude in order to know in whose name you work. Nothing is more important for a disciple's true glory than glorifying the Lord. **(OCTOBER 26, 1999)**

Disciples are people who think only of using their time, energy and all the materials nature and the Lord has given them to progress and realize the highest ideal. Just like the good slave in the Gospel who was given several talents by his master before the latter went on his travels, disciples do not bury their talents in the ground, like the bad slave, leaving them non-productive, rather they work to make them bear fruit. Disciples are intelligent, sensible servants who want to use everything Heaven has bestowed on them to do divine work. Be it air, water, food, be it thought or feeling, be it their bodies, their eyes, their ears, everything that exists in nature, they are able to put all these things to work. And whereas many waste their time, fritter away their strengths and become weak and impoverished because they have no working method, disciples grow richer every day and let others benefit from their acquisitions. **(OCTOBER 27, 2000)**

Unless you are alive and well nourished to begin with, you can philosophize or do scientific research or practise the arts until the cows come home, but it will all be in vain. Therefore, what is of prime importance is that you are well nourished and alive, and then, if you have the time and are so inclined, you can practise all the disciplines you wish.

Universities and academies give students a great deal of learning but no nourishment. That is why students tend to stagger along on unsteady legs, with empty hearts and a fog before their

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eyes. Students in the school of great initiates fare very differently: There they are well nourished, and when they become strong and robust they are given a plough, taught how to till the soil and encouraged to get down to hard work. You may say, 'But we can't want to till the soil!' Obviously, this is symbolic: The earth I am referring to is something we all possess – our minds. Those who know how to work their own soil and plant good seed in it will eat their fill to the end of their days. Others may find their plot full of thistles, thorn bushes and brambles – not only useless, but also harmful, both to themselves and to all their near and dear ones. **(OCTOBER 27, 1998)**

Disciples of an initiatic school must do all they can to settle harmoniously any problems with those near to them, otherwise, they will create new karmic debts. Why do members of the same family have to settle their arguments over money in court? Why are they not above all that? Why are they so attached to their own interests and possessions? It would be so simple to make a generous gesture and be free of this pettiness. To begin with, of course, such a gesture would not come easily – it would go against the grain and be a difficult step to take. But if a reconciliatory gesture could be given, whole new worlds and fresh insights would open up and these people would be the proudest and happiest of all, because they would have achieved something very hard to do: They would have conquered their inferior, greedy and possessive natures.

The lower nature ceaselessly counsels people to defend their interests with tooth and claw, even to the point of fighting in the courts of law. And these same people believe they are capable of following a spiritual teaching! But no, they are not. **(OCTOBER 28, 1998)**

Vigilance is vital to spiritual progress. Therefore, every moment of the day, be aware of what enters you and what leaves you, analyze the thoughts, wishes and feelings that go through you, but also analyze the energies that leave you. It is in your inner laboratory that you must examine the reality of things and ascertain whether you are moving forwards or backwards. If you are not aware, how can you know what is going on?

There have been times when I have asked someone: 'What are you thinking about?' and their reply has been: 'I don't know.' I find this really quite astounding. Currents and entities are entering and leaving these people and they are not even aware of the comings and goings. How can people like that be in control of the situation? They will always be weak and defeated. Whatever the currents passing through you, you must recognize their nature, the regions from which they have come; this is how you will progress. In an initiatic school there is only room for people who have awareness. **(OCTOBER 29, 2002)**

Learn to look upon men and women with a feeling of sacredness, and behind their appearance and behind their shape of their body or their face you will discover their soul and their spirit which are the son and daughter of God. If you can let your attention rest on their soul and their spirit, all God's creatures that you have neglected, abandoned and despised in the past will seem extremely precious. Heaven, which sent them on earth in all kinds of disguises, looks upon them as treasures, as receptacles of Divinity. So, whenever you meet anyone, instead of focusing on their physical appearance, their wealth, their position or their education, look at their soul and their spirit, otherwise you will never come to know their quintessence. Tell yourself that, in the eyes of God who created them, even those who walk around on earth as beggars or tramps are princes and princesses. **(OCTOBER 31, 1999)**

There is no nobler activity than to participate in the work for the coming of the kingdom of God and his righteousness. You have to be aware of this and participate with all the means you have, great or small, even with your weaknesses and deficiencies – no matter – just participate. When

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there is an election, no one insists that people be necessarily smart or able in order to vote; even idiots can vote. Well, we too must vote for the kingdom of God and his righteousness, participate in the coming of this kingdom of earth and be happy and proud to do so. In the eyes of Heaven there is nothing more important. It is true that most people participate to a certain extent in all kinds of enterprises, but most of the time these enterprises are mundane or worse – stupid, pernicious or even diabolic. Whereas here, we offer you the most glorious and sublime enterprise in which you can participate: the kingdom of God and his righteousness, the Golden Age. **(NOVEMBER 1, 2001)**

People and things may help us, but we must never count on them absolutely. Since they are exterior to us, they may not always be available; one moment they are there, and the next they are elsewhere. The true adept of initiatic science learns that he must look inside himself for what he needs to live in plenitude. Because it is in his soul and spirit that God has deposited all riches. And since they are within him, they remain with him. Of course, the exploration of this terrain is a long-term undertaking that demands daily effort, but it is worth it. The nourishment we obtain from the sublime realms of the soul and spirit satisfies us for days and days, and nothing can take away this sensation of immensity and eternity. **(NOVEMBER 4, 2003)**

Disciples must do their best to master their own consciousness, so that they do not give in to all kinds of forces threatening to control them. The inner voice of a disciple must speak stronger and louder than any other, in other words, than the voices of the belly, stomach, genitals, liver, brain and heart, which constantly send out their representatives to make demands. Of course disciples cannot prevent some suggestions, in the form of images or instinctive impulses, from reaching their spiritual work, but they must learn to control them. Only then will they be able to lead independent lives. Disciples are people who have understood that all the conflicting forces of will within them must be controlled and enrolled to work in the interest of their whole being. They impose upon their being the law of the spirit and thus their consciousness becomes superconsciousness. **(NOVEMBER 5, 2000)**

When Jesus said, 'It is not meet to take the children's bread, and to cast it to dogs', he was talking neither of physical bread nor of physical dogs. Both must be understood symbolically. The bread is that which is prepared by our hearts, minds, souls and spirits for the nourishment of angels and archangels and other heavenly entities, and we must take great care of it. We must not allow it to be eaten by 'dogs', that is, by animals of the astral plane. Blessed are they who are impregnated with this thought! Divine entities sometimes come to visit us, but if the inferior entities of the astral plane have already devoured everything they go away again. This is the truth about. From time to time sublime visitors, royal guests, come from the invisible world to give us some of their experience, virtues and light, and when they come we must be ready and able to put before them the kind of food they like. **(NOVEMBER 5, 1995)**

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, analyse 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 crystall 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

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

True anarchy is the refusal to conform to divine laws. The disciple of light fears anarchy more than anything else, knowing that, if he accepts it, it is first deep down inside himself that he will be entangled in disorder, imbalance, disintegration, etc. Even our health depends on the recognition of a universal order. When we begin to introduce order within us, everything calms down, is balanced, harmonized, enlightened and strengthened, revives and becomes more attractive. We begin to vibrate in unison with the whole cosmos, with all the celestial regions, and we become like a source, like a sun ... something that radiates and flows. Every one of us should strive toward this ideal instead of leaving our door wide open to all the harmful currents that float everywhere in the form of philosophies or ideologies hostile to the divine order. Whether it be an individual, a family, society or country that lays itself open to these bad currents, it would destroy itself; the law is implacable. So, be aware of this and do everything you can to be in harmony with the divine order. **(NOVEMBER 7, 2001)**

Imagine a man who would visit a foreign country and proclaim, 'Gather together, call out the fanfares, pay me tribute, I will explain the reason of my visit ...' People would laugh at him ... and perhaps even put him away somewhere. People will not acknowledge somebody who appears in this way in his own name. But now here comes an ambassador from the United States for example; even if he is small, puny and sickly, he is welcomed with great honors. Fanfares play, soldiers parade, everyone bows before him, because he comes on behalf of the United States; and since the United States is a vast and rich country recognized in the world, it is to the United States, through him, that they pay tribute. The same thing applies to a human being in relation to the luminous entities of nature. If a man presents himself on his own authority without having anything on him that commends him to their attention, they will not recognize him. They ask him, 'Where do you come from? Show us your credentials!' And since he has nothing to show that is greater or more revealing than himself, they send him back. But if he bears signs of his conformity with the divine order, they will recognize Heaven through him, greet him and give a reception in his honor. **(NOVEMBER 11, 2001)**

Suppose you own a field and in this field you plant both rye grass and wheat at the same time. Both will grow together, because the soil nourishes all seeds, the good as well as the bad. You cannot tell the soil it is stupid, that it should have suffocated the bad seeds and let only the good seed grow, because it will reply: 'I don't understand what you're saying. My job is to nourish and protect all seeds, without concerning myself with their qualities. As far as I'm concerned everything is good, even the bad is good.' And it is the same with your inner soil. If you sow good desires then the harvest will be wonderful, but if you sow bad desires, Nature will also nourish and strengthen them because bad also has scope to grow. Until when? Until harvest time. This is when the master of the field will give the order to burn the weeds and to fill the stores with the good grain. And this is what Jesus explains in the parable of the good seed and the weeds. He knew bad has as much right to grow as good. It is up to man not to sow the bad. **(NOVEMBER 12, 2000)**

A disciple has to cultivate sensitivity. I am not talking about the sickly, neurotic sensitivity which is mortally wounded or incapacitated by the slightest word, the slightest criticism. Unfortunately, everybody already has that kind of sensitivity; it is all common, but that is not true sensitivity.

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True sensitivity is the capacity to perceive what is going on in the invisible world; to sense the currents and invisible entities that surround us and come in and out of us. The fact is that there is much more going on in the psychic world than in the physical world, so it is there, in the psychic world that we should learn to sense thoughts, feelings, currents, the presence of invisible entities and all that is subtle and intangible. True sensitivity, therefore, is sensitivity in respect to the invisible world and, above all, to all that the invisible world contains that is most luminous and divine. **(NOVEMBER 17, 1988)**

The higher world and the lower world are not separate, they are linked. That is why, when you have a very elevated, very spiritual wish, it can immediately provoke your lower nature and then arouse negative forces. Yes, those magnificent things you desire on high awaken contradictory forces and desires in the roots of your being! These tricks of the lower nature triumph with much greater difficulty in the disciple who is instructed and enlightened, because he knows that he must take precautions. At the same time he is building his inner temple, he positions around himself beings that watch over and protect him. In early freemasonry, whose philosophy is based on a true science, the mason is represented working with a trowel in one hand, and in the other a sword with which to defend himself. So, while the mason is busy building, he is also vigilant, he makes sure that in the cover of darkness certain enemies do not try to worm their way into his fortress. **(NOVEMBER 18, 2003)**

Man has every possibility within himself, but he does not know it. And this is why he always looks elsewhere for the means to solve his problems; always outside, never inside himself. But the means he finds on the outside are only suitable for working on matter; they are of no use in helping him to transform himself inwardly or to work on his soul and spirit. When it comes to developing his physical body, that is all right: He can use various instruments or external forces, but when it is a question of becoming one with God the only effective means are those he finds within himself. This is why it is so important for a disciple to explore and develop all the possibilities God has implanted in him. When God created us He gave us all the means we needed to reach perfection and fulfillment. These means reside in our powers of thought; for this reason it is important to acquire the habit of working every day to unite oneself with God and to learn to love this work. **(NOVEMBER 21, 1987)**

The wealth of a spiritual person is something so subtle as to be imperceptible and yet, once he becomes aware of this wealth, all Heaven and earth are his. Why can't people understand this? Some say, 'I do understand. I know perfectly well that our material possessions cannot last, that they never really belong to us and that we're going to have to abandon them one day, because we can't take them with us. But even though I know it's wrong, I prefer to live a materialistic life, because that is the life I enjoy!' And, sadly, that is the way it is: When the mind recognizes the merits of one thing and the heart yearns for something else, what will the will do? It will do whatever the heart commands. If you want to live that vast, rich, unlimited life, it is not enough to understand, you also have to love it. **(NOVEMBER 24, 1987)**

The more you unite with the divine Source, the more you attract luminous entities that come to help and support you. This is how you become strong, radiant, in control of yourself and in possession of the powerful keys of realization. If there is anything you should fear, it is to do something that would send these divine craftsmen away from you, for each fault produces dark and sickening emanations that these invisible friends cannot bear. Only one thing attracts them: the pure and harmonious ambience created by a person who has succeeded in placing God at the summit, at the center of his life, and who prays and meditates to

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keep this link with this summit, with this center. Gradually his soul opens up to the point of feeling – of even seeing – these celestial workmen run the waters of the river of life over him and illuminate him with their rays. **(NOVEMBER 26, 2001)**

Disciples of an initiatic school must assume their obligations and work for their living so as not to be a burden to others. At the same time they must take the time to nourish their soul and spirit and be ready to work as a true son or daughter of God in the vineyards of their heavenly Father. We are on earth in order to accomplish great things ... and so much remains to be done! Many people think of nothing but gaining a prominent position in society; they have forgotten the commitment they made in Heaven before coming to earth. No inner light shines from them, but as they are impeccable and irreproachable from the point of view of conventional values, they think they are fulfilling their task perfectly. No, one cannot fulfil one's true task in life by succeeding socially. One has to devote some time every day to the development of one's soul and spirit, so that their light may at last impregnate the matter of one's physical body. **(NOVEMBER 29, 1995)**

You have won a few victories over laziness, anger, jealousy, sensuality, and so forth...If you say to yourself: 'Oh! I have triumphed over temptation, how strong I am!' know that at this moment, in fact, your lower nature is preparing traps so subtle that you will undoubtedly fall into them. You do not yet know the tricks of the lower nature. It is when you are the most confident that it takes the upper hand and succeeds in surprising you the most. You must remain humble, and do not delude yourself about the few small results that you have obtained. A true disciple realises that the feeling of having carried off a victory exposes him to every danger, and he says to himself: 'Who knows what is waiting for me now? I must not be triumphant, it is too soon!' And not only does he remain vigilant, but he begs God to send him His aid. **(DECEMBER 12, 2003)**

If a disciple realizes that he is unable to manifest the qualities that he believes he possesses, he must not be discouraged or impatient. If he gets discouraged or angry with himself or others or, even, with the Lord, it is a very bad sign. He must learn to be more humble, otherwise it shows that his reasoning is at fault. And when this happens it is always because the personality has managed to slip in when conditions were particularly favourable and lead him astray. It is as though Heaven had sent him some difficulty or a messenger to prick him and nip at his heels or make a few disturbing suggestions, just to see what would happen: and what happens is that he gets upset, which proves that he was not ready to face up to a severe trial. Yes, Heaven sends us these little tests so that we can get to know ourselves better. **(DECEMBER 12, 1987)**

A true spiritualist dedicates his life to Heaven saying, 'From now on I will work for the Kingdom of God. I will abandon all these futile occupations, all these passing pleasures that bring me nothing.' By doing this, he releases within himself spiritual energies that were paralyzed and enslaved by ordinary, everyday habits and he can at last bear fruit.

Look at a tree: When it is invaded by insects and caterpillars, it cannot bear fruit and we must rid it of its parasites with insecticides. In the same way, someone who gives in to laziness and the basest pleasures attracts parasites, dark entities of the astral world that come to nourish themselves through him. They invade his body, will, heart and intellect, they suck up the sap that should nourish his higher self. Yes, this is true: Human beings shelter within themselves other beings that drain them of all their energy. To get rid of these parasites, they must dedicate their whole being, all their activities to Heaven and it is then that they will bear only succulent fruits. **(DECEMBER 17, 2001)**

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BECOMING A SPIRITUAL DISCIPLE

Every disciple of an initiatic school can be compared to the knight Percival, who goes in quest of the Grail. But in reality it is within himself he must left this quest for the Grail. The Grail, this cup, is our body and I do not mean only our physical body, but also our astral body (where our feelings dwell) and our mental body (where our thoughts dwell). Since we are alive it means our platter is the receptacle of divine life, of the blood of Christ, the spirit, but this receptacle is not perfect. A great deal of effort is still required before we gleam like the Holy Grail and before we produce the same marvelous effects. According to the legend it is knights who went in quest of the Grail because the virtues needed for this inner work are those generally associated with a knight, in other words, intrepidity, tenacity, loyalty, fidelity and nobleness of character. And our teaching gives all the methods to develop these virtues. **(DECEMBER 26, 2000)**

Whatever may happen, a true spiritualist never interrupts the divine work he has undertaken. Even amidst the worst trials, he tells himself, 'Here is a good opportunity once more to mobilize all hostile forces and put them to the service of my work.' Whereas most people, even if nothing bad happens to them, manage to demolish all the good they have acquired through sheer carelessness. So, they build, they demolish ... they build, they demolish ... and that is why they never really obtain results. To obtain results, we must never abandon the work undertaken but use everything – the good and the bad, joys, sorrows, hopes and discouragement – in its service. Yes, everything in the service of work. This can truly be called 'building', for each day adds new elements. **(OCTOBER 11, 2001)**

In the mind of a disciple, to adapt oneself means to be understanding, perceptive and intuitive, to be tactful and capable of knowing just what to say and when and how to say or do something; in other words, to have exactly the right attitude. And this must be done without the loss of one's ideal, that is to say, with complete honesty, integrity and rectitude and without betraying or compromising any spiritual principles. Adaptability understood in this way depend on the flexibility of one's character and the subtlety of one's intelligence. While showing himself to be flexible, a disciple must remain firm and unshakeable in his convictions. Even if he is chopped up in little bits, a true servant of God is unshakeable in his love and invulnerable in his faith! **(OCTOBER 13, 1988)**

True artists are people who want the beauty and harmony of creation to pass through them, to be reflected through them. This is why they use their own flesh as sculpting material, as painting-canvas, and their chisel, their brushes, are their thoughts and feelings. Beauty is a living reality, whose source remains hidden deep within a person and which, when it gushes forth, impregnates the entire body, the skin, the eyes, the smile and even the voice. But only luminous thoughts and feelings of unselfish love can bestow this beauty on you. And then everywhere you go you leave behind the scent of blossoming flowers and ripening fruit from the garden of your soul. **(OCTOBER 15, 2000)**

The evolution of a human being is measured by his ability to surrender with humility to the laws of nature, which are divine laws. He recognizes the superiority of the beings which have established these laws, he lives in harmony with them, and he carries out their will. The evolution of a human being is also measured by his awareness of others and his efforts to influence them in a positive way. From such a person we may expect only the best and the most beautiful. Even though he may not be able to manifest himself as a poet or a musician, he is already on the path to poetry and music, because he is attuned to the laws of harmony and is linked to the divine world. As for those who do not care if they create chaos, it can be said that they are still very low on the ladder of evolution. Yes, an anarchist is not an evolved being. An

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evolved human being, an intelligent person, is always careful to respect an order that surpasses himself. **(OCTOBER 17, 2003)**

It is generally believed that you have to put your material affairs in order before taking up a spiritual life. You declare, 'First of all I need a job. Then I intend to marry and raise a family, and this will keep me busy for many years. Afterwards, however, I shall be free and then I can devote myself to the spiritual life.' It has escaped your notice that these thoughts are a cunning trap laid by your lower nature, your personality, to keep you as far away as possible from life as it really is.

If you try to sort out all your everyday affairs before espousing the spiritual life, you will never do anything, because material business is never finally settled: Unexpected things always turn up that have to be put right. Therefore, no matter what the state of your material affairs, you must set out on a spiritual path. For what reason? Because by putting a spiritual life in first place, you will be working on the world of causes, and thus you are preparing the best conditions for the gradual improvement of all your material concerns. **(OCTOBER 18, 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 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 more highly evolved a man is, the more intense is his life. In fact a disciple may be alarmed when he feels his life becoming too intense because he has the impression that something is going to explode. And it is true that his nervous system could break down. However, he can ensure that this does not happen by working so that his vibrations increase in intensity only gradually and progressively. The human organism can stand up to tremendous strain, but only on condition that it is not asked to do so too suddenly. The brain is like an engine that has to be warmed up gradually to avoid making it seize up. If you feel that your brain is liable to burst because of too much psychic or spiritual activity, what is to stop you from doing a little physical work, for instance, and getting rid of some of that energy in your arms and legs? You will quickly find your balance again if you know how to redirect your energy for a few moments.

(OCTOBER 19, 1988)

Do not say you have no means of knowing if things are right inwardly, because you actually have a criterion by which to measure your inner state and this criterion is light. When you meditate or you are in a highly spiritual state, you can sometimes feel that everything in you becomes luminous, as if lamps had been lit, as if a sun were shining within. You even feel this light shining through your face, your hands, the whole of your body. Why? Because as soon as you elevate yourself towards the higher levels of goodness, generosity, gentleness and purity, light generates within you, you feel it, you see it and everything lights up. Whereas if you give into lower states of consciousness, you do not even have a look in the mirror, you physically feel the darkness on your face. So, never forget the criterion of light. **(OCTOBER 20, 2002)**

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Music exists within us when there is harmony between our thoughts, feelings and actions. All harmonious agreement of thought, feeling and action exists as music. The ideal of a disciple is the realization of this inner harmony, which then enables him to attune himself with every living being here on earth and throughout the universe. Harmony is the basis of all our work together in the Brotherhood: inner harmony first of all and then harmony with all that exists. This is why we sing: in order to cultivate inner equilibrium, which is the prerequisite for harmony.

(OCTOBER 20, 1998)

The passions create a special kind of heat which arouses the animal nature in man. Most ferocious beasts of prey live in the equatorial forests of the world, where it is very hot. If a man lives a great deal of the time in his own equatorial regions (stomach and sex), he nourishes passions (beasts of prey) which begin to increase and multiply within him. When someone is hot with the fire of passion, his wild beasts become aroused. The heat of the passions should be avoided. This is why Initiates try to bring their disciples out of these hot regions into cooler regions, the regions of wisdom. Let me give you an example: If you are very rich and famous you are living in a hot climate of abundance, and your wild beasts are easily roused. If you cannot control them, you will indulge in a life of pleasure and begin to satisfy your own ambitions to the detriment of others and, in this way, you will gradually sink down into Hell. This is why it is far better for those who are weak not to be too well off materially, for in this way they will be in a better position to master their inner wild beasts.

(NOVEMBER 6, 1987)

Money and possessions have always been a cause of division and confrontation for human beings. Just look at what happens in families, at the many dramas resulting from problems of inheritance. Greed and lust are the cause of permanent conflict not only in families, but in society and in countries. Yes indeed, the desire always to have more lies at the heart of any war. Whatever the motives people attribute to a war – and these are often very noble – the true motive is always to go and take something from the neighbour, be it money or land. If only people could be less self-interested, more generous, so many conflicts would be avoided. There is nothing wrong with wanting possessions, but this should not be at the detriment of others. And those who are rich should not keep everything for themselves; they should learn to redistribute this wealth. No being is richer than the Lord and his best representative on earth is the sun. The sun is so rich he overflows and he must distribute his riches so as to avoid exploding. Why not do like the sun? If not with material wealth, which you may well not have, then with spiritual riches.

(NOVEMBER 4, 2000)

You can only achieve the infinitely great by beginning to work with the infinitely small. If you wish to reach the Divinity, you must begin by concentrating on the cells of your body and be aware that each cell is a living entity. If you think each day about your cells – how to purify, strengthen and enlighten them – you will gradually feel the beginnings of contact with the Divinity, whose very being is all purity, strength and light.

(SEPTEMBER 5, 1998)

The disciples of an initiatic school have a duty to fulfil: the duty to transform themselves in such a way that they inspire in those they meet the desire to follow their example. How can people fail to see the beauty of this endeavour? May they finally decide to begin a work upon themselves of which they will one day be proud. Pride, in fact, is one of the sentiments least prevalent among human beings today. When we meet people, something in their attitude, in their face, reveals that they are not proud. They might be vain or arrogant, and outwardly they may pretend to be something; but inwardly we sense that they are not as content or sure of themselves as they try to appear. To be proud of yourself because you feel you have accomplished your task, that you

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have done all you could do, is an extraordinary state of consciousness. There is no greater happiness than to leave this earth with the feeling that you have fulfilled your duty.

(SEPTEMBER 11, 2003)

If, despite their efforts, people fail to improve just a little while on earth, it is because they have not learnt to rise through thought to the contemplation of a world that surpasses them – the spiritual regions full of more evolved entities that could serve as examples and models for them. If people do not sense a superior reality somewhere, which can inspire their daily life, they will never be able to create something better, truer and more beautiful. And this is precisely the true work of a spiritualist. Yes, contrary to what some people think, a spiritualist is not some kind of scatterbrain who lets himself indulge in all kinds of wild, sterile imaginings. On the contrary, spiritualists are people who have a real discipline and who, with the help of meditation and contemplation, manage to grasp the perfection that is up above and try to reproduce it here on earth. This is the only way to achieve true transformation.

(SEPTEMBER 15, 2001)

Life sends us all kinds of trials. But these trials have beneficial effects for some and harmful effects for others. Why? Why do some people succumb or become malicious whilst others strengthen their will-power, their love and their light? For all trials to be beneficial it is not enough to be sturdy and headstrong; thought and good sense need to have their say. The first thing a disciple must do when faced with a trial is to accept it by saying that, since he is the son of God, he has within him the means to overcome it. He must then find these means, which may be of all kinds. But the first thing to do is to accept the trial, and not to say: 'How can this be? Why is this happening to me?' It is happening to you and from it you must try to extract the elements that are most useful to your evolution. This is why you must love trials. But to love them is not go and look for them stupidly. They will come your way without your having to look for them. You must love trials simply because loving them is the best way to confront them.

(SEPTEMBER 20, 2002)

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EDITION HEAVEN ON EARTH

(ALL ADOBE-FILES)

THOUGHTS OF A SPIRITUAL TEACHER

OMRAAM MIKHAËL AÏVANHOV:

- A correct understanding of Good and Evil (F)
- A new Light on Prayer
- A new Understanding of Health
- 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)

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- 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 »

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EDITION PROSVETA

OMRAAM MIKHAËL AÏVANHOV

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- COMPLETE WORKS -

THE SECOND BIRTH

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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.

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SPIRITUAL ALCHEMY

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| 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

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| 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

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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

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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 Aïvanhiov renews in our times the sense and significance of the ancient Initiations enriched by his own innumerable discoveries. He has personally practised and experimented at length with the rules and exercises he proposes for our use ; their purpose is to liberate man and awaken in every fibre of his being the vital, harmonious forces of Divine life.

THE SPLENDOUR OF TIPHARETH

Table of contents

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

Summary

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

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

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

THE KEY to the Problems of Existence

Table of contents

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

Summary

This book shows us that our 'personality', that inner force of which we are all aware and which so often leads us astray, can be a precious ally rather than an enemy. Instead of waging a losing battle against our lower nature, we can learn to control and use it to elevate ourselves. In doing so we gradually discover the existence of a higher

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BECOMING A SPIRITUAL DISCIPLE

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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BECOMING A SPIRITUAL DISCIPLE

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

- | | |
|--|---|
| 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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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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BECOMING A SPIRITUAL DISCIPLE

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

Table of contents

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

Summary

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

BECOMING A SPIRITUAL DISCIPLE

- EDITION IZVOR -

P0201AN : Toward a Solar Civilization

Table of contents

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

Summary

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

P0202AN : Man, Master of his Destiny

Table of contents

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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

Table of contents

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

Summary

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

P0204AN : The Yoga of Nutrition

Table of contents

- | | |
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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

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

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BECOMING A SPIRITUAL DISCIPLE

- 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

P0206AN : A Philosophy of Universality

Table of contents

- 1. What is a Sect?
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P0207AN : What is a Spiritual Master ?

Table of contents

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

Summary

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

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

Table of contents

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

Summary

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

P0209AN : Christmas and Easter in the Initiatic Tradition

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BECOMING A SPIRITUAL DISCIPLE

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

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

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

P0214AN : Hope for the World : Spiritual Galvanoplasty

Table of contents

- | | |
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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

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

Summary

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

P0216AN : The Living Book of Nature

Table of contents

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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. II - The Foundations |
| 5. Distilling the Quintessence | 12. Learning to Read and Write. |
| 6. The Power of Fire | |
| 7. The Naked Truth | |

Summary

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

P0217AN : New Light on the Gospels

Table of contents

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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

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

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

P0218AN : The Symbolic Language of Geometrical Figures

Table of contents

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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

Table of contents

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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

Table of contents

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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

Table of contents

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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

Table of contents

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

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7. Outer Knowledge and Inner Knowledge
8. From Intellect to Intelligence
9. True Illumination
10. The Causal Body
11. Consciousness
12. The Subconscious
13. The Higher Self.

Summary

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

P0223AN : Creation: Artistic and Spiritual

Table of contents

1. Art, Science and Religion
2. The Divine Sources of Inspiration
3. The Work of the Imagination
4. Prose and Poetry
5. The Human Voice
6. Choral Singing
7. How to Listen to Music
8. The Magic Power of a Gesture
9. Beauty
10. Idealization as a Means of Creation
11. A Living Masterpiece
12. Building the Temple

Summary

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

P0224AN : The Powers of Thought

Table of contents

1. The Reality of Spiritual Work
2. Thinking the Future
3. Psychic Pollution
4. Thoughts are Living Beings
5. How Thought Produces Material Results
6. Striking a Balance between Matter and Spirit
7. The Strength of the Spirit
8. Rules for Spiritual Work
9. Thoughts as Weapons
10. The Power of Concentration
11. Meditation
12. Creative Prayer
13. Reaching for the Unattainable.

Summary

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

P0225AN : Harmony and Health

Table of contents

1. Life Comes First
2. The World of Harmony
3. Harmony and Health
4. The Spiritual Foundations of Medicine
5. Respiration and Nutrition
6. Respiration:
- I. The Effects of Respiration on Health
- II. How to Melt into the Harmony of the Cosmos
7. Nutrition on the Different Planes
8. How to Become Tireless
9. Cultivate an Attitude of Contentment.

Summary

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

P0226AN : The Book of Divine Magic

Table of contents

1. The Danger of the Current Revival of Magic
2. The Magic Circle of the Aura
3. The Magic Wand
4. The Magic Word
5. Talismans
6. Is Thirteen an Unlucky Number
7. The Moon
8. Working with Nature Spirits
9. Flowers and Perfumes
10. We All Work Magic
11. The Three Great Laws of Magic
12. The Hand

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

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

Summary

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

P0227AN : Golden Rules for Everyday Life

Table of contents

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

Summary

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

P0228AN : Looking into the Invisible Intuition, Clairvoyance, Dreams

Table of contents

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

Summary

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

P0229AN : The Path of Silence

Table of contents

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

Summary

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

P0230AN : The Book of Revelations: A Commentary

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

Summary

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

P0231AN : The Seeds of Happiness

Table of contents

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

Summary

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

P0232AN : The Mysteries of Fire and Water

Table of contents

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

Summary

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

P0233AN : Youth: Creators of the Future

Table of contents

1. Youth, a World in Gestation
2. The Foundation Stone of Life: Faith in a Creator
3. A Sense of the Sacred
4. The Voice of our Higher Nature

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

Summary

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

P0234AN : Truth: Fruit of Wisdom and Love

Table of contents

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

Summary

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

P0235AN : "In Spirit and in Truth"

Table of contents

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

Summary

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

P0236AN : ANGELS AND OTHER MYSTERIES OF THE TREE OF LIFE

Table of contents

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

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

Summary

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

P0237AN : COSMIC BALANCE - THE SECRET OF POLARITY

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

Summary

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

P0238AN : The Faith that Moves Mountains

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Summary

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

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

BECOMING A SPIRITUAL DISCIPLE

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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Summary

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

B0301AN : THE NEW YEAR

Summary

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

B0302AN : MEDITATION

Summary

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

B0303AN : RESPIRATION Spiritual Dimensions and Practical Applications

Summary

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

B0304AN : DEATH AND THE LIFE BEYOND

Summary

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

D0005AN : The Gypsy Queen (Children Library)

Summary

Within each one of us lives a king or a queen, and this king and queen are eager to achieve great things in life. The story of young King Bojil and the Gypsy girl who became his Queen, lead us into the glorious adventure of love on the path of freedom and human brotherhood.

The young readers will find here, presented with an enchanting lightness of touch, some essential aspects of their own quest for great things. - A delightful reminder of wisdom tales of all regions of the world.

All ages

CD5009AN : THE SEED

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BECOMING A SPIRITUAL DISCIPLE

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'?"