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**THOUGHTS OF A SPIRITUAL TEACHER**

**BEING**  
**MEMBER OF A FAMILY**

*... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD*

**EDITION HEAVEN ON EARTH**

**BEING MEMBER OF A FAMILY**  
*... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD*

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

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Conception and Realisation:

**Benjamin Christ**

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## BEING MEMBER OF A FAMILY

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Learn to work on a vaster, much broader scale so that your work benefits all creatures. To achieve this you only need to change your way of thinking and become aware that you are an integral part of the universe in which you live.

Let me give you an exercise that you can do when you are alone in your room. Although you are physically isolated, cut off from the rest of the world by the four walls that surround you, you can develop the habit of stretching your consciousness to embrace the house in which your room exists, and the town in which your house exists. Then you can go further and remember that this town belongs to a region; that the region is part of a country; that the country is part of a continent, and the continent is part of the earth. And you need not stop there, for the earth belongs to the family of planets that make up the solar system. Progressively you begin to see yourself as belonging to the solar system. The solar system in turn belongs to a galaxy which is only a small part of the whole cosmos. In this way you come to realize the prodigious truth that while you are in your own little room you are also part of the cosmos! And since you are a cosmic being why do you always confine yourself to such a narrow range of actions and interests? Why do you not open your eyes and realize that you have a cosmic task to fulfill?

**(JANUARY 3, 1995)**

Devote at least a few minutes every day to imagining how, in the future, humankind will form one great family, whose members will all understand one another, love each other, smile at each other. There are so many things we can envision for the happiness of the whole world: imagining that all human beings dance together and sing in chorus, sending hymns of joy and gratitude to the Creator, on their way to contemplate the rising sun. Is it not wonderful to make such wishes, instead of agitating daily about so many mundane and selfish subjects?

And think too about all the life in the heavens: the angels, archangels, divinities and all the hierarchies – think of the light, the love, the purity in which they live and make a wish that this splendor may descend to earth. In this way you build bridges, you open communications, so that one day the perfection, richness and beauty from above may truly be established here in this world.

**(JANUARY 4, 2000)**

Suppose you are a government employee, civil servant; in this role you are protected by the government and cannot be attacked without being defended by this authority which watches over you. In the same way, those who put themselves at the service of Heaven, who seek to work for the divine cause, become employee of this sublime organization. Angels protect them and souls throughout the world are obliged to help them and take care of them so, because they are members of the great universal family, their lives become magnificent. Well then, decide to enter into the service of Heaven, to realize the Kingdom of God and its Justice on earth, and thus a veil of protection will be cast over you and invisible beings will walk by your side, endowing you with their light and their blessings.

**(JANUARY 6, 2000)**

Is it necessary to make a distinction between sacred and profane objects? There are several rooms in your house or apartment, and in these rooms there are all sorts of objects. You have put them there because they are useful to you, and because you interact with them every day. So, why not consider consecrating these objects? If you dedicate them to the good, to the light, they will have positive effects on both you and your family. And once they are consecrated, you must use them with the utmost care, because the way you treat them will also reflect on you. Depending on how you consider them, you can transform the objects around you into magical agents, linked to Heaven, and the energy circulating through them will be of great benefit to you.

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(JANUARY 7, 2004)

In our families on earth, there is always the first-born child, then the second, then the third, and so on, because the physical plane on which we live is governed by the laws of space and time, and there is always an order, a ranking of things. One object follows another; one person follows another, since they cannot all appear in the same place at the same time. But in the spiritual realm, in the divine family, human beings are all of equal rank. All are accorded 'the rights of the first-born', which means the status of sons and daughters of God. Only those who give priority to their lower instincts lose their dignity as children of God: their father is no longer God (or the Holy Spirit) but the entity who, in the Gospels, Jesus calls Mammon. Therefore, each one of you must be conscious of your divine filiation and work to preserve your rank. (JANUARY 11, 2004)

When we accept the idea of reincarnation, we begin to understand that there is a reason for all that happens in life. It is not by chance that we are born into a particular country and into such-and-such a family, that we possess certain qualities and have varying situations to cope with. Everything has its cause, more or less remote, in a previous existence. Of course, this knowledge will influence our reactions, because when we understand that everything has a reason, we stop revolting against trials and setbacks. We know that these tests are the result of laws broken in previous incarnations, and we accept them, without accusing someone else of being the cause of our unhappiness.

Finally, belief in reincarnation stimulates people to reinforce their will-power. They set to work to repair their past errors and also to avoid reprehensible acts, which they know will lead to suffering. They work hard to create a future filled with light. (JANUARY 17, 1998)

Are you wondering what path to follow, what rule of life to accept? Well, this is very simple. If you have no other ambition than to lead an ordinary, mundane existence, you can let yourself go, because it will be useless to make great efforts to master yourself and control your instincts. Such self-control will even be detrimental to your physical and psychic health: you will become insufferable for your family and your entire entourage, you will feel frustrated, and you will become embittered, hard and intolerant. For the demands of a discipline to have their *raison d'être*, you must have a very high ideal. You must have the desire to make something great of your life, something beautiful and noble, and each day you must feel the need to add to it a new element of spirituality, of light. (JANUARY 20, 2005)

Outwardly we will always remain separate individuals, with one physical body, one name and one identity. Inwardly, however, we must unite and form one collective being so that we may learn to live cosmic life, universal life. Two people may love each other so much that they feel they are one. They have two separate bodies, nevertheless, and there is no way to make them amalgamate. Even when they kiss, however deep their love, they remain two separate beings. And when they catch a bus or go to a theatre, they will always need two tickets and two seats. Only in their mind can they be one.

In this very same way all human beings can be one, and this feeling of oneness is not subject to physical proximity. Thousands of kilometers may separate us, but we can still feel together, united. Let us therefore endeavor to introduce this idea of unity into our thoughts, our emotions and our actions, and we will then form one single family on earth whilst still remaining separate individuals. (JANUARY 20, 2002)

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Even if they are atheists, our contemporaries must admit that the notion of brotherhood was brought to them by Christianity. Before Jesus, of course, initiates taught respect and love for one's neighbour, and certain commandments among those given by Moses heralded the teaching of Jesus: *'You shall not take vengeance or bear a grudge....you shall love your neighbour as yourself....'* But these are given so little place in relation to the multitude of dictates and punishments threatening those guilty of the smallest error! In the same era, Buddha taught kindness towards all creatures and compassion for the immense suffering they must endure throughout their earthly lives. But the sentiment of benevolence or compassion is not the same as the sentiment of brotherhood, which is the consciousness that we all belong to one and the same family. It is the philosophy of Jesus, transmitted by Christianity, which has allowed the sense of brotherhood to develop in the western world. **(JANUARY 22, 2005)**

Once upon a time, while still a tiny child, a young prince was entrusted to a peasant family, to be brought up in poverty and hardship. He did not know that he was heir to the throne, and he went to work every day, dressed in rags and with only enough food to keep body and soul together. Then one day, after many years, his father, the King, decided that his apprenticeship had lasted long enough, and sent a procession of nobles and retainers to bring him back to the palace. The prince could not understand what was going on; he was convinced it was all a terrible mistake. So then the courtiers explained to him that he had only been sent to live with peasants so as to learn to work hard, get up early in the morning and live soberly. When he got to the palace it was time for lunch, and he asked for a piece of bread and an onion and a glass of water. He never imagined that the royal chef had prepared a banquet in his honour, with turkey and crayfish and the best wines!

And what if I were to tell you that you, too, in your inner being, are all princes and princesses, sons and daughters of God, and that one day God will send his ambassadors to take you away from the peasants who have been bringing you up (symbolically, that is what life on earth is) and escort you back to His palace. Yes, but this will only happen if you have worked well; otherwise your apprenticeship with the peasants may have to go on for centuries. **(JANUARY 24, 1988)**

How to get along with others is the most important problem that human beings have to solve every day. Work on yourself, therefore, in order to develop the psychic and moral qualities which will allow you to better understand and accept others. For this is essential; to learn to live with others, and not only with your family, your friends, your neighbours, your colleagues, and so on. You must also relate to all sorts of people who differ from you in age, education, social class, nationality and race, in order to become accustomed very early on to all human situations. Because if you are not ready and are required one day to face these situations you will appear closed, unsympathetic and sometimes, unintentionally, even mean. Yes, the measure of a person's evolution is their capacity to meet and enter into harmonious relationship with others.

**(JANUARY 25, 2004)**

Someone irritates you. You burst out, 'I'm furious! I won't take that lying down!' And there you go, complaining, expostulating, and telling everyone around what has happened. They try to calm you, telling you that it isn't so very serious, and that you had better drop the matter and think about something else. But no, you continue your agitations and complaints about this idiot, this moron, who has wronged you in such-and-such a way. Is that intelligent? That moron, that dolt, is peacefully installed at home, well sheltered from your agitated outburst. And who suffers most from your fury? Those around you: family and friends who do not merit such a disturbance in

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their lives. But you are the one who suffers most of all. This wave of psychic disturbance has had to pass through you, before reaching other people.

When we decide to live in harmony, we are the first to benefit, and if we let bad feelings and anger take over, we are the first to be destroyed. Maybe other people will suffer in the process, but we are the ones who suffer the greatest damage, because this inner disorder follows us, even into our next incarnation. **(JANUARY 25, 1998)**

From both an educational and a psychological point of view it is unwise to tell people about their previous incarnations. The time will come, of course, when each of us must look at this question for the sake of our own evolution, but not before we have first acquired a certain degree of self mastery. Imagine being told that someone around you or even in your family has been your worst enemy in the past, that they persecuted you or massacred you. How would you react? If in this life we encounter certain people or belong to a certain family, it is because we have matters to sort out with these people or with members of that family. And what about those people who are told that they were powerful or famous in the past? Will they be sensible enough to avoid becoming excessively pretentious? If you are weak, if you lack self control, what will this lead to? Certain revelations are dangerous, because they risk troubling people or awakening desires for vengeance or ambitions that will hinder their evolution.

If it were so important to know our reincarnations, why does providence hide them from us? For one good reason: it anticipates the future and wishes us to stay in this state of ignorance so we may better rectify our past mistakes. **(JANUARY 27, 2000)**

The conditions of life rarely correspond to what you desire or hope for. But instead of complaining, of rebelling, or of becoming discouraged, you must reflect and ask yourself questions: why has heaven arranged for precisely these people, and not others, to surround you in your family, at work or elsewhere? You must learn to consider these difficult conditions from another perspective, and even if you do not understand them, strive to understand that they have meaning, that they have a reason for being. And the more incomprehensible it is, and contrary to what you hoped for, the more you must have confidence in heaven and tell yourself that this will lead to the realisation of your best aspirations. Even if you are suffering at the moment, after a while you will be strengthened and assuaged; your relations with others will improve, and you will sense that the good influences of this work affect your health as well.

**(JANUARY 30, 2004)**

The father represents the symbolic head of a family, and that is why everything must revolve around him. The task of keeping the family together falls on him. If the members of a family are not linked to the head and in harmony with it, or if the head leaves or is not up to his job, everything will fall apart and the family will break up. The same is true in a country: if the head does not fulfil his role correctly, or departs, chaos ensues. Even criminals and animals understand this and select a leader to take them in charge. So, why is it that intelligent people do not realize that the same principle applies to the spiritual life: a head - a master - is indispensable. Whether the master be alive or dead, he is the head that unifies their inner life.

**(JANUARY 30, 1998)**

How do human beings come to the part of the family to which they belong? Let us look at the birth of children. When a child is born into a family, he may in a previous incarnation already have had a relationship of some kind with the people who are now his parents. If the child is a boy, he may have been a lover, a fiancé or a husband to the person who is now his mother. The

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same with a daughter and her father; they experienced a certain form of love in the past and now, in order to evolve, they must love each other in a different way. If a man and a woman feel a sexual attraction for each other in this life, it may well be that they will come back to love each other as parents and child. Once again they will kiss each other, but their kisses will be those of mother (or father) and child.

And it may also be that, in a previous incarnation, people who harmed others must now welcome these very same persons into their family as their children so that they may make amends. Be they parents, children, brothers or sisters, the reasons for a certain group of people to be together as one family in this life are infinite and each case has its own individual explanation. **(FEBRUARY 2, 2002)**

Many people ask: 'What is the use of making efforts to change our lives? Why follow a spiritual teaching? The conditions of our existence continually oblige us to make concessions in order to live in society. If we begin to stand out in our family, among friends or at work because of a different vision of the world and different way of life, we are immediately isolated. The problems we face are already so complicated; why complicate them further?' How many times have I heard this kind of thinking! But what is the proper response? People who reason in such a way reveal quite simply that they have not truly understood that usefulness and effectiveness of a spiritual teaching. A spiritual teaching gives us the criteria and methods with which to confront all conditions of life, both those that are easy and those that are difficult, for even that which is easy can be a snare if we are not enlightened and do not know which direction to follow. Nothing can justify those who refuse to make efforts to advance on the path of light. **(FEBRUARY 9, 2003)**

Many men and women have put an end to their life, even if, as we say, 'They had everything they needed to be happy: youth, beauty, intelligence, wealth, family and friends who loved them ... They had everything except the most important thing: the will to live; none of the advantages they had could give them that.

Therefore, man must first bring about a change within himself: this is where he must look for what he needs. When you are able to find happiness within yourself, you will be strong in all conditions. Yes, even in the worst conditions, you will be able to unite with celestial entities and feel fulfilled and full of light. If the reason for your happiness lies within you, nothing and no one will be able to deprive you of that happiness. The beginning of freedom, immortality and eternity will be yours when you see things this way. **(FEBRUARY 9, 2001)**

It is true that many things in our society need to be corrected, but these changes must not be accomplished through violence. True changes are never achieved by means of violence, which always gives rise to evils worse than those it claims to be fighting. How then can we transform society? By our way of life. If we first change ourselves, we can influence the entire world. This is what the Universal Brotherhood of Light teaches us. It gives us all the principles, all the methods, so that by working on ourselves we will one day be living proof that it is possible to create a better society. Humanity has the potential to become a brotherhood, a family, but in order for this to happen, a certain number of people must begin to set an example and gain recognition. Yes, gain recognition, but without violence: we must command attention solely through nobility, greatness, light and beauty. Those who are not capable of gaining recognition in this way should not aspire to transform society. **(FEBRUARY 12, 2005)**

You must never lose sight of the fact that the true origin of things is not on the material plane, it is always in the mind of man himself. This is why, instead of blaming your misfortunes on

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external circumstances, on your family, society or the government, you should tell yourself, 'Poor idiot, if you were a little more intelligent you would not be in such a fix today. The cause of all that befalls you success and failure, good things and bad - is in yourself. It is no use looking for it elsewhere.'

The cause of your present problems may not be in your present life - it may date back to a previous incarnation. But that makes no difference. The important thing is to understand that it is you yourself who are the determining factor. As long as you refuse to acknowledge your own responsibility you will be working against yourself, you will never be in control of anything. You will have control of your own destiny only when you are really convinced that everything depends on you.

**(FEBRUARY 20, 1995)**

You say you want to be happy? Then work. True happiness lies in work, but obviously in work of a higher order that that which allows people to earn a living for themselves or their family. This work is necessary, but it is not enough. In order to be happy, men and women must learn to work with thought, feeling, imagination and will-power, in order to prepare in the invisible the coming of a world of peace, harmony and light. It is in this work that you will find fulfilment and whatever the circumstances may be, this work will always be there for you. Upheavals in society may deprive you of all your usual activities, but you can do this inner work everywhere, even in the most difficult conditions, even in the other world. Because no one can take your intelligence, your heart or your will from you; these are the only true riches you can always count on.

**(FEBRUARY 22, 2003)**

People are always complaining about the awful conditions in which they live. They feel themselves to be victims of destiny, of society, of their boss or their family. No, they must understand that through the inner attitude they assumed in previous incarnations, they themselves – consciously or unconsciously – chose the conditions of their present life. Were they to change their attitude, their conditions would also change.

Yes, your conditions can change, depending on your attitude. To the extent that you believe your life is determined by external, material factors, but still you do nothing to change things within yourself, you continue to attract the same deplorable situations. But if you put spirit, light and strength in first place, your situations will end by conforming to these divine principles. And since what is below is like what is above, what is above will in time be realized below.

**(FEBRUARY 25, 2000)**

We cannot live without making exchanges with the world around us. Beginning with respiration and nutrition, our life is nothing more than exchanges, made possible by the organs of sense, touch, taste, smell, hearing and sight which have been given to us by nature. Our emotional and intellectual lives also consist of encounters and exchanges: by means of words, sentiments and thoughts, we ceaselessly weave a network of communication which is the foundation of family and social life. But if human beings do not draw any great blessings from these exchanges, it is often because they have not surpassed the level of instinct, of the unconscious as it exists in plants and animals. Like human beings, plants and animals breathe and nourish themselves. Animals also possess sense organs, sometimes even more highly developed than those of human beings, and they also have a family and social life. It is up to humanity to render its exchanges with nature and the other beings it encounters ever more conscious, rich and profound.

**(FEBRUARY 29, 2004)**

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Most human beings are of the opinion that, their ideal life would consist of a family, a job, a car, and a house with all modern conveniences. This mediocre life is sufficient for them, and they are satisfied. From time to time, of course, they read a few books, listen to some music, go to the theatre, and travel. And that is all. They add nothing more powerful, more spiritual to their lives, so they stagnate. They do not realize what dangers this slow-moving life style poses for them, all kinds of physical, emotional, mental and spiritual sickness are lurking there, just waiting for the right moment to infiltrate, to bite and gnaw them.

Cosmic Intelligence has not endowed us so wondrously just so that we may slip into a sluggish and anaesthetized state. Cosmic Intelligence has prepared us to progress continuously along the path of evolution, supplying us daily with a current of life that sweeps away all mould, and all physical, emotional, mental and spiritual decay. **(FEBRUARY 29, 2000)**

At the end of a letter or circular, the author signs his name to indicate that he is responsible for it. This being so, why do we see so many complicated and illegible signatures today? Those who sign in this way do not even know why they do it. Well, quite simply, they do so because deep inside themselves they are feeding dark tendencies which they are trying to hide. Because of these tendencies, they camouflage themselves, to the extent that we cannot even see who they are or what their names are. Do not say that a signature is an unimportant detail. On the contrary, it is very important, because it represents the human being himself. A signature must show that everything in a person is clear, honest and frank. Why distort or scribble your name? This is a very bad sign. By doing this, a person attracts chaotic energies to himself, and they will destroy him. How can he hope to resolve the problems of his family, his business or his country if he cannot even write his name clearly? **(MARCH 4, 2004)**

Each of us must do what we can to preserve the bonds that unite us to the members of our family. But the family is not an end in itself; it is only a point of departure, a base designed to provide us with a form of stability. Those who concentrate on their family and who work for it alone, who forget others or even fight them in order to better protect their parents or children, do not realize that they are creating the conditions for misunderstanding and hostility among all families, which in the end resembles clan or tribal warfare. But worst of all, in this state of mind they do not even contribute to the happiness of their own family. The proof of this is that today more and more families are falling apart. After a period of time, parents separate to form ties elsewhere, and the children find themselves with a father on one side, a mother on another, and half-brothers, half-sisters, and so on. So, where is the stability that the family is meant to provide? And this family life, is it truly a happy one? **(MARCH 5, 2004)**

In order to meet the needs of their family, some fathers are forced to leave and work abroad to earn money. Although it may appear as if they are abandoning their family, they do this to help them, and it requires great courage for them to make such decisions. And when they return, what joy the family experiences!

Let us transpose this example onto the spiritual plane. The true father, the true mother understand that they must abandon their family every day for at least a few moments in order to 'go abroad', which means to meditate, to pray, to reach the divine world where they will gather riches. And when they return, the whole family will benefit. Contrary to what many people think, to love one's family does not mean to keep one's thought constantly fixed upon it. This is not what true love is. What does this sort of love bring in? Not very much ... a few trifles. A true father, a true mother consecrates a few moments, as often as possible, in order to unite with Heaven, because they know that this link will bring true riches to their family. **(MARCH 8, 2003)**

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Where can the model for every organization be found? In the human organism. Human beings cannot invent anything which does not already exist in creation. They may imitate or reproduce something, but they cannot invent it. The human organism is in itself an organized world, constructed according to the laws on high. It must serve as a point of departure for all humanity, as the model for every organization. We leave it to biologists and doctors to investigate this organism – to describe it, to cut it up, to analyse its functions – and we are wary of drawing conclusions from their work. Nevertheless, the entire philosophy of life is inscribed in our organism.

This organization which is modelled on our own organism must be reflected first of all in the family, but also in the society, in the nation, and throughout the entire planet. **(MARCH 10, 2005)**

If you run away from certain efforts and activities that life imposes on you, you will never manage to develop yourself. Some people leave their family or work because they find life too hard. Others run away from their responsibilities. The fact is that running away is not recommended. Destiny puts you in certain conditions for a reason. You have to reinforce yourself and face the difficulties and obstacles of your daily life. Consider these models: sportsmen who train themselves to overcome fatigue, cold and heat, and navigators who confront the ocean, braving bad weather and great dangers. You must do the same psychologically: train yourself to resist, to hold on. Of course, if a time comes when you cannot bear the situation anymore, run away. But do come back as soon as you can to face things ... until you become really steadfast and strong. **(MARCH 10, 2001)**

Why does a child incarnate into one family rather than another?

It is always a mystery. Some children do not belong to the same spiritual family as their parents, so they are not really the children of those parents, and in this case, the parents are not responsible for the actions of their children, and vice versa. The Bible tells us that when a man has sinned, not only is he himself punished, but also four generations of his children and grandchildren. What have those children done to merit that suffering? It was not they who sinned; it was their fathers or great-grandfathers, and in appearance this punishment is unjust. But in reality, those who pay for the faults of their parents by inheriting the same illnesses, the same vices, are truly their children and have merited their situation. If they had been born to another father or mother, they would not have had to suffer. We know that saints have been born to criminals, and very ordinary beings have given birth to geniuses. Children are not always affected by the crimes of their parents, but when they are, it shows that they have been attracted to an incarnation amongst those they resemble, because they had previously lived the same way. The law obliges them to incarnate into precisely that family, in order to share the same trials as those merited by their parents. **(MARCH 17, 1998)**

Suppose a family argument has just erupted: what theatre, what cacophony! Then suddenly a friend who is appreciated and respected by everyone appears at the door... Immediately everyone makes an effort to put on a good face. They even look kindly at one another so the friend will not notice they were in the midst of a crisis.

You certainly have experienced this, haven't you? And why not draw conclusions from this for your inner life? When turmoil erupts within you, if you begin to pray with great fervour, you may find that everything suddenly becomes calm and you find peace and joy again. Why is this? Because a friend came to visit you, and in his presence, all the other inhabitants within you, afraid of appearing rude, calmed down. And if you entreat your friend with even greater resolve and fervour never to go away again, to stay and live permanently within you, to take up

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residence in the centre of your being, at that very moment, peace and light will come and reign in you forever. **(MARCH 20, 2005)**

To be happy or unhappy, joyful or sad, are often very relative states of consciousness. Here is an example which will doubtless remind you it of some of your own experiences. You find that you are bored, you are a little sad; life appears colourless and bland. Suddenly you hear some bad news: there has been an accident. A member of your family or a friend, is very seriously hurt and perhaps will not survive. With this news, you are truly upset, and this is normal. But a few hours later, you learn that it is a mistake, that there was some confusion. And suddenly, what Joy! Life appears so light, so beautiful and rich! Yes, but why did it not appear so before? Why did you have to hear that a parent or a friend might die in order to realise that you were already happy? **(MARCH 24, 2003)**

If you feel alone and abandoned, it is because your field of interests is too narrow. If you shifted your centre of interest and activity, or orientated it differently, forces and entities from the whole wide universe would be attracted to you and come and help and enlighten you. So I recommend that you try this method: broaden the scope of your mental activities. If your centre of interest has always been yourself and your immediate family - or even, for that matter, if you have been the Mayor of your village, a Cabinet Minister or President of the Republic - broaden your mental horizons even further. Yes, all the way to infinity! Let them embrace the whole solar system, the whole cosmos, and you will find that you no longer feel so small and insignificant, nor so neglected and abandoned, because you will have become a beneficial factor for humanity, a veritable creator! **(MARCH 29, 1988)**

Most human beings are preoccupied with looking after their own needs: making sure they have all the requisites for daily life, starting a family, and planning amusements for their leisure. Of course, from time to time they contribute to the society in which they live, but in general, their efforts are limited to their own affairs and the necessities of their own lives. However, whether they like it or not, they live in a collectivity, and if disorder should break up this collectivity, the safety of personal belongings and even lives may be at risk. To concentrate on our personal affairs, possessions and families is thus not the best way to protect them, since there is always a danger that unforeseen disasters may sweep everything away. History has provided us with so many examples. Be clear about this: egoism has never proved a good solution for anyone. The only worthwhile solution is for each of us to think how best we can help to improve the collectivity. If we do this, then everyone will live in security. **(MARCH 31, 1998)**

A person who marries extends his family: he adds a father-in-law, a mother-in-law, a number of sisters-in-law and brothers-in-law, nephews, nieces, cousins and so on, but this does not necessarily make him more aware of what a family really is. We may well extend the circle of people in our lives and retain the same narrow, limited and egotistical consciousness. Yes, to establish a family, and even to have children, does not prove that we are capable of that heightened consciousness that manifests in nobility and disinterestedness, that enables us to endure a few difficulties, and even to suffer and sacrifice ourselves for others. When we experience the greatest flowering of our consciousness, we know and feel that beyond our own family – our family of origin and the one we wish to establish – we are members of the great universal family of God's creatures. We rejoice in this family, and it is our desire to work for it every day. **(APRIL 2, 2004)**

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In a family everything revolves round the father, for it is he who is the head of the family. If the members of a family are not connected and in harmony with the head, the family disintegrates and perishes. The same is true of a country: if the head disappears, confusion inevitably follows. Even gangsters, even animals understand this: they always look for a leader. This being so, can you tell me why intelligent people cannot understand that a head, a Master, is indispensable in the spiritual life also?

A Master, that is to say, a head - but a true head; one who is fully aware of the value of divine work - is always linked to Heaven. This is why, even if he has to absent himself, his place is never empty, for luminous entities from the invisible world manifest themselves and represent him in order to sustain the collectivity and hold it together. A head, a Master, is never really absent; the divine beings to whom he is connected are always there to take his place. So a disciple has nothing to lose by loving and trusting his Master: he will always be sustained, helped, vivified and enlightened, if not by his Master himself, then by those to whom the Master is linked and who are always present.

**(APRIL 2, 1988)**

Having been deceived by a friend or even a family member, people often ask themselves, "How can I know who I can trust?" Actually, the question must be posed differently. The human being is made up of two natures: a superior nature and an inferior nature. If someone has deceived or betrayed you, it is because you were neither discerning nor clear sighted: you trusted in his lower nature. And why is it that you were not discerning or clear sighted? Perhaps because your trust in him was inspired by your own inferior nature. What did you expect from this person? That he would help you become better, wiser and more demanding of yourself? Did you not instead expect this person to satisfy your personal, egotistical desires? You must reflect sincerely on this.

**(APRIL 6, 2005)**

You must love and never stop loving, day and night. Never stop sending your love to every creature that needs it. When I come into the lecture hall and greet you, I am sending you all my love and, although you may not have realized it, it is I who get the most joy out of it. How is it that you have never understood the importance of greeting each other with love? All day long, people meet and greet others, but they do so without love. Even in the same family, even husbands and wives: a husband and wife kiss each other goodbye, but their kiss is empty, there is nothing in it. They kiss because it is the custom. In these conditions there is no point in kissing. You must be able to give something to the person you kiss, something to vivify and resuscitate him. Human beings have not yet understood what it means to embrace someone, or when and how they should do so. A man will come home upset and discouraged, and want to console himself by making love to his wife, and in doing so he gives her all his own discouragement and unhappiness. Men and woman are constantly exchanging something with each other, but the Lord alone knows what it is they are exchanging. Or, rather, it is the devils who know! It is not forbidden to embrace someone; on the contrary. But you must know how and when to embrace them in order to give them eternal life.

**(APRIL 24, 1988)**

It is because human beings advance in their lives with different goals and objectives that they endlessly offend one another and come to blows. The only remedy for all these antagonisms is to possess the same ideal and to advance together towards a single point in the infinite. Harmony will reign among human beings only when they all unite around the idea of serving the Lord, when they smoothe the paths and work for the idea of one great family. In doing so, each will understand, respect and appreciate the other, because they will have this ideal in common. They will be like radii of the same circle which converge in the centre. The circle is the image of

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a perfect organism, whose head is the centre and whose members, the organs, are the radii which converge in this centre. (APRIL 25, 2005)

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

The positive aspect of things is always greater both in quality and in quantity. This is why to be discontented is to admit that one refuses to look at reality objectively. You must at least make the effort to see both sides of life. He who is always satisfied and optimistic is not right either. But to fly into a rage because someone says or does something that displeases you, because something cost more than you had expected, or, even more stupidly, because your food was overcooked or underdone, too salty or not salty enough... to react to such minor inconveniences as though they were major disasters is very destructive to yourself. Learn to counterbalance little details like this with the thought that you have eyes, ears, a nose and a mouth which enable you to see and hear, to smell and breathe, to taste and talk and admire beauty, etc. If, because of some petty annoyance, you are ready to forget all these invaluable treasures, and more besides, and to upset your family and the whole of society, it shows a great lack of intelligence. (APRIL 28, 1988)

No matter what people do in life, whether they have a job, a family, money, or time to enjoy themselves, many of them are unhappy and do not understand why. The reason is very simple: they have not learned how to fulfil the needs of their soul. The soul needs to live in immensity, in infinite space, without limits. But human beings ceaselessly constrain their soul, fetter it, smother it; they ask it to be content with small matters, with petty and mundane tasks. So the soul suffers and complains: 'I want to be free! Why have you imprisoned me? I am a child of God, and space is my element; I need to expand into the reaches of heaven.'

So experiment for at least a few minutes; allow your soul to take flight and to expand into space ... let it escape until it merges with the entire universe, and you will experience feelings which are indescribable. (MAY 1, 2000)

In its original sense, charity, which is a theological virtue, refers to the love of man for God, which of necessity calls for neighbourly love. Unfortunately, this word has lost its sublime significance over time, and what we now call 'charity' is expressed in actions which may not be accompanied by feelings of true love. Many people 'do charitable works' because their church and family have taught them that they must give to the poor, help the unfortunate, and so on. Charity is thus often the product of one's training, but has nothing to do with goodness. How many 'charitable' people poison the lives of their family and friends! There are many of these

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charitable people, but we meet very few who are truly good. Christians, therefore, must make the effort to rediscover the original meaning of the word 'charity', for those who love God must also love Him through their neighbour. **(MAY 6, 2004)**

We all have obligations towards our family, our friends and society, and it is essential that we fulfil them as conscientiously as possible. But in reality our duties are not limited to those here on earth. We also have obligations towards the divine world, and nothing can justify those who refuse to recognize them. Despite their morality and their virtue, those who neglect Heaven eliminate from their life everything that can bring them inspiration, illumination, and immortality. There exists a higher morality, a morality which teaches that it is insufficient to be in tune with the laws of earth and of society, because the earth is still far from the perfection of Heaven. So we must ceaselessly seek to attune ourselves with Heaven and fulfil all our duties towards it. When we succeed in this, we realize that we have within us the best conditions for fulfilling our duties on earth. **(MAY 16, 2003)**

Depending on their degree of evolution, people's preoccupations are centered around either themselves, their families, their society, or God, and they revolve around their chosen center. To be centered on yourself is the worst of all conditions, because the circle you trace is extremely small and shrinks daily. If your life revolves around your family or immediate society you have better conditions for development, but still they are not the best, because even through this circle is far larger your understanding of things is very restricted if you cannot see beyond your family and society. When we have God as our center and we revolve around Him, then we have the best conditions of all. Gradually the crude bonds that tie us to earth weaken and loosen, and we adopt a vision which becomes increasingly universal, cosmic and this can provide benefits for our family and our society. **(MAY 21, 2000)**

Initiates place the masculine principle before the feminine principle, not because they consider it more important, but because they respect cosmic hierarchy. Symbolically, the masculine principle represents the spirit the first quintessence of all creation, which works on matter - represented by the feminine principle. Each needs the other: the spirit needs to incarnate in matter, and matter needs to be given life by the spirit. Creation is none other than the result of this union of spirit with matter. In family life a father's role and responsibility is no more, or less valuable, than the mother's. They both are equally valuable and important, because both are necessary for the creation of a child. **(MAY 28, 1999)**

The reason why many people today find it so difficult to concentrate on any form of spiritual exercise is that they have never learned the right inner attitude. They are always in a hurry, always tense, always thinking of the hundred and one things they have to do. They are incapable of putting their preoccupations to one side. Something in their subconscious continually hinders their spiritual work and prevents them from getting results. It is certainly true that the hectic pace of life today and the many obligations it imposes are far from conducive to spiritual activities, which require us to free ourselves from the cares of everyday life and adopt a different rhythm. But if you get into the habit of devoting half an hour or an hour each day to achieving the conditions of inner peace, you will find not only that you are able to meditate, but also that your professional and family responsibilities become less burdensome. There is a time and a place for everything. **(MAY 31, 1995)**

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People must become more and more aware that they have at their disposal faculties which are far superior to their intellect. Our intellect is a tool which serves us well for studying or exploring matter, but otherwise it is not a very good guide, even in our everyday lives. For not only does the intellect only give a partial perception of reality, it also, in all that it undertakes - and this is even more important - has a hidden motive, and makes self-centered calculations which will always create trouble. If we are ruled by our intellect, whenever we make a sacrifice or a generous gesture, we immediately wonder whether we have acted correctly, thinking how foolish we have been to listen to our heart and soul.

Moreover, the intellect is not capable of conceiving the idea of brotherhood amongst all peoples, of everybody on earth forming one family, of the whole world living together in peace and harmony. It cannot elevate itself high enough to discover true remedies, and true solutions. Partial and selfish, the intellect's vision and counsel are invariably wanting in some way, and can only cause misunderstanding. **(JUNE 3, 1999)**

When true love comes into the world, laws and regulations will be superfluous, because every necessary task will be carried out in perfect harmony. Love is the only power capable of harmonizing everything, allowing all to grow and flourish. As soon as love enters a family, a community, or a society, there is no more need to issue order: 'Do this! If you don't, you'll be in for it ...' because everybody will do what needs to be done, with pleasure. Where there is love, laws are out of place. **(JUNE 6, 1998)**

We have seen plans formulated for a Pan- Europe, a Pan-Asia, a Pan America or a Pan-Africa, with the purpose of establishing peace in the world. This represents great progress, of course, but nothing will truly be resolved in this way. Instead of country attacking country, this could mean continent attacking continent: Asia against Europe, for example. Would this be better? Only 'Pan-Earth' can solve all problems...Pan-Earth, the entire world united in one single family. Yes, the only solution to the problems of humanity is universal brotherhood. May all people reach out to one another and unite. One day, from every direction, we will hear people send up a cry for this fraternity to be realized at last, and this will be the most beautiful day in the history of humankind. **(JUNE 7, 2005)**

It can happen that men and women, who have wasted most of their abilities and energies on a disorderly life, decide to start a family. They have nothing left to give to a family, but they couldn't care less; they get married and have children anyway. Well, this is similar to what happens with certain people who decide to serve God. They have amused themselves for years, they have unreservedly sampled all the pleasures of life, and when they no longer have the energy to lead this kind of life, they decide it is time to dedicate themselves to the service of God. But what can the Lord do with an army of invalids, limping and senile? You must not wait until you are old, worn out and incapacitated to serve the Lord. It is when you are young, beautiful and full of energy that you must master yourself, you must have a discipline, an ideal and consecrate your life to Heaven. Heaven then inclines towards such beings and places within them its wisdom and love. Heaven is always nearby to care for them, and leads them to success in all their endeavors. **(JUNE 10, 2000)**

We live in the world and we must learn to relate to this world whilst continuing to put what is most important first, i.e. the soul and the spirit. The intelligence, love and willpower of an individual are revealed in the way in which they reconcile their spiritual life and their social life, and there is nothing more difficult than this. Some tend to immerse themselves into social life,

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forgetting spiritual life, whereas others are involved only with the life of the spirit and forget they are living in a society. There is another alternative, however, and it is this that everyone must find for themselves, because every case is different. Those who want to have a family cannot resolve the question in the same way as those who prefer to stay single. Those who need outside stimulation cannot lead the same life as someone who has a meditative, contemplative temperament. You will say: 'So we can't take anyone as a role model?' Yes you can, but only in a broader sense, not for every detail. Everyone has their own path to follow, their mission, and even if you take an initiate as a role model, you must let your own nature dictate your development.

**(JUNE 12, 2002)**

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

**(JUNE 16, 2004)**

You are looking for love, and you believe it will come to you from outside, in the form of a being who will be exactly the way you expect him to be: pleasant, good-looking, generous, patient ... perfect! Although you yourself are grumpy, selfish and quick-tempered, love must show itself to you in the form of an angel! Well, no, that is not how things happen, for your love will be nothing but a reflection of yourself. You could hold an angel or an archangel in your arms, but if you have not opened yourself to the divine world, you would feel nothing of his splendor. What I am telling you is noting extraordinary. We can often observe people in daily life who feel completely isolated or even persecuted by the whole world, in spite of the affection their family and friends have for them! Well, not everyone can feel and appreciate other people's love. Love is a quality of divine life. That is why you will find true love only if you manage to let this life flow within you, a life that has been purified and illuminated thanks to your spiritual work.

**(JUNE 16, 2001)**

At one time or another in their lives, most people have a tendency to rebel against their parents, their family circle. At the first opportunity, they cut their ties with them, thinking they will find something better elsewhere. We need not agree with our family of origin, nor is it forbidden to leave them, but all of us on earth must know that if destiny decides we are to be incarnated in this family rather than another, there is a reason. There are things for us to learn, to understand; there are certain things we must experience in order to evolve.

There is justice in the universe, an absolute Intelligence which determines the precise conditions in which human beings, according to their merits, are to incarnate – in which era, which country and which family. It is pointless to complain, because it will change nothing. We must accept this situation and work to deserve better life conditions in our next incarnation.

**(JUNE 25, 2005)**

Heaven never ceases sending harmonious currents to the earth in an effort to lead human beings toward unity. Those who are ready to receive these currents must wait no longer; they

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must begin to work. The day they achieve this unity will be the most beautiful moment in human history. What changes there will be when the world becomes one family! All the billions that are being spent uselessly on arms and espionage will be used for everyone's education and wellbeing. At the moment, unfortunately, we still believe these ideas to be unworkable. People say: 'Utopia... so what?' But it is this utopia alone that can save humanity. Human beings can do what they will, they may consider all kinds of solutions, but there is only one: whatever the difficulties, whatever the efforts required, we must work ceaselessly to create unity.

**(JULY 1, 2003)**

In the same way that you participate in your family life, in the life of your city and country, you must learn to participate in cosmic life. Why do you think you have to be an astronaut in a rocket in order to travel and work in space? The earth travels in the universe carried along by the sun, so human beings are on earth as in a spaceship making its way among the stars. This makes them a cosmic citizens capable of participating consciously, luminously, in universal life. It is time to abandon those limited notions transmitted by your education, family and society, and to embrace vaster, broader and more grandiose ideas: participating in the cosmic work for the light, under the aegis of Christ.

**(JULY 1, 2001)**

Many people complain, 'I was brought into the world without being asked for my opinion. My father is a drunkard, my mother, a bad woman; my parents quarreled, fought and beat me up, deprived me of food, clothing and I had no books for school. That's why I amount to nothing... it's my parents' fault.' And everyone agrees: 'Of course, poor fellow, it's not his fault. If he had had good conditions in his youth, etc., etc.' In such a situation an initiate thinks differently. He asks, 'Why did this man incarnate in such a family? Was it by chance?' No, a justice exist. There is an absolute intelligence that determines exactly the conditions in which – according to their deeds and merits – a man or a woman must reincarnate, at what time, in what family, in what country ... Seemingly, it is the parents who are responsible, because an intermediary is always necessary on the physical plane, but in reality the real culprit is the one who created such conditions for himself.

**(JULY 7, 2001)**

It is important to understand that neither likes nor dislikes are useful as criteria. This being the case, you must work to overcome your dislikes and stop blindly following your likes. Never forget that in the Universal Brotherhood of Light our ideal is to form one universal family living in peace and harmony, and that you must set the example. Even if you dislike someone, you must make the effort to be open and understanding, simply because you follow this teaching. By making this effort, you yourself will benefit, because you will succeed in conquering your lower nature which is always trying to drag you into confusion, misunderstanding and conflict. When you achieve this success, you enter a world of harmony and light, and soon you notice that everything is different. All those whom you once eyed with coldness and even hostility sense that you have changed, and they too become more open with you.

**(JULY 11, 2004)**

By trying hard to show that there is no God, no providence, no Heaven, no hope of life after death, materialists deny everything that gives meaning to human life: the reality of the soul and spirit. They have claimed that religion was "the opium of the people" and that, to be happy, man only needed something to eat, a roof over his head, a family to raise and something to study. What actually happens? Even when someone has satisfied all the claims of his body, heart and intellect, he is still not satisfied. He neglects to nourish his soul and spirit, so now it is they that demand something! That is why the use of drugs – that plague that is becoming more and more

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widespread in the world – is a warning. It is a sign that the soul is trying to make its needs understood: it is suffocating and it uses drugs to free itself, but this so-called liberation is suicidal. Oh, of course, we had to get rid of the opium of religion ... and now we have marijuana, heroin, cocaine ... Should materialistic philosophy be proud of this result? **(JULY 11, 2001)**

One of the greatest sources of sorrow to men and women is that of having no children to take their place when they are no longer around. In the past, a family that did not have children was not appreciated by others. Read the Old Testament, which states that the greatest joy a father and mother have, even at the time of death, is the thought that they are leaving behind noble and intelligent children. They are proud of their children and, when they are on the other side, they find comfort in thinking they have left descendants. It is the same for a tree: a tree's greatest sorrow is not to bear fruit. All trees that are not fruit trees are at an inferior level in the evolutionary process. If you want to please a tree, say to it: 'My dear tree, I wish you the very best with all my heart and hope that one day you may become a fruit tree. And the same goes for a spiritual master, indeed to an even greater degree. The greatest joy for a master is to have good and intelligent disciples, with whom he will be able to go before the Great White Brotherhood up above and say: 'These are my sons and daughters.' **(JULY 13, 1999)**

On the basis of protecting their independence, many people refuse to participate in the collective life. Well, these people do not realise to what extent they are actually limiting themselves. They move within the small circle of their feelings, their desires, and their lusts. What poverty, what misery! This is not freedom. This limited state is normal for a child, but not for an adult. Adults must show that they are able to think of others: their family first, of course, but also their neighbours, friends, colleagues, and fellow citizens...And even then, this is limited. The circle must become wider and wider, to include the country, the race, the whole of humanity...and still further, to encompass immensity, infinity, the universe...Rare are those who have reached beyond these limitations, whose desires, thoughts, and interests converge on the collective, universal aspect of life. It is in this direction that we must strive. **(JULY 17, 2003)**

Everywhere you go you meet people who have replaced the light with fanciful ideologies in which they end up losing themselves. Thirty people, fifty philosophies. The world is increasingly becoming a hospital where every patient has their own reasons for complaining about something. Even if it is simply the air, the light, the heat, the food, what is right for one person is not right for the another and vice versa. Take a family, for instance: everyone does their best to assert their own individuality. It is quite normal to be different, but why persist in defending your differences if they are weaknesses or vices? Even in illness (symbolically) people feel the need to differentiate themselves: one with typhus, the other with cholera, another with the flu, and so on. And the number of fevers! The whole family has a fever, but they all have a different type, everyone has their own, quite different from the others. It is good to be original, but at least then make sure it is your effort to elevate yourself to beauty and light that make you original. **(JULY 24, 2002)**

In order to keep the sacred inner fire alight, you must feed it pieces of your lower nature every day. Yes, because it is the lower nature, the personality that is predestined to feed the fire of the spirit. Stop questioning the use of your lower nature and wondering how you can rid yourself of it: without it, not only would survival on earth be impossible, but you would have nothing with which to feed your spirit.

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Know that a magical law exists, according to which results on the divine plane can only be obtained if you sacrifice something of your personality. And if you go and find an initiate, a magus, or a great master to ask him to cure you, a member of your family, or a friend, or ensure the success of some enterprise, or another such request, he will tell you that the only possible way to do so is to renounce certain weaknesses and harmful habits. When you abstain from indulging in mediocre pleasures, an energy is released, which feeds your ability to realize all the good you desire, both for yourselves and for others. **(AUGUST 2, 1999)**

It appears that science has already calculated the date of the sun's death, in fact some American scientists believe that he is already very ill! But the truth is that the sun possesses the secret of prolonging his own life for as long as he wants, until his whole family has reached perfection. You see, he does have a family to bring up and to provide for. All the planets that gravitate around him are his children, and he cannot die until they have reached perfection, that is, until they too have become suns, like their father. **(AUGUST 9, 2001)**

The reason we have descended to earth is first of all to settle the debts we have contracted in our former incarnations. In the second place, we must understand the situation in which we now find ourselves. And finally, we must work to perfect ourselves in every domain. Most human beings do not understand the purpose of their life here on earth. They wonder what they are doing here, and while awaiting their departure, they are content to eat, drink, sleep, amuse themselves, fight, and so on. But for the disciples of initiatic science, everything is clear: they know they must rectify the mistakes made in their previous lives. Then they must seek to understand why they are in a certain country, in a certain family, why they possess certain faculties and weaknesses, and what is expected of them. They must then endeavor to develop all the seeds, that is to say all the qualities and virtues the Creator has deposited within them since the beginning of time. This is why an initiatic school is so essential: nothing surpasses the light it sheds on the meaning of a disciple's life on earth. **(AUGUST 10, 2003)**

Those who decide to follow a spiritual teaching, sensing that it is their path, have to change many things in their thinking and way of life. It is not always easy for them, and especially since they are not alone: they have family, friends, neighbours and colleagues who may not accept this change, since it may disrupt their routines as well. So what are we to do? When you find yourself in such a situation, which sooner or later you will not be able to avoid, do not cause others unnecessary suffering, and above all do not abandon them. See to it that this new life which you find so good for you is also good for them. **(AUGUST 16, 2004)**

Parents must endeavor at all times to be faultless in the eyes of their children and they must control themselves in order not to show any weakness. When they fail to do this, the children become troubled, disoriented, because they no longer have anything to hold on to. Children instinctively look for support from beings who personify justice, greatness, power and when they see their parent do wrong, something inside them breaks down. For children to feel protected – they feel so small and weak – they need to sense there is an infallible authority above them. Children know not a great deal, but they do know they are weak and this is why they need protection, why they huddle up against their mother to feel her warmth. But children need this protection even more on the mental, emotional and spiritual plane. His is why, when children come to understand that their mother or father is not up to the task, they feel lost or rebel. And this is the source of many a family tragedy and misery. **(AUGUST 31, 2000)**

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One day a man made a pact with the Devil: the Devil promised to give him all the money he wanted, on condition that he gave him something in exchange. 'Very well', said the man; 'What do you want in exchange?' 'A hair of your head,' said the Devil. 'Oh, if that's all', laughed the man; 'No problem!' Well, that is what he thought, but in no time at all he was almost bald and many things began to change in his life: his finance left him because he looked ridiculous; he was so upset that he began to drink and lost his job, and, finally, he went out in the winter without a hat and caught cold and died!

A great many people reason like that. They think, 'What do I have to lose by cutting my ties with God and doing as I please? Nothing happens.' Well, unfortunately, a great many things happen: every day they lose a tiny particle of light and vitality, and as this loss has repercussions in their family and professional life, they end by ruining their existence. **(SEPTEMBER 4, 1987)**

We have seen princes relinquish their kingdom for the love of a woman. But what was it about this woman that made her more important than a whole nation of people? In fact, man does not seek out a woman, but a principle that is complementary to him and without which he cannot live. And woman have done the same: a girl will fight her entire family, the whole world to follow the man she loves. Is she wrong in doing so? No, not at all. The Lord and Mother Nature have inscribed in the heart of human beings: '*You will leave your father and mother and you will follow your wife (or husband).*' The masculine principle seeks out the feminine principle and the feminine principle seeks out the masculine principle, because on their own they feel incomplete, crippled. Human beings are not always aware of this, because this search, this seeking out takes on a variety of forms. Mystics say they are seeking God. In reality what they call God is this part that is complementary to themselves with which they seek to unite, to merge in order to become one complete, perfect entity. **(SEPTEMBER 10, 2002)**

Human beings have a natural tendency to meet their needs and solve their problems without taking others into account, and even at the expense of others, if they deem it necessary. Well, these are serious mistakes. For your own benefit, I will tell you that you must now decide not to work for yourself alone, but for the collectivity. Yes, it is in your own interest because you are a part of the collectivity, and when it improves and evolves, you are a beneficiary. You reap the benefit because you have placed your capital in a bank called the human family or the universal brotherhood, of which you are a member. Whereas when you work for the benefit of your limited self, nothing good happens to you as a result. You will say: 'But, of course, that is because I have worked for myself.' No, it is because your separate and egotistic self is a bottomless pit which is always dissatisfied and, by working for it, you throw everything into it. You must therefore change the purpose of your work and place it very high in an ideal of universality.

**(SEPTEMBER 11, 2004)**

History has certainly know very rare beings who have come into this world totally exempt from faults and passions and who have been predestined for some great work. Why are they not more numerous? The truth is that, because of heredity, almost no families on earth could give the luminous spirits that want to incarnate appropriate materials with which to form their physical and psychic bodies. Even the greatest initiates are obliged to work year after year on the faults and defects passed on to them through heredity. Even if their spirit helps the mother during gestation and works with her to gather the best elements, they cannot prevent some hereditary imperfections from threading their way through; although they come from celestial regions, they have to bear heavy burdens. That is why men and women who want to raise a family must

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become conscious of their power to help some great spirits incarnate in the best conditions. They will receive such gratitude from these spirits who become their children!

**(SEPTEMBER 17, 2001)**

There are occasions when a family man is not able to find enough work in his own country to provide for his family, so he goes to work abroad. He works there for a few years and when he returns, having made a lot of money, he is happy to be able to provide a secure future for his wife and children. He has, however, had to leave them for a certain period of time. The same happens when a spiritual person meditates, prays and unites with God: One could say that he also goes abroad, the difference being that it is not for months or years, but for just a few moments that his spirit distances itself from his physical body. By being too tied down to his body he is not able to do a great deal for himself, so he leaves to earn money or let us say; to gather light. When he returns he brings this light to his body and to its inhabitants: He illuminates them, enlivens them, purifies them and regenerates them.

**(SEPTEMBER 20, 1999)**

You can have children who do not belong to the same spiritual family as you and, in this case, they are not really your children: you are not responsible for their acts nor they for yours. The Bible says that the punishment for a man's sin falls not only on him, but on his children and their children after them to the fourth generation. What have these children done to deserve to suffer in this way? If it were not they but their father or grandfather who sinned, it seems very unjust that they should be punished. No, because those who pay for the sins of their parents by inheriting the same vices and illnesses are truly their children. If they had other mothers or fathers they would not have to suffer. Criminals have been known to produce children who were saints; the most ordinary people have sometimes given birth to a genius. Children are not always affected by the crimes of their parents and, when they are, it is because their previous way of life was similar, so they were drawn to reincarnate amongst people of their own kind. The law obliges them be born into that family so as to bear the same trials as their parents.

**(SEPTEMBER 22, 1988)**

The time has passed when human beings were advised to live a solitary life in order to evolve and earn their salvation. We are now entering the era of brotherhood. Human beings must no longer erect barriers among themselves, but must walk together, side by side, to form a universal brotherhood on earth, in which all beings will form one vast family. When this is realised, frontiers will fall, and instead of wasting enormous sums of money protecting themselves from others, all nations will live in abundance and peace.

These are the ideas that inspire the teaching of the Universal Brotherhood of Light. They explain why our ideal is to develop ourselves on all levels, so that we may become examples. Our ideal is for all of humanity to advance together, united by this love that God has envisioned for all human beings. Our ideal is to live harmoniously within the collective life, because it is here that all blessings are to be found.

**(SEPTEMBER 25, 2003)**

As individuals, isolated from others, human beings are weak and powerless, because their strength is based on unity and harmony. As often as possible, therefore, think about this universal family you must form despite your differences in character, temperament, degree of evolution, social class, and lifestyle. Put these details aside; they are not important and play no role in the spiritual life. In your hearts, strengthen the conviction that, in spite of your differences, you are all members of this universal brotherhood whose origins are not on earth but in the divine world. No endeavour can bring truly beneficial results unless human beings are conscious

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of acting not as separate individuals but as members of a collective body, the head of which is on high. **(SEPTEMBER 29, 2003)**

True, it seems impossible that the whole world will one day become one family, since human beings differ so greatly in mentality, morals, culture, religion and so on. But look at this more closely and you will see that in fact they are all the same, because when they were created in the celestial workshops up above they were all built from the same model. They therefore have the same capacities, the same needs, the same desires, and the same ideal. But because their conscience has left the celestial regions they are no longer capable of seeing themselves as they really are. They only see the differences, the contrasts, to such a point that they end up wiping each other out.

Evolution will slowly bring people to get to know each other better, however. So instead of only seeing what sets them apart, they will see what unites them. They will realize they all seek freedom, knowledge and love, and that it is the same things which hurt them and make them suffer. From that moment on they will begin really to understand each other and they will become one big universal family in which they will all live as brothers and sisters.

**(SEPTEMBER 29, 2000)**

Jesus said, *'If any man come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple.'* He was asking of his disciples the greatest sacrifice any human being can make. But without presuming to correct the Gospels, I cannot advise you to apply these words literally. You must first understand them correctly. To apply them stupidly or with fanaticism would lead to great injustice. You would be in danger of acting in direct contradiction to Christ's teaching.

Would it be fair if a man who had assumed the responsibility for a wife and family suddenly plunged them into destitution in order to follow Christ? No! Christ was not asking anyone to transgress the laws of generosity and leave his family in distress in order to serve him. To 'hate' one's family means to expand the compass of one's love, to stop devoting all one's energy to one's little family unit, to stop giving priority to the material dimensions of life to the exclusion of all other considerations. To hate one's family is to remember that one's roots are in Heaven and not on earth.

**(OCTOBER 3, 1995)**

The Universal Brotherhood of Light does not preach that life in the world and in society should be abandoned and replaced by a life dedicated to meditation and prayer. This has been the way of other teachings and they have had their reasons. However, the aims of the Universal Brotherhood of Light are different and so is its task. The conversion of a few people to a spiritual life of pure mysticism is not the goal: The aim of the Universal Brotherhood of Light is to help the whole world and it would be impossible to lead the whole world along a spiritual path suitable for only a handful of people. And because the goal of the Brotherhood is different, so are its methods. It is to be hoped that everybody should work, have a family and take their part in society, while at the same time improving their family and social life through the discipline and use of various methods. Nowadays, many tend to throw themselves into a spiritual life and totally neglect their work or, conversely, concentrate solely on their business affairs and forget all about their spiritual life. This is a mistake: Both are necessary and must be joined together.

**(OCTOBER 4, 1998)**

In order for a person to incarnate on earth, all of creation must agree to his coming. If it refuses even a few elements, then that person dies. That amazes you? Well, reflect on this. Notice how

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things are done in a country, a business or a family. There are people who calculate the budget, plan the expenditures (how much to allocate to education, defense, health, etc.), decide what savings to make, which persons to hire, dismiss or keep on, what sums are necessary for food, heating, maintenance and so on.

Do you really think that when it is a matter of someone coming on earth, nobody takes a decision or approves it? In a family, town, country, everything is calculated and done according to plans, budgets ... and you suppose everything in the universe is done without thought, haphazardly? Really, human ignorance is unimaginable! There are also entities up above that calculate how many human beings should come down to earth, the number of years they are to stay. Yes, it is such an immense economy, which you are far from imagining.

**(OCTOBER 5, 2001)**

How many complications in life arise because we are impulsive and do not know how to hold our tongue! During a conversation with a boss or a colleague, for example, you are not sufficiently vigilant, and you let a few unfortunate words slip. Well, it is done, and the relationship is finished. You are obliged to part ways, and then there are law suits, expenses, and so on. You say you will attempt to make amends, but it is not so easy.

Understand, therefore, that it is always better to be watchful and sensible, and to avoid creating disorder, first of all within yourself. We have very little control of the outer world, but in all that we ourselves do, it is possible, if we are conscious and vigilant, to introduce harmony, peace, and light. Those who learn to practise patience and self-control every day are able to soothe the conflicts which arise in their circles. Their conduct inspires esteem and friendship in family and acquaintances, who gradually begin to help them and do good things for them. It is with attention and self-control that we are most likely to resolve problems.

**(OCTOBER 9, 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)**

It is sometimes dangerous to inherit wealth from a relation: It can lead to very unpleasant results. If the person you inherit from led a dishonest, sinful life you would do better to refuse the inheritance, otherwise he will insist on reincarnating in your family, perhaps as one of your children. He will say, 'It was I who gave you land, houses, money or furniture, so I have the right to claim a home with you now!' And you will find yourself with a child who becomes a criminal, and you will never understand why. It is because he is the reincarnation of that grandfather, uncle or cousin who was a bandit, a thief and a murderer, and whose inheritance you accepted with such a delight! So it is preferable not to accept an inheritance from someone who has not walked the straight path of truth. But you can accept whatever good man leaves you; in fact it is a benediction for a family to inherit something from a good person.

**(OCTOBER 27, 1987)**

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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)**

Let the word 'harmony' impregnate you. Think of no other word, keep it within you like a kind of tuning fork, and as soon as you begin to feel worried or troubled take this diapason and listen to it so that your whole being is joined in consonance with limitless life, with cosmic life. To bring yourself in harmony with a few people around you – your wife, your husband, your children, your parents, neighbours, friends – is good, but it is not enough. You can be in concord with your family, with society, but be in discord with universal life, and then gradually this dissonance infiltrates you and gnaws away at your emotional, mental and spiritual organism. You must first find harmony with universal life because universal life will bring you all you need. Universal life will bring you health, beauty, light and joy. **(OCTOBER 29, 2000)**

It is normal to feel antipathy towards certain people, because human beings are not capable of that universal consciousness which allows harmonious empathy with everything and everybody. We shall always experience some aversions, be it to a food, to certain objects, faces or behaviour. When we come to earth we take on a body in some family or other, and this body does not vibrate perfectly in harmony with the whole universe and all living creatures.

But should we allow this state of affairs to influence everything we do? No. Of course, it is far easier to go along with all that is pleasant. But why not listen to the voice of wisdom that sees things from a different perspective and strongly advises against acting only according to our likes and dislikes. Why not widen our horizons, seeking what is good not only for ourselves, but for others too?

Eventually we must come to grips with this capricious nature of ours which loves this and detests that, instead of being forever at its beck and call. Many people have taken a fall through living only according to personal tastes and tendencies. **(NOVEMBER 2, 1998)**

How many young people, dissatisfied with their circumstances, blame their parents! Their parents do not understand them, they do not provide them with good conditions for their development, and they are deplorable examples for them. It may be true, but they should not blame them. If they have such parents, and not others, it is because they have deserved them. Yes, if they had deserved to live in other conditions, they would have been given other parents. The person who, thanks to the work he has already done in previous lives, is predestined to become a musician or a painter of genius, reincarnates in a family that provides the conditions for his gifts to be developed. If he deserves to be weak, handicapped, or ill, divine justice sees to it that he reincarnates in a family that transmits to him every weakness, every defect. Parents are responsible only on the surface; they should not be reproached, because they are only

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carrying out orders. All the defects a human being inherits from them were created by him; he had already formed them within himself long ago through his thoughts, feelings, and actions in previous incarnations. So, instead of reproaching his parents, each person, if he is to evolve, must blame only himself. **(NOVEMBER 7, 2003)**

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)**

Some teachers justify the disobedience and insolence of children and adolescents claiming that because young people are much more intelligent and gifted than their parents, it is normal that they should stand up to them. It is true that there are gifted children but they are extremely rare, and it is not true that most children are geniuses and have a right to rebel against their simple-minded parents. No, you must understand first of all that there is a reason why a child is born into a particular family, because nothing happens by chance. The Lords of Destiny act with wisdom and justice, and once the child has arrived it is too late to challenge the situation. If he is so brilliant, why did he incarnate into a family of morons? He was born there for the express purpose of carrying out a special apprenticeship, and this apprenticeship consists first of all in accepting his parents. Later on, who can say but, in becoming a member of this family, he must first try to live in harmony with them. When he has proved his true superiority he can do as he wishes, but not before. **(NOVEMBER 13, 2004)**

Human beings think that they only need to develop their intellect to reach perfection. No, man can reach perfection only if he develops his moral qualities. And moral qualities can only be developed when one frequents other human beings, in other words, in a collective way of life. Unfortunately, men are not particularly fond of these words, 'collectivity' and 'brotherhood', and yet the collectivity is a tremendous help towards perfection, for it obliges us to bestir ourselves and to cultivate kindness, patience and perspicacity.

As time goes on people will better realize the beneficial role of a collective family and begin to seek it. Within the last few years some political leaders have begun to realize that only universal brotherhood can save mankind from the abyss that yawns before it, and soon everybody will be driven by the fear of worldwide destruction to seek the solution in a brotherly, collective way of life. The Universal Brotherhood of Light has appeared on earth in order to show mankind the direction it must take in order to be saved. **(NOVEMBER 18, 1987)**

The best way to confront difficult situations in life is by making sure you immediately adopt the correct inner attitude. For instance why, the moment you experience a setback, do you react as if you had lost everything, as if the world were coming to an end? Try instead to take stock of what you still have, i.e. a family, friends, your health, all your psychic and spiritual faculties and

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so on, and thank Heaven for this wealth. Instead of always agonizing over what you do not have, learn to rejoice in what you do have. It is quite normal that a humiliation, a disappointment or a failure should momentarily upset you. There is nothing wrong with that, but it is inexcusable to wallow in your distress or sorrow and forget all the reasons you have for being happy and appreciative. Pull yourself together, for goodness sake! Otherwise there will come a day when you will be unable to shake off this tendency you have of becoming discouraged and you will be crushed.

**(NOVEMBER 21, 2002)**

The physical family is one thing, the spiritual family is quite another. You can belong to a family whose members are not of the same spiritual family as you are and despite the blood ties, they are not really your relations. You are not responsible for their actions and they are not responsible for yours.

The Old Testament says that when people have sinned, not only are they punished, but their children and their grand-children to the fourth generation will be punished. But what have these children done to deserve this suffering? It is their father or their grand-father who sinned, not they, so is this punishment not unjust? No, because those who pay for their parents' mistakes by inheriting the same vices or the same diseases are truly of the same family as them. If they belonged to a different spiritual family then they would not suffer. There have been criminals who have given birth to saints, so this means children are not always touched by the crimes their parents commit. If they are it is because, in the past, they have followed the same path and have thus been attracted to reincarnate amidst those whom they resemble. They have therefore been constrained by law to enter this family so that they experience the same trials previously incurred by their parents.

**(NOVEMBER 25, 2000)**

Each one of us has a particular conception of happiness that reflects our temperament. One person is happy in reflection, and another is happy in being carefree and entertained. One needs family life, and another prefers solitude and celibacy. One is inclined to help his neighbour, to support and care for him, while another wants to dominate or destroy him.

In fact, this search for happiness is a search for God; a search that is more or less wise, more or less enlightened, but still a search for God, because behind this idea that human beings have of happiness God is hiding... It is He who has given us this aspiration to happiness, so that we may finally find it, in Him. And even if, while waiting, human beings seek it in all the dark places, in the sewers, the swamps, and the cemeteries, one day they will understand that they must search for it in the higher regions, in the form of purity and light. There, yes, they will find it, and they will be truly happy.

**(DECEMBER 9, 2003)**

Many of you wonder whether there really are precepts that should be observed in the area of sexuality, whether they should respect the rules of continence taught by religion. The answer is that it all depends on your ideal. If you aspire to nothing more than an ordinary, mediocre life, there is no reason to practise self-control or try to live in continence and chastity. You would only make yourself ill in the attempt... not to mention the negative effects it would have on your psychological, family and social life, for in your bitterness you would become harsh and intolerant. If you aspire to doing something really great with your life, on the other hand, if you have a high ideal which you love with all your heart and soul, if you want to be truly useful, luminous and radiant... then, yes, you will have to observe certain precepts and follow certain rules of life. In this case there is every reason to practise vigilance and self-control.

**(DECEMBER 12, 1995)**

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Everybody must work with love and disinterestedness for the well-being of the collectivity, so as to form one worldwide family. When this day comes, the needs of each individual will be respected, for when the collectivity is well-off, the individual members are well-off too. Whereas, if only certain individuals are well-off, but not the collectivity as a whole, sooner or later those individuals will find themselves threatened: there is nothing safe or stable in their situation. The collective life surrounds, dominates and guides us: no one can envisage his own, individual life independently of the collectivity. It is useless to look for one's own little shelter in life, for it will not last. But human beings are still so far from this broader outlook! They are like insects: as soon as anything goes wrong they scurry back into their little holes, thinking to find safety there. Well, all right: let's say that man has inherited this instinct from the insects, but surely, now, he could try to broaden his outlook a little? **(DECEMBER 13, 1987)**

Never lose sight of the truth that power is founded on unity, on harmony. Think of this family you must create, despite your differences in character, degree of evolution, race, religion, social class, occupation and so on. Set all these details aside, because they are only of secondary importance and they do not play any part in spiritual life. Strengthen in your hearts the belief that despite everything that could separate you, you are brothers and sisters who come together to share the same work of prayer, meditation and song, with the aim of awakening every consciousness all over the world. From that moment on you represent a positive strength, a beneficial power. **(DECEMBER 16, 2000)**

When you seek a companion with whom to set up a family you have to make an effort to come out of yourself, to be more attentive, more understanding and more generous. However, people make the mistake of failing to understand that they should widen this family circle and extend their love to other creatures and to the whole universe. That is why they are still not happy even though they may have a wife, children, a job and a country to which they belong: because they have not yet managed to widen the circle of their love. Happiness is loving endlessly, not limiting this love to one person, or two, ten or a hundred ... Go on loving those you love, but also love the angels, the archangels, all the celestial hierarchies, the Lord; and in this way your family and friends will find themselves enriched, stronger, improved and purified by all the sublime states you are cherishing in your heart and in your soul. Widen the circle of your love so that you may encounter all the higher creatures, and you will receive inspiration, support and protection. **(DECEMBER 19, 1999)**

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  - *Life before Birth*
  - *Pre-Parenting, nurturing your child from conception, questions medicals* (Book 2001)
- Chopra, Simon, Abrams (Book 2005)
  - *Magical Beginnings, enchanted lives, A Holistic Guide to Pregnancy and Childbirth*
- Ina May Gaskin: *Spiritual Midwifery* (Book 1990)
- Frédéric Leboyer *Birth without Violence*
- Jean Liedloff: *The Continuum Concept, in search of happiness lost* (Book 1985)
- Aviva Jill Romm: *The Natural Pregnancy Book* (Book 2003)
- Susan S. Weed: *Wise Woman Herbal for the Childbearing Year* (Book 1986)

\* \* \*

## EDITION HEAVEN ON EARTH

(ALL ADOBE-FILES)

(available cost-free under [www.LetsCreateHeavenOnEarth.com](http://www.LetsCreateHeavenOnEarth.com))

### THOUGHTS OF A SPIRITUAL TEACHER

#### OMRAAM MIKHAËL AÏVANHOV:

- A correct understanding of Good and Evil (F)
- A new Attitude for everyday Life
- 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)
- Being Member of a Family ... *and its different Connections with the World* (F)
- Christ, Christians & Christianity (F)

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## BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

- 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
- Living a Successful Life
- Magic in everyday life
- Master & Discipleship (F)
- 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
- The Two Principles – Masculine and Feminine
- Traditions, the Gospels & the Holy Scriptures
- True Happiness (F)
- True Love (F)
- Working with Light

(F) = also in French available; (D) = also in German available

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

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

\* \* \*

# EDITION PROSVETA OMRAAM MIKHAËL AÏVANHOF

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- COMPLETE WORKS -

## THE SECOND BIRTH

### Table of contents

1. The Second Birth
2. 'Ask, and it Shall be Given to You. Seek, and You Shall Find. Knock, and it Shall be Opened to You.'
3. Truth is Hidden in the Eyes
4. Wisdom is Hidden in the Ears
5. Love is Hidden in the Mouth
6. Love, Wisdom and Truth
7. The Master of the Universal Brotherhood of Light - Peter Deunov
8. The Living Chain of the Universal Brotherhood of Light.

### 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 Brotherhood of Light.

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,

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

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.

## SPIRITUAL ALCHEMY

### Table of contents

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

### Summary

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

## LIFE FORCE

### Table of contents

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

### Summary

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

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

## HARMONY

### Table of contents

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

### Summary

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

# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

## THE MYSTERIES OF YESOD The bases of spiritual life

### Table of contents

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

Purity and Speech  
To Find Purity  
Blessed are the Pure in Heart  
The Gates of the New Jerusalem  
Part II. Love and Sex  
Part III. Realization - The Spring  
Fasting - Washing - The Real Baptism  
The Angels of the Four Elements.

### Summary

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

## THE SPLENDOUR OF TIPHARETH

### Table of contents

1. Surya-yoga - The Sun, Centre of our Universe  
2. Obtaining Etheric Elements from the Sun When We Gaze at the Sun Our Soul Begins to Resemble it  
3. Our Higher Self Dwells in the Sun  
4. The Creator Sows Seeds in Us and the Sun Makes Them Grow  
The Sun Reflects the Blessed Trinity  
5. Every Creature Has a Home - The Seven Beads of the Rosary  
6. The Master and the Seven-bead Rosary  
Every Creature Needs to Own and Protect its Dwelling Place - The Aura  
7. The Heliocentric Point of View  
8. Love as the Sun Loves  
9. A Master Must be Like the Sun and Remain at the Centre  
Some Prayers to Say at Sunrise  
10. Rise Above the Clouds - The Sephirah Tiphareth  
11. The Spirits of the Seven Lights

12. The Prism, Symbol of Man  
13. A New Heaven and a New Earth - Spiritual Grafting  
14. The Sun Has the Solution to the Problem of Love - Telesma  
15. The Sun is in the Image and Likeness of God - 'In Spirit and in Truth'  
16. Christ and the Solar Religion  
17. Day and Night -Consciousness and the Subconscious  
18. The Sun, Originator of Civilization  
A Disciple's Clairvoyance Must Begin on the Highest Levels  
19. The Sun Teaches Unity - The Power of Penetration  
20. The Sun Teaches by Example - The Sun, Heart of our Universe  
21. Three Kinds of Fire  
22. Making Everything Converge Towards One Goal.

### Summary

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

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

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

## THE KEY to the Problems of Existence

### Table of contents

1. The Personality  
2. Jnana-yoga  
3. Giving and Taking  
4. Evil is Limited, Good is Limitless  
5. Eternal Happiness  
6. Fermentation  
7. Which Life ?  
8. The Image of the Tree - The Individuality Must

Consume The Personality  
9. Working on the Personality  
10. The Personality Keeps You from Reflecting the Sun  
11. Identify with the Individuality  
12. The True Meaning of Sacrifice  
13. The Balance Restored  
14. Render Therefore Unto Caesar

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

15. The New Philosophy
16. The Personality Devoured by The Individuality
17. Call On Your Allies
18. The Further Down, The Less Space

19. Your Inner Animals
20. But Which Nature ?
21. Sexual Sublimation
22. Toward Universal Brotherhood.

## Summary

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

## COSMIC MORAL LAWS

### Table of contents

1. 'As You Sow, So Shall You Reap'
2. The Importance of Choice - Work not Pleasure
3. Creative Activity as a Means of Evolution
4. Justice
5. The Law of Affinity : Peace
6. The Law of Affinity : True Religion
7. The Laws of Nature and Moral Law
8. Reincarnation
9. Don't Stop Half-Way
10. Know How to Use Your Energies
11. How to Distil the Quintessence
12. The Moral Law Exemplified in a Spring

13. Why Look for Models in the World Above
14. Man Creates in the Invisible World by Means of his Thoughts and Feelings
15. We must not Sever the Link Between the World Below and the World Above
16. If You Are Light You Will Seek the Company of Light
17. Duplicates - New Recordings
18. Morality Comes into its Own in the World Above
19. Example ist the Best Teacher
20. Turn the Other Cheek.

## Summary

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

## A NEW EARTH Methods, exercises, formulas, prayers

### Table of contents

1. Prayers
2. A Daily Programme
3. Nutrition
4. Actions
5. Overcoming the Evil Within
6. Methods of Purification
7. Human Relations
8. Man's Relations with Nature
9. The Sun and the Stars

10. Mental Work
11. Spiritual Galvanoplasty
12. The Solar Plexus
13. The Hara Centre
14. Methods for Working with Light
15. The Aura
16. The Body of Glory
17. Formulas and Prayers.

## Summary

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

## LOVE AND SEXUALITY

### Table of contents

1. The Masculine and Feminine Principles  
The Love of God, the Love of Others, Self Love
2. Taking the Bull by the Horns - The Caduceus of Mercury
3. The Serpent -Isis Unveiled
4. The Power of the Dragon
5. Spirit and Matter - The Sexual Organs

6. Manifestations of the Masculine and Feminine Principles
7. Jealousy
8. The Twelve Doors of Man
9. From Yesod to Kether : The Path of Sexual Sublimation
10. The Spiritual Screen

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

11. Nourishment and Love
12. Woman's Role in the New Culture
13. The Initiatic Meaning of Nudity
14. Exchanges and Relationships
15. Wealth and Poverty
16. To Love is the Work of the Disciple
17. Love in the Universe
18. A Wider Concept of Marriage I
19. The Twin-Soul
20. Everything Depends on Your Point of View

21. A Wider Concept of Marriage II and III
22. Analysis and Synthesis
23. Like the Sun, Love Brings Order to Life
24. Mother Love
25. The Meaning of Renunciation
26. The Bonds of Love
27. Youth and the Problem of Love - The New Currents  
Marriage - Why Self-Control - The Need for a Guide  
Give Your Love to God First.

## Summary

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

## LOVE AND SEXUALITY

### Table of contents

1. A Question of Attitude
2. True Marriage
3. The Sun is the Source of Love
4. The Goal of Love is Light
5. The Manifestations of the Masculine and Feminine Principles
6. Master or Mistress ?
7. Vestal Virgins ; the New Eve
8. Materialism, Idealism and Sexuality - 'On Earth as in Heaven'
9. Heart and Mind ; the Universal Brotherhood of Light
10. Seek the Soul and the Spirit
11. Restoring Love to its Pristine Purity
12. Love Transforms Matter
13. Love and Identification
14. The Task of a Disciple

15. Open Yourself to Others and They Will Love You
16. Tantra-Yoga
17. Emptiness and Fullness : the Holy Grail
18. Love is Everywhere
19. Look for Love at its Source
20. Know How to Use Your Powers of Love
21. A Broader Concept of Marriage, Part IV
22. It Rises from Earth and Descends from Heaven
23. The Secret of Happiness is in an Expanded Consciousness
24. 'Whatever you Bind on Earth'
25. Love God so as to Love Your Neighbour Better
26. Live Lovingly
27. Our Only Weapons: Love and Light
28. Never Stop Loving
29. Towards a Broader Concept of the Family.

## Summary

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

## KNOW THYSELF: JNANA YOGA

### Table of contents

1. 'Know Thyself'
2. The Synoptic Table
3. Spirit and Matter
4. The Soul
5. Sacrifice

6. Food for the Soul and the Spirit
7. Consciousness
8. The Higher Self
9. Truth
10. Freedom.

## Summary

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

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

## 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

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

- |                            |   |
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| 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           | 4. On the Living Knowledge               |
| 2. On Responsibility        | 5. On Perfection                         |
| 3. On Building the New Life | 6. On the Reality of the Invisible World |

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

7. On Participation in the Work of the Universal

Brotherhood of Light.

## 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 Brotherhood of Light 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

### Table of contents

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1. The International Day of the Sun | 5. The Spirit of the Teaching |
| 2. The Bonfin                       | 6. Matter and Light           |
| 3. Training for the Divine          | 7. Purity and Light           |
| 4. Hrani-Yoga and Surya-Yoga        | 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 Brotherhood of Light if we do not work for broader, more far-reaching goals? For the welfare of the whole world? Henceforth, try to change your mental habits, to adopt a broader point of view; try to become more aware of being part of the cosmos, of being linked to the whole universe; try to see that this means that the things you do as well as the way you do them must change."

## THE FRUITS OF THE TREE OF LIFE THE CABBALISTIC TRADITION

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### 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."

\* \* \*

- **EDITION IZVOR** -

P0201AN : Toward a Solar Civilization

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

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

1. The Sun, Initiator of Civilization
2. Surya Yoga
3. Seeking the Centre
4. The Sun our Provider
5. The Solar Plexus

6. Man is Made in the Image of the Sun
7. The Spirits of the Seven Lights
8. The Sun as our Model
9. The True Solar Religion.

## 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.

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

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11. Education versus Instruction

## 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

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8. Communion
9. The Meaning of the Blessing
10. The Spirit Transforms Matter
11. The Law of Symbiosis.

## 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.

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

## 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

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### 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

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### Summary

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| 5. The Distribution of Wealth              |   |

### 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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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

## 5. The Resurrection and the Last Judgment

### 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.

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### 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

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### 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

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### 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

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### 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 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.

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# BEING MEMBER OF A FAMILY

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### 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

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| 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.

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| 5. Distilling the Quintessence    | II - The Foundations                                |
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| 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.'**

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| 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. 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.

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### Summary

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

## P0219AN : Man's Subtle Bodies and Centres

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### 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.

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### Summary

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

## P0221AN : True Alchemy or the Quest for Perfection

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| 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.

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

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

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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.

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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

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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.'

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

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.'

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14. The importance of beginnings... etc.

## Summary

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

## P0228AN : Looking into the Invisible Intuition, Clairvoyance, Dreams

### Table of contents

1. The Visible and the Invisible
2. The Limited Vision of the Intellect, The Infinite Vision of Intuition
3. The Entrance to the Invisible World: From Yesod to Tiphareth
4. Clairvoyance: Activity and Receptivity
5. Should We Consult Clairvoyants ?
6. Love and Your Eyes Will be Opened
7. Messages From Heaven
8. Visible and Invisible Light: Svetlina and Videlina
9. The Higher Degrees of Clairvoyance

10. The Spiritual Eye
11. To See God
12. The True Magic Mirror: The Universal Soul
13. Dream and Reality
14. Sleep, an Image of Death
15. Protect Yourself While You Are Asleep
16. Astral Projection While Asleep
17. Physical and Psychic Havens
18. The Sources of Inspiration
19. Sensation is Preferable to Vision.

## Summary

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

## P0229AN : The Path of Silence

### Table of contents

1. Noise and Silence
2. Achieving Inner Silence
3. Leave Your Cares at the Door
4. Make Your Meals an Exercise in Silence
5. Silence, a Reservoir of Energies
6. The Inhabitants of Silence
7. Harmony, the Essential Condition for Inner Silence

8. Silence, the Essential Condition for Thought
9. The Quest for Silence is the Quest for the Centre
10. Speech and the Logos
11. A Master Speaks in Silence
12. The Voice of Silence is the Voice of God
13. The Revelations of a Starry Sky
14. A Silent Room.

## Summary

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

# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

## P0230AN : The Book of Revelations: A Commentary

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

### Summary

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

## P0231AN : The Seeds of Happiness

### Table of contents

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

### Summary

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

## P0232AN : The Mysteries of Fire and Water

### Table of contents

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

### Summary

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

## P0233AN : Youth: Creators of the Future

### Table of contents

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

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

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

## Summary

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

## P0234AN : Truth: Fruit of Wisdom and Love

### Table of contents

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

## Summary

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

## P0235AN : "In Spirit and in Truth"

### Table of contents

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

## Summary

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

## P0236AN : ANGELS AND OTHER MYSTERIES OF THE TREE OF LIFE

### Table of contents

1. From Man to God, the Notion of Hierarchy
2. Introduction to the Sephirotic Tree of Life
3. The Angelic Hierarchies
12. Malkuth, Yesod, Hod, Tiphareth, Archangels and Seasons

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## BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

4. The Names of God
5. The Sephiroth of the Central Pillar
6. Ain Soph Aur, Unlimited Light
7. Light, the Substance of the Universe
8. 'When God Drew a Circle on the Face of the Deep'
9. The Kingdom of God is like a Mustard Seed
10. The Cosmic Family and the Mystery of the Trinity
11. The Body of Adam Kadmon
13. The Sephirotic Tree, Symbol of Synarchic Order
14. Yesod, Foundation of the Spiritual Life
15. Binah:
  - I The Laws of Destiny
  - II The Realm of Stability
16. Chokmah, the Creative Word
17. Yesod, Tiphareth, Kether, the Sublimation of Sexual Energy
18. The Prayer of Solomon.

### Summary

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

### P0237AN : COSMIC BALANCE - THE SECRET OF POLARITY

#### Table of contents

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

### Summary

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

### P0238AN : The Faith that Moves Mountains

#### Table of contents

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

### Summary

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

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

We can move a mountain, but only if we do not rush at it, thinking to move it in one go. We can move a mountain, but only if we are ready to move it stone by stone. Every stone we move - that is, every time we succeed in something, however small, increases your faith ; we begin to feel that we are stronger and more stalwart, more in control of the situation. And then one day, if we look back at the progress we have made and find that half the work is already done, it is just possible that our faith will have become so strong that we can move the rest in one go.

## P0239AN : Love Greater Than Faith

### Table of contents

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

### Summary

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

## B0301AN : THE NEW YEAR

### Summary

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

## B0302AN : MEDITATION

### Summary

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

## B0303AN : RESPIRATION Spiritual Dimensions and Practical Applications

### Summary

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

## B0304AN : DEATH AND THE LIFE BEYOND

### Summary

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

## D0005AN : The Gypsy Queen (Children Library)

### Summary

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

The young readers will find here, presented with an enchanting lightness of touch, some essential aspects of their

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# BEING MEMBER OF A FAMILY

... AND ITS DIFFERENT CONNECTIONS WITH THE WORLD

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

## CD5009AN : THE SEED

### Summary

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

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

## K2510AN : The Laws of Reincarnation

### Summary

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

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

### Summary

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

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

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

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

### Summary

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

## "You Are Gods" - Synthesis, Vol. I

Omraam Mikhaël Aïvanhov

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

## CHILDREN BOOK

Christiane Courmont *My First Sunrise* (eMail: [svetli@cyberlink.bc.ca](mailto:svetli@cyberlink.bc.ca))

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