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THOUGHTS OF A SPIRITUAL TEACHER

THE
COSMIC
MEANING OF
MARRIAGE

EDITION HEAVEN ON EARTH

THE COSMIC MEANING OF MARRIAGE

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

Benjamin Christ

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2

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THE COSMIC MEANING OF MARRIAGE

So many people carelessly attach themselves to men and women who cut them off from Heaven, who prevent them from uniting with the sublime world, from meditating, studying and even from just being good! On the pretext of loving them, they accept to be stupidly influenced without perceiving the abyss they are plunging into. Yes, no judgment at all, no criteria! I am not against associations, friendships, love and marriage. But why become attached to someone who does not help you get closer to the Lord, nor enlighten you, purify or ennoble you? Forgetting the Source of love – which can quench everyone's thirst day and night – only drink in very small swamps and puddles, hoping to be fulfilled and filled with wonder – well, it is ridiculous! You can love – you must love – all creatures, but be careful and let yourselves be influenced only by those who can unite you with the divine source. **(JANUARY 16, 2001)**

So many people find it normal to adopt a rebellious attitude of mind. If only they knew what their bodies were in the process of registering as a result! They would realize that violent, chaotic vibrations were being recorded, indelibly printed in each of their cells. But people are not in the habit of observing themselves or their own inner state, and they do not know that nature, which is gifted with intelligence and memory, is preparing lessons for them later on. For example, they marry and have children: those children will take after them and, like them, will be violent and disrespectful. When this day comes, and they find themselves victims, they will complain, 'It isn't fair. What have I done to deserve offspring like this?' But they should reflect on their own past behaviour, and then, too late, they would understand. The law of backlash exists in the psychic as well as in the physical world. Unhappily, it is only when the consequences of their actions return to them that human beings begin to reflect and understand. **(FEBRUARY 6, 1998)**

When an adolescent girl reads a novel it is the romantic passages that strike her and stick in her mind, those that speak of love and friendship. The social, political or philosophical questions it speaks of will make hardly any impression on her. But the years go by – she marries and has children, she works at her profession and has many different experiences – and if she comes across the same novel she will no longer be interested in the descriptions of kisses and romantic encounters which impressed her so much in her youth. Instead her attention will be caught by the passages she skimmed over before. All that she has experienced in life has opened her mind to new points of view and she finds herself reflecting on a multitude of ideas. The same thing occurs with the teaching of the initiates. Those who have not had certain experiences and never sought to understand certain questions find the teaching of initiates arid and unattractive. But those who have been led to reflect on the fundamental questions of life sense a whole new world opening up before them. **(FEBRUARY 21, 1995)**

The marriage of spirit and matter, of heaven and earth, is celebrated every day throughout the universe. So, be sure you are invited to take part in the festivities given by the heavenly Father (the spirit) and the divine Mother (matter), who are surrounded by the angelic hierarchies. Do you think your wish to participate in these festivities is sufficient to gain admission? No, you must first fulfil certain conditions, and if you try to enter without preparing yourself, you will suffer the same fate as the man mentioned in one of Jesus' parables: he presented himself at the feast without having clothed himself in ceremonial dress and he was not received. This dress symbolizes those qualities and virtues that must be developed for admission to the table of the divine feast: disinterestedness, purity and kindness. Perhaps you will not be invited to sit at the right-hand of the master of the house, but this does not matter. Even if you are at the other end of the table, what matters is that you are present to take part in the celebration. **(FEBRUARY 22, 2004)**

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THE COSMIC MEANING OF MARRIAGE

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

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

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

Life is everywhere. All nature is alive, all creatures are alive, yet how few men and women know what life is! When they find themselves in difficulty, they exclaim: 'What can you expect? That's life!' They understand life to be something external to themselves, which they must endure. The failures, the accidents, the illness and the suffering, 'that's life!' They loved, they married, and now they are divorcing; once again 'that's life!' No, this is not life. They call 'life' a string of mistakes, weaknesses and failures, without realizing that they themselves have created this deplorable existence. The Lord, their heavenly Father, has foreseen that one day they will be capable of living his life, the divine life, which is the true life. **(MARCH 12, 2005)**

Human beings in their ignorance and pretentiousness imagine that it is they themselves who have created the institution of marriage. No! Marriage is a cosmic phenomenon that is celebrated first of all on high between the heavenly Father and his Wife. And because human beings have been created in the image of God, they repeat this cosmic event in an instinctive and, unfortunately, unconscious manner. Christianity is still a long way from understanding this truth. For Christians, God is uniquely a masculine principle. Well, no, they are mistaken. If man seeks woman to unite with her and create, it is because God also has a wife with whom he unites and creates. His wife is the divine Mother, Nature, Cosmic Matter. Obviously, you must not imagine that the wife of God, the Cosmic Spirit, is like a woman of the earth, extraordinary as she is. This lofty reality exists at the level of principles. But the law is absolute: everything which is below is like that which is above. Therefore, everything which takes place below is in the image of that which takes places on high. **(APRIL 2, 2003)**

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)**

4

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THE COSMIC MEANING OF MARRIAGE

So many love stories end in failure! And yet, instinctively, each time a man and woman begin to love again, they hope that this time their love will be wonderful. That they have found their soul mate and will taste life to the fullest. Where does this hope come from? From memory of the distant past, from the knowledge – deeply buried within them – that in the divine world above, the union of the masculine and feminine principles is achieved in the greatest light, greatest beauty and greatest joy. Men and women do not find this same fulfilment because they search for each other on too low a level. The true marriage between two persons is the union of their soul and spirit. If people are disappointed, it is because they have not been able to achieve this marriage. Happiness is only possible when they succeed in uniting in the higher regions.

(APRIL 11, 2001)

The Eucharist and marriage are two sacraments which celebrate the union of the masculine and feminine principles, thanks to which life throughout creation perpetuates itself. The difference between the two is that marriage primarily concerns the physical plane, our social life, whereas the Eucharist, or communion with the body and blood of Christ represented by bread and wine, concerns the spiritual plane and our inner life. The symbolism is the same, however, and we find these sacraments at the beginning and end of Jesus' mission on earth. According to the Gospel of St. John, Jesus performed his first miracle at Cana in Galilee where he had been invited to a wedding: he changed water into wine. That he attended a wedding and there performed his first miracle means that Jesus' idea of this ceremony was very different from that of most people. And the sacrament of the Eucharist was the last act Jesus performed before his death. Is it not clear then that all of Jesus' teaching rests on the knowledge of these two principles?

(APRIL 20, 2000)

In the Gospels Jesus speaks about a man who gave a great feast, to which he invited many people. And when the feast was due to begin, all the people he had invited sent word that they were unable to attend. One had bought some oxen and needed to try them out; another had bought land and needed to see it; a third had just got married, and so on. So the master of the house was very angry and sent his servants into the town to seek out beggars, cripples and the blind, inviting them to the feast. All these came along to eat and drink, because the 'chosen' were otherwise occupied. What happens in the world is a little like that. Very few among the elite are free to devote themselves to divine work, so Heaven is obliged to make do with the help of those who are less fortunate.

(MAY 14, 1998)

Some people, after reading a few esoteric booklets which they more or less understand, think they are capable of opening a school and instructing their own disciples. Are they really capable of enlightening people and helping them to change? I do not think so, because to change others, one must first change oneself. A young girl falls in love with an alcoholic and marries him, convinced that she will help him give up his addiction. The motive to save someone is very good, but how is she going to do so? Does she know enough about his problem? No, and it is not surprising that instead of saving him, she, too, will begin to drink heavily.

There are many people who believe they will save humanity, no matter what state they are in themselves. They do not ask themselves, 'Do I have the knowledge, the love, the light, the purity and the will power?' According to them, they are equal to the task. They exist, they are there, and they think this is all that is necessary. Unfortunately, this is not the case, and they always make a mess of it.

(MAY 25, 1998)

The purpose of prayer is not to obtain material favours – money, a television set, houses, patronage, a rich marriage partner. The benefits it brings are of a different nature. The gifts you

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THE COSMIC MEANING OF MARRIAGE

receive when you communicate with the Lord in your hearts and minds are very subtle, such as energy, light and inspiration. And as this subtle world is a real world, its influence touches those who come in contact with you; they feel vivified, comforted and consoled in your company; they feel that they can trust you. It is even possible that they may, one day, offer you all kinds of material advantages. But the first fruits of prayer are always spiritual. Material advantages may follow, but only later. **(MAY 31, 2001)**

In order to justify their impulses and infidelities, some men and woman claim that marriage kills love. No, marriage does not kill love if man and woman know how to consider each other and learn to discover in one another an expression of the divine world. If they do not seek to know their partner's soul and spirit and to make every sacrifice for them, they must not expect the other's physical body to satisfy them. After all, what is this physical body? As soon as a man dies, he is just a corpse, and his wife does not keep him, but has him buried. Yes, she loved her husband, and she still loves him. Yes, but it is the subtle aspect, the spiritual body of man, that is alive. The physical body remains what it is. It eventually gets old, and after a while we may find it less pleasant and tire of looking at it. Whereas the inner life is always different, always new, like the water that we love, because it is inexhaustible. **(JUNE 4, 2003)**

In their psychic and spiritual lives, human beings are not uniquely men or women as they are on the physical plane. The mystic who contemplates divinity is like a woman who wants to receive a spark, a seed from God. He devotes himself to the light of God; he opens himself to it and then receives this seed in his soul. He carries it within him for a long time in order to give birth in the world to a divine child. In the spiritual realm, a man, like a woman, can conceive a child. By linking to God, he changes polarity; he becomes a woman and gives birth to the child that is love and the child that is wisdom. In the same way, if a virgin who devotes herself to the service of God also prepares herself to marry the Christ, she will give birth spiritually. There are no barren marriages in the spiritual life, but only on the condition that men and women are educated about the laws of polarity. **(JULY 4, 2004)**

Once upon a time, when people knew true love and were capable of staying faithful to each other, the institution of marriage did not exist. The custom of marriage became necessary when people no longer knew how to love, and laws, sacraments, and so on, had to be instituted to bind them together.

Are agreements, contracts, and the presence of mayor or priest needed if there is true love? In any case, the existence of these mayors, priests and contracts do not prevent couples from tearing each other to pieces and separating. Nothing more is needed for love to endure eternally, not even the blessing of a priest, because God Himself has already given His blessing. God is present within the love of those who truly love each other.

That is the only real blessing: love itself. **(JULY 7, 1998)**

One wonders why so many people want to become clairvoyant. As if 'seeing' is the pinnacle of spiritual life. Gaining insight into people's earnings, bankruptcies, marriages, divorces, enemies, friends, illnesses, etc.; what is there to be gained by always being buried in the same human weaknesses? Do we not see enough of this with our physical eyes? Too often we are tired of what we see, even disgusted by it. So why want to see more only to end up being quashed or ill? Is this intelligent? To see, to be able to see! But to see what? Therein lies the question. Let all these prospective clairvoyants be aware that this faculty will hamper their evolution if they seek to develop it before having developed the qualities they need in order to use what they see for the best objective. It is not enough merely to see. You must also have the ability to grasp and

6

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THE COSMIC MEANING OF MARRIAGE

understand what you discover in the subtle planes, but also to confront and tolerate the visions of hell.

(JULY 9, 2000)

There was once an old woman who always put some money aside in case she should be robbed. A thief obviously did come one day and the woman said: 'Ah, there you are, I've been waiting for you. I have put something aside for you.' The thief was totally amazed, but left very happy. The woman did not realize that by putting money aside she actually attracted the thief. Perhaps not many people are like this woman, but there are many who put money aside 'for a rainy day'. Well, in doing so they attract the 'rainy days'. It is magic, truly, it is unconscious black magic. You should never save up for a rainy day because, by doing so, you attract them. Save for a 'sunny day' so that when your princess finally comes you will be able to say: 'I have some money to marry her.' Obviously the princess is symbolic: this princess is in fact all the happy events that occur in life.

(JULY 21, 1999)

Human beings are imperfect, and it should not surprise them when these imperfections complicate their relationships. When men and women meet and marry, misunderstandings often begin right away. It is inevitable. But instead of separating immediately, it is best if they try first of all to surmount their problems, saying to themselves: 'There must be a reason why fate brought us together, since chance doesn't exist. I must therefore work hard to accept him (or her) for this incarnation, in order to learn and to improve myself.' There are cases in which it is better to leave a person with whom you do not get along, but not before making every effort to save the situation, all the while conducting yourself with patience and generosity. Otherwise divine justice will confront you once again with the same problems. Whether it is in this incarnation or in the next, you will not escape. Human beings are not in the habit of reasoning in this way, because they have not been instructed about reincarnation and the law of cause and effect. Well, they must take great care to inform themselves, and their lives will then take on meaning.

(JULY 25, 2003)

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

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

(AUGUST 2, 2004)

When a child is small the only things that matter to him are feeding himself, and playing with everything around him, as soon as he is denied the slightest thing, he screams and yells. Children are little monsters of selfishness, but at that age it is normal. Adults, the father and the mother, understand they can expect nothing else. If, however, the child continues to behave in the same way when he is older, he is reprimanded, or maybe even smacked, because he needs to change and stop thinking only of himself. Later on he will need to couple with a partner and,

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THE COSMIC MEANING OF MARRIAGE

subsequently, have children. Why has cosmic intelligence arranged things in this way? To persuade people to look after others, rather than themselves alone: and the first step is to care for husband, or wife, and children. Cosmic intelligence wants to teach this lesson, but how many people have understood it? How many people are capable of forgetting their own self-interest a little, and thinking about their husband, their wife and their children in a sincerely unselfish way?

(AUGUST 3, 1999)

When someone says, 'I will dedicate my life to spirituality when I have put all my worldly affairs in order,' I reply that this is impossible, because this person does not understand what must inevitably happen. Then I take a rubber ball, make a hole so that some air escapes, and a dent appears. Now I ask him to try to make the ball round again, so he presses here and there, and again and again the dent appears on the opposite side of the ball. 'You see,' I say to him, 'your worldly affairs are exactly like this ball: they will always need attention and there will always be something that needs to be put in order. When your professional life is over, your wife (or husband) will need care, so will your house, children, health, and so on. You will never be completely free.' So, when you consider espousing a spiritual life, do not wait for your worldly affairs to be completely organized, because they will never be. When you have retired and think that at last everything is settled – your son married, and your daughter, too – someone may say, 'Now, meditate!' You are then forced to realize that your brain has lost its powers, and meditation is impossible. So do not wait for your worldly conditions to change: it is vital to give a spiritual dimension to your life now.

(AUGUST 11, 1998)

Most men and women are so careless when they enter a relationship or marriage! They imagine that everything will be easy, light and pleasant, since their partner is there, of course, merely to satisfy their needs. But gradually they begin to feel stuck, and then come the arguments and confrontations, until they understand that, in order to restore the situation, they must each strive to forget themselves a little and think of the other. What they mistook for recreation is in fact a school where they begin what for every human being is the most important apprenticeship: the expansion of consciousness. Perhaps you are wondering what this expansion of consciousness means. It means leaving one's small, limited self in order to enter the vast community of humanity and, for many, this apprenticeship inevitably begins with the experience called 'falling in love'.

(SEPTEMBER 6, 2004)

Certain mystics, hermits and ascetics of the past were so ignorant and narrow-minded that they destroyed their mental balance by refusing every form of exchange with the feminine principle, and ended up as barren, dried-up carcasses. In their minds this is what religion required of them! You will say, 'But many great masters and initiates never married. Were they like those fanatics?' No, initiates and great masters are very broadminded. They understand God's creation. If they live in purity and chastity it is because the intercourse they enjoy on subtler levels with the feminine principle, the divine mother, is so rich and rewarding that they have no need to burden and limit themselves by seeking it on the material level. They nourish themselves and drink from sources and in realms unknown to the masses, realms in which every exchange takes place in the most perfect light and purity. They enjoy the company of angels and archangels. What more do they need?

(SEPTEMBER 9, 1995)

The impulse that attracts men and women to each other, this impulse that we call love, can never be fully satisfied on the physical plane, for it is not the physical body that needs to love, but the heart, and even the soul and spirit. If one looks no further than the physical boy the best one can hope for is some agreeable, pleasurable emotions and sensations, but these soon run

8

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THE COSMIC MEANING OF MARRIAGE

sour and are transformed into jealousy, antagonism and hatred. In love, as in many other areas, the body must be seen as an instrument, a means not an end. Married people who make no effort to seek further than the physical body will always be dissatisfied. Their life together will be hell, because they will end by seeing only each other's defects. But if they work to make their love an exchange on the level of the soul and spirit they will experience renewed happiness every day. Even when they are both old they will continue to re-discover each other and rejoice in the wonderful things they see in each other. **(SEPTEMBER 25, 1995)**

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 greatest initiates have always understood true marriage, cosmic marriage, as the union of the two principles, masculine and feminine: Spirit and matter. The spirit joins with matter to work on it and their union gives birth to a perfect life. Since matter is opaque, lifeless, shapeless, the spirit makes its way toward it to render it alive, luminous and expressive. The spirit is so subtle and imperceptible that it needs matter to materialize and express itself. When the spirit tries to penetrate matter and when matter is receptive and opens up to the spirit, then they merge together, they form a union: This is true marriage. **(OCTOBER 12, 2001)**

What is most important for the evolution of a human being is not the conditions or events through which he must pass during his life, but who he is; that is to say, what his moral qualities, and character are. If he possesses good reasoning powers, a generous heart, and the ability to control himself when either success or disaster come his way, it bodes well for him. For example, someone suddenly inherits a large fortune or makes a brilliant marriage, and everyone exclaims: 'Oh! What happiness, what luck!' It is only wise men who first study the mentality of this person before making pronouncements. If the person is capricious, weak, and egotistical, they pity him, because with such a temperament, the higher he rises, the greater his fall will be. Whereas another person receives everyone's pity because he has lost everything, his health, his fortune or his good reputation, but a sage may say: 'This person is strong: he has a high ideal, and great love, and he will be able to transform this loss into spiritual wealth.' **(OCTOBER 24, 2003)**

A spirit, a soul, is linked to a body for one lifetime. At the time of death they separate from the body and, later, in a subsequent reincarnation another union is made. The human ego is neither man nor woman: it is by incarnating on earth that it becomes one or the other, depending on whether it is polarized positively or negatively. If it is polarized positively it generally incarnates in a feminine form in order to have both principles and, inversely, if it is polarized negatively, it takes on the body of a man. And you ask: 'What determines this polarization of the human ego?'

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THE COSMIC MEANING OF MARRIAGE

Well, it all depends on the degree of evolution of each individual ego and the work it has to do to reach perfection.

Our incarnation on earth is already in some way a form of marriage. We could therefore say that the first marriage a human being enters into is that of his ego with his physical body, and that marriage demands absolute fidelity. **(NOVEMBER 26, 1999)**

Picture a married couple: one of the partners is intelligent, highly evolved and capable of making rapid progress; the other is ignorant and mediocre and makes very slow progress. In order to maintain a certain balance between them, it is indispensable that the one who advances more rapidly should show great patience and kindness, and restrain his burning desire to advance so as not to leave his partner far behind. You must never forget your spouse who is trotting along behind! It is no use being critical of him at this stage, you should have thought about that before, and if you were not satisfied with his capacity to advance you should not have married!

There is only one case in which a man or woman is free to go ahead without waiting for their spouse, and that is when he or she has shown great love and kindness, made sacrifices in order to advance together and has already warned the other, but the other has paid no attention. In this case there is no obligation to regard one's own progress in order to please someone who has decided to make no effort. On the other hand, if the one who is behind does make an effort, his partner has no right to leave him, it is forbidden by divine law. **(NOVEMBER 26, 1987)**

In past incarnations human beings have, consciously or unconsciously, broken all kinds of laws and, as they have not made reparation for these transgressions, they now find themselves in difficulties, with debts to be paid and all kinds of complicated situations that have to be sorted out. But destiny conceals this from them. When they are about to marry or form a partnership with somebody, for instance, destiny prevents them from seeing the true character of their future partners or how they will react in such and such a situation. It does this so that they may learn their lessons and pay their debts. If they were forewarned it would be very easy to avoid such trials. This is why the law of justice arranges things so that they shall have no recollection and no premonitions: They are in the soup up to their necks, and they are going to have to stay there until they have understood the lessons of Divine Justice! **(NOVEMBER 27, 1987)**

In the dialogue *'The Banquet'* Plato recounts the myth of the primitive androgyne. In days long gone by, human creatures are said to have lived on earth who were both male and female: They were spherical in shape and had two faces, four arms, four legs, two genital organs, etc. These creatures had exceptional vigour and, conscious of their power, they undertook to attack the gods. Greatly concerned, the latter sought a way to weaken them and it was Zeus who found the answer: They would be cut in two. This was done and that is why, ever since then, these two halves of one divided being roam the world continuously looking for each other to unite and so refind their initial integrity.

In Plato's myth one detail is particularly significant: In order to weaken these creatures threatening the power of the gods, Zeus decided to split them in half. The conclusion is clear: The power of human beings depends on the possession of both principles. Human beings are akin to gods when they possess both principles – masculine and feminine. **(DECEMBER 1, 1999)**

Most human beings are so limited in their love that when a man and woman meet they forget the entire world: Nothing else exists as far as they are concerned. They are not yet used to understanding love in a wider sense, so they impoverish and mutilate love. It is no longer a divine love springing forth, showering down upon all creatures. True love is love which embraces all creatures without limitation, without putting down its roots with one person alone. That is why

10

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THE COSMIC MEANING OF MARRIAGE

men and women should be taught to embrace wider concepts, to show less possessiveness and jealousy. The husband should find joy in seeing his wife love the world as a whole, and the wife should also be happy that her husband has such a big heart. When two truly evolved people get married they have allowed each other this mutual freedom beforehand. Each one finds joy in being able to love all creatures with the greatest purity. The wife understands her husband and the husband understands his wife, and they are mutually uplifted, walking together towards Heaven, because they are living the true, unlimited life. **(DECEMBER 2, 1999)**

Sometimes a young person will come to me and say 'I think that it would be not good for me to marry and have children. I feel much more drawn towards the spiritual life.' But then, when I look at his constitution, at how he is built, I reply, 'No, I think, on the contrary, that you would do better to get married, otherwise you will be unhappy, your solitude will be a burden to you and you will become a nuisance to everybody else.' And then again, to someone who wants to get married, I may say, 'Get married if you like, but let me tell you that you are not built for a marriage; you will feel tied down and unhappy.' There are many young men and women who do not know themselves and do not know what they should do.

Each person comes to earth with a mission, a programme to be completed. It is not up to him to choose his tastes and tendencies, that is to say, his nature, as he wishes. I have already told you: You can give a cat the best advice in the world and explain exactly why it should not eat mice. It will nod its head in agreement and say "miaow" to show that it has understood, but while you are still preaching, it will hear a tiny scratching noise and be off like a shot, without the slightest remorse, to catch that mouse. For the mouse interests it far more than all your preachifying. You cannot blame it; that is its nature! **(DECEMBER 4, 1987)**

Watch what you say: do not engage in big talk, do not commit yourself lightly, because you will provoke the invisible world and you will then have great trouble in keeping your commitments. In fact, you will not succeed.

A man swears he will never get married. Some time later he meets a woman. This woman, who is in fact the least able to make him happy, makes him lose his head and he marries her. Why? Because there are entities in the invisible world who, seeing this man so sure of himself, want to put him to the test. They try him to see what he is capable of and very soon he succumbs. That is how people often do exactly the opposite of what they so adamantly professed or promised.

In some countries it is the custom for a person to touch wood when saying something. This may seem superstitious, but this gesture says a great deal. It shows that, whilst talking, people are conscious of provoking invisible entities and they touch wood to ward off misfortune.

(DECEMBER 17, 1999)

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THE COSMIC MEANING OF MARRIAGE

APPENDIX: BOOKS

– BIBLIOGRAPHY –

Prenatal Education, Spiritual Electroplating

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- Geoffrey Hodson : *The Miracle of Birth* (Brochure 1929)
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- Omraam Mikhael Aïvanhov
 - *Education Begins Before Birth* (Book 1984)
 - *Hope for the World: Spiritual Galvanoplasty* (Book 1984)
- Denise Tiran:
 - Natural Remedies for morning sickness and other Pregnancy Problems* (Book 2001)
- Denise Tiran, Sue Mack
 - Complementary Therapies for Pregnancy and Childbirth* (Book 1995)
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- Susan S. Weed: *Wise Woman Herbal for the Childbearing Year* (Book 1986)

* * *

EDITION HEAVEN ON EARTH

(ALL ADOBE-FILES)

THOUGHTS OF A SPIRITUAL TEACHER

OMRAAM MIKHAËL AÏVANHOV:

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

12

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THE COSMIC MEANING OF MARRIAGE

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

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

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

* * *

EDITION PROSVETA

OMRAAM MIKHAËL AÏVANHOV

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- **COMPLETE WORKS** -

THE SECOND BIRTH

Table of contents

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

Summary

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

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

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

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THE COSMIC MEANING OF MARRIAGE

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

LIFE FORCE

Table of contents

- | | |
|---------------------------------------|-------------------------------|
| 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".

THE MYSTERIES OF YESOD The bases of spiritual life

Table of contents

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

14

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THE COSMIC MEANING OF MARRIAGE

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

Summary

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

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

THE SPLENDOR OF TIPHARETH

Table of contents

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

Summary

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

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

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

THE KEY to the Problems of Existence

Table of contents

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

Summary

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

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THE COSMIC MEANING OF MARRIAGE

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
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

16

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THE COSMIC MEANING OF MARRIAGE

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

Give Your Love to God First.

Summary

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

LOVE AND SEXUALITY

Table of contents

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

Summary

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

KNOW THYSELF: JNANA YOGA

Table of contents

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

Summary

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

KNOW THYSELF: JNANA YOGA

Table of contents

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

Summary

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THE COSMIC MEANING OF MARRIAGE

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)

Table of contents

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

Summary

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

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

Table of contents

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

Summary

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

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

Table of contents

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

SUMMARY

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

LIFE AND WORK IN AN INITIATIC SCHOOL

Table of contents

18

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THE COSMIC MEANING OF MARRIAGE

1. The International Day of the Sun
2. The Bonfin
3. Training for the Divine
4. Hrani-Yoga and Surya-Yoga
5. The Spirit of the Teaching
6. Matter and Light
7. Purity and Light
8. The Meaning of Initiation.

Summary

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

THE FRUITS OF THE TREE OF LIFE THE CABBALISTIC TRADITION

Table of contents

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

Summary

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

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THE COSMIC MEANING OF MARRIAGE

- EDITION IZVOR -

P0201AN : Toward a Solar Civilization

Table of contents

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

Summary

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

P0202AN : Man, Master of his Destiny

Table of contents

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

Summary

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

P0203AN : Education Begins Before Birth

Table of contents

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

Summary

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

P0204AN : The Yoga of Nutrition

Table of contents

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

Summary

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

P0205AN : Sexual Force or the Winged Dragon

Table of contents

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

20

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THE COSMIC MEANING OF MARRIAGE

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

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

Summary

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

P0206AN : A Philosophy of Universality

Table of contents

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

Summary

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

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Table of contents

- | | |
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| 1. What is a Sect? | 6. The Great Universal White Brotherhood |
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P0207AN : What is a Spiritual Master ?

Table of contents

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

Summary

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

Table of contents

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

Table of contents

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

Summary

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

P0210AN : The Tree of the Knowledge of Good and Evil

Table of contents

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

Summary

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

P0211AN : Freedom, the Spirit Triumphant

Table of contents

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

Summary

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

P0212AN : Light is a Living Spirit

Table of contents

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

Summary

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

P0213AN : Man's Two Natures, Human and Divine

Table of contents

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

Summary

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

22

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THE COSMIC MEANING OF MARRIAGE

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

P0214AN : Hope for the World : Spiritual Galvanoplasty

Table of contents

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

Summary

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

P0215AN : The True Meaning of Christ's Teaching

Table of contents

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

Summary

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

P0216AN : The Living Book of Nature

Table of contents

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

Summary

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

P0217AN : New Light on the Gospels

Table of contents

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

Summary

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

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THE COSMIC MEANING OF MARRIAGE

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

P0218AN : The Symbolic Language of Geometrical Figures

Table of contents

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

Summary

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

P0219AN : Man's Subtle Bodies and Centres

Table of contents

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

Summary

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

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

Table of contents

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

Summary

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

P0221AN : True Alchemy or the Quest for Perfection

Table of contents

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

Summary

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

P0222AN : Man's Psychic Life : Elements and Structures

Table of contents

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

24

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THE COSMIC MEANING OF MARRIAGE

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

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

Summary

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

P0223AN : Creation: Artistic and Spiritual

Table of contents

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

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

Summary

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

P0224AN : The Powers of Thought

Table of contents

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

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

Summary

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

P0225AN : Harmony and Health

Table of contents

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

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

Summary

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

P0226AN : The Book of Divine Magic

Table of contents

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

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

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THE COSMIC MEANING OF MARRIAGE

13. The Power of a Glance
14. The Magical Power of Trust
15. Love, the Only True Magic
16. Never Look for Revenge
17. The Exorcism and Consecration of Objects
18. Protect Your Dwelling Place.

Summary

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

P0227AN : Golden Rules for Everyday Life

Table of contents

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

Summary

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

P0228AN : Looking into the Invisible Intuition, Clairvoyance, Dreams

Table of contents

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

Summary

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

P0229AN : The Path of Silence

Table of contents

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

Summary

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

P0230AN : The Book of Revelations: A Commentary

26

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THE COSMIC MEANING OF MARRIAGE

Table of contents

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

Summary

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

P0231AN : The Seeds of Happiness

Table of contents

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

Summary

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

P0232AN : The Mysteries of Fire and Water

Table of contents

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

Summary

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

P0233AN : Youth: Creators of the Future

Table of contents

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

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THE COSMIC MEANING OF MARRIAGE

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

Summary

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

P0234AN : Truth: Fruit of Wisdom and Love

Table of contents

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

Summary

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

P0235AN : "In Spirit and in Truth"

Table of contents

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

Summary

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

P0236AN : ANGELS AND OTHER MYSTERIES OF THE TREE OF LIFE

Table of contents

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

28

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THE COSMIC MEANING OF MARRIAGE

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

Summary

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

P0237AN : COSMIC BALANCE - THE SECRET OF POLARITY

Table of contents

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

Summary

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

P0238AN : The Faith that Moves Mountains

Table of contents

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

Summary

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

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

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THE COSMIC MEANING OF MARRIAGE

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

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

30

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

CD5009AN : THE SEED

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 Mikhaél Aïvanhov

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

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