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THOUGHTS OF A SPIRITUAL TEACHER

MASTER
&
DISCIPLESHIP

EDITION HEAVEN ON EARTH

MASTER AND DISCIPLESHIP

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

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Conception and Realisation:

Benjamin Christ

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MASTER AND DISCIPLESHIP

WHY DO YOU NEED A SPIRITUAL TEACHER?

You decide one day to learn to play, let us say, the violin. So you go out and buy an instrument and music books and you begin to play. For the first few days you practise one or two hours each day, but very soon your enthusiasm starts to wane and you stop. One week later you go back to your violin and then once again you stop. And so it goes on, practice followed by lazy inactivity, according to your mood. But now imagine for a moment that you have a violin teacher. You practise regularly because you cannot go to a lesson without having prepared. And your teacher is always there to correct your mistakes or to give you encouragement.

For this same reason it is necessary to have a master if you want to make progress in your spiritual life, because you have to make an effort for him. You say you do not want a master that you will manage by yourself, that there is no need for someone to guide you. Very well. Do as you wish. But if it is not a master, then it will be life that takes charge of you, and life is likely to teach you some very hard lessons. **(OCTOBER 26, 2000)**

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

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

When a disciple works to identify with his master, he establishes a truly magical bond and, thanks to this bond, gradually begins to resemble his master. Perhaps not physically – although this is possible with a great deal of willpower, with a great deal of faith and time – but inwardly he receives his master's wisdom and light. For the disciple, then, true magic lies in the work of identifying with his master to find the treasures buried in his master's soul, heart, intelligence and will, so all these treasures flow into him. Because the master is neither selfish nor miserly, he wants to give in abundance. And even if the master sees that one of his disciples is beginning to surpass him, he is delighted and says: 'This disciple is one of my children; if he is greater than I, so much the better, for I am the father.' And the sight of that child fills him with pride. **(FEBRUARY 15, 2000)**

It is hard to do something you don't enjoy. It is when you like something that you feel drawn to it and want to work at it. If someone is famished he feels such affection for food that he gets up and goes to look for something to eat in his cupboard or at the grocer's! And this is true for all our other activities. If you love the Teaching, if you hunger for the spiritual life, you will not just stand there with your arms folded, doing nothing; you will feel impelled to nourish your love and do everything in your power to satisfy your spiritual need. To be sure, we need a Master or Instructor to explain exactly what the spiritual life is, why it is important to become more and more intimate with it, and the methods to use in putting it into practice; but it is up to the disciple to love it and actually live it. The Master contributes light and the disciple responds with his heart. **(NOVEMBER 3, 1987)**

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Many men and women are looking for a master, but if they find one, they know neither how to think of him nor what their obligation is towards him. A master is like a father or a mother on the spiritual plane: he educates and nourishes his children. And just as children must not remain with their parents forever, but must find their own way in order to develop correctly, disciples must not cling to their master but must go towards God. Moreover, the master himself does not stay still; he is also advancing towards God, and his disciples must follow this path in order to find their way to Him. Thus, the point of departure is God, and the destination is also God.

(JUNE 3, 2003)

You have a master, you follow his teaching, but do not imagine that you will retain anything if you do not make an effort to make this teaching an intrinsic part of you. It is no good repeating: 'Our master is good, our master is wise ...' and cite all kinds of quotations in support of what you are saying. Your master's goodness and wisdom are his, not yours. And so long as you do not endeavor to possess them as well, they will be almost useless to you.

A true disciple does not content himself with praising his master's qualities and quoting him. He makes his master's teaching his own, he merges with him to such an extent that one day, when he is talking, he no longer knows whether it is his own thought or that of his master he is expressing. This is what the ideal of a true disciple must be. If he does not work towards achieving this, he may spend twenty or thirty years with a master and retain nothing. And when he comes back in a subsequent incarnation, he will have to start from scratch, as if he had never had a master or followed a master's teaching.

(JUNE 22, 2002)

A spiritual master can be compared to a mountain guide who must lead his party, connected to each other by ropes, to the summit. It is a heavy responsibility and requires a great deal of discipline. During the climb, the guide must not stop on the path and turn to chat with those he is leading, or smile at them or slap them on the shoulder as a friendly gesture; he must fix his sights on the goal to be reached and head straight for it.

Since the spiritual life is like the ascent of a high peak, neither should the disciples of a master ask him to turn towards them. Their salvation depends on this, because if he turns around in order to please them, he will miss his footing and the entire party will fall. On the plains, that is to say in everyday life, it is different, but when we are climbing a mountain, the rules are hard and fast. What is more, the disciples must ask heaven to help their master keep his attention on the ascent, so that he may lead the entire party to the top. Yes, this is what disciples must pray for, instead of trying everything possible to attract their master's attention, because if they succeed in doing so, everyone will suffer. You see, disciples do not yet know how to treat their master.

(SEPTEMBER 7, 2003)

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

(OCTOBER 22, 2003)

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For years an international office of weights and measures has existed in Sèvres, France. Why this office? Because people noticed that, if there were no yardstick to refer to, it would be the reign of the arbitrary; everyone would weigh and measure as it suited him. But where their thoughts or judgments are concerned, people never question the rightness of their system of weights and measures. Day and night people weigh, measure, and calculate, judge without ever thinking that they should perhaps verify their instruments with the spiritual office of weights and measures, that is to say, with a sage, an initiate, a great master – dead or alive. Instead of asking, 'What about my heart? My will? My brain? What about my tastes? Are they correctly adjusted?' everyone believes he is perfect and gives his opinion on everything.

(OCTOBER 30, 2001)

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1- The necessity of having a spiritual Master in our individual life does not even need to be argued. As for example, in collective life, there is only to see the great difficulties humanity meets when trying to solve their social, political and international problems to be convinced that help and new solutions are needed. We are in constant search of stability and peace, yearning for a life where we don't kill or exploit each other; and that, simply because of our unconsciousness, our ignorance and a simple lack of morality in some cases. We could say that all the collective problems of our era have for unique cause: the lack of education of individuals towards the universal laws which govern the universe and our daily lives as well. Until now, all human organisms who have the responsibility of individual education have failed, as experience shows us:

- a) The schools and universities who inspire and constitute the official science of our time, with all of its ambitious but unsuccessful pedagogic doctrines, its hyper intellectualism separated from true life, with its ignorance of the real nature of man, with its official materialism which reduces man to a robot...that science cannot create real human beings, truly living souls. The fact that there are living souls, is not due to the efforts of our contemporary science at all.
- b) The actual religions, with their rigid and fixed traditions, their forms and formulas which are also separated from true life, their compromising politics, their money and suspiciously used powers, their corrupted bureaucracy, their doctrinal theology, to summon it up: their materialism can no longer guide consciences which are searching for light, neither can they inspire souls who are thirsty for love.

So where should we go for solutions? To the authentic pedagogues, the competent life teachers, the presently living spiritual Masters, those who are there for us, and especially the ones that Providence sends in our lives. Perhaps it is more prudent not to wait until humanity is reduced to desperation to put ourselves under the guidance of spiritual Teachers. They are the ones who are truly capable of resolving our inextricable problems.

2- As to the existence of such spiritual Teachers, the ones which the Theosophes were the first to speak about in a systematic way, we cannot prove their existence (we cannot and need not prove what already exists) but we can accept it in a lot of different ways:

- a) By logic: We have to consider the scale of humanity, the hierarchy of the consciences which populate our world, from the savage man to the civilized one, and extrapolate. There is simply no reason why this scale of evolution couldn't continue above the geniuses and saints as it continues below.
- b) In History: The "Great Initiates" have always been part of humanity, being higher than the heroes and saints. Many scientists these last years, have pointed to the importance of the major "prophets" of spirit in the creation of culture and true human progress : Henri

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Bergson, Henri Berr, Jean Przyluski, Lecomte du Nouy; but even the most spiritual of them all still ignore the existence and nature of spiritual Masters, the most advanced beings on Earth.

- c) By the actual documentation which teaches about these spiritual masters. I especially recommend the reading of *L'expérience Libératrice* ("The experience of Freedom") of Dr. Roger Glodel (1952), which focuses on the Hindou Spiritual Teachers of our times. There have also been great Spiritual Guides in France and Swiss at the end of the XIX century, great clairvoyants and thaumaturges on which it is easy to find information if we are willing to.
- d) By personal experience and a direct and prolonged contact with such a being, and what it reveals.
- e) By a sincere work of self-analysis, which reveals the hidden reasons behind our denial of spiritual Teachers in Occident, where people in general refuse to approach them. The reasons for this are of three kinds: inertia or lack of good will, which does not wish to see truth where it is and conquer prejudice as well as life and thought habits. Fear is also one of these reasons. Fear that we will be obliged to change our philosophy and way of living, to renounce usual comforts and pleasures. Fear of the public opinion and of displeasing those we love, etc. The last of these reasons is pride. Intellectual, moral and spiritual pride which attaches itself to our personal prestige and refuses to recognize living and superior human beings. The modern and civilized man does not recognize any spiritual masters other than himself.

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[Alfred Laumonier 1959 : « *THE NEW TEACHING OF THE UNIVERSAL BROTHERHOOD OF LIGHT* »]

THE TASK OF A SPIRITUAL TEACHER

Alone and left to themselves, human beings cannot evolve; they need stimulation from the outside world, from nature, from events and of course from other human beings. They need to see, to hear, to have encounters and even to receive shocks and to suffer. If they are not roused, shaken up, they will do nothing.

And what is true on the physical and psychic planes is also true in a more subtle way in the spiritual realm. That is why great masters are so necessary: thanks to their pure lives, to their emanations, to their feelings and thoughts of love and light, these beings succeed in stirring something within us. And if they do not always manage to do so, it is not because they are incapable or weak, but because we have allowed ourselves to become buried under too many layers of lifeless and heavy matter. **(FEBRUARY 15, 2003)**

Every human being has qualities and virtues that are waiting to manifest. That is why, rather than focusing on the faults of these disciples, a master seeks to bring out all their divine capacities. That is how I work on you and that is also how you should work, by fostering sacred thoughts for each other. By fostering these sacred thoughts you are no longer waylaid by any less glorious details, so you can concentrate on the divine principle in these beings. You are then doing a good work on your personal evolution, and are also helping others, whereas if you focus on their faults, you harm not only yourself – because you are, as it were, feeding yourself on impurities – but you also hamper others in their personal growth. It is a common mistake to think that you can help others to improve by stressing their faults. The truth is the exact opposite, however: you can only help others by focusing on their divine nature.

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(OCTOBER 3, 1999)

Hindus say that when the disciple is ready, the master comes to him, by which they mean that no true transformation can be generated from the outside. It is up to the disciple to start work first and when he has made the necessary effort, he is given the help he needs. The universal law of love cannot act if you have done nothing to trigger it. So, do not rely on the miracles you believe your master should be doing for you and your progress will be more rapid, because then he will be able to help you better. You think all this rather mysterious? There is nothing mysterious about this. When you are always reliant on someone and you expect everything from them, you paralyze them and they can do nothing for you. Work therefore, prepare yourself, and the moment you are ready, your master will give you the help you need. (OCTOBER 30, 2002)

Why do people go and see a master, an initiate? To tell him of their misfortunes and their problems in the expectation that he will sort out everything and work miracles on their behalf. People should understand that an initiate can do nothing for those who come to him with their complaints, without making any efforts to resolve their own problems. He will not perform miracles for them. Life itself will teach those lessons and, unfortunately, those lessons will be terrible.

Human beings are pig-headed: They insist on sticking to their convictions and then, when they are faced with failure, they complain loudly without understanding that his failure stems from their refusal to bring themselves into harmony with the laws of nature. They all yell: 'I want this! I want that!' and set to energetically to get what they want. The laws of nature, however, are not in agreement with this attitude and refuse to gratify such indiscriminate wishes. The problem is that human beings refuse to understand. They stubbornly insist on satisfying these desires until such time as they are prostrate with exhaustion. Why do they refuse to understand? (NOVEMBER 3, 1999)

To instruct human beings, to help them and bear the weight of their problems is a great responsibility for a spiritual master. But this responsibility does not crush him. He who wishes to bring light to the world meets with such difficulties that we may think he will be crushed, and we even pity him. But in fact, he is happy, because he becomes lighter and lighter. Why? It has to do with the particular nature of his task. Instead of overwhelming him, the divine and spiritual nature of his task elevates him. Thus, everything depends on the type of responsibilities we take on. All the commitments that an initiate imposes upon himself in the name of kindness, love, and light, are neither heavy nor oppressive. And this is true for disciples as well.

(DECEMBER 19, 2003)

Why does our universe move in such order and harmony? Simply because the sun is at the center and stays at the center. Revolving planets may use fine words in their desire to attract him, to caress and kiss him, but the sun does not give in. 'No, no.' He says, 'if I move, all of the cosmic order will be disturbed. I must stay at the center, and you must turn around me. In this way I can keep on sending light, warmth and life to the whole universe.' A true master, a true instructor must stay at the center like the sun. He must not move to please one disciple who wants to attract him and force him to abandon all others, because the role of a master is to stay at the center like the sun, and give his thoughts, feelings, knowledge and even his life. This is what is written in the book of living nature, this is true education. (FEBRUARY 23, 2002)

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The one vital thing that a master wants to give to his disciples is the light of initiatic science, because he knows that once they have this light, they will be able to face all problems and, even, no longer need his presence. In order to help people they must be given a spiritual element which becomes part of them. Many people do not realize this. When they want to do well they give something material, instead of remembering that they can give this spiritual element, which will never fade away. They are still ignorant of what is essential, so they give money, food and medicines. I am not saying that these are not useful, but if you want to give the quintessence, you must learn to give light. **(AUGUST 15, 1999)**

It is the task of a spiritual master to point the attention of his disciples onto their faults, because only then they are able to solve their personal problems. As long as you don't know from where you become attracted you are helpless extradited to your enemies. For being able to defend yourself you have to learn who your enemy is, what is hidden behind an error, a bad habit or a wrong concept of things. There exists nothing more fatal than not to know from where your problems, worries and misfortunes come, because you become tired to fire all your cartridges into the sky. One day you have no munitions anymore, but the enemy is not conquered. Therefore, leastwise understand, that your master is your best ally: he teaches you where you find your enemy and how he shows himself. He gives you possibilities at hand to react, so that you will earlier or later be victorious. **(MAY 27, 1995)**

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

The person who truly wishes to progress on the divine path tries to remain on the sidelines, in obscurity, for as long as possible. Neither does he push himself to the fore, nor is he in a hurry to be singled out by others who claim to have recognized in him a spiritual authority. To accept the role of spiritual guide, you must be psychically very well armed and protected, which requires several incarnations of discipline and effort. Nothing is more difficult than guiding human beings in their inner life. Someone who is not sufficiently prepared can only meet with difficulties and experience shocks. Others demand too much from him, and as he is not able to respond to these demands, he is continually exposed to criticism, reproaches and even threats, and his life becomes hell. More than any other responsibility, that of a spiritual guide demands a long preparation. **(FEBRUARY 28, 2004)**

In order to improve themselves, human beings must at least learn to recognise their weaknesses. But unfortunately, clarity does not tempt them; they prefer to deceive themselves and hold on to their illusions. They have already formed such a good opinion of themselves, that even if they go to be instructed by a spiritual master, they will make no progress. Besides, the master himself will refuse to enlighten them, knowing in advance what awaits him should he open his mouth. They will not say to him: 'Yes, I see that you are right; I must correct this defect, compensate for this weakness.' Instead they will insist: 'No, never in your life; you are mistaken. I do not have this weakness you are describing to me', and they will even become furious with him. Obviously, the master is always the one who is in error; they are impeccable and never mistaken! What do you expect a master to do with such creatures? He does not insist. He continues to offer his teaching, but he does not insist. He knows that eventually life will teach them to know themselves, and then, contrite, they will return to listen to the lessons of their master. **(JUNE 30, 2003)**

Whether they are Jewish, Christian, Muslim, or other, so many believers are content to glorify the founder of their religion - Moses, Jesus, Mohammed, and so on - and to try to convince others of his superiority. Yes, but Moses is Moses, Jesus is Jesus, Mohammed is Mohammed...and their followers, who are they? Lazy and ignorant people who do nothing to imitate them. And how many disciples behave in exactly the same way with their master! They say: 'Oh! Our master is unique!' and they place his photograph everywhere; they will even go so far as to fight in order to uphold their master as the best, the most enlightened, and the most

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powerful. But why should they imitate him in his philosophy and behavior? A master is there to be glorified, not to be imitated!

Well, you must understand that a master is not at all happy with such disciples, because he has no need to be glorified. He prefers that his disciples take his ideas seriously and put them into practice. This is far better for them...and for him as well. **(JULY 19, 2003)**

If you are seeking an initiatic teaching solely to educate yourself and speed up your spiritual evolution, it is poor that your ideal is not so sublime: you are just looking to promote your self-interest, your own salvation. Too many people only think of the salvation of their soul. 'I want to save my soul!' They say. Well, that is not so wonderful. You should no longer be preoccupied with saving your soul. What do people think the soul is all about? What does one's soul represent compared with the immensity of creation as a whole? People should work at saving other people's souls, and then they themselves will also be saved. Otherwise, whilst they are busy worrying about saving their own souls, they isolate themselves from the rest of the world: nobody else matters to them, all they are thinking about their own soul. It is neither sensible nor appealing. You must let that notion go. The day people rid themselves of the idea that they must always look after their own good, their personal salvation, the whole world will change, because this is the very idea which is preventing the coming of the Kingdom of God.

(SEPTEMBER 5, 1999)

Life is ruthless, it forgives nothing. Which is why, when a spiritual master sees he is not succeeding in tempering his disciples, he does not worry because he knows he has a great ally: life. When he is unable to do anything, life takes charge and gives these recalcitrant a few knocks, exposes them to a few shocks. Unfortunately, human beings do not necessarily discover the truth by being shaken up, because life explains nothing. It gives out the knocks; it strikes them down and massacres them, but never gives an explanation. If he wants an explanation, the disciple must go to his master to find it. And so the two of them, life and the master, are able to educate him. When I see that I am not succeeding in tempering someone, I call upon life and say: 'Listen, take care of this guy for me for a while because he's a bit stubborn. – OK,' says life. And once life has given him a few knocks, because he has not understood why, it sends him back to me so that I can enlighten him. **(SEPTEMBER 8, 2002)**

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

Universities and academies give students a great deal of learning but no nourishment. That is why students tend to stagger along on unsteady legs, with empty hearts and a fog before their eyes. Students in the school of great initiates fare very differently: There they are well nourished, and when they become strong and robust they are given a plough, taught how to till the soil and encouraged to get down to hard work. You may say, 'But we don't want to till the soil!' Obviously, this is symbolic: The earth I am referring to is something we all possess – our minds. Those who know how to work their own soil and plant good seed in it will eat their fill to the end of their days. Others may find their plot full of thistles, thorn bushes and brambles – not only useless, but also harmful, both to themselves and to all their near and dear ones.

(OCTOBER 27, 1998)

When I look inwardly, at the Brotherhood, I can sense that those who have not wavered, who are still treading the path of light, are present; I can feel their presence. Whereas I no longer feel

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the presence of those who have not remained faithful: they are absent, and that is a very good sign! When a disciple stops coming to his Master, the Master does not have to ask why, he knows already: something is holding him back. And what is it that is preventing him from being present in the chamber of light? Whatever it is, it is neither goodness nor purity nor divine love! Of course, I am not talking of physical presence; I am talking about spiritual presence. Yes, there are all kinds of gatherings going on in the other world, and I know that those who are absent have been held back by their desires and passions, or by entities of darkness who have chained and imprisoned them. Whereas those who are true and faithful are present through their spiritual entity. **(NOVEMBER 22, 1987)**

The only thing a Master really wants to give his disciples is the light of Initiatic Science, because he knows that, when they possess that light, it will enable them to face up to whatever difficulties they encounter without his help or his presence. The only way to help human beings is to give them a spiritual element that etches itself into their being. A lot of people don't know this. When they want to do something for others, instead of giving them this indelible spiritual element, they give them something material. People have still not learned how to give them each other what is essential, so they give bric-à-brac – jewellery or a car – and they think that this will make the other person happy! No, you must learn to give the one thing that is essential: light.

(DECEMBER 4, 1988)

One day, a young man went to visit a master, hoping to be accepted as a disciple. So his first lesson began, and this was the master's first instruction: 'Take a walk around the cemetery, hurl insults at the dead, listen carefully to what they reply, and then report back to me.' The young man obediently went to the cemetery and wandered round amongst the graves, giving voice to dreadful abuse. (Corpses in a cemetery had never heard the like before!) Very soon he ran dry of ideas for such insults, so he stopped and listened: no reply. Returning to the master, he had to admit that the dead had failed to react. 'Aha,' replied the master, 'maybe that is because they were offended. Go back again, but this time try praising them, and perhaps they will decide to respond to that.' So back the young man went, and – change of tune – began proclaiming paeans of praise. Nothing. Silence. Utterly dejected, the young man returned to the master and confessed that he had still heard nothing. 'Very well,' replied the master, 'now you must learn to be like them: whether you are insulted or praised, you must remain unmoved; you must not reply.'

(NOVEMBER 21, 1998)

HOW TO BEHAVE WITH A SPIRITUAL TEACHER

Very often human beings appear pretentious and vain, but in fact they underestimate themselves. How? Well, they minimize the gifts and the faculties the Creator has given them and which give them superiority, and they most value everything that comes from outside themselves: appliances, machines, products and medicines. What do they care about what is within them? This is why, even when they meet a spiritual master, they do not know the best attitude to adopt. Instead of learning from him how to develop their true powers, they count on him to purify them, heal them, and find solutions to all their problems and to make them happy and rich. Yes, this attitude which expects everything for without is so widespread now that even spiritualists have adopted it. In a master they seek an old man who will take on all their burdens. Yes, a donkey! Well, in that case, it is absolutely useless to have a master! **(MAY 21, 2003)**

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MASTER AND DISCIPLESHIP

The greatest joy a disciple could experience is to meet a master who will never abuse his love, because thanks to his love for his master, the disciple will progress and enrich himself. Love performs miracles in a disciple because it produces exchanges, an osmosis between him and his master. Provided of course that this love is also disinterested. So many disciples claim to love their master. They love him, in other words they plague him, and they overload him. What blessings will this love bring them if they do not know how to love their master? They will torture themselves because their master cannot meet their demands and the master in turn will be overcome by the burden they are placing on him. Well, this is not love. Have all these disciples who claim to love their master ever thought for one moment of bringing him something good with their love? No, all they bring is burdens. True love should bring light, beauty and peace to the one you love. Only then will your love advance your own progress as well. **(MAY 21, 2002)**

Suppose someone tells me: 'I want to meet a great master, the greatest master there is, so I can be instructed by him. Only then will I agree to embrace the spiritual life.' Well, my reply to this ignorant, pretentious person would be that he is totally misguided. Because if he has not yet worked inwardly to understand what a spiritual master is, how to respect such a master and how to appreciate his teaching and then apply it, it would be better if such a person did not meet a great master. Why? Because he will only clash with him, he will become tangled up in all kinds of contradictions and will remain as weak and ignorant as before. So do not concern yourself with the greatness of a master; be concerned solely with how you will understand him.

(JUNE 2, 2000)

You deprive yourself of many things by not being able to recognize the value of what other beings give you. Even the most patient, the most generous of people end up being discouraged. What is the point of trying to help you, trying to do you a good turn, if you do not appreciate it? They feel they are wasting their time with you, and in the end they will turn to help someone else, someone who will show more appreciation for the help offered. Even a spiritual master must take this reality into consideration. He gives his riches and his knowledge to those in whom he senses an echo. Otherwise he keeps quiet; he does not put his treasures into a leaking boat. And Heaven does the same: it closes its doors to anyone who does not recognize its kindness. You will say: 'But we didn't know it was like this and that we must be so vigilant.' Well, exactly. You have to learn. You have heard of the expression 'to have dealings with someone', in other words to be in association with someone. This implies an exchange. Try to meditate on all the applications of this word. In exchange for what he gives you, a spiritual master asks that you at least give him your attention.

(JULY 1, 2000)

Disciples, who do not know how to behave towards their master because they are unaware of what role a master can play in their lives, prevent their master from being as useful to them as he could be, as he would like to be, and they thus hamper their own progress. It is up to disciples to discover what their relationship should be with their master, how they should regard him and behave towards him. It is not up to the master to make recommendations on this subject. A true master is content with simply giving his teaching; he leaves his disciples free. He will never say: '*You must respect me, admire me, and obey me.*' No, never. First of all because it would be useless to do so, since respect, admiration or obedience cannot be imposed. Secondly because the master does not need to; he has other sources of joy and satisfaction. It is up to disciples to find the best attitude to adopt towards their master for the sake of their evolution.

(AUGUST 19, 2000)

MASTER AND DISCIPLESHIP

Most Westerners are a long way from understanding the part a master can play in steering their destiny, everything his presence can improve, put right and bring harmony in their lives. And even if some have a master, in practice they are more open to all kinds of trifles and frills than to him. They consider the master to be merely a small ornament, a minor decoration.

Unlike Westerners, Orientals are aware they need a master to give them direction in life and when they have found him, they respect him, they do not doubt him. The master is like a door to them, which will give them access to the divine world. And it does not matter to them if this master is neither omniscient nor omnipotent. The image they hold of him in their heads, in their hearts, is omnipotent. It is this inner master who opens doors to them. **(SEPTEMBER 3, 2000)**

A disciple does not consider his master to be an exclusively separate being. The master exists also inside his disciple, in his heart, soul and spirit, to the extent that he has been genuinely accepted. The more a disciple frees himself from his personal, mistaken ideas, the greater the possibility he creates for his master to come and live within him, to make a dwelling of his inner temple, purifying and bringing light into it. If we understand the magic power of this process, we can understand the mysteries of creation. It is said that God created man in his image, but man also creates God within himself. The closer we draw to God, the more we become a faithful image of him. That interior image then acts like a receptor, a condenser of divine forces. That is true magic! **(SEPTEMBER 22, 1998)**

The earth is a school and all the things that we find on earth are lessons; lessons that come from every quarter. If you fail to understand the lessons of destiny it will continue to torment you. The Invisible World sends Masters to instruct human beings and thus facilitate their evolution, but if they refuse their lessons, other means are used: failures, illness, poverty and so on, and these 'instructors' are quite merciless. If you do not want to be taught by such fearful instructors, you would be well-advised to accept the lessons that your Master is giving you. When one is not spontaneously ready to learn the divine laws, one is whipped until one learns them!

(OCTOBER 3, 1987)

Human beings are absorbed in all manner of projects, but to what end? It is very, very rare that their efforts are directed toward becoming a servant of God, a conductor of light. It would be easy to provide them with the means to do so, but far more difficult to make this ideal the goal of their aspirations. Even God cannot give them this desire: This deep longing has to come from the person himself, because nobody else can desire in his stead, just as nobody else can feel hungry and eat on his behalf. A master can give you all the necessary nourishment, metaphysically speaking, but you are the one who must eat it, because he cannot eat for you. If a master eats on your behalf, he will get 'fatter' and you will get 'thinner'! A master gives you knowledge, but the will-power to accept and apply it must come from you. When the knowledge of your master and your own good will work together, the results will be astonishing.

(NOVEMBER 8, 1998)

Nobody forces anybody to choose a master in order to become his disciple. Therefore, people who decide to follow a master would avoid serious misunderstandings if they knew, before making this choice, what they are and are not entitled to expect of him. The road that leads to perfection is infinite and however great a master may be, he is not perfect. Whatever his disciples think of him, he himself knows very well that he is far from having reached the same degree of evolution as the perfection of God Himself. This is why the disciples who truly appreciate their master and are aware of what he can bring them, have for him only thoughts

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MASTER AND DISCIPLESHIP

and feelings of the greatest purity, of the greatest light. And as such they make his work easier and they benefit themselves because the master is better able to help them.

(NOVEMBER 5, 2002)

Why do people go and see a Master, an Initiate? In order to tell them about their sufferings and difficulties in the hope that they will work a miracle and solve their problems for them. This is a great mistake! You must understand that an Initiate cannot do anything for those who are content to complain and do nothing to solve their own problems. He will not work any miracles for them; they will have to learn their lesson from life and the lessons of life are terrible!

Human beings cling stubbornly to their personal convictions and then, when they get into trouble, they complain and fail to understand that their problems are the inevitable result of their refusal to attune themselves to the laws of nature. Each individual cries, 'I want this ... I want that ...', and does everything in his power to get what he wants. But the laws of nature think differently and prevent human beings from satisfying their inordinate desires. But human beings refuse to understand; they persist in their desires until life finally breaks them. Why can't they understand?

(NOVEMBER 26, 1988)

So many disciples do not know what they should be doing when they have a master. Because of the books they have read or the stories they have been told, they set about looking for a master. And once they think they have found one, they start asking themselves irrelevant questions: 'Is my master the reincarnation of Jesus, of St. John, of Buddha? Is he Melchizedek?' Well, this is all waste of time and it would be far better if a disciple thought about what be most useful for their master and for themselves. And the most useful thing they can do is to learn to work with love and light. And a disciple should not ask themselves whether their master is greater or less great than any other either. This is not what will make them evolve. What will help their evolution is their work and their faithfulness to their master.

(DECEMBER 13, 2002)

When you become indifferent to a friend of whom you were once very fond, you are likely to think it is because your friend has changed in some way. In fact, it is perhaps you who have lost capacity to appreciate him or her.

Often, a disciple's attitude to his master can change in the same way. When a disciple is sincere and motivated by a desire to perfect himself, he sees the light and wisdom of his master. But if he becomes lazy and abandons his spiritual exercises, turning to other interests, he will no longer see his master in the same light. We must therefore be wise in order to understand the reason for apparent changes around us. Very often we claim that other people have changed, but first of all we must analyze ourselves, and then perhaps we shall discover that it was within us, after all, that the changes took place.

(MAY 19, 1998)

Human beings repute themselves for the center of the universe. But if there is a master, who is only concerned about their future and their evolution, who sacrifice all his time, strength and life for being useful for them, relegates them back to their place, then they feel sad and offended. They have to understand that he has to act like that for being able to help them. No, that is not a good behavior. When you always listen to your lower nature you will never be able to learn something because it will always give you bad advice. Change your attitude and when your master scolds it do the same! When it cries, let it cry, but never protect it, because that will destroy the work of your master who tries to reason it. Work together with your master and agree with him, when he shakes your personality. When it realize that it is without an ally it will finally come to reason.

(NOVEMBER 6, 1989)

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A spiritual master, no matter how great and powerful he may be, cannot exempt his disciples from the obligation to make their own efforts. He provides them with methods, but it is up to them to do the work. He will not do it for them. Even if he wanted to, he would refuse, because this would do nothing for his disciples. A master opens doors, but it is the disciples who must enter; he will not force them. And when he sees that they are evolving, he opens new doors for them.

Each time he notices that they have progressed, he reveals a higher level to them, but it is they who must surmount this challenge. Therefore, do not imagine that you can find a master who, by placing his hand on you or pronouncing a few magic formulas, will enlighten you. Enlightenment will never be anything but the fruit of your own work. **(AUGUST 15, 2003)**

HOW DO YOU RECOGNIZE FALSE SPIRITUAL TEACHERS?

The path of Initiation is very long and arduous, make no mistake about it! Those who claim that one can reach the summit in two or three months are deluding themselves and others. You would be surprised at how many people think that they are great Initiates, capable of instructing others. Well, this is just not possible! One has to study for a very long time before becoming a Master, capable of teaching others; someone who has not even begun to prepare himself will have to wait for centuries before he can teach. Of course, whatever one's degree of evolution, one can always teach what one knows, but one must never, never teach what one does not know and is still unable to realize, for when the blind try to lead the blind, they all fall into the abyss together, this has often happened. **(NOVEMBER 14, 1987)**

Just because they have read a few esoteric books, people increasingly seem to believe they can take on the role of a spiritual master. As if it was like being a teacher of geography or maths. Well no, to become a true master capable of educating disciples, you need to have worked on yourself for many years, incarnations even. You too will one day be able to have disciples and educate them, but when? Once you have rid yourself of all your weaknesses and have learnt to control yourself. In the meaning you must do all you can to improve yourself so that you may have the best possible influence on the people around you and all those you come to meet. Because whoever we are, there are always people on whom we can have a good influence. So, before putting yourself forward as a spiritual master, try to practice in the situation in which you presently find yourself. Wherever you have a responsibility, you can use it as an opportunity to act beneficially on others through your patience, your self-denial and your generosity. **(NOVEMBER 26, 2002)**

Having read a few esoteric books, some people believe themselves capable of taking on the role of a spiritual master. And others, who are naive, follow them with their eyes closed, instead of studying them a while to see how they conduct themselves. They do not ask themselves where they come from, how they lived their life previously, who their master was or who send them. No, there is no point in asking such questions. All it takes is for someone to come along and put on some act and tell them that they will be initiates within three days – having first parted with a considerable sum of money of course – and they believe them. They are in a hurry, you see, the initiation must not take longer than three days, which is why the first charlatan or crook who comes along to take advantage of their gullibility is welcomed with open arms, because they will

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give them initiation. Well, if they closed their eyes they were obviously set on being cheated, and therefore should not complain. **(AUGUST 7, 2002)**

It is quite extraordinary how today you can find initiates everywhere you go, even in clubs and other such haunts. And how do you recognize them? Well, it is quite simple, because they themselves proclaim: 'I am an initiate!' Some even add that they have reached the seventh, eighth or ninth level of initiation; much to the delight of the naive and undiscerning who imagine they have found a real live initiate able to award them with initiatic diplomas within a just few days.

In the past the identity of an initiate was hidden from all except those who were sincerely searching and possessed true discernment. The fact that they were initiates was never vaunted: they remained private, unknown, hidden, like the Hermit on the ninth Tarot card. The old man holding a lamp, shielding it in the folds of his large coat to screen it from the crowd's eyes – that is the image of a true initiate. **(OCTOBER 27, 1989)**

...

3- The third question is the most important of all: How can we recognize a genuine Spiritual Teacher when there are so many self-proclaimed, false and even "black" spiritual teachers out there?

In two ways:

- a) Objectively: By observing and living near a Spiritual Teacher, and keeping an open mind. What characterizes the true Spiritual Teacher is not his knowledge, not even his miracles or psychic faculties, but it is these three qualities, which all come from true interior purity: perfect discernment, total disinterest and stability. Stability before events, obstacles, temptations, insults, persecutions and human ingratitude. This stability could also be called fidelity, in the fullest sense of the word with all it contains in power, beauty and love. These are the qualities of Jesus! In the objective domain, we can also observe how the disciples of a Spiritual Teacher transform themselves, enlighten themselves and become softer and nicer more considerate human beings. The works of the Teacher on Earth can also be good guidance: spiritual centers, conferences, music, etc. Some people, having heard the chant *Hodi Hodi*, have felt in its author a magus of God, and went to Bulgaria to meet the Spiritual Teacher Peter Deunov. Those who have read the conferences of Spiritual Teacher Omraam Mikhael Aivanhov have recognized a unique accent, that of a love and a wisdom who transcend everything. Those who have seen him live have verified his stability, which surpasses everything!
- b) Subjectively: By noticing what a Spiritual Teacher brings us, by what we feel, understand and live thanks to his presence. That is the ultimate criteria, but is only individual and intransmissible.

The true Spiritual teacher brings us:

- 1. Light and solutions to the problems and questions our destiny and being poses. This also includes our subconscious mind, which he softly does the psychoanalysis.
- 2. The warmth of his immense love in which he takes us under his wing, like a mother, which enables him to push us, redress us and even shake us up, but without the least of hurt.
- 3. The power, the impulsion, the tonic which is present in his voice, his example, his simple contact.
- 4. The liberty which comes from the help he gives us in confronting our inner and outer obstacles. What enables us to distinguish between the "white" and "black" forces is the

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fact that the latter constrain us, make a slave of ourselves or of an organization or a false spiritual teacher, while the first ones, on the contrary, gives us full liberty, initiative, without any pressure of any sort: the "white" Spiritual Teacher helps us, he never obliges us to do anything, and to summon it all, he himself gives us the methods of knowing if he is an authentic teacher or not.

- 5. The last criteria, is the peace which a true Spiritual Teacher carries with him wherever he goes. By his simple presence, and exorcising peace, which dissolves all problems, appeases our sufferings, cleans the atmosphere of bad influences and seems to purify everything and everyone. What was the last gift of Christ to his disciples? "*I give you my peace*". And for those who have felt this unmistakable presence, there can be no doubt as to the authenticity of the one which Providence has guided them.

...

[Alfred Laumonier 1959 : « *THE NEW TEACHING OF THE UNIVERSAL BROTHERHOOD OF LIGHT* »]

THE WORK OF A SPIRITUAL TEACHER

An initiate lives in all beings through his consciousness, which is why he is able to feed them with his light at long distance. Physical food can only feed the person eating it, and even if for a certain length of time a mother feeds the child she carries in her womb, when the child is born it separates from her and it has to eat for itself from then on. In the spiritual plane a master must feed his disciple, at least in the beginning. He feeds himself with light and in doing so he also feeds his disciple. In the same way that a mother carries her child in her womb, a master accepts to welcome into his soul and into his consciousness children – his disciples – who feed off him until the time they are capable of finding food for themselves. And then they will in turn be able to feed others. **(NOVEMBER 24, 2002)**

A master is one who has learned to control and dominate his thoughts, feelings and actions. Perhaps you will say that that is not much, but, in point of fact, it is: It is everything! To dominate one's thoughts, feelings and acts implies the use of special methods, the possession of a special discipline and a profound knowledge of the structure of human beings, the forces which circulate within him and the correspondences between his being (his organs and different bodies) and the different domains of nature. To have attained self-mastery also implies a knowledge of the entities of the Invisible World and of the structure of the entire universe. A Master is one who has resolved all the essential problems of life; he is free; he possesses a very strong will and, above all, he is filled with love, kindness, gentleness and light. **(NOVEMBER 30, 1987)**

When a professor has finished with his classes, he returns to his personal life and all its attendant occupations, thoughts, feelings and problems. He has delivered his lesson, school is finished, and his pupils are off his hands. However, the disciples of a spiritual master are looked after without cease. Their master is with them day and night: when he eats, when he works, and when he sleeps he is caring for their souls and spirits. In this way, a master can give his students never-ending help. How is this possible? It is simply that an initiate is free. When we are free, with all our personal problems resolved, then we can help friends, students, everybody. Whereas, if we are always busily embroiled in personal affairs (as most people are), what time or energy is left for helping other people? There, that is one of the differences between a true spiritual master and an ordinary instructor. **(JULY 8, 1998)**

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Genuine initiates never make spectacular revelations for they know not only how difficult it is to reveal the truth but also how few human beings really want to hear it. And those who do want it rarely have the strength to bear it. Of course an initiate continually reveals the truth, but the truths he reveals are the laws and methods that his disciples need in order to work at their own transformations, for it is this preparatory work that will eventually give them access to the truth. What would happen if an initiate revealed the truth directly? In the first place there are always some who are incapable of understanding whatever they are told, and the initiate would only be wasting his time. Then there are those who distort what they hear and who, without realizing it, would use the knowledge to their own detriment and that of others. Finally, there are those who refuse the truth because it is inconvenient, because it goes against what they judge to be in their interest. Yes, an initiate who wants to reveal the truth to human beings lays himself open to a great deal of misunderstanding. **(AUGUST 4, 1995)**

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

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

The whole created universe is the result of the relationship between the two opposing but complementary poles of spirit and matter, or – to put it another way – between principle and form. The human being cannot survive with principle alone: It needs the support of material form. The spirit incarnates into a body – the form that enables it to manifest on the physical plane – and then when it returns to other regions and has no further use for this human form, it then discards it.

Form is always necessary, but it is not durable; God has not gifted form with eternal life. That is why, from time to time, Heaven sends initiates, sages and great masters to change the form of religions; but only the form and never the principles. The principles of love, wisdom, truth, freedom and sacrifice are common to all the great religions of humankind and these principles remain immutable and valid for all eternity. **(OCTOBER 6, 1998)**

Do not wait for a master to help you out of all your difficulties. You are the one who must work and make efforts, because these efforts will serve you throughout all eternity. If you wait for someone else to deliver you from suffering, illness and misery (and that is possible, because there are people who have those gifts), you will not really be helped: on the contrary. A wise person knows this and would never take your problems away on your behalf; he would sooner give you some knowledge and methods with which to work, and he would wait until he sees that you are applying them, because then he would be sure that you would grow and become stronger. That is true evolution. **(DECEMBER 10, 1998)**

THE GREATEST JOY OF A SPIRITUAL TEACHER

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

(JULY 13, 1999)

WHAT IS A SPIRITUAL TEACHER?

When a great spiritual master sees the extent of human suffering and goes to the Lords of Destiny – the Twenty-four Elders – saying, 'Even though I am free to stay here eternally to enjoy all the glories of Heaven, please grant me leave to go down to help human beings,' they give him the freedom to do so. But once he is on earth he must submit to the constraints of the physical plane: to hunger, cold, fatigue, illness and death. Although his spirit comes from very high, once he has accepted to descend into matter, he must submit to material laws. Of course, thanks to the power of spirit, he is more able than most to cope with conditions on earth. But the physical world remains the physical world; and however great he may be, a spirit who decides to incarnate into matter must struggle without cease to master that matter, and to recover the freedom he possessed on high.

(AUGUST 20, 1998)

He who aspires to being a spiritual master must fulfil at least three conditions. First, he must possess essential knowledge. Not the knowledge of what human beings have written, created or taught, but the knowledge of what is essential in the view of cosmic intelligence. Secondly, he must be determined to dominate, master and control his whole being. As long as he is incapable of pacifying and controlling every movement of his inner being it would be grotesque to call him a master. Nature does not recognize the diplomas of human beings. It awards its own diplomas, but only to those who possess the essential science and who have learned self-mastery. Thirdly, he must know that his science and his self-mastery is to be used for one purpose only: to manifest the qualities and virtues of love for the benefit of the whole world.

(SEPTEMBER 4, 1995)

There exist a lot of difficult professions, but the most difficult of them is to bring human beings onto the path of light and the Divine Glory. It is needed a preparation of several incarnations; you even have to be created for that. Nevertheless, a lot of people repute themselves for being capable to lead others. They 'open a business' to attract students whom they give wonderful recitations. But unfortunately this is not enough, because all imperfections and weaknesses which they never thought to give up become reflected in their advice, their instructions and courses they give. And by doing this, instead of helping their students to mount steeply trails

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MASTER AND DISCIPLESHIP

which lead to sublime highs they guide them trough these wrong ways full of traps into morons and very often they become also pulled into the abyss. **(OCTOBER 2, 1989)**

A true master is someone who has worked for thousands of years to overcome all his passionate human desires and to attract the blessings of Heaven. That is why he emanates elements which benefit all those around him. And this is the advantages of meeting a master: by living near him, by listening to him, his disciples receive a small fragment of the life he emanates which enables them to evolve much more rapidly. Otherwise of what use would a master be? He is not concerned with giving you wealth, jobs or women. His concern is to give you particles of a higher nature which vibrates in harmony with Heaven. And if you can receive these particles, if you can keep hold of them and even amplify them, in time you will feel your thoughts, your feelings and even your health improve. In the proximity of a true master you can only find blessings. **(NOVEMBER 24, 1999)**

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- 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 AÏVANHOF

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- COMPLETE WORKS -

THE SECOND BIRTH

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

Summary

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

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

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

MASTER AND DISCIPLESHIP

SPIRITUAL ALCHEMY

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

Summary

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

LIFE FORCE

Table of contents

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

Summary

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

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

HARMONY

Table of contents

- | | |
|---|--|
| 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 |

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MASTER AND DISCIPLESHIP

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

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

Summary

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

THE SPLENDOUR OF TIPHARETH

Table of contents

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

Summary

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

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

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

THE KEY to the Problems of Existence

Table of contents

1. The Personality
2. Jnana-yoga
3. Giving and Taking
4. Evil is Limited, Good is Limitless
5. Eternal Happiness
6. Fermentation
7. Which Life ?
8. The Image of the Tree - The Individuality Must Consume The Personality
9. Working on the Personality
10. The Personality Keeps You from Reflecting the Sun
11. Identify with the Individuality
12. The True Meaning of Sacrifice
13. The Balance Restored
14. Render Therefore Unto Caesar
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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MASTER AND DISCIPLESHIP

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

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MASTER AND DISCIPLESHIP

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

Give Your Love to God First.

Summary

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

LOVE AND SEXUALITY

Table of contents

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

Summary

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

KNOW THYSELF: JNANA YOGA

Table of contents

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

Summary

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

KNOW THYSELF: JNANA YOGA

Table of contents

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

Summary

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MASTER AND DISCIPLESHIP

Know thyself! All science and all wisdom lies in knowing oneself, in finding oneself, in the fusion of one's lower self with one's higher self. The symbol of the initiate who has succeeded in finding himself is the serpent with its tail in its mouth. A serpent forms a straight or wavy line, and a line is limited. But the serpent with its tail in its mouth forms a circle and a circle represents the infinite, the limitless, the eternal. He who succeeds in becoming a circle enters a world without limitations where the 'above' and the 'below' are no longer separated, because all the powers and all the riches and virtues of the true, higher self have been infused into the lower self. The higher and the lower become one and man becomes a divinity.

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

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

Summary

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

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

Table of contents

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

Summary

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

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

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|-----------------------------|---|
| 1. Spiritual Work | 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

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MASTER AND DISCIPLESHIP

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

Summary

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

THE FRUITS OF THE TREE OF LIFE THE CABBALISTIC TRADITION

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

Summary

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

MASTER AND DISCIPLESHIP

- EDITION IZVOR -

P0201AN : Toward a Solar Civilization

Table of contents

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

Summary

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

P0202AN : Man, Master of his Destiny

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

Summary

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

P0203AN : Education Begins Before Birth

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

Summary

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

P0204AN : The Yoga of Nutrition

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

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MASTER AND DISCIPLESHIP

1. The Winged Dragon
2. Love and Sexuality
3. The Sexual Force is Essential for Life on Earth
4. Pleasure: / I - Do not Seek Pleasure for it Will Impoverish You
4. Pleasure: / II - Replace Pleasure with Work
5. The Dangers of Tantric Yoga
6. Love without Waiting to be Loved
7. Love is Everywhere in the Universe
8. Spiritual Love is a Higher Way of Feeding Ourselves
9. A High Ideal Transforms Sexual Energy
10. Open Your Love to a Higher Path

Summary

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

P0206AN : A Philosophy of Universality

Table of contents

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

Summary

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

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P0207AN : What is a Spiritual Master ?

Table of contents

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

Summary

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

Summary

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

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P0209AN : Christmas and Easter in the Initiatic Tradition

Table of contents

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

Summary

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

P0210AN : The Tree of the Knowledge of Good and Evil

Table of contents

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

Summary

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

P0211AN : Freedom, the Spirit Triumphant

Table of contents

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

Summary

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

P0212AN : Light is a Living Spirit

Table of contents

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

Summary

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

P0213AN : Man's Two Natures, Human and Divine

Table of contents

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

Summary

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MASTER AND DISCIPLESHIP

Man is that ambiguous creature placed by evolution on the borderline between the animal kingdom and the Kingdom of God. His nature is twofold and if he is to continue to evolve it is important that he become aware of his inherent ambivalence. If the Scriptures declare, "Ye are gods", it is in order to remind men that hidden deep within them lies that sublime essence that they have to learn to manifest. Omraam Mikhaël Aïvanhov gives us the methods we need to manifest ourselves as the gods we really are... and of which we are still unaware.

P0214AN : Hope for the World : Spiritual Galvanoplasty

Table of contents

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

Summary

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

P0215AN : The True Meaning of Christ's Teaching

Table of contents

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

Summary

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

P0216AN : The Living Book of Nature

Table of contents

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

Summary

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

P0217AN : New Light on the Gospels

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...' | |

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Omraam Mikhaël Aïvanhov interprets all these familiar tales, whether real or symbolic, told by the Gospels. He strips them of their restrictive, purely anecdotal character, and reveals their underlying, psychological and spiritual realities. Suddenly it becomes clear that they are always relevant to our own inner lives, where the forces of materialism and spirituality confront and come to terms with each other.

P0218AN : The Symbolic Language of Geometrical Figures

Table of contents

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

Summary

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

P0219AN : Man's Subtle Bodies and Centres

Table of contents

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

Summary

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

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

Table of contents

- | | |
|---|---|
| 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

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1. Know Thyself
2. The Synoptic Table
3. Several Souls and Several Bodies
4. Heart, Mind, Soul and Spirit
5. The Apprenticeship of the Will
6. Body, Soul and Spirit
7. Outer Knowledge and Inner Knowledge
8. From Intellect to Intelligence
9. True Illumination
10. The Causal Body
11. Consciousness
12. The Subconscious
13. The Higher Self.

Summary

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

P0223AN : Creation: Artistic and Spiritual

Table of contents

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

Summary

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

P0224AN : The Powers of Thought

Table of contents

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

Summary

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

P0225AN : Harmony and Health

Table of contents

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

Summary

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

P0226AN : The Book of Divine Magic

Table of contents

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

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

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

Summary

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

P0227AN : Golden Rules for Everyday Life

Table of contents

1. Life: our most precious possession
2. Let your material life be consistent with your spiritual life
3. Dedicate your life to a sublime goal
4. Our daily life: a matter that must be transformed by the spirit
5. Nutrition as Yoga
6. Respiration
7. How to recuperate energy

8. Love makes us tireless
9. Technical progress frees man for spiritual work
10. Furnishing your inner dwelling
11. The outer world is a reflection of your inner world
12. Make sure of a good future by the way you live today
13. Live in the fullness of the present
14. The importance of beginnings... etc.

Summary

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

P0228AN : Looking into the Invisible Intuition, Clairvoyance, Dreams

Table of contents

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

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that experienced by two human beings who love each other very deeply and share something that cannot be expressed in words or gestures. Silence is a quality of the inner life'

P0230AN : The Book of Revelations: A Commentary

Table of contents

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

Summary

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

P0231AN : The Seeds of Happiness

Table of contents

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

Summary

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

P0232AN : The Mysteries of Fire and Water

Table of contents

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

Summary

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

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P0233AN : Youth: Creators of the Future

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

Summary

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

P0234AN : Truth: Fruit of Wisdom and Love

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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

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1. From Man to God, the Notion of Hierarchy
2. Introduction to the Sephirothic Tree of Life
12. Malkuth, Yesod, Hod, Tiphareth, Archangels and

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3. The Angelic Hierarchies
4. The Names of God
5. The Sephiroth of the Central Pillar
6. Ain Soph Aur, Unlimited Light
7. Light, the Substance of the Universe
8. 'When God Drew a Circle on the Face of the Deep'
9. The Kingdom of God is like a Mustard Seed
10. The Cosmic Family and the Mystery of the Trinity
11. The Body of Adam Kadmon

- Seasons
13. The Sephiroth Tree, Symbol of Synarchic Order
 14. Yesod, Foundation of the Spiritual Life
 15. Binah:
 - I The Laws of Destiny
 - II The Realm of Stability
 16. Chokmah, the Creative Word
 17. Yesod, Tiphareth, Kether, the Sublimation of Sexual Energy
 18. The Prayer of Solomon.

Summary

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

P0237AN : COSMIC BALANCE - THE SECRET OF POLARITY

Table of contents

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

Summary

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

P0238AN : The Faith that Moves Mountains

Table of contents

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

Summary

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

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

P0239AN : Love Greater Than Faith

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

Summary

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

B0301AN : THE NEW YEAR

Summary

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

B0302AN : MEDITATION

Summary

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

B0303AN : RESPIRATION Spiritual Dimensions and Practical Applications

Summary

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

B0304AN : DEATH AND THE LIFE BEYOND

Summary

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

D0005AN : The Gypsy Queen (Children Library)

Summary

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

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

CD5009AN : THE SEED

Summary

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

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

K2510AN : The Laws of Reincarnation

Summary

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

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

Summary

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

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

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

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

Summary

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

"You Are Gods" - Synthesis, Vol. I

Omraam Mikhaël Aïvanhov

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