

OMRAAM MIKHAËL AÏVANHOV
THOUGHTS OF A SPIRITUAL TEACHER

ENCYCLOPEDIA
OF
INITIATIC SCIENCE

BOOK 16:
***PURITY AS A KEY TO SELF-
REALIZATION***

EDITION HEAVEN ON EARTH

PURITY AS A KEY TO SELF-REALISATION

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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Can '*Prenatal* and '*Perinatal Education*' as well as '*Spiritual Electroplating*' change the world into a better one where peace and justice reign? – Please do not hesitate to ask Benjamin for further information: **CIEL.SUR.TERRE@WEB.DE**

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PURITY AS A KEY TO SELF-REALISATION

WHAT IS PURITY?

A disciple must hold fast to the idea that purity is the key to health, joy, knowledge, power and eternal life. When you are pure, light can enter you more easily, and you begin to see and understand things more clearly. The diseased particles that undermined your health and your will are flushed out and your health improves and your will-power is strengthened. All darkness and obscurity depart and if you were sad you become joyful again, for joy is simply one aspect of purity. The more you purify yourself the more you will feel light-hearted, glad and happy. And as impurity leads to decay, disintegration and death, the purer you are the nearer you will be to immortality. All these things therefore – immortality, joy, happiness, knowledge, power and health – are simply different aspects of purity. This is initiatic science in a nutshell! It is up to you now to verify it for yourself!

(AUGUST 2, 1995)

THE IMPORTANCE OF PURITY

You should never forget that your inner states do not concern you alone; they also influence others around you. If you are impure – ‘impure’ meaning unfair, dishonest, jealous, selfish, greedy, etc. – then your emanations soil other people. It is obvious that you want to do well, but you must know that you can do good only if you have first rid yourself of impurities. That is all ... and it is an absolute. If you really want to help humanity, you must first purify yourself. Even if you speak to no one, even if you meet no one, thanks to your purity, that is your unselfishness and abnegation, you contribute to the purification of the atmosphere on the whole earth. Yes, just by your presence. But if you are impure, you contribute to poisoning the whole world. And in this case it is useless to brag about wanting to do well.

(OCTOBER 21, 2001)

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

Man's destiny depends on the clarity of his ‘inner eye’, and this clarity depends on his way of life. As soon as he commits an error and violates divine laws his spiritual vision clouds over, so he is no longer forewarned or guided, and he becomes entrenched in inextricable complications. Therefore, always try to become aware of the relationship that exists between your day-to-day behaviour and the clarity of your vision. If you decide to live a straight, honest and noble life, you purify yourself, and your subtle organs start to function. That is how, with proper guidance and direction, you will again find the springs, the fields, the lakes, the meadows and the mountains of your true homeland.

(AUGUST 29, 1999)

People harbour so many impurities that it is they themselves who block their entrance to paradise. Those who work to regain their original purity, however, will one day hear God Himself calling to them: ‘Come on in and look around!’ And what will these people see? They will see bodies of light. In paradise everyone is naked, clothed only in light. Light is the only garment worn by angels because the very substance of their bodies is light.

In the mysteries of antiquity the goddess Isis wore a veil which only the high priests and the hierophants were allowed to remove. This means that the man who wishes to behold the Divinity must be naked, in other words pure; otherwise the Divinity will always remain veiled from his eyes and Her secrets forever hidden from him. To the extent that man becomes more pure, so

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Isis reveals herself to him, and then he sees, understands and experiences extraordinary joy. That is true paradise. **(NOVEMBER 1, 1999)**

We cannot be truly powerful without the help of heavenly entities, and these entities will not be attracted to us and want to help us unless we live a life of purity in accordance with divine law, otherwise they will not even notice our thoughts and prayers. A disciple must always be vigilant about the way he lives therefore; this is the only thing that counts with these spiritual beings. If they see that someone is trying to live in unison with the laws of cosmic harmony they are obliged to help him. Otherwise they close their eyes and ears to him and leave him to his fate. Only the quality of our life can 'oblige' heavenly entities to intervene on our behalf.

(JULY 19, 1995)

If people thought to protect their life, to preserve it in the greatest purity, then they would be better able to realize their plans, because enlightened life is the source of all energy. Unfortunately they do not know this truth and they waste their lives. They think, because they are alive, that everything is allowed. They say to themselves: 'Well, since we have been given life, let's make the most of it.' And they enjoy it so much they become exhausted and unwell. They should start to live according to a different philosophy. They should begin to realize that merely their way of thinking already digs into their vital energy reserves, affecting the quintessence of their being. By using and abusing their lives, by allowing themselves to break divine laws, and even human laws, they are destroying their reserves and they will soon find themselves impoverished. Perhaps not on a material, physical level, but inwardly. Life is and continues to be the most important thing and those who are not intelligent, not enlightened, destroy the source of their capabilities, their joys and their inspiration. **(NOVEMBER 29, 2000)**

PURITY AND THE UNION WITH GOD AND HIS SERVANTS

Jesus said: 'This is eternal life: that they may know you, the only true God, and Jesus Christ whom you have sent.' (Joh. 17, 3) In order to know the Lord you must unite with Him. Fusion, however, is not possible between objects made of different materials or densities. For instance, if you scatter a few drops of mercury and then push them back together, they re-form into one drop. No doubt you have all tried that experiment. Supposing, however, you scattered dust on these droplets: try as you might, they will stay separate. And that is what happens with us. The Lord is of such splendour, such purity, such immensity, how could we fuse with Him if we remain impure, depraved and malicious? That is why we must always try to purify ourselves, to eliminate all the layers of dirt that prevent fusion. And self-purification means making sacrifices and renouncements, learning self-discipline and self-mastery. Then we can communicate with divine vibrations and, thanks to our pure, intense life, we can secure these vibrations within us.

(JUNE 16, 1999)

As long as human beings stay outside of God, they do not know Him. In order to understand the immensity of God we must merge with Him, lose ourselves in Him, fuse with Him. But this fusion cannot occur unless we work at purifying ourselves. Let us use the image of a large drop of mercury: you spread it in tiny droplets over a sheet of paper and then you push the droplets back together and then they form one big drop again. You have no doubt all carried out this

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experiment. Now sprinkle some dust on the tiny droplets spread out all over the sheet of paper. Whatever you do to bring them back together again, they remain separate. Well, this is what happens with us. The Lord is splendor, light, immensity and to come closer to Him we must eliminate all these impurities which, like the dust, prevent fusion from taking place.

(SEPTEMBER 7, 2000)

Everything in existence attracts a little dust or grime in the course of time. A house, however special and beautiful it may be, always ends up being invaded by dust and cobwebs if it is not cleaned regularly. The same applies to our body, which must be cleaned and purified in order to ensure that no dust or cobwebs of any kind oppose the work of the higher entities, who bring the life of the divine world to us. That is why we must regularly, every day even, think not only of clearing our stomachs, our lungs and our brains, but also our heart, our will and our intellect, of all the elements that cause decay and prevent us from vibrating in harmony with celestial realms.

(JULY 1, 1999)

There are centers in our heads that make it possible for us to be in contact with the invisible world. These centers, known by various names in different traditions, act like antennae to link us to Heaven. When Jesus said, 'If your eye is pure, all your body will be in the light,' he was alluding to one of these centers. From the physiological point of view, it would be absurd to consider that the entire well-being of the body depended on the state of the eyes; and anyway, Jesus was speaking not of two, but only of one eye. That eye, on which the whole body depends, is the center through which Heaven becomes earthed in our physical matter. That eye can not only see, but also understand, feel and even act, because the powerful potential of every organ is contained in essence within that eye.

(SEPTEMBER 24, 1998)

True purity should only serve to help you make ready the dwelling-place of the Holy Spirit so that He may come and reside in you, because it is He who will provide the conditions for you to work on the advent of the Kingdom of God on earth. Too many so called spiritual people still believe that to be pure is to refrain from all contact and shut themselves away in a glass bowl. No. Purity like this, that does nothing, is virtually useless: in fact, it is harmful.

True purity is Divine Love, because Divine Love is life: It is water that gushes from the spring and this gushing water removes everything that is dirty, dull and dark. Even if you are as white as snow, purity without love is not really purity.

So many people think that purity is all about relinquishing love. There are people who are as pure as snow, but they are also as cold as snow. They have no love and their purity is sterile. It is not love from which you should refrain: Rather, it is selfish thoughts and feelings you should renounce, because as soon as such feelings arise in you, you are no longer pure. True purity is that of crystal-clear water that springs up flowing out to irrigate fields and gardens.

(OCTOBER 6, 1999)

Human beings seek love, wealth and glory, but what they are really searching for in all this is God, because in reality nothing or nobody can bring them joy except God. Yes, in one way or another people are always looking for the Divinity; they always yearn to return to the source to find again their provenance, their original life immersed in paradise. Unfortunately the poor souls are not enlightened so they walk many a muddy road and squelch around in the mud, bogging themselves down inextricably; and who knows when they will reach their goal? Since God has put a small particle of his quintessence in every thing and in every being, we can find Him everywhere. However, since most people disperse themselves here there and everywhere, they

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PURITY AS A KEY TO SELF-REALISATION

will need billions of years in their search for God. The straight road to God must pass along the paths of purity and light. **(NOVEMBER 9, 1999)**

When you invite someone to stay with you for a few days, you prepare a room for him. You do not just say: 'Come, come', without knowing where you are going to put him. All the more so if your guest is someone important. Before extending your invitation, you think about how you are going to welcome him. Imagine, for instance, that you are expecting a prince to come and stay: are you going to let him go through a dirty, untidy house? Well, may believers forgive me if I say they treat God in ways they would not dare to treat even their neighbours. They do not prepare a place for the Creator within themselves, a sacred place, but they invite Him to a pigsty, to a dung heap. Later they are astonished when it is not God who comes to visit them, but devils.

(DECEMBER 17, 2003)

Scripture says, 'The Kingdom of Heaven is like unto a merchant man, seeking goodly pearls: who, when he had found one pearl of great price, went and sold all that he had and bought it.' In his eagerness to possess this one pearl the merchant sold all his possessions – jewellery, furniture, houses, livestock and land. Is a pearl worth so much? Of course we have to see the symbolic meaning of this parable. The pearl represents Christ's teaching, the teaching of wisdom and light, and it is certainly worth selling all one has to possess it. But the word 'sell' must not be taken literally either. To sell means to sacrifice all our superfluous possessions, all those things that encumber us and weigh us down. If we want to approach divine truth we have to be unencumbered and light, symbolically naked.

(NOVEMBER 1, 1995)

PURITY AND SPIRITUAL LIFE

People who embark on a study of esoteric science without working on purity will only dabble in psychic matters, without ever knowing the reality of the spiritual world. These people may often have real psychic gifts, but they should know that this is not everything. It must be understood, once and for all, that the psychic world is not the spiritual world, and that possession of a psychic gift does not mean it will be correctly used. The most gifted musicians and painters will achieve nothing if they do not submit to a discipline, or study under the direction of a master. An artistic gift must be cultivated, and so also must psychic gifts, such as clairvoyance, mediumship and magnetism. The only way to cultivate these gifts is by working on the one quality that will allow clear vision and the ability to use these faculties very well: purity. The use of the word 'purity' here signifies not only lucidity, but also honesty, unselfishness, and an acceptance of responsibility. **(AUGUST 3, 1998)**

There are all manner of books about occult science that suggest practices for gaining access to the invisible world, but do not take up these suggestions, because you will find yourself venturing on dangerous ground. If, one day, you would like to leave your body, to have an out-of-body experience, here is an exercise that is quite harmless. Some mornings, when the sky is grey or misty, you may feel sleepy, so instead of trying to concentrate and meditate (which would anyway be useless in such conditions), try to still your thoughts completely. Allow your soul to extend throughout space, imagining that it rejoins the universal soul, melting into and fusing with it; then, when your soul returns, it will bring back impressions of all it has contemplated. But have no illusions: the quality of all you see depends on you, on the nature

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and quality of your desires, feelings and thoughts. So, if you wish to be in contact with the invisible world, begin by purifying your own inner world. **(JUNE 7, 1998)**

The aim of the different practices advocated by religions all over the world – fasting, ablutions, prayer, etc. – is to prepare human beings to be more clearly receptive to divine messages and energies. In reality, of course, it is not the act of fasting or going on a retreat which is, in itself, important. What matters is to set out a work of elimination and self-purification: in other words, refining thoughts, feelings and actions. Unless you are committed to doing this work, however, it would be better to leave spirituality well alone, because otherwise you could become a danger to yourself, and put others at risk. If all prejudices and lower inclinations have not been eradicated, to consider oneself a messenger of Heaven, or a divine instrument, is the most disastrous of all ways of thinking. This explains how people can become a torment to their families, or even butchers their own people. Only someone who is truly pure and disinterested can claim to be a messenger from Heaven. **(JUNE 8, 1999)**

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

Jesus said, 'Happy are the pure in heart for they will see God.' You can become clairvoyant without first working to obtain purity, but what you see will not be the divine world. You will see everything that is better not to see: Pending catastrophes, crimes being hatched in secret, calamities, obscure and evil entities circulating amongst human beings. In other words, we can see very little beyond the level of evolution that we ourselves have reached. That is why the best way to obtain true clairvoyance, to view the divine world, is to develop within ourselves love and purity. **(SEPTEMBER 30, 1998)**

Many of you imagine that clairvoyance is the highest achievement of the spiritual life. Well, you are quite wrong; in fact, let me warn you that clairvoyance may well hinder your evolution if you cultivate it prematurely, that is to say, before being sufficiently pure and strong. If you are not pure you will be incapable of seeing beyond the lower astral regions, the regions of monsters and elementals. And you will be so terrified by what you see that you will end by begging the Lord to take your clairvoyance away from you! You can only rise to great heights and contemplate the things of Heaven if you purify yourselves. And you will only be able to bear the sight of what goes on in the minds and hearts of men if you become much stronger. It is not enough to 'see', you must be capable of seeing what Heaven and the light reveal to you, but you must also be able to bear the sight of Hell. **(OCTOBER 30, 1988)**

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

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HOW TO PURIFY YOURSELF

The element we know as water is a living world inhabited by very pure entities. Whether in your bathroom or out in nature, before coming into contact with water, remember to greet it with great respect and love, and ask the angel who governs it to help you with your spiritual work. Purification does not require long and complicated exercises and rituals. Since you have the opportunity several times a day to use water to wash yourself, take advantage of these opportunities with the understanding that physical water is a means through which we can enter into contact with spiritual water, which is the true water. Even if washing oneself is one of the most ordinary processes of everyday life, you must not underestimate it. Like eating, sleeping, and breathing, washing must be considered a sacred act that can liberate your soul.

(JULY 9, 2003)

In order to live, man is forced to make contact with the world around him. Have you thought about this? He eats, drinks, breathes and makes contact with people, animals or nature itself; he needs these contacts and cannot stop making them. But these contacts leave in his physical and psychic bodies many impurities that he must learn how to throw out.

There are numerous methods of purification, but one of the most effective is to appeal to the Angels of the four elements. These four elements can be found in us: The earth corresponds to our physical body, water to our heart, air to our intellect and fire to our soul and spirit. That is why we can appeal to the Angel of earth so that he may throw out all the wastes of our physical body; to the Angel of water so that he may wash our heart; to the Angel of air so that he may purify our intellect; to the Angel of fire so that he may sanctify our soul and spirit, by kindling a fire in them with the ardor of divine love.

(OCTOBER 19, 2001)

As long as you allow all sorts of contradictory thoughts and desires to occupy you, you are fostering disorder, so it should be no surprise if you soon feel lost. Many people complain of being lost, but this is because their desires have led them to accumulate an ill-assortment of too many things, and now they are up to their necks in complications. For example, a diamond is pure carbon: it is so pure because it contains nothing else. If you add another element, it is no longer a diamond. Likewise, those who want to try everything, touch and taste everything, know everything, lose their value as diamonds and become nothing more than dull stones. A true disciple must keep moving towards a single goal; he must have a single ideal, a single desire, single nourishment, symbolically speaking, and in this way he will come to live in purity and light.

(AUGUST 17, 1998)

THE RELATIONSHIP BETWEEN PURITY AND HEALTH

Illnesses can have all kinds of causes, but in reality what lies at the basis of an illness, of whatever kind, are the impure elements a person allowed to penetrate their physical and their psychic organism. These elements cause disorders because they do not vibrate in harmony with the health part of their organism. If, however, they succeed in driving them out or transforming them, health is restored. This is why purity is so important for our mental and physical health. And by purity I mean rejection of any element that interferes with the proper functioning of our organism. Unfortunately, as soon as people hear the word purity, they stop listening. Purity, to them, is a restricting concept, outmoded; good only for convents and so they continue to

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swallow whatever comes along: indigestible food, polluted atmosphere, dark thoughts and chaotic feelings. When will they understand that it is these very impurities that make them ill? If they worked on purity their health would improve, they would become more intelligent, wiser and stronger. **(AUGUST 19, 2002)**

Few doctors nowadays are willing to accept the idea that certain psychic disorders are caused by entities of the astral plane, which have penetrated human beings to feed off them and make them disintegrate. They believe that the problem simply stems from chemical elements that stop the psyche from functioning properly.

It is true that chemical elements are at play, but these chemical elements are the result, the actualization of the presence of harmful spirits that human beings have themselves attracted. These entities proliferate in the astral world and if human beings open themselves up to them, through their weaknesses and their transgressions, these entities come in and cause a great deal of harm. These facts are very well described in all holy Scriptures, which explains why initiates believe purity and exercises of purification to be of such importance. However, instead of reading these writings and understanding their profundity in order to then educate people accordingly, medicine looks for chemical products to camouflage the problems by a disordered life. Why does it not see that by not treating the causes, it sinks people deeper into illness and misery? **(SEPTEMBER 7, 2002)**

THE IMPORTANCE OF PURITY FOR A SPIRITUAL DISCIPLE

You sometimes hear people talk about someone as having lost their human dignity or someone who was able to keep their dignity. The concept of dignity is not always clear to many people and so it is often confused with pride or arrogance. No, true human dignity is about respecting everything God has given us, our physical body first of all, but also our heart, our intellect, our soul and our spirit.

As disciples of a spiritual teaching you must get the idea firmly fixed in your mind that you are a temple, a tabernacle of the Eternal which only pure food, pure thoughts, words and feelings must enter or leave. If you do not watch what enters or leaves you, if you give in to anything that comes along, become involved in just anything, say or think just anything, you cannot be conscious of your true human dignity. **(AUGUST 20, 2002)**

Every activity produces combustion. Whether that activity be physical, emotional or intellectual, the resulting waste matter must be rejected, for its accumulation creates congestion that is detrimental to the correct functioning of the organism. For example, if we want to light fire in a stove, first of all we need to clean out the old cinders, otherwise the flames will not catch and the stove will not serve its purpose. The same is true for our physical bodies and also our psychic bodies – the realm of thoughts and feelings. So that is why we must improve our whole life, that is the way we eat, think, feel and love, because in this way we replace waste matter with other substances that are far more subtle, light and etheric. Thus our inner fire is fed and gives us strength to continue our work. **(NOVEMBER 4, 1998)**

We must meditate on all that our daily activities can teach us. We all know, for instance, that every day we must see to it that our house is neat and clean, that we must devote at least a few

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minutes to keeping it so, or life would soon be unbearable. So why have you not yet understood the importance of cleaning and ordering your inner sanctuary with the same patience, the same regularity, and the same perseverance? If your house became too dirty or cluttered, you would always have the option of moving out. But try moving out of your inner sanctuary! So each day without fail, you must visit your inner sanctuary and say: 'Let's see, what needs doing here?' Put everything that is out of place, untidy or lacking harmony back in order. Don't allow things to lie around or dust to accumulate, or one day it will be too late to remedy the situation. Every day, several times a day, you must try to restore order, peace and harmony within yourself.

(MARCH 5, 2000)

PURITY AND THE BEGINNING OF MAN

In the Garden of Eden, the Lord put Eve in charge of all vegetation. As she lived amongst flowers, eventually she exhaled a fragrance of flowers, but as soon as the first sin was committed, this fragrance left her. Before the fall she emanated these fragrances because she possessed the qualities and virtues that manifest on the physical plane as perfume. Every psychic phenomenon has its equivalent on the physical plane: a perfume is the physical expression of a virtue, just as a disgusting smell is the physical expression of a vice. When a woman uses perfumes, she is unconsciously wishing to rediscover the gift she possessed in the Garden of Eden, where she exhaled beautiful fragrance naturally. Resorting to a bottle of scent is not the best method. There is no harm in using scent or make-up, but women have no need of artifice if they concentrated on developing qualities and virtues. In doing so, they would rediscover their true fragrance and would regain their original loveliness. **(AUGUST 16, 1998)**

Before beginning the long journey away from their heavenly homeland, human beings dwelt in the bosom of the eternal Lord, and the memory of that first paradise lives on to this day as a faint and distant glimmer of light in their minds. However, as human beings have not all had exactly the same experiences, some have lost their way in dark and devious paths' while others have kept deep within themselves a certain awareness of their divine origin. This is why they immediately recognize an initiatic truth when it is revealed to them; it awakens the echo of something familiar, and they sense that it cannot be anything but true. But those who have allowed themselves to be led into a state of inner disorder and chaos are impervious to such revelations. Their minds will open to them again only when they set foot on the upward path by working to purify themselves and improve the quality of their thoughts and feelings.

(NOVEMBER 4, 1995)

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APPENDIX: BOOKS

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- A new Attitude for everyday Life
- A new Light on Prayer
- A new Understanding of Health
- A Servant of God
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- Becoming a Spiritual Disciple (F)
- Being Member of a Family ... and its different Connections with the world (F)
- Christ, Christians & Christianity (F)
- Education – Guidelines for Parents (F)
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- Master & Discipleship (F)
- Meditation as the Gateway to harmonious living
- Means to bring 'Heaven on Earth'; *Prenatal Education & Spiritual Electroplating* (F)
- Music and Creation
- Nutrition for a successful life
- Only Beauty can save the World
- Proper knowledge of Human and Divine Justice
- Purity as the Key to Self-Realisation
- Real Freedom (F)
- Reflections on Birth (F)
- The Cosmic meaning of Marriage (F)
- The different aspects of 'Clairvoyance & Intuition' (F)
- The Importance of having an High Ideal
- The Kingdom of God & His Righteousness
- The Laws which govern the Universe
- The Power of Thought
- The Quintessence of Christianity
- The Reasons behind Suffering
- The Relationship between Colours & the Aura
- The Sublime Origin and Goal of Sexuality and the Sexual Force
- The Sun & the Sunrise-Meditation; *working with the Divine Image*
- The true Task of Art (F)
- The Universal Brotherhood of Light
- The Two Principles – Masculine and Feminine
- Traditions, the Gospels & the Holy Scriptures
- True Happiness (F)
- True Love (F)
- Working with Light

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

BENJAMIN CHRIST: « Let's create 'Heaven on Earth' » (D)
PETER DEUNOV : « The woman – Source of Love and Life »

* * *

Edition Prosveta

OMRAAM MIKHAËL AÏVANHOV

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- **COMPLETE WORKS** -

THE SECOND BIRTH

Table of contents

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

Summary

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

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

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

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PURITY AS A KEY TO SELF-REALISATION

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

LIFE FORCE

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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

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

Summary

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

THE MYSTERIES OF YESOD The bases of spiritual life

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

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PURITY AS A KEY TO SELF-REALISATION

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

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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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PURITY AS A KEY TO SELF-REALISATION

psychic power within us, our 'individuality', which is above all contingencies and conflicts and is capable of using them to create inner harmony and true fraternal bonds.

COSMIC MORAL LAWS

Table of contents

1. 'As You Sow, So Shall You Reap'
2. The Importance of Choice - Work not Pleasure
3. Creative Activity as a Means of Evolution
4. Justice
5. The Law of Affinity : Peace
6. The Law of Affinity : True Religion
7. The Laws of Nature and Moral Law
8. Reincarnation
9. Don't Stop Half-Way
10. Know How to Use Your Energies
11. How to Distil the Quintessence
12. The Moral Law Exemplified in a Spring
13. Why Look for Models in the World Above
14. Man Creates in the Invisible World by Means of his Thoughts and Feelings
15. We must not Sever the Link Between the World Below and the World Above
16. If You Are Light You Will Seek the Company of Light
17. Duplicates - New Recordings
18. Morality Comes into its Own in the World Above
19. Example ist the Best Teacher
20. Turn the Other Cheek.

Summary

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

A NEW EARTH Methods, exercises, formulas, prayers

Table of contents

1. Prayers
2. A Daily Programme
3. Nutrition
4. Actions
5. Overcoming the Evil Within
6. Methods of Purification
7. Human Relations
8. Man's Relations with Nature
9. The Sun and the Stars
10. Mental Work
11. Spiritual Galvanoplasty
12. The Solar Plexus
13. The Hara Centre
14. Methods for Working with Light
15. The Aura
16. The Body of Glory
17. Formulas and Prayers.

Summary

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

LOVE AND SEXUALITY

Table of contents

1. The Masculine and Feminine Principles
The Love of God, the Love of Others, Self Love
2. Taking the Bull by the Horns - The Caduceus of Mercury
3. The Serpent -Isis Unveiled
4. The Power of the Dragon
5. Spirit and Matter - The Sexual Organs
6. Manifestations of the Masculine and Feminine Principles
7. Jealousy
8. The Twelve Doors of Man
9. From Yesod to Kether : The Path of Sexual Sublimation
10. The Spiritual Screen
11. Nourishment and Love
12. Woman's Role in the New Culture
13. The Initiatic Meaning of Nudity
14. Exchanges and Relationships
15. Wealth and Poverty
16. To Love is the Work of the Disciple
17. Love in the Universe
18. A Wider Concept of Marriage I
19. The Twin-Soul
20. Everything Depends on Your Point of View
21. A Wider Concept of Marriage II and III
22. Analysis and Synthesis
23. Like the Sun, Love Brings Order to Life
24. Mother Love
25. The Meaning of Renunciation
26. The Bonds of Love
27. Youth and the Problem of Love - The New Currents

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PURITY AS A KEY TO SELF-REALISATION

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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PURITY AS A KEY TO SELF-REALISATION

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)

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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

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PURITY AS A KEY TO SELF-REALISATION

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

* * *

- EDITION IZVOR -

P0201AN : Toward a Solar Civilization

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| 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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PURITY AS A KEY TO SELF-REALISATION

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

Summary

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

P0203AN : Education Begins Before Birth

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

Summary

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

P0204AN : The Yoga of Nutrition

Table of contents

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

Summary

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

P0205AN : Sexual Force or the Winged Dragon

Table of contents

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

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PURITY AS A KEY TO SELF-REALISATION

Summary

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

P0206AN : A Philosophy of Universality

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

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P0207AN : What is a Spiritual Master ?

Table of contents

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

Summary

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

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

Table of contents

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

Summary

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

P0209AN : Christmas and Easter in the Initiatic Tradition

Table of contents

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

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

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Summary

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

P0211AN : Freedom, the Spirit Triumphant

Table of contents

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

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

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

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

Summary

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

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

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Mother, of which men and women are also the reflection. The two principles must work in conjunction: alone, each one is barren. Spiritual galvanoplasty is an application in the spiritual life of this science of the two principles."

P0215AN : The True Meaning of Christ's Teaching

Table of contents

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

Summary

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

P0216AN : The Living Book of Nature

Table of contents

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|-----------------------------------|---|
| 1. The Living Book of Nature | 8. Building a House |
| 2. Day and Night | 9. Red and White |
| 3. Spring Water or Stagnant Water | 10. The River of Life |
| 4. Marriage, a Universal Symbol | 11. The New Jerusalem - Perfect Man. I - The Gates. |
| 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

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

Summary

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

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1. Human Evolution and the Development of the Spiritual Organs
2. The Aura
3. The Solar Plexus
4. The Hara Centre

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

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

Summary

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

P0222AN : Man's Psychic Life : Elements and Structures

Table of contents

1. Know Thyself
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

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

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

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

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

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|---|--|
| 1. The Danger of the Current Revival of Magic | 10. We All Work Magic |
| 2. The Magic Circle of the Aura | 11. The Three Great Laws of Magic |
| 3. The Magic Wand | 12. The Hand |
| 4. The Magic Word | 13. The Power of a Glance |
| 5. Talismans | 14. The Magical Power of Trust |
| 6. Is Thirteen an Unlucky Number | 15. Love, the Only True Magic |
| 7. The Moon | 16. Never Look for Revenge |
| 8. Working with Nature Spirits | 17. The Exorcism and Consecration of Objects |
| 9. Flowers and Perfumes | 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

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|--|---|
| 1. Life: our most precious possession | 6. Respiration |
| 2. Let your material life be consistent with your spiritual life | 7. How to recuperate energy |
| 3. Dedicate your life to a sublime goal | 8. Love makes us tireless |
| 4. Our daily life: a matter that must be transformed by the spirit | 9. Technical progress frees man for spiritual work |
| 5. Nutrition as Yoga | 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 |

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PURITY AS A KEY TO SELF-REALISATION

today

13. Live in the fullness of the present

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

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

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

Summary

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

P0230AN : The Book of Revelations: A Commentary

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

Summary

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

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P0231AN : The Seeds of Happiness

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

Summary

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

P0232AN : The Mysteries of Fire and Water

Table of contents

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

Summary

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

P0233AN : Youth: Creators of the Future

Table of contents

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

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PURITY AS A KEY TO SELF-REALISATION

P0234AN : Truth: Fruit of Wisdom and Love

Table of contents

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

Summary

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

P0235AN : "In Spirit and in Truth"

Table of contents

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

Summary

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

P0236AN : ANGELS AND OTHER MYSTERIES OF THE TREE OF LIFE

Table of contents

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

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PURITY AS A KEY TO SELF-REALISATION

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 sephirotic 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.

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

P0239AN : Love Greater Than Faith

Table of contents

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

Summary

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

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PURITY AS A KEY TO SELF-REALISATION

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 rising higher and higher towards the light. If you really love them, be sure that you will be with them again one day. That is the truth. How many times have I already told you this: where your heart is, there you will be one day.

D0005AN : The Gypsy Queen (Children Library)

Summary

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

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

All ages

CD5009AN : THE SEED

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

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PURITY AS A KEY TO SELF-REALISATION

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

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

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

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

Summary

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

"You Are Gods" - Synthesis, Vol. I

Omraam Mikhaël Aïvanhov

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

CHILDREN BOOK

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

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