

**OMRAAM MIKHAËL AÏVANHOV**  
**THOUGHTS OF A SPIRITUAL TEACHER**

**WHY**  
**WE SHOULD ACCEPT**  
**REINCARNATION**

**EDITION HEAVEN ON EARTH**

## WHY WE SHOULD ACCEPT REINCARNATION

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

Edited by Prosveta, France.

Conception and Realisation:

**Benjamin Christ**

Montreal, August 2005

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## WHY WE SHOULD ACCEPT REINCARNATION

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

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

We have to cultivate both aspects of our being, the internal and the external: the external aspect for society, and the internal aspect for ourselves. We have to live our inner life for ourselves while bearing in mind that it will grow and spread until it reaches to every corner of the world and touches every creature in heaven and on earth. The scope of our external activity is very limited, but that of our internal activity is vast. Our physical acts touch only a few people whereas our feelings, and above all our thoughts, can touch all creatures. The mind is far more powerful and embraces infinitely more things than the will; its possibilities are also far subtler and more varied. By means of our thoughts we can do whatever we want, even travel through space; whereas the will operates on the physical plane and is therefore severely limited by the resistance of matter. One day when we have lived through innumerable reincarnations and done a great deal of psychic work, the activity of our will will follow immediately on that of our mind.

**(JANUARY 24, 1995)**

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

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

Belief in reincarnation is one of the corner stones of morality. As long as human beings are unaware of the law of cause and effect, which carries over from one life to the next, no amount of sermonizing will ever do much good. Too many people still believe that they will burn in hell for all eternity because of their sins! Of course, one often meets people who do not believe in reincarnation and who are naturally honest and good. The only trouble is that one can never be absolutely sure that this state of affairs will last. In certain circumstances such things as fear, covetousness or a desire for revenge can get the better of them and then there is no holding them back: they will no longer be either good or honest! This is because their morality was not

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built on a firm foundation, a knowledge of the law of cause and effect which is operative from one incarnation to the next. **(APRIL 20, 1995)**

Whatever work providence or fate has given you, you must make the effort to accomplish it in the best way possible. If you refuse to do it, or if you show negligence pretexting that you do not think you deserve this work, you are retarding your evolution, and later you will be obliged to come back to correct and repair the situation. When this happens, you will notice how difficult it is to redo work you thought was finished.

If we are on earth, suffering and struggling in the midst of difficulties, it is precisely because we must finish or start over some work... Heaven has sent us back to repair our mistakes and carry on with our education. That is the meaning of our successive reincarnations. If we refuse to understand these lessons, we will be sent back to earth, and it will be harder and harder to correct our faults. **(MAY 22, 2001)**

At the source of a river in the mountains, the water springs forth pure and crystal clear. As it descends, it collects dirt and wastes from the regions it crosses, and when it reaches the ocean, it is saturated with impurities. But soon, warmed by the sun's rays, it is transformed into steam and takes up its journey into the sky, until one day it falls again in the form of rain or snow.

We can interpret this voyage of water symbolically. Human destiny resembles the perpetual movements of water between heaven and earth. Like drops of water, souls descend to earth, each in a predetermined location. From there they have an entire road to travel until, tired and worn from life's labours, they return to their starting point... only to descend again, one day, in another place. This is called reincarnation. **(JUNE 1, 2005)**

When people talk about the devil, they do not know exactly to what cosmic or psychic reality this word corresponds. The devil does not exist as an individual entity opposed to God and on an equal footing with him. Those people who claim that the devil appeared to them have only imagined it. Spirits of light exist and so do spirits of darkness, and it is this group of evil spirits that we call the devil. The devil does not exist as an entity separate from and opposed to God, but as a collective force that is nourished and reinforced by people's negative thoughts, feelings and actions.

And we can also say that the devil is part of man himself, of his lower self. How was it formed? During his reincarnations man has continuously fed his lower self with his weaknesses and vices, thus blocking the path to Heaven. However there exists also in man a luminous entity, his higher self that has been formed with his thoughts, feelings and actions inspired by kindness, generosity, love and sacrifice. So, if people tried hard to restore order to their inner life, the devil would disappear. **(JULY 23, 2001)**

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

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they have not been instructed about reincarnation and the law of cause and effect. Well, they must take great care to inform themselves, and their lives will then take on meaning.

**(JULY 25, 2003)**

By rejecting the concept of reincarnation and by refusing to teach it, Christianity is preventing people from understanding divine justice and the way in which it manifests itself. It comes as no surprise therefore, that everything consequently seems senseless. When you do not see the true reason for situations or events, they become incomprehensible and you end up seeing injustice everywhere. Faced with suffering and unhappiness Christians say: 'It is God's will.' They themselves – unbelievably – have done nothing to cause this suffering; they are not responsible for anything. Only God is responsible. God does as He pleases and what pleases Him is not based on justice.

All Christianity has achieved by rejecting the concept of reincarnation is to make the human spirit lose its way. Whereas with reincarnation everything becomes clear. Reincarnation explains how the law of cause and consequence manifests itself from one incarnation to another. It is no longer the Lord who dishes out good things and bad things in such a way that nobody can ever understand the reason. People become the creators of their own destiny. The greatness, the splendor, the perfection and, especially, the justice of God are thus maintained.

**(AUGUST 4, 2000)**

The true evolution of man occurs on earth, not anywhere else. Someone who, because of their crimes, is condemned to suffer a long time in the regions of the astral plane after their death must subsequently return to earth to make good the wrong they have done. It is not enough to suffer, because suffering is no reparation for all the mistakes we have made. We made these mistakes on earth and we therefore have to return to earth to make amends. There is no other explanation for reincarnation. If we had already atoned for our errors up above, why should we have to come back to earth? There is a fact, a law which dictates that human beings must put right their mistakes in all the regions of the universe where these mistakes caused harm.

**(AUGUST 16, 2002)**

Education is obviously very useful, because it gives you a job, prestige, authority and money. But you can accumulate as much knowledge in mathematics, history or medicine as you like, it will never transform you and so if you are timid, sensual, quick-tempered or selfish you will remain timid, sensual, quick-tempered or selfish.

No university will teach you about the laws that govern the moral world, about the Great Beyond, the afterlife and reincarnation. So even if you are a walking encyclopedia, you will not have the hope, the conviction or the strength of will that will allow you to transform yourself, because you know nothing about these fundamental subjects. Whereas if you are taught that moral laws of nature, that souls continue to live in the other world and how they then reincarnate, you will not be able to remain the same in the face of these revelations. You inevitably become more mindful of your outer and inner behavior.

**(OCTOBER 2, 2002)**

It is sometimes dangerous to inherit wealth from a relation: It can lead to very unpleasant results. If the person you inherit from led a dishonest, sinful life you would do better to refuse the inheritance, otherwise he will insist on reincarnating in your family, perhaps as one of your children. He will say, 'It was I who gave you land, houses, money or furniture, so I have the right to claim a home with you now!' And you will find yourself with a child who becomes a criminal, and you will never understand why. It is because he is the reincarnation of that grandfather, uncle or cousin who was a bandit, a thief and a murderer, and whose inheritance you accepted

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with such a delight! So it is preferable not to accept an inheritance from someone who has not walked the straight path of truth. But you can accept whatever good man leaves you; in fact it is a benediction for a family to inherit something from a good person. **(OCTOBER 27, 1987)**

It is on this earth that man's evolution takes place; not elsewhere. Even someone who has had to suffer in Hell for a long time because of his crimes, is obliged to come back to earth to repair all the evil he has done. For it is not enough to suffer; suffering does not make up for evil deeds. Since those evil deeds were committed on earth, reparation has to be made on earth. And isn't this the real reason for reincarnation? Otherwise, why should men return to earth if they had already atoned for their faults on the astral plane? The truth is that there is a law which decrees that man must make reparation for his errors in every region in which those errors have done damage. **(OCTOBER 29, 1987)**

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

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

It is very difficult for human beings in general and spiritual persons in particular to have an objective opinion of themselves. Some, frightened by the immensity of initiatic science, by the distance separating them from their goal, feel miserable, whilst in fact they are very evolved, they have made sound progress along the road of their inner development. This is really not very good for them. Others on the other hand, who are completely stupid and short-sighted, believe themselves to be the great initiates, geniuses, even divinities. But since nothing in their lives justifies this good opinion they have of themselves, they go and consult a so-called medium or clairvoyant who tells them all kinds of fantastic stories about their reincarnations – because after all it is in their own interest to cheat people otherwise they would attract no clients. Indeed they are fantastic stories, full of celebrities and glorious history and saints and prophets. But what good does it do them, if every day reality proves to them that they are nothing at all? One of the greatest hindrances to evolution is to delude yourself about your past incarnations. If you really want to progress, evolve, do not waste your time with clairvoyants, but study and work so that you may come to know yourself. No-one can truly evolve if they have assessed themselves correctly. **(DECEMBER 3, 2000)**

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

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great than any other either. This is not what will make them evolve. What will help their evolution is their work and their faithfulness to their master. **(DECEMBER 13, 2002)**

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# APPENDIX: BOOKS

## – BIBLIOGRAPHY –

### *Prenatal Education, Spiritual Electroplating*

- Bradley Boatman: *A Gift for the Unborn Children* (Vidéo)
- Geoffrey Hodson : *The Miracle of Birth* (Brochure 1929)
- Peter Deunov *The Woman, Source of Love and Life* (Brochure)
- Omraam Mikhael Aïvanhov
  - *Education Begins Before Birth* (Book 1984)
  - *Hope for the World: Spiritual Galvanoplasty* (Book 1984)
- Denise Tiran:
  - Natural Remedies for morning sickness and other Pregnancy Problems* (Book 2001)
- Denise Tiran, Sue Mack
  - Complementary Therapies for Pregnancy and Childbirth* (Book 1995)
- Carista Luminaire Rosen, Ph. D.: *Parenting begins before conception* (Book)
- David Chamberlain *Babies remember Birth* (Book)
- Thomas Verny, Pamela Weintraub:
  - *Life before Birth*
  - *Pre-Parenting, nurturing your child from conception, questions medicals* (Book 2001)
- Chopra, Simon, Abrams (Book 2005)
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- Ina May Gaskin: *Spiritual Midwifery* (Book 1990)
- Frédéric Leboyer *Birth without Violence*
- Jean Liedloff: *The Continuum Concept, in search of happiness lost* (Book 1985)
- Aviva Jill Romm: *The Natural Pregnancy Book* (Book 2003)
- Susan S. Weed: *Wise Woman Herbal for the Childbearing Year* (Book 1986)

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(ALL ADOBE-FILES)

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## THOUGHTS OF A SPIRITUAL TEACHER

### OMRAAM MIKHAËL AÏVANHOV:

- A correct understanding of Good and Evil (F)
- A new Attitude for everyday Life
- A new Light on Prayer
- A new Understanding of Health
- A Servant of God
- Angels & the Tree of Life (F)
- Becoming a Spiritual Disciple (F)
- Being Member of a Family ... *and its different Connections with the world* (F)
- Christ, Christians & Christianity (F)
- Education – *Guidelines for Parents* (F)
- Explanations on Heredity (F)
- Guidelines for Spiritual Work
- How to master Habits (F)

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- How to surpass Karma & Predestination (F)
- How to work with Talismans
- Interpretations of the Gospel
- Life and Death
- Living a Successful Life
- Magic in everyday life
- Master & Discipleship (F)
- Meditation as the Gateway to harmonious living
- Means to bring 'Heaven on Earth'; *Prenatal Education & Spiritual Electroplating* (F)
- Music and Creation
- Nutrition for a successful life
- Only Beauty can save the World
- Proper knowledge of Human and Divine Justice
- Purity as the Key to Self-Realisation
- Real Freedom (F)
- Reflections on Birth (F)
- Suicide – Reasons & Consequences (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 (D) (F)
- Working with Light

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

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

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

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## PERSONAL WRITINGS

**BENJAMIN CHRIST:**

- Abortion - What does it reveal
- Eating Meat - Drinking Wine – Smoking
- I am single
- The Sacrifice of Jesus
- What is the Grace of God
- When is man saved from sin

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## EDITION PROSVETA

# OMRAAM MIKHAËL AÏVANHOV

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- COMPLETE WORKS -

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### THE SECOND BIRTH

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

#### Summary

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

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

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

### SPIRITUAL ALCHEMY

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

#### 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 ?

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3. Good and Evil
4. Pitting Oneself Against the Dragon
5. Presence and Absence
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8. The Strength of the Spirit
9. Sacrifice
10. A High Ideal
11. Peace.

#### 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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9. The Solar Plexus and the Brain
10. The Hara Centre
11. The Initiatic Heart
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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| Purity and the Spiritual Life                        | The Gates of the New Jerusalem       |
| Purity in the Three Worlds                           | Part II. Love and Sex                |
| The River of Life                                    | Part III. Realization - The Spring   |
| Purity and Peace                                     | Fasting - Washing - The Real Baptism |
| The Magic of Trusting                                | 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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| 3. Our Higher Self Dwells in the Sun  | 14. The Sun Has the Solution to the Problem of Love - Telesma              |
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| 5. Every Creature Has a Home - The Seven Beads of the Rosary                                      | 17. Day and Night -Consciousness and the Subconscious                      |
| 6. The Master and the Seven-bead Rosary   | 18. The Sun, Originator of Civilization                                    |
| Every Creature Needs to Own and Protect its Dwelling Place - The Aura                             | A Disciple's Clairvoyance Must Begin on the Highest Levels                 |
| 7. The Heliocentric Point of View   | 19. The Sun Teaches Unity - The Power of Penetration                       |
| 8. Love as the Sun Loves  | 20. The Sun Teaches by Example - The Sun, Heart of our Universe            |
| 9. A Master Must be Like the Sun and Remain at the Centre   | 21. Three Kinds of Fire  |
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| 10. Rise Above the Clouds - The Sephirah Tiphareth  |  |
| 11. The Spirits of the Seven Lights   |  |

### 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.

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## WHY WE SHOULD ACCEPT REINCARNATION

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

### COSMIC MORAL LAWS

#### Table of contents

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

#### Summary

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

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

#### Table of contents

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

#### Summary

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

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## WHY WE SHOULD ACCEPT REINCARNATION

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
- 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 fullness."

### 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

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## WHY WE SHOULD ACCEPT REINCARNATION

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

### Summary

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

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

#### Table of contents

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

### Summary

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

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

#### Table of contents

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

### Summary

Man as conceived by Cosmic Intelligence is such that if he is to be fulfilled, he must connect himself with the light and power of the Higher World. If not, if he puts all his trust in his own limited faculties, he will be unable to see ahead and in his blindness he will make drastic errors in all domains. If he puts his faith in technology, trade and material development, sooner or later he will fail, for if his action is based on the desire to control the world regardless of the plan and purpose of Cosmic Intelligence it will stir up the psychic and physical layers of the atmosphere, and hostile forces will turn against him in their fury. The Age of Aquarius is now coming in and it will cause great upheavals and cataclysms all over the world, after which those who survive will have a better understanding of the Laws. The splendour and harmonious beauty of the new life that is in store for mankind surpasses the imagination. People who have been secretly working for the Kingdom of God will find each other and combine their new-found extraordinary

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## WHY WE SHOULD ACCEPT REINCARNATION

powers to bring down the fortresses of ignorance, materialism and despotism. I tell you this now, and it will be as I say, for nothing can prevent the coming of the new era, the Golden Age.

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

#### Table of contents

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

#### SUMMARY

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

### LIFE AND WORK IN AN INITIATIC SCHOOL

#### Table of contents

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

#### Summary

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

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

#### Table of contents

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

#### Summary

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

\* \* \*

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## WHY WE SHOULD ACCEPT REINCARNATION

### - EDITION IZVOR -

#### **P0201AN : Toward a Solar Civilization**

##### **Table of contents**

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

##### **Summary**

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

#### **P0202AN : Man, Master of his Destiny**

##### **Table of contents**

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

##### **Summary**

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

#### **P0203AN : Education Begins Before Birth**

##### **Table of contents**

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

##### **Summary**

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

#### **P0204AN : The Yoga of Nutrition**

##### **Table of contents**

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

##### **Summary**

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

#### **P0205AN : Sexual Force or the Winged Dragon**

##### **Table of contents**

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

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## WHY WE SHOULD ACCEPT REINCARNATION

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

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

### Summary

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

### P0206AN : A Philosophy of Universality

#### Table of contents

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

### Summary

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

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#### Table of contents

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### P0207AN : What is a Spiritual Master ?

#### Table of contents

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

### Summary

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

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

#### Table of contents

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

### Summary

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

### P0209AN : Christmas and Easter in the Initiatic Tradition

#### Table of contents

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## WHY WE SHOULD ACCEPT REINCARNATION

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

### Summary

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

### P0210AN : The Tree of the Knowledge of Good and Evil

#### Table of contents

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

### Summary

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

### P0211AN : Freedom, the Spirit Triumphant

#### Table of contents

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

### Summary

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

### P0212AN : Light is a Living Spirit

#### Table of contents

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

### Summary

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

### P0213AN : Man's Two Natures, Human and Divine

#### Table of contents

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

### Summary

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

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## WHY WE SHOULD ACCEPT REINCARNATION

### P0214AN : Hope for the World : Spiritual Galvanoplasty

#### Table of contents

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

#### Summary

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

### P0215AN : The True Meaning of Christ's Teaching

#### Table of contents

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

#### Summary

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

### P0216AN : The Living Book of Nature

#### Table of contents

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

#### Summary

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

### P0217AN : New Light on the Gospels

#### Table of contents

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

#### 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

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## WHY WE SHOULD ACCEPT REINCARNATION

### Table of contents

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

### Summary

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

### P0219AN : Man's Subtle Bodies and Centres

#### Table of contents

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

### Summary

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

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

#### Table of contents

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

### Summary

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

### P0221AN : True Alchemy or the Quest for Perfection

#### Table of contents

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

### Summary

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

### P0222AN : Man's Psychic Life : Elements and Structures

#### Table of contents

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

### Summary

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## WHY WE SHOULD ACCEPT REINCARNATION

'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         | 7. How to Listen to Music               |
| 2. The Divine Sources of Inspiration | 8. The Magic Power of a Gesture         |
| 3. The Work of the Imagination       | 9. Beauty                               |
| 4. Prose and Poetry                  | 10. Idealization as a Means of Creation |
| 5. The Human Voice                   | 11. A Living Masterpiece                |
| 6. Choral Singing                    | 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**

- |  |  |
|--|--|
| 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**

- |   |  |
|---|--|
| 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**

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## WHY WE SHOULD ACCEPT REINCARNATION

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

### P0227AN : Golden Rules for Everyday Life

#### Table of contents

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

#### Summary

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

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

#### Table of contents

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

#### Summary

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

### P0229AN : The Path of Silence

#### Table of contents

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

#### Summary

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

### P0230AN : The Book of Revelations: A Commentary

#### Table of contents

1. The Island of Patmos
2. Introduction to the Book of Revelations
3. Melchizedek and Initiation into the Mystery of the Two Principles
4. Letters to the Church in Ephesus and Smyrna
5. Letter to the Church in Pergamos
6. Letter to the Church in Laodicea
7. The Twenty-Four Elders and the Four Holy Living

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## WHY WE SHOULD ACCEPT REINCARNATION

### Creatures

8. The Scroll and the Lamb
9. The Hundred and Forty-Four Thousand Servants of God
10. The Woman and the Dragon
11. The Archangel Mikhaël Casts Out the Dragon
12. The Dragon Spews Water at the Woman

13. The Beast from the Sea and the Beast from the Land

14. The Wedding Feast of the Lamb
15. The Dragon is Bound for a Thousand Years
16. The New Heaven and the New Earth
17. The Heavenly City.

### Summary

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

### P0231AN : The Seeds of Happiness

#### Table of contents

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

### Summary

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

### P0232AN : The Mysteries of Fire and Water

#### Table of contents

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

### Summary

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

### P0233AN : Youth: Creators of the Future

#### Table of contents

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

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## WHY WE SHOULD ACCEPT REINCARNATION

17. Artists of the Future
18. Sexual Freedom

19. Preserve the Poetry of Your Love
20. Members of One Universal Family (I) (II).

### Summary

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

### P0234AN : Truth: Fruit of Wisdom and Love

#### Table of contents

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

### Summary

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

### P0235AN : "In Spirit and in Truth"

#### Table of contents

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

### Summary

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

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

#### Table of contents

1. From Man to God, the Notion of Hierarchy
2. Introduction to the Sephirothic Tree of Life
3. The Angelic Hierarchies
4. The Names of God
5. The Sephiroth of the Central Pillar
6. Ain Soph Aur, Unlimited Light
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

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## WHY WE SHOULD ACCEPT REINCARNATION

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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#### Summary

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

### P0238AN : The Faith that Moves Mountains

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| 7 - A religion is only a form of faith |  |

#### Summary

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

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

### P0239AN : Love Greater Than Faith

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## WHY WE SHOULD ACCEPT REINCARNATION

8 - "Unless you become like children"

10 - Base your trust on vigilance

9 - "The greatest of these is love"

11 - "As I have loved you"

### Summary

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

### B0301AN : THE NEW YEAR

#### Summary

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

### B0302AN : MEDITATION

#### Summary

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

### B0303AN : RESPIRATION Spiritual Dimensions and Practical Applications

#### Summary

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

### B0304AN : DEATH AND THE LIFE BEYOND

#### Summary

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

### D0005AN : The Gypsy Queen (Children Library)

#### Summary

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

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## WHY WE SHOULD ACCEPT REINCARNATION

### **K2510AN : The Laws of Reincarnation**

#### **Summary**

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

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

#### **Summary**

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

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

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

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

#### **Summary**

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

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

Omraam Mikhaël Aïvanhov

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

### **CHILDREN BOOK**

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

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