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THOUGHTS OF A SPIRITUAL TEACHER

THE
SUBLIME ORIGIN AND GOAL OF
SEXUALITY
AND
THE SEXUAL FORCE

EDITION HEAVEN ON EARTH

THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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

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Benjamin Christ

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Does God speak to us? Yes, since God is within us, He speaks to us. His voice is very soft and we must learn to distinguish it among all the other voices within us asking to be heard. It can be compared to the melody of a flute in the midst of the clamor of tambourines and bass drums. The thunderous voice of the stomach which shouts when hungry is easy to hear and follow, as is that of the sexual organs seeking a victim. But when a little voice says to you: 'Calm down ... Don't get irritated ... Learn to master yourself ... Work ...' more often than not, you ignore it or suppress it. Patiently, with love, the voice repeats its advice, but if you are determined to silence it, it no longer insists. The voice of God is very powerful, but it is very weak within us if we do not want to listen. **(JANUARY 12, 2003)**

Initiates and great masters repeatedly warn that those who have not undertaken a work of purification must not approach the sanctuary, that they must keep their distances from all that is sacred. And what do they mean by purity? Contrary to what many believe, purity is not concerned so much with sexuality, because sexuality is only a limited aspect of purity. There are other higher and more essential forms of purity. True purity lies first and foremost in our thoughts, feelings and desires. True purity is a virtue which consists of keeping nothing for ourselves: it is a synonym for selflessness. With everything we learn and everything we acquire, we must seek to benefit others in one way or another. Impurity, on the other hand, is self-centeredness in all its forms. Wishing to be pure in order to protect ourselves is not yet purity. If we wish for purity in order to serve others better, and to give to them only all that is most precious, then, and then only, are we truly pure. **(JANUARY 21, 2000)**

How do human beings come to the part of the family to which they belong? Let us look at the birth of children. When a child is born into a family, he may in a previous incarnation already have had a relationship of some kind with the people who are now his parents. If the child is a boy, he may have been a lover, a fiancé or a husband to the person who is now his mother. The same with a daughter and her father; they experienced a certain form of love in the past and now, in order to evolve, they must love each other in a different way. If a man and a woman feel a sexual attraction for each other in this life, it may well be that they will come back to love each other as parents and child. Once again they will kiss each other, but their kisses will be those of mother (or father) and child.

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

The heavy traffic on the roads on dry land make traveling difficult and dangerous; sea routes are safer and less encumbered, and if you travel by air there is even less traffic, so you can go much faster with much less danger. And now let's interpret these facts. If you descend onto the physical plane, that is to say, onto the level of the stomach, the belly and the sexual organs, you will meet a great many obstacles. 'In that case', you will say: 'I will stay on the astral plane of feelings and emotions.' Yes, you could do that, and you would be able to live at a faster pace; but you will not be able to avoid all conflict with the interests of your wife, your boss or your workmates. So you will still meet obstacles and have accidents. 'Then I'll go up onto the mental plane, the plane of thought', you will say. That is better, but even there you will come into conflict with people who do not share your philosophical, scientific, religious or political convictions. If

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you really want to avoid all conflict and never be rebuffed and trampled on, go even higher than air, go up into the subtle, limpid, luminous regions of the ether. **(FEBRUARY 11, 1988)**

In reality, there is nothing intrinsically immoral or wrong in the sexual act. If there were, how could every species of living being in the whole of nature have been made to function in this way since the beginning of the world? If the act in itself were reprehensible, how could nature continue to tolerate it? Why has Heaven not already exterminated all those who practice it? No, in itself, the act is neither good nor bad; it is the intention of the persons concerned that makes it sinful or sacred. When those who have never made any effort to become noble or pure, and whose intentions are egotistical and dishonest, decide to practice this act and to marry, their decision will probably be applauded by their friends: their families will throw a party to celebrate, the Church will bless their union and the Law will make it all legal; but Nature may very well condemn it. For what are they going to communicate to their partners? Their diseases, vices and bad influence: that is all! So, even if the whole world approved, living nature would raise its voice in protest. And if, on the contrary, everybody reproaches you for not having married, but if you have poured the gift of Heaven into the soul of your beloved, if your love has uplifted her and made her more beautiful, Heaven will be delighted! **(FEBRUARY 12, 1988)**

Try not to shy away from an opportunity to show self-control. And there is no shortage of opportunities to learn to fight hunger, thirst, heat, cold or tiredness. I am not saying you must live a life of privation or become a yogi. No, of course not. But if you look at what happens when someone is hungry or thirsty, they rush to find something to satisfy their hunger or thirst straight away. And if they do not find it immediately, they complain, they grouch, they become angry. Observe yourself and you will find that in all kinds of situations you do not tolerate being unable to satisfy immediately your desires and even your whims. So how then do you expect to be able to control anger, jealousy, hatred or sexual desire? You may well know it is best to control yourself and you may well try to control yourself, but if you have not yet learnt to strengthen your willpower with easier exercises first, you will never succeed. **(FEBRUARY 25, 2002)**

Love can be compared with a tree with its roots, trunk, branches, leaves, flowers and fruit. Sexuality represents the roots of love and these roots are planted deep in human nature. They cannot be torn out. In any case, there should be no question of trying to tear them out for they are indispensable, just as the roots of a tree are indispensable. The only thing is that you have not be content to live in the roots, for love is also the trunk and the branches, the flowers and the fruits. The flowers and fruits of love are sacrifice. Once you know this, all that remains is to care for this tree of love. Learn to cultivate it, to water it and protect it from the ravages of insects or storms. You will learn too that you must never try to cut off its roots, for even the most spiritual love receives its impetus from sexual energy. It is when you taste the fruits of the tree of love that you will understand that they are the fruits of immortality, the fruits of eternal life.

(FEBRUARY 28, 2001)

The source of all sexual deviations and excesses is the fact that men and women have never learned the right attitude towards each other. When a man considers woman simply as an object of pleasure, he is determining his own behaviour, in advance, and he will be obliged to satisfy his passions. But if he sees her as a representative of the Deity, and loves and respects her as such, not only his feelings but also his behaviour will be different.

Jesus said, 'As you have believed, so let it be done for you.' Yes, things become what your attitude makes them. This is a profound law of magic and it is important that you understand it. It is no good thinking that you can alter the manifestations of your love without previously altering

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your attitude towards the person you love. Manifestations cannot be changed until the attitude that gives rise to them has changed. **(MARCH 1, 1988)**

It is true that when everyone around you is demanding sexual freedom and justifying these demands with seemingly valid arguments, you are not particularly happy to hear about self-mastery. I understand that you do not like being deprived of pleasures, but try at least to see what advantages you might gain by renouncing some of them. This does not mean you should deprive yourself to the extent that you have nothing and find yourself in the void; it means understanding that it is to your advantage to replace certain coarse pleasures with others which are subtler and more spiritual. When a doctor sees that a patient is damaging his health by an excess of meat, sugar and alcohol, he does not advise him to fast! He knows very well that his patient would not follow this advice, or even worse, if he were to follow it, he would die. He advises him to replace these foods by others that are healthier and lighter. This is what I am advising you as well, but in another realm. I am not encouraging you to die of hunger, but to nourish yourself differently so that your spiritual health improves. **(MARCH 6, 2004)**

When you give free rein to purely selfish, sexual desires, it is not long before you notice that certain parts of your body take on a will of their own and begin functioning independently of your own will. Then, try as you might, you are powerless to slow the pace, or stop the process: you are a mere spectator, totally lacking control. This is because you have been commandeered by other energies – entities who take over everything – and you can only watch them, powerless. Whereas, if you pursue a spiritual love, clearly it is you yourself – your soul and spirit – who are in control, and nourished. A mere glance, a presence, or a fragrance is enough to swell your hearts with happiness, because you feel your own Self – your higher Self – eating, drinking and breathing, rather than other marauding energies squatting in your body, helping themselves to all you possess. **(MARCH 17, 1999)**

The analogies that can be made between the tree and the human being are countless. The roots of the tree correspond to the stomach and the sexual organs in man. By means of his stomach, which allows him to feed himself and his sexual organs, which enable him to reproduce, he actually takes root in the earth. The trunk of the tree corresponds to the lungs, that is to say the respiratory system, and to the heart and the circulatory system with its two currents, arterial and venous. Through the trunk, the ascending current transports crude sap to the leaves where it is transformed, whereas the descending current transports the elaborated sap, which nourishes the tree. The same thing takes place in human beings with the circulation of the blood: the arterial system transports the blood that is pure, and the venous system that which is tainted. The leaves, flowers and fruits correspond to the head. The thoughts of humankind represent their fruits, because it is by way of the mind that a human being bears fruit. **(APRIL 14, 2003)**

When the alchemists speak of working with the sun and the moon, they are not referring of course to the two planets that we can see in the sky, but to the two symbols of the masculine and feminine principles which are active throughout creation and within the human being itself. True alchemy is spiritual alchemy, and the two principles with which we must work are the will (the sun) and the imagination (the moon). Through the will and the imagination, a disciple is able to transmute his own matter and to become, symbolically, like the sun and the moon, or radiant and pure. It is not by chance that in astrology, Aries is the domicile of Mars (masculine principle) and Taurus is the domicile of Venus (feminine principle). For it is by working with the sun and

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the moon to sublimate the sexual force (Venus) and the dynamic, active energy of the will (Mars) that the alchemist obtains all the spiritual powers symbolized by Mercury, the agent of magic.

(APRIL 17, 2004)

When the Sadducees came to question Jesus about the resurrection of the dead, he told them: 'At the resurrection of the dead, men will not take wives, nor will wives take husbands, but they will be as angels in heaven.' Many people have concluded that angels are asexual, and that in the other world men and women become spirits which are asexual as well. No, when we refer to spirits we are talking about disembodied beings, but because these are polarized into masculine and feminine it cannot be said that they are asexual. Polarization exists in all regions of the universe, all the way to the throne of God, because without polarization there can be no manifestation.

Spirits are polarized as masculine and feminine. They constantly make exchanges of love, and it is these exchanges that create the rich and plentiful life that spread through space. The fact that they do not marry does not mean they make no exchanges at all. On the contrary, just as the rays of the sun penetrate all creation, they penetrate each other with the pure rays of their love, and they live forever in beauty and joy.

(APRIL 23, 2000)

Nowadays initiation rites no longer take place in temples, but in life. It is now life that puts us through the trials of the four elements, which are the trials of matter. When man was driven out of paradise because of his disobedience to the Lord, he lost the power over matter – symbolically represented by the four elements. To regain this power, man must learn to control his physical body (earth), his feelings (water) and his thoughts (air), and master his sexual energy (fire). But actually, it is still worth speaking to humans about the mastery of their sexual energy? More and more, in this respect, both young people and adults think only about stupidly wasting this force, this quintessence, which is a condensation of the divine fire. This is how they allow sickness and death to penetrate insidiously into them. Human beings have so many things to learn and understand in order to regain their power over matter, over the four elements!

(MAY 5, 2001)

Until men and women rediscover the meaning of the sublimation of the sexual force, they will be disappointed with their love experiences. When they feel an attraction, a mutual desire, why do they immediately want to satisfy it? Why do they not try to acquire the control that could make them superior beings? Of course it is difficult, but if they start to get into the habit of mastering themselves, they will gradually be able to use this urge to release within themselves forces of a subtler nature. Thanks to these forces, they will be able to make wonderful discoveries and improve themselves! Yes, improve themselves, for what people feel is a very beneficial impulse, only they must learn how to use it. Therefore, as far as possible, they should be content to marvel at each other while giving thanks to the divine Mother and celestial Father for the energy given to them. They will thus experience states of consciousness of great poetry and elevation, and life will seem so much richer and more beautiful.

(MAY 21, 2001)

A dam does not prevent water from flowing. Anyone who builds a dam on a river knows he must provide other waterways, or the river will eventually overflow and carry away everything in its path. Well, the same thing applies to human beings: if they repress their instincts, and particularly the sexual instinct, tensions accumulate in their subconscious and at a given moment carry everything away with them. We must not waste our energies, but neither must we block them. The solution lies in channeling them so that they can irrigate our lands, just as the Egyptians in the past dug ditches so that the waters of the Nile fertilized their country. In fact,

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nature herself has already installed channels in human beings so that their sexual energies can be directed towards the brain, and just because anatomists have not yet discovered and written about these channels does not mean that they do not exist. It is up to you to discover them, and to work every day to become more lucid, more intelligent and more creative. **(MAY 24, 2004)**

Religion and society have established rules concerning sexual morality without asking themselves whether human beings are capable of living by them. And this is why so many people who have attempted to obey these rules have succeeded only at the price of great suffering and psychic disorders related to repression. Repression cannot be a solution to the problem of sexuality. It is dangerous to refuse the sexual force its natural outlet if we do not have a powerful motivation, a high ideal which enables us to carry out a work in the realms of the soul and spirit and to channel and transform this energy. Celibacy is a sacrifice, of course, but this sacrifice must not be a deprivation; it must be a transposition onto another plane. We must not deprive ourselves, we must not do without, but rather shift the emphasis. This is what we must explain to men and women when we talk to them about mastery of the sexual force.

(MAY 28, 2003)

Men and women think that the sexual act concerns only them because they perform it in private. Well, they are mistaken. And people who have been able to keep a clear mind during all the excitement have realized that what they were experiencing produced emanations that served to feed entities of the astral world. These entities are so greedy that they were obliged to let them feed themselves at their expense, which meant that they lost a great deal of precious energies. But since they are not capable of analyzing themselves, all these ignoramus shout: 'Ah, that was pure ecstasy!', when in fact other entities were enjoying themselves through them. So long as people continue to live a life based on passions and instincts, they will be robbed by these lower creatures. If they live a life of true love, however, they will become stronger, more beautiful and they, not the others, will be the true winners. **(JUNE 7, 2002)**

It is possible to instruct and advise human beings on matters of sexuality, but with the clear understanding that such questions can only be truly resolved as they relate to each individual. It is unreasonable to try to impose identical rules on everyone in the name of morality, because the same discipline that helps some attain balance and true spirituality may, on the contrary, drive others into repression, hysteria and neurosis. Human beings do not all have the same needs, and someone who does not realize this risks either preaching in the desert or inflicting needless torment on those who listen to him.

This is not to say, however, that you need make no effort of any kind. On the contrary, each of you, on your own level, must strive to master your sexual energy so that your love will be nobler, more beautiful and more spiritual. This is the only rule of sexual morality. **(JUNE 13, 2003)**

The younger generation believes that sexual liberation has been a great victory. It is true that it has been a great victory against the hypocrisy and narrow-mindedness that has prevailed over the centuries. But has that resolved the problem of sexuality? After suppression comes the release, and with it, the doors open to every possible physical and psychic disorder. Because the problem is not solved by recommending the use of contraceptives or legalizing abortion. And of course forbidding them is not the answer either. It is therefore not a question of sanctioning or prohibiting, but for studying and understanding. The sexual force is thousands of years old. It is impossible to fight it. Human beings must come to understand that methods exist to channel this force, to direct it, so that it may contribute to the psychic, moral and spiritual development of

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human kind. Having sought and received these explanations, it is up to every individual to think and decide what they want to do. **(JUNE 18, 2002)**

Those who wish to lead a life of chastity and self-restraint, are they right? That depends on their goal in life. Abstinence may have very positive effects for some, bringing strength, balance and health: equally, for others it can produce very bad results, such as hysteria, neurosis and illness. Those who give free reign to their sexual instincts, are they right? Surely, if this is the most important pleasure in their life and they are not capable of doing without – then, yes, they are right. But those who have spiritual aspirations, for them it is a different matter. If they do not learn to control themselves they will never fulfil those aspirations and they will always feel dissatisfied. Nothing, therefore, is good or bad itself; but everything becomes good or bad depending on the aim that one has set oneself. **(JUNE 22, 2000)**

Do not struggle against your sexual energy, because not only will you fail to conquer it, you will be crushed by it. The only way to resolve this problem is to find a powerful ally towards whom you can direct this force, and whose knowledge of alchemy provides you with the means to transform it into light, health and beauty. And who is this ally? It is a high ideal, a sublime idea that you live by, that you cherish and nourish. This idea alone is capable of transforming this energy: not you. Yes, if you experience a sexual impulse and immediately concentrate on your ideal, this energy returns towards the brain to nourish this ideal and several minutes later, you are victorious. Not only have you freed yourself, but you feel reinforced and inspired. If you make a habit of directing all your energies toward a divine ideal, these energies, instead of bringing you down, will serve you and will contribute to making your ideal come true.

It is true that sexuality is a very natural tendency, but it is a self-centered tendency: it encourages man to look only for pleasure, even to the detriment of others. Love, on the contrary, thinks first about other people's happiness; it is based on self-denial and sacrifice – sacrifice of time, energy, money and even of one's own satisfaction, in order to help another, to allow that person to open up and develop all its possibilities. Nothing is more beautiful than love when you are ready to deprive yourself, to sacrifice what you possess or what pleases you. And this is precisely where spirituality comes in: when love dominates sexuality, when a man or a woman wants to tear something out of himself or herself for the good of the other. Until a person is capable of sacrificing something, he is not capable of loving. **(JUNE 30, 2001)**

People believe they have objective opinions and points of view. But in reality most of the time these points of view stem from their needs, from even their lowest needs. Take political ideologies for example. To please the people in Rome one had to promise bread and games. Still, today, in another form, one must promise bread and games to the people. Take also the theories on sexuality: as most men and women do not know how to consider their sexual energy, still less how to control it, specialists present theories that actually have no absolute value; they apply only to weak and ignorant people who do not know – or do not want to know – that, if mastered, sexual energy can contribute to their spiritual fulfillment instead of being wasted in the pursuit of pleasure. And so on for all the rest. That is why it is so difficult to educate human beings. They can truly understand and accept these initiatic truths only if they have managed to dominate their inferior needs; otherwise these needs continue to confirm them in their erroneous opinions. **(JULY 3, 2001)**

Human beings could be compared to a claims department. Everything in them claims something: the stomach claims food ... ears claim sounds ... eyes, light and colors ... and the mouth, the nose, they all claim something ... the sexual organs as well. So the whole body

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demands something; that is great, wonderful and natural. But the important thing is that a higher authority must control these demands, and this authority is the head. It is up to the head to see if it can satisfy them, otherwise catastrophe will result. People will eat and drink too much or not enough; they will expose themselves to excessive heat or cold; they will not hear or see the dangers ... It is good that the body be encouraged to ask for what it needs. This is how it keeps alive. But the head must also be present to orient, to see when to accept, when to refuse and how much to give. There are demands and claims everywhere, but in human being, as in all spheres of life, a head must be present to distribute to everyone according to divine rules and in divine proportions. (JULY 5, 2001)

So many youngsters say they feel disappointed after certain sexual experiences. Beforehand they felt light, open, happy, whereas now they feel heavy, ill at ease, even ashamed. They no longer have this light that once lit up their faces, and they say: 'We didn't realize it was like this. If only we had known!' Yes indeed, young people all over the world do not know what awaits them when they launch themselves prematurely and thoughtlessly into certain experiences, and what is more, it does not interest them to know. What they seek is pleasure, to experience feelings. But more often than not it is not happiness that awaits them, but regret, something dark, something burdensome. And when they realize they have made a mistake, it is too late; this understanding is no longer of any use. (JULY 11, 2000)

A beautiful princess is held captive by a dragon in a castle filled with great treasure - this is a theme found in the folktales of all countries. Several knights come forward and attempt to free her, but they are all defeated by the dragon...until one day a handsome prince arrives, to whom a magician, who knows the dragon's weaknesses, has divulged the secret for conquering it. Once victorious, the prince frees the princess, and what sweet kisses they exchange! Henceforth, all the treasures hoarded for centuries in the castle belong to this handsome prince, who has gained victory, thanks to his knowledge, courage, and love. Then, mounted on the fire-breathing dragon, the prince and princess depart to travel the world.

In fact, these tales have a deep initiatic meaning, because they speak of the human being and his psychic life. The dragon represents the sexual force; the castle is the body with all its treasures; the princess is the soul, which the prince, the ego, must liberate. Finally, the prince's weapons are the means we have at our disposal: the will and knowledge which allow us to master this force and put it to use. (JULY 14, 2003)

Everywhere today, men and women are becoming worldlier. They are experimenting and giving themselves over to all kinds of activities. They think they are working, but they do not yet know what real work is. The human being's true work is to strive towards God's perfection. Every faculty they possess, their willpower, heart, intellect, soul, and spirit, has been given to them so they may progress on this path of perfection. Unfortunately, they have not yet understood this, which explains why the world presents such a pitiful spectacle, in which human beings make use of everything nature has given them - their eyes, mouth, hands, feet, and sexual organs - to engage in madness and self-destruction. When they are shown a sublime work for which they are predestined, they are not interested. But what meaning do their lives hold? From now on, try to mobilize everything nature has given you in the way of organs and faculties to reach perfection and to become, at last, true sons and daughters of God. (JULY 18, 2003)

The analogies that exist between a human being and a tree are profound. Like the tree, man receives energy from the cosmic ocean, and he receives this energy not only through his roots, but through his leaves and flowers - symbolically speaking. With his roots he penetrates deeply

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into the soil, but from this soil he draws only physical energies. The roots of man are represented by the organs situated below the diaphragm: the stomach, intestines, and sexual organs. The leaves are represented by the lungs and the heart, which receive energies which are more subtle. Finally, the head, with its mouth, ears, nose, eyes, and brain, is comparable to the flowers of the tree, which receive still subtler energies - those of the spiritual sun: the spirit. Those who awaken the spirit within themselves capture divine energies and are able to produce the best fruits. **(JULY 27, 2003)**

Even though experience has repeatedly proven that their attitudes and views with regard to love and sexuality bring them only failure and disappointment, the majority of people persist in the belief that it is not their understanding that is at fault, but simply the fact they have not yet met their soul mate. Happiness, they believe, is merely a question of meeting someone. Unfortunately this is not how things work, because a soul mate is not a man or woman one meets, just like that, in the street and with whom you will fall in love at first sight. Meeting a soul mate is firstly a psychic process – in other words mental, emotional and spiritual – by which the higher part of your self attracts its counterpart. And you need to have been working for a long time before you can identify the higher part of your self. Those who make great efforts to prove themselves worthy of their divine half will attract it. A bond will establish itself with their divine half because it lives within them.

If you want to find your soul mate do not start looking for it outwardly. Instead, work with the light and your soul mate will come to you, because it will be attracted by the light it sees glowing in you. You do not know where your soul mate is? But it knows where you are. All you need to do is wait for it inwardly. It will come. **(AUGUST 8, 2000)**

In certain churches, painters have represented angels with a head and two wings, and many Christians imagine that they will one day live in this form in Paradise. Yes, a head and nothing else, because the liver, the stomach, the intestines, and especially the sexual organs are not, in their opinion, sufficiently noble to enter Paradise with them! Well, they are mistaken: man enters Paradise whole and intact, and if you only knew in what splendor, what beauty, what purity... just as God created him in the beginning. He has lungs, a brain, ears, and eyes, but in another form, or rather in another quintessence, because forms do not exist in these regions, only currents and energies. Everything in him is organized and functions as if he had a stomach, arms, and legs. Nothing is missing, everything is there, even the genital organs, but in the form of faculties, virtues, and forces, because the organs of our physical body are, in fact, the expression of divine virtues. And if you could see this human being, the light and colours endlessly streaming from him, you would never tire of contemplating him. **(AUGUST 9, 2003)**

Only love has the power to organise and harmonise everything within us and around us. But since this truth eludes most human beings, they are always discontented, agitated, and bitter, and they go from one disappointment to another, from one failure to another. Love, who cares about love? Apart from sexual love, it is always given last place. People ask themselves: 'Love, what does that mean, to love? And to love what ... to love whom?' It means to love everything and everyone. To truly love does not mean to feel an attraction for a man or a woman, but to have love living within oneself. Those who come to understand this possess the key to fulfilment, because they become stronger and more lucid, and they have greater mastery over events. When love becomes a state of consciousness, it prepares the conditions for the greatest expressions of the spirit. **(AUGUST 13, 2003)**

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Men and women who blindly obey their sexual impulses do not realise to what psychic dangers they are exposing themselves. 'What dangers?' you will ask. Consider a drunkard: he is completely dazed and anaesthetised with drink. Wine is an excellent thing, but he has abused it, and look at what a state he is in now. Sexual energy is also an excellent thing, and what is more, it has often been compared to wine. But if we abuse it? You will say that you know men and women whose dissolute lives do not prevent them from educating themselves and holding jobs. Yes, of course, sensuality is compatible with certain intellectual and artistic faculties. But if one day they wish to do a spiritual work, they will not be able to, because they will have lost the necessary elements, their most precious quintessence, and moreover they will no longer have the desire to rise higher in themselves. Consider another example: bees which have gorged themselves on honey become too heavy to fly. It is the same with men and women who have not learned to master their sexual instincts: they can continue to do all sorts of work, but they cannot fly. The Heavenly regions are forbidden to them. **(AUGUST 14, 2003)**

In The Book of Revelation, St. John describes four animals around God's throne, singing day and night without ceasing: 'Holy, Holy, Holy, the Lord God the Almighty ...' The first is like a lion, the second like an ox, the third with a face like a human face and the fourth like a flying eagle. These four animals are also found in the zodiac, where they are represented by the cross formed by the axis of Aquarius and Leo and the axis of Taurus and Scorpio. You will say: 'But Scorpio, i.e. a scorpion, is not an eagle.' No, of course, but this substitution of the eagle with the scorpion has a meaning. It should be understood as a psychic process. The eagle flies very high up in the sky and looks the sun in the face, whereas the scorpion scurries along the ground, away from the light. We should see the scorpion as an eagle that has fallen. And what is it that made the eagle change into a scorpion? An error in the direction of the sexual force, which, instead of elevating itself upwards from down below, went in the other direction. It is therefore now up to each and every human being to ensure that within them the eagle takes the place of the scorpion once more. **(AUGUST 21, 2002)**

Stop several times a day and take a good look at yourself to work out what is the most significant in your life: spirit or matter. We cannot eliminate matter. We have a physical body that needs to eat, drink, take exercise, relax, sleep and we should not deprive it of anything unnecessarily. We should make sure it is in good health so that it may act as a support to the spirit. However, our physical body should not take up all our time and all our energies. So, watch yourself and when you become aware that divine life, the life of the spirit, is slowing down, that the needs of your physical body – hunger, thirst, sexual desire – are taking the upper hand, then watch out and make sure it does not last. When your physical body flourishes and at the same time you feel something awaken within you, something spring up, something shine – the spirit – then rejoice, because one day the spirit will triumph. But make sure to allow the spirit more and more opportunity to have his word. **(AUGUST 22, 2000)**

More and more, human beings are trying to break down the barriers of sexual morality. Because they are ignorant, they do not realise that this kind of disorder is burning up their divine energies. It is as if they are fuelling a furnace with the substance of their own being. This fire cannot be fuelled with the neighbours' wood or the trees of the forest, but by their own reserves, their own combustibles, their own quintessence. In order to maintain this excitement and these volcanic eruptions on a daily basis, they are obliged to burn their most precious energies. Each time, without knowing it, they lose some of their intelligence, their strength, and their beauty, and this is what they call freedom! **(SEPTEMBER 2, 2003)**

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The history of Christendom is full of accounts describing the suffering of saints and mystics who discovered that this compelling force that carried them towards the Lord did not make them into disincarnated beings. On the contrary, the more their soul became inflamed with the fire of divine love, the more their sexual force tormented them and they were unhappy, they struggled and some even went so far as to believe they were possessed by the devil. No, the devil has nothing to do with this. It is simply a question of the laws that govern human nature and one of these laws is that when a certain mechanism is activated in the higher part of a being, another mechanism is automatically activated in their lower part. Indeed, there are so many things you need to know to avoid being misled. When you know what reactions can occur after fervent prayer, ecstasy or fusion with the Deity, you can at least be on your guard. And initiatic science also teaches that there are ways of directing this force and so, thanks to it, achieve the greatest spiritual realizations. **(SEPTEMBER 6, 2002)**

Having descended to incarnate on the physical plane, human beings are so preoccupied with their external appearance as a man or as a woman they tend to forget that up above, on the divine plane, they possess both principles – masculine and feminine. You must understand, however, that 'up above' is not light years away. 'Up above' is also within us: it is the higher part of us. Women must understand that the masculine principle is there within them, waiting and will reveal itself at the end of their spiritual quest by giving them strength, knowledge and wisdom. And in men the feminine principle is waiting within to give them true beauty, love and divine life in all its abundance.

True initiation is an internal process at the end of which a human being is able to fuse with the complementary side of himself. That is why he never feel deprived or lonely. Men and women feel no less lonely if they have sexual relationships. Many people know that only too well. The number of their encounters and experiences increase, but inside the feeling of isolation, the solitude of the desert, persists. Yes, it is within, on the mental, emotional and spiritual planes, that certain encounters must first be made. You will only find below what you have first realized above. **(SEPTEMBER 10, 1999)**

What is this 'most powerful force of all forces' about which Hermes Trismegistus speaks? It is the sexual force, since no other force in the universe can compare to it; no other force has the power to create life. Hermes Trismegistus also says of this force that 'the sun is its father', which means that sexual energy is of the same nature as solar energy, that it is impregnated with the holiness, light, and life of the sun. Its use is not therefore limited to procreation; it can also be consecrated to creations of a spiritual order. But how many human beings are ready to admit that this act by which man fertilises woman can become a solar activity? **(SEPTEMBER 19, 2003)**

Human beings need to get back to their true solar origins and realize that it is the sun's energy that flows through their physical bodies. It is the sun that gives energy to their hands, their eyes, their brain, and so on. And sexual energy is no exception; it is of the same nature as solar energy. Cosmic intelligence conceived man as a divinely beautiful being. The ideal man, perfect man as he was when first created in Heaven's workshops, resembles the sun. Human beings do not understand that sexual energy is impregnated with the sanctity and light of the sun and that it is possible to use it to create something magnificent. They do not know that when they misuse it they deprive themselves of its most precious treasures.

Even if this idea seems too far-fetched, too incredible, you must accept it. It will help you to become more conscious, more in control of yourselves. How sad it would be to listen to such revelations without getting any benefit from them! Meditate on this in the desire to become more and more like the first man who came from the hands of the Lord, shining like the sun.

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

(SEPTEMBER 23, 1995)

Each organ of our body has its own specialization and concentrates on doing its own work without bothering about what the others are doing. You cannot expect an organ to be concerned about what is happening in the rest of the body. In order to ensure harmony and the good of the whole, therefore, the Cosmic Spirit has put a higher intelligence in charge, and thanks to this higher intelligence in man, the movements of each organ are regulated and their specialization is used and directed for the benefit of the whole body.

A human being, therefore, finds himself placed between his own physical organs and the intelligence received from Heaven. If he gives priority to certain organs, the stomach or sexual organs for instance, and forgets about the others, anarchy gets a hold on him and he begins to deteriorate. But if he gives priority to the balanced rule of intelligence, then he experiences a state of harmony which makes him capable of working and creating without ceasing.

(OCTOBER 6, 1987)

It is difficult not to feel sad when one sees the state so many young people are in because of premature sexual experiences. One can sense that something has been broken; a spark has been snuffed out. They should have known what the consequences would be if they provoked volcanic eruptions in themselves: from somewhere within their psychic structure a vast store of priceless quintessence has been spent, poured out and lost.

You will say, 'Well but aren't we entitled to any pleasure?' Yes, of course you are, but you have to know how to go about it. Everything can be marvellous and magnificent if one understands and knows how to act. Sexual energy can be compared to the energy of petrol: those who are ignorant and use it unwisely can burn themselves: it burns their very quintessence. Whereas those who know how to use this 'petrol' can soar away into space. No comparison illustrates this question of sexual energy better than that of petrol.

(OCTOBER 10, 1987)

True love is superior not only to sexual attraction, but to sentiment as well. Yes, true love is not a feeling, but a state of consciousness. Sexual attraction has to do with vibrations, with fluids; it depends on elements that are purely physical and is therefore subject to change. Feeling is already superior to attraction because it may be inspired by elements of a moral, intellectual, and spiritual nature, but feeling is also variable: one day we love, the next day we no longer love. Whereas love that is lived as a state of consciousness is situated well beyond circumstances and people. It is the state of a being who is so pure, who has developed such self-mastery that he has succeeded in attaining the sublime regions of divine love. As a result, love dwells within him and, whatever his activities, he disposes of this love for the benefit of all others.

(OCTOBER 20, 2003)

The passions create a special kind of heat which arouses the animal nature in man. Most ferocious beasts of prey live in the equatorial forests of the world, where it is very hot. If a man lives a great deal of the time in his own equatorial regions (stomach and sex), he nourishes passions (beasts of prey) which begin to increase and multiply within him. When someone is hot with the fire of passion, his wild beasts become aroused. The heat of the passions should be avoided. This is why Initiates try to bring their disciples out of these hot regions into cooler regions, the regions of wisdom. Let me give you an example: If you are very rich and famous you are living in a hot climate of abundance, and your wild beasts are easily roused. If you cannot control them, you will indulge in a life of pleasure and begin to satisfy your own ambitions to the detriment of others and, in this way, you will gradually sink down into Hell. This is why it is

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far better for those who are weak not to be too well off materially, for in this way they will be in a better position to master their inner wild beasts. **(NOVEMBER 6, 1987)**

It is important to learn to work with the different phases of the moon. During the waxing moon, the physical and psychic energies that nature has deposited in the human being help him to manifest as a conscious, active, and self-willed being. Then, during the fourteen days of the waning moon, his energies tend to withdraw in order to nourish his roots, that is to say his stomach and sexual organs. His appetite and sensuality increase during this period, but his mental activity tends to diminish.

Since these alternations exist, we should know how to use them. For example, it is better not to begin new enterprises during the waning moon, because there is the risk that they will fail or meet with great obstacles. But whatever the phases of the moon, you can use them to do psychic work. For example, during the period of the waning moon, you can work on certain weaknesses, certain faults that you wish to get rid of, repeating: 'As the moon wanes in the sky, in the same way may such and such a weakness within me decrease and disappear.' And conversely, during the period of the waxing moon, you can concentrate on the qualities that you wish either to reinforce or to acquire. **(NOVEMBER 9, 2003)**

Sexual energy is a source of power which man must learn to draw on with moderation; it can be compared to raw sap which is elaborated in the cells and distributed throughout the system in the form of vitality on the physical level, love and joy in the heart and light and wisdom in the brain. Sexual energy is a huge, tumultuous torrent, but those who are wise do not let it torment them or lead to tragedy. Nor do they let it flood and devastate the towns and villages within them; they dig irrigation canals to channel its waters, and then they can harvest the fruits of this energy that they have so wisely distributed. The more reasonable a man is in the use of his sexual energy, the more spiritual wealth he acquires. **(NOVEMBER 11, 1987)**

All forms of enjoyment or pleasure that are purely physical and sensual lead eventually to a dulling of the sensibilities. As time goes on it takes ever more pleasure, ever stronger emotions to obtain even a little happiness. Happiness becomes more and more elusive as one becomes less and less sensitive. Those who over-indulge in food and drink end losing their sense of taste. Those who over-indulge sexually end by being completely indifferent. This law is operative in every area. If you reduce and refine your pleasures a little, your sensibilities will become more acute and you will find that you enjoy the least little things. **(NOVEMBER 25, 1995)**

Are those who choose to live in chastity and continence doing the right thing? It all depends on their goal. Continence can be extremely beneficial but it can also be extremely damaging; it drives some people to hysteria or neurasthenia or makes them physically ill, while others become strong, well-balanced and healthy. And what about those who give free rein to their sexual instincts: Are they on the right track? Certainly; if nothing in life is more important to them than pleasure and if they are incapable of doing without this pleasure, then they are right to pursue it. But for someone who has spiritual aspirations, it is quite another matter: If he does not manage to control himself he will never achieve his aspirations and will always feel dissatisfied. Nothing is automatically good or bad in itself, therefore; things are good or bad depending on one's goal in life. **(DECEMBER 3, 1988)**

Many of you wonder whether there really are precepts that should be observed in the area of sexuality, whether they should respect the rules of continence taught by religion. The answer is

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

(DECEMBER 12, 1995)

Human beings have forgotten that they have a tremendously important role in creation. They have no recollection of their true predestination so they behave exactly like animals, devouring and tearing one another to pieces. But a disciple is someone who has understood that he must change his attitude; he endeavours to tame the animals that still live within him in the form of desires, impulses and instincts. For you must not believe that man has freed the world of wild animals. It is just that he no longer sees them in their physical form and it does not occur to him that they exist in the shape of thoughts and feelings of jealousy, revenge and hatred. And yet this is so: they are within him. So a disciple's work consists in breaking in his wild animals and teaching them to serve him. He learns to domesticate and harness his anger, sexual energy, vanity and laziness and put them to work for the cause of good.

(DECEMBER 23, 1987)

Each year, on (December 25, Christians celebrate the birth of Jesus, and in all the churches a crib is set up for him. The child is there lying on a pile of straw while Mary and Joseph watch over him, but there is also an ass and an ox. We can never forget the ass and the ox – they are so closely linked to the birth of Jesus. Why? Because this representation is symbolic and corresponds to some process that take place in human beings. The stable represents the physical body. The ox represents sexual energy. As for the ass, it represents what we call 'the old Adam', a self-centered, headstrong and stubborn but good servant.

When man decides to improve himself so that Christ may be born within him, he comes in conflict with the forces that he must master and put to work for the divine child. That is why we say that, in the stable, the ass and the ox breathed on the child Jesus and warmed him with their breath ... When human beings succeed in transforming within themselves the ass and the ox, then they can warm and nourish the newborn child. All those who have succeed in bringing Christ to birth within themselves will be served by the forces of their lower nature and their sexuality, for these are extraordinary useful energies, provided we can harness them to a job.

(DECEMBER 25, 2001)

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APPENDIX: BOOKS

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 - *Education Begins Before Birth* (Book 1984)
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EDITION HEAVEN ON EARTH

(ALL ADOBE-FILES)

THOUGHTS OF A SPIRITUAL TEACHER

OMRAAM MIKHAËL AÏVANHOV:

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

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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

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

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

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

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EDITION PROSVETA

OMRAAM MIKHAËL AÏVANHOV

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- COMPLETE WORKS -

THE SECOND BIRTH

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

Summary

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

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

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

SPIRITUAL ALCHEMY

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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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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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."

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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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Part II. Love and Sex

Part III. Realization - The Spring

Fasting - Washing - The Real Baptism

The Angels of the Four Elements.

Summary

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

THE SPLENDOUR OF TIPHARETH

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3. Our Higher Self Dwells in the Sun
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The Sun Reflects the Blessed Trinity
5. Every Creature Has a Home - The Seven Beads of the Rosary
6. The Master and the Seven-bead Rosary
Every Creature Needs to Own and Protect its Dwelling Place - The Aura
7. The Heliocentric Point of View
8. Love as the Sun Loves
9. A Master Must be Like the Sun and Remain at the Centre
Some Prayers to Say at Sunrise
10. Rise Above the Clouds - The Sephirah Tiphareth
11. The Spirits of the Seven Lights

Summary

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

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

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

THE KEY to the Problems of Existence

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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

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

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

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.

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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

COSMIC MORAL LAWS

Table of contents

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

Summary

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

A NEW EARTH Methods, exercises, formulas, prayers

Table of contents

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

Summary

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

LOVE AND SEXUALITY

Table of contents

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

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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

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

Summary

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

KNOW THYSELF: JNANA YOGA

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

Summary

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

KNOW THYSELF: JNANA YOGA

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

Summary

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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
2. The Dawn of Universal Brotherhood
3. Youth and Revolution
4. Communism and Capitalism
5. True Economics
6. Wealth
7. Aristocracy and Democracy
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
2. The Religion of Christ
3. The Idea of a Pan-World
4. The Cosmic Body
5. The Kingdom of God and His Righteousness
6. The New Jerusalem.

Summary

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

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

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

SUMMARY

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

LIFE AND WORK IN AN INITIATIC SCHOOL

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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

Summary

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

THE FRUITS OF THE TREE OF LIFE THE CABBALISTIC TRADITION

Table of contents

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

Summary

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

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

- EDITION IZVOR -

P0201AN : Toward a Solar Civilization

Table of contents

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

Summary

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

P0202AN : Man, Master of his Destiny

Table of contents

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

Summary

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

P0203AN : Education Begins Before Birth

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

Summary

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

P0204AN : The Yoga of Nutrition

Table of contents

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| 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

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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

Summary

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

P0206AN : A Philosophy of Universality

Table of contents

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

Summary

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

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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.

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

P0209AN : Christmas and Easter in the Initiatic Tradition

Table of contents

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

Summary

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

P0210AN : The Tree of the Knowledge of Good and Evil

Table of contents

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

Summary

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

P0211AN : Freedom, the Spirit Triumphant

Table of contents

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

Summary

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

P0212AN : Light is a Living Spirit

Table of contents

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

Summary

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

P0213AN : Man's Two Natures, Human and Divine

Table of contents

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

Summary

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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

P0214AN : Hope for the World : Spiritual Galvanoplasty

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

Summary

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

P0215AN : The True Meaning of Christ's Teaching

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

Summary

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

P0216AN : The Living Book of Nature

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

Summary

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

P0217AN : New Light on the Gospels

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

Summary

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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

Summary

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

P0219AN : Man's Subtle Bodies and Centres

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| 1. Human Evolution and the Development of the Spiritual Organs | 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

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| 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

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

Summary

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

P0222AN : Man's Psychic Life : Elements and Structures

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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

Summary

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

P0223AN : Creation: Artistic and Spiritual

Table of contents

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

Summary

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

P0224AN : The Powers of Thought

Table of contents

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

Summary

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

P0225AN : Harmony and Health

Table of contents

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

Summary

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

P0226AN : The Book of Divine Magic

Table of contents

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

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

Summary

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

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

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

Summary

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

P0229AN : The Path of Silence

Table of contents

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

Summary

'The silence that concerns us here is not the silence of inertia; it is the stillness of a work of great intensity that is taking place in a climate of perfect harmony. Nor is it emptiness or absence; it is plenitude, a fullness comparable to

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

P0230AN : The Book of Revelations: A Commentary

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

Summary

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

P0231AN : The Seeds of Happiness

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

Summary

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

P0232AN : The Mysteries of Fire and Water

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

Summary

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

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P0233AN : Youth: Creators of the Future

Table of contents

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

Summary

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

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
12. Malkuth, Yesod, Hod, Tiphareth, Archangels and

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

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

Summary

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

P0237AN : COSMIC BALANCE - THE SECRET OF POLARITY

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

Summary

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

P0238AN : The Faith that Moves Mountains

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| 1 - Faith, hope and love | 8 - Our divine lineage |
| 2 - The mustard seed | 9 - Proof of God's existence lies within us |
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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.

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THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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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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

THE SUBLIME ORIGIN AND GOAL OF SEXUALITY AND THE SEXUAL FORCE

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

CD5009AN : THE SEED

Summary

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

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

K2510AN : The Laws of Reincarnation

Summary

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

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

Summary

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

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

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

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

Summary

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

"You Are Gods" - Synthesis, Vol. I

Omraam Mikhaël Aïvanhov

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

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