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THOUGHTS OF A SPIRITUAL TEACHER

THE SUN
&
THE SUNRISE-MEDITATION
- WORKING WITH THE DIVINE IMAGE -

EDITION HEAVEN ON EARTH

THE SUN AND THE SUNRISE-MEDITATION

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

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Conception and Realisation:

Benjamin Christ

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2

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THE SUN AND THE SUNRISE-MEDITATION

You go and watch the sunrise for your morning meditation, but you will not gain a great deal from this exercise if you do not prepare yourself; possibly the night before, but certainly from the moment you set off before dawn you must hold firmly in your head and in your heart the belief that you will not just assist but also participate in this incredible event taking place in the universe. There is nothing more beautiful or important in the world than daybreak. You will say that the sun will always rise, whether you are there to watch it or not. Yes, you are right; the sun does not need you to rise in the morning. It is important for you, however, because there is a connection between the events that occur in nature and those of your inner life. Once you have learnt how to watch the sun rise, you will sense all the pure and luminous powers that are actuated the moment the first ray of sunlight appears, and you will understand the importance of working with them so that daylight may also break in your consciousness. **(MARCH 22, 2002)**

When you look at the sun, the centre of our solar system, try to find the centre in you, the centre of universal love: your spirit – almighty, wise, and omniscient – and draw nearer to it every day! If you remain disconnected from the centre, you will be shaken around, at the mercy of disorganised and conflicting currents. Of course, you will tell me that your daily tasks force you to leave the centre to go to your activities at the periphery. Yes, but moving away from the centre, when necessary, does not mean cutting the link with the centre. On the contrary, the more activities we have in the world – the periphery – the stronger should be the link with the centre, with the spirit. It is from this centre that come the energy, light and peace we need to manage our affairs efficiently. **(MARCH 26, 2001)**

Just as the sun spreads its light and its warmth, God pours out his love on all beings. But human beings have the power to accept or reject this love. God sends it to us, but those who close themselves off receive nothing, and everything takes place as if God did not love them. Whether human beings love God or not this changes nothing for Him. Rather it is they who place themselves in an unfortunate position: since they have barricaded themselves in, God cannot get through to them.

The Creator has built the universe on absolute and immutable laws. If we nourish thoughts and feelings of doubt or rebellion, we emit vapours so opaque that they prevent the rays of the divine sun from reaching us, and right away we are plunged into the cold and darkness.

(MARCH 31, 2003)

The sun's rays can be compared to little wagonloads of victuals. They speed along to deposit their treasures with us, and then return to the sun along an invisible path. These little wagons not only carry provisions, they bring creatures who have a job to do on this earth, and then, their work done, they return sunwards to replenish themselves. The flow of the sun's rays in space is re-enacted within us. Our heart is the sun, dispatching train loads of rays throughout all the conglomerations of the physical body, distributing their load to the millions of inhabitants there. Obviously, along the way they lose some of their purity, so they cleanse themselves of all accumulated waste by following a special route back to the sun. The blood flowing through our arteries and veins replicates the radiation of sunlight throughout space: for the solar system is an organism, and the sun is its heart, and light is the blood sent out from this heart to nourish all the differing parts of the body. **(MARCH 31, 1999)**

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THE SUN AND THE SUNRISE-MEDITATION

In the morning when you attend the sunrise, realise that the rays which reach you are living creatures who can help you resolve the problems of your day. But only the problems of today, not those of tomorrow. Tomorrow you must go again to consult them, and then again, it will be for that day alone. These entities will never respond to you two or three days in advance. They will say: 'It is useless to make provision for more than one day. When you return tomorrow, we will answer you.'

Each day we eat, but we do not fill our stomach with a week's supply, only with enough for that day. And the next day we begin again. Well, it is the same where the light is concerned: It is nourishment that we must absorb and digest each day so that it becomes our feelings, our thoughts and our inspiration. Why do we not apply the same logic to light as we do to nutrition? One might say: 'It is true, I ate yesterday, but that counted for yesterday; today I must begin to eat all over again.' It is the same with light: it must be our nourishment every day.

(MARCH 31, 2000)

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(MARCH 31, 2003)

When the sun permeates the earth with its rays the earth is clothed in flowers and fruit. All living creatures are nourished thanks to this penetration of the earth by the sun.

It is worth meditating on this great mystery, for we can learn to work mentally so that the sun's rays penetrate our being in the same way as food, air and water. When you are conscious that the light of the sun can vivify you, you become open to it: thousands of inner doors open to let in its life-giving rays. In this way not only will you improve your health but you will also purify your feelings and clarify your thoughts.

Imagine yourself collecting these rich, potent, living rays in your brain cells, and above all in your solar plexus, for the solar plexus is a reservoir in which you can store up etheric particles and from which you can draw them out when you need them.

(APRIL 2, 1995)

Even if those who preach Christianity strive to remember the precept given by Jesus: '*Love your enemies*', in reality there are very few capable of applying it. The majority do not even know how to love their friends, so how can they love their enemies? It is so difficult! In order to succeed in doing so, we must link ourselves with a being who manifests this commandment fully: the sun. Watch, and you will see that however human beings behave, the sun continues to send them its light and warmth, to nourish and vivify them.

If you want to understand the highest moral code, you will find it in the sun, and only there. And since the sun represents the spirit within you, when looking at it, force yourself to rise to those regions within you where you feel that nothing can touch you. Because it is only from here that, whatever happens to you, you can continue to send out your light and your love.

(APRIL 03, 2003)

4

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THE SUN AND THE SUNRISE-MEDITATION

It is possible for a spiritual master to intervene in the life of his disciples, but he does not normally do so because he respects the laws of destiny. We cannot avoid paying our debts. We may do so promptly or not so promptly, but we have to pay. It is important to know that in order to advance our evolution there are certain debts that should be paid very quickly. It is in cases of this kind that a master may agree to intervene in the life of a disciple and free him from the constraint of circumstances that stifle his inner impulses of truth, wisdom and love. Only a disciple who pursues his quest for truth with real sincerity, however, will be worthy of such intervention. A master will not change the destiny of just anyone, he will only do it for a disciple if he really merits it, otherwise it would be useless; if his heart is cold and his intellect clouded, even a master cannot change him. **(APRIL 6, 1995)**

Take as a model the sun, which sheds light, warmth and life. You will say that a scientist, a writer, a philosopher, a hero, a saint can also be a model. Yes, of course, you will probably be influenced by their qualities and virtues; but there will always be something missing. Even if you take the greatest masters of the world as models, you will not get the true image of perfection. The sun is the image of perfection; and if you take it as a model because you wish to enlighten, warm and vivify creatures the same way the sun does, you will be transformed. Obviously, you will never quite obtain the light, warmth and life of the sun, but the sole desire to acquire these attributes will project you to the celestial realms where you will accomplish wonders. It is the desire to give light, warmth and life that will make you more luminous, warmer and more alive. **(MAY 4, 2001)**

The Creator has placed within us a great variety of seeds - qualities, faculties and gifts - and if these have not yet sprouted, it is because they have not yet been watered, or received the light and warmth of the sun. To all those who question whether these seeds are real, I say: 'Go to the Sun, and he will shine his light on them and make them grow and blossom. Then you will doubt no longer.' But when I talk about the Sun, about how he develops our inner seeds, understand that I am referring to the spiritual Sun. The physical sun is no more than an image to help us understand how these phenomena occur on the spiritual plane. **(MAY 9, 1999)**

The instinct to imitate is universal in humankind. It already manifests itself during early childhood, when the infant tries to reproduce the gestures and words of adults, and this is what allows him to make progress. Later on in life, this tendency continues to manifest itself and if an individual is to develop well, this tendency should move away from being instinctive and unconscious and become conscious. Most people do not know whom they should choose as a role model, or indeed how important this question of a role model is to their psychic life. And so whom do they end up imitating? People who have achieved fame, success and wealth. Well, these people are not the best role models. You will say: 'So who is the best role model?' The sun. Take the sun as a role model and as each day you marvel at its beauty, its limpidity, its power and all the life that flows from it, you will gradually see changes take place within you: something in your heart and in your soul will begin to vibrate differently; you will become more luminous, warmer, more alive, and you in turn will have a beneficial effect on those around you. **(MAY 10, 2002)**

For millions of years the sun has illuminated and warmed the earth, and he has done so without bothering who delights in these rays, or who contemplates them with gratitude, and who sleeps on underground. He is neither offended nor angry that people have not even realized they owe their lives to him. This is of no interest to him, and he continues to shine, giving them his blessings.

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THE SUN AND THE SUNRISE-MEDITATION

And like the sun, there are people who send their light and love through space, never bothering to know whether others benefit or not. They are happy, fulfilled, and find all their pleasure in distributing their riches throughout the universe. They have understood that the greatest happiness is to do what the sun feels and lives: to shine, enlighten and warm. **(MAY 13, 2000)**

You say you love the sun, that you need the sun. But when do you go and see it and expose yourself to its rays? You can discover the splendor and meaning of the sun in the mornings, at it rises.

To make sure you watch the sun rise in the best possible conditions, prepare yourself the evening before by eating a light meal, going to bed early and making sure you do not become involved in activities or discussions that will continue to hound you the next day. If you are able to watch the sun with a free, clear mind you will feel that you are entering into contact with it, with its spirit, and that you are absorbing its rays, like so many seeds of life. As soon as you begin to breathe and drink the life of the sun, everything changes because your soul opens up, a spring gushes forth and you are imbued with the splendor of the dawn. Something of the pure light in which you are bathing slowly penetrates you and you want to spread these blessings everywhere so that all beings may taste the same happiness. **(MAY 15, 2002)**

In the morning as you watch the sunrise, concentrate on it and say: 'As the sun rises over the world, may the spiritual sun of love, wisdom, and truth rise in my heart, in my soul, and in my spirit.' Pronouncing these words will help make these ideas become real: as the sun rises on the physical plane, the spiritual sun will rise in you. And before going to bed at night when the moon is waxing, say: 'As the moon enlarges, may my heart fill with love, my intellect with light, my will with strength, and my physical body with health and vigor.' In the spring, when the first leaves and flowers appear, say: 'As nature blossoms, may all of humanity live in eternal springtime!' In doing so you become a white magus, a child of God, and through the creative spoken word, the word which created the world, always and everywhere you create a new world. **(MAY 18, 2000)**

Wisdom is gold – gold from the sun. Yes, wisdom, spiritual gold, comes from the sun. With this gold you can buy anything in the world of the soul and spirit, in exactly the same way as physical gold can buy you anything you want on earth. When you enter a boutique in Heaven, if you can show you have spiritual gold in your bank, you will be showered with generous supplies of all you need, and will leave with laden shopping bags.

At sunrise we collect gold, little glittering flakes of gold, thanks to which we can buy anything in Heaven – love, joy, expansion, and abundance. Sometimes people who are ignorant of the supreme importance of earning spiritual gold, and have no idea of the value of watching the sun rise every morning, poke fun at us, calling us 'sun worshipers'. Well, perhaps they have plenty of money in their banks at the moment, but sooner or later they will go bankrupt, in spite of all their millions, because they are unaware of the value of spiritual gold. **(MAY 18, 1999)**

If you think that only adults are really intelligent, you are gravely mistaken. Of course, their cleverness is particularly apparent, but in fact new-born babies are already intelligent-as are animals-in a way that still remains a mystery to scientists. Intelligence exists everywhere in the universe in a variety of different forms. The earth is intelligent; so is the sun. In fact, the sun is the most intelligent being of all, because it is the most alive. 'More alive than we are?' you say. Oh yes! But if you tell people that, they will laugh at you, even though the proof is plain: if the sun gives life to all humankind, it must mean that it has more life than they. If the sun were not there to give out heat and light, life could not exist on earth, and, therefore, there would be neither intelligence nor love. **(MAY 27, 1998)**

6

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THE SUN AND THE SUNRISE-MEDITATION

You must learn to distinguish between intellect and intelligence. The intellect is an instrument that was given to man to help him in his dealings with the material world, in the conduct of his everyday life and in his observations of nature. Whereas intelligence as it is understood in initiatic science is far superior to the intellect. It ranks higher than both the astral and mental planes. It controls thoughts and feelings and all manifestations of the psychic life, for it belongs to the world of the superconscious, the divine world.' For an initiate this is the only true form of intelligence. All those who have learned to master their thoughts and feelings and who work in communion with the higher regions have achieved something sublime. These are the philosophers, artists and scholars, and, above all, the initiates of the world. **(MAY 29, 1995)**

We nourish ourselves through prayer, meditation and ecstasy. These forms of nourishment allow us to savor that heavenly sustenance, ambrosia, which is the food of immortality. It is an immaterial food, whose equivalent on the physical plane alchemists call 'the elixir of immortal life'. The sun disseminates this elixir everywhere in nature. It imbues the whole of nature, and when we watch the sun rise each morning during spring and summer, we drink of that ambrosia spread by the sun throughout the universe. All living creatures – rocks, plants, animals and human beings – unconsciously absorb some particles of this quintessence; now we must learn consciously to drink this precious fluid which the light of the sun brings for us. **(JUNE 1, 1998)**

As each ray of the sun falls on objects and beings, it brings them something. Even inanimate stones are alive and need the life they receive from the sun. This life is even more visible in plants that grow and reproduce, thanks to solar light. In animals, the sun's rays transform themselves not only into energy, but also into sensitivity. Yes, because of these rays, animals begin to feel suffering and well-being, but also something resembling sadness and joy. Lastly, in human being, the sun's rays transform themselves into intelligence, for, from the human kingdom upwards, the receptivity is sufficient for light to express itself as thought. The spirit that speaks through man's mouth is an emanation of solar light. It is the light that thinks, talks, sings and creates. As light works its way into the human soul, it is reflected in the form of intelligence, love, beauty, nobleness and strength. **(JUNE 2, 2001)**

The sun is the very image of perfection; this is why you would be well-advised to take it as your model. You will say, 'What can the sun teach us? It is a ball of fire. It can neither think nor speak!' Well, that is where you are wrong! The warmth, light and life of the sun constitute a language, one of the most eloquent languages there is, far more eloquent than words.

Look at the way the sun dispenses its gifts of light and heat to the entire universe without troubling itself about whether those who receive them are grateful or not. Is this not a language in itself? The sun illuminates, warms and vivifies all human beings without exception, deserving and undeserving, good and bad, honest and dishonest.

In the sun you have the image of a radiant, generous being; when you look at it you cannot help but be influenced. Even if it is not an intelligent being endowed with reason in the ordinary sense of the term, the contact with its warmth and light can only inspire warmer, more brotherly feelings towards others, and greater patience, tolerance and forgiveness. **(JUNE 3, 1995)**

Human beings need only to learn to look at the sun to discover the meaning of their life. But they do not look at it, or else they look at it whilst thinking of something else. This is why they receive only a little of its warmth and a little of its light. They must come to understand the nature of its rays and prepare themselves to receive them so that they may benefit from all its riches.

What is a ray of sunlight? A flux of billions of particles, and each of these particles is a living entity containing a tremendous amount of knowledge about the sun and its inhabitants. Once

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THE SUN AND THE SUNRISE-MEDITATION

you have learnt to receive the rays of the sun, once you have learnt to understand them, they will bring you the knowledge of the sun, indeed not only its knowledge, but its love for all creatures and its life and strength. The rays of the sun can give you everything, provided they find a door that is open within you. **(JUNE 4, 2002)**

Sometimes, without knowing why, you suddenly experience a feeling of joy or sadness. There are several explanations for this, but here is one you most likely have never considered. You have probably at some time encountered someone in the street whose face attracted your attention and to whom you sent a thought, a beam of love. This person was unaware of your regard, but through your eyes he or she received the good you sent them and felt its effects. When you suddenly feel joy, it may be that an entity from the invisible world looked at you as it passed by and projected his love on to you. Your heart has been touched, and you feel happy. Wherever we are, we are always surrounded by crowds of visible and invisible beings from whom we sometimes receive something positive, at other times something negative, and this fact explains many of our different states.

The sun, which looks at us every day, also sends us waves of life. And because the sun is an image of God, who is our spiritual sun, we must become conscious that it is God who looks at us through the sun. To love God is to present ourselves before Him each day, so He may look upon us, and so we may receive His gaze. **(JUNE 4, 2000)**

Before it existed in a solid state deep in the earth, gold first existed in a igneous state, and it is to this gold that Hermes Trismegistus refers when he says: 'The sun is its father, the moon is its mother, the wind has carried it in its belly, and the earth is its nurse.' Yes, it is the sun who is the father of gold, it is he who produces it; each of his rays is gold. The moon is the reflection of this gold. Though the air the sun's rays descend to earth where they condense and become this metal we call gold. Thus, the sun produces gold in its etheric state and the earth condenses it. In the sun, gold is too volatile to become set: this solidification can only take place deep in the earth where there are materials capable of stabilizing it. And you, when you look at the sun, realize that you are a kind of earth into which the gold of its rays will be deposited and condensed. **(JUNE 9, 2000)**

While youth and beauty last an actress or singer knows success. But what happens later? More often than not she will be forgotten and a younger, prettier star will take her place. However bitterly she inveighs against this apparent injustice there is nothing she can do to change it. She should have been prepared for it. She should have known that the public is ruthlessly fickle. Every star fades and is replaced in its affections unless they possess a secret. And what is this secret? It is to know how to renew the life within. If you are capable of radiating new life every day, a life of love, light and purity, no one will want to put anyone else in your place even when you are three hundred years old! No one ever thinks of replacing the sun. We replace all kinds of things and all kinds of people but no one has yet succeeded in taking the place of the sun. Husbands get rid of one wife and put another in her place. And vice versa. You will say, 'Yes, but that is because he was not earning enough money, or because he had a broken nose!' No, the real reason is that he had allowed his life to stagnate. No one wants to replace those who radiate life, because life is the one thing we most need. **(JUNE 9, 1995)**

Most people experience very strong sensations when they eat, drink, make love, etc., but put those same people to watch the sunrise, and they are incapable of feeling anything except boredom. Why? Because the lower nature, which has them too much under its influence, reacts only to the coarsest sensations, so these people are left untouched by the wonderful subtlety of

8

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THE SUN AND THE SUNRISE-MEDITATION

the sun's rays. A characteristic of a disciple who has set out on the path of evolution is a sensitivity to the sun's rays, a feeling that they speak to him, and bring him lucidity, clarity, peace and joy. The sun's rays are capable of plunging our hearts and souls into a state of rapture, but it is up to us to raise our level of consciousness and to immerse ourselves in this rapture.

(JUNE 10, 1998)

The sun's rays contain an untold abundance of riches and blessings. Do you feel deprived and unhappy? That is because you have not yet acquired the ability to breathe in and retain these particles of sunlight. God provides everything you need in light, for all eternity, but in order to receive these elements, you must work to prepare yourselves. If you spend your time in the sunlight thinking of all your little worries, love affairs and grudges, these extraordinary riches which the sun ceaselessly pours forth will pass you by, because you are unable to take advantage of them. You must love the light from the sun, think about it, melt into it, then it will speak to you, help and heal you. Otherwise, you could go to the sunrise your whole life through without receiving a thing. You must desire to progress toward perfection in order to receive from the sun.

(JUNE 18, 1998)

In mythology the phoenix is a bird of gorgeous plumage, fabled to be the only one of its kind and to live five or six hundred years in the Arabian desert, after which it would burn itself to ashes on a funeral pile of aromatic twigs ignited by the sun and fanned by its own wings, but only to emerge from its ashes with renewed youth, to live through another cycle of years. Because of this, the phoenix has become the symbol of beings who are very evolved and who, knowing the laws of immortal life, are capable of constantly renewing themselves. These beings have modeled themselves on the sun. Anyone who aspires to immortal life, which is true spiritual life and an endless prolongation of physical life, must turn to the sun. Only the sun is able to teach them what elements give immortality and what work needs to be done with them. There are three of these elements: light, heat and life. The sun constantly distributes these through space as the expression of divine light, heat and life. The day you come to understand this truth and you prepare yourself to watch the sunrise as if it were the event that surpasses all others, you will drink the sun, you will nourish yourself with the sun and you will become immortal, because you will know how to renew yourself.

(JUNE 21, 2002)

The earth is a child of the sun, from which she emerged one day billions of years ago, and the sun continues to nourish her and to educate her, so that one day she may learn to be as generous as he. Still today, even though she produces a bit of vegetation and a few fruits, the earth is far from knowing how to give like the sun. She must therefore continue to be instructed, to watch, to listen to the words of the sun, who says to her: 'You see, one day you too must be able to give, to shine as I do.'

And what the sun says to the earth, he says to us as well, because the earth and humanity have the same origin, and also the same destiny. Every human being is a little earth, and each of these earths must one day become like its father, the sun. This is our future.

(JUNE 26, 2003)

When people want to learn a trade, however unpretentious – that of barber or cooper for instance – they go to a skilled practitioner and learn from him how to trim a beard or make a barrel. But when it comes to learning how to become immortal and possess eternal life they turn for instruction to the dead simply because they once wrote a few books. Nobody ever asks the living to instruct them! How intelligent human beings are: instead of turning to the one being who is alive – the sun – they think they can learn about life from those who are dead! The only thing the sun is good for is to give them light and warmth... and a nice tan (not that I have any

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THE SUN AND THE SUNRISE-MEDITATION

objection to your getting a tan as long as you are sensible about it). But it is high time human beings learned to see beyond the purely physical aspect of the sun and recognized it as a spiritual force capable of illuminating them and giving them eternal life. **(JUNE 27, 1995)**

Jesus said: *'I am the light of the world.'* The light of our world is the sun, Christ is more than the sun. Beyond the visible light of the physical sun exists another light which is the true light of the sun, the spirit of the sun. It is to this light that Jesus referred and with which he identified himself. And just as material light allows us to see the objects on the physical plane with our physical eyes, the inner light, the light of Christ, allows us to see the divine world. We must learn to know this light, learn how to live with it, to live within it. Every day we must work to seize its infinitesimal particles and condense them within us, until we are able to project beams of this light on to the objects and beings of the invisible world, who will then appear to us in their sublime reality. **(JUNE 30, 2000)**

If you distance yourself from the sun, clouds come between you and then you are at their mercy. Much as you would like to enjoy the warmth and light of the sun it is no longer possible; you have to wait until the clouds move away, and in the meantime you complain that the sun has abandoned you. Not at all. It is simply that you are under a cloud. But if you go above the clouds in an aero plane or a balloon there will be nothing between the sun and you. It is still there, still shining, and you realize that it had not abandoned you. If you feel abandoned it is because you have fallen below the clouds so that there is always a screen which prevents you from enjoying the benefits of the sun.

Since this impression of being abandoned depends entirely on your state of mind why not change it? Why remain down below where you are cut off every minute and very day from the light? Who is to prevent you from rising to receive the sun's blessings? **(JULY 1, 1995)**

Initiatic science tells us that the ideal human being, the perfect human being, the human being as Cosmic Intelligence has created him in his workshops, is like the sun. This means that everything which emanates from him is of the same quintessence as the light of the sun, but in an etheric state. Therefore, the closer a human being comes to perfection, the more his emanations resemble light. Like light, they are propagated throughout space, and those who have developed their sensitivity receive them and benefit from them. If man practices taking the sun as his model, this same force, this same solar energy will actually emanate from his brain, his eyes, his mouth, his hands, and his entire body. And like the light, it will extend its blessings not only to other human beings, but to animals, plants, and stones - to the whole of nature.

(JULY 5, 2003)

In the morning you are at the sunrise in order to receive the fruits of hope. Yes, so many times, through its light, warmth and life, the sun has given you hope to eat and drink. Too bad you have often abandoned this hope for discouragement! If you had not abandoned it, if you had not doubted or hesitated so much, you would have obtained much better results. Why not cling to thoughts that nourish and reinforce you? If you do not try to get out of the sad reality by which you feel assailed, you will really suffocate. You have to change something, at least inwardly, by telling yourself, 'Difficulties and suffering do not last. I am a son of God or daughter of God, and God is preparing a luminous future for me.' This is what you must learn every morning at the sunrise. **(JULY 8, 2001)**

THE SUN AND THE SUNRISE-MEDITATION

Water teaches us that there are two methods of purification: filtration and evaporation. Filtration is the process by which water seeps into the ground and is forced through layers of soil and gravel in which it deposits the dirt and waste products it is carrying before emerging purified and fit to drink. This process symbolizes the path of most human beings who are constantly pressured, brutalized and crushed by events or by each other, and who eventually emerge purified by all the suffering and pressure they have endured.

Disciples choose the second method, that of evaporation. They are purified not by the earth but by the sun. Just as water evaporates when it is exposed to the sun's rays, a disciple 'evaporates', symbolically himself to the warm rays of the spiritual sun. Once purified he descends like a beneficial rain on plants, animals and other human beings. Those who purify themselves by working with wisdom and light do not suffer. **(JULY 11, 1995)**

The process of nutrition is only really complete or ideal if we learn to nourish ourselves through all the pores of our skin. It is a discipline that yogis from India practice: through their skin they manage to pick up certain energies and vital substances. If they can live and be satisfied with very small quantities of food and drink, it is because they have learnt to absorb subtler elements. You too can practice this. When you are at the sunrise, for example. Concentrate on the rays with the thought that you are absorbing them through your skin. You will gradually feel little mouths or small doors opening within you. If for now you do not feel this, it is simply because you have not practiced. Concentrate on the light of the sun, be conscious of it penetrating you, and you will feel all these doors opening. **(JULY 16, 2001)**

The sun is not just the ball of fire we see in the sky, it is a living entity inhabited by thousands of beings of light - perfect beings whose evolution is far more advanced than that of humans. If you think that these are fabrications, I should tell you: 'How about the inhabitants within you? How many billions of beings live inside you, in your brain, in your heart, in your lungs and in your stomach? An uncountable number. Every cell is an inmate, a living being. You carry them within you and thanks to them you have a garden full of fruit, a garden of thoughts and feelings. The same applies to the sun, because everything that exists in the universe is built on the same model. **(JULY 19, 1999)**

The sun is not only the star that shines in the sky and regulates the days and seasons all year round. The sun represents something much vaster: it is intelligence, as shown by its light; it is love, an impetus towards all that is good and constructive; it is life, spiritual, pure life. The sun thus implies a great science, and it is this science that is the universal panacea. That is why it is not sufficient to go and expose you to the light of the physical sun: It is these three superior principles – light, warmth and life – that are important and that must be contacted on a higher level.

The true universal panacea – that drink capable of healing all ills – was not invented, as we imagine, by some alchemist. To obtain it, we must prepare it ourselves. You will say, 'But how?' By learning to nourish yourself with the purest food. And when I talk about food, of course, I mean food for the physical body, but also for the astral body – your feelings, your heart - and for the mental body – your mind, your intellect. To prepare the universal panacea means to try hard to nourish your physical body, your heart and your intellect with food, whose elements are close to the life, warmth and light to the sun. **(JULY 20, 2001)**

Alchemists say that gold is sunlight that has been condensed in the bowels of the earth. The sun's rays travel through space and penetrate deep into the earth where they are condensed and become the metal that we call gold. The sun produces etheric gold and the earth fixes it.

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THE SUN AND THE SUNRISE-MEDITATION

Some alchemists have even succeeded in working back through this process of condensation and finding in physical gold all the heat, life, light and power of the sun.

Nobody yet knows how much energy lies hidden in an ounce of gold or how to extract it. The sun has impregnated this matter with its own energy. The greatest mysteries lie hidden here and you can have access to them only if you become a friend of the sun; then the sun will one day reveal them to you and show you how to extract all that is contained in its light. But this will happen only when you have been the sun's friend for a very long time. It is up to you to persuade the sun to share its treasures with you. **(JULY 20, 1995)**

Each day the sun rises, alive and vibrant, sending treasures of light, heat and life throughout space. But even so, some of you remain quite insensible to the sunrise, as if a screen existed to shield you from the sun. And that is so: the life you led the day before, or earlier, has created that screen.

Some of you never think that your actions, thoughts and feelings might have a destructive or a beneficial influence when you wish to contemplate the rising sun, and that is why the sun may mean nothing to you. If you come well prepared to watch the sunrise, you will understand that the sun is a living being, a dazzling world, home to the most highly evolved beings.

Thanks to the sun, you can find a solution to all your problems, because the sun can offer you far greater gifts than heat and light.. Yes indeed, the sun has the power to open up your minds and your hearts. **(JULY 24, 1998)**

All religions have a common purpose. They all seek the centre which for us human beings is symbolized by the sun. The sun is the centre of the solar system and all the planets gravitate in a movement of harmony around it. This harmonious motion of the planets around the sun must be echoed and reproduced within ourselves so that every particle of our being moves in rhythm with the life of the universe. When we are contemplating the rising sun each morning, trying to enter into it and draw strength from it, and at the same time to find it within ourselves, we are drawn away from the chaotic fringes of our being and back to the centre where all is peace, freedom and light. In this way we gradually restore within ourselves a system exactly like the solar system, in which our own sun, our spirit, reigns at the centre.

It is impossible to solve one's problems in the midst of anarchy. If we want to find solutions to the problems that confront us every day on both the psychic and the physical plane we must work to establish a coherent system within us. In other words we must make the sun the focal point of light and warmth around which all else gravitates. **(JULY 24, 1995)**

In Greece it is referred to as ambrosia, in India soma and alchemists call it the elixir of eternal life. All cultures make mention of the existence of a beverage of immortality and explain how to prepare it. In reality this beverage exists in nature, but not just anywhere of course. It is found only in the most subtle and purest regions and only at specific moments, such as sunrise. Sunrise is the best time of the day to drink this ambrosia, which the sun distributes everywhere in the universe and the particles of which are collected by all living creatures, rocks, plants, animals and human beings. Light is the true beverage of immortality and you can catch this light in the morning at sunrise and use it to nourish your subtle bodies. **(JULY 28, 2002)**

God has given us everything: water, air, heat, light, and in the subtle world He has also given out prana and many other beneficial energies. So why do so many people feel poor and miserable? Because they are not able to attract and absorb these subtle elements. And anyway, how could they? They do not see them, they do not feel them, so how could they benefit from them? The only thing they are capable of doing is complaining about what is missing in their lives. They

12

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THE SUN AND THE SUNRISE-MEDITATION

have everything at their disposal but they remain stuck in poverty because they are blind, weak and lazy. Yes, indeed, human beings impose their own limitations on themselves: they content themselves with eating, drinking and breathing, in other words nourishing themselves with solid, liquid and gaseous elements, and they neglect the fourth element – fire, light – the element they need most to maintain life, joy and inspiration within themselves, the element that will bring them fulfillment. You will say: 'But how can we nourish ourselves with this fourth element; where do we find it?' By watching the sunrise each morning. This is where you will learn to eat fire and drink light. **(AUGUST 1, 2000)**

Light is a spirit that comes from the sun ... Each ray is a current of forces that travels through space, and this current works on everything it penetrates. If there is one question which needs deeper study, it is certainly that of light: what it is, how it works and also how we should work with it.

He who neglects light for the sake of business or money is simply ignorant. He does not know that the gold he is looking for, wealth is in reality nothing but a condensation of light. Yes, gold is a condensation of the rays of the sun – condensed, gathered and worked on by beings that live in the depths of the earth. What happens if you value gold while neglecting light? It is as if you neglected a princess and made advances to the chambermaid; of course, when the princess sees this she will close her door to you. So you must first love light, then will come gold, it will follow you; when you appear in the company of the princess, all her servants will be at your disposal. **(AUGUST 6, 2001)**

It appears that science has already calculated the date of the sun's death, in fact some American scientists believe that he is already very ill! But the truth is that the sun possesses the secret of prolonging his own life for as long as he wants, until his whole family has reached perfection. You see, he does have a family to bring up and to provide for. All the planets that gravitate around him are his children, and he cannot die until they have reached perfection, that is, until they too have become suns, like their father. **(AUGUST 9, 2001)**

Some call the sun 'the lamp of the universe', to express the idea that the sun illuminates the world and, thanks to its light, we are able to see. And when it is not the sun providing light, we need another source: an electric light bulb, candles, a torch, head-lights, etc. Objects are only visible to the extent that light falls on them and illuminates them: that is the law of the spiritual world. However, there are no lamps in the spiritual world that we can light in the way that we turn on the light in our bedroom or on the stairs: if we want to see, we ourselves have to project light. So few people are able to see on the spiritual plane, because they wait for objects to be illuminated, whereas it is up to them to project the rays of light that will allow them to see. **(AUGUST 12, 1999)**

The physical body possesses etheric antennae which are constantly emitting and receiving, in communication with all of nature. The ancients knew that nudity could confer great powers on human beings. If we know how, we can use a state of nudity to work spiritually with earth, air, water, and the sun, and obtain great benefits. However, it is also necessary to know that these antennae pick up both good and bad currents. That is why, if you must expose yourself naked, or nearly so-which is the custom on the beach-be very vigilant. It is possible to do so without danger, but only if you know how to close yourself to all negative, dark currents, and open yourself only to that which is divine and luminous. Thus, you can become capable of protecting yourself by working with thought. **(AUGUST 12, 1998)**

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THE SUN AND THE SUNRISE-MEDITATION

Every morning we need to come into contact with this warm, vivifying and luminous power: the rising sun! But this contact is truly attainable only if our head and heart are not obstructed with all kinds of thoughts and feelings that carry us far from the sun. And we must also be sufficiently prepared physically to remain before the sun while staying totally vigilant. Thus there are three conditions: free our heart, free our mind and be in good physical condition. When this is the case, we can concentrate so as to receive the living rays of the sun that are so powerful and rich and imagine that we are storing them up in the cells of our brain, but particularly in the solar plexus, which is like a reservoir of energies on which we can draw in order to accomplish our daily tasks. **(AUGUST 14, 2001)**

Sometimes you complain that you have been watching the sunrise for twenty years and feel no benefit, and that no divine seeds are growing within you. Twenty years is not very long. Some of the seeds deep within you need centuries, or even millennia, to grow. Some planets, like Mercury, Venus and the Moon have a fast revolution and their influence is short and superficial, while others like Jupiter, Saturn, Uranus and Pluto have a slower revolution, and that is why their influence is deeper and more tangible. Some things, therefore, you can achieve quickly: you can have a job, a house, a wife or husband and children within a few years. However, learning to be reasonable, patient, in control of oneself, or generous, takes a very long time, because the 'orbits' of these qualities are vast. That is why you must continue to warm yourself in the rays of the spiritual sun and then, one fine day, everything will grow. Never doubt the effectiveness of the sun in your spiritual life. **(AUGUST 19, 1999)**

Christ said, 'Be ye perfect as your Heavenly Father is perfect.' But as we have never seen the Father, where can we find a model of His Perfection? Here, in the sun, we have the model we need. God is very far above us, very, very far away, but in His Mercy, He has given human beings the means to find Him. He has, as it were, blazed the trail and if we follow that trail which takes us through the sun, we will reach the Father. **(AUGUST 20, 2001)**

We have to adopt the sun as our model and strive to resemble it more and more in order to become luminous, warm-hearted and vibrant with life as it is. Of course, it is not possible to attain the fullness of perfection manifested by the sun, but the work we put into this is in the direct line of initiation. Instead of being bogged down in old, useless, outdated notions, it is far better to go and contemplate the sun and strive to reach the ideal of becoming like it. As I have already told you, there is a law of mimicry, according to which all creatures end by resembling their own environment. If a person often spends time, a lot of time, contemplating the sun, if he loves and understands the sun and soaks up its light with all his being, gradually he will become like it. And if he knows how to collect and condense the sun's rays and store them up in his solar plexus, he will even be able to draw on them when he needs to and, in this way, becomes tireless. It is a real science that needs to be studied, a real training to be followed, and those who take it seriously will find themselves blessed with many rewards every day. **(AUGUST 22, 2001)**

We are gold diggers. Yes, we too want to become rich. But instead of digging in the earth or sifting the sand of the riverbeds. We turn towards the rising sun every morning, trying to capture its light and condense it into energy and inspiration. Alchemists, who had studied the metals and their origin, said that gold is nothing more than the light of the sun condensed into the bowels of the earth. Some of them were even able to reverse the process of condensation and find in physical gold all the light, warmth and life of the sun. Using certain methods, they succeeded in

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THE SUN AND THE SUNRISE-MEDITATION

extracting and absorbing from a strip of gold all the energy the sun had condensed into it over thousands of years. And we still do not know how much power a few gram of gold contain.

(AUGUST 24, 2002)

Fire is at the origin of life and this means that fire possesses the secret of eternal life. We must try to become a friend of fire, try to get to know it, to draw it to us, to be in harmony with it. This fire, source of life, is best found in the sun. Only the fire of the sun can give us true life. This is why it is so important to look at the sun, to identify with it, to try to enter into it.

(AUGUST 24, 1995)

In the morning, when you go to contemplate the sunrise, do not merely regard it as a celestial body which exists outside yourself. By means of thought, endeavour to draw it into yourself. You do not yet know what transformations you are preparing in yourself when you introduce the vibrations, the energies, and the life of the sun into your heart and soul. Even if what I am telling you appears strange, agree to do this exercise. The sun is the fire of life. So, as you approach it each morning, tell yourself that you can capture a spark, a flame, which you will place deep within you and carry as if it is the greatest, most precious treasure. Thanks to this flame, your life will be purified, transformed, and everywhere you go you will bring purity and light.

(AUGUST 26, 2003)

Keep within you the image of the sun, because that is the most genuine representation of the Divinity. Why is it that people, who find it normal to bow down, genuflect and pray to icons, crosses or statues in churches and temples find it abnormal to contemplate the sun? Why do they imagine that if they pray before the works of human hands they will receive more light and comfort than from God's own living, brilliant creation: the sun? It is very commendable to pray in church, but know that it is the warmth and light of the sun that will teach you how to live the divine life.

(AUGUST 31, 1998)

Human beings, animals, plants and stones all understand what the sun says, because the language of the sun is the language of light, warmth and life. The language of the sun is the only truly universal language and it is therefore through the sun that God speaks to us most clearly. Do not be misled into thinking that the Africans and Indians have come to understand the Christian language, even though they were sent missionaries. For most of them it has all remained gibberish.

Religion must be built on foundations that can be refuted by no-one and no-one can refute the importance of light, warmth and life. Too much significance has been given to outward conventions and doctrines: ceremonies, rites, liturgy etc. True religion must teach human beings light, warmth and life. And what are light, warmth and life? Wisdom that enlightens and resolves problems; disinterested love that embellishes, encourages and consoles; subtle and spiritual life that makes you active, dynamic and daring in order to create the Kingdom of God on earth.

(SEPTEMBER 3, 2002)

What is the sun? ... A restaurant! Yes, a restaurant, the best possible one and that is why we go to visit it each morning. But in order to be served food, you must have gold: not in your pockets, that is useless, but gold in your head. And when the restaurateur – the solar spirit – sees that you have some gold nuggets within you, he immediately serves you the most delicious meals. Otherwise, you will stay there yawning in front of the sun, sighing, 'I do not feel anything, I am not receiving anything, it is no use coming to this restaurant.' You wait to be served but other

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THE SUN AND THE SUNRISE-MEDITATION

people are served, not you. You will be told, 'Wait! You must first go and collect some gold. When you have that gold, we will serve you.' To have some gold means to understand divine wisdom, appreciate it, love it and search for it in the sun. When the spirits of the sun see that you have the gold, they will immediately take care of you. (SEPTEMBER 3, 2001)

When you draw near to the sun, consciously desiring to become like it, you will finally and surely attract something of its life, heat and light. Others will sense this and be drawn to you. We are always attracted to a being who makes us feel more alive, warm and enlightened, whereas we avoid being near someone who is cold, closed and lifeless. Or, if we have to be near someone like this, we put up with him but resist any close contact. Look at flowers: they shut up their petals at night and during the day they open up to the sun. Flowers have their own language and they speak to us: 'It is only by means of love, goodness and gentleness that you can open the hearts and souls of people.' But who understands the language of flowers?

(SEPTEMBER 10, 1998)

Disciples learn to mobilize their thoughts, their desires, and even all tendencies of their lower nature, and so realize a sublime ideal. And the sun can help us in this work of unification and harmonization. As you watch the sunrise in the morning, think about your conscience moving closer to your own sun, your spirit, your higher self, to fuse with it. When you will have succeeded in pacifying and unifying all these opposing forces pulling you this way and that and so throw them in one luminous, salutary direction, you will become such a powerful center you will be able to shine in all directions, like the sun. Indeed, those who have managed to sort out their own problems in order to be free, can begin to attend to the whole of humankind, and they themselves come to resemble the sun. They live in such freedom, they widen their field of consciousness to include the whole human race, to which they send the profusion of light and love which overflows from them.

However, in order to be able to shine, we must learn to concentrate all the powers of our being and steer them in one divine direction. (SEPTEMBER 17, 2000)

The sun shines and it does not care whether the creatures who receive its rays are intelligent or stupid, good or criminal, deserving of its blessings or not. It sends light to them all without distinction. This is why the sun is said to be the best illustration of divine love. Consider the most extraordinary beings that have lived on earth: all of them have had a few prejudices, a few biases, and even a few animosities. Yes, even the greatest prophets, even the greatest masters have not been able to free themselves completely from resorting to the laws of justice and punishing the wicked, because freeing one in this way is extremely difficult. Only the sun regards human beings in the same way God Himself does, knowing that they are divine sparks which will one day return to the bosom of the Eternal. This is why, over thousands of years, he patiently continues to warm them, enlighten them, and vivifies them. Surely is this example sufficient to stimulate us? (SEPTEMBER 18, 2003)

When you distance yourself from the sun you suffer from the cold and darkness, and your vitality diminishes. When you draw closer to the sun you receive more warmth, light and life. Nothing is simpler. All those who distance themselves from the spiritual sun, from God, deprive themselves of light, warmth and life, and their thoughts, feelings and actions bear the mark of this deprivation. Those who turn back to the Godhead, on the other hand, receive that light, warmth and life, and they achieve great things. Unfortunately more and more newspapers, magazines and books-especially books-are turning people away from the divine Source and destroying faith and morals and all sense of the sacred. Read these publications if your curiosity prompts you to

16

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THE SUN AND THE SUNRISE-MEDITATION

do so, but do not let yourselves be influenced by them. There are many other books that are worthy of your attention. One above all deserves to be read, and that is the book of nature. It is the book of nature that can teach you how to draw closer to the spiritual sun so as to receive his light, warmth and life. (SEPTEMBER 20, 1995)

Everywhere in space the sun sends out particles of great purity, and if you know how to concentrate on the sun you will be able to expel from your organism all kinds of used, dull matter and replace it with these new lively and luminous particles.

This is another very useful exercise you can do in the morning as you meditate at sunrise. With all your heart, all your soul, try to take these divine particles and place them inside you, because as you do so, you will gradually renew the matter of your being and you will think and act like a son or a daughter of God, thanks to the sun. (SEPTEMBER 21, 2002)

Religious leaders who give priority to notions, beliefs and rites which have no relation to the essential realities of light, heat and life are the cause of much misfortune. It is time they turned to the sun and learned from him. The sun is very broad-minded, very tolerant. He says, 'Believe what you see. I pour out my wealth without ceasing.' Human beings are ready to wipe each other out in order to force others to accept their notion of a God none of them has ever seen. You will say that in any case God cannot be seen. Yes he can, you know; a reflection of God can be seen in the sun. The sun is the supreme expression of divine perfection. He never stops giving light, warmth and life to all – Catholic, Orthodox, Protestant, Jew, Muslim or Buddhist – without distinction. In the eyes of the sun all human beings are God's children. Sooner or later, when men can no longer close their eyes to these great truths, they will all come to the one true religion. Christians will begin to understand that Christ is none other than the spirit of the sun. Of course it is not a question of finding Christ in the physical orb that we see in the sky. It is a question of sensing that beyond the symbol of the physical sun is the Lord Himself, overflowing with love. (SEPTEMBER 24, 1995)

The Source of Divine Love is the sun. The sun spreads particles of life throughout the whole of nature, and then stones, plants, animals and even other people pass these living particles on to us. Yes, men and women also possess a few particles of the sun within themselves, but in very small quantities, insufficient to provide mutual fulfillment.

True love is found in profusion in the sun, and that is where you need to look for it. As long as you do not drink from the source, you may perhaps find a few drops of dew here and there on a leaf or two, on a few flowers, but in minuscule amounts, so it is far better to drink from the source.

Certainly you can find a little love in certain areas in the bodies of men and women, but you will always remain hungry and thirsty if you only look for it there. All lovers sense this: something is always missing and total satisfaction escapes them. To find that immense love that inundates the whole of creation, you must go directly to the source. Then find a partner to love if you wish, but to find the true satisfaction of plenitude, you must first slake your thirst at the source. (SEPTEMBER 27, 1998)

It is a great mistake to think that only adult human beings possess true intelligence. To be sure, it is very evident that they possess it, but intelligence exists, nevertheless, in very young children and also in animals, in ways that are still a mystery to science. Intelligence exists, in fact, in very different forms throughout the universe. The earth is intelligent, the sun is intelligent ... in fact the sun is more intelligent than any other being because it is more alive than any other being. If you tell human beings that the sun is more alive than they are, they will laugh at you. And yet, the

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THE SUN AND THE SUNRISE-MEDITATION

fact that it is the sun that gives human beings life is proof enough that it is more alive than they are! If the sun were not there to distribute warmth and light, there would be no life on earth and consequently, no intelligence and no love. **(OCTOBER 29, 1988)**

Money and possessions have always been a cause of division and confrontation for human beings. Just look at what happens in families, at the many dramas resulting from problems of inheritance. Greed and lust are the cause of permanent conflict not only in families, but in society and in countries. Yes indeed, the desire always to have more lies at the heart of any war. Whatever the motives people attribute to a war – and these are often very noble – the true motive is always to go and take something from the neighbour, be it money or land. If only people could be less self-interested, more generous, so many conflicts would be avoided. There is nothing wrong with wanting possessions, but this should not be at the detriment of others. And those who are rich should not keep everything for themselves; they should learn to redistribute this wealth. No being is richer than the Lord and his best representative on earth is the sun. The sun is so rich he overflows and he must distribute his riches so as to avoid exploding. Why not do like the sun? If not with material wealth, which you may well not have, then with spiritual riches . **(NOVEMBER 4, 2000)**

In the beginning, at the commencement of everything that exists, there was light. And this light is the Christ, the solar spirit. The spirit of the Christ first manifests in the sephirah Chokmah, the highest glory, the Word, without which, as Saint John the Divine says in his Gospel, 'nothing was made that was made'. Then the spirit of Christ manifests under another aspect in the sephirah Tipheret, the sun.

When you go to watch the sun rise each morning, as you link with it, imagine that it is with its spirit that you unite; yes, the spirit of the sun is none other than the spirit of Christ, an emanation of the Godhead. Open yourselves up to the sun: it is not enough just to be there and gaze at it. To have total contact with the quintessence of its light, your spirit must link with it and enter into it. As soon as you plunge into that world of light, a few particles of light penetrate within you and you receive revelations of divine splendour. **(NOVEMBER 13, 1998)**

THE SUN AND THE SUNRISE-MEDITATION

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- The Laws which govern the Universe
- The Power of Thought
- The Quintessence of Christianity
- The Reasons behind Suffering
- The Relationship between Colours & the Aura
- The Sublime Origin and Goal of Sexuality and the Sexual Force
- The Sun & the Sunrise-Meditation; *working with the Divine Image*
- The true Task of Art (F)
- The Universal Brotherhood of Light
- Traditions, the Gospels & the Holy Scriptures
- True Happiness (F)
- True Love (F)
- Working with Light

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

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

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

* * *

EDITION PROSVETA

OMRAAM MIKHAËL AÏVANHOV

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- COMPLETE WORKS -

THE SECOND BIRTH

Table of contents

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

Summary

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

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

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

20

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THE SUN AND THE SUNRISE-MEDITATION

SPIRITUAL ALCHEMY

Table of contents

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

Summary

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

LIFE FORCE

Table of contents

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

Summary

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

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

HARMONY

Table of contents

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

Summary

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

THE MYSTERIES OF YESOD The bases of spiritual life

Table of contents

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

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THE SUN AND THE SUNRISE-MEDITATION

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

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

Summary

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

THE SPLENDOUR OF TIPHARETH

Table of contents

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

Summary

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

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

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

THE KEY to the Problems of Existence

Table of contents

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

Summary

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

22

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THE SUN AND THE SUNRISE-MEDITATION

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 SUN AND THE SUNRISE-MEDITATION

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

Give Your Love to God First.

Summary

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

LOVE AND SEXUALITY

Table of contents

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

Summary

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

KNOW THYSELF: JNANA YOGA

Table of contents

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

Summary

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

KNOW THYSELF: JNANA YOGA

Table of contents

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

Summary

24

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THE SUN AND THE SUNRISE-MEDITATION

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

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

Table of contents

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

Summary

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

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

Table of contents

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

Summary

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

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

Table of contents

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

SUMMARY

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

LIFE AND WORK IN AN INITIATIC SCHOOL

Table of contents

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THE SUN AND THE SUNRISE-MEDITATION

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

Summary

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

THE FRUITS OF THE TREE OF LIFE THE CABBALISTIC TRADITION

Table of contents

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

Summary

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

THE SUN AND THE SUNRISE-MEDITATION

- EDITION IZVOR -

P0201AN : Toward a Solar Civilization

Table of contents

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

Summary

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

P0202AN : Man, Master of his Destiny

Table of contents

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

Summary

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

P0203AN : Education Begins Before Birth

Table of contents

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

Summary

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

P0204AN : The Yoga of Nutrition

Table of contents

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

Summary

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

P0205AN : Sexual Force or the Winged Dragon

Table of contents

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THE SUN AND THE SUNRISE-MEDITATION

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

Summary

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

P0206AN : A Philosophy of Universality

Table of contents

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

Summary

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

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P0207AN : What is a Spiritual Master ?

Table of contents

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

Summary

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.

28

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THE SUN AND THE SUNRISE-MEDITATION

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 SUN AND THE SUNRISE-MEDITATION

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

P0214AN : Hope for the World : Spiritual Galvanoplasty

Table of contents

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

Summary

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

P0215AN : The True Meaning of Christ's Teaching

Table of contents

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

Summary

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

P0216AN : The Living Book of Nature

Table of contents

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

Summary

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

P0217AN : New Light on the Gospels

Table of contents

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

Summary

30

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THE SUN AND THE SUNRISE-MEDITATION

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

P0218AN : The Symbolic Language of Geometrical Figures

Table of contents

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

Summary

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

P0219AN : Man's Subtle Bodies and Centres

Table of contents

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

Summary

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

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

Table of contents

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

Summary

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

P0221AN : True Alchemy or the Quest for Perfection

Table of contents

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

Summary

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

P0222AN : Man's Psychic Life : Elements and Structures

Table of contents

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THE SUN AND THE SUNRISE-MEDITATION

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

32

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7. The Moon
8. Working with Nature Spirits
9. Flowers and Perfumes
10. We All Work Magic
11. The Three Great Laws of Magic
12. The Hand
13. The Power of a Glance
14. The Magical Power of Trust
15. Love, the Only True Magic
16. Never Look for Revenge
17. The Exorcism and Consecration of Objects
18. Protect Your Dwelling Place.

Summary

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

P0227AN : Golden Rules for Everyday Life

Table of contents

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

Summary

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

P0228AN : Looking into the Invisible Intuition, Clairvoyance, Dreams

Table of contents

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

Summary

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

P0229AN : The Path of Silence

Table of contents

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

Summary

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

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THE SUN AND THE SUNRISE-MEDITATION

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

P0230AN : The Book of Revelations: A Commentary

Table of contents

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

Summary

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

P0231AN : The Seeds of Happiness

Table of contents

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

Summary

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

P0232AN : The Mysteries of Fire and Water

Table of contents

- | | |
|---|---|
| 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.'

34

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THE SUN AND THE SUNRISE-MEDITATION

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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THE SUN AND THE SUNRISE-MEDITATION

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

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

Summary

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

P0237AN : COSMIC BALANCE - THE SECRET OF POLARITY

Table of contents

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

Summary

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

P0238AN : The Faith that Moves Mountains

Table of contents

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

Summary

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

36

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

P0239AN : Love Greater Than Faith

Table of contents

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

Summary

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

B0301AN : THE NEW YEAR

Summary

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

B0302AN : MEDITATION

Summary

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

B0303AN : RESPIRATION Spiritual Dimensions and Practical Applications

Summary

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

B0304AN : DEATH AND THE LIFE BEYOND

Summary

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

D0005AN : The Gypsy Queen (Children Library)

Summary

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

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

CD5009AN : THE SEED

Summary

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

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

K2510AN : The Laws of Reincarnation

Summary

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

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

Summary

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

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

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

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

Summary

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

"You Are Gods" - Synthesis, Vol. I

Omraam Mikhaël Aïvanhov

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