

OMRAAM MIKHAËL AÏVANHOV
THOUGHTS OF A SPIRITUAL TEACHER

ENCYCLOPEDIA
OF
INITIATIC SCIENCE

Book 37:
GUIDELINES FOR SPIRITUAL
WORK

EDITION HEAVEN ON EARTH

GUIDELINES FOR SPIRITUAL WORK

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

Edited by Prosveta, France.

Conception and Realisation:

Benjamin Christ

Montreal, December 2004

GUIDELINES FOR SPIRITUAL WORK

The image of the summit is one of the most luminous representations of what our spiritual development should be. The summit is the goal to be attained, the most elevated point upon which we must fix our sights and towards which we must direct our energies. This is why it is important that we pay attention to all that is reminiscent of the summit, and particularly to the mountains. For mountains can be much more than places we go to breathe pure air, relax or engage sports; they also have their place in spiritual exercises. Whenever you have the opportunity, try to make contact with the mountain peaks. Even if you live far away from them, stretch out your hand towards them, greet the entities who live there and ask them to draw you to them so that you may enter into their purity and their light. In this way, you will learn to form connections with the summits of the highest mountains, and you will receive from them the best nourishment for your soul and your spirit. **(JANUARY 10, 2003)**

If you wish to improve other people, avoid criticism and moralizing. Just concentrate on improving yourself. Only your example will show others if they are mistaken or behaving badly. Yes, example is the only way, because by working on yourself you are working on other people. They notice that you have qualities they lack, and in their wish to imitate you, they improve themselves. If you dwell on the shortcomings and faults of others, you become dull and unattractive, as if the faults you keep emphasizing had rubbed off on you, with pitiful results. So, first of all, work at improving yourself and leave others alone. Accept them, be patient, and work day and night without stopping until it is obvious to them that there are wonderful results to be achieved. It is not by means of your words that you will teach others, but by your example. **(FEBRUARY 7, 1998)**

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

Everything you desire, everything you imagine comes true instantaneously on the subtle planes; if you are persistent in your desires, these realisations, which, for now, only exist in the invisible world, will gradually descend to the physical plane. And then your wishes will be realised for good or evil; nothing will be opposed to their materialisation. It is only a matter of patience and perseverance. Some will say, 'No, it's impossible, what we wish for cannot already be realised!' Well, you are wrong. When you pray with the hope of receiving qualities from your celestial Father and Mother, even if you think after your prayer: 'It's useless, nobody listened to me, I'm still my old self, weak and selfish...' in reality, wonderful beings are already penetrating you, bringing you the qualities you desire, but you do not feel them and are not delighted by their presence. Continue to pray and work. One day, everything you wished for will be realised. **(MARCH 1, 2001)**

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

GUIDELINES FOR SPIRITUAL WORK

A human being is an infinity, but you are unaware of this. Your higher self knows who you are in the divine world; but you must get to know yourselves here, too, through the medium of matter, and herein lies the difficulty.

Have you seen a young cat playing with his tail? As he does not know that it is his tail, he chases it, bites it, and is astonished at the painful result. You, also, are like cats. One day, you discover the 'extremity' of your being, here in the material world, and not realizing what it is, you will give it a bite and then complain bitterly, because it is the tip of your own tail you have bitten, and it hurts. Our being is spread throughout space, and one day we shall have to get to know ourselves. The 'cat's tail' represents our physical body, and now we must work to learn self-knowledge through the matter of our own bodies. This is what makes our lives difficult, but so very well worth while. **(MARCH 1, 1998)**

Symbolically, the legs and feet represent the physical plane. If you wish to have the ability to distance yourselves from the physical plane, work on your feet by means of thought. When you wash them, for example, get into the habit of touching them consciously, concentrating on the spiritual centres on top and underneath. In Greek mythology the god Hermes always appears with wings on his heels. Hermes symbolizes the initiate who is able to travel through space, because he has discovered the secret of how to develop those spiritual centres on his feet. If we do not know this secret, we cannot free ourselves from the physical plane and will not be permitted to leave our bodies to visit other worlds. **(MARCH 5, 1998)**

The word 'sacrifice' and 'renunciation' trouble most human beings. They say: 'But sacrifice and renunciation represents hardship, deprivation and if we deprive ourselves we die.' It is true that they will die; if they have not understood that sacrifice brings something better in its place, then yes, they will die. Nature works things very well: we eat, we drink, we breathe, we love, and there is no need for us to axe anything, all we have to do is refine our needs and transpose them to the higher planes.

So stop thinking that deprivation leads to death. On the contrary, deprivation leads to a more subtle life. People who do not understand this stagnate, and this is what carries them towards death. By accepting certain hardships you transform a crude energy into a more subtle energy and you become richer. **(APRIL 8, 2002)**

In order to evolve and flourish, human beings must work consciously to create an atmosphere of harmony, love, peace and light, in which everyone can breathe freely and feel nourished. Only an atmosphere of love and harmony can benefit everybody. In order to create this harmony, we need to be in contact with the pure and luminous forces circulating in space. But it is important to know how to attune ourselves to these forces, otherwise we run the risk of incurring physical mishaps and trauma and, even more serious, psychic shocks and disturbance. The only work that is truly worth while is to think, day and night, about harmonizing ourselves with cosmic forces. If we concentrate on this work, any negative influences will gradually disappear. **(JUNE 28, 1998)**

Human beings are torn between two contradictory tendencies: to imitate others or to show, that they are different from them. The result is that they often imitate them when they would do better to find their own way of doing things, and oppose them when they should try to be in harmony with them. In actual fact it is when they adopt an attitude of opposition that they most resemble others! If you really want to be different you should imitate the tiny minority of wise beings who work for peace and harmony in and around themselves. This is what a disciple does. And in doing it he becomes very different from the crowd, while at the same time he understands their

GUIDELINES FOR SPIRITUAL WORK

sufferings and all their ills and anxieties. Those who are all so alike do not understand each other. They suffer from the same ills, but as each one is wrapped up in his own problems they are incapable of putting themselves in somebody else's place. Why is this? Because they have imitated the wrong people, those who are egoistical, passionate and capricious. **(JUNE 30, 1995)**

Many of you are aware of the impact your thoughts and feelings have on the proper functioning of your organism. But you are mostly aware of this when you have negative thoughts and feelings – anger, fear, discontentment, jealousy – or emotions caused by bad news. It interferes with your glandular secretions and you have the feeling that you are being poisoned. So you all know from experience that negative emotions are harmful to your health. But how many of you really do something about avoiding them? How many of you work at controlling yourselves, and in particular at cultivating feelings and emotions which make you happy, allow you to flourish and expand? It is nevertheless quite easy to understand: just as weakened by negative thoughts and feelings, we become strong, free and alive when we work with positive states of mind.

(JULY 10, 2000)

When we undertake 'spiritual work', we work on our inner self. From the moment we decide to undertake this work we undergo, without being aware of it, a gradual process of separation from ourselves, and as we continue this work we become progressively more aware of this separation. We increasingly see the difference between the part that does the work – the spirit, and that which is the object – the substance that is worked on. We even end up realizing that the thoughts and feelings, with which we do this work, are only instruments there for our benefit; and we understand that our true self lies beyond thoughts, feelings and actions.

To distance yourself from yourself, however, does not mean that you should leave yourself permanently. We do not abandon this self from which we distance ourselves, quite the contrary: we keep it well in sight, and once we have elevated ourselves to Heaven through thought, we come back down in order to give it better direction, and refine its substance. Then again we distance ourselves and again we draw closer, and each time we bring it more strength and more light.

(JULY 10, 1999)

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

(JULY 9, 2003)

It is the nature of our needs that determine your destiny. For example, if you need a large quantity of cigarettes or alcohol each day, if you want many houses, cars or businesses, or if you wish to spend your evenings in night clubs or playing roulette at the casino, your destiny is already marked out: degeneration, ruin, possibly even prison. The opposite is obvious, too: if your desire is to contemplate divine beauty or spread peace and light all around, happiness and prosperity will come your way. Why is it that so many people have not realized that each need, wish and desire places them on predetermined tracks leading either to infested regions, where they will be devoured by all manner of wasps, snakes and wild beasts, or toward magnificent

Can '**Prenatal and Perinatal Education**' as well as '**Spiritual Electroplating**' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

Benjamin for further information: **CIEL.SUR.TERRE@WEB.DE**

GUIDELINES FOR SPIRITUAL WORK

and light-filled regions, where they will find untold joy? Yes, according to our inclinations, tastes and desires, it is we ourselves who assume the responsibility for our eventual destination.

(JULY 13, 1998)

'In the beginning was the Word.' Many difficulties and much suffering could be avoided if people knew how to put this into practice. You wonder how such an abstract thought that seems so difficult to understand can be applied to everyday life? It remains abstract and obscure precisely because you do not try to make use of it. So, begin now to accompany every action you make with the Word. Take the example of simple, everyday tasks. When you wash your windows, instead of letting your thoughts wander all over the place, become conscious of your gestures and say, 'As I wash this window, may my heart be washed and transparent!' Do the same thing when you sweep the floor, when you wash the dishes, when you dust. It is not necessary to say this aloud, of course, especially if someone is listening. The most important thing is to be conscious, which means to concentrate your thoughts (and thoughts automatically implies words) on all you do. In this way you become a true creator.

(AUGUST 8, 1998)

So many people are under the misconception that in order to be spiritual you must devote yourself solely to meditation and prayer. In fact any activity of everyday life can be made spiritual if you can introduce a divine element into it. And equally, prayer, meditation and any other so-called spiritual activity can become very prosaic if there is no sublime idea, a higher ideal behind it to bring life into it. Spirituality does not mean rejecting the physical, material world, but to do everything mindful of the light, through light and for the light. Spirituality is being able to use any task to elevate yourself, attain harmony and unite with God.

(AUGUST 24, 2000)

When you deposit money in an account, you do not expect to get interest on it the next day; you have to wait and the longer you wait, the higher the interest. Well, exactly the same law applies on the spiritual plane. You work with considerable love, patience and trust, but to begin with you see no results. It is normal; do not become discouraged. If you give way to discouragement, it is because you still fail to decode the meaning of the laws that govern social life. Well, as you can see, to understand the laws of spiritual work, you must know the rules of banking and administration! This will help you understand that you must be in no hurry and just work. Blessings will then shower on you from all sides. Even if you try to run away, it will be impossible; the whole universe will shower extraordinary riches on your head, because you will have brought them on yourself.

(SEPTEMBER 1, 2001)

When you deposit money in an account, you do not expect to get interest on it the next day; you have to wait and the longer you wait, the higher the interest. Well, exactly the same law applies on the spiritual plane. You work with considerable love, patience and trust, but to begin with you see no results. It is normal; do not become discouraged. If you give way to discouragement, it is because you still fail to decode the meaning of the laws that govern social life. Well, as you can see, to understand the laws of spiritual work, you must know the rules of banking and administration! This will help you understand that you must be in no hurry and just work. Blessings will then shower on you from all sides. Even if you try to run away, it will be impossible; the whole universe will shower extraordinary riches on your head, because you will have brought them on yourself.

(SEPTEMBER 1, 2001)

For far too many people, spirituality consists of reading esoteric books. They do not understand a great deal of what they are reading and it is all of little use to them because it is all merely

GUIDELINES FOR SPIRITUAL WORK

theory – theories that are not always very accurate or even contradictory at that – which they can make no sense. But what does it matter? And so they continue to devour their books. When will they understand that spirituality is about choosing a few methods and studying those well and putting them into practice. Because what really matters is life, the divine life human beings must live. Divine life will bring them all knowledge of Heaven and earth. People who are content with just reading books are wasting their time. Even if they are able to explain the contents perfectly, they are fully aware that behind the explanations lurks a void, because no love, no light, no deep understanding emanates from them. Love and light are not obtained by reading but by applying the rules of initiatic science day to day. **(SEPTEMBER 2, 2002)**

There are several different facets of what we call 'attention'. The most obvious form of attention is the sustained mental effort required to accomplish a task, listen to a lecture or read a book. But there is another kind of attention, the attention of self-observation or introspection which consists in being aware at each instant of what is going on within ourselves, of discerning the nature of our inner conflicts and of all the currents, desires and thoughts that go through us and influence us. It is this kind of attention that is not sufficiently developed.

The Bible says, *'Be sober, be vigilant; because your adversary the devil walks about like a roaring lion seeking whom he may devour.'* Never fear, you will see neither lions nor devils on the physical plane: the danger lies within! That is where your desires and all your schemes, passions and lusts are waiting to devour you. **(SEPTEMBER 2, 1988)**

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

Get into the habit of observing and listening to the life in nature: to stones, plants, animals, but also to the four elements – earth, water, air, fire – and the different forms in which they appear: rocks, sand, rain, snow, wind, clouds, sun, stars ... There are so many things to study and interpret! Just look at the shape, colors and movements of the clouds: sometimes they appear like cavalcades, battles, feasts ... It is the spirit of the air at work. There is quite a life up above, which expresses itself through a vast number of shapes: faces, birds, flocks of sheep, landscapes ... There are even writings that we still do not know how to decipher. But it does not matter, the essential is to let oneself be impregnated consciously by all these images and feel imbued with the life in nature. **(SEPTEMBER 16, 2001)**

We must make better use of all the treasures that the Creator has put at our disposal: fire, air, water and food. When we use them, we run up a debt to them, and that debt is recorded. What do we do with all we have drunk, eaten and breathed? We breathe in air, and do any of you wonder, as we breathe out, about the quality of the elements with which we have impregnated that air? Of course, it is polluted, but less so if we are good, generous and full of love. The air

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

GUIDELINES FOR SPIRITUAL WORK

expired from the lungs of evil people contaminates everything in their vicinity. It is our responsibility to see that the matter that passes through our bodies, whether it be air, water or food, becomes impregnated with good elements before we reject it. We give this matter back to nature, where it is transformed and used again. The disciple who wishes to participate consciously in the work of nature takes care to send back matter unpolluted by the miasmas of his psyche, both mental and emotional.

(SEPTEMBER 18, 1998)

A disciple who wants to advance spiritually should make an effort every day to create a divine image of himself. Obviously this does not mean that he should think that he is already a divinity. Above all he must never try to persuade others of this, for that would only attract derision or hostility. They would think he had gone mad ... and who could blame them?

However great and glorious the work you do inwardly, therefore, you must continue to behave with unassuming simplicity towards others. Imagine that you are wise, luminous and radiant, that in all that you do you accomplish the will of God, that you have recovered the perfection you had long ago in the innocence and splendour of paradise ... the perfection that will be yours one day in the future. Yes, imagine all this, but remember that it has not yet happened!

(SEPTEMBER 26, 1995)

He who embarks on initiatic tuition seeking to gain knowledge that will give him power, money and glory, exposes himself to grave danger. What he does not realize is that he is playing the sorcerer's apprentice with the powers of the mind and the soul, and that he will release formidable forces, even within his own body, which he will soon no longer be able to control. We have in the past seen people who have devoted themselves to occult science and who have ended up in trouble, to everyone's surprise. For years these people portrayed an image of wisdom and spirituality: All that concerned them was meditation, thought and study. And then one day, as if an uncontrollable force had taken hold of them, they succumbed to senseless acts of debauchery and violence: The few successes they had achieved had completely turned their heads. What they should have realized, however, is that the more you seek to elevate yourself, the more you must demand of yourself, becoming yet more disinterested and even more humble.

(OCTOBER 5, 1999)

A new light is dawning in the world to give new meaning to all human activities, and this light is a new understanding of the word 'work'. You are here in order to cultivate the earth as one cultivates a field. Whatever your occupation, whether it be intellectual or physical – even if you do nothing but rest or go for a walk – you must not only avoid anything that resembles stagnation, you must go further and develop an inner state of orderly and harmonious activity. The true sense of work is to unify all the currents and energies in and around you and make them all converge towards the Source of life, towards the Prime Cause. This is a disciple's only activity.

(OCTOBER 8, 1995)

In spiritual life, fire is indispensable to realization. Before starting a ceremony, the mage, the initiate, lights the candles. And the priest does the same before he starts mass, because mass is also a magical ceremony.

Wherever fire participates, there are results, which is why you too must learn to use fire. When you are experiencing inner difficulties – sorrow, sadness, discouragement, temptation - write down on a piece of paper your wish to find calm, strength and clarity again, light a flame and as you let the paper burn over the flame, ask the Angel of Fire to burn all these lower states. And he will answer your prayer. Why linger in suffering and limitation all your life? Fire is there to help you, to release you. Just remember to ask for its help.

(OCTOBER 10, 2002)

8

Can '**Prenatal** and **Perinatal Education**' as well as '**Spiritual Electroplating**' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

Benjamin for further information: **CIEL.SUR.TERRE@WEB.DE**

GUIDELINES FOR SPIRITUAL WORK

Whatever may happen, a true spiritualist never interrupts the divine work he has undertaken. Even amidst the worst trials, he tells himself, 'Here is a good opportunity once more to mobilize all hostile forces and put them to the service of my work.' Whereas most people, even if nothing bad happens to them, manage to demolish all the good they have acquired through sheer carelessness. So, they build, they demolish ... they build, they demolish ... and that is why they never really obtain results. To obtain results, we must never abandon the work undertaken but use everything – the good and the bad, joys, sorrows, hopes and discouragement – in its service. Yes, everything in the service of work. This can truly be called 'building', for each day adds new elements. **(OCTOBER 11, 2001)**

Do not insist on fighting your bad instincts by yourself, because not only do you risk of not winning, you will grow weaker in the process. Yes, because you are battling against yourself and this division makes you even more vulnerable. It is very dangerous to fight yourself. Not only do you never really win against this inner enemy, but you end up destroying yourself. The moral and religious teachings that never cease to preach the relentless struggle against evil in man do not know true psychology. We must learn to win, to overcome, yes, but without fighting. How? By asking other forces to fight in our stead and these other forces can only be luminous forces which we foster thanks to our love for all that is beautiful, great and divine. So, instead of launching a direct attack on our instincts and finding ourselves either floored or terribly unhappy because we have had to relinquish some of the satisfactions we need, we call upon luminous forces, who will overpower them with ease. **(OCTOBER 18, 2002)**

It is generally believed that you have to put your material affairs in order before taking up a spiritual life. You declare, 'First of all I need a job. Then I intend to marry and raise a family, and this will keep me busy for many years. Afterwards, however, I shall be free and then I can devote myself to the spiritual life.' It has escaped your notice that these thoughts are a cunning trap laid by your lower nature, your personality, to keep you as far away as possible from life as it really is.

If you try to sort out all your everyday affairs before espousing the spiritual life, you will never do anything, because material business is never finally settled: Unexpected things always turn up that have to be put right. Therefore, no matter what the state of your material affairs, you must set out on a spiritual path. For what reason? Because by putting a spiritual life in first place, you will be working on the world of causes, and thus you are preparing the best conditions for the gradual improvement of all your material concerns. **(OCTOBER 18, 1998)**

If you try to devote yourselves exclusively to prayer, meditation and mental work, avoiding all forms of physical work, you will become unhinged. We are all created to live in the three realms: mental, astral and physical, meaning, the realms of thought, feeling and action. If we neglect any one of these three realms we disable ourselves, our integrity is lost, and we are incapable of entering the presence of the Eternal as complete beings, with all our God-given potential developed to the full. Furthermore, you should know that if one area is neglected, the quality of the two others will diminish. If you refuse to work physically, you will come up against emotional and mental difficulties. **(OCTOBER 19, 1998)**

When most people think of sacrifice they think of deprivation and suffering. For spiritual people, however, the word sacrifice is associated with love, joy and beauty because they know that by giving up a pleasure, by denying themselves satisfaction, they will taste greater satisfaction and pleasure on a higher plane. Sacrifice is the transformation of one type of matter into another, one energy into another. To sacrifice yourself is like being a lump of coal that is put on a fire.

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

GUIDELINES FOR SPIRITUAL WORK

Before going on the fire this lump of coal is black and useless. But as soon as it makes the sacrifice of entering the fire to feed the flames, that lump of coal itself becomes fire, heat, light and beauty. Rid yourself of this notion that sacrifice implies suffering and deprivation, because it is through sacrifice that you will escape darkness and transform yourself. **(OCTOBER 20, 2000)**

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

(OCTOBER 22, 2003)

Look what happens when you put petrol in an engine. This petrol, which seems to be just an ordinary liquid, releases an extraordinary power and makes the car travel at more than a hundred kilometres per hour, simply because it has been compressed and then ignited. Well, the same applies to the air we breathe. This is why when you breathe in air, try to compress it in your lungs for a moment, in other words hold on your breath and do not let it out. Whilst you hold it in, the organism works; it starts up the ignition and causes 'explosions'. Nature makes this trapped air, which cannot escape, pass through tiny special ducts fitted with devices which set certain centres in motion. Think about it, observe yourself and you will see what one single in-breath can produce.

(OCTOBER 23, 2000)

The evil within us is impossible to eradicate. The only way to rid ourselves of evil is to offer it as food for the spirits of good. The fourteenth card of the tarot represents an angel decanting a liquid from an urn of silver (the metal associated with the moon) into an urn of gold (the metal associated with the sun). To initiates, this image conveys the idea of the lower self, symbolized by the moon, transfused into the higher self, symbolized by the sun. This transfusion can be achieved only if the lower self is diluted and diminished, so that the higher self may benefit. This, then, is the work of an intelligent disciple: domination of the chaotic forces of the lower nature, so that they may serve the higher self. There is no other way to vanquish evil.

(OCTOBER 23, 1998)

Because our spirit is subjected to the limitations of matter, it is unable to manifest fully. Up above, in its own sphere, the spirit has unlimited powers, it is omnipotent. It is the matter down here, in us and around us, that imposes limitations on it. But thanks to the constancy of our daily efforts, the spirit cuts a path through, little by little and in the end succeeds in overcoming the obstacles and transforms everything. The spirit is said to have 'supernatural' powers. No, in fact there is nothing supernatural about the spirit. What we call miracles or wonders, all these events that appear to go against the laws of nature, are neither supernatural, supranatural, nor anti-natural. They simply obey other laws, which are just as natural and which are those of the spirit.

(OCTOBER 24, 2002)

GUIDELINES FOR SPIRITUAL WORK

Many people set on the spiritual path with the idea of throwing themselves immediately into great undertakings, and as they have no idea of the difficulties that lie ahead, accidents and disappointments inevitably follow. Supposing you decide to jump over a very large, wide chasm without any preparatory training: You will tumble in and when you manage to scramble out – if you ever do – you will be so shaken you will swear never to try even the smallest leap again. On the other hand, supposing you start by learning to jump a ditch fifty centimetres wide, and then one of sixty centimetres and so on; you will eventually manage to leap very great distances because, little by little, you gained confidence in yourself. The same is true in the spiritual life. I have given you so many methods to practise – words to say, gestures to make, ways of gaining self-mastery – but you find these too inconsequential, so you do not use them. However, it is precisely these little practices which will help you to go very far, whereas grandiose activities will be your downfall. Many people have wanted to become clairvoyants, magicians and so on, by throwing themselves into occult practices and in so doing, have gone out of their minds.

(OCTOBER 26, 1998)

Vigilance is vital to spiritual progress. Therefore, every moment of the day, be aware of what enters you and what leaves you, analyze the thoughts, wishes and feelings that go through you, but also analyze the energies that leave you. It is in your inner laboratory that you must examine the reality of things and ascertain whether you are moving forwards or backwards. If you are not aware, how can you know what is going on?

There have been times when I have asked someone: 'What are you thinking about?' and their reply has been: 'I don't know.' I find this really quite astounding. Currents and entities are entering and leaving these people and they are not even aware of the comings and goings. How can people like that be in control of the situation? They will always be weak and defeated. Whatever the currents passing through you, you must recognize their nature, the regions from which they have come; this is how you will progress. In an initiatic school there is only room for people who have awareness.

(OCTOBER 29, 2002)

Learn to look upon men and women with a feeling of sacredness, and behind their appearance and behind their shape of their body or their face you will discover their soul and their spirit which are the son and daughter of God. If you can let your attention rest on their soul and their spirit, all God's creatures that you have neglected, abandoned and despised in the past will seem extremely precious. Heaven, which sent them on earth in all kinds of disguises, looks upon them as treasures, as receptacles of Divinity. So, whenever you meet anyone, instead of focusing on their physical appearance, their wealth, their position or their education, look at their soul and their spirit, otherwise you will never come to know their quintessence. Tell yourself that, in the eyes of God who created them, even those who walk around on earth as beggars or tramps are princes and princesses.

(OCTOBER 31, 1999)

Since we are on earth for only a very short time, it is no use wasting our energies in search of honors, titles, possessions, which we will necessarily have to abandon when we leave this world. This is the first thing a disciple of an initiatic school must be aware of: When he dies he will leave behind all his material, exterior acquisitions. And once he is aware of this, he tries to concentrate on eternal and indestructible riches, so that they may bear fruit until his departure from the physical plane. He thus accumulates precious particles in his subtle bodies and when he leaves the earth, he goes directly into the regions where he picked up these particles. For there is a law that says if you attract within you an abundance of luminous particles, one day you will be forced to go to the regions of light where they came from. Because of the law of affinity,

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

GUIDELINES FOR SPIRITUAL WORK

you will be introduced into the celestial regions by these very elements and will live for an eternity of joy, discovering the splendors of the universe. **(NOVEMBER 2, 2001)**

It is normal to feel antipathy towards certain people, because human beings are not capable of that universal consciousness which allows harmonious empathy with everything and everybody. We shall always experience some aversions, be it to a food, to certain objects, faces or behaviour. When we come to earth we take on a body in some family or other, and this body does not vibrate perfectly in harmony with the whole universe and all living creatures.

But should we allow this state of affairs to influence everything we do? No. Of course, it is far easier to go along with all that is pleasant. But why not listen to the voice of wisdom that sees things from a different perspective and strongly advises against acting only according to our likes and dislikes. Why not widen our horizons, seeking what is good not only for ourselves, but for others too?

Eventually we must come to grips with this capricious nature of ours which loves this and detests that, instead of being forever at its beck and call. Many people have taken a fall through living only according to personal tastes and tendencies. **(NOVEMBER 2, 1998)**

Each field of specialization has its own, appropriate methods and it is pointless to try to get results by using instruments or methods that are not adapted to their purpose. And yet many spiritualists make the mistake that a hungry man would be making if, instead of getting up and going to get something to eat from the cupboard, he thought he could satisfy his hunger by concentrating on the thought of food. They have arms and legs, eyes and a mouth with which to get what they need, but they prefer to pester Heaven with their material demands. And Heaven does not like that. It says, 'Look old man, you have been given everything you need to take care of yourself. Why are you so ignorant and idle?

When you want light, wisdom, peace or any other spiritual gift, you should obtain it by means of thought (meditation, prayer and contemplation). But for material acquisitions there are other means. **(NOVEMBER 7, 1988)**

If human beings fail to evolve it is because they do not keep repeating certain truths which they should repeat to themselves twenty or thirty times a day. Yes, when you do something that is not particularly just or noble, it is because you have forgotten the truths and laws which, if you had reminded yourself of them, would have enabled you to triumph over your weaknesses. It is important to realize how useful repetition can be. Actually, aren't there a great many things that you find it absolutely normal to repeat constantly? You eat and drink several times a day; you sleep and breathe and even make the same silly mistakes over and over again! And yet you cannot bear to hear someone repeating truths that could completely transform you. I ask you: Is that intelligent? **(NOVEMBER 7, 1987)**

In the world in which human beings live, billions of other entities come and go, and although you cannot see or feel them, if you do not consecrate your house and surround it with a shield of light, inferior creatures will slip in through your open doors and do a great deal of damage. We see many examples in nature of how the different species of birds, animals and insects protect themselves by building defences around their homes to conceal them from predators. How is it that man is so naive and trusting as to believe that he is not in danger, that he will always be safe from his enemies? Millions of entities have sworn to wipe out mankind and are hard at work day and night trying to do so. Fortunately, mankind also has its protectors, luminous entities who are overflowing with love, and thanks to whom mankind has not already been destroyed. But we should work consciously to help them to protect us. **(NOVEMBER 8, 1995)**

12

Can '**Prenatal** and '**Perinatal Education**' as well as '**Spiritual Electroplating**' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

Benjamin for further information: **CIEL.SUR.TERRE@WEB.DE**

GUIDELINES FOR SPIRITUAL WORK

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

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

(NOVEMBER 9, 2003)

Human beings are aware they have certain instinctive tendencies. Depending on what they are, they abandon themselves to them or they quell them, but rarely do they stop to study them to discover where they come from and what they mean. All these tendencies are a language, however. Why, for instance, do men have the instinct of undressing women to look at them naked? Some will be shocked at this and say: 'And what language could there possibly be in that? These are things that shouldn't be talked about.' Very well, but since it is a deeply rooted instinct in men, they will continue to give in to it without ever understanding what it is a sign of and how they can use it to further their spiritual development.

Cosmic Intelligence in fact wants to encourage men to go beyond appearances and so discover another reality. Men must learn to look at women beyond their physical nudity, in the nudity of their soul and their spirit, in other words in the greatest purity, in the greatest light. Because up above there is no more ugliness or impurity, only innocence and splendour.

(NOVEMBER 9, 2002)

Suppose you own a field and in this field you plant both rye grass and wheat at the same time. Both will grow together, because the soil nourishes all seeds, the good as well as the bad. You cannot tell the soil it is stupid, that it should have suffocated the bad seeds and let only the good seed grow, because it will reply: 'I don't understand what you're saying. My job is to nourish and protect all seeds, without concerning myself with their qualities. As far as I'm concerned everything is good, even the bad is good.' And it is the same with your inner soil. If you sow good desires then the harvest will be wonderful, but if you sow bad desires, Nature will also nourish and strengthen them because bad also has scope to grow. Until when? Until harvest time. This is when the master of the field will give the order to burn the weeds and to fill the stores with the good grain. And this is what Jesus explains in the parable of the good seed and the weeds. He knew bad has as much right to grow as good. It is up to man not to sow the bad.

(NOVEMBER 12, 2000)

Human beings are inhabited by an age-old instinct driving them to give free rein to their impulses, however base these may be. Over the years they have felt the need for some moral rules, not from a true need to live moral lives, however, but because they have found it to be in their best interest. Indeed if theft and any kind of aggression are prohibited and punished then life is far safer for everyone. But this 'moral life' is far from being perfect because human beings continue to try and live their lives at the expense of others. They even go so far as to seek to eliminate them all together. This may not always be on the physical plane – because they risk

Can '*Prenatal and Perinatal Education*' as well as '*Spiritual Electroplating*' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

Benjamin for further information: CIEL.SUR.TERRE@WEB.DE

GUIDELINES FOR SPIRITUAL WORK

being caught and punished – but on other planes where it is not so obvious. They steal others people's thoughts, they steal their feelings or even destroy them with what they say and write. So the same instincts basically manifest themselves and the same crimes are committed, but in more subtle forms and spheres. So long as human beings are not instructed in initiatic science and so learn to give their instincts a spiritual direction, all their lower impulses will remain destructive forces, which will succeed in finding their own way. **(NOVEMBER 13, 2000)**

Heaven does not require that people be perfect, only that they work to perfect themselves. One day everyone should be able to say, 'Now I understand. I am sowing these seeds in my soul - luminous thoughts and feelings, the love of a high ideal - and I shall continue to watch over them, to warm them, water them, and nourish them with all that is best in me. I know that the universe is governed by laws, and that according to one of these laws, every seed eventually produces fruit.' This is an expression of true faith. And it means that, whatever religion you may belong to - Christianity, Islam, Judaism, Hinduism, Buddhism, or any other - until you understand this law and apply it in your life, you do not possess faith but only beliefs, which cannot get you very far. Rather, they can take you a long way, but it is down the road of laziness, failure, discouragement, rebellion, and so on. **(NOVEMBER 12, 2003)**

Man descended from the Heavenly regions by means of a process known as 'involution'. As he became more deeply immersed in matter and the distance that separated him from the primordial Fire became greater, he clothed himself in a succession of bodies that became progressively heavier and denser until he reached the stage of the physical body, just as, when we go out of doors in the cold of the winter, we put on successive layers of clothes, starting with a vest, shirt and pullover and ending with an overcoat.

And now, in order to return to where he came from, man must, symbolically, undress; that is to say, he must divest himself of all that weighs him down and, instead of accumulating, must learn to give things up and free himself. It is the process of accumulation that is so conducive to the downward movement. Every thought, feeling or desire that is not completely spiritual clings to us like ice on the branches of a tree in winter. It is only when the sun comes out in the spring that the ice melts and we can become ourselves again. It is only when we have divested ourselves of all useless encumbrances that we shall be able to feel the divine breath within us once again.

(NOVEMBER 16, 1988)

There have been many mystics and religious in the past who thought that spirituality meant eating and drinking whatever came to hand, never washing (is this where the expression 'the odour of sanctity' came from, I wonder!) and living in dreadfully unhygienic conditions. Of course, this had the advantage of teaching them not to satisfy only their bodily appetites, not to lose themselves in sensual pleasures, for when man does that, it is true, there is no room for the spirit. But it was very exaggerated all the same, and many of them deprived themselves even of necessities, with the result that they fell ill – which did not make it any easier for the spirit to manifest itself! One must be reasonable and maintain a balance, and do whatever is necessary to keep one's physical body in good condition, so that when the spirit brings inspiration and revelations, the physical body will not hinder it by being weak and ill. **(NOVEMBER 16, 1987)**

A disciple has to cultivate sensitivity. I am not talking about the sickly, neurotic sensitivity which is mortally wounded or incapacitated by the slightest word, the slightest criticism. Unfortunately, everybody already has that kind of sensitivity; it is all common, but that is not true sensitivity. True sensitivity is the capacity to perceive what is going on in the invisible world; to sense the currents and invisible entities that surround us and come in and out of us. The fact is that there

GUIDELINES FOR SPIRITUAL WORK

is much more going on in the psychic world than in the physical world, so it is there, in the psychic world that we should learn to sense thoughts, feelings, currents, the presence of invisible entities and all that is subtle and intangible. True sensitivity, therefore, is sensitivity in respect to the invisible world and, above all, to all that the invisible world contains that is most luminous and divine. **(NOVEMBER 17, 1988)**

You cannot rid yourself of your faults. You will say: 'But you are always asking us to improve ourselves; how can we do this if we cannot rid ourselves of our faults?' You cannot rid yourself of your faults, but you can work on your lower tendencies and transpose them on to a different plane. This is what is generally referred to as sublimation. A pyromaniac for instance will always want to light fires, but he will learn there are other fires to light, and so instead of setting light to forests or buildings and destroying everything, he will kindle hearts with the fire of divine Love and will warm them and vivify them. He will not lose the need to light fires, but he will give this need a nobler, more beneficial form. All lower tendencies – violence, selfishness, vanity, and sensuality and so on – can be transposed on to a higher plane in this way. The faults with which we are born form an inherent part of our make-up, of our temperament and we cannot eradicate them, but we can correct them by transposing them on to a higher plane. **(NOVEMBER 18, 2000)**

Only the Absolute, God Himself, can fulfill you, and it is only if you persevere in your quest for God that you can obtain all that you desire – and even more. The great thing is to understand the nature of what you are doing and never to be discouraged. Anyone who reflects on the nature of his activity knows that certain difficulties are occupational hazards that come with the job. But this does not prevent him from persevering, for he knows that every occupation has its drawbacks. Why should people who have chosen the spiritual life not experience occupational hazards like everybody else? If they give way to discouragement and abandon their chosen path it shows that they have not understood this; if they had, their difficulties would stimulate them to continue with even greater ardor. When you are discouraged, your very discouragement should be a reason to renew your courage. This is true alchemy, the true philosophers' stone. **(NOVEMBER 19, 2001)**

When someone starts to bombard you with explanations about the spiritual work they are undertaking, beware, because this is a person who does not really know what they are talking about. Bragging about your spiritual work is not true spirituality. This is why I would suggest you keep secret all you do and the results you seek to achieve in this field. In any case, by keeping your work secret you will maintain the impetus, the ardour and the enthusiasm you need to progress. And if what you are doing is truly beautiful, luminous and divine you can be sure that one day this will show, and everyone will sense the blessings emanating from you. **(NOVEMBER 19, 2000)**

When we speak about 'attention', we must know that this work can be interpreted in several ways. Usually, of course, it means that sustained attention we all need in order to do our work effectively, to understand what has been said to us, or to read a book, etc. However, there is another form of attention known as self-awareness of all our inner experiences and phenomena, all passing desires and thoughts, all influences and conflicts. It is this attention that is not yet sufficiently developed.

The Gospels say, 'Be vigilant, because the devil, like a roaring lion, is ready to devour you.' Take heart, because you will see neither lions nor devils in the flesh! It is inside that these creatures threaten you, trying to overpower you with desires, plans, passions and jealousy, and you must be very attentive or they will devour you. **(NOVEMBER 19, 1998)**

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

GUIDELINES FOR SPIRITUAL WORK

In a human being there are some deep-rooted tendencies that nothing can extirpate. And there exist also other tendencies that, on the contrary, should constantly be encouraged and sustained by advice, reading, prayer, otherwise they will disappear almost completely.

For example, when it is a matter of hunger, thirst, sleep or a need to possess, to impose yourself or taste some pleasures, nobody has to talk you into it, since these instincts are already present and so firmly rooted that, even if you wanted to, you could not get rid of them. But when it is a matter of showing wisdom and foresight, or manifesting qualities of self-control, unselfishness, generosity ... well, it is every day that you need to be stimulated. And this is the *raison d'être* of a spiritual teaching: to remind you of the presence within you of some divine seeds to which you must turn your attention daily, so as to protect, warm, enlighten and also water them, just as a gardener watches over the growth of rare and fragile flowers in his garden.

(NOVEMBER 21, 2001)

Man has every possibility within himself, but he does not know it. And this is why he always looks elsewhere for the means to solve his problems; always outside, never inside himself. But the means he finds on the outside are only suitable for working on matter; they are of no use in helping him to transform himself inwardly or to work on his soul and spirit. When it comes to developing his physical body, that is all right: He can use various instruments or external forces, but when it is a question of becoming one with God the only effective means are those he finds within himself. This is why it is so important for a disciple to explore and develop all the possibilities God has implanted in him. When God created us He gave us all the means we needed to reach perfection and fulfillment. These means reside in our powers of thought; for this reason it is important to acquire the habit of working every day to unite oneself with God and to learn to love this work.

(NOVEMBER 21, 1987)

If you decide to build a house, it will be a matter of only a few months before everybody can see it. But if you create something on the spiritual realm, nothing will be visible, even to you. This makes you uncertain and doubtful, and after a time you feel tempted to abandon your efforts in favour of activities which show tangible results, just like the rest of the world. Well, you are free to do as you wish, but one day, even if you are wonderfully successful, you will feel that something is lacking inside.

This is normal, because you have neglected the essential work: you have not yet planted anything in the realms of light, wisdom, love, power and eternity. Only your inner successes truly belong to you, because they are the only ones that take root inside you: they are the precious stones – the qualities and virtues – that you will take with you in your soul, in your heart and in your spirit when you pass on to the other side. And your name will be inscribed in the book of eternal life.

(NOVEMBER 22, 1998)

Let your spiritual work take first place in your life. Do not be discouraged if no one appreciates your efforts. You are not working for them; you are working for yourself. Next time you come back to earth all these spiritual treasures you are acquiring today will come back with you in the form of conditions in which you can flourish and fulfil yourself.

If you find that you have still not managed to acquire a particular virtue, or to overcome a particular vice or bad habit, tell yourself that everything is more difficult today because you did not work well in the past, and that it is high time to start work. Even if you have only one year to life, you must begin, and you will see how many things change.

(NOVEMBER 26, 1995)

Picture a married couple: one of the partners is intelligent, highly evolved and capable of making rapid progress; the other is ignorant and mediocre and makes very slow progress. On order to

GUIDELINES FOR SPIRITUAL WORK

maintain a certain balance between them, it is indispensable that the one who advances more rapidly should show great patience and kindness, and restrain his burning desire to advance so as not to leave his partner far behind. You must never forget your spouse who is trotting along behind! It is no use being critical of him at this stage, you should have thought about that before, and if you were not satisfied with his capacity to advance you should not have married!

There is only one case in which a man or woman is free to go ahead without waiting for their spouse, and that is when he or she has shown great love and kindness, made sacrifices in order to advance together and has already warned the other, but the other has paid no attention. In this case there is no obligation to regard one's own progress in order to please someone who has decided to make no effort. On the other hand, if the one who is behind does make an effort, his partner has no right to leave him, it is forbidden by divine law. **(NOVEMBER 26, 1987)**

The thoughts that pass through us are not abstractions, they are living entities. This is why you must always be aware and watch them. Some are like children who need to be fed, washed and educated; without your knowing, they cling on to you, they take away your strength and exhaust you. Others go off into the world to steal, plunder and destroy, but since there is a spiritual 'police force', it comes to find you to make you understand that you are responsible for the damage these children have caused. You are then taken to the invisible law courts and sentenced to pay compensation and interest, and these payments are sorrows, sadness and bitterness. So, from now on, work at making angelical, divine children with your thoughts, children who will surround you and bring you only blessings. **(NOVEMBER 29, 2002)**

So long as they are young and well human beings never think about the principle of disintegration at work within them which, one day, will gain the upper hand. They tend to think the world belongs to them and the future will always be rosy. And then what a surprise when they see everything on the physical plane beginning to escape them. In this merciless struggle between the principle of life and the principle of death, some people seek to hold on to life by any means, and this may lead them to all kinds of senseless acts. They throw everything they should have used towards their spiritual work into the battle and they lose everything.

We have not come into the world to stay for ever young and in good health. We have come here as apprentices, to train. The wise are those who know the lie of the road they are following and endeavour to use everything. In the spiritual world our ascent is continuous, uninterrupted. Down here, however, whatever we do, our face will become wrinkled, our hair will go grey and our teeth will fall out. But we must understand that our outer appearance is not important if behind this grey hair and the wrinkles lies the radiance of spiritual life. **(NOVEMBER 30, 2000)**

When we gather a fire, the fire becomes the centre of the group and it is toward this symbolic centre of light, warmth and life that we must send our thoughts and prayers. We meet each other in the fire: our soul and our thoughts meet in the fire provided we are aware and understand the significance of such a reunion, of such a ceremony. Why are we gathered around a fire? To give 'flesh and blood' to a divine idea by wrapping it in our love, so giving it all the elements it needs to become material reality. We must do everything in our power to ensure that our friends from the invisible world find an abundance of this matter within us, this love with which they can envelop the child that must be born: the Kingdom of God on earth. **(NOVEMBER 30, 1999)**

Each time we come back to reincarnate on earth we pass through the mental, astral, etheric and physical planes and take from them the materials we need to weave our own garment, the garment that is our body. Once on the physical plane we remember nothing about the other regions we travelled through, or about the experiences and discoveries we made on the way.

Can '**Prenatal and Perinatal Education**' as well as '**Spiritual Electroplating**' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

Benjamin for further information: **CIEL.SUR.TERRE@WEB.DE**

GUIDELINES FOR SPIRITUAL WORK

Without our realizing it, however, all this is recorded within us, and if we want to call it to mind we must live according to the rules of initiatic science. Those who want to delve into this age-old memory has to submit to certain rules and disciplines laid down by the great masters of mankind. In this way they can recall from the depth of their being all that they have seen and experienced on the subtler planes. For those who refuse to make the effort, however, the memory of the past will be postponed indefinitely. **(DECEMBER 6, 1995)**

Even if you are the most disadvantaged, deprived of creatures, you have no right to think that your life is lost. Your intellect, your heart, your physical body may be in a sorry state, but you must realize that there is always something you can do. And what might this be? Even simply concentrating on the qualities you would like to have. Work relentlessly at forming a picture in your mind of how you would ideally like to be. You will have results in the next incarnation and even in this one something will change in you because of the efforts you are making. No wish, no desire, be it good or bad, remains without results. The moment you have a wish, it is realized in the invisible world. It takes a long time for it to be realized in the physical plane, but as you wait, the very beauty of this wish begins to reflect on you and impregnate the whole of your being. **(DECEMBER 8, 2002)**

In the spiritual life, even more than in other areas of life, it is dangerous to try to take short cuts. What good would it do, for instance, if I gave you a talisman and told you that you could use it to call up the spirits? If you tried to do so it would destroy you, for you are still far too weak and inexperienced. You will be ready to receive the great secrets of initiation only when you have learned to take seriously all the questions that you still consider to be insignificant. You are not interested in practising self-mastery, stability, patience, generosity or selflessness, and yet it is such things as these that will be your salvation. The things you are interested in are more likely to lead to disaster. Go back and study all those rules and methods that you have pushed aside as being of secondary importance. Once you have done this you will be ready to approach realms for which the greatest possible control of thoughts and feelings is necessary. **(DECEMBER 10, 1995)**

If you want to lead a spiritual life, you must first of all quieten, tame and direct all your tendencies toward the one and only aim: self-perfection. When all the particles of your being are tuned to this ideal, they will vibrate in harmony and you will feel real benefits from your spiritual experiences. If this were not so, spirituality would be a risky adventure. One must realize that one cannot automatically enter the invisible world with impurity, because it is inhabited by innumerable creatures who are not necessarily luminous and friendly towards human beings. If you push your way through the doors of the invisible world, motivated by impure or selfish intentions, you will not find angels there to greet you: Rather, it would be like venturing into a wild forest full of savage animals and running the risk of attack by snakes, poisonous insects, etc. Yes, that is exactly what will happen if you venture into the invisible world without suitable preparation. **(DECEMBER 12, 1998)**

All our thoughts and feelings leave traces on our physical body, for every manifestation in the subtle world ends by becoming a material reality. The law of materialization is one of the first things initiates teach their disciples, for their awareness of this makes them more prudent, vigilant and self-disciplined. Each thought and each sentiment, whether true or false, good or bad, marks one's face with an image, a form or a line, which animates it and renders it more expressive and more harmonious ... or the opposite! This is why those who want to recapture their divine visage keep a close watch on their thoughts and feelings. **(DECEMBER 14, 1995)**

GUIDELINES FOR SPIRITUAL WORK

How much time do you actually spend with the outside world? A few minutes, a few hours ... And how much of your time is spent with just yourself? Day and night, your whole existence. This shows that your inner life is more important. You must therefore see to it that abundance, riches and order are within you rather than on the outside. But the outside world is filled with objects, products, devices, structures, weapons of all kinds, whereas on the inside, people live increasingly in disorder, weakness, poverty and emptiness. It is time they began to build on the inside all they are busy building on the outside. It is within that we should have riches, beauty and strength, because what we have achieved in this way, nothing or no-one will be able to take away. **(DECEMBER 17, 2002)**

Spiritual exercises are nothing by themselves. They only become truly effective and beneficial if they are done in the light of a teaching which gives disciples knowledge about the invisible world, the different beings that inhabit this world, the laws governing it and the forces circulating in it. And what is even more important is that disciples should learn how human beings are built, and which organs and spiritual centres within them allow them to communicate with the luminous regions of space. But this is still not sufficient. Once the disciple has this knowledge, he must decide to change the way he lives his life and to give up activities in contradiction with the aims of initiatic science. This is what is most important. When you begin to take this into account you will not restrict yourself merely to an intellectual understanding of spirituality, but you will have true understanding, which invades the entire body, to the very last cell, and each exercise will then be effective and beneficial for you. **(DECEMBER 17, 2000)**

How can you hope to detain Heavenly entities as they fly by, and get them to visit you, if you do nothing to catch their attention? You must at least show a signal, a light of some kind. Try every day to project flashes and fireworks of bright, pure colours from your heart, soul and spirit. When these Heavenly entities see them they will exclaim, 'Oh, look at those lights down there. Let's go and join the celebration!' Then, on coming closer, they will feel drawn to you in friendship, and may even decide to stay and help you. If they do, everything will be much easier for you. This is why it is worth changing your way of life: to win the friendship of these higher spirits so that they come and help you to work for the coming of the Kingdom of God on earth. **(DECEMBER 17, 1995)**

Spiritual life should not be embarked upon rashly, because you can get lost in it just as much as you can get lost at sea without a compass. Although in spiritual life too you can have a compass. There are also other ways of finding your way even if you cannot see where you are going. What do the occupants of a submarine do to find their way around at the bottom of the sea? Nothing, but the submarine is equipped with devices giving out readings that the captain can interpret and so avoid accidents. Well, human beings are like submarines insofar as, inwardly, they carry devices that allow them to find their way in the invisible world. For the moment, however, these devices are covered in rust because they have not been used for incarnations or they are broken because of the disordered life these human beings have led. So it is now up to them to put them back in working order. **(OCTOBER 6, 2002)**

You decide to live your life more according to your spiritual ideal by devoting more time to prayer and meditation. A week or ten days go by, and as you find there is little change you say to yourself: 'This is a waste of time. I'm not achieving anything.' Well, this proves you do not know the laws of spiritual work. If you are not achieving great results through thought, it is because you have not really devoted yourself to this work in previous incarnations. Your psychic matter has become so opaque that it is putting up great resistance and in order to change it, to make it

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

GUIDELINES FOR SPIRITUAL WORK

sensitive, you will need a great deal of time. If you had already spent time working towards achieving this end, your matter would now be far more flexible and easy to educate. This preparation would have made the work of the spirit easier within you. The spirit is the greatest power that exists, but you have to understand the conditions in which he thrives. So, do not waste precious time prevaricating; begin your spiritual work today. **(OCTOBER 1, 2000)**

If people are so lacking in psychology it is because they are always too preoccupied with themselves. They are blinded by the veil of their egotistical, personal lower nature which prevents them from seeing what goes on in the minds and hearts of others. Even when they love someone, this veil prevents them from really seeing them, and they are sometimes astonished when their husbands or wives, their children or their friends, suddenly seem to be transformed: they had no way of foreseeing or sensing that such a transformation was imminent. Only he who has gained the mastery of his lower nature and is capable of forgetting about his own interests can ever really know and understand others. **(OCTOBER 11, 1988)**

Our different levels of consciousness correspond to the different kingdoms of nature: the unconscious corresponds to minerals; subconscious corresponds to plants; consciousness to animals; self-consciousness to human beings and superconsciousness to supermen and Initiates. The subconscious, which is linked to the vegetable kingdom, is very close to the physical plane, the plane of concrete realizations, whereas the gap between superconsciousness and the material world is much wider. This explains why one of the keys to successful realizations is to bring your desires down into your subconscious. Once you know this you can practice certain exercises. If, for instance, you want to obtain something on the spiritual level, you can concentrate and meditate on it just before going to sleep and while you are asleep, the forces of your subconscious will help to make it come true. **(OCTOBER 12, 1987)**

True artists are people who want the beauty and harmony of creation to pass through them, to be reflected through them. This is why they use their own flesh as sculpting material, as painting-canvas, and their chisel, their brushes, are their thoughts and feelings. Beauty is a living reality, whose source remains hidden deep within a person and which, when it gushes forth, impregnates the entire body, the skin, the eyes, the smile and even the voice. But only luminous thoughts and feelings of unselfish love can bestow this beauty on you. And then everywhere you go you leave behind the scent of blossoming flowers and ripening fruit from the garden of your soul. **(OCTOBER 15, 2000)**

There is great wisdom in knowing how to work in rhythm with the seasons. A farmer has to know when to plough and sow and harvest, otherwise his crops will fail. Solomon said, 'To every thing there is a season, and a time for every purpose under the Heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted ... a time to break down and a time to build up ... a time to embrace, and a time to refrain from embracing.' Many people read Ecclesiastes without realizing that Solomon was speaking from a cabbalistic, magical point of view. The Cabbalah explains how to determine the right time for each thing. It is a science in itself to know how to work in each of the four seasons with the four elements, the four cardinal points, the four archangels, and with crystals, precious stones and their corresponding entities. **(OCTOBER 16, 1995)**

If you are capable of showing goodness and generosity do not be tempted to think the source of these virtues lives within you. No, the impulse that moves you comes from very far away and

GUIDELINES FOR SPIRITUAL WORK

you are merely a conductor, a transmitter of the entities of love. These entities have chosen you as a messenger because you have been working in this direction and you hold the necessary elements, the appropriate state for this transmission. And if you have prepared your brain to become a messenger of wisdom then other entities manifest themselves through you to propagate light. And it is the same for willpower, purity, beauty, etc. Nature is faithful and truthful. She determines and classifies everyone according to their work, their ideal and so each of us becomes a medium for the entities attracted by our aspirations. **(OCTOBER 19, 2000)**

Before launching yourself into all kinds of psychical experiences that may put you in danger, first work at becoming a real master of yourself, taking care to watch carefully over your desires and your aspirations. Only then will you be sure you will be able to defend yourself, even if you are exposed to danger, because the perils that you encounter in the psychic world are as numerous and deadly – if not more so – than those of the physical world. If you did not first work to prepare yourselves you will be vulnerable and then you will find yourselves in such a state that all you can do is to shout and go around complaining to everyone about your experiences. So many so-called spiritual people have ended up victims of the entities and forces they have foolishly called forth. They believe they are being followed by monsters: They live in hell. Of course they do not understand how this has happened to them. It is quite simple, however: By seeking to penetrate the astral world for all the wrong reasons – curiosity and cupidity – they have attracted entities which have made them live, really, in hell. Because that is what hell is: The lower astral world. **(OCTOBER 19, 1999)**

Now that you have been introduced to initiatic truths, you cannot afford to be thoughtless or careless; you are forced to watch yourself and this is a good thing. As long as you are unaware, you are perhaps excusable for your mistakes; ignorance will not prevent you from suffering from these errors, but you will not be held as responsible as if you had been well-informed. When we know something and still continue to walk on the wrong path, Heaven is much more severe in its punishment. And now do not say, 'Then, if Heaven is going to demand more of me, I prefer to remain ignorant.' It is always better to be informed, even if you must suffer, knowledge is preferable because, one day, it will bear fruit. Darkness awaits you if you are without knowledge and it is much better to be in the light, if only to see what still needs to be improved within yourself. **(OCTOBER 26, 2001)**

Unless you are alive and well nourished to begin with, you can philosophize or do scientific research or practice the arts until the cows come home, but it will all be in vain. Therefore, what is of prime importance is that you are well nourished and alive, and then, if you have the time and are so inclined, you can practice all the disciplines you wish. Universities and academies give students a great deal of learning but no nourishment. That is why students tend to stagger along on unsteady legs, with empty hearts and a fog before their eyes. Students in the school of great initiates fare very differently: There they are well nourished, and when they become strong and robust they are given a plough, taught how to till the soil and encouraged to get down to hard work. You may say, 'But we don't want to till the soil!' Obviously, this is symbolic: The earth I am referring to is something we all possess – our minds. Those who know how to work their own soil and plant good seed in it will eat their fill to the end of their days. Others may find their plot full of thistles, thorn bushes and brambles – not only useless, but also harmful, both to themselves and to all their near and dear ones. **(OCTOBER 27, 1998)**

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

GUIDELINES FOR SPIRITUAL WORK

Victory does not consist in liquidating your enemies. Victory consists in transforming your enemies into friends. In this way, instead of being surrounded by people whose one idea is to injure you, you will be surrounded by people who are bent on helping you. It is difficult to achieve this, of course. It is very easy to shoot someone, put a few drops of poison in his drink, or blow up his house by planting a bomb or turning on the gas. But to work both on yourself and on him so that he becomes your friend is very difficult. Very difficult, yes; but it is also very worthwhile, and in doing it you show that you are on the right track. **(OCTOBER 29, 1995)**

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

I am sure that you have plenty of ideas and that they are all absolutely splendid! But have you anything to show for them? No, nothing! In that case it is obvious that you still have a lot of work to do to bring your ideas down onto the material plane. Yes, that is where the problem lies: You must bring them down. It is no good crowing about your splendid ideas because they will simply leave you to starve to death if you never manage to bring them down into your heart and will; that is, into your feelings and actions. A great many people have ideas but that is not enough, for there is no connection between their ideas and the way they feel and behave. There must be a link, a connection, a bridge. Thought is not capable of transforming matter by acting on it directly; it needs an intermediary and that intermediary is feeling. Ideas take on flesh and blood and make contact with matter through feelings. **(OCTOBER 28, 1987)**

Never forget that it is your mental work that is the most important, for it is by means of thought that you draw nearer, day by day, to your ideal. By means of your prayers and meditations you add an element to your edifice every day: a brick here, a truss there, a little cement, a plank, a few nails ... it is wonderful how it all grows! What joy to feel that one is actually accomplishing something, that one is making progress! In fact it is possible that you will not know such deep-seated joy once your construction is completed: you may feel a little let down to have no more work to do! Man's happiness lies more in work, activity and hope than in the final achievement. **(OCTOBER 30, 1987)**

The study of the Sephirotic Tree, the Tree of Life, gives a very clear view of the spiritual work you must accomplish and is a method that can serve you to the end of your days. Your mind will stop wandering aimlessly as you follow its path, and the further you manage to advance, the more blessings you will receive. Refer frequently to the Sephirotic Tree and you will light lamps within you, which will not only enlighten you, but also purify and strengthen you, bringing you vitality and beauty. Perhaps you will always find this image mysterious and will thus never fully manifest all the virtues and powers it represents. However, it will serve as an illustration of the ideal world that draws you ever higher. **(OCTOBER 31, 1998)**

GUIDELINES FOR SPIRITUAL WORK

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

To find plenty we must deprive ourselves. Those who are wise have understood this and say: 'I shall deprive myself of these few grains of wheat and I will then be able to harvest thousands of them.' And instead of eating the grains, they sow them and so end up being able to harvest an entire field. The unwise, on the other hand, say: 'Why should I deprive myself? I shall eat them all.' And then after a while they have nothing left and are destitute. We have to eat, but only a little and sow the rest. Of course the grains I am referring to here are symbolic. They are our thoughts and our feelings, which we must learn to sow. Our thoughts and feelings can work for the good of everyone, provided they are not eaten, in other words, that they are not put into the service of our selfish interests. People who are able to deprive themselves, reap such abundant harvests that they not only never want for anything, but they can also feed the entire world.
(NOVEMBER 4, 2002)

Only our example can convince those around you of the value of the philosophy or teaching you are following. Let this be very clear for you: The teaching of the Universal Brotherhood of Light must not be used to tell others what they must do, nor to make it your business to give them advice, but rather to become, you yourself, a living and beneficial example for everyone. The goal of our teaching is to help bring light and peace to the world; so, if you truly want to show that you are worthy of representing it, you must first of all be able to rise above your self-interest and think more about the interests of the community. If you are able to live in this spirit, you will release such power that, even if you say nothing, you will bring the greatest benedictions on those around you. So, do not concern yourself with other people's weaknesses, do not preach at them, but try to live together while setting an example of selflessness, patience and love.
(NOVEMBER 4, 2001)

Why are there so many people who are mentally, spiritually and emotionally unbalanced? Because they have developed the feminine principle too much within themselves, the principle that is passive and receptive. These people unreservedly open themselves up to all influences and after a time they lose their way. They should therefore ponder, study, analyze the effects these influences have on their inner life and only accept those which are beneficial and reject the others. In other words they must develop the masculine principle within themselves. And this is particularly true for people with mediumistic faculties in that they imply receptivity. The crystal ball used by some mediums as an aid to their clairvoyance is the equivalent to the feminine principle in nature – water. Being a medium implies being receptive to spirits and energies in the invisible world. But these spirits and energies are not all luminous, pure and beneficial. It is therefore important for all those with natural mediumistic gifts to train themselves to determine the nature of these psychic energies and to develop their will so that they can reject the dark energies.
(NOVEMBER 6, 2000)

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

GUIDELINES FOR SPIRITUAL WORK

Since man has left the bosom of the Eternal Father and undertaken a long downward journey into matter, he needs all the means that matter can provide in order to survive. There is nothing wrong with this, on condition that he uses those means in order to return to the Source. Now that he has gone so far, it is impossible for him simply to climb back again directly, without support or the help of any tools or instruments. So, on condition that he decides to use the means he possesses in order to return to the Source and not to dissipate his energies and drift further from the Lord, it is far wiser and more reasonable to make use of them.

What matters, you see, is the goal, the orientation, the reason why you do things. To eat, breathe and walk about, to work or to love are all excellent activities to the extent to which you do everything possible to return to the Source. **(NOVEMBER 6, 1988)**

However developed it may be, we must not depend too much on the intellect, with the idea that it will guide us, give us the key to the great mysteries of the universe, or reveal to us the reason for our presence on earth. We must acknowledge, in fact, that what is happening is the exact opposite. Instead of revealing the meaning of life to human beings, science and philosophy as they are currently taught and propagated often only dry up their springs, cut their roots, destroy their convictions, and plunge them into anxiety and inner disarray. If you wish to see new horizons open up before you, stop giving priority to the intellect and think more about manifesting the qualities of the heart: goodness, tolerance, and generosity. In leading you to the inexhaustible springs within yourself, these qualities will reveal the meaning of life to you.

(NOVEMBER 10, 2003)

You all know this chemical phenomenon: in a clear acid solution, the chemist pours a few drops of a reagent called 'litmus', and the liquid turns red. Then, drop by drop, he adds a basic solution. At first there is no change, but he continues slowly, drop by drop, and all of a sudden the liquid turns blue. What lesson can we draw about the psychic life from this phenomenon?

The man who transgresses divine laws does not immediately notice the disintegration that occurs within him. He imagines he can continue with impunity...but one day, with just one more transgression, he collapses inwardly.

Obviously, this law holds true for good as well as evil. Someone comes to see me and complains: 'For years I have tried to put my life in order, to do a work on myself, and I can see no result! So what is the point of it?' I am forced to tell him that he does not know how to reason, because the effects of this work are not immediately visible and tangible. He must continue, and one day, inevitably, the transformation will occur. Whether it is for good or for evil, you must not imagine that nothing is happening just because, for a long period of time, you see no results.

(NOVEMBER 11, 2003)

Words are a two-edged weapon, able to enlighten, help and liberate, as well as to destroy and massacre. Often when people have destroyed someone with reproach and recriminations they claim to have done so, 'For that person's good. He needed to hear it. I was only being honest.' In truth, however, such people need to express their irritation or dissatisfaction and they use 'a person's own good' and 'honesty' as a pretext. Why can they only be honest under the influence of anger? They may give all the reasons they like, but people cannot have a good influence on others by means of words until their motivation is truly disinterested and spiritual.

(NOVEMBER 11, 1999)

Heaven does not require that people be perfect, only that they work to perfect themselves. One day everyone should be able to say, 'Now I understand. I am sowing these seeds in my soul - luminous thoughts and feelings, the love of a high ideal - and I shall continue to watch over

GUIDELINES FOR SPIRITUAL WORK

them, to warm them, water them, and nourish them with all that is best in me. I know that the universe is governed by laws, and that according to one of these laws, every seed eventually produces fruit.' This is an expression of true faith. And it means that, whatever religion you may belong to - Christianity, Islam, Judaism, Hinduism, Buddhism, or any other - until you understand this law and apply it in your life, you do not possess faith but only beliefs, which cannot get you very far. Rather, they can take you a long way, but it is down the road of laziness, failure, discouragement, rebellion, and so on. **(NOVEMBER 12, 2003)**

If a disciple does not bring order into the life he leads, it is that life that will destroy any good work he may accomplish on the level of his thoughts. However much he prays and meditates and practices yoga, if he never makes up his mind to change his way of life, no amount of yoga or meditation will do any good. There is a clear parallel to this in the area of physical health: any pills or treatments you may take can only give you temporary relief if you do not adopt a healthy way of life. You must understand that the only truly effective cure is to change your way of life. **(SEPTEMBER 4, 1988)**

You look at a rose and immediately your whole inner being is transformed by the wonderful lyrical state inspired by that rose. The slightest sensation or smallest feeling, however insignificant, modifies part of your deepest inner being. The colour, form and fragrance of the bloom you are looking at speaks to you, opening an inner path through your subtle bodies, so that the corresponding shape, perfume and colour is evoked in your soul. The same thing occurs, of course, when we look at something repulsive. This is why you must be careful to surround yourselves only with all that is harmonious, beautiful and pure, because these qualities penetrate to the core of your being. And as the qualities and virtues corresponding to that harmony also exist on the spiritual plane, it follows that, gradually, they too will begin to manifest within you. **(SEPTEMBER 4, 1998)**

As long as you believe you are separated, distinct from other people, you cannot know them. To know people, you must feel that they live within you. This is how a link will be established between you; this link will allow you to feel what they experience. So many people can suffer around you without your suspecting it because there is no communication between you. Just look at a mother: Even if she is far from her child, she suffers, she feels him because she is linked to him.

You should base your life on the idea of unity. When you place this idea as the basis of your relationships with others, you will understand better, and believe me, that is true clairvoyance. **(SEPTEMBER 9, 2001)**

The disciples of an initiatic school have a duty to fulfil: the duty to transform themselves in such a way that they inspire in those they meet the desire to follow their example. How can people fail to see the beauty of this endeavour? May they finally decide to begin a work upon themselves of which they will one day be proud? Pride, in fact, is one of the sentiments least prevalent among human beings today. When we meet people, something in their attitude, in their face, reveals that they are not proud. They might be vain or arrogant, and outwardly they may pretend to be something; but inwardly we sense that they are not as content or sure of themselves as they try to appear. To be proud of yourself because you feel you have accomplished your task, that you have done all you could do, is an extraordinary state of consciousness. There is no greater happiness than to leave this earth with the feeling that you have fulfilled your duty. **(SEPTEMBER 11, 2003)**

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

GUIDELINES FOR SPIRITUAL WORK

If, despite their efforts, people fail to improve just a little while on earth, it is because they have not learnt to rise through thought to the contemplation of a world that surpasses them – the spiritual regions full of more evolved entities that could serve as examples and models for them. If people do not sense a superior reality somewhere, which can inspire their daily life, they will never be able to create something better, truer and more beautiful. And this is precisely the true work of a spiritualist. Yes, contrary to what some people think, a spiritualist is not some kind of scatterbrain who lets himself indulge in all kinds of wild, sterile imaginings. On the contrary, spiritualists are people who have a real discipline and who, with the help of meditation and contemplation, manage to grasp the perfection that is up above and try to reproduce it here on earth. This is the only way to achieve true transformation. **(SEPTEMBER 15, 2001)**

He who devotes himself exclusively to prayer and meditation and never does any physical work is bound to experience serious problems, for man is designed to live and work in the three worlds, physical, astral and mental, that is to say, in the realm of the will, of feelings and of thought. Someone who totally neglects one of these dimensions mutilates himself and sacrifices his integrity; he can never present himself before the Almighty as one who has tried to achieve the harmonious development of all the possibilities received from Him. In addition, you must know that, when you neglect one aspect, you necessarily diminish the quality of the other two. He who refuses all physical work ends, one day, by experiencing problems in his emotional and intellectual life. **(SEPTEMBER 27, 1988)**

An initiate is like a bee. He has learned to make honey by transforming, sublimating and illuminating everything within himself. His inner being is the hive, and his emanations, all the pure, subtle elements he produces, are the honey. All human beings are called to this work of seeking and gathering nectar in order to transform it. They accomplish this transformation in their inner still by working with the three elements of intellect, heart and will. This is true alchemy. The true alchemist is one who has learned to become a bee, to extract the nectar that exists in every part of nature and especially in human beings. When he looks at them and talks to them he sees each one as a flower. **(SEPTEMBER 29, 1995)**

APPENDIX: BOOKS

– BIBLIOGRAPHY –

Prenatal Education, Spiritual Electroplating

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

* * *

EDITION HEAVEN ON EARTH

(ALL ADOBE-FILES)

(available cost-free under www.LetsCreateHeavenOnEarth.com)

THOUGHTS OF A SPIRITUAL TEACHER

OMRAAM MIKHAËL AÏVANHOV:

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

Can '*Prenatal* and '*Perinatal Education*' as well as '*Spiritual Electroplating*' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

Benjamin for further information: CIEL.SUR.TERRE@WEB.DE

GUIDELINES FOR SPIRITUAL WORK

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

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

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

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

* * *

EDITION PROSVETA

OMRAAM MIKHAËL AÏVANHOV

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- COMPLETE WORKS -

THE SECOND BIRTH

Table of contents

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

Summary

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

Two thousand years ago, in Palestine, Jesus gave us the key to all spiritual work, when he said, Unless a man be born of water and the Spirit, he cannot enter into the Kingdom of God. Today, the Master Omraam 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.

28

Can '*Prenatal* and '*Perinatal Education*' as well as '*Spiritual Electroplating*' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

Benjamin for further information: CIEL.SUR.TERRE@WEB.DE

GUIDELINES FOR SPIRITUAL WORK

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 | Purity in the Three Worlds |
| Part I. Purity : Purity is a Question of Nourishment | The River of Life |
| Sorting and Selecting | Purity and Peace |
| Purity and the Spiritual Life | The Magic of Trusting |

Can '*Prenatal and Perinatal Education*' as well as '*Spiritual Electroplating*' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

Benjamin for further information: CIEL.SUR.TERRE@WEB.DE

GUIDELINES FOR SPIRITUAL WORK

Purity and Speech
To Find Purity
Blessed are the Pure in Heart
The Gates of the New Jerusalem

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 SPLENDOR 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

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

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

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

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

11. Identify with the Individuality
12. The True Meaning of Sacrifice
13. The Balance Restored
14. Render Therefore Unto Caesar
15. The New Philosophy
16. The Personality Devoured by The Individuality
17. Call On Your Allies
18. The Further Down, The Less Space
19. Your Inner Animals
20. But Which Nature ?
21. Sexual Sublimation
22. Toward Universal Brotherhood.

GUIDELINES FOR SPIRITUAL WORK

can learn to control and use it to elevate ourselves. In doing so we gradually discover the existence of a higher psychic power within us, our 'individuality', which is above all contingencies and conflicts and is capable of using them to create inner harmony and true fraternal bonds.

COSMIC MORAL LAWS

Table of contents

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

Summary

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

A NEW EARTH Methods, exercises, formulas, prayers

Table of contents

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

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

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

GUIDELINES FOR SPIRITUAL WORK

27. Youth and the Problem of Love - The New Currents

Marriage - Why Self-Control - The Need for a Guide
Give Your Love to God First.

Summary

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

LOVE AND SEXUALITY

Table of contents

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

Summary

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

KNOW THYSELF: JNANA YOGA

Table of contents

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

Summary

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

KNOW THYSELF: JNANA YOGA

Table of contents

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

GUIDELINES FOR SPIRITUAL WORK

Summary

Know thyself! All science and all wisdom lies in knowing oneself, in finding oneself, in the fusion of one's lower self with one's higher self. The symbol of the initiate who has succeeded in finding himself is the serpent with its tail in its mouth. A serpent forms a straight or wavy line, and a line is limited. But the serpent with its tail in its mouth forms a cirde and a cirde 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

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

GUIDELINES FOR SPIRITUAL WORK

Table of contents

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

Summary

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

THE FRUITS OF THE TREE OF LIFE THE CABBALISTIC TRADITION

Table of contents

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

Summary

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

GUIDELINES FOR SPIRITUAL WORK

- 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

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

GUIDELINES FOR SPIRITUAL WORK

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

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

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.

GUIDELINES FOR SPIRITUAL WORK

P0209AN : Christmas and Easter in the Initiatic Tradition

Table of contents

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

Summary

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

P0210AN : The Tree of the Knowledge of Good and Evil

Table of contents

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

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

Summary

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

P0212AN : Light is a Living Spirit

Table of contents

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

Summary

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

P0213AN : Man's Two Natures, Human and Divine

Table of contents

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

Summary

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

GUIDELINES FOR SPIRITUAL WORK

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

38

Can '**Prenatal** and **Perinatal Education**' as well as '**Spiritual Electroplating**' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

Benjamin for further information: **CIEL.SUR.TERRE@WEB.DE**

GUIDELINES FOR SPIRITUAL WORK

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

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

GUIDELINES FOR SPIRITUAL WORK

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

40

Can '**Prenatal** and **Perinatal Education**' as well as '**Spiritual Electroplating**' change the world into a better one where peace and justice reign? – Please do not hesitate to ask

Benjamin for further information: **CIEL.SUR.TERRE@WEB.DE**

GUIDELINES FOR SPIRITUAL WORK

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 | 8. Love makes us tireless |
| 2. Let your material life be consistent with your spiritual life | 9. Technical progress frees man for spiritual work |
| 3. Dedicate your life to a sublime goal | 10. Furnishing your inner dwelling |
| 4. Our daily life: a matter that must be transformed by the spirit | 11. The outer world is a reflection of your inner world |
| 5. Nutrition as Yoga | 12. Make sure of a good future by the way you live today |
| 6. Respiration | 13. Live in the fullness of the present |
| 7. How to recuperate energy | 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 | 10. The Spiritual Eye |
| 2. The Limited Vision of the Intellect, The Infinite Vision of Intuition | 11. To See God |
| 3. The Entrance to the Invisible World: From Yesod to Tiphareth | 12. The True Magic Mirror: The Universal Soul |
| 4. Clairvoyance: Activity and Receptivity | 13. Dream and Reality |
| 5. Should We Consult Clairvoyants ? | 14. Sleep, an Image of Death |
| 6. Love and Your Eyes Will be Opened | 15. Protect Yourself While You Are Asleep |
| 7. Messages From Heaven | 16. Astral Projection While Asleep |
| 8. Visible and Invisible Light: Svetlina and Videlina | 17. Physical and Psychic Havens |
| 9. The Higher Degrees of Clairvoyance | 18. The Sources of Inspiration |
| | 19. Sensation is Preferable to Vision. |

Summary

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

P0229AN : The Path of Silence

Table of contents

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

Summary

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

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

GUIDELINES FOR SPIRITUAL WORK

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 | 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.'

GUIDELINES FOR SPIRITUAL WORK

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 Sephirotic Tree of Life
12. Malkuth, Yesod, Hod, Tiphareth, Archangels and

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

GUIDELINES FOR SPIRITUAL WORK

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

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

Summary

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

P0237AN : COSMIC BALANCE - THE SECRET OF POLARITY

Table of contents

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

Summary

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

P0238AN : The Faith that Moves Mountains

Table of contents

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

Summary

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

GUIDELINES FOR SPIRITUAL WORK

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

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

GUIDELINES FOR SPIRITUAL WORK

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'?"