THOUGHTS OF ETHERNAL WISDOM

Chosen Thoughts of spiritual Teachers of the

UNIVERSAL BROTHERHOOD OF LIGHT

Encyclopedia

for

Questions concerning Daily Life

eBook 23 - 32

I shall understand Life and Myself anew:

clear Answers to Questions concerning Daily Life

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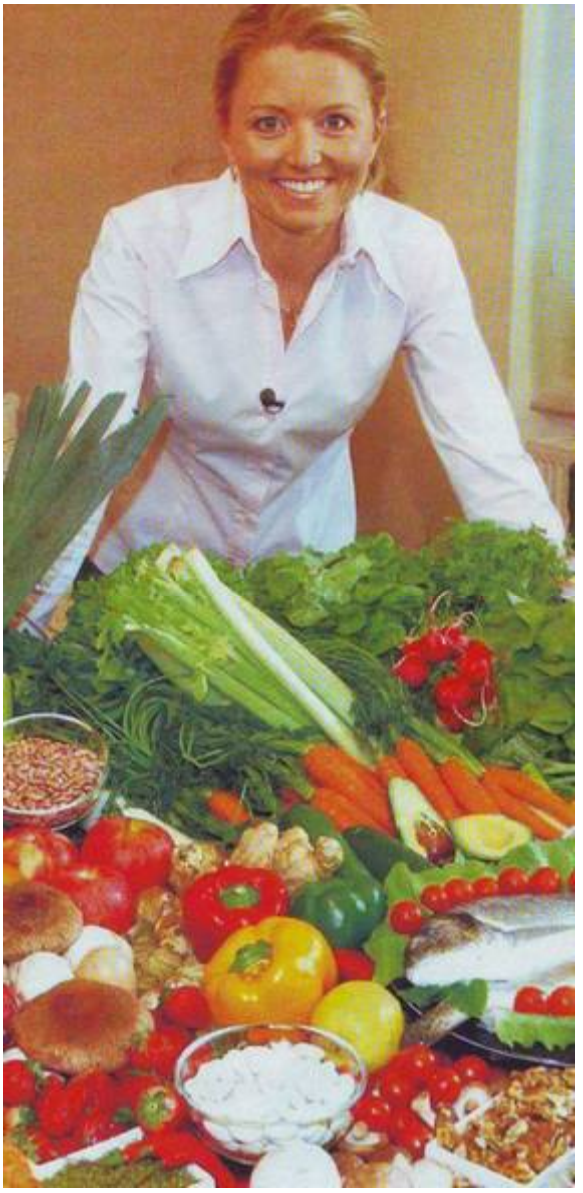

Publisher Love(+)Wisdom(=)Truth

I SHALL UNDERSTAND LIFE AND MYSELF ANEW:

CLEAR ANSWERS TO QUESTIONS CONCERNING DAILY LIFE

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BOOK 23:

Nutrition for a successful Life

In order to understand what true religion is, I must draw closer to the light, warmth and life of the sun.

That is to say, I must seek the wisdom which enlightens me and resolves all problems, the disinterested love which beautifies, encourages and consoles me, and the subtle, spiritual life which renders me active, dynamic and daring, so that I may realize the Kingdom of God and His Righteousness on earth.

And no one can contest this religion: if I try to destroy it destroys myself, because I restrict myself.

When this understanding of a universal religion penetrates every mind, the whole organisation of life will become universal: all separation between human beings will cease to exist, including borders and wars.

As I come to know the sun in its sublime expression of light, warmth and life, human beings will draw closer and closer to the Divinity, and they will transform the earth into a garden of Eden where all will live as brothers and sisters.

Everyone must accept this universal religion, this brotherhood which the sun teaches us.

Idea & Production of this Encyclopaedia:

Benjamin Christ - Linz, January 2008

Initiatic Science teaches me that in the natural world, religion, science and art are all one.

However, they have been separated to such an extent that conflicts – between them – have been created, and it is human beings who are responsible for this grave error.

As long as they are kept separate, my understanding of life will always be incomplete.

Science, religion and art form a unity, thanks to which I can blossom fully.

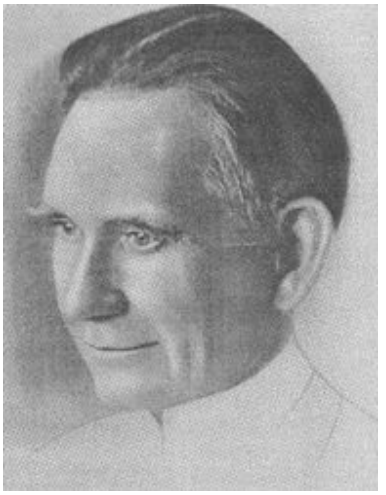
Science fulfils a need of the intellect; religion fulfils a need of the heart; and art fulfils the need of the will to express, create and construct.

These needs are closely linked, because my thoughts become my feelings and, finally, my actions.

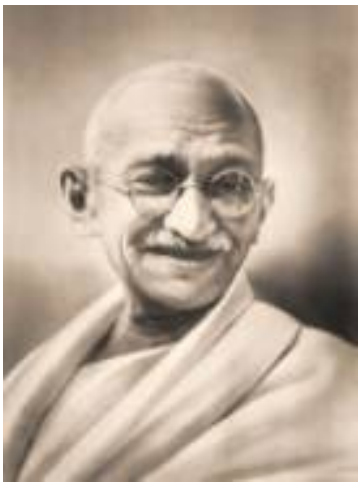
Book 24: Nutrition for a successful Life

Röhrich

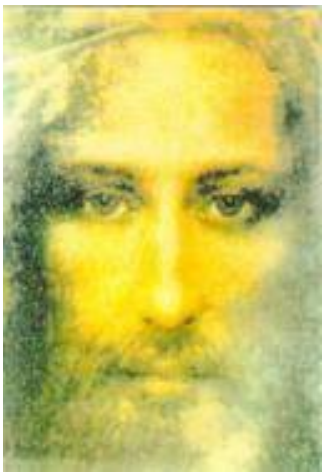
Beinsa Douno (Peter Deunov)



Dr. Otoman Zar Adusht Ha'nish



Mahatma Gandhi

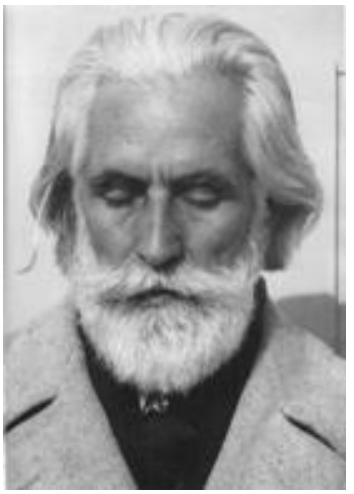


Jesus, the Christ

Paramahansa Yogananda

Rudolf Steiner

Anastasia (from the Taiga)



Omraam Mikhaël Aïvanhov

And a lot more …

Summary

Chapter 1: Nutrition is an Exchange
Chapter 2: How Nutrition influences us
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Chapter 5: Moses and Nutrition
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Book 24: Nutrition for a successful Life

NUTRITION IS AN EXCHANGE

Nutrition should be seen as a process which involves the entire cosmos, for a human being finds the nourishment needed by his different bodies in different regions of the universe. Try to understand this and you will begin to feel the universe as one immense symphony.
You must no longer see nutrition as a process of exchange which is purely physical. You must learn to find nourishment in the subtler regions of the universe, not only in its denser regions. But to effect a harmonious exchange on these levels, your lines of communication must be open. When they are blocked up and the flow of energies is impeded, all kinds of problems ensue. Then, just like the plumbing in your house when it gets blocked up, they have to be unblocked. How? By purification. When there is an obstruction on the physical level you remedy it by fasting, or taking a purge or an enema. When there is an obstruction on the psychic level you must remedy it by purification. **(JANUARY 16, 1988)**

It is only because of the exchanges we make with the world around us that we are able to live. These exchanges are made possible thanks to the powers and entities with which the Creator has populated the universe, which are the many different manifestations of His presence. Even if we cannot see them, these entities are there to help us by way of food, air, sunlight and every living thing. Thanks to the sacrifice of these entities, thanks to their love and their wish to exchange with us, we are still alive; alive physically and spiritually. So we must learn to communicate with them, to regard them with respect, as treasured beings who must be approached with care, with delicacy and music … Yes, with music. **(JANUARY 27, 2003)**

Life is simply an endless series of exchanges between man and the universe. The life of the cosmos is received by man, who impregnates it with his own emanations before giving it back to the cosmos. Once again, life flows into man and, once again, he sends it back again. It is this constant give and take between man and the universe that we call nutrition, breathing and, also, love. Life is a symbiotic relationship, a reciprocal giving and receiving between two worlds, and anyone who refuses this reciprocity dies. We have to exchange gifts with the earth in order to live on the physical plane; we have to exchange gifts with water in order to live on the astral plane, on the plane of the heart; we have to exchange gifts with air in order to live on the mental plane, the plane of the mind, and we have to exchange gifts with heat and light in order to live the life of the soul and the spirit.
The physical body needs food to sustain life, but the heart, the mind, the soul and the spirit also need nourishment. Human beings have lost sight of the meaning of life because they do not know this truth. **(JANUARY 29, 1988)**

In the new culture that is on its way, human beings will learn to nourish themselves with light. There is nothing to be surprised about in this: it is within the natural order of things. Every other form of nourishment leaves wastes which accumulate and end by poisoning our organism. Only light leaves no waste, for it is absolutely pure. When you hum wood or coal in a stove, you have to clear out the ash and cinders before you can light it again, next morning. Similarly with our physical bodies: if you do not get rid of the waste products left over from what you eat and drink, they will kill you. Illness is caused by certain waste products that have never been evacuated. Yes, illness can be defined as the effects of matter which the body has been unable to get rid of. Whereas health is the result of an exchange that is so rapid and so subtle that no impure wastes

are left behind. When you have learned to absorb light, that pure quintessence that flows from the sun, you will feel your health improving, your intelligence becoming more limpid, your heart overflowing and your will becoming stronger. **(FEBRUARY 6, 1988)**

Man (the masculine principle) and woman (the feminine principle) represent two poles and these two poles are creative because they make exchanges. These exchanges may take place in the physical plane, but they can also be made in the more subtle planes through speech, through thought or with the eyes, and they are just as vital as food and air. If human beings were taught the art of making exchanges, they would always be happy and totally fulfilled. But since most lack this art, they poison each other. As for those who stop making exchanges all together, they die psychically, spiritually.
So how should we go about making such exchanges? Well, just as we do with the sun. The sun is far away, high up in the sky, and the exchanges we make with it take place in the subtle plane, with its heat and its light. If you went up there and embraced the sun, you would be burnt, so you must embrace it with your look, with your thought. And if men and women could also be content with simply embracing each other from afar, their lives would be filled with subtle, poetic love. **(APRIL 2, 2002)**

What we call life is nothing more than the result of exchanges in which we engage with nature. Life is a series of exchanges. The most obvious manifestations of this are nourishment and breathing. Any kind of interference in these exchanges results in weakness, illness and death. However, the exchanges we must make in order to live are not limited to feeding ourselves and breathing. Or rather, we can say that they consist of feeding ourselves and breathing, but not merely on the physical plane. Nutrition and breathing symbolize the exchanges we also have to make with the different spheres of the universe in order to feed our subtle bodies: The etheric, astral, mental, causal, buddhic and atmic bodies.
When you understand how you can find in the universe the nourishment that suits your different bodies, you will experience your life as a great symphony. First, however, you must re-establish communications in order to allow the energy currents to circulate between the universe and yourself. And you can only re-establish communications by working with thought.
(OCTOBER 12, 1999)

There are many uses for fire. Fire is present in all chemical operations; it melts metals, it cooks food and makes it edible, it provides warmth and light, and it purifies. Well, in the spiritual realm, sacrifice serves the same purpose as fire. Each time you sacrifice something, you light a fire. For example, when you decide to give up a bad habit, certain matter begins to be consumed within you, and it releases an energy which you can use for your spiritual work. Sacrifice is a gift that you give of yourself in order to receive purer energies in exchange which enable you to go further and higher. This is why sacrifice is a magical act, thanks to which you have every opportunity to build something useful, beautiful and noble, not only in your own heart and soul, but in the heart and soul of all beings as well. **(OCTOBER 31, 2004)**

You complain that despite the fact you pray and ask Heaven to help you, you receive no reply, that Heaven does not hear you, is not listening to you. Whilst in reality it is you who are not able to hear Heaven's replies.
You must be aware that the same phenomena occur in our psychic organism as in our physical organism. If we breathe polluted air and if we eat unhealthy food we introduce impurities into our organism, which it cannot eliminate. So the exchanges between our physical body and the

forces of nature do not take place correctly. And in the same way, if you never watch over your thoughts, your feelings and your actions, then you introduce impurities into your psychic organism and these impurities form an opaque screen between you and the divine world. So of course communication will then be cut.
The divine world answers our questions, continually sends us messages, but we must be able to receive them. And to prepare yourself to receive means you must improve your way of life by working on your thoughts, your feelings and your actions, so as to purify them.

(NOVEMBER 14, 2000)

HOW NUTRITION INFLUENCES US

Anyone who refuses to reckon with the experience of others shows that he has a mistaken notion of independence.
The truth is that, whether he likes it or not, he is obliged to take their experience into account. Where do novelists, poets and philosophers find their inspiration? In their own experience of life. Their works, which are a reflection of the lives they lead, become the common heritage of mankind and nourish us all. In this way we are continually being influenced by the experience of others. So where is the independence we are so jealous of?
Every living being is subject to influence; everything we see, hear, taste, touch, smell or eat influences us. Similarly, when you read a book you are in touch with the author's experience and, for better or worse, you will be influenced by it. Whether you know it or not, it will become part of your own life experience and influence your own behaviour. How fortunate that there are books written by human beings who lived exemplary lives of wisdom, love, kindness and purity: there are things in our common heritage which can be beneficial to us! **(FEBRUARY 28, 1988)**

Learn to concentrate on the food you eat, realizing that you are eating in union with the whole universe. This will allow food to tell you its story, it will talk to you about the earth, wind, rain, dew, sun, stars, etc.
Nutrition may be compared to the power of divination. You are surprised? What is the power of divination? The ability to detect radiations emitted by objects. Well, food has received influences from the whole cosmos: not only have the four elements participated in the elaboration of all the food we eat, but this food has been impregnated with rays of the sun and moon. If human beings were more attentive, if they understood the richness and value of food, if they learnt how to eat with love and gratitude, they could receive and decode the messages food carries, and in this way, discover the wonders of creation. **(MARCH 17, 2001)**

MEDITATION AND FOOD

All creatures eat, including man, but why? To receive energies, you might say. Yes, but is there another purpose? Everything we do has more than one reason, one purpose. To stay alive and healthy is not the only reason we eat.
Look at worms? They swallow the earth and then throw it back. By letting the earth pass through them, they give it oxygen and make it richer and more fertile. Well, a human being does the same with his own food. His psychological and spiritual faculties put him on a much higher level of evolution than the matter he absorbs. So, matter passes through him to be enriched and refined. This is worth meditating on. **(JANUARY 9, 2001)**

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

Meditation can be compared to the mastication of food. When we put food into our mouths and chew it, our salivary glands go to work and we absorb the subtlest energies of this food through our tongues. Meditation is also a kind of mastication, a chewing of thoughts, by means of which we can absorb and be nourished by the quintessence of the spiritual world. Obviously, when we speak of meditation we are referring to matters of a spiritual nature.
Meditate therefore on light as a protective force, as a means of understanding, as an access to the divine world. Meditate on love as a source of joy, richness and beauty for everyone. Meditate on truth, which leads to freedom. **(JANUARY 9, 2000)**

A candle flame is so fragile that the slightest puff of air can blow it out. But if you feed the flame, that same puff of air, instead of blowing it out, will make it stronger and stronger until nothing can stand in its path. A flame is a symbol of the spirit. If you don't feed your spirit, if you neglect it because you are too concerned with your physical body, your mind or your heart, the flame of the spirit will become so small and weak that the slightest little difficulty will snuff it out. There are a lot of people in the world whose spirit is already dead: they still walk about, and eat and drink and gesticulate, but their spirit has been smothered. Others, on the contrary, have nourished the flame of the spirit with prayer, meditation and contemplation, and it has become so powerful that the gales of life only serve to strengthen it. Yes, the same obstacles, the same difficulties that vanquish the weak have the effect of making creatures of the spirit even stronger. It is no good counting on the spirit, thinking that it is so strong and powerful that it will always come to your rescue when you are in difficulty. The spirit is not at all strong or powerful; or rather, it can be extremely powerful, but only if you nourish it. **(JANUARY 25, 1988)**

Food takes three or four hours to digest after a meal. Your hunger is immediately appeased and you feel revived and ready to go back to work as soon as you get down from the table. This shows that the most subtle part of the food we eat is absorbed through the mouth as we chew and it is these most subtle elements that give us energy. Only the most material part of our food is absorbed in the stomach and intestine.
Now do not be surprised when I tell you hat meditation is like 'chewing' an idea. When you are meditating on a symbolic image, a philosophical concept or a divine idea, it is as if you were 'chewing' it. And this process can but produce a result, in other words when you 'chew' you receive in your superconsciousness a powerful flow of energy, which enables you to continue your work in the field of the Lord. **(FEBRUARY 20, 2002)**

What does one seek in an initiatic school? In the past, someone who wished to be admitted to such a school was subjected to certain tests that revealed his mental and psychic qualities. For example, he was locked in a room and placed before a geometrical figure (circle, square, triangle ...) that he had to interpret. He was left there with a little water and some food, and a few days later he was asked to explain the results of his meditations. According to the way in which he interpreted the figure, he was either accepted into the school or refused. Now initiatic schools are open to everyone, which in one respect is a good thing; each person, if sincere, can find at least one truth at his own level which will allow him to progress. But those who, driven by vanity, greed, sensuality or the taste for power, seek something other than their perfection run grave psychic dangers. **(APRIL 6, 2003)**

Whatever work you have to do you must always use the requisite tools and techniques. This seems obvious, yet some spiritualists, instead of simply putting the food they want to eat on the table, may go into a state of intense concentration to 'spirit' the food out of the cupboards.

Instead of exerting themselves by putting their arms and legs, eyes, ears and mouth to use to obtain all their material needs, they prefer to bother Heaven with their petty requirements. This behaviour does not please Heaven. These people have been given every material advantage but, despite this, they demonstrate only ignorance and indolence.
The quest of light, wisdom, peace or love demands the use of our mental faculties – meditation, prayer and contemplation: but to obtain our material requirements we have to roll up our sleeves and get to work. **(MAY 16, 1999)**

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

After a meditation or a prayer you can sometimes feel extraordinary fulfilled. Why is that? You have not *obviously* received anything and still you feel a sense of repleteness, as if you have just eaten and drunk. Things are different in this 'restaurant' of the soul and the spirit, unlike on the physical plane where you have to eat three times a day in order to avoid being hungry and lacking strength. The food that you consume in the sublime regions of the soul and the spirit can satisfy you for days and days. The divine world contains elements of such richness that, if you manage only once to taste them, the feeling of abundance they give you never leaves you: nothing can ever take away that feeling of eternity**.** **(JULY 14, 1999)**

Eating is a process by which we introduce into our body elements that will contribute to the building not only of our physical, but also of our subtle bodies. It is thus particularly important that this act – which we repeat every day, several times a day – be accomplished in a peaceful and harmonious state. That is why I always stress the importance of meditating a few minutes before meals. I know that it is not a very widespread habit; most people do not even say a prayer: They instantly go at the food and wolf it down while talking, squabbling, shoving the utensils around ... That is why they obtain no great benefits from food: They absorb only its crude elements. To be able to absorb the subtle elements of food, the etheric elements that contribute also to the nourishment of our thoughts and feelings, we must be prepared to eat in a harmonious and meditative state. **(SEPTEMBER 27, 2001)**

Every day you pray, you meditate, you watch the sunrise, you join in song, you eat together. But why are you performing these activities? Because it is part of the programme I have devised for you. You perform these activities to please me. Try in future, however, to do them for yourselves. With the absolute conviction that you are accomplishing something that is beautiful, sacred and will produce fruits. Think that this work you are doing here for the light awakens consciousness all over the world. No thought, no conscious feeling remains without effect.
The psychic world is like a vast ocean where the thoughts and feelings of all human beings accumulate. These thoughts and feelings are living entities, which, depending on their nature, create beneficial or harmful currents which create either beneficial or harmful currents which in turn influence creatures. Of course, do not imagine that within a few years from now we will have

changed the world. But our prayers, our meditations and our songs produce a light in the invisible world that can help beings find their bearings and so find their way.

(SEPTEMBER 28, 2002)

We meditate and sing before meals in order to make this act of eating a divine action. When we use these few moments of meditation to become conscious of the importance of the gestures we are about to make, it helps us to be in perfect control of them throughout the meal. At the same time we are learning to control our thoughts and feelings. Those who use these moments of silence to remind themselves of the importance of their food and of the attitude that should be theirs during the meal, will gradually become capable of handling every situation with ease. They imbue each gesture with a suppleness, harmony, delicacy, and love that reflect on them and draw them closer to the Lord. **(OCTOBER 22, 1995)**

NUTRITION AND HARMONY

Human intelligence is a manifestation of Cosmic Intelligence, but a very imperfect one; for in passing through minds and hearts which are continually preyed to disordered passions, it is limited and obscured. Cosmic Intelligence cannot manifest perfectly through a being that does not know how to control his instincts; but the more this being learns to control and purify him, the better channel he is for this Intelligence.

The intelligence of a human being is not therefore uniquely the product of his studies and reflections; it also depends on the state of all the cells in his body. He must therefore oversee and protect their balance and harmony. He must pay careful attention to the quality of his physical food, but especially to the quality of his psychic food – his sensations, feelings, desires and thoughts, or he will remain closed to the greatest revelations. The only way to improve one's intelligence is to improve one's way of life. The initiates have always believed this; they have always known it and worked accordingly. **(FEBRUARY 11, 2004)**

A mother nourishes her child first with her blood, then with her milk. Symbolically blood, which is red, represents life, and milk, which is white, represents peace and purity: it is a principle of harmony, which balances instinctive tendencies represented by the blood. That is why all the children who are not fed with their own mother's milk lack something essential. Other women's milk or that of animals does not contain elements as beneficial for the child as maternal milk. The mother who feeds her child with her own milk gives him the love and tenderness he needs so much for his development. That is why, when she is angry or in a bad mood, she must not feed her child; she should wait until she calms down, for these negative states poison elements in the milk, which can make the child sick physically and emotionally. Mothers must be very careful and breast-feed their children in the best possible frame of mind. **(MARCH 5, 2001)**

If you truly want to become master of yourself, begin by practicing at mealtimes. Learn to move objects without knocking them against each other then, for the rest of the day, this harmony will be reflected in all your various activities, simply because you have practiced at table. Efforts to eat without making any noise are not sufficient; you must also learn to focus your attention on the food itself. Try to put aside all other preoccupations and think only of the food, marvelling at all the powers, energies, and vitality with which God has imbued it. Once you have learned to eat in this state of harmony you will be able to take on a number of different activities without ever tiring. **(JUNE 27, 2000)**

Illnesses can have all kinds of causes, but in reality what lies at the basis of an illness, of whatever kind, are the impure elements a person allowed to penetrate their physical and their psychic organism. These elements cause disorders because they do not vibrate in harmony with the health part of their organism. If, however, they succeed in driving them out or transforming them, health is restored. This is why purity is so important for our mental and physical health. And by purity I mean rejection of any element that interferes with the proper functioning of our organism. Unfortunately, as soon as people hear the word purity, they stop listening. Purity, to them, is a restricting concept, outmoded; good only for convents and so they continue to swallow whatever comes along: indigestible food, polluted atmosphere, dark thoughts and chaotic feelings. When will they understand that it is these very impurities that make them ill? If they worked on purity their health would improve, they would become more intelligent, wiser and stronger.

(AUGUST 19, 2002)

The food we eat is not always ready to be absorbed and assimilated by our bodies. Before eating, we should tame it and make friends with it, otherwise it will just be so much foreign matter: It will not vibrate in rhythm with our organism. If I am forever repeating that you must get into the habit of eating your meals in silence and recollection, in an attitude of love and gratitude, it is because that is the way to transform your food so completely that it will no longer contain a single particle of foreign matter. The body is disturbed by particles of matter which vibrate to another rhythm. If so many people are ill it is because they do not know how to eat and have accumulated excessive waste and untamed substances in their bodies.

Love is the only thing that can transform the matter we absorb. If we do not eat with love there will always be some part of our food that our organism is unable to transform because it is not vibrating in harmony with it, and this matter builds up inside us and hampers the body's functions. Only through our thoughts and feelings can we work on our food so that it can be perfectly assimilated and its energies distributed harmoniously throughout the whole body.

(NOVEMBER 13, 1987)

In initiatic science, a horse represents our lower nature – our personality – in the physical, astral and mental bodies. So a disciple's first task is to learn to control his horse, or, more precisely, his team of horses. He must know how to handle the reins. What are these reins? They are fluidic links the rider establishes between himself and his three horses, enabling him to guide them in the right direction. To ensure that the horses obey and pull together harmoniously, they must be well nourished with the most appropriate foodstuffs. If you wish to train your physical horse – your body – you must provide healthy, fresh food and exercise to give it stamina. The astral horse – the emotions – can only be tamed by means of purity, love and gentleness. Finally, the mental horse need only be nourished with intelligence and light.

(NOVEMBER 27, 1998)

MOSES AND NUTRITION

Moses' account of the creation of the first man and woman, in Genesis, conceals a whole philosophy of the creation of the universe. Genesis says that God first created Adam and then, from one of Adam's ribs, He made Eve. But the Adam of this account is not the miserable creature whom we see portrayed eating an apple in a garden. The Adam of this account is Adam Kadmon, Cosmic Man, whose body is the universe with all its stars, constellations and galaxies. Yes, the universe is the body of Adam Kadmon, the first creature created by God. God

Himself is beyond the created universe, beyond the Sephirah Kether. It is Adam that is Kether. Kether is Adam Kadmon's head. **(JANUARY 8, 1988)**

In the Book of Genesis, when Moses speaks of the Tree of Life in the Garden of Eden, he is obviously referring to a symbol. This Tree of Life represents our universe, and the fruits of this tree are the qualities and virtues of the constellations of the Zodiac. They are, in order: Aries, activity; Taurus, sensitivity and kindness; Gemini, the taste for study; Cancer, the perception of the invisible world; Leo, nobility and courage; Virgo, purity; Libra, the meaning of cosmic balance; Scorpio, the understanding of life and death; Sagittarius, the link with Heaven; Capricorn, self-mastery; Aquarius, brotherhood and universality; Pisces, sacrifice. These are the qualities of the fruits of the Tree of Life that God gave Adam and Eve as food, and it is with these fruits that we too must nourish ourselves. **(JANUARY 9, 2004)**

NUTRITION AND PLEASURE

Of course we are free to do whatever we wish, even to the extent of distancing ourselves from God. But we will soon see what destiny awaits us.
What motivates someone who separates himself from God, who does not want to remain in the light? The most commonplace ideals: the desire to make money, to wield power, and to be well known. He wants to eat and drink well, and to dip into all sorts of pleasures. Then, because his ideal is so mediocre, he is forced to crawl around exploring low regions, where unhappiness and disappointment lie in wait. You can predict the future of someone if you know his ideal, for he will succeed in reaching that ideal. With knowledge of initiatic science, nothing is easier than predicting the future of human beings. When we see a train set off on specific tracks, we know the exact details of its journey and its final destination**.** **(FEBRUARY 14, 1998)**

Man must not put too much trust in the natural impulses that urge him to satisfy his instinctive needs. Some people take pleasure in eating and drinking too much, in seducing women, quarrelling, stealing and destroying. Well, one can understand that they take pleasure in these things: nature has such a wealth of possibilities! But if nature is not guided and controlled by reason and wisdom, the appetite for pleasure is no longer a good thing. The impulse is good in itself, but not in its accomplishment, and this means that one must not give it satisfaction. There is nothing wrong with the desire to eat and drink, to possess things, to order other people about, to seduce men or women. All these needs are valuable forces; there is nothing intrinsically evil about them. But they can become evil if you are not guided by reason in deciding whether or not you should satisfy them. **(FEBRUARY 29, 1988)**

When you love someone - a woman or a man – try not to rush in and devour him or her, because when all the excitement is over weariness soon sets in and you lose your inspiration and joy. The same thing happens when you have eaten too much and the food no longer interests you. It seems that people are always in a rush to destroy their own happiness and everything which can make their lives more beautiful and meaningful. For a few minutes of b they sacrifice the love that brings them every blessing that brings them Heaven. Why do they not try to delay the physical manifestations of their love in order to preserve as long as possible this feeling of wonder they are experiencing? But no, they feel an attraction and immediately must satisfy it. This is why, even when they marry and have children, they continue to live together out of habit, to respect convention, to keep up appearances before parents and friends, but inwardly

they have long since left each other. It is the subtle feelings that sustain love, that prolong and embellish life. This is the true elixir of immortal life. **(APRIL 6, 2000)**

In their later years, when men and women take stock of their lives, if they are honest they recognise that they have wasted their energy, their health and their beauty in activities which were not worthwhile. Of course, they have derived a few advantages from them, but if they put all this on the divine scales, they see that the little they have gained does not compensate for the wealth they have lost. Unfortunately, human beings make this type of calculation much too late. When they want to obtain money, glory or knowledge, they never place the losses these acquisitions will entail on the other side of the scale. Perhaps they will get what they want, but a few years later we find them in clinics or psychiatric hospitals, unable to eat, drink, or to take pleasure in life, because their nervous systems have broken down. Then they realise the value of what they have lost and say: 'If only I had known!' But it is too late; they should have thought about it much earlier! **(APRIL 20, 2004)**

Above all, most human beings want to be materially successful, achieve their ambitions, and enjoy every possible pleasure. So they spend their time getting themselves into a state of confusion and filth, and then they wonder why they are in such a terrible mess. They do not know, or they have never wanted to know, that freedom, happiness and peace depend on a scrupulous sorting out of their thoughts, emotions and desires, keeping only the purest and best, and discarding all else. Every day we make this selection when we eat, discarding all bones, skin, seeds, stones, or whatever else is inedible. But we are also nourished by our thoughts, feelings and desires, and we need to remove every trace of selfishness, aggression and injustice from them, as carefully as we clean our physical food. This exercise is vitally important, so we must apply ourselves to it every day. **(JUNE 19, 1998)**

In order to keep the sacred inner fire alight, you must feed it pieces of your lower nature every day. Yes, because it is the lower nature, the personality that is predestined to feed the fire of the spirit. Stop questioning the use of your lower nature and wondering how you can rid yourself of it: without it, not only would survival on earth be impossible, but you would have nothing with which to feed your spirit.
Know that a magical law exists; according to which results on the divine plane can only be obtained if you sacrifice something of your personality. And if you go and find an initiate, a magus, or a great master to ask him to cure you, a member of your family, or a friend, or ensure the success of some enterprise, or another such request, he will tell you that the only possible way to do so is to renounce certain weaknesses and harmful habits. When you abstain from indulging in mediocre pleasures, energy is released, which feeds your ability to realize all the good you desire, both for yourselves and for others. **(AUGUST 2, 1999)**

Moderation is not the most wide-spread of virtues among human beings and because they have no sense of moderation, what should do them good ends up being bad for them. Instead, for instance, of taking just enough from a pleasure, a success or a joy to give them a boost, they throw themselves at it to devour the lot and then become ill. Like the man who was being invited to dinner by a friend: 'Well, let me see,' he said, 'on Monday I'm going to dinner with so and so, Tuesday I'll be in bed. On Wednesday I've been invited by so and so, so Thursday I'll in bed. Friday, yes, I can make Friday.' At least he knew himself! Whether it is food, drink, pleasure or happy events, human beings always tend to exceed moderation. Why can they not show some moderation? Even a poison can be beneficial if it is taken in homeopathic doses. But human

beings do not understand homeopathy beyond remedies. They do not realize that in psychic life there are homeopathic doses and allopathic doses, and that homeopathic doses are the most beneficial. **(OCTOBER 3, 2002)**

Human beings have a tendency to welcome only what is agreeable to them. But pleasure is an unreliable guide, and when one opts for what is agreeable the consequences are always disagreeable! It is very agreeable to treat yourself to a banquet in a restaurant, but when it comes to paying the bill it is not quite so pleasant. What made you think that you could eat your fill without paying for it? Everything in life has to be paid for; one way or another everything must be paid for. And on the astral and mental planes, just as on the physical plane, there are shops and markets in which everything is laid out in displays which tempt you to help yourself. Yes, but once you have done so you have to pay. And this is what you must think about in advance, and not give in to temptation. Say to yourself, 'Perhaps it's not worth it, it will cost too much, and the pleasure I'll get out of it won't last long; in no time at all there'll be nothing left, and it will take years to pay off my debts.' **(OCTOBER 5, 1987)**

People tend to think any dissatisfaction they feel can be remedied at a physical level. They act as if this dissatisfaction came from the physical body and so they give their physical body something to eat, something to drink, to smoke, they walk it about and they lavish all kinds of pleasures upon it. But their physical body is full-up, saturated; it is suffocating and is complaining: 'Stop, you'll be the death for me. And it's no good gorging me like this; it won't make you feel any better.' But people do not understand the language their body talks and they stubbornly continue, telling themselves that perhaps this time they did not find what they were looking for, but maybe next time they will. Unfortunately the next time is no different; all they find is a void. But still they carry on.
In reality the physical body needs very little. The complaints we hear within us come from our soul and our spirit, who never stop begging: *'I need purity, light, space. I need to watch the sun. I need to unite with God, to work for the advent of His Kingdom so that peace may reign one day among human beings.*' These are the voices we must try to hear within us and we must listen to their demands so that we may satisfy them. **(OCTOBER 12, 2000)**

If you do not say the blessing before meals and ask the Lord to come and share your meal with you, if you do not consecrate your food, the crowds of hungry and thirsty creatures of the astral plane will be only too glad to come and regale themselves through you. Yes, they will come because you will have opened your doors to them. In your ignorance you think that you are alone, and you do not feel the creatures that slip in and take advantage of you. And If this is true for the act of eating, why should it not be true, also, for the act of love? When a man and woman make love simply for the sake of pleasure, they are opening their doors to evil spirits who flock to feast on the energies released in this act. This is what Hell is: creatures that attach themselves like leeches to ignorant human beings and suck up all their energies. The spirits of Hell cannot feed on human beings who are pure and consecrated to the Invisible World, but those who are sensual and depraved feed and strengthen them thereby enabling them to carry out their evil designs. **(DECEMBER 11, 1987)**

NUTRITION AND LIGHT

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

Human beings eat, drink and breathe and in doing so they are in contact with the elements of earth, water and air and are nourished by them. But what do they do with the fourth element, the igneous element which we know as fire, as light? Nothing much. They do not know how to nourish themselves with light and yet it is even more vital to them than air.
Man must absorb light in order to nourish his brain. Yes, the brain too wants to eat and light is its food. It is that which awakens certain faculties and enables us to penetrate the divine world. You will say that by eating, drinking and breathing we nourish our whole body, including the brain. Yes, but so long as we are satisfied to nourish our brain only with solid, liquid and gaseous particles, which are not the elements it most needs, we will remain very limited in our understanding.
Tradition has it that one day Zarathustra asked the God Ahura Mazda how first man nourished himself and Ahura Mazda replied: 'He ate fire and drank light.' **(JANUARY 6, 2003)**

You have no doubt noticed how the same problem can seem bearable at certain times and unbearable at others, depending on the state you are in. What conclusions can you draw from this? That you should not concern yourself so much with what comes from the outside, but you should find the way to strengthen yourself inwardly. Otherwise the slightest setback could take on excessive proportions, as we have just said. Light is a most wonderful thing, but if you have slightly sore eyes, light becomes uncomfortable. If your stomach or your liver are diseased or do not function properly, the best food in the world will be indigestible to you. When someone shakes you warmly by the hand or gives you an affectionate pat on the back you will cry out in pain if you are crippled with rheumatism. And in the same way, a visit from your dearest friends will cause you distress, because if a person has a diseased heart, soul or body, even the best and most beautiful things will cause them pain. If, on the other hand, you are strong and in good health, a crust of bread, a punch or a rude word will seem delicious to you and you will overcome your problems without even noticing them. **(JANUARY 8, 2002)**

We can adopt several attitudes towards love. We can eat it, we can drink it, we can breathe it in, and we can live in it. People who eat love on the physical plane: they are never satisfied, because they are content with inferior pleasures. People who drink love taste pleasures that are less crude, but their satisfaction is still found in the delights of the astral plane. The person who has succeeded in reaching the realms of the mental plane, thanks to art or philosophy, breathes love. As for those who live in love – in the subtle, etheric aspect of love – they possess light in their spirits and warmth in their hearts, and they spread this light and warmth over all who are near them. Whoever lives in that love tastes plenitude. **(FEBRUARY 21, 1998)**

We must not neglect our physical bodies. On the contrary, we must work to rid them of all the accumulated impurities which prevent the spirit from animating them and manifesting itself through them. The Universal Brotherhood of Light teaches many methods that apply to the way we use our physical body: how we should eat, breathe, wash, walk, work, bring children into the world ... These things constitute a science of which most human beings know nothing, and it is this ignorance that leads to so many anomalies, so many complications and deviations.
A disciple, knowing that there are methods by which the physical body can be divinized, works with such diligence to purify his body that the spirit is able gradually to impregnate it with its own quintessence. When this happens the indwelling of the spirit becomes visible and tangible. Body and spirit can no longer be distinguished. They become one. **(FEBRUARY 22, 1995)**

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

We must learn that nutrition is not confined to the physical plane alone: it is a process which embraces the whole cosmos. Yes, because human beings have been created to be in communion not only with the dense, but also with the subtle side of the universe, and we can find nourishment for each of our different bodies in the different regions of space. Try to understand this, and you will begin to sense the universe as one immense symphony. But for this communion to be possible, the lines of communication must be kept clear.
As long as they are not clear, nothing circulates freely. Like blocked pipes they must be unblocked. How? On the physical plane we can change our eating habits, follow a diet, take laxatives, have enemas, and so on. On the psychic plane we cure these obstructions by a scrupulous sifting of all our thoughts and feelings, only retaining those that are most full of light and magnanimity**.** **(MARCH 24, 1998)**

It is the Creator who gives us the food we eat every day, and it is impregnated with His life. But how is it that when an evil person eats this divine food, it does not improve him? Because he transforms this food into his own nature, whereas a saint or an initiate who eats the same food transforms it into light, love and kindness. Everything depends on the state of the person who eats it. The wicked are not improved by the food they absorb; they become even more wicked. And those who are good become better. It is a law: every creature assimilates food into his own substance and transforms it. That is why initiates offer themselves in sacrifice to the Creator, so that they may be absorbed by Him. They know that in being absorbed by Him, the Lord will transmit a few rays of His light to them and will transform them. **(MARCH 30, 2004)**

It is said in the *Zend-Avesta* that when Zoroaster asked the god Ahura-Mazda how primordial man fed himself, he answered that he ate fire and drank light. So why do we not learn to eat fire and drink light too to return to the perfection of primordial man? You will say it is not possible. Yes it is possible.
When you are watching the sun rise, wait, watchful and attentive, for the first ray and as soon as the first ray appears, concentrate on absorbing it, swallowing it. So instead of simply watching the sunrise, you are drinking it, you are eating it, and you imagine that this living light spreads through all the cells of your organs, purifying them, strengthening them and enlivening them. This exercise not only helps you concentrate, but you will feel your entire being quiver and illuminate because you are truly absorbing light. **(MARCH 30, 2002)**

In the morning when you attend the sunrise, realize that the rays which reach you are living creatures who can help you resolve the problems of your day. But only the problems of today, not those of tomorrow. Tomorrow you must go again to consult them, and then again, it will be for that day alone. These entities will never respond to you for two or three days in advance. They will say: 'It is useless to make provision for more than one day. When you return tomorrow, we will answer you.'
Each day we eat, but we do not fill our stomachs with a week's supply, only with enough for that day. And the next day we begin again. Well, it is the same where the light is concerned: it is nourishment that we must absorb and digest each day so that it becomes our feelings, our thoughts and our inspiration. Why do we not apply the same logic to light as we do to nutrition? One might say: 'It is true, I ate yesterday, but that counted for yesterday; today I must begin to eat all over again.' It is the same with light: it must be our nourishment every day.
(MARCH 31, 2000)

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

You aspire to beauty and light, and you are unhappy because you sense that inwardly you are not managing to extricate yourself from life's difficulties and mediocrities. But whose fault is that? Why do you allow yourself to become obsessed by material preoccupations? I am not suggesting abandoning everything, simply being able, for a moment at least, to put it all aside, to set it all down as you would with a load you are carrying. Look at how, for instance, the man carrying the supplies during an expedition in the mountains sets down his load from time to time so that he may catch his breath. He sits down, he has something to eat, he has a drink, and then he picks up his load and is on his way again. Could you not do the same? Every now and then, set your worries aside for an hour or two – you can rest assured that they will still be there when you return; there are never many volunteers to carry other people's loads. So, put down your load with confidence and unite with the divine world so that the beauty and light to which you aspire never leave you. **(APRIL 7, 2002)**

The bread and wine of Christian communion are symbols which contain the whole of initiatic science, for this science is based on the two great principles at work throughout the cosmos. The bread symbolizes the masculine principle and the wine the feminine principle. Bread and wine are solar symbols. Above and beyond the bread and wine of the Last Supper we must learn to see the two life-giving properties of the sun: heat and light. The heat of the sun is love and its light is wisdom. This was what Jesus was talking about when he said, 'Whoever eats my flesh and drinks my blood has eternal life.' In order to be transformed we must eat the body of Christ – his wisdom – and drink his blood – his love. It is important to find the deeper sense of the rites and images of religion. Christians use the host or bread and wine to communicate, but does this make them better people? If they could get into the habit of communicating every day with this sun, the great host that rises before their eyes in to the heavens, and with this wine, the light that flows from it, they could not help being transformed, because the sun is alive.
(APRIL 13, 1995)

It is no use hoping that a time will come when scientific progress enables man to live indefinitely in his physical body, for that body is composed of elements which must necessarily return to the earth from which they came. Only in his body of light can man live eternally, for light is immortal. Man's body of light is composed of extremely pure elements whose intense vibrations withstand the attack of disease, death, dislocation, putrefaction and disintegration. Light vibrates with such intensity that it sustains and nurtures life, and when it triumphs in man it makes him immortal, not in his physical body, but in his body of glory.
The disciples of this new teaching understand the importance of light. They know that every day, with tireless patience, they need to eat and drink light in the absolute conviction that it is light that gives them the new life, the power and splendour of Heaven. **(APRIL 17, 1995)**

The Ancients defined the four elements in terms of the four states of matter: solid, liquid, gaseous and igneous. Everything that is solid, they called earth; everything that is liquid, water; everything that is gaseous, air; and everything that is igneous – that is to say heat and light – they called fire. We can find the four elements in the food we eat every day. Yes, because food presents us with the four states of matter: solid, liquid, gaseous and igneous. This is why each meal can become an opportunity to commune with the angels of the four elements: with the Angel of Earth, that he may bring us stability and steadfastness, for it is he who provides our foundation and without whom nothing can exist; with the Angel of Water that he may give us life and purity; with the Angel of Air, that he may give us intelligence, subtlety and speed; and finally, the Angel of Fire, that he may bring us the light and fire of divine love. **(APRIL 22, 2004)**

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

The Seraphim are the angels of Kether, the first Sephirah. They are therefore the first creatures to receive emanations from the divine source.
They exist immersed in an ocean of turbulent, primordial matter, drinking at the source of light and love, their only nourishment. They are nourished by contemplating God, which is why they are represented with eyes all over their bodies. The Seraphim are the most perfect manifestation of love because true love is contemplation. **(MAY 21, 1998)**

People should know that each thing, each being in nature has two poles. Look at a tree: it feeds on air and light through its branches and leaves while it feeds on water and earth through its roots. Just like a tree, man receives forces from above and forces from below.
When Adam and Eve lived in Paradise in the Garden of Eden, it was as if they lived within flowers. Flowers are exposed to the air, to the light of the sun and are visited by butterflies and bees. In the flowers one lives a Heavenly and radiant life. But the day Adam and Eve left the flowers under the influence of the serpent and went down through the trunk to the roots of the cosmic tree, they reached regions that were deprived of light and warmth; they thus felt the weight of matter, and everything – moving, eating, etc. – became more difficult. Human beings are in the same situation today. But the work of a disciple is precisely to learn to control and use the subterranean forces he draws from his roots so as to produce flowers and bear fruits.
(JUNE 29, 2001)

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

We need solid nourishment to survive in the physical world. In the invisible world, however, creatures exist who obtain nourishment only from perfumes, colours and sounds. The majority of people find it difficult to admit the existence of higher regions, above and beyond the visible world of minerals, plants, animals and human beings. They cannot see these regions, so they cannot believe that they are inhabited by creatures totally different from anything known to them. In fact, the whole universe is filled with the most extraordinary creatures, some of whom nourish themselves with light, colours and sounds. Very advanced human beings have visited these creatures. Of course, colours, music and light would not seem to be a very substantial food, but these entities are made of such a subtle, tenuous substance that, for them, light, sounds and perfumes are satisfying nourishment, providing them with strength and power. **(JULY 14, 1998)**

Everywhere you go you meet people who have replaced the light with fanciful ideologies in which they end up losing themselves. Thirty people, fifty philosophies. The world is increasingly becoming a hospital where every patient has their own reasons for complaining about something. Even if it is simply the air, the light, the heat, the food, what is right for one person is

not right for another and vice versa. Take a family, for instance: everyone does their best to assert their own individuality. It is quite normal to be different, but why persist in defending your differences if they are weaknesses or vices? Even in illness (symbolically) people feel the need to differentiate themselves: on with typhus, the other with cholera, another with the flu, and so on. And the number of fevers! The whole family has a fever, but they all have a different type, everyone has their own, quite different from the others. It is good to be original, but at least then make sure it is your effort to elevate yourself to beauty and light that make you original.

(JULY 24, 2002)

All creatures living on earth – stones, plants, animals and human beings – receive life from the warmth and light of the sun. The initiates, who have learned how to regard the sun and work with it, have understood the nature of this energy and, by developing within them certain subtle centres, they are able to harness and transform it.

The work of an initiate is a work with the purest quintessence of solar light. For him it represents a food that he absorbs and assimilates in order to project it around him. This is why he can then enlighten, warm and vivify people. The true power of an initiate comes from his ability to transform light.

(SEPTEMBER 12, 2004)

Human beings need solid food in order to survive, but there are creatures in the invisible world whose only nourishment is perfume, colour and sound.

Most human beings do not readily accept that beyond the realms of minerals, vegetables, animals and men, there are other, invisible realms inhabited by creatures quite different from anything within their experience. The truth is that the universe is filled with the most extraordinary creatures that certain, highly advanced, human beings have already known. You may say that it is difficult to believe in creatures who are nourished only by perfume, colours and sounds. Of course, because colours, sounds and light are not very substantial foodstuffs for you, but for entities made of extremely subtle, tenuous matter, light, sounds and perfumes are forces and powers and also food.

(SEPTEMBER 18, 1988)

Whatever your activity, learn to disseminate beneficial influences by means of your hands, which are among the best instruments for transmitting them. When you caress the head of someone you love, instead of seeking egotistical pleasure, concentrate on your hands and say: 'May God bless you. May light reign in this head, and may all the angels come and make their home here.' At this moment, your love will no longer be sensual; it will be transformed into a beneficial energy and will also bring you an extraordinary sensation of joy and dilation. And when you touch the head of your child, or its small arms and legs, bless him as well, so that the angels come and help him to become a magnificent being. Learn to bless everything you touch: objects, food, and other beings. This is true white magic.

(SEPTEMBER 21, 2003)

It is the law of the earth that everything is contaminated in one way or another, and we are continuously exposed to impurities, what ever our physical or psychic activities. Eating, drinking, breathing but also looking, listening, meeting other people, staying in certain atmospheres are all times when we absorb impure particles and currents, which weigh us down and take away our light. For the good of our physical body we should therefore try to eat and drink healthily and breathe clean air. And for the good of our psychic body we should accept only pure thoughts and feelings. We can also do certain exercises. For instances, several times a day, imagine you are transparent like a crystal. And when I say 'imagine', I mean that you should totally identify yourself with the crystal, with its transparency, until the moment when you feel the celestial

currents pass through you, like the light that passes through a prism and refracts into seven colours. **(OCTOBER 15, 2002)**

At the Last Supper, Jesus took bread and wine in his hands, saying, 'Take, eat; this is my body ... Drink, for this is my blood.' He also said, 'Unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.' Bread and wine are symbols of the utmost importance which were known long before Jesus.
Bread and wine represent the whole of Initiatic Science based on the two cosmic principles, masculine (symbolized by bread) and feminine (symbolized by wine), which are active throughout the universe. Bread and wine are solar symbols. Jesus was not talking about physical bread and wine, but about the two properties of the sun: light and heat. The heat of the sun is love and its light is wisdom. So what Jesus was saying was, 'If you eat my flesh (wisdom) and drink my blood (love) you will have life in you.' **(OCTOBER 21, 1987)**

The elements we absorb from our food come to us from space, from every corner of the universe. When they reach us, they are filled with the life of the cosmos and it is important in receiving them to be aware that they are going to form the substance of our physical and psychic body. This is why we have to be attentive to what we are doing when we eat. All the more so, in fact, because this food that is impregnated with the life of the universe is also impregnated with our own thoughts, words and feelings. He may not realize it, but someone who eats while he is angry, who criticizes and curses all through the meal, impregnates his food with poisonous particles and, by eating it, poisons himself.
In order to receive all the benefits contained in your food, you must work mentally to impregnate it with elements of light and eternity. **(DECEMBER 5, 1991)**

When you put a seed into the ground, a link is immediately formed between the earth and all the stars; the sun sends the seed light and heat, the earth gives it humidity and it begins to grow. You have simply planted a seed in the ground and yet, at the same time, you have triggered a phenomenon in the heavens!
And the same process takes place within us. For example, we put a seed (food) into the earth (our stomach), and immediately the heavens (our head) send currents to influence the food we have absorbed and transform it into energy, thoughts and feelings. As soon as we put some food into our stomach, forces converge on it from every part of our organism and start working on it. **(DECEMBER 6, 1987)**

For a candle to keep its flame alight it must supply the flame with materials and as it does so it gradually diminishes. Combustion is therefore a sacrifice. Without sacrifice there would be no light. The flame needs food and the candle is this food.
There is a similarity between a candle and a human being in that a human being too possesses all the materials necessary to feed the flame within him. These materials are all the manifestations of this personal, egoistical nature and he must sacrifice them to keep the flame alight. And what prevents him from making this sacrifice is the fear of disappearing. Of course something will disappear, but in fact this something must disappear so that something else may appear, just as the material of the candle disappears so that light may appear. You will say that after some time nothing is left of the candle. Yes, this is so, but human beings can burn indefinitely. Once lit they are able to remain so, because their combustible material is inexhaustible. **(DECEMBER 28, 2000)**

NUTRITION AND LOVE

What form does human love generally take? Human beings love each other the way a farmer loves his chickens. He is very generous, very kind to them in that he looks after them and gives them grain every day. But still the chickens gradually disappear, one after the other. Why is this? Because the farmer comes and gets them, chops off their head, and then the farmer's wife serves them up for dinner. So, having looked after their chickens, they eat them and they say: 'Mmm, this chicken is delicious. So succulent; cooked to perfection.' This is what most human beings call love. They think of love as an appetite, a taste for tender, succulent meat, which they have to satisfy. This is an age-old instinctive tendency and human beings should set to work at elevating themselves from it.
In the new life we will learn that the first rule we should observe when we love someone is to think of them, not of ourselves. Love is first wanting to discover, in the person we love, the needs of their soul, to help them in their evolution, to give them the right conditions to find freedom. **(MARCH 20, 2002)**

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)**

Happiness ... in one way or an other human beings seek only happiness, but they do not know how to find it. They cannot even imagine that in order to have it there is certain work to be done, a discipline to follow. Just because they are here on earth, just because they eat, drink, sleep, walk, do odd jobs, get together, and have children ... they think they should automatically be happy. But animals have more or less the same activities! Happiness is not merely a matter of being alive. To be happy, there are certain things we must do ...and others that we must not do!
If you wish for happiness, go in search for those elements which will enable you to nourish your heart, your mind, and especially your soul and spirit. When you have found them, you will understand things better; you will love the whole world, and you will be loved. Then you will have the power to act and to realize your highest aspirations. **(APRIL 30, 2003)**

A man lies stretched out on the floor: you can see him, you can even touch him, but he is obviously dead. He is there, but lacking something invisible: that something which enabled him to walk, talk, love and think has gone. You can offer him all the food or treasure in the world, putting it beside him, coaxing him: 'Have a good time with all this, my friend!' but it won't do any good, because nothing can persuade him to budge. How, then, can people question the existence of an invisible world? The body before us – the visible world – is nothing if it is not animated and sustained by the invisible world. We must always seek the invisible beyond the visible. If the world exists for us, if we can see the sky and sun, it is only because of this invisible principle within which allows us to discover all we see by means of these visible instruments –

our eyes. Were it not for the existence of that invisible principle, our physical eyes would be useless, and we would see nothing. The visible world is only the outer covering of the invisible world, and without this invisible element we would know nothing of all that exists around and about us. **(JUNE 9, 1999)**

Hunger forces human beings to organize themselves to find food. They either produce this food themselves or they work to be able to buy it. If human beings did not know hunger they would do nothing that is beyond question. Nature, being provident, has discovered a very effective tool with which to fight laziness. This is why lazy people must be left wanting, because want will bring them out of their laziness. Unfortunately, many mothers find it difficult to understand this truth. Because their love for their children is blind, they do everything in their power to ensure their children never want for anything and in doing so they push them to laziness. Laziness weakens human beings. Mothers are capable of understanding many things, except that true love is to instil in their children a sense of effort. Once they have understood this, they will know they can give them what is most precious, i.e. health, energy, the need to surpass themselves and the joy of living. **(AUGUST 10, 2002)**

What is the sun? ... A restaurant! Yes, a restaurant, the best possible one and that is why we go to visit it each morning. But in order to be served food, you must have gold: not in your pockets, that is useless, but gold in your head. And when the restaurateur – the solar spirit – sees that you have some gold nuggets within you, he immediately serves you the most delicious meals. Otherwise, you will stay there yawning in front of the sun, saying, 'I do not feel anything, I am not receiving anything, it is no use coming to this restaurant.' You wait to be served but other people are served, not you. You will be told, 'Wait! You must first go and collect some gold. When you have that gold, we will serve you.' **To have some gold means to understand divine wisdom, appreciate it, love it and search for it in the sun**. When the spirits of the sun see that you have the gold, they will immediately take care of you. **(SEPTEMBER 3, 2001)**

There is a heat coming from the Sun and a heat coming from Mars. There is a cold coming from Saturn and a cold coming from the Earth. The Sun represents the vivifying warmth of love and Mars the destructive fire of hatred. Saturn represents the coldness of thought and wisdom, and the Earth the cold of separation and death.
When Adam and Eve lived in the Garden of Eden, they nourished themselves with the fruits of the Tree of life, which gave them beneficial warmth. Then when they wanted to eat the fruits of the Tree of knowledge of good and evil, they descended to earth where the cold of separation and death reigns and they stayed there... In the warmth of paradise, they were like cells linked together, like atoms animated by the same movement within a molecule of gas. But once on earth, Adam and Eve were struck by the sudden cold and when they looked at each other, they realized that they were naked, that is, separated from each other. All the misunderstandings between human beings come from the thought that they are separate. **(SEPTEMBER 4, 2001)**

We have to learn to transform all the impurities we receive from our surroundings: from our food, from the air and even from the thoughts and feelings of those around us. We must even learn to transform all the criticism, hatred and ingratitude showered on us by others. Initiates are constantly bombarded from every side! Mountains of stones are thrown at them, but they know how to transform these stones into gems! All the treasures of wisdom and love that they have left us were once stones that had been thrown at them. This is true alchemy. If the earth has proved itself capable of producing precious stones from raw matter why shouldn't we do as

much? The important thing is to remember to do so. A human being possesses all powers and all strength; he even possesses within himself the Philosophers' Stone which turns everything into gold. As long as you have not adopted this philosophy you will continue to feel unhappy and overburdened; the slightest criticism will floor you. **(SEPTEMBER 17, 1988)**

When you feel an emotion or a sentiment – fear, anguish, love or joy – the feeling is not in your brain or your physical heart, it is in your solar plexus. When the initiates situate what we think of as the heart in the solar plexus, therefore, they are speaking from a true knowledge of anatomy and physiology. And the same is true when they speak of the 'understanding of the heart.' Our brain, the intelligence of the brain, has no sense of how our body functions or of the chemical, physical and magical processes of respiration, circulation, nutrition, elimination, and so on. These things are so important and so complex that only the solar plexus can know them fully. They are dependent on the solar plexus because, like the sun, the solar plexus represents the heart of the universe. **(SEPTEMBER 21, 1995)**

If you leave a bit of food around in a room, right away certain insects will appear. If it is a little honey or jam, you will have wasps and flies. If it is cheese, you will have mice. How do they sense from afar that there is something there for them? And to make them disappear, all you have to do is to clean.
These well-known details of everyday life help you to better understand certain phenomena of the psychic life. When a person entertains certain thoughts, certain desires or feelings that are neither luminous nor pure, right away entities which love these impurities arrive and make their home in him in order to feed off them. But if he purifies himself, if he begins to live reasonably, these entities move out, and luminous spirits take their place. Very few people know how to read the book of living nature which is there in front of them. You will say that these are only small details; yes, but their applications in the psychic life are boundless. **(SEPTEMBER 30, 2003)**

Life for human beings is merely a series of needs which they are compelled to satisfy: the need to eat, drink, sleep, find shelter, clothe themselves, work, move about, read, listen to music, socialize, love, reflect, admire...it is never-ending. Cosmic Intelligence has designed it this way, so that humanity will develop itself in every domain and on every level. As soon as a new need appears, a new problem arises, to which a new solution must be found. Our lives, therefore, are merely a succession of exercises and experiences by means of which we discover the best solutions for advancing on the path of evolution. **(OCTOBER 6, 2003)**

A human being can be compared to a harnessing of three horses, which Russians call 'troïka'. These three horses are symbolically our three bodies – physical, astral and mental – which we must guide all at the same time. They each have a different colour: the physical horse is red, the astral horse – the heart – is green and the mental horse – the intellect – is yellow. In order for the three horses to be obedient and to walk in step together, we must hold the reins firmly, that is to say, establish a contact with them with a subtle and etheric link: the will power. And we must also know the nature of each horse in order to control it. The physical horse needs frugality in food and drink, as well as exercise so as to develop its flexibility. The astral horse is tamed with purity, kindness and love. Lastly, the mental horse needs us to insist on attention, vigilance and lucidity. It is on these three conditions that our horses will not throw us and will take us only where we want to go. **(OCTOBER 10, 2001)**

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

In order to live, man is forced to make contact with the world around him. Have you thought about this? He eats, drinks, breathes and makes contact with people, animals or nature itself; he needs these contacts and cannot stop making them. But these contacts leave in his physical and psychic bodies many impurities that he must learn how to throw out.
There are numerous methods of purification, but one of the most effective is to appeal to the Angels of the four elements. These four elements can be found in us: The earth corresponds to our physical body, water to our heart, air to our intellect and fire to our soul and spirit. That is why we can appeal to the Angel of earth so that he may throw out all the wastes of our physical body; to the Angel of water so that he may wash our heart; to the Angel of air so that he may purify our intellect; to the Angel of fire so that he may sanctify our soul and spirit, by kindling a fire in them with the ardor of divine love. **(OCTOBER 19, 2001)**

Jesus said: 'You shall love your neighbour as yourself.' Many believe this commandment is easy to understand, although they admit it is difficult to implement. But I ask you, how do people love themselves? They give in to all kinds of excesses; they mistreat their stomach, their lungs and their brains. If we asked all these organs what they think of human love they would tell you all about their suffering and their discontent.
Human beings all too often forget that their physical body represents an entire population, millions of cells each with a well-defined function. There are soldiers, doctors, ministers, architects, bishops, chemists, just as in society. And human beings, who are the king of these people, are not too bothered about them. This is why their cells complain continuously about this unjust, ignorant, lazy king, who leaves them without food, without light, without heat, without fresh air. So how can we love others if we cannot properly love ourselves? **(OCTOBER 25, 2000)**

The essential truths that Christians need for their evolution are contained in the Gospels. Many people will say they have read them and have not discovered much in them, which is why they are now turning towards oriental teachings. Well, this simply proves that they have understood nothing of the immense wisdom that was destined for them in the wisdom of the Gospels. Yes, I know, people have had their fill of these texts that they know so well, and they want a change of diet, but they must realise that it is dangerous to go searching for it in teachings which were not destined for them, which were not designed for their structure or their mentality. It is the teaching of Christ that is meant for Westerners, but they have not yet either read it seriously or meditated on it. You will say: 'Yes, but I am looking for something else...' Yes, but with what intention? Very often, people follow an oriental teaching as a distraction or to appear more interesting in the eyes of others. But this serves no purpose, and it simply proves that they love the exotic and not the simple truth. **(OCTOBER 31, 2003)**

Deep down, human beings attribute too much importance to evil, and this is why they are continually complaining: 'Oh! What a world we live in! Every day people are becoming more selfish and dishonest and they will never change. Injustice always wins out. Whatever we do to improve the situation, we'll never succeed.' People are so attached to such thoughts that they are endlessly inviting them to their table: 'Come, come, there is plenty of food here for you.' Well, this is a very dangerous attitude. By emphasising evil so much, you do nothing to diminish it; on the contrary, you encourage and reinforce it. From now on, therefore, you must encourage the good by saying: 'Come, angels, come; heavenly entities, give us you wisdom, your love and your power, so that every day we may do something good here on earth.' **(FEBRUARY 13, 2003)**

CONSCIOUSNESS AND NUTRITION

Creation is continuous. This means that from matter to energy and from energy to matter, there is neither interruption nor break. Just as energy can be crystallized into forms, so can matter disintegrate and become energy. A fruit that we eat is transformed into energies which sustain not only our physical life, but also our mental and emotional lives. Thanks to these energies we can speak, love, think, and so on, which proves that we can transform gross matter into matter which is increasingly subtle, until it becomes light. And the opposite is equally possible: we can transform light into thoughts and feelings – and even into food. But of course, only the great masters, only the initiates are able to consciously bring about this transformation.

(JANUARY 23, 2004)

Medical herbs need water to release all their virtues. Usually, you boil the herbs, let infuse or steep … and then drink the water. You do not eat the plants themselves; you only drink the water in which they have soaked, which is impregnated with the properties of the plants. You must also know that the absorptive qualities of water can have an influence on your psychic life. When you are tired, take a bath or just wash your hands, consciously thinking the water will absorb your fatigue: you will feel lighter. So the same thing when you are troubled, sad or unhappy: water will take away your worries and sorrows. On the other hand, when you feel especially happy, inspired or dilated, you should wait a little before you wash and certainly not take a shower or a bath, because water has the property to absorb not only negative elements but positive ones as well.

(JANUARY 27, 2001)

In a human being, the subconscious is made up of regions filled with prehistoric animals, dinosaurs, brontosaurus, mammoths, etc. and when psychoanalysts explore the subconscious, they are seldom aware of these dangerous regions they are stirring up. All these monsters are there alive! You might say, 'How can they be alive? They have disappeared a long time ago!' They have disappeared from the face of the earth, but they still live in man as instincts and desires. The fact that their bodies do not exist physically anymore does not mean that their astral body does not exist: it does! All animals – not only prehistoric animals – are present in man's subconscious by their astral body. That is why the psychoanalysts who are not taught by initiatic science and who carelessly dare to stir up the layers of the subconscious, on the pretext of searching for the origin of certain troubles, often succeed only in waking up these animals. I am not saying that psychoanalysis is necessarily dangerous, but it must be practiced by people who are themselves psychologically very strong and very experienced, and who will not let their patients be eaten up by their inner monsters.

(FEBRUARY 5, 2001)

Food is not quite ready to be absorbed by our bodies just as it is. We must make an effort to befriend it, so that it accepts to be of service and is no longer a stranger to our organisms. Yes, even food is foreign material, because it does not vibrate in unison with us. That is why we must eat in silence, with attention, love and gratitude, because this state of consciousness transforms our food. And this is why we say prayers and blessings before meals. These blessings add no nutritive elements to food, but they influence it so that it can be more easily assimilated by us and integrate harmoniously with the subtle levels of our being.

(FEBRUARY 10, 1998)

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

Earth, water, air and fire are elements of matter given to us through the food we eat every day. We are thus nourished by particles of matter coming from space and even from the whole universe, which is filled with cosmic life. Therefore it is important that we receive these particles consciously and be aware that they will make up the substance of our physical bodies. Not only is our food impregnated with universal life but also with our words, feelings and thoughts; that is why we must be extremely vigilant when we eat. If someone eats in a bad mood, gossiping or cursing everyone around, he is absorbing food filled with poisonous particles and, therefore, poisoning himself. To receive all the blessings from our food, we must try, with our mind, to introduce into our food elements of light and eternity. **(FEBRUARY 19, 2001)**

When you use harmonious gestures while you talk, eat, move objects, etc. ... you activate in yourself beneficial forces which all end by acting favorably also on others. That is why; if you are interested in magic, do not look for it in ceremonies or in books of magic spells, as magic is there within reach, in your gestures. The day you achieve control of your gestures and make them harmonious and beneficial, you will become a true white magus. Real magic, divine magic does not mean putting pressure on others, but first on yourself, and it is based on the tiniest daily gestures. If you do not start working on your gestures, you will never know white magic, and on the other hand, you can be assured that you will be constantly compelled to behave like a black magus, creating disorder everywhere. So be careful: you will always be the first to harvest the good or bad effects of your gestures, even if you make them unconsciously.
(FEBRUARY 22, 2001)

We cannot live without making exchanges with the world around us. Beginning with respiration and nutrition, our life is nothing more than exchanges, made possible by the organs of sense, touch, taste, smell, hearing and sight which have been given to us by nature. Our emotional and intellectual lives also consist of encounters and exchanges: by means of words, sentiments and thoughts, we ceaselessly weave a network of communication which is the foundation of family and social life. But if human beings do not draw any great blessings from these exchanges, it is often because they have not surpassed the level of instinct, of the unconscious as it exists in plants and animals. Like human beings, plants and animals breathe and nourish themselves. Animals also possess sense organs, sometimes even more highly developed than those of human beings, and they also have a family and social life. It is up to humanity to render its exchanges with nature and the other beings it encounters ever more conscious, rich and profound. **(FEBRUARY 29, 2004)**

One of people's main concerns nowadays is to be able to eat healthy food. It is of course highly desirable that food should not be contaminated, but it is also important for those people who are involved in its preparation to be aware that the food they handle becomes impregnated with their emanations and subsequently passes these on to those who eat it. People use their hands to prepare food and a person's hands magically transmit something of this person's quintessence. Chefs, cooks, bakers and all those people who prepare food for their families on a daily basis must know this law of chemistry and magic. With this knowledge they will then get into the habit of touching food, conscious that what they are holding in their hands will contribute to the edification of the body of people nearby and far. away, persons known and persons unknown. This is a huge responsibility and it is therefore worthwhile for them to endeavour to be dwelling in the best inner state when they prepare food, fostering thoughts of good health, peace and light for those who are due to eat it. **(MARCH 1, 2002)**

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

Imagine a young musician, a pianist for example, who is sight-seeing a new piece of music. As he is not trying his best to be accurate (he thinks that this is normal as he is only going through it for the first time), he is bound to make at least one mistake and probably several! And once those mistakes are made they are recorded in his subconscious and the damage is done. Twenty or thirty years later, even when he knows the piece by heart, every time he comes to the spot where he made his first mistake he will have to be particularly careful to avoid making the same mistake again, for the stereotype still exists. This is why a musician should always begin to practise a new piece of music without hurrying, note by note, taking the time to cut a perfect stereotype. Later he can even eat and sleep while playing and he will be note-perfect because it is all faultlessly engraved in his subconscious.
This is true for music and it is equally true for many other activities in life: if you proceed with wisdom and intelligence you can save time, effort and energy. **(MARCH 24, 1995)**

A scientist will tell you that only those things which can be observed, calculated, measured, weighed, compared, and classified are real and worthy of attention. All the rest is of dubious interest and should be ignored. Very well, but this severely limits the scope of his consciousness, since two-thirds (for the sake of argument, let us say two-thirds) of the life of a human being is taken up by activities which cannot be weighed or measured. Yes, two-thirds of our time is spent in living: nothing more. And if that two-thirds merits no attention, is of no interest, one wonders why a scientist goes on living. He breathes, eats, drinks, sleeps, and walks; he has thoughts, feelings, sensations, and desires; he meets other people, talks to them – sometimes embraces them – and he does all of this without wondering whether he is doing it scientifically. How can he bear to live a life which is so unscientific? He should refuse!
(APRIL 29, 2003)

Cling to this idea that you can find God only within yourself. Look for Him, think of Him, love Him, because in this way you will receive extremely potent energies that will enable you to advance steadily on all of life's paths. Christians sing the psalm: '*The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside still waters.*' Yes, but they repeat the words mechanically, unconsciously, not realizing that they are magic. This shepherd is within them, and because he is within them, he extends his power and his protection to the immense flock of their cells, to which he gives food and drink. Nothing is more important than the consciousness of the presence of God within. Thanks to this presence, to the idea of this presence, everything becomes ordered, serene, attuned, balanced and harmonious.
(MAY 25, 2003)

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

There are people who hold no religious beliefs and behave well, and others who have faith but behave badly, and it is a shame for both of them. Why? Those who naturally behave according

to the rules of justice, honesty and goodness without consciously basing their actions on a spiritual principle are deprived of something essential which would strengthen them in their convictions and sustain them through difficulties and trials. How can human beings imagine that the source of their most precious qualities lies within themselves? How can they fail to sense that beyond them exists an Entity who not only possesses these qualities in all their fullness but who is the source of them and nourishes them? As for those who believe in God and who do nothing – or very little! – to manifest divine virtues, that is even worse. **(AUGUST 3, 2004)**

You sometimes hear people talk about someone as having lost their human dignity or someone who was able to keep their dignity. The concept of dignity is not always clear to many people and so it is often confused with pride or arrogance. No, true human dignity is about respecting everything God has given us, our physical body first of all, but also our heart, our intellect, our soul and our spirit.
As disciples of a spiritual teaching you must get the idea firmly fixed in your mind that you are a temple, a tabernacle of the Eternal which only pure food, pure thoughts, words and feelings must enter or leave. If you do not watch what enters or leaves you, if you give in to anything that comes along, become involved in just anything, say or think just anything, you cannot be conscious of your true human dignity. **(AUGUST 20, 2002)**

Food is of prime concern to people all over the world. Food is the problem that everyone seeks to resolve first and foremost: they work and even fight for it. This attitude towards food, however, is still only an impulse, an instinctive tendency that has not yet entered the sphere of enlightened consciousness. Only initiatic science teaches us that food, which is prepared with inexpressible wisdom in divine laboratories, contains magical elements capable of maintaining and restoring health, both physical, mental, emotional and spiritual health. But for this, we must examine the conditions in which these elements may be harnessed, and we must know that thought is the most effective of all means. Yes, indeed, because thought is capable of drawing out subtle, luminous particles from the food, particles which help build our whole being. In this way, little by little, we change.
When you come to understand nourishment it will become a source of goodness and wonder to you, because far beyond simply eating to stay alive, nourishment will begin to take on another significance, paving the way to other knowledge, other work to be done, other aims to be achieved. On the surface you will look as if you are eating like everyone else, and the entire world will be eating like you, but in reality there will be an immense difference, as great as between earth and Heaven. **(SEPTEMBER 3, 1999)**

Insofar as working magic means exerting and influence, we can say that in life everything is magic. Yes, talking, looking, gesturing, walking, eating, loving ... are magical acts. But unfortunately when the word “magic” is pronounced, most people are horrified. They do not realize that, in fact, they are constantly practicing magic, consciously or unconsciously.
For example, when you look at someone in a certain way or kiss him, you trigger tremendous magical energies; you play with these energies without being aware that you can even light a great fire. It is as if you were playing with small matches, throwing them left and right, and suddenly there is a fire. That is how many people who do not like to hear about magic spend most of their time playing at ‘the sorcerer’s apprentice’. **(SEPTEMBER 7, 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 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)**

In order to understand love truly, we must first admit that, contrary to what most people think, love is not a feeling – because a feeling is inevitably subject to variations depending on the person to whom the feeling is directed – but a state of consciousness that is independent of people and circumstances. To love is therefore not to have a feeling for someone, but to do everything with love: Talking, walking, eating, breathing, studying, with love. It is to have reconciled all our organs, all our cells and all our faculties so that they vibrate in unison in light and peace. All the manifestations of our being are then impregnated with divine waves and fluids. Love is a permanent state of consciousness: Day and night, we live in this state of joy and expansion in which everything we do is a melody. **(OCTOBER 13, 1999)**

Very few people are aware of the importance of how they eat. Most people consider that even if they spend their meal-times talking, gesticulating and quarrelling, their body is perfectly capable of absorbing and sorting the elements it needs to function properly. And this is true; our bodies do all that perfectly well, but what they don't know is that food also contains subtle forces and elements from space, and that these can only be assimilated if we are aware of what we are doing. These are etheric, astral and mental elements and they can help us to improve our thoughts and feelings and even the way we behave. Yes, on condition, that is, that we learn to eat consciously. **(OCTOBER 14, 1987)**

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)**

What do you think about when you eat? About your financial problems, about troubles in your love life, or about some remarks that recently offended you? In these conditions, how do you think you can make use of all the energies contained in your food? You are distracted, unfocused, and you swallow unconsciously. Even if your organism is nourished and reinforced, it has in fact received only the most material elements, and therefore the least life-giving. You

have no idea of all the energies you could benefit from if you really knew how to eat – in inner silence, concentrating on the food in order to extract the etheric particles, for it is these that are the most beneficial. So, try to think of nothing else during meals. For at least half an hour, put everything else to one side and concentrate on what you put in your mouth. In doing so, you will extract from your food the subtle energies that help to fashion your psychic life as well.

(NOVEMBER 11, 2004)

Everybody considers the question of food to be of the greatest importance; they are ready to do everything possible, even to go to war, to solve it. But this attitude towards food is no more than an impulse, an instinctive tendency, it does not stem from an enlightened consciousness. Only Initiatic Science teaches us that food, which has been prepared with inexpressible wisdom in the divine laboratories for our use, contains magic elements which have the power to preserve and restore both our physical and psychic health. Before we can avail ourselves of these elements, however, we have to know in what conditions this can be done and, also, that the most effective means of doing it is thought. Yes, for the thoughts of man are capable of drawing from what he eats, the subtle, luminous particles that go to make up his whole being and, in this way, little by little, he transforms himself.

Once you understand it, food will become a source of blessings and wonder for you, because, over and above the simple fact of eating in order to sustain life, you will find in it another significance, other knowledge, other tasks and other goals to be achieved. Outwardly you will continue to eat like everyone else, and everyone else will eat like you, but in reality the difference will be as great as the difference between Heaven and earth. **(NOVEMBER 13, 1988)**

Eating a lot will not ensure you of better health. To eat a lot is, on the contrary, very harmful. More important than the quantity is the quality of your food and, above all, the way you eat. Even if you somewhat reduce the quantity, if you learn to eat consciously and lovingly, you will be getting more energy from it. Someone who, during meals, can free his mind and focus his attention on the food so as to penetrate it with rays of love, effects a separation of matter and energy: the matter disintegrates while the energy enters his body and becomes available to him. The same processes are used in a thermonuclear station. If man really knew how to eat, only a few mouthfuls would suffice; he would get enough energy to move the whole universe.

(NOVEMBER 15, 2001)

An initiate lives in all beings through his consciousness, which is why he is able to feed them with his light at long distance. Physical food can only feed the person eating it, and even if for a certain length of time a mother feeds the child she carries in her womb, when the child is born it separates from her and it has to eat for itself from then on. In the spiritual plane a master must feed his disciple, at least in the beginning. He feeds himself with light and in doing so he also feeds his disciples. In the same way that a mother carries her child in her womb, a master accepts to welcome into his soul and into his consciousness children – his disciples – who feed off him until the time they are capable of finding food for themselves. And then they will in turn be able to feed others. **(NOVEMBER 24, 2002)**

Human beings, like animals, must eat to live, but unlike animals, human beings can, through their greater awareness, find in their nourishment a way to develop mentally, spiritually and emotionally. And I would go even further: as long as human beings are not capable of giving the act of eating a greater and deeper dimension, it is pointless for them to claim to be civilized or cultured. That is my criterion. When human beings learn to eat with enlightened consciousness,

filled with wonder at the food they eat, thinking with gratitude of how the entire universe has worked to produce the fruit, vegetables and grain which give them life – then, and only then, can we consider ourselves to be civilized and cultured. **(NOVEMBER 25, 1999)**

To understand the behaviour of human beings it is important not to forget that they carry in their subconscious a distant animal past, which reveals itself in cunning, brutality, cruelty, voracity, sensuality and so on. Therefore, whatever human being you meet, whoever they are, even the most civilized, always be aware they carry the baggage of the animal kingdom with them. And this animal nature is powerful; it has had thousands of years to strengthen and intensify because it has lived in very difficult conditions. Just look at all the difficulties animals have to contend with to survive, find food, find shelter and retain it. After having lived in such conditions, how can you now expect our instinctive nature to be gentle, good and lenient? But what you should also realize is that we can work on our psychic and spiritual qualities, so that we come to stand up to these instinctive tendencies. That is the issue we all have to resolve. **(DECEMBER 6, 2002)**

Just as animals have to eat to survive, human beings must eat too, but they should not content themselves with eating like an animal, in other words without consciousness. Food is not a dead substance, it speaks to us, it passes on its secrets to us, and if we want to receive these secrets we must eat in silence and concentrate on the food we are eating.
Food is sunlight in condensed form, condensed light and condensed sounds. Indeed, because light is not separate from sound, but we have to pay attention to hear it and we must not have our thoughts elsewhere. To people who have practised hearing it, light speaks, it sings, it is music, it is the divine Word. In today's noisy world we can hear nothing and that is a great shame. To understand the language of food, we must begin by being silent.
(DECEMBER 21, 2002)

Man's spirit sees, feels and participates in all that goes on in the whole universe, but as his organs are not sufficiently developed to transmit these impressions to his consciousness, he knows nothing and sees and feels nothing. 'So what should we do?' you will ask; 'Must we strengthen and enlighten the spirit? No, the spirit is perfect; it is the physical body which needs to be developed so that it may become stronger, purer and subtler.
The alchemists knew what they were doing: they concentrated on matter in order to transform it by replacing the denser, heavier elements by subtler, more luminous ones. And we, too, should work in this direction; we must give our physical bodies only pure food and drink, pure air and sunshine, and even all that is most beautiful in the way of forms, colours, sounds and music. It is not the spirit that needs any of that: the spirit is everywhere, omniscient and omnipresent like God Himself. It is our physical matter that we must take care of and transform so as to give the spirit greater possibilities of manifesting itself in all its splendour in that matter.
(DECEMBER 29, 1987)

NUTRITION AND SPIRITUALITY

As long as a baby is still in the womb it is the mother who breathes and eats for it: its life is one of total dependence. In the same way, as long as man is not reborn on the spiritual plane he continues to be dependent on other beings who think and eat and breathe for him.
A grown man is no longer in his mother's womb, but he is still in the womb of Mother Nature. An umbilical cord still binds him to this other mother, and one day this cord too will be cut and he

will be independent. Actually, even then he will not be totally independent, he will still have other cords to cut before he can be completely free as God himself. But that day is still far off. In the meantime he remains bound to nature. Even if he reaches very exalted regions, those higher regions will still be part of nature. There will still be cords to be cut. **(FEBRUARY 2, 1995)**

Why do you always feel hunger and thirst within you? With your mind, you could attract all the subtle elements given out so abundantly in space, all the nourishments longed for by your soul and spirit. These elements are at your disposal with no prohibitions, no limitations. Any prohibitions or limitations come from you, because you are lazy. So now, why not try to overcome these limitations and see the abundance awaiting you. The Lord is more than generous: he distributes everything. Life is everywhere: in water, trees, rocks and mostly in air and in the sun. In sprite of this, man is dying inwardly and spiritually, because he does not want to make the effort to accept the life that could feed his soul and spirit. In his justice and greatness, God did not intend to nourish only some people, leaving others behind; it is not his fault, however, if you, yourself, do not search for this nourishment. So study and train yourself, otherwise you will always remain poor and miserable for many incarnations to come, always blaming the Lord. **(FEBRUARY 27, 2001)**

When we eat, we take care not to swallow just anything. Well, you must be as attentive to the quality of the thoughts and feelings you allow within you as you are to that of your food. Customs officers are placed at the frontier of every country to check those who enter and leave. Have you also placed customs officers at the border of your inner country to watch that nothing dangerous and harmful is allowed through? I am afraid not, so anything from anywhere gets in and you are poisoned. Put your customs officers in place and for every thought and feeling that arises, say immediately: 'You, wait a minute, where are you going? What will you bring me if I accept you?' You will thus anticipate the consequences of the thoughts and feelings which come to visit you and you must accept only those which strengthen you spiritually. **(MARCH 1, 2003)**

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

When the priest consecrates the host and cup during mass he is repeating the very solemn moment of the last supper Jesus took with his disciples, in which he took the bread, gave thanks and gave it to them with the words: '*This is my body that is for you.*' He then took the cup, and after giving thanks, he gave it to them and said: '*This cup is the new covenant in my blood … Those who eat my flesh and drink my blood have eternal life.*' If we are to understand the meaning of these words we must understand that the bread and the wine - made from wheat and grapes - represent the masculine and the feminine principle, which lie at the origin of

creation. And bread that becomes the flesh of Christ and the wine that becomes his blood are solar symbols. In the Cosmic plane, the flesh and the blood of Christ are represented by the light and heat of the sun, which create life. In the spiritual plane, the flesh and the blood of Christ are wisdom and love. So what Jesus meant was this: '*Those who eat my flesh –wisdom – and drink my blood – love – have eternal life'*. **(MARCH 28, 2002)**

Music and song are food, spiritual food, and this is why it is very important to sing. Many people are content to listen to records, but there is an enormous difference between singing oneself and listening to someone else singing. The difference is as great as that between eating and watching others eat: they have a feast and you have nothing! And when they leave the table, they are full of energy and ready for work, whereas you are too weak to lift a finger. Yes, that is how great the difference is; someone who sings creates a link with the world of harmony, whereas the others become inwardly debilitated because they are not nourished by harmony.
(APRIL 6, 1988)

The Host that Christians receive at communion is intended to remind them of the bread Jesus gave to his disciples at the Last Supper, saying: 'Take, eat; this is my body.' Since it contains more or less the same ingredients as bread, in the material sense the Host offers nothing more than a mouthful of bread. But it is a substance which has been given a symbolic function: it represents the body of Christ. Through his blessing, the priest communicates spiritual energies to this Host, and it is up to the believer who receives it to understand its sacred significance. Does not the believer, then, have the most important role? By his inner attitude, he can eradicate what the blessing of the priest has given him or, on the contrary, he can reinforce it, according to how he considers the Host he receives. **(APRIL 8, 2004)**

Work, and do not concern yourself with whether or not others realise what you are doing. The laws are absolutely true: if you do your work honestly, one day everyone will be obliged to recognise it.
Imagine a gardener who has just planted an extraordinary and unique seed in the earth. If he is so stupid and vain that he wants everyone to know it, and he digs up the seed to show every visitor, saying: 'Do you see this? I planted it; take a good look, because it will become an exceptional tree with delicious fruits, and soon we will be eating them...' Treated in such a way this poor seed will not last long! Now this is what many spiritualists tend to do: they uproot what they have only just sown, so that others may know what a beautiful tree they are growing. But they have killed it themselves! You must not remove the seed from the earth; wait until, on its own, the tree becomes visible to others. **(APRIL 13, 2003)**

A master has certain powers, that is true, but he cannot do everything. For example, he cannot eat for you. He can give you food, but it is you who must eat. And if you say, 'No, no, I want him to eat,' well, it is he who will become stronger, while you disintegrate. You always think the master should be the one to do your work. No, the master does his work by giving you all necessary materials for the construction of your inner temple. He will even give you cement and nails, figuratively speaking, but he will not build it for you; it is you who must do the work. If the disciple of a spiritual teaching manages to understand what the work of his master is and what his own work must be, then this is already a great progress. **(MAY 11, 2001)**

Like masculine and feminine, full and empty are two inseparable notions. Empty attracts full so that it may be filled and full seeks out empty to give it its fullness. Since the beginning of time

this coming together of empty and full has created and maintained life. What is the conception of a child but the union of empty and full? What is nutrition but the entry of full (food) into empty (stomach)? And what is spiritual life? The fusion of empty (the human soul) and full (the Deity). The human soul is a virgin who must show herself to be empty, in other words receptive and humble, in order to attract the cosmic Spirit, who will fertilize her. Full and full reject one another. Humility is a kind of poverty, but it is also an asset because it makes it possible to attract the Deity. You must be empty, in other words humble towards the Lord to be filled with His plenitude. If you are full, bloated, arrogant, you will push Him away. In relation to fellow-human beings, however, it is different: you have to be full to help them. **(JUNE 15, 2002)**

Human beings need to eat and drink spiritually as well as physically. The soul and spirit need to be nourished, and they need to be nourished on food that is fresh and new. You cannot nourish them by delving into the dead philosophies and religions of the past. These ancient philosophies and cults were suitable for the eras in which they were born, but if they have vanished or been abandoned it is because they no longer answer a need. They are like old, dried-up preserves – forgive the comparison – and the best thing you can do is leave them on the shelf and go to a good restaurant in which you can eat fresh food straight from the oven! Yes, nature is a restaurant, and in this restaurant you can breathe today's air, eat today's sun, contemplate today's sky, and communicate with the divine forces of today. Always try to nourish yourself with something new and fresh. A spring gushing from the ground, a pure stream of water, the wind, flowers, the earth itself ...all these are forever new and it is to them that you must go in order to read the new message that God sends you every day. **(JUNE 23, 1995)**

The sun is not only the star that shines in the sky and regulates the days and seasons all year round. The sun represents something much vaster: it is intelligence, as shown by its light; it is love, an impetus towards all that is good and constructive; it is life, spiritual, pure life. The sun thus implies a great science, and it is this science that is the universal panacea. That is why it is not sufficient to go and expose you to the light of the physical sun: It is these three superior principles – light, warmth and life – that are important and that must be contacted on a higher level.
The true universal panacea – that drinks capable of healing all ills – was not invented, as we imagine, by some alchemist. To obtain it, we must prepare it ourselves. You will say, 'But how?' By learning to nourish yourself with the purest food. And when I talk about food, of course, I mean food for the physical body, but also for the astral body – your feelings, your heart - and for the mental body – your mind, your intellect. To prepare the universal panacea means to try hard to nourish your physical body, your heart and your intellect with food, whose elements are close to the life, warmth and light to the sun. **(JULY 20, 2001)**

We are living creatures, and to keep alive all living creatures must receive elements from creation – food, water, air, sun, etc. – and use all the riches matter can provide. Only the Creator defies this law: He does not need anything outside Himself. Since, however, he has left something of Himself in every living creature – a spark, a spirit that is of the same nature as Himself – each individual also has the potential to become a creator. Instead of always waiting for everything to come from outside us, we can act on the inside by means of our thought and will, and thus capture the greatest number of elements we need to feed ourselves physically, mentally, emotionally and spiritually. That is why the teachings of the initiates have always been the teachings of the creator spirit and, if you accept these teachings, you will always be strong, free, and rise high over all circumstances. **(JULY 25, 1999)**

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

Bees draw nectar from flowers and make it into a delicious food: honey. This symbolizes, also, the work of the inititate or the advanced disciple. Just as a bee draws the nectar from flowers without ever damaging them, the initiate only draws close to people to collect their most spiritual quintessence, and thanks to his knowledge of alchemy, he prepares in his heart and soul a nourishment of such delicious taste and smell the angels delight to savour it. That is what a bee is – an initiate: he always manages to find a divine quintessence in every human soul – even in those who have fallen very low – and with all this harvested quintessence he makes honey which is the food of celestial entities. **(JULY 27, 1999)**

The one vital thing that a master wants to give to his disciples is the light of initiatic science, because he knows that once they have this light, they will be able to face all problems and, even, no longer need his presence. In order to help people they must be given a spiritual element which becomes part of them. Many people do not realize this. When they want to do good they give something material, instead of remembering that they can give this spiritual element, which will never fade away. They are still ignorant of what is essential, so they give money, food and medicines. I am not saying that these are not useful, but if you want to give the quintessence, you must learn to give light. **(AUGUST 15, 1999)**

We are in debt to nature for all her gifts: air, water, warmth, sunlight and all the rest. And as we cannot pay this debt with money we have to do so with our love, gratitude and respect, and a willingness to study all that is written in her great book. We can also pay our debt to nature by doing good to all our fellow creatures, by sharing our warmth and light – our best toughts and feelings – with them. We can do very little on the physical plane, but on the spiritual plane the possibilities are infinite. We can give back all that nature has given us a hundredfold.
(AUGUST 17, 1995)

Purity alone allows intuition to develop. That is why, in our teaching, we attach such great importance to purity: living a pure life, eating pure food, drinking pure drink, breathing pure air, having pure thoughts and pure feelings.
Man's destiny depends on the clarity of his 'inner eye', and this clarity depends on his way of life. As soon as he commits an error and violates divine laws his spiritual vision clouds over, so he is no longer forewarned or guided, and he becomes entrenched in inextricable complications. Therefore, always try to become aware of the relationship that exists between your day-to-day behaviour and the clarity of your vision. If you decide to live a straight, honest and noble life, you purify yourself, and your subtle organs start to function. That is how, with proper guidance and direction, you will again find the springs, the fields, the lakes, the meadows and the mountains of your true homeland. **(AUGUST 29, 1999)**

If you want to foster only the purest and most selfless inner attitudes, you must learn to be discriminating in your choice of thoughts and feelings. Just as we have a physical stomach, so do we also have a spiritual stomach. And just as we discard the skin and bones and shells of physical food, so must we also take care to discard the dirt and poison that contaminate our thoughts and feelings.
Those who neglect the question of nutrition on the psychic plane are preparing great tribulations for themselves. Our thoughts and feelings are the materials with which we build our subtle bodies, and if we build a hovel we shall never receive the visit of a prince or a high priest. Our only visitors will be derelicts, symbolically speaking. Each one of us builds our own etheric,

astral and mental body, and our destiny is determined by the quality of these bodies, which attract either light or darkness, suffering or joy. **(SEPTEMBER 6, 1995)**

Attraction and repulsion are absolutely normal, instinctive reactions: one spontaneously likes or dislikes certain foods, drinks or occupations. And one spontaneously hates or loves certain kinds of people: nothing is more normal. We all come into the world with certain tastes and tendencies which make us lean one way or the other. Yes, but the Creator has not given man powers of reasoning, judgement and reflection so that he might blindly give way to his likes and dislikes, but so that he should use those powers to determine whether he would be fostering or hindering his spiritual evolution by following his natural inclinations. For the point is not to oppose all one's natural tendencies: some of them are excellent. The point is precisely to see clearly which tendencies should be cultivated and which are liable to lead to difficulties and need to be redirected. **(SEPTEMBER 12, 1987)**

From the point of view of an anatomist, a human being has two eyes, two ears and a mouth. But according to initiatic science, a human being has three eyes, three ears and three mouths. The third eye, the mystic eye, is found in the center of the forehead. The third ear is situated in the throat. The second mouth is at the top of the head: It is the chakra Sahasrara, the lotus of a thousand petals, and this second mouth enables a person to speak and eat in spiritual regions. Prayer and communion are nothing other than a way of speaking and eating in the divine world. For the moment, I will not elaborate on the third mouth. Our planet also possesses organs resembling ours. The earth's superior mouth is the high mountains, and it is through these highest summits that the earth communicates with Heaven. **(SEPTEMBER 17, 1998)**

This love that men and women look for exclusively in one another is, in reality, to be found in the whole of nature, but in such a subtle and luminous form that they do not see it or feel it. Yet what men are searching for in women, and what women look for in men is, in reality, only this intangible element. They kiss and what do they receive? They have not taken something material away from their partner, something they can eat or drink, for instance. And because they do not understand that what they are looking for is not the body – something to hold, to touch, to possess – but a spiritual element, they are always disappointed. This spiritual element which men and women can give to one another is exactly what the love of God is. This love that can be absorbed, that can be breathed, is the only love that leaves no impurities or dissatisfaction. That is why the initiates who have given everything to possess this love are so happy and fulfilled: because they drink from the spring of Divine Love. **(SEPTEMBER 18, 1999)**

Nourishment is a vast issue because it is not only limited to the food and drink that we consume at every meal. Nourishment can also consist of sounds, smells and colors, as well as feelings and thoughts. Naturally, nourishing yourself in this way is more difficult, but it is possible. On occasion, you can also nourish yourself in this way and in fact, sometimes you do so without realizing it. You sometimes eat nothing all day without feeling hungry, either because you are totally absorbed, or because you are so filled with love that you feel nourished.
All wisdom, all love and all spiritual thought is nourishment: they transform themselves into sustenance, even supplying nutriment for your stomach. You can prove this for yourself.
(SEPTEMBER 19, 1999)

The Archangel Michael presides over the autumn equinox which occurs on (September 22, when the sun enters Libra, thus inaugurating a new cycle. Fruits fall from the trees shedding

their husks, and the seeds and grains are sifted and sorted for food or to be stored, later, they will be sown and the whole cycle will begin all over again. But this process of sorting and separation is not something that concerns only plant life: it also concerns human beings. Just as the fruit is separated from the tree and the seed from the fruit, so the soul is separated from the body, if not physically, at least spiritually. The body is the envelope and the soul is the seed that is sown on high, in Heaven. When man's fruit is ripe and the seed ready to fall, it must not fall to the ground like the seeds of plants; it must fly upwards to Heaven. **(SEPTEMBER 22, 1987)**

You cannot claim to understand things correctly as long as you are content to accept the ideas of a spiritual teaching without making an effort to put them into practice. If your thoughts are really good and right you will feel the need to bring your actions into line with them. If this is not the case it means that you are not really very convinced. Do not delude yourself: as long as your actions do not express your knowledge, it means that your knowledge is incomplete. It does great harm to let human beings believe that there is nothing reprehensible in not making their actions conform to their thoughts. This is why a genuine initiatic teaching deals with every aspect of a human being and all the corresponding activities. Initiation concerns the whole being, not only his psychic activities but also his physical activities, his eating, sleeping, washing, walking and working ... **(OCTOBER 11, 1995)**

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)**

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)**

Life never fails to present us with people we find unpleasant and irritating. From the spiritual point of view, such beings represent a kind of raw material which our mouths, symbolically speaking, have difficulty swallowing. But if within us we have the warmth of love and the force of light, the glands of our spiritual 'mouths' begin to function, and as a result, these people become edible and no longer perturb our psychological state. If you insist on trying to 'digest' someone without light and love, you end up with indigestion and heartburn. But with love (warmth) and

wisdom (light), you are able to transform all that comes to you in a raw state, be it food, human beings, or situations. It is with light and warmth that these raw materials become easily assimilated. **(NOVEMBER 8, 2004)**

'To burn a candle at both ends' is associated with someone who indulges in excesses or leads a disorganized life. Even if people know and use this expression, they are not very careful with the use of their energies and, in a way; most of them burn the candle at both ends. They think that their energies are inexhaustible and will be replaced automatically. Actually a few elements can be replaced; Cosmic Intelligence has built the human body in such a manner as to repair some energy losses as it goes along. But if man does not live reasonably, the losses are irreparable. Someone who leads a disorganized and passionate life loses his most precious energies, and not only does he deprive his psychic and spiritual bodies of food but he even weakens his physical body. **(NOVEMBER 9, 2001)**

When I see someone who has no light in his face I know at once that he is spiritually undernourished. I also know the kind of inner restaurant he eats at. You will perhaps say that he prays and meditates; that he is honest, charitable, unassuming, and faithful to his wife. All that may be true, but how is it that one does not sense the presence of these virtues you mention? If no light shines from him it means that his inner life is nourished by tainted food. When I meet someone who radiates light, it makes no difference what people say about him, I sense that he is someone with a secret, and I would like to learn his secret, for he is a sun, an upsurging spring! **(NOVEMBER 15, 1995)**

IS THERE MORE TO SAY?

When someone builds up his physical resistance, he can be so well armed against attack that his enemy (illness) is discouraged at the sight of his defences and withdraws. You can see examples of this during an epidemic: there are always some who come and go with impunity amongst the sick, whereas others, in spite of all their precautions, sicken and die. Why this difference? Because the former did not offer a favourable terrain for the proliferation of the microbes. Illness does not attack a man when it sees that his house is too well guarded.
This is why it is extremely important that, instead of concentrating on disease, you study health; the factors that give rise to it (breathing, nutrition, behaviour) and the laws that govern it, and that these things be taught to everybody. **(JANUARY 15, 1988)**

Once upon a time, while still a tiny child, a young prince was entrusted to a peasant family, to be brought up in poverty and hardship. He did not know that he was heir to the throne, and he went to work every day, dressed in rags and with only enough food to keep body and soul together. Then one day, after many years, his father, the King, decided that his apprenticeship had lasted long enough, and sent a procession of nobles and retainers to bring him back to the palace. The prince could not understand what was going on; he was convinced it was all a terrible mistake. So then the courtiers explained to him that he had only been sent to live with peasants so as to learn to work hard, get up early in the morning and live soberly. When he got to the palace it was time for lunch, and he asked for a piece of bread and an onion and a glass of water. He never imagined that the royal chef had prepared a banquet in his honour, with turkey and crayfish and the best wines!

And what if I were to tell you that you, too, in your inner being, are all princes and princesses, sons and daughters of God, and that one day God will send his ambassadors to take you away from the peasants who have been bringing you up (symbolically, that is what life on earth is) and escort you back to His palace. Yes, but this will only happen if you have worked well; otherwise your apprenticeship with the peasants may have to go on for centuries. **(JANUARY 24, 1988)**

How can we transform the earth? By eating it! Yes, that is the reason we eat. Have you ever thought about that?
When we eat we are eating earth, developed, of course, into other forms such a vegetables and fruit, but basically it is all made of earth. We swallow this earth, digest it and then eliminate it. But this does not happen automatically. The matter we absorb gives us its own specific elements and, in turn, receives something from us – from our feelings, thoughts and aspirations. And this is why the earth is no longer what it was in the far distant past; it is more highly evolved, more refined, more intelligent, because all the beings that have come to incarnate here have worked on it.
And this is why the earth will one day be luminous and crystal clear: because the spirit, working through human beings, will have transformed it. **(FEBRUARY 27, 1998)**

The whole mystery of life is contained in respiration. Not in the air itself, nor in the act of breathing, but in an element far subtler than air which is nourished by air: the element fire. Yes, life belongs to a higher plane, to the plane of fire, heat. The function of air is to nourish fire, for without air fire cannot burn. Although the lungs are considered essential organs they are simply the bellows that feed the flames of the heart. The origin, the first cause of life is fire, and the role of air is to sustain and nourish its brother, fire. When man breathes his last the fire goes out and life is extinguished.
You can see how important breathing is. It is worth taking the time to reflect on this function in order to get better and better at it. In most human beings the respiratory function is diminished or contaminated. They need to practise working with air so as to revive, purify and intensify the life within them. **(MARCH 1, 1995)**

To say that you are going to seek for truth is the surest way of never finding it, for truth is not something you can find on earth. He who expects to come across something one day of which he can say, 'Behold, this is truth!' is deluding himself. Truth is the world in which we live; we are linked to it, we are an integral part of it, we cannot be separated from it. We live in the truth, we eat and breathe truth, we exist within it, and it exists within us. This is why you must stop thinking of truth as something that can come to you from outside yourself. The only things that can come from outside are the contacts with other beings or with objects, books or works of art that awaken within you an intuition of truth. That is all**.** **(MARCH 8, 2001)**

All creatures have to eat and drink to stay alive and then they have to eliminate the waste. What does this waste consist of? All the elements those are no longer of use to the organism. But these elements were contained in food and drink that were good since they enabled them to stay alive. Yes, and this is a fact of everyday life that is worth some contemplation. Whatever the quality of what we eat and drink, there is always waste and this waste needs to be eliminated, and for this there are specific places. This phenomenon occurs in all planes and at all levels of creation. It could therefore be said that hell, with all its inhabitants, should be looked upon as the place where the impurities of all creatures amass. This hell Christianity has talked about for

centuries, depicting it in phantasmal shapes and colours, is in fact the 'tip', where evil – i.e. the impurities expelled by all creatures – is discarded. **(MARCH 15, 2002)**

Nobody doubts that food gives energy, and everybody has heard about calories, vitamins and minerals. But has anybody taken this further, though, and wondered how food can nourish on more subtle levels? Sadly, far too few. If we were able to make ourselves truly receptive our food would tell us about the energies it contains, how these energies have travelled across the whole universe, about the beings who have encouraged its growth, and about the entities who have tended it night and day with such care and constant devotion, infusing it with the special properties of the use of God's children. Our food even bears traces of all those who worked the fields or walked nearby. Books are not the only source of learning. We can also learn from our food, and be confident that we receive living knowledge while we eat, because this food is impregnating the very substance of our whole being. Our food does not reveal its knowledge intellectually – making a poor subject for discussion – rather, we sense these revelations enhancing our whole being, enriching our entire existence. **(MARCH 24, 1999)**

You should not look on fasting as having to go without, or as a deprivation. On the contrary, fasting above all else serves to nourish us. Yes, indeed, for when our physical bodies are deprived of food, it is our other more subtle bodies – etheric, astral and mental –which begin to be nourished. We all have an instinct for self-preservation – for staying alive. If our physical bodies are not fed, an alarm goes off, and all the entities of our organism rise to a higher region to find the missing nutriments: so our bodies begin to absorb these elements from a rarer atmosphere. Our breathing improves and, after a time, we no longer feel hungry, because we have assimilated nourishment that is not from the physical world. If we stop breathing for a few seconds, other entities from the higher astral and mental planes rush to provide all the elements necessary to keep us alive. So you see, fasting is really just another form of nutrition. Only, you must be very careful if you wish to fast, and take essential precautions: you must learn how to fast, using a great deal of wisdom – otherwise, it can prove dangerous. **(MARCH 26, 1999)**

The banishing of Adam and Eve from earthly paradise is not simply the story of the misfortune of one man – Adam – and one woman – Eve, who, because she ate an apple, were guilty of disobeying God. The story of Adam and Eve tells about the mental and emotional processes at work within each individual psyche, irrespective of whether it be man or woman. When our intellect, Adam, and our heart, Eve, fail to connect with our spirit and our soul, mirror images of cosmic Spirit and universal Soul – we succumb to the lure of the lower regions. This is 'the fall'. We must therefore be on our guard not to abandon the garden of Eden – the Heaven within us. To avoid falling and being engulfed by the underworld, we must hold on firmly to the world above. This may sound very complicated. On the contrary: for those who have learned to reflect and reason along the lines of the great universal symbols, it is straightforward. However, if people prefer to cling to the tale of the fellow and his wife in a garden with a snake and an apple, and if this makes sense to them and helps to evolve, then I wouldn't argue. Every body is free to do exactly as they please. **(MARCH 30, 1999)**

During his last supper with his disciples Jesus took bread, blessed it and gave it to them, saying: '*Take, eat, for this is my body*.' Then he took a cup of wine, blessed it, and gave it to them, saying: '*Take this, drink it, for this is my blood. Do this in memory of me*.' The priest repeats these very same words and gestures when celebrating Communion. We cannot understand the true significance of the Mass unless we realize that the Communion is the most meaningful part

of a magic ceremony, in which bread and wine represent the two eternal principles - – masculine and feminine – the foundation of all creation.
Why is it that the faithful of the Catholic Church only communicate with bread – the host, Christ's body – representing the masculine principle? Wine – the blood of Christ – representing the feminine principle, is reserved for the priests. So the faithful are nourished uniquely with the masculine principle: the feminine principle is missing. But true Communion implies the presence of the two principles, both masculine and feminine. **(APRIL 1, 1999)**

The lower nature within us is a legacy from the animal kingdom; and if this nature is selfish, nasty and cruel, it is because it has survived in very difficult conditions. Just consider everything animals have to contend with to find their food, keep a shelter or protect themselves from other animals! After living in such conditions, how can you now expect this primitive nature to be generous and unselfish? No, in order to survive, it had to show aggressiveness and possessiveness, and now these characteristics are perfectly manifested. The lower nature has thus the right to find itself a place in the sun, and it accomplishes that task perfectly. But this does not represent the last stage of human development. It is time now for the spirit to manifest its qualities, and thanks to it, a balance will be found between the forces of instinct and of reason. In other words, the lower nature will become food for the higher nature, which will benefit from its richness: this will bring the fullness of life. **(APRIL 7, 2001)**

Every day we must work to make our lives purer and more intense, for it is this life which will work the highest form of magic on people's hearts, souls and minds, on the entities and the forces of nature, and even on physical objects. What good does it serve to come to earth and lead a mediocre life? To eat, drink, sleep, work a little to earn a living, and have a few amorous adventures from which people emerge exhausted – what is all this compared to an eternity of splendour which awaits those who endeavour to learn just one thing: how to live? If initiates are balanced, happy and at peace, it is because they have worked to purify their lives, and to render them beautiful and powerful. They have understood that true magic is found in life itself and nowhere else. Yes, to be able to live and breathe the divine life is the highest form of magic. To encourage others, to stimulate them, to reawaken and ennoble them, this is true magic, the true life. **(APRIL 10, 2004)**

Just as we have a physical stomach to digest our physical food, we have an astral stomach which serves to digest our emotions. If we overindulge, if we swallow any and every emotion, not only do we get indigestion but we accumulate waste which we must then eliminate, just as we have to eliminate waste from our physical food. Those who over-indulge in crude and violent emotions contaminate everything in their path with nauseating emanations. Thus, there are rules to observe concerning our emotional food, just as there are those that apply to our physical food, and it is up to each of us to discover these rules within ourselves. **(APRIL 17, 2000)**

What good are science and philosophy to us if we are not alive? And in order to be alive, we must nourish ourselves properly, and on all planes. In the universities, students are taught philosophy and science, but they are not nourished. This is why, symbolically speaking, they often have shaky legs, an empty heart, and a dense fog in front of their eyes. In the schools of the great initiates, on the other hand, students are well nourished, and when they have become strong and robust, they are given a plough, taught how to cultivate the earth, and put to work. Obviously here the earth signifies that which every human being possesses within himself: his mind, his intellect. Those who know how to work and to plant good crops on their own land will

eat plentifully all their lives. The others will only see thistles, thorns and brambles grow. Which will not only be useless, but harmful, for them and for others as well. **(APRIL 19, 2000)**

Suppose you have done someone wrong, and you go and apologize. That is all very well, but it is not enough: you must still repair the damage you have done, and only in doing so will you be acquitted. Apologizing to the person you have harmed and asking forgiveness is not enough, and divine justice will pursue you until you have put right the wrong. You will say: 'And if the person I have wronged has forgiven me?' No, the matter is not settled that easily, because the law and the person are two different things. The person forgives you, but the law does not. It pursues you until you have made amends. Obviously those who forgive you demonstrate nobility and generosity, and they free themselves from the torment and rancour which bind them to the lower regions of the astral plane. Jesus commanded us to forgive our enemies so that we could free ourselves from the negative thoughts and feelings which eat away at us and destroy us. But forgiving does not settle the issue. Forgiving frees the one who has been ill-treated, who has been wronged, but it does not free the one who committed the wrong. In order to free themselves, the guilty must make amends. **(APRIL 25, 2000)**

It is important to eat always just a little less than your appetite seems to require. Why? So that your etheric body has some work to do. Yes, if you still have a little appetite when you leave the table, your etheric body is obliged to look for a different kind of nourishment on a subtler plane, and in a few moments, not only will you no longer feel hungry, but you will be full of new energies: not only physical but also psychic energies. Whereas, when you eat your fill you paralyse the activity of your etheric body and this is very bad for your health, for the stagnation of the etheric body is liable to invade your whole organism. You must not paralyse your etheric body; on the contrary, you should constantly stimulate it to be active, for it is the activity of the etheric body that keeps you healthy. And, in order to stimulate this activity, you must never sate your physical body, on the contrary, for it is this slight deprivation felt by the physical body that impels the etheric body to do its work. **(APRIL 25, 1988)**

The positive aspect of things is always greater both in quality and in quantity. This is why to be discontented is to admit that one refuses to look at reality objectively. You must at least make the effort to see both sides of life. He who is always satisfied and optimistic is not right either. But to fly into a rage because someone says or does something that displeases you, because something cost more than you had expected, or, even more stupidly, because your food was overcooked or underdone, too salty or not salty enough... to react to such minor inconveniences as though they were major disasters is very destructive to yourself. Learn to counterbalance little details like this with the thought that you have eyes, ears, a nose and a mouth which enable you to see and hear, to smell and breathe, to taste and talk and admire beauty, etc. If, because of some petty annoyance, you are ready to forget all these invaluable treasures, and more besides, and to upset your family and the whole of society, it shows a great lack of intelligence.
(APRIL 28, 1988)

If you study man's digestive system, you will see that it is perfectly designed to take in food and digest it, but also to discard what could not be assimilated. If some element troubles the good working order of kidneys or intestines, toxins accumulate and man gradually poisons himself. And this is not only true on the physical plane; we also possess the equivalent of the digestive system on the psychic plane. If the elimination of waste material is not done properly on the astral and mental planes, we will also poison ourselves. So many people are already psychically

poisoned because their astral and mental bodies are saturated with wastes produced by their disorganized thoughts and feelings. They do not know that on these planes there are also some elements that must be thrown out. How can you do this? By using all the methods of purification given to us by initiatic science. **(MAY 7, 2001)**

You are all aware that too much food is bad for your health. But it must also be borne in mind that if people eat more than they need, they take the food destined for others. If many people do likewise, some consuming too much while others not enough, an imbalance will be created in the world.
All misunderstandings and confrontations have at their origin envy, greed and the immoderate accumulation of wealth (food, land, objects) which deprives others of what they need. The instinct to take and assimilate more than they should pushes people to dominate or even eliminate those who show the slightest sign of resistance or opposition.
Therefore, as quickly as possible, this need to monopolize everything must be brought under control. If the tendency is not watched, it can assume gigantic proportions throughout every area of life, causing the greatest unhappiness. Every day, several times a day, your meals give you the opportunity to reflect on this question. **(MAY 7, 1998)**

In the Gospels Jesus speaks about a man who gave a great feast, to which he invited many people. And when the feast was due to begin, all the people he had invited sent word that they were unable to attend. One had bought some oxen and needed to try them out; another had bought land and needed to see it; a third had just got married, and so on. So the master of the house was very angry and sent his servants into the town to seek out beggars, cripples and the blind, inviting them to the feast. All these came along to eat and drink, because the 'chosen' were otherwise occupied. What happens in the world is a little like that. Very few among the elite are free to devote themselves to divine work, so Heaven is obliged to make do with the help of those who are less fortunate. **(MAY 14, 1998)**

What is our body? It is a collection of elements which were first found in earth, water, air and fire. They once formed the matter of other bodies which decomposed over time. When we eat fruit or vegetables, we say: 'This is a pear or a watermelon, and that is a lettuce or a cucumber.' It is true but, before they existed in these forms and these colours, to how many other animate and inanimate forms these elements belonged, and in how many other colours! Since the beginning of time, minerals, vegetables, animals and human beings have been composed of these same elements. When these forms disintegrate over time or by accident, they return to nature's vast workshops to be transformed, but the elements of which they are composed remain forever new, pure and unblemished. It matters little that all living forms wear out, go mouldy, rot and turn to dust. Nature takes them back into her workshops and returns them as fresh food for all living beings, or uses them to build new bodies for all creatures. It is she who teaches us about the law of recycling. Yes, in nature nothing is lost or created; everything is transformed. **(JUNE 3, 2004)**

When we eat, we are constructing the material of our own bodies, and these bodies are destined to become the temple of the spirit. The matter we absorb is part of this construction and must be pure, otherwise it will prevent the spirit from taking up lodging within us. People who eat meat should understand that all the animal cells they have absorbed are now integrated into their bodies, and will refuse to co-operate with any intended noble, or magnanimous acts. When a person eats meat, he absorbs, along with the flesh, all the animal characteristics of fear, greed,

cruelty, etc., so when he wishes to develop his higher self, he meets with difficulties, because animal cells cannot comply with the same high ideal. These animal cells have a will of their own, which is directly opposed to that of the person in whom they dwell. Animal cells do not want the temple of the spirit to be built. **(JUNE 23, 1998)**

When eating we must chew our food well. The mouth is like a little kitchen in which the salivary glands prepare, cook and season the food with a little oil – their juices – before sending it on to the stomach. This is why it is important to chew your food until it is almost liquid. If you swallow it without chewing it properly it will not be 'cooked', and as uncooked food cannot be assimilated it leaves a lot of waste products in the body. Also, when the stomach receives food that has not been properly chewed your organism has to produce much more energy to deal with it.
When you are tired it is not always because you have overworked. It is often because you have squandered your energies by not chewing your food properly. When you swallow your food whole it is much more difficult to digest and assimilate, and the effort required of your body results in fatigue. **(JUNE 26, 1995)**

It is normal to want to obtain always more: more money, titles, positions and possessions. When does it become abnormal? The body tells us clearly, so clearly that no one can refute it. What does the stomach do when you give it food? It takes only what it needs. And moreover what it takes is not for its own use only; the stomach works on foods, impregnating them with different juices so as to distribute them to the whole body. The stomach only retains what it needs for a few hours; after this time, if it still demands more food, it is only because it needs it. It is thanks to the wisdom of their stomachs that people are healthy.
Now suppose that the stomach says, 'From now on I will keep everything for myself! Why should I continue to give these idiots something, what are they to me? And who knows what the future has in store, I have many offspring to support.' The stomach would then store up food ... and sickness would be at the door! If people thought it over, they would realize that they are behaving like greedy and selfish stomachs that jeopardize the good health of that immense organism – humanity! **(JULY 6, 2001)**

Many people complain, 'I was brought into the world without being asked for my opinion. My father is a drunkard, my mother, a bad woman; my parents quarrelled, fought and beat me up, deprived me of food, clothing and I had no books for school. That's why I amount to nothing... it's my parents' fault.' And everyone agrees: 'Of course, poor fellow, it's not his fault. If he had had good conditions in his youth, etc., etc.' In such a situation an initiate thinks differently. He asks, 'Why did this man incarnate in such a family? Was it by chance?' No, a justice exist. There is an absolute intelligence that determines exactly the conditions in which – according to their deeds and merits – a man or a woman must reincarnate, at what time, in what family, in what country ... Seemingly, it is the parents who are responsible, because an intermediary is always necessary on the physical plane, but in reality the real culprit is the one who created such conditions for himself. **(JULY 7, 2001)**

You eat some fruit and once this food is digested and assimilated it contributes to the life of your entire organism. What is this intelligence, able to bring to each organ of our bodies the things necessary to allow us to continue to live? How can we not be filled with admiration for it? Thanks to this nourishment you will continue to see, to hear, to breathe, to taste, to touch, to speak, to sing and to walk. And even your hair, your nails, your teeth and your skin will benefit from it.

Yes, how can we not be filled with admiration for this intelligence? From now on you must think about it more, try to discover it, to unite with it, to thank it and even from time to time ask its permission to take part in the work being done in all of nature. Because the day you are ready, it will be able to welcome you to its numerous work sites to show you how it works, whether this be within you or in the bowels of the Earth, where minerals, metals, crystals and precious stones are formed, and it is this moment you make true discoveries. **(JULY 17, 2000)**

From the initiatic point of view success is not always desirable. Obviously, if a person is weak and sickly it is best that he does not encounter too many major obstacles on his way, because if he falls down he will never get up again. If he is strong, however, setbacks and failure will strengthen him further: misfortune and enemies will give him energy, as if they were food for him, making him become, one day, invincible.
Unfortunately there are not many people who pursue their course with courage, despite the obstacles and misfortune they encounter. Most are easily discouraged and overwhelmed. You need to have gone a long way along the road of personal growth to draw strength from misfortune. Sometimes even Heaven sets trials for certain people because it knows their nature, that they need to be faced with the greatest difficulties to help them reach the summit. Whereas others are spared because Heaven knows that they would soon end up in trouble. Heaven therefore adapts its actions to each individual. That is why it is difficult to foretell human beings' destiny. Often misfortunes seem to be a punishment sent down from Heaven whereas the opposite is true: they are the right conditions to oblige people to climb to the top. **(JULY 18, 1999)**

Psychic endurance is a very precious quality that you must try to acquire by learning to work on the cells of you body. You will say, 'But how do I do this work?' First, with the food you eat. Choose the simplest and healthiest food, and as you eat, train yourself to draw from it, though thought, the purest and most vital elements that will give suppleness and strength to your cells. You have noticed that some people who have received a great shock rapidly regain their equilibrium, whereas others find it more difficult to recover. This is because their psychic matter lacks flexibility; it is made up of elements too close to the physical plane. Of course, it is not enough to watch your food or the way you eat, you must also be vigilant in your thoughts, feelings and desires. By working to purify and enlighten them, you will gradually manage to acquire the suppleness and flexibility that will make it easier for you to stand up to shocks and tensions, both physical and psychic. **(JULY 24, 2001)**

Technological progress has given humankind great possibilities. This is a good thing, but all these new facilities and opportunities lead them to expect everything form outside and to become heedless, thoughtless and fickle. We can neglect our health: there are doctors, surgeons, dentists, chemists, etc. We can waste paper, ruin appliances, break objects, soil and tear out clothes, throw away food: there is plenty more of everything in the shops.
This is how care and attention, vigilance and discernment gradually wane. Why develop these qualities when there are so many people and products available to repair the damage we have done? Scientists, researchers, technicians are all there to help people with their inventions. In reality, however, they help the manufacturers get richer, and make the people increasingly weak and dependent. I am not saying we should put a halt to technological progress, but we must also continue to work in the inner domain in order to cultivate care and attention, prudence and self-control. **(JULY 30, 2000)**

How should we help the needy? You can either help a needy person by giving them clothes, food, medicines, shelter or else by teaching them to manage for themselves, become self-sufficient. The first method is quick and can even be spectacular, because within just a few minutes someone's material situation can be completely changed. But this kind of help is momentary, because the food cupboard will empty, the clothes will wear out and you will have to start again. Enlightening people is fare more effective, although of course it is far more difficult and takes far longer.
To help human beings in a truly effective way we must follow nature's example. A mother carries her child in her womb for nine months. She eats, she drinks and she breathes for her child. Then she says: 'Right, now it's time for you to stop relying on me. Go on, out you go.' And to start with the child cries a little, but then it decides it gets on with things, and very soon it manages very well. This is how human beings should be educated. They should first be given what they need to be able to continue alone.
(AUGUST 3, 2002)

Nature is a very good mother, but she is severe: if we transgress the rules she has laid down, she punishes us. You may say, 'But this idea of a mother is not the same as ours. We think of a mother as tender, loving and indulgent. The father is the disciplinarian.' Well, if that is how you see it, I would say that you are not observant. How does a mother behave towards her child? She feeds it, of course, but she teaches it also, as soon as she can, what it must do or not do, in order that it may develop along the right lines. She gives guidelines for nutrition, hygiene and security. Sometimes she holds it back, or obliges it to go without. She stops it from getting too close to fire and water, from getting its little hands on matches or sharp objects, and she may hide sweets and sugar if it likes them too much.
Sometimes she lets it do what it likes, but she keeps a sharp watch all the same, and if it falls and hurts itself she says, 'Now you see what happens, so try not to do that, or you will hurt yourself again.' Then, when it goes too far and behaves badly, she punishes it. Transposed on to another plane, nature fulfils this same role: she is mother to us human beings.
(AUGUST 5, 1998)

By observing insects we can make very interesting discoveries about our psychic life. For example: if we leave a little food on a table, right away insects such as flies, ants and wasps appear. By what intuition or power of divination are they able to detect from afar the presence of these crumbs? And if we clean them up, the insects leave. Well, the same law applies to the psychic realm. Here, too, all sorts of 'insects' sense from afar the impurities that human beings accumulate in themselves, and they come to feed off them. Everywhere, in all realms, everything is food for something else. Dark and evil creatures need to eat, as do luminous and divine beings. Therefore, beware of the entities which your thoughts and feelings attract to you!
(AUGUST 12, 2004)

As long as you allow all sorts of contradictory thoughts and desires to occupy you, you are fostering disorder, so it should be no surprise if you soon feel lost. Many people complain of being lost, but this is because their desires have led them to accumulate an ill-assortment of too many things, and now they are up to their necks in complications. For example, a diamond is pure carbon: it is so pure because it contains nothing else. If you add another element, it is no longer a diamond. Likewise, those who want to try everything, touch and taste everything, know everything, lose their value as diamonds and become nothing more than dull stones. A true disciple must keep moving towards a single goal; he must have a single ideal, a single desire, a single nourishment, symbolically speaking, and in this way he will come to live in purity and light.
(AUGUST 17, 1998)

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

Even the most ignorant human being knows that blood is an infinitely precious liquid and that someone who loses his blood loses his life too. As long as it circulates within the body, blood is protected, as if sealed in a container. But as soon as it escapes from the body, for whatever reason, it evaporates like all liquids; that is, its etheric particles disperse into space. These particles are alive: they retain something of the elements which make blood the bearer of life, and because of this they serve as food for invisible entities. Yes, it has been known since time immemorial that blood has the property of releasing effluvia on which invisible entities feed. Nothing is lost in the universe; there will always be entities to nourish themselves on the life given off by a few drops of blood. **(AUGUST 18, 2004)**

Human beings who come to earth can be compared to drops of rain. Each drop falls exactly in the place provided for it by the decrees of Cosmic Intelligence, so that it may accomplish its task. In one way or another, each person must sacrifice himself in order to quench the thirst of one who is thirsty, to refresh one who is hot, to wash one who has become soiled by daily work, and to irrigate the cultivated field... Yes, we ask many sacrifices of water: to take part in bread making, to help cook our food, and even to dissolve poison. In every case it must not rebel, but accept its sacrifice. When it has fulfilled its mission, it can return to the sky and regain its transparency. The same is true for human beings. **(AUGUST 28, 2003)**

You have to be able to transpose certain moral, philosophical or mystical notions onto a different plane. For instance, according to the Gospels, fasting drives out unclean spirits, but a fast should not only take place on the physical plane. If evil spirits are dwelling in the physical body in the form of illness, physical fasting may chase them away. However, these spirits may also be dwelling in the astral and mental body in the form of irrational thoughts and coarse feelings and desires. If you are 'possessed', the spirits living within you will always urge you to absorb a nourishment pleasing to them. So, in order to rid yourself of these evil spirits do not give them anything more to eat: in other words, you should try not to have any more selfish feelings or self-centered thoughts, and replace them with pure, luminous thoughts and feelings. By depriving these dark spirits of their food you will make them fast and so, feeling the threat of death by starvation, they will leave you. That is how fasting should be understood. **(SEPTEMBER 11, 1999)**

Even people who believe in God do not always know why they pray. They ask themselves: 'Why does God need our prayers?' In fact, God does not need our prayers. He has installed certain devices in us, saying: 'Now it is up to you to get them working. They are built well, so they will work well.' You have no doubt seen these automatic food or drink dispensers in stations. It is you who make them work by inserting money into them. The station master does not get involved, he has nothing to do with it. Well, in the same way God does not get involved with the workings of our inner devices, our inner machines. He has given them to us and now all we have to do is insert some coins to make them work. When prayer is done correctly, it gives results because it is like a coin that you insert into the machine. Every time you pray you emit a force, which is projected outwards but also and especially inwards, where it sets certain wheels in motion. This is why you feel peace, joy and beauty come over you. **(SEPTEMBER 23, 2002)**

In order for a person to incarnate on earth, all of creation must agree to his coming. If it refuses even a few elements, then that person dies. That amazes you? Well, reflect on this. Notice how things are done in a country, a business or a family. There are people who calculate the budget, plan the expenditures (how much to allocate to education, defence, health, etc.), decide what

savings to make, which persons to hire, dismiss or keep on, what sums are necessary for food, heating, maintenance and so on.
Do you really think that when it is a matter of someone coming on earth, nobody takes a decision or approves it? In a family, town, country, everything is calculated and done according to plans, budgets ... and you suppose everything in the universe is done without thought, haphazardly? Really, human ignorance is unimaginable! There are also entities up above that calculate how many human beings should come down to earth, the number of years they are to stay. Yes, it is such an immense economy, which you are far from imagining. **(OCTOBER 5, 2001)**

At mealtimes, when you want to move something on the table or cut up your food, practise doing so without making a sound. This will help you to develop qualities of attention, precision and foresight which will be useful to you all your life long. If you never achieve control of your gestures in little things like this you will be a bungler for the rest of your life. You will continually make mistakes, bump into people and things, and make tactless remarks that will cost you friends and close the doors of opportunity to you. Take advantage of meals, therefore, to learn to be attentive and control your gestures, for in this way you will develop faculties that will enable you to handle every situation. **(OCTOBER 5, 1995)**

Everything that exists stems from the spirit and is animated by the sprit, because the spirit is the creative principle *par excellence*. But all is not spirit. Our body, for instance, possesses something of the spirit, but it is far from possessing all the powers and qualities of the spirit. It is down to us to see to it that our body becomes increasingly impregnated with the elements of the spirit. When we eat, for example, we must ensure that the spirit participates in this act, so that it may impregnate the food and so penetrate our own matter. Food contains life, but it does not yet possess the spirit. It is down to us, when we eat, to concentrate on the food we eat so that the spirit may intervene, because its presence will bring elements that are so new that everything within us will be transformed, embellished and revived. **(OCTOBER 9, 2002)**

When you are given great trials to endure and feel as though you were being tom limb from limb, it means that Heaven has decided to eat you, that is to say, to receive you amongst the elect, on high. Your trials are the cleansing that you have to endure in order to get rid of all the indigestible elements and keep only the bits that are fit for the banquet. Think of all the Saints, Initiates and great Masters who have been cut up and ground to mincemeat before being accepted and served up as a delectable morsel at the Lord's table! And if the time of trial has not yet come for you, it is because Heaven thinks that you are unripe and not fit to appear on its banquet table. **(OCTOBER 16, 1988)**

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)

BOOK 24: NUTRITION FOR A SUCCESSFUL LIFE

What are people's main preoccupations today? Food, clothes, housing, earning money, getting married and having a few children. Everything revolves around self-satisfaction and personal well-being. Of course, every now and then they do something for society, but on the whole they do things for their own benefit. However, whether they like it or not, they live in a collectivity, and if a revolution, a riot or a war breaks out within this collectivity, their personal possessions cannot be secure. So, even if they make sure that everything in their lives is organized, in reality everything is never organized, because problems can always arise from the collectivity and destroy everything. Indeed, throughout history this is repeatedly evident. There were people who were so rich and powerful that nothing seemed to be able to touch them, that is, until troubles arose within society and they ended up loosing everything, even their lives. Everyone must therefore seek to improve collective life: that is the only condition in which every individual can feel secure, because only collective life, which encompasses everything, is able to provide security and plenty for everyone. **(OCTOBER 25, 1999)**

If invocations to God or to the gods hold such a significant place in all religions, it is because the most powerful way to enter into relationship with an entity is to pronounce its name. The Cabbalah names sixty-two spirits, each with a specific function, which we can invoke to help us in different circumstances of life. Pronouncing the name of an entity is never without consequence, because thanks to the vibrations of its name, we approach this entity and make contact with it. We can thus enter into contact with all the spirits in the universe and, by means of this contact, attract their qualities to ourselves. So, be careful of the name that you pronounce: if it is that of an infernal spirit, you are preparing trouble and misfortune for yourself. Yes, a name is extremely important, and if it belongs to a being whose only wish is to help human beings, pronouncing a name can save you. **(OCTOBER 27, 2003)**

Disciples are people who think only of using their time, energy and all the materials nature and the Lord has given them to progress and realize the highest ideal. Just like the good slave in the Gospel who was given several talents by his master before the latter went on his travels, disciples do not bury their talents in the ground, like the bad slave, leaving them non-productive, rather they work to make them bear fruit. Disciples are intelligent, sensible servants who want to use everything Heaven has bestowed on them to do divine work. Be it air, water, food, be it thought or feeling, be it their bodies, their eyes, their ears, everything that exists in nature, they are able to put all these things to work. And whereas many waste their time, fritter way their strengths and become weak and impoverished because they have no working method, disciples grow richer every day and let others benefit from their acquisitions**.** **(OCTOBER 27, 2000)**

Unless you are alive and well nourished to begin with, you can philosophize or do scientific research or practise 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 practise 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)**

Suppose you eat and drink too much and find yourself in bed with indigestion. No human law will ask you for an explanation of your diet, no policeman will arrest you. That is true ... but still you are in bed. So what kind of justice condemned you in this way and according to what laws? The laws of nature, which are not human laws; it is they that condemned you. As for human beings, well, they will come to visit you by your bedside and say, 'Ah, poor fellow, we feel sorry for you! Try to get better quickly!' but they will be unable to do anything for you. Only nature can help you; if you obey its rules again and eat with moderation, then you will be better. We have to know what the laws of nature are; these laws are also divine laws. Our physical body must submit to them and so must our heart and our intellect. **(OCTOBER 31, 2001)**

People and things may help us, but we must never count on them absolutely. Since they are exterior to us, they may not always be available; one moment they are there, and the next they are elsewhere. The true adept of initiatic science learns that he must look inside himself for what he needs to live in plenitude. Because it is in his soul and spirit that God has deposited all riches. And since they are within him, they remain with him. Of course, the exploration of this terrain is a long-term undertaking that demands daily effort, but it is worth it. The nourishment we obtain from the sublime realms of the soul and spirit satisfies us for days and days, and nothing can take away this sensation of immensity and eternity. **(NOVEMBER 4, 2003)**

When Jesus said, '*It is not meet to take the children's bread, and to cast it to dogs*', he was talking neither of physical bread nor of physical dogs. Both must be understood symbolically. The bread is that which is prepared by our hearts, minds, souls and spirits for the nourishment of angels and archangels and other heavenly entities, and we must take great care of it. We must not allow it to be eaten by 'dogs', that is, by animals of the astral plane.
Blessed are they who are impregnated with this thought! Divine entities sometimes come to visit us, but if the inferior entities of the astral plane have already devoured everything they go away again. This is the truth about. From time to time sublime visitors, royal guests, come from the invisible world to give us some of their experience, virtues and light, and when they come we must be ready and able to put before them the kind of food they like. **(NOVEMBER 5, 1995)**

When we eat, we should masticate food for a while so that the salivary glands have time to do their work, for saliva contains various chemical substances that participate in digestion. Their action can be compared to a kind of cooking that makes the assimilation of food easier. So, if we masticate food until it liquefies, only a small amount of waste is left over, and we benefit from a lot of energy, even by eating very little.
The same laws govern respiration, that is why, when you breathe, make an effort to absorb air slowly and deeply, since it has to go down to the base of your lungs in order to expand them. And after inhaling, you have to retain it as if you were chewing it. The lungs could be said to masticate air, just as the mouth masticates food. The air you inhale is like a 'mouthful' of food filled with energy and, in order to digest it well, you must exhale very slowly.
(DECEMBER 8, 2001)

Civilization today is almost entirely based on the needs of the physical body. In a way, that is not so bad: But when the physical body alone is satisfied and the soul and spirit ignored, these fade

away from lack of nourishment. All that can be seen of many human beings is the frantic activity of their gross, gesticulating bodies, whose souls and spirits are no longer discernible.
The physical body is vulnerable and perishable, and a philosophy based on something so fragile must have deplorable consequences. If the starting point is not divine or eternal, what follows will always be faulty and like everything based on the physical body alone, will lead to disaster. The whole of civilization must be based on the stable, immutable and eternal principle of the spirit. **(DECEMBER 13, 1998)**

Life on earth is an illusion, a dream, and this being so, why throw away eternal life for the sake of an illusion which will soon leave you with nothing. To be sure, you have to seek for food, clothes and a roof over your heads, but you must only do so to the extent to which they can be useful in helping to acquire wealth that will last for all eternity. One day or another everything will abandon you, and you will be left naked and without a possession to your name. Even knowledge acquired from others will leave you, and when you come back to earth, you will have to begin all over again, because the riches you thought you possessed were not truly yours; they were not your own personal experiences; they had been lent to you by others. You will be allowed to keep only those things that you have tasted, verified, experienced, studied and put into practice for yourself; and when you come back in your next incarnation, you will bring all those gifts and qualities with you. This is the explanation for the talent and genius of some people: a brilliant philosopher or musician simply brings with him the knowledge and gifts that have become deeply part of him in a previous incarnation. **(DECEMBER 14, 1987)**

From the Initiatic point of view it is not always good to succeed too easily. Obviously, if a man is weak and underdeveloped, it is better that the obstacles he meets with in life should not be too great, for once he falls he might be unable to get up and go on. But difficulties make a strong man stronger; adversity and enemies are like food and drink to him, he gets more and more energy from them until, one day, he becomes invincible.
Unfortunately there are not too many who forge courageously ahead in spite of obstacles and adversity; most people are quickly discouraged and defeated. One has to be very highly evolved to be strengthened by adversity. Sometimes, in fact, it is Heaven that sends people some trials because it knows their nature: it knows that they need to contend with great difficulties if they are to reach the summit. Whereas it is gentler with others because it knows that, otherwise, they would not survive. Heaven treats different people in different ways, therefore; that is why it is so difficult to make a judgement about the destiny of an individual. Sometimes their misfortunes seem to be a punishment required by their karma whereas, in reality, they are a blessing from Heaven that obliges them to keep climbing until they reach the top. **(DECEMBER 21, 1988)**

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Book 24: Education – Guidelines for Parents

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When you look after a child by caring for its soul and spirit, you attract the blessings of its guardian angel. Every small child has an angel near him, looking after him, wanting to raise his awareness, but so often this is a very difficult task because the child is subjected to such harmful, evil influences. The angel is constantly present, guarding and watching over the child, but can do very little on the physical plane, and that is why he is so happy to see someone – a father, mother, or teacher – showing the child the way of goodness and light. The child's angel will thank such people with gifts of light and joy. **(APRIL 10, 1999)**

When parents are weak and habitually satisfy their child's every whim, they will soon find he or she is impossible to educate. Even when he is in the wrong and knows it, the child will continue to insist on having his way, and it will be too late to put him straight. A child who has been excessively adored and pampered will demand the same treatment from the rest of the world, and unfortunately there will be only one force capable of educating him: life. Life is ruthless. And then this child will suffer. Parents prepare such useless suffering for the future of their children, simply because they do not know they should use a firm hand when dealing with naughtiness. It is the weakness of parents, and their foolish love, that brings misery to their children.
(FEBRUARY 26, 2000)

Educating a child does not only mean lecturing him, forbidding him all kinds of things and giving him a slap or spanking when he disobeys. To become good educators, parents must think about the qualities and virtues that are buried within him and give him all the conditions they need to express themselves; in this way the child will later work wonders. And when he is asleep, they can go near his bed without waking him and, while lightly caressing him, speak to him about the good qualities they wish him to manifest later in life. In this way, they place in his subconscious mind precious elements that when revealed years later, will protect him from many mistakes and dangers. **(MAY 24, 2001)**

A very rich man should take care that his fortune is not made obvious to his children, because if it is, they will rely on their future inheritance and make no effort to work or learn how to cope on their own. They will become lazy and capricious, and that is the worst upbringing of all. As often as posssible, parents must leave their children in ignorance of the riches that may be in store for them. They should speak about it only when their children have learned habits of hard work and self-mastery. Not before. That is how God treats us human beings. The Lord is the supreme educator, the most skilful teacher. To begin with, signs of the wealth that awaits us on high are kept hidden from us. So we work and struggle because we think we are poor and miserable. And when, with much suffering and tears, we at last prove ourselves to be worthy of our celestial inheritance, our Father allows us a sight of all the treasure he has amassed for our delight.
(JULY 2, 1998)

A child who is always good and obedient will be considered 'sweet and adorable' by adults. A child who stays still when he is told to sit still, who is quiet when told to be quiet, is easier to cope with, of course, but what will become of this sweet, docile child later in life? Not a great deal: this child will remain insignificant. Whereas a child who is willful and undisciplined, who causes trouble with his peers and whose parents, neighbors and educators endlessly complain is a terrible nuisance, who wears everyone down and upsets everyone, is precisely the child who is far more likely to become somebody outstanding. Today this child oversteps the limits, but tomorrow this child's energies, personality and talent, once he has learned to channel them

correctly, will lift him way above the rest. It is up to parents and educators to safeguard this development, to help the child achieve great things. **(AUGUST 28, 1999)**

Parents must endeavor at all times to be faultless in the eyes of their children and they must control themselves in order not to show any weakness. When they fail to do this, the children become troubled, disoriented, because they no longer have anything to hold on to. Children instinctively look for support from beings who personify justice, greatness, power and when they see their parent do wrong, something inside them breaks down. For children to feel protected – they feel so small and weak – they need to sense there is an infallible authority above them. Children know not a great deal, but they do know they are weak and this is why they need protection, why they huddle up against their mother to feel her warmth. But children need this protection even more on the mental, emotional and spiritual plane. His is why, when children come to understand that their mother or father is not up to the task, they feel lost or rebel. And this is the source of many a family tragedy and misery. **(AUGUST 31, 2000)**

More often than not, it is parents who encourage their children's bad habits, in an attempt to prevent them from suffering. The moment they see their children struggling a bit to do what is demanded of them, they become upset and intervene to spare them the effort. In reality, children are so resourceful, so resilient that they forget these little hardships very quickly; what will stay with them is the significance of effort, which will help to form their character. This is what parents must be concerned about. On the contrary, if they are always watching their children, always anxious about them, saying: 'Oh, the poor thing! He mustn't be forced, he shouldn't have to suffer', in order to protect them from a few minor difficulties, they will make them lazy, weak, egotistical, and capricious. If they truly love their children, if they care about their successful evolution, they must let them struggle a little - I repeat: a little - and suffer with them if necessary, knowing that true education means helping children to understand the importance of effort.
(SEPTEMBER 9, 2003)

History has certainly know very rare beings who have come into this world totally exempt from faults and passions and who have been predestined for some great work. Why are they not more numerous? The truth is that, because of heredity, almost no families on earth could give the luminous spirits that want to incarnate appropriate materials with which to form their physical and psychic bodies. Even the greatest initiates are obliged to work year after year on the faults and defects passed on to them through heredity. Even if their spirit helps the mother during gestation and works with her to gather the best elements, they cannot prevent some hereditary imperfections from threading their way through; although they come from celestial regions, they have to bear heavy burdens. That is why men and women who want to raise a family must become conscious of their power to help some great spirits incarnate in the best conditions. They will receive such gratitude from these spirits who become their children!
(SEPTEMBER 17, 2001)

It is important to give children the sense of the Divine World from a very early age. You can start by talking about the angelic orders, making sure you stay at the child's level. You would of course not start listing the Cabbalistic names of the Sephirotic Tree, but you can make them understand the notion of a hierarchy by saying: 'Here you have the animals and above them are human beings, who are more reasonable, more intelligent,' and you explain why this is. 'And amongst human beings there are some who surpass the others in that they are better or wiser.' And the child acknowledges this is true. 'So why would there not exist beings who surpass even

the best and wisest of human beings?' The child agrees with this and this is how they begin to grasp the concept of the existence of angels, archangels and all the entities of the spiritual orders. Children who have been brought up in this way will later see intelligence and life everywhere and they will themselves become increasingly intelligent and alive.

(SEPTEMBER 23, 2000)

Adults sometimes reproach children for wanting to be the strongest. Children should not be reproached for this. It is normal for children to want strength. They are attracted by what is large and powerful, and that is very good. Their mistake, however, is that they do not see the difference between true strength and apparent strength. They get taken in by daring words, bluff and threats. It is important to explain to them that the desire to be strong is perfectly commendable, provided that this desire is pointed in a more noble direction, and they should be helped or pushed even, to acquire true strength, that which is found in understanding, love and goodness: The strength of the spirit. The best way to bring up children, therefore, is to direct, not repress, because if we repress children, we damage them: They become timid, fearful and weak, submitting to anyone – and that is far worse. **(SEPTEMBER 26, 1999)**

Adults still have not really understood how to behave with children, and more still they are not thoughtful enough about the way they speak to them. So many parents and teachers continuously tell them they are inadequate, dunces, idiots and the children, influenced by suggestion, hypnotized, after a while actually do become stupid and inadequate. Be aware that words are very powerful, influential and what adults say to children may have a highly detrimental effect on them, may make them freeze up, may frighten them. Do children really have to be intimidated into being good and obedient? Is it really necessary to frighten them with wolves, the police, the devil or who knows what else? Then, all their lives, these children risk feeling intimidated, frightened and in danger, and they will become neurotic. There are many things adults must change in their attitude towards children otherwise what they call education will in fact be demolition. **(OCTOBER 2, 2000)**

Children will take full advantage of any weakness in their parents and teachers, and they cannot be blamed for that. If a child is never taught that some rules must be respected and if it grows up expecting that its every whim will be granted, it cannot be expected to comply with the great natural laws. Such a child will be disobedient: It will defy everything and everyone, wreaking havoc all around, even to the point of hysterics, rather than give in. This is normal, because this is how it has been brought up, but it is not the child who is guilty. It is up to the parents to watch carefully, letting no opportunity be missed to teach their child all the little lessons it needs in order to learn to reflect and reason. The child may cry a little if he is punished, but the parents will console him, and for the rest of his life he will know that laws exist that must be respected.

(OCTOBER 2, 1998)

Before undertaking something new, an adult has to think about it carefully, whereas a child's brain has not yet developed sufficiently to reason and understand, so it is not expected to reflect. That is why a child is required to obey, to do things without argument; later it will come to understand. The way a child begins to do something is the exact opposite of an adult, before acting. A child would never do anything if it tried to understand, like an adult, before acting. A child needs to act before understanding, following the example of those who already comprehend, and this confidence and compliance help it to develop its own powers of comprehension. Children develop by following directions given by their parents and teachers,

but, of course, only if parents and teachers are aware of their responsibility and very careful about the instructions they give their children. **(OCTOBER 7, 1998)**

Some people maintain that one should never beat a child. Actually, in exceptional cases, a slap or a spanking will not do any harm. The important thing is that when you spank a child you must be sure that your eyes do not express negative feelings, for a child will soon forget a spankling but he will never forget an expression of anger or rejection. He will continue to resent it for a very long time, and may try one day to revenge himself. So be careful! When a mother has to punish a child she must be in full control of herself and let her child see that it saddens her to have to beat him. She should tell him, 'I hate having to do this, but you have been very nauthy and you must be punished!' And then ... on with the spanking! In this way a child learns that it is his own fault, that it is he who obliges his mother to punish him. Thinking about this he will begin to understand that there are certain laws that have to be obeyed, and little by little he will be transformed. **(OCTOBER 10, 1995)**

At times, a slap or a spanking can be useful in order to punish a child, but on one condition: never hit a child in a fit of anger so as not to leave an impression in is mind of hostility and unfairness. If you want to bring him up well, a child must feel that when you punish him you are fair and in control of yourself, that you are not introducing any negative feeling into your gesture. Whereas, if you hit him in a fit of anger, the disharmonious current from your feeling is passed on to him and has destructive results. The anger that comes from you in the form of chaotic vibrations will continue to act unfavorably on him for months, for years. So this is not the way to improve your child. Parents who truly want the best for their children must make sure never to pass on negative energies from their heart, so as to preserve all the divine elements within them. **(OCTOBER 16, 2001)**

It is not enough to send a child to school to educate him, however good that school may be. If at home the parents expose their child to their arguments, their lies and their dishonesty, how can they imagine they are capable of educating him? It has been shown that the parents' arguments can cause a baby to show symptoms of anxiety and become ill. Even if the infant was not present at the time. The reason is that these arguments create such an atmosphere of disharmony that the child absorbs it, because the tie with the parents is still very strong. The baby is not aware of this, but his etheric body receives the shocks.
Some parents' behavior is so unbelievable that you cannot help but wonder whether they really love their children. These parents, of course, will claim that they do love their children; but they do not. If they loved them, they would change their attitude. They would at least try to overcome some of those weaknesses that affect their children so adversely. If they do not make this effort, it is proof that they do not really love their children**.** **(OCTOBER 18, 1999)**

You cannot educate a child simply by sending it to school, however good the school. If parents give their child an example of dishonest, if they constantly quarrelling and telling lies, how can they hope to educate it? Babies have been observed to fall ill and show signs of nervous disorder when their parents quarrelled, even though they were not actually present at the time. Their quarrels surround the baby with an atmosphere of disharmony to which it is very sensitive because its ties with its parents are still very close. The baby is not conscious of any of this, but its etheric body receives the shocks.
Some parents behave in such an incredible way that one wonders if they really do love their children. Of course, they would say that they do. But I think not; if they love them they would

change their attitude and try at least to correct some of their weaknesses that reflect in such a negative way on their children. As long as they make no attempt to change, it means that they do not really love them. **(NOVEMBER 11, 1988)**

Under the pretext that they love their children, some adults do not want to let them suffer or burn themselves a little in order to learn a lesson. At the least incident, they want to fix everything so that the children do not have to bear the consequences of their actions. Well no, this is not love. And this is not the way the Lord or nature acts. To love children does not mean to spare them all difficulties at once. When they are in an unpleasant situation, you must start by letting them manage by themselves and work hard for a little while. When you see that they begin to realize why and how they put themselves into this situation and that they regret it, then you can intervene. Since they will have suffered a little, they will make good resolutions and become more careful, more reasonable. The adults – parents, teachers, etc. – who do not act this way will not only do no good to their children but will encourage them to take the path of weakness and wickedness. **(NOVEMBER 28, 2001)**

Hunger forces human beings to organize themselves to find food. They either produce this food themselves or they work to be able to buy it. If human beings did not know hunger they would do nothing, that is beyond question. Nature, being provident, has discovered a very effective tool with which to fight laziness. This is why lazy people must be left wanting, because want will bring them out of their laziness. Unfortunately, many mothers find it difficult to understand this truth. Because their love for their children is blind, they do everything in their power to ensure their children never want for anything, and in doing so they push them to laziness. Laziness weakens human beings. Mothers are capable of understanding many things, except that true love is to instil in their children a sense of effort. Once they have understood this, they will know they can give them what is most precious, i.e. health, energy, the need to surpass themselves and the joy of living. **(AUGUST 10, 2002)**

PRENATAL EDUCATION

Even if you do not believe in God you cannot fail to recognize that there is an order in nature and, consequently, that there must be an intelligence that created that order. Reflect for a moment on the fact that each seed reproduces its own kind. How is it possible not to see that this must be the work of a higher intelligence? The mere recognition of this law is enough to make us change our vision of the world. You may not believe in God, but you cannot deny the fact that every seed produces exactly its own kind, whether it be a plant, a tree, an insect, an animal or a man. This law is absolute and should make you think.
You may perhaps allow yourself to be ungrateful, unjust, cruel or violent, but if you do so, you must know that sooner or later this law will catch up with you and you will see its application in your own life. If you have children, for instance, they will resemble you and through them you will suffer from your own behavior. Even if God did not exist, you have endless proof of the fact that a cosmic intelligence exists. **(AUGUST 13, 2001)**

In order to put up a building of some kind you need a design, a plan. Every construction involves an architect who prepares the plans; labourers for the manual work and, of course, all the necessary materials. The process is the same for the formation of a child in its mother's womb: it takes shape in conformity with the plans or blueprints supplied in advance by the Lords of

Destiny, the Twenty Four Elders: the mother builds the child's house, its physical body, according to those plans. In this way, when a human being comes down to earth, he bears within himself the germ or seed of his entire future, including all the wonderful or criminal things he is destined to accomplish. This seed has been planted in him and, like every seed, grain or kernel in nature, it bears the imprint of its origins which, once it is planted, will determine how it grows and develops. **(OCTOBER 9, 1987)**

Those who sew and embroider usually have no inkling of the profound symbolism of their work or of the needle, thread and cloth that they use. 'What is so significant about them?' you will ask. For one who knows how to interpret them, these three things – thread, needle and cloth – represent a human being. The thread represents thought, and the needle the will. Drawn by the will, thought accomplishes its work on the cloth, the physical body. The needle and thread trace designs on the cloth, designs that may be dull or brightly coloured, harmonious or inharmonious, light or dark. These designs vary depending on the intelligence and will, but also on the matter of a human being. They are a record of a whole life. **(OCTOBER 17, 1995)**

SPIRITUAL ELECTROPLATING

A mother who is expecting a baby must become aware of the powers she has to influence this child well before it is born. It is not enough to love this child before it is born, the mother must learn how to use the powers of love. So, by thinking of her child the mother is able to project her love to the sublime regions to gather elements the child will need later on and to infuse the child with these elements, elements which will work on it to make it into an exceptional being. How could a mother think she can give her child everything it needs solely with her own resources, without fetching them from elsewhere, from higher up, on the spiritual plane? So, now and again, a few minutes several times a day she should stand before God, through thought and prayer and say to Him: '*Lord, I want this child you are giving me to be Your servant. But to achieve this I need other elements, which are only found near You. Please give them to me.*' You will say it is not easy to stand before God. Of course not, but it is merely a figure of speech. Simply by thinking of beauty, of light, of eternity, the mother will attract higher subtle elements and will project them on to her child. **(OCTOBER 30, 2000)**

The formation of a child's body in the mother's womb is not a purely physiological process. In forming its physical body, the soul of the child calls to itself its large and invisible family in the beyond to help in this construction. From all directions, not only grandparents and great-grandparents, but even very distant ancestors arrive and set to work. A child's body, then, is a reflection, a synthesis of generations of beings going back centuries and millennia, and this is why it is conditioned by atavism, by a heredity which can either be healthy or unhealthy. Under this weight of the generations, it is very difficult to escape the heredity and influence of one's family. Only the disciple of an initiatic school, who is instructed in the omnipotence of spirit over matter, can gradually free himself from the burden of heredity. **(JULY 9, 2005)**

THE YOUTH

Adults give very bad advice to young people when they say: 'Hurry and make the most of it, because youth does not last. If you only knew how quickly it passes!' It is true, their youth has

passed very quickly, but why? Well, precisely because they listened to this pernicious advice when they were young and made haste to enjoy themselves, to experience every pleasure, which is the best way to lose one's freshness! So, since these are the facts, people draw their conclusions. Yes, but if the facts are what they are, it is because they did not know how to observe and reason correctly beforehand.
What I, myself, would say to young people is this: if you work for the light, for a high ideal, the older you get, the more alive and expressive you will become. You will even acquire a life and an expression that you did not have when you were much younger. Of course, you will stoop a little more, you will have a few more wrinkles and white hair, but do not let that stop you: allow your body to age gracefully and remember that your soul can continue to manifest through it with an extraordinary youthfulness. **(NOVEMBER 14, 2003)**

Adolescents today have fallen victim to the culture around them, to the films they see, the books and magazines they read, the conversations, points of view and, most of all, to the music they hear. They are shaped, modeled, impregnated by the senseless and dangerous theories put forward by writers, thinkers, film producers and musicians who are not aware of the responsibilities they hold. These people are adults, and despite this they have never thought about how powerful words, writing, sounds or images are and about how they can disturb and unbalance the public, and in particular young people, who are so much more vulnerable. If young people are rebelling today and if they give in to all kinds of excesses, it is the adult's fault. Instead of seeking to find the best ways to bring youngsters up, to guide them, they dumb all kinds of wild ideas on them. And then they are surprised with how these youngsters react. They have no right to be surprised. If they are honest there remains only one thing for them to do and that is to see themselves in these young people – like looking in a mirror – and to say to themselves: 'It is we who have made these children what they are', and to learn from this experience and change their approach. **(AUGUST 20, 2000)**

In recent years, one sees young people, even teenagers, meddling in public affairs; they pronounce judgment on society, on the life of the country, on world events and because they want to change the world they manage to give weight to what they say. Well, since they are speaking out – and many adults agree to let them speak – they must think carefully about what they intend to ask. If they too ask for material conditions, more and more rights and less and less responsibilities, they had better not delude themselves; there is nothing very new in that, this is what human beings have been demanding since the beginning of their existence, and it will not change the world. You will say, 'But then what should be ask for?' To be educated. And to be educated does not mean only to acquire intellectual knowledge that allows someone to obtain a diploma or a job. No! To be educated means to be guided, to receive the light that allows on to move forward on the path of inner freedom, inner force, nobleness, true love ... on the path of true life. This is what young people should ask for it they truly wish to contribute effectively to the transformation of the world. **(NOVEMBER 10, 2001)**

A human being's prime need is to act, to manifest themselves, which is why, from a very early age, children have the desire to do things, they want to accomplish without knowing exactly what. And when, later on, they have a better idea, they do not clearly see into which ventures their wishes and desires will lead them. For the endeavors to be beneficial they need light, which unfortunately they will not find at university, but which only an initiatic teaching can give them, because the truths of life are taught only there. Without initiatic science human beings are condemned to leave the earth making one great discovery, indeed, one dazzling discovery, which is that they have understood nothing about life. This is quite a discovery, but at that

moment in time it is no longer of much use to them and they take it with them to the other side. I would say to young people, therefore: '*Ask for only one thing in life, and that is that Providence may bring you face to face with the truths of initiatic science so that you may be saved.*'

(SEPTEMBER 13, 2002)

'It's my life and I just want to do with it what I want.' This is how young people generally declare their independence. They want to live their life, yes, but what kind of life is that? An animal life or a divine life? People who think only of 'living their life' open themselves up a chaotic existence and what happens then is that they actually lose their life in the end. The disciple on the other hand knows that if he wants to save his life, he must devote it to the Lord, saying: 'Lord, I am beginning to realize that without You, without Your Light, without Your Intelligence I am nothing. I have been doing as I please and now I am sick and weary and feel ashamed of myself. I feel I am now ready to serve you. I devote my life to You so that finally I (May be of some use to the world.' The Lords of destiny will then take counsel and decide: 'From here on in we change your destiny.' And this decision will be published throughout all the regions in space. The angels and all the servants of Heaven will instantly comply and you will find that your life begins to change.

(JANUARY 22, 2002)

LEARNING HOW TO LEARN

Live experiences are always more convincing than explanations.
For example, I go into a house during winter. In order to economize on central heating, everything is tightly shut and airless, and this close atmosphere has made the inhabitants of the house so sluggish that their thoughts and feelings are adversely affected. I could explain to them the danger to their health of this way of life, but I know that my time would be wasted in interminable discussions. Instead, I invite them to come for a good walk in the fresh air. Then we return to the house, and no sooner do we open the door than they recoil from the unhealthy atmosphere. They wonder how they could have put up for so long with such a close, stuffy environment: meaning – because this little story is an allegory – with such stale ideas, and stifling old philosophies. They understand immediately, without the need for words, because the contrast is obvious. Maybe they had not realized, before going outside, how marvelous it is to breathe pure, fresh air, but when they return and suffocate in the stale air, they understand very well.

(NOVEMBER 30, 1998)

How should we help the needy? You can either help a needy person by giving them clothes, food, medicines, shelter or else by teaching them to manage for themselves, become self-sufficient. The first method is quick and can even be spectacular, because within just a few minutes someone's material situation can be completely changed. But this kind of help is momentary, because the food cupboard will empty, the clothes will wear out and you will have to start again. Enlightening people is fare more effective, although of course it is far more difficult and takes far longer.
To help human beings in a truly effective way we must follow nature's example. A mother carries her child in her womb for nine months. She eats, she drinks and she breathes for her child. Then she says: 'Right, now it's time for you to stop relying on me. Go on, out you go.' And to start with the child cries a little, but then it decides it gets on with things, and very soon it manages very well. This is how human beings should be educated. They should first be given what they need to be able to continue alone.

(AUGUST 3, 2002)

When a man dies he leaves his physical body and enters the lower astral plane. It is his turn, then, to endure all the injustices and sufferings he has inflicted on others. You will say that people often commit injustices without realizing it. That is true, but in the eyes of cosmic intelligence a lack of consciousness is unacceptable. For cosmic intelligence it is not a question of revenge or even of punishment. It is simply a question of helping us to become conscious. And the best way to become conscious, the best way to learn, understand and become more perfect is to suffer as we have made others suffer. Those who have not committed very serious faults go through this region very quickly. Others have to stay and suffer for a long time. But all, once they have paid their debts, go from here to the higher astral regions, where they experience joy and happiness in proportion to all the good they have done. If they have given courage, hope or light to others, if they have awoken faith and love in their breasts, they will be rewarded by experiencing the same things in the other world. **(NOVEMBER 30, 1995)**

Knowledge must be lived if it is to remain with you for eternity. The only thing that will not disappear, the only thing you can take with you into the next world, is the knowledge that you have proved for yourself in your own life; the knowledge that has become an integral part of your being. This is why initiates concentrate on the essential and strive to incarnate it in their lives. They leave aside all that is inessential, knowing that even if they did not do so deliberately today, they would be obliged to do so one day when they left this world. Try to understand why you must live your knowledge, why it must be something that you touch and taste and put into practice until you sense that it becomes part of your own quintessence. In this way not only will no one be able to take your knowledge away from you in this life, but you will still have it when you come back to earth in your next incarnation. **(FEBRUARY 19, 1995)**

A human being's prime need is to act, to manifest themselves, which is why, from a very early age, children have the desire to do things, they want to accomplish without knowing exactly what. An when, later on, they have a better idea, they do not clearly see into which ventures their wishes and desires will lead them. For the endeavors to be beneficial they need light, which unfortunately they will not find at university, but which only an initiatic teaching can give them, because the truths of life are taught only there. Without initiatic science human beings are condemned to leave the earth making one great discovery, indeed, one dazzling discovery, which is that they have understood nothing about life. This is quite a discovery, but at that moment in time it is no longer of much use to them and they take it with them to the other side. I would say to young people, therefore: 'Ask for only one thing in life, and that is that Providence may bring you face to face with the truths of initiatic science so that you may be saved.'
(SEPTEMBER 13, 2002)

I want to help you, I want to see you happy; that is why I go back over this fundamental question of nourishment for the soul and spirit so often. Until you learn to nourish your soul and spirit, you will feel unsatisfied, in a void. However, since you have not understood why I am obliged to repeat this, you find it boring to hear the same words over and over again. You have the same attitude toward spiritual science as you have toward other sciences. You study grammar, mathematics, physics, chemistry, biology, etc. and once you have assimilated the different notions set out in your books, you do not need to repeat them every day, you know them. Let us take grammar: It is useless to review the conjugation of verbs or other details every day. And you suppose it is the same for the spiritual life ... you have read and you can repeat what you have read, so you think you have understood. Well, no, spiritual life, on the contrary is based on repetition. Every day you must go deeper into the same truths until they become flesh and blood

within you. As long as they have still not become flesh and blood, you must continue to repeat them. **(SEPTEMBER 23, 2001)**

Education is obviously very useful, because it gives you a job, prestige, authority and money. But you can accumulate as much knowledge in mathematics, history or medicine as you like, it will never transform you and so if you are timid, sensual, quick-tempered or selfish you will remain timid, sensual, quick-tempered or selfish.
No university will teach you about the laws that govern the moral world, about the Great Beyond, the afterlife and reincarnation. So even if you are a walking encyclopaedia, you will not have the hope, the conviction or the strength of will that will allow you to transform yourself, because you know nothing about these fundamental subjects. Whereas if you are taught that moral laws of nature, that souls continue to live in the other world and how they then reincarnate, you will not be able to remain the same in the face of these revelations. You inevitably become more mindful of your outer and inner behavior. **(OCTOBER 2, 2002)**

Why do so many people seek refuge in weakness, sentimentality and over-sensitivity? Instead of thinking, reasoning and trying to find a solution, they respond by taking on a passive attitude: They complain and try their hardest to ensure that everyone else feels sorry for them: 'You poor thing, I understand ... you're unhappy!' and the result is that the intensity of their sobbing redoubles. It is the same with children: A child falls and hurts himself and starts to cry. If you say: 'Oh darling, how awful, you're hurt', he will cry even more. If, however, you say: 'Look, you're all right, you can carry on playing', he will dry his tears and soon forget all about it.
So many adults are like children: They cry about anything and everyone around them – in all ignorance and thinking they are being kind – starts to comfort them. What sense is there in that? You must use your intelligence if you want to help others, otherwise all you do is to encourage them to sink deeper into their weaknesses. **(OCTOBER 8, 1999)**

Unless you are alive and well nourished to begin with, you can philosophize or do scientific rescearch or pracise 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 practise 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 con'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)**

THE TEACHING PROFESSION

The teaching profession is the highest and most noble of all professions. Of course, everybody does not share this opinion: they consider professions in law, engineering or medicine to be very worthwhile, whereas caring for children is of no significance. But they are wrong, because this is the most important, meaningful occupation of all, with enormous influence on the future. Bringing

up children is such a responsibility – for teachers and parents alike. It is a divine work. The day is fast approaching when psychology and teaching skills will be held in the highest regard, despite the fact that now they are still rather despised. Attention is increasingly turning to these subjects: the human being, his inner life – mental, emotional and psychic – his upbringing and education.
The history of humankind shows clearly that problems can be satisfactorily resolved only when these vitally important skills, psychology and pedagogy, are given first place.

(NOVEMBER 26, 1998)

When a man who has already worked to educate his own children – by which I mean the cells of his own body – is called upon to educate other people's children, or even grown men and women, both his words and gestures are expressive and carry conviction. Those who listen to him sense that he is a true educator, that he is not just acting the part, because all his inner population supports him and lends him strength. This is why his very presence is magic; every word he utter triggers results because his whole being is accustomed to working together in one direction.
You must reach this harmony and unity; you must all learn to be the same inwardly and outwardly. This is the only way to true power because it is the only way in which every bit of one, even one's cells convey the same message. When this is not the case, only that part of one which is actually talking gives off a few little rays of truth, the rest of one's being contradicts one's words.

(NOVEMBER 10, 1987)

The best and most noble profession is that of pedagogue. Of course, not everybody agrees with this. For many people, to be a lawyer, an engineer or a doctor is really worthwhile, but to look after children does not rank very high in their esteem. And yet this is the most important, the most meaningful of all occupations. To educate children, whether as a teacher, professor or parent, is a divine task! This is why psychology and the science of education which are still despised today, will one day rank above all others. And that day is getting closer: the problem of the human being, of his psychic life and his education is being given more and more attention. The history of mankind shows that no problem can truly be resolved until psychology and pedagogy are given priority.

(OCTOBER 21, 1988)

Pedagogy, the art of an educator, cannot be learned from books. A true pedagogue is born with this gift. His presence, his look, his emanations are sufficient to have a beneficial effect on children. History has many examples of men and women who where born with this love, this moral quality which allowed them to achieve wonders with children, for children are very sensitive to these qualities. They are like animals in that they can sense from a distance whether or not you are a master. Look at horses: if a horse senses that its ridder is afraid it will throw him at once. Otherwise it will be perfectly docile. Children have the same natural intuition.
Actually, true pedagogy is initiation. A true pedagogue is an initiate. By their example, their work and self-abnegation, their patience and self-sacrifice, the great initiates have educated humankind by showing them new ways.

(OCTOBER 15, 1995)

When you speak, if you want your words to penetrate the souls of those who listen and help them along the path of good, your speech must be imbued with the luminous matter of your aura. You will never be convincing if dark showers linger in your aura. So often, one hears people complaining that they have worked for years, trying to convince people of the need to be good, generous, honest, upright and pure, with no success. The reason is simple: Their words

are insincere, because they are not genuinely living the life they talk about; their actions do not fit their words, and so their preaching sounds hollow. And why are their words empty? Because they are not fully impregnated by the subtle matter of their auras. If we wish to be convincing and persuasive, our lives and actions must not contradict our words; we must understand that we shall achieve effective results only if we practice what we preach. **(OCTOBER 11, 1998)**

The foremost task of an instructor is to awaken in children a sense of the divine world and of the hierarchy of celestial creatures ascending all the way to the throne of God. Yes, it is essential to instil in the souls and spirits of the younger generation the idea that a sublime world exists, to which they can turn for strength, courage and inspiration, not only in difficulties and trials, but in all circumstances of daily life as well. You should not expect young people to know and relate to the divine world immediately, even if they have been instructed in the truths of initiatic science. However, they will always be able to draw on spiritual resources through this connection with Heaven, and an inner world of great riches and power will always be at their disposal. And at times when other young people may despair, break down or succumb to criminal ways, they will advance and become wonderful examples. **(NOVEMBER 3, 1998)**

With the dissemination of scientific and technological knowledge, more and more people are in a position to cause harm. All they need to know is there, within easy reach, and with a minimum of competence and effort, anyone can have access to it. Before making certain knowledge available to people, we should be able to assess their moral qualities, and then educate them, but this is very difficult. Why? Because true education comes from example and unfortunately good examples are rare. You can tell people: 'We bring you instruction which will offer you tremendous possibilities. But since you must use these possibilities only for the good, strive as well to learn honesty, altruism and generosity.' Yes, you can tell them this, but it is not enough. You also have to show that you practice what you preach. **(OCTOBER 18, 2003)**

You decide one day to learn to play, let us say, the violin. So you go out and buy an instrument and music books and you begin to play. For the first few days you practice one or two hours each day, but very soon your enthusiasm starts to wane and you stop. One week later you go back to your violin and then once again you stop. And so it goes on, practice followed by lazy inactivity, according to your mood. But now imagine for a moment that you have a violin teacher. You practice regularly because you cannot go to a lesson without having prepared. And your teacher is always there to correct your mistakes or to give you encouragement.
For this same reason it is necessary to have a master if you want to make progress in your spiritual life, because you have to make an effort for him. You say you do not want a master, that you will manage by yourself, that there is no need for someone to guide you. Very well. Do as you wish. But if it is not a master, then it will be life that takes charge of you, and life is likely to teach you some very hard lessons. **(OCTOBER 26, 2000)**

THE TASK OF A MOTHER

It is the role of woman to educate man. By means of her thoughts and feelings, of her whole attitude, she should incite men to great and noble deeds. A man asks nothing better than to be uplifted and inspired by a woman. This means that a woman who does not have this ideal, who seeks only satisfaction of her own whims and lusts, misses her vocation. The vocation of woman is to educate man. Perhaps you will say, 'But a woman is so much weaker and more fragile than a man, how can she fight or argue with him?' She does not need to argue with him; there are many ways, many attitudes or expressions that are more effective than opposition!
Also women educate men when they bring up their sons. For the rest of their life these sons will respect women because of their mother. Yes, through her influence in the little things of everyday life a woman can bring up her sons to be men of integrity, nobility and generosity.

(AUGUST 9, 1995)

A mother who is expecting a baby must become aware of the powers she has to influence this child well before it is born. It is not enough to love this child before it is born, the mother must learn how to use the powers of love. So, by thinking of her child the mother is able to project her love to the sublime regions to gather elements the child will need later on and to infuse the child with these elements, elements which will work on it to make it into an exceptional being. How could a mother think she can give her child everything it needs solely with her own resources, without fetching them from elsewhere, from higher up, on the spiritual plane? So, now and again, a few minutes several times a day she should stand before God, through thought and prayer and say to Him: '*Lord, I want this child you are giving me to be Your servant. But to achieve this I need other elements, which are only found near You. Please give them to me.*' You will say it is not easy to stand before God. Of course not, but it is merely a figure of speech. Simply by thinking of beauty, of light, of eternity, the mother will attract higher subtle elements and will project them on to her child.

(OCTOBER 30, 2000)

Women have much to reproach men, because for centuries men have used and abused their authority to force women to be in their service. Men have shown themselves careless, egocentric, unjust, violent and cruel. And now the situation has changed and women are gaining their independence. They are waking up and getting up. But if they get up to revenge, the results will be no better, not even for them. Women must now show themselves generous and forgive the men. Since they are mothers, since they have more love than men, since their nature leads them to be good, lenient, generous and ready to sacrifice themselves, they must not look to make men pay for everything they were subjected to. Women must rise above their personal interests in order, in the light, to awaken to higher virtues. It is therefore up to all women on earth to come together, to join forces to work together and build: work on the children they bring into the world and on the men, the fathers of their children. This is how they will play their part in the regeneration of humankind.

(NOVEMBER 8, 2002)

INITIATIC SCIENCE

By means of gestures, words, facial expressions, and clothes, a person makes an effort to be presentable when he goes out to meet others. But when he is alone at home, he lets himself go, because no one can see him. He thinks he is alone, but the truth is that he is not alone, because he is inhabited by an entire population, by his cells which are intelligent entities. This populace observes him, and its scrutiny is much more severe than that of society, because it is not impressed with carefully studied outfits or gestures. So beware: if these citizens feel you are allowing yourself to become inwardly lazy, sensual, or violent, they say: 'Since our master is setting us this example, we are going to imitate him, and he shall see what he shall see!' And they create disorder, not only in your psychic organism but also in your physical organism. On the contrary, however, if you know how to set a good example for them, this community is capable of working miracles. **(SEPTEMBER 3, 2003)**

Life for human beings is merely a series of needs which they are compelled to satisfy: the need to eat, drink, sleep, find shelter, clothe themselves, work, move about, read, listen to music, socialize, love, reflect, admire...it is never-ending. Cosmic Intelligence has designed it this way, so that humanity will develop itself in every domain and on every level. As soon as a new need appears, a new problem arises, to which a new solution must be found. Our lives, therefore, are merely a succession of exercises and experiences by means of which we discover the best solutions for advancing on the path of evolution. **(OCTOBER 6, 2003)**

You can not claim to understand things correctly as long as you are content to accept the ideas of a spiritual teaching without making an effort to put them into practice. If your thoughts are really good and right you will feel the need to bring your actions into line with them. If this is not the case it means that you are not really very convinced. Do not delude yourself: as long as your actions do not express your knowledge, it means that your knowledge is incomplete. It does great harm to let human beings believe that there is nothing reprehensible in not making their actions conform to their thoughts. This is why a genuine initiatic teaching deals with every aspect of a human being and all the corresponding activities. Initiations concerns the whole being, not only his psychic activities but also his physical activities, his eating, sleeping, washing, walking and working ... **(OCTOBER 11, 1995)**

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)**

LIFE IS A TEACHER

The lives of those who give priority to form lose something of their subtlety and intensity, and they become rigid. But it is a universal law that the constant upsurge of the forces of renewal shatters all that is rigid, all that opposes evolution, and this means that they too will be shattered. Look at stones and rocks: there are always hammers and machines to crush and break them. The destiny of all human beings who concern themselves with purely material things is also to be crushed. For when the other pole of life, the pole of mobility, flexibility and subtlety manifests itself, nothing can stand up to these forces of renewal. All that has become old collapses. In the long run all forms that have become rigid are destroyed and transformed by time – that is, by the forces of life. **(SEPTEMBER 7, 1995)**

Life is a rich source of learning for human beings. Sages think about everything, learn about everything and use everything to do good. On the other hand, others are unable to benefit from anything, even if good things come their way. Not only are they unable to see and use these good things, but they even manage to organize things in such a way that all this good is turned against them.
If you are aware, if you are vigilant, even your failures and misfortune can contribute to your personal growth, because you will know how to make use of them. You will tell yourself: 'Good! Here is another great opportunity to become stronger, wiser and more spiritual,' and the more opportunities you get, the stronger you will become. If you do not have these opportunities you will never grow. These misfortunes play the same role as exams or competitions – forcing people to practice and develop. **(OCTOBER 20, 1999)**

The earth is a school and all the things that we find on earth are lessons; lessons that come from every quarter. If you fail to understand the lessons of destiny it will continue to torment you. The Invisible World sends Masters to instruct human beings and thus facilitate their evolution, but if they refuse their lessons, other means are used: failures, illness, poverty and so on, and these 'instructors' are quite merciless. If you do not want to be taught by such fearful instructors, you would be well-advised to accept the lessons that your Master is giving you. When one is not spontaneously ready to learn the divine laws, one is whipped until one learns them!
(OCTOBER 3, 1987)

Nature is implacable and relentless: however much you weep and wail and threaten, she will never change her laws for you; it is you who have to submit and conform to Nature. You will say that she is cruel... No, she wants all her sons and daughters to be well and happy but when she sees what hard heads some of them have, what is she to do? She has to get those heads to ripen, and this means that she has to give them a few knocks. Yes, and sometimes her knocks are truly terrible. It is not that Nature wants to destroy anyone! No, she has invested far too much energy in giving them life and preserving that life to want to do away with them; all she wants is to educate them. This is why, as long as human beings go on behaving like unruly, disobedient children, they will continue to get some hard knocks. **(OCTOBER 27, 1988)**

When a child is small the only things that matter to him are feeding himself, and playing with everything around him, as soon as he is denied the slightest thing, he screams and yells. Children are little monsters of selfishness, but at that age it is normal. Adults, the father and the mother, understand they can expect nothing else. If, however, the child continues to behave in

the same way when he is older, he is reprimanded, or maybe even smacked, because he needs to change and stop thinking only of himself. Later on he will need to couple with a partner and, subsequently, have children. Why has cosmic intelligence arranged things in this way? To persuade people to look after others, rather than themselves alone: and the first step is to care for husband, or wife, and children. Cosmic intelligence wants to teach this lesson, but how many people have understood it? How many people are capable of forgetting their own self-interest a little, and thinking about their husband, their wife and their children in a sincerely unselfish way?

(AUGUST 3, 1999)

Nature is a very good mother, but she is severe: if we transgress the rules she has laid down, she punishes us. You may say, 'But this idea of a mother is not the same as ours. We think of a mother as tender, loving and indulgent. The father is the disciplinarian.' Well, if that is how you see it, I would say that you are not observant. How does a mother behave towards her child? She feeds it, of course, but she teaches it also, as soon as she can, what it must do or not do, in order that it may develop along the right lines. She gives guidelines for nutrition, hygiene and security. Sometimes she holds it back, or obliges it to go without. She stops it from getting too close to fire and water, from getting its little hands on matches or sharp objects, and she may hide sweets and sugar if it likes them too much.
Sometimes she lets it do what it likes, but she keeps a sharp watch all the same, and if it falls and hurts itself she says, 'Now you see what happens, so try not to do that, or you will hurt yourself again.' Then, when it goes too far and behaves badly, she punishes it. Transposed on to another plane, nature fulfils this same role: she is mother to us human beings.

(AUGUST 5, 1998)

Book 24: Education - Guidelines for Parents

Publisher Love(+)Wisdom(=)Truth

BOOK 24: EDUCATION - GUIDELINES FOR PARENTS

Encyclopedia Initiatic Science

Book 25: The Relationship between Colours & the Aura

THE AURA

Book 25: The Relationship between Colours & the Aura

Venturing into the subconscious is as dangerous as diving into the depths of the ocean, because monsters swarm there as well, ready to devour those imprudent enough to ascend without proper instruction or equipment. You will say: 'But where do we go to get equipped?' Well, in fact it is not so easy. You can find this equipment only in a region that is above consciousness and self-consciousness: in the superconsciousness. Before diving into the subconscious, you must elevate yourself to this height, in order to acquire knowledge of the structure of these obscure regions and the nature of the entities which live in them. And it is here as well that you can develop a powerful will, a luminous aura which will allow you to descend without danger into the depths. The monster which inhabits them will withdraw only if they see that you are well instructed and well armed.

(FEBRUARY 11, 2003)

On the physical plane, human beings have improved the tools and machines they use to work and defend themselves: mechanical shovels have replaced picks and pickaxes, and vacuum cleaners, brooms; there are also tanks, canons and rockets ... But on the spiritual plane, people remain poor and powerless. However they are not truly short of means or arms! On the physical plane, human beings were able to find all means necessary for shelter and defence, and these means have their equivalent on the spiritual plane. The only difference is that they cannot be bought in a store or borrowed from a neighbor. We, ourselves, have to make them.
Clothes, for example are a protection against cold and blows, and are represented by the aura on the spiritual plane. If people know how to work on the virtues, they sustain and reinforce the colors of their aura, thus creating one of the best forms of protection. But everything can be used to protect oneself: even a look, a smile or a wave. We use our hand so many times to protect ourselves physically! We must also learn to use our hand to protect ourselves on the spiritual plane.

(FEBRUARY 15, 2001)

The state of our aura, its purity, transparency and dimensions depend on our way of life. One who is inwardly lazy, who gives way to crude desires, has an aura like a cloud from which putrid fumes escape, and which other people can feel. Even if they do not see anything - as it is difficult to see human auras - they feel a heavy and dark atmosphere similar to that of a swamp.
Whereas an initiate, a master who, for centuries and millenniums, has tried to develop within himself all virtues - love, wisdom, purity, unselfishness, etc. - is surrounded by a vast aura of light. Creatures come to bathe in his aura, they feel nourished, calmed, reinforced and carried in a divine direction. If we want to help human beings, we should also work in this way.

(MARCH 2, 2001)

We are in the habit of separating the physical plane from the spiritual plane, but the truth is that there is no separation, no division between the two. There is a continuous progression from the physical plane to the etheric plane and beyond this, to the astral, mental, causal, buddhic and atmic planes. This progression takes place through the intermediary of centres and organs on the subtle plane which are, in a sense, extensions of the organs and centres on the physical plane. We can consider these subtle centres (the solar plexus, the hara centre, the aura, the chakras) to be transformers which enable human beings to live harmoniously in the physical and spiritual realms at the same time, because there is a continuous coming and going between them. This is true spiritual alchemy: the continuous transformation of raw matter into fluidic, etheric and spiritual matter, and conversely, the diffusion of this spiritual matter within the physical body, which is then invigorated, animated and regenerated as a result.

(MARCH 19, 2004)

BOOK 25: THE RELATIONSHIP BETWEEN COLOURS & THE AURA

People who have spent time in the desert or forest know that one of the best protections against wild animals is fire. These creatures have a great fear of fire, sensing in it a formidable power that it is best not to approach. And it is the same with the inner life: those who know how to tight the sacred fire within themselves possess the best protection against the 'wild beasts', the dark spirits. These creatures feel this fire emanating from the eyes, the hands and the entire body of a true son or daughter of God, and they flee in fear. The aura is also a manifestation of this fire which protects human beings from evil spirits. This is why you must work on your aura, so as to make it ever more powerful and luminous. **(APRIL 15, 2003)**

Learn to live true love, for that love not only restores harmony in your whole being, but lights and purifies the atmosphere around you, and all the persons whom you meet start to love you: they feel good close to you without knowing why. In reality, what they feel is a presence: the presence of celestial entities attracted by your aura. And when these entities – which nourish themselves with pure colours – see a person surrounded by this light and those colours, they run up to him. This is a great work you have to do on yourself through your love, so as to form around you an aura that can attract everything that is really beautiful and luminous in the universe. **(APRIL 18, 2001)**

The metamorphosis of a caterpillar into a butterfly is a process that has its equivalent in our psychic life. For a certain period in his existence (and this could be millions of years), a human being is like a caterpillar that eats leaves. That is to say, he satisfies his appetites at the expense of others whom he defiles and decimates. But one day he becomes ashamed of his behaviour and decides to improve himself. He begins to concentrate, to meditate, and to create a cocoon which will protect his inner work, and one day a butterfly emerges from this cocoon. For us, the cocoon represents the aura. A disciple who understands the power of the aura and who works on it no longer 'eats' people, just as the butterfly no longer eats leaves, but feeds on the nectar of flowers. Whether you are an ordinary man or an initiate depends on how you feed yourself. **(MAY 16, 2004)**

Wherever you go you hear talk of 'organization', but it is always a question of material organization. Even if everything in this respect is not perfect in society, still, we must admit that we have achieved some good results. But what confusion in the inner lives of human beings! It would never cross their mind that something there needs to be organized. They believe it is enough to study a little of the human psyche, inventing all sorts of complicated terms and notions to describe its different states, troubles and illnesses, and finding a few remedies for them. No, this is not sufficient. To organize our inner world, intellectual activity is not enough; people have to try to develop the organs that permit them to communicate with the worlds of the soul and spirit. The soul and spirit do exist. As long as we neglect them, anything we say about psychic life is meaningless. Inner organization presupposes that man has a suitable activity to free and develop his spiritual organs, his subtle centers – the aura, solar plexus, Hara center, chakras – in order to communicate with the realties of the divine world. **(MAY 23, 2001)**

The planets Mars, Saturn, Uranus and Pluto are often thought of as harmful, but in fact this is only so if we do not know how to receive the beneficial influences of these planets. Whether we receive the positive or negative aspects of the planets depends on the quality of our aura. If our aura is blocked by dark elements, through the law of affinity we attract only the evil influences of the planets. In this case, even planets considered beneficial can have a harmful influence. It thus depends on you whether you attract the virtues of Saturn (patience, stability, the desire for

knowledge) or it faults (melancholy, stubbornness, acrimony), the virtue of Jupiter (greatness, generosity, goodness, mercy) or its faults (ambition, vanity, the desire to dominate or even annihilate others). It is up to you to learn to work on your aura so that it receives from the planets only their favorable influences. **(JUNE 12, 2000)**

You can work on your aura in two ways. The first is to concentrate mentally, imagining yourself immersed in the purest and most beautiful colours. Be aware, however, that this method will bring short-lived, even artificial results, unless at the same time you work on the qualities corresponding to these colours. We need to develop our virtues rather than exercise our brains. So, even if you never use thought to work on the colours of your aura and concentrate only on developing divine virtues, all the corresponding colours will come to you anyway, in all their beauty, whether you wish them or not. As long as you continue to work on these virtues, the colours of your aura will shine out with ever more beauty and brilliance. **(JULY 15, 1998)**

If you are asked: 'Do you truly value your health, your beauty, your peace, your greater development? Do you truly value being loved?' you will say: 'Well yes, of course, that is all we want.' So why do you do nothing to achieve this? All these blessings do not just come to you like that, by chance; you have to make some effort to attract them, you have to work on your aura, because it is your aura which will bring them to you.
There are methods of concentration which develop the aura, but the best method, the surest, is by developing virtues. With love you vivify your aura; with wisdom you make it luminous; with strength of character you make it powerful; a pure life makes it lucid and clear. Each virtue you develop gives a specific quality to your aura. And this aura – alive, luminous, powerful and sparkling – attracts all the blessings of Heaven to you. **(AUGUST 15, 2000)**

The whole of space is threaded through with countless waves, and science has developed highly sophisticated instruments which are capable of picking up some of them. But there are other waves of a subtler kind that we can also learn to pick up, for we all have the instruments we need, the psychic centres that the Creator has placed within each one of us. These centres are receivers that enable us to tune in to waves transmitted by the entities of the spiritual world. In order to pick up a radio programme we have to tune our receiver to the right frequency. And in order to pick up spiritual waves we have to do exactly the same.
Your work as disciples is to awaken your consciousness to the reality of these distant worlds which are constantly sending you messages. Instead of spending your time ruminating old grudges or unresolved problems, learn to use the instruments God has given you to establish communications with these regions and their inhabitants, to vibrate in harmony with them, to enter into their aura, into their happiness, light and peace. If only you could tune in to these waves you would hear celestial entities talking to you about your future, about your inner wealth, about the life that will be yours once your consciousness is fully awakened. **(AUGUST 22, 1995)**

Perspiring is good for your health. But perspiring physically, i.e. sweating, is not enough and do not be surprised if I tell you that the soul and the spirit must also perspire. Love makes the soul perspire and wisdom makes the spirit perspire. Of course the word perspiring must be understood in a very wide sense. Perspiration symbolizes a perfect exchange that is established between the microcosm (humankind) and the macrocosm (the universe). Physically, these exchanges occur through the skin, as we discard waste and absorb energy through the skin. In the subtle plane, however, these exchanges occur through the aura, which is our spiritual skin.

So, if I say that, like our physical body, our soul and our spirit must also perspire, I am referring to the exchanges we must make in the subtle planes with divine wisdom and love.

(AUGUST 25, 2002)

The best way to defend yourself against your enemies is to love them. If you hate your enemies your hatred tears the fabric of your aura, and then all that is negative in them can reach you through this tear. In his way you receive some of their poisonous elements which begin to destroy you.
This is why Jesus said, '*Love your enemies!*' He knew these great laws and he knew that hatred is a poison which corrodes our aura and makes us vulnerable. We must protect ourselves by remaining within the impregnable fortress of divine love. Love is our strongest defence against our enemies, to love one's enemies is one of the most difficult things in the world, but it is the only way to be safe from them. **(AUGUST 30, 1995)**

There are two ways in which you can develop your aura. The first is to use your thought and imagination to surround yourself with beautiful colours. However, this method is slightly artificial and its effects will not really last unless, at the same time, you practise the virtues that correspond to those colours. Yes, what is essential in the spiritual life is to develop the virtues. By cultivating the divine virtues, even if you never consciously try to develop the colours of your aura, you will, in fact, be surrounding yourself with the most glorious colours which correspond to those virtues, and the more you practise them the brighter and more beautiful will be the colours of your aura. **(SEPTEMBER 7, 1988)**

When you speak, if you want your words to penetrate the souls of those who listen and help them along the path of good, your speech must be imbued with the luminous matter of your aura. You will never be convincing if dark showers linger in your aura. So often, one hears people complaining that they have worked for years, trying to convince people of the need to be good, generous, honest, upright and pure, with no success. The reason is simple: Their words are insincere, because they are not genuinely living the life they talk about; their actions do not fit their words, and so their preaching sounds hollow. And why are their words empty? Because they are not fully impregnated by the subtle matter of their auras. If we wish to be convincing and persuasive, our lives and actions must not contradict our words; we must understand that we shall achieve effective results only if we practice what we preach**.** **(OCTOBER 11, 1998)**

Only the love of beauty can lead you far along the path of evolution, but this must be love for a spiritual, divine beauty, which is not only pure, but also harmonious and intelligent. Yes, it is important to understand that the love of beauty protects you from slipshod, vulgar habits and from everything which may soil your heart and soul. It acts like a protective garment. Think about this: If you are wearing a magnificent new dress, are you likely to tackle the washing-up or the housework? Of course not, because you know that you would get dirty. But if you are wearing old clothes that are already grimy, you take pleasure in making them even worse! So, why not draw the same conclusions for your inner life? Suppose that you are wearing a magnificent inner dress, a pure and luminous aura, which is your true garment; you do not dare to soil it and thus it will protect you. This is how the love of beauty can be your redemption. **(OCTOBER 16, 1998)**

To gain access to some places you need a pass, and as soon as you have it, the doors open to let you in. Exactly the same thing happens in the invisible world: we need a pass to enter each region, and these passes are the different colours in our aura. So, to gain entrance into a

specific region, we need the colour in our aura that will open the door to that region. If, for example, you have yellow in your aura, you will gain entry to the libraries of nature and you will have all secrets revealed to you.
Blue will take you into the realm of music, and red will give access to the region in which you can draw upon the quintessence of vitality. The deciding factor for permission to enter the invisible world is, therefore, the aura, and you are allowed access to the regions corresponding to the colours it contains. **(NOVEMBER 20, 1998)**

The sacred books often mention a part played by some precious garment: frock, tunic or veil. This garment is symbolic. It represents the aura, that is, the spiritual emanation from the inner being. The Old Testament relates that Joseph's brothers were jealous of him because Jakob, their father, had offered him a beautiful tunic. Actually, when Moses mentions Joseph's tunic, he specifies that it was made of many colors. This detail induces us to establish a link between this garment and the aura, the pure and sparkling colors corresponding to the different qualities and virtues. This garment of light and colors is given to us by the divine world as a reward for our work. All the threads and colors are at our disposal, but it is we who must fetch and weave them. With the violet (spiritual love), indigo (force), blue (faith), green (hope), yellow (wisdom), orange (godlineness) and red (life), you will patiently weave this beautiful garment that will protect you on your path through this dark forest of life. **(NOVEMBER 27, 2001)**

Honesty, kindness, generosity, patience, peace, harmony and brotherhood will be the most highly esteemed values of the new life. The person who does not manifest these virtues will be considered useless, even harmful.
Diplomas will be awarded to those whose behaviour serves to bring peace and harmony, and not to those who, encyclopaedia-like, are merely warehouses of factual information. Strong characters are needed to bring the Kingdom of God to earth, not information services. Anyway, nature alone has the power to award diplomas. If the mere touch of your hand can bring relief to someone who is troubled and distressed, that is proof that Heaven has awarded you a diploma. Do you possess a gift, a talent, or a virtue? It is a diploma granted by God. True diplomas are not pieces of paper; they permeate your whole being and are imprinted on your face and body. You may well have gained every diploma that exists on earth, but they would be worthless, and in the eyes of nature you would be useless, unless you also manifest the powerful and luminous emanations of a living diploma. **(NOVEMBER 28, 1998)**

Many people seek recognition at any price as poets, painters, musicians, etc. But have they first of all worked on themselves? No? So they will not be able to produce much of value. The sculptor who has not begun by sculpting himself is not a true sculptor. The painter who has not worked on the colours of his aura is not a painter. The musician who has never thought about tuning his intellect, his heart and his will does not yet know about harmony.
True art must first of all be apparent in the way the artist thinks, feels, moves, speaks – in his whole expression. Each day, an audience of angels is present at our exhibitions, concerts and ballets. Ceaselessly they watch and listen to us. So why do so many people ruin their health by trying to attract an audience of ordinary spectators and readers, when an angelic public is there, every day, waiting to admire their work? **(DECEMBER 6, 1998)**

The subtle world begins in us with the etheric body (the double of physical body), the astral body (the body of feelings) and the mental body (the body of thoughts). But we also carry within us the seeds of the spiritual bodies which are the causal body, buddhic body and atmic body. You

have certainly felt the presence of these bodies within you at least once. Looking at a work of art, a landscape or someone's face, you have shivered, you have felt dilated, carried away with joy: This is a manifestation of the buddhic body that is beginning to vibrate in you. A spiritual energy has passed through you and it gives you the strength to face all obstacles: This is the atmic body that is managing to work its way through. You have felt such an illumination that the order of the universe has revealed itself to you, you understand its laws: This is the causal body that is making itself a place in your brain. If these manifestations occur often, it means that the three bodies – causal, buddhic and atmic – are beginning to take possession of your entire body. **(DECEMBER 19, 2002)**

One of the functions of the aura is to permit an exchange between the stars without and the stars within. If your aura is impure and sombre it cannot attract good currents, only bad ones. People speak of planets which are benefice while others are malefic. But then why do certain planets have a beneficial influence on some people and an unfavourable influence on others? The answer is simple: those who receive only the bad influences of a planet do so because they are not capable of receiving the good ones. Actually, every planet is beneficial, but the influence they have on man depends on his aura. If there are elements in his aura which prevent the beneficial influence from penetrating it, the currents coming from the planet splinter and break up and produce negative effects. Whereas, if his aura is pure and powerful, all the incoming influences, even negative ones, become good for him. **(DECEMBER 19, 1987)**

COLOURS

Publisher Love(+)Wisdom(=)Truth

Book 25: The Relationship between Colours & the Aura

The cup of the Holy Grail symbolizes man who has achieved his goal of becoming the permanent dwelling place of the spirit. According to the legend, this cup was carved out of a single precious emerald and was used to receive the effusion of Christ's blood. An emerald is green, the colour of Venus, the feminine principle; blood is red, the colour of Mars, the masculine principle. The Grail, therefore, is a symbol of the union of the two principles, masculine and feminine, Mars and Venus, but in their highest aspect, in which they are identified with the Sun and the Moon.
A disciple's ideal is to become the chalice of the Grail and be filled with the condensation of Christ's love. To achieve this he has to refine the matter of his own being until it becomes so subtle and so precious that it vibrates in harmony with the spirit. This harmony exists in every region of space thanks to the combined activity of the masculine and feminine principles.

(JANUARY 4, 1988)

One of the best spiritual exercises is to meditate on light. Leave aside all your other preoccupations and concentrate on light, as if your life depended on it. You may imagine this light as a being colored, but it is preferable to picture it as a being white, because white is the synthesis of all the other colors. White brings together the omnipotence of violet, the peace and truth of blue, the wealth and eternal youth of green, the wisdom and knowledge of yellow, the health and vigor of orange and the strength and dynamism of red.
Once you are really able to concentrate on light, once you feel it as a living, vibrating, quivering entity where all is peace and fulfillment, you will begin to become aware that it is also music, this cosmic music we call the music of the spheres, the song of all that exists in the universe, and you will breathe in the fragrances that emanate from it. There is no work more worthy and powerful that your work with light.

(JANUARY 10, 2002)

We can only come into contact with God, the Cosmic Spirit, by coming into contact with the spirit within us, with our Higher Self. So it is important to understand this well: when you pray to God, you are actually seeking to attain the summit of your being. And if you succeed, you will release a vibration which is so pure and subtle that its diffusion within you will produce the most beneficial transformations. And even if you fail to obtain what you have asked for this time, at least you have gained a few very precious elements. The benefit of this request is that you have tried to reach a summit within you and have set in motion a force there, far off and very high, which, on reaching you produces vibrations of extreme subtlety – sounds, perfumes, and colours – that regenerate your entire being.
Those who accept their difficulties and trials liberate the powers in their soul and spirit, and after a time they realise that something magnificent has occurred within them as a result. You must understand that this is the true work of alchemy: to extract from the raw, black, formless matter of suffering a matter that is precious, sparkling, iridescent and dazzling with a thousand colours. Those who do not know how to suffer resemble abandoned construction sites: when they wish to express themselves, they do not know what materials to use. They know nothing of the life of the soul and spirit – of its immensity, its depths and its heights. Only those who know how to suffer can become creators.

(MARCH 2, 2004)

Our hearts and intellects are useful instruments – they are even essential – but they are not sufficient to guide us along all the paths we must travel. That is why it is necessary to develop a third faculty: intuition. Similar to the intellect in that it is a kind of intelligence, and similar to the heart inasmuch as it is a form of feeling, intuition is both intelligence and feeling, but on higher

levels. 'But that is clairvoyance!' you exclaim. No, nowadays clairvoyance is all the rage; there is a great deal of talk about it. But the faculty of clairvoyance only allows a vision of the objective aspect (forms, colours, movements) of the astral and mental planes. It is possible to be clairvoyant without understanding what one sees, without knowing how to interpret it. And what good would that be? Whereas with intuition, there is no need for vision, but you understand things much better, because you live and feel them. **(MARCH 30, 1998)**

Legend has it that the Grail is a cup fashioned from an emerald fallen from the forehead of Lucifer when he was thrown out into the void. This is the cup that Jesus may have used at the Last Supper, and Joseph of Arimathaea, after the crucifixition, may have gathered drops of Jesus's blood into this same cup. Joseph of Arimathaea willed it to his son. Since then, despite the vain efforts of countless people, all trace of it has vanished.
The emerald cup is the feminine principle. The colour green represents the purest aspect of Venus. It is the receptacle, the material form which collects and protects within her womb the masculine principle, the spirit, here represented by the red of blood, the colour of Mars. To initiates, the Holy Grail signifies the ideal symbol of human beings who have worked on the matter of their own bodies, purifying and rendering them incorruptible, resistant to all change, worthy of receiving that most precious quintessence of all: the Christ blood. **(APRIL 4, 1999)**

The Rosicrucian symbol is a red rose in the centre of a cross. The rose represents the heart, the fully developed heart-chakra in man, who is seen as the sublimated cross. Man develops this chakra by his love which has the colour and perfume of the rose. The Rose-Cross, therefore, is the symbol of the Initiate who has worked on himself until lie has succeeded in bringing the divine, pure, vivifying love of Christ to full flowering in his own heart. An adept of the Rose-Cross knows not only the secrets of the cross, but also those of the rose blooming in its centre. The cross with the rose in its centre represents the perfect human being who not only possesses the science of all the elements of which lie is composed and his relation with the cosmos, but who is also capable of pouring out Christ's love from his heart**.** **(APRIL 4, 1988)**

If you acquire the taste for an inner work of precision and clarity, using all the most beautiful colours and the most beautiful forms, you will never have to complain of a lack of outer wealth and fame. The exterior plane doesn't mean much to someone who does this. When we know and feel that our real work takes place inside us, we cannot doubt or become discouraged.
'Yes, but nobody can see what we have created,' you could say. Oh my! Our creations are not there for human beings to see, they are there for other entities from the invisible world. These entities will come to view your works, they will give their opinion on what they see and then 'buy' them, and you will become a famous artist – on high. It would be very easy for them to make you famous here on earth, too, if they decided to do so one day. But it is not earthly glory that you must seek. You must try to please and delight only heavenly entities and each day ask them, 'So what do you think of the progress I have made on this picture of mine?' **(APRIL 19, 1998)**

An initiate is someone who has organized and embellished his inner domain so skilfully that nothing is lacking: poetry, colour, music ... every form of beauty is there, and it is painful to him to have to 'go out' and leave all that beauty behind. Ordinary people on the other hand, never having done anything to make their inner dwelling habitable, ask nothing better than to leave it and look for entertainment outside. As soon as they are alone in the poverty of their inner self they are bored. Think about this for a moment and judge for yourself which situation is the most desirable. How much of the day do you spend in the company of other people? A few minutes or

a few hours perhaps? And how much time do you spend with yourself? Every minute, all day and all night. In view of this is it not far more important to improve the state of the place in which you spend all your time? Why do you leave it to decay like a shabby old attic with broken windows, cobwebs, in all the corners and mice running all over the floor? **(APRIL 30, 1995)**

Each of the seven colours of the prism corresponds to a virtue: violet to sacrifice, indigo to strength, blue to truth, green to hope, yellow to wisdom, orange to holiness, and red to love. But it is almost useless to work to obtain spiritual powers with light and colours, unless we also work on the corresponding inner virtues. Similarly, all those who imagine that they are going to become great sages merely by performing rituals or evoking spirits, without improving their inner life in any way, are greatly mistaken. Higher beings are not deluded by such attempts. These people have merely succeeded in summoning lower beings – elementals and monsters – from the depths. If you want to attract angels and archangels, you can do so only by acquiring virtues, because the highest entities only frequent those who manifest true light: the light of purity, love, wisdom and truth. **(MAY 10, 1999)**

Magic always implies an influence, the action of one thing upon another. If an object or a being does something that benefits the world around it, we say that this is white magic; and if that same object or being causes problems, disorganization or destruction, we say that it is black magic.
So it is clear that everything is magic, whether it be gestures, words, looks, sounds, colours or geometric forms. To the extent that they can influence beings – attracting or repelling, healing or causing illness – animals, plants and stones also exert a magic influence. The sun, the stars, mountains and lakes all act on us and influence us; and we, too, influence them to a certain extent. Everything in the universe is magic.
You need to understand this and begin to think, feel and act in a constructive, harmonious manner, because in doing so, you can become a white magician. **(MAY 17, 1998)**

From the moment you have a thought, it is as if you had already spoken. This inner form of speech is real, powerful and magical and is referred to as the Word. The Word is the thought that has not yet been translated into speech in the physical plane, but it already expressed in shapes, colors and sounds. When you speak inwardly with all your soul and all your heart, the plants, animals, birds and insects understand your language and the planets, stars, angels and archangels also understand you. The creatures of the invisible world do not use the words of a language to talk to each other; they use the colors, shapes and melodies emanating from them and every one of them is able to interpret this language straight away. One day human beings will communicate with each other only with their emanations and they will understand each other because the Word is the universal language. **(MAY 26, 2002)**

We all like to give or receive flowers, to put them in our houses and plant them in our gardens. We go to admire them in parks or in the countryside and are enchanted by their forms, colors and scents. Be we consider flowers primarily as decorative elements which help to make life more agreeable, and as such, our admiration remains superficial, and we gain very little from their presence. In actual fact, flowers are living beings with which it is possible to relate. Yes, a flower is not simply a morsel of colored, scented matter, it is the dwelling place of a spiritual entity who has come to speak to us of Heaven and earth. If we know how to look at a flower, how to create a bond with it, we enter into relationship with the forces of nature, and with the entities who work to render it such a vibrant and poetic presence. **(JUNE 1, 2003)**

BOOK 25: THE RELATIONSHIP BETWEEN COLOURS & THE AURA

What is our body? It is a collection of elements which were first found in earth, water, air and fire. They once formed the matter of other bodies which decomposed over time. When we eat fruit or vegetables, we say: 'This is a pear or a watermelon, and that is a lettuce or a cucumber.' It is true but, before they existed in these forms and these colours, to how many other animate and inanimate forms these elements belonged, and in how many other colours! Since the beginning of time, minerals, vegetables, animals and human beings have been composed of these same elements. When these forms disintegrate over time or by accident, they return to nature's vast workshops to be transformed, but the elements of which they are composed remain forever new, pure and unblemished. It matters little that all living forms wear out, go mouldy, rot and turn to dust. Nature takes them back into her workshops and returns them as fresh food for all living beings, or uses them to build new bodies for all creatures. It is She who teaches us about the law of recycling. Yes, in nature nothing is lost or created; everything is transformed. **(JUNE 3, 2004)**

As soon as you feel sad, irritated or in a bad mood, do something about it. Try your best to extricate yourself from these states of darkness by lighting the lamps the Creator has installed in you, all kinds of lamps, large, small, colored... You will say: 'But how do I go about lighting these lamps?' Very simple, just as you would in your home. Your home is wired up to electricity from the mains and when you want to bring some light into the room, you turn on the switch. Well, inwardly you possess a similar system, which could be said to tap into the cosmic mains, in other words God. In the physical world you have a switch, which you have to turn on; in the psychic world, all you need is thought to turn on the lights, and you do this by concentrating on light as you think of switching on lamps in the whole of your being. But do not stop as soon as some of the lamps have lit; continue and others will light too, until in the end there will be a true illumination. **(JUNE 8, 2002)**

The human being is naturally inclined to seek pleasure, and without it, life would lose its savour and become so dull, so monotonous! Pleasure animates us and gives colour to our life, and it is important not to suppress it. We must not make it our goal, however; but master this tendency and give it a positive direction.
The human being is like a steamship that navigates the ocean of life. There are sailors on board who stoke the boiler with combustibles so it can continue on its course, but there is also a captain, with his telescope, who is in charge of navigation. The sailors represent that instinct which forever urges man to seek what is convenient and pleasing to him. It is this instinct which causes him to move forward, but it is blind. As for the captain, he represents intelligence, the wisdom which points the direction, so that the ship does not founder on the reefs or collide with other vessels. So you must be careful: keep watch on this ship which you command, and be sure your sailors are never left to their own devices! **(JUNE 17, 2003)**

There are so many things to discover when watching the sunrise, so many exercises that enable us to immerse ourselves in this life, this light and this warmth! As the day dawns, a great event is being prepared in the sky. Clouds, sombre or bright, appear and disappear, and all the colours of dawn are like so many presences heralding this one dazzling presence: the sun. It is worth your while to feel the significance of the birth of each new day, which over billions of years tirelessly recreates the birth of the world's first morning. We can unite with all the visible and invisible creatures who attend this extraordinary emergence of the light and, together, we can greet the forces of life. **(JUNE 27, 2004)**

BOOK 25: THE RELATIONSHIP BETWEEN COLOURS & THE AURA

Seven spirits stand before the throne of God. The spirit of life and love, the red ray; the spirit of sanctity, the orange ray; the spirit of wisdom, the yellow ray; the spirit of eternity, the green ray; the spirit of truth, the blue ray; the spirit of strength, the indigo ray; and the spirit of divine love and sacrifice, the violett ray. These are the seven spirits of the divine virtues. The day will come when all human beings will have to study this science of light and colour, the science of the ancient hierophants. It is also the science of Christ. The world was created by light, and by means of light man too can become a creator. If all the other sciences were to disappear one day, the science of light and colours, which are the virtues of light, would remain.

(JUNE 28, 1995)

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

In the past many artists received a teaching from an initiatic school, which revealed to them how to rise to higher realms in order to find forms, colors and sounds. When their works of art succeeded in translating what they had received during their meditations and contemplations, they would influence human beings, inspiring in them a desire to embark on the same path towards celestial heights. That is why for centuries these creations have continued to move us. Nowadays artists graduate from Academies with all kinds of diplomas, but, having no knowledge of initiatic laws, they invent all sorts of theories to explain, for example, that their “abstract” art contains a philosophy, a thought that the masses cannot grasp. You look at a picture, you turn it in all directions ... What does it contain? What does it express? Nothing, stupidities, absurdities. Artists themselves do not know what art is anymore, what is its function, its mission. And yet it is simple, it can be summed up in very few words: the mission of art is to inspire human beings, so as to encourage them to turn back to their celestial homeland. **(JULY 12, 2001)**

You do not know the true beauty of a person because you pay too much attention to the form. If this form is harmonious, attractive, you exclaim, ‘What a beauty!’ But beneath this form is something else to be discovered: the expression and emanations that come from the depths of that person, the life that follows ... And if you are capable of going beyond this to see his spirit, which lives in Heaven, you will discover even greater beauty. But in reality this splendor of the spirit is far too subtle to express itself on the physical plane.

True beauty cannot be described; it is life, a life that blossoms ... You see a ray of sunlight falling on a diamond and are dazzled by the vividness of the colours, by that sparkling ... This is true beauty! If a person reflects such beauty, it means he is drawing closer to true beauty.

(JULY 22, 2001)

BOOK 25: THE RELATIONSHIP BETWEEN COLOURS & THE AURA

When you are looking for love, you do not really know what you are seeking. You think you are looking for the love of a man or a woman, but deep down it is the love of God that you need and that you seek: it is immensity, infinity, and all the beauty of nature and its creatures. But until you find it, how many 'boutiques' will you visit, saying: 'Give me love. Give me fulfilment.' But no boutique sells fulfilment. Only God Himself can give it to you, and this is where you must search for it.
Look what happens to those who frequent a 'boutique'. You understand, of course, that 'boutique' means a pretty woman… or a handsome man! After a while everything is out of stock, so they move on to another shop which has opened more recently. There the merchandise is fresher, the publicity is superior, the window is better stocked, it is shinier and more colourful. But after a time, once again, everything tarnishes and deteriorates, because it is not divine. Only that which is divine is inexhaustible and eternal. It is toward divine love, therefore, that you must make your way. **(JULY 25, 2004)**

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

You can tell a great deal about a person simply by looking at their skin. There is something in the grain and in the colour that immediately suggests a spiritual life or an ordinary, crude life. The skin reflects the inner being. What is interesting, however, is that a person's skin is not the same everywhere. It is blotched or wrinkled in places. There are even people whose skin appears to have a purple, blue or yellow tinge, despite being white. This is proof that behind this facade of the physical skin lie other skins, which we cannot see and which project different kinds of particles. In other words, the skin is a language that we must get to know and to learn to interpret**.** **(AUGUST 17, 2002)**

Human beings cannot transform themselves if they rebel against the conditions of their life on earth, and if their ideal is to avoid suffering. I am not saying that you should not look for remedies to relieve your suffering. You should. But in the current stage of development of the earth and of human evolution we cannot avoid suffering. The earth is like a reformatory and a learning center at the same time. When man knows how to consider suffering, he triggers hidden forces that effect an immense work within him. Someone who has not suffered remains in poverty; he becomes like a painter who has no paints to produce pictures. On the contrary, someone who has suffered can use all the sensations he has experienced to give colour, relief and depth to his life. All those who have accomplished great things in life have suffered a lot. They possessed black ink, and it is from this black ink that they drew the most beautiful colours.
(AUGUST 19, 2001)

BOOK 25: THE RELATIONSHIP BETWEEN COLOURS & THE AURA

Love is a levelling process, a form of osmosis. By this I mean that human beings, men or women, take on the forms, colours, dimensions, consistence and vibrations of the person or thing they love. This is what is important, for by loving someone who is purer, more intelligent and nobler than yourself you automatically benefit from this relationship of exchange. You are raised up as it were by the light and virtues that pass from him into you. Not immediately, of course, but in the long run you will even look like him. Since the law of osmosis operates on the physical plane why should it not exist equally on the astral and mental planes? Many different kinds of intercourse and exchange, of osmosis and levelling, exist not only between human beings but throughout the cosmos. Even the stars exchange elements so as to resemble each other. And this is why the earth will one day resemble the sun, because there is a continual flow of exchange between the sun and the earth. **(AUGUST 23, 1995)**

The sun's rays are forces which influence everything they penetrate, because they are inhabited by living entities. Their different manifestations correspond to different colours: red, orange, yellow, green, blue, indigo and violet, of which white light is the synthesis. When these rays are projected onto living beings, they work on them. Initiates use light and colours to help human beings and they teach their disciples to work with light. Each colour corresponds to a virtue, and this explains why each mistake you make reduces the force within you that corresponds to one of these colours. Since time immemorial the initiates have worked with light, for it is light alone that bestows true power and real knowledge. With the laser, official science is gradually discovering the extraordinary power of light, but the powers of spiritual light are far greater still. **(AUGUST 24, 2004)**

Learn to work with light, for light contains all wealth. When you begin to possess this wealth you will see that your relations with other human beings gradually improve. Why? Because when one is rich one becomes generous. Don't misunderstand me, I am talking about true wealth, the wealth of the great masters and initiates who possess such an abundance, such a profusion of riches, that they long to love and help others. You have no conception of the power, wealth, clarity, purity and intelligence contained in light. This is something you will understand when you have learned to work with the seven colours of which white light is composed. Each colour is the expression of a virtue. Red expresses life and love; orange, health and holiness; yellow, wisdom; green, evolution and eternity; blue, truth and peace; indigo, strength; violet, spiritual love and divine omnipotence. Work with the virtues of the seven colours and you will begin to understand what true wealth is. **(AUGUST 28, 1995)**

Jesus said: '*I came that they might have life and that they might have it more abundantly*.' Human beings seek power, wealth, knowledge and love, when in fact they ought to seek life. 'But why seek life?' you ask. 'We already have it, we are alive! We should look for what we do not have.' You are alive, it is true, but there are different degrees of life, and it is not the same for everyone. It is not enough to be alive; you must ask yourself what sort of life you are living. Through his physical structure, of course, man lives the life of a human being, but inwardly his life can take on an infinite variety of forms and colours: those of a stone, a plant, or an animal, for example – or an angel, an archangel or a divinity. And when Jesus said: 'I have come that they might have life', this life he intends to bring all human beings is divine life, this current which streams pure and clear from the very Source. **(AUGUST 31, 2004)**

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)**

The heart, the intellect, the soul and the spirit of human beings manifest themselves through the face, where each one fulfils a function. The heart reveals itself in the mouth; the shape of the mouth reveals the nature of the heart, the quality of the feelings. The intellect manifests itself in the nose; its length, whether it is high up on the face or lower down, whether it is round or pointed, its colour, all reveal specific mental characteristics. The soul speaks through the eyes; the strengths and weaknesses of the soul, her light or her darkness are revealed in the expression of the eyes. The spirit manifests himself through the forehead, which reflects either the highest qualities – nobleness, strength – or vices, which prevent human beings from manifesting themselves in a divine way. **(SEPTEMBER 5, 2000)**

There are two ways in which you can develop your aura. The first is to use your thought and imagination to surround yourself with beautiful colours. However, this method is slightly artificial and its effects will not really last unless, at the same time, you practise the virtues that correspond to those colours. Yes, what is essential in the spiritual life is to develop the virtues. By cultivating the divine virtues, even if you never consciously try to develop the colours of your aura, you will, in fact, be surrounding yourself with the most glorious colours which correspond to those virtues, and the more you practise them the brighter and more beautiful will be the colours of your aura. **(SEPTEMBER 7, 1988)**

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, colours 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)**

Human beings need solid food in order to survive, but there are creatures in the invisible world whose only nourishment is perfume, colour and sound.
Most human beings do not readily accept that beyond the realms of minerals, vegetables, animals and men, there are other, invisible realms inhabited by creatures quite different from anything within their experience. The truth is that the universe is filled with the most extraordinary creatures that certain, highly advanced, human beings have already known. You may say that it is difficult to believe in creatures who are nourished only by perfume, colours and sounds. Of course, because colours, sounds and light are not very substantial foodstuffs for you, but for entities made of extremely subtle, tenuous matter, light, sounds and perfumes are forces and powers and also food. **(SEPTEMBER 18, 1988)**

BOOK 25: THE RELATIONSHIP BETWEEN COLOURS & THE AURA

Nature is alive, and you can speak to it. Stones, plants, rivers, mountains and stars do not understand our human languages, but this does not matter. In whatever language it is, the words we speak with conviction and love produce vibrations, colours and waves which influence matter, and matter responds, as if it had understood. When I speak to the earth, to water, to the air or to fire, I am not so naïve as to believe they understand the words I am saying. No, but these words produce specific effects according to the thoughts, feelings and force I put into them. When I address water, I know that my words are only a support for the pure energies that will enter into contact with it. And, in making contact, these energies will create a kind of opening, through which it will respond to me. **(SEPTEMBER 19, 2004)**

Nourishment is a vast issue because it is not only limited to the food and drink that we consume at every meal. Nourishment can also consist of sounds, smells and colours, as well as feelings and thoughts. Naturally, nourishing yourself in this way is more difficult, but it is possible. On occasion, you can also nourish yourself in this way and in fact, sometimes you do so without realizing it. You sometimes eat nothing all day without feeling hungry, either because you are totally absorbed, or because your are so filled with love that you feel nourished.
All wisdom, all love and all spiritual thought is nourishment: they transform themselves into sustenance, even supplying nutriment for your stomach. You can prove this for yourself.
(SEPTEMBER 19, 1999)

In the future, the worth of an artist will be assessed not only by the quality of his works, but by the quality of all that he emanates: poetry, music, light and form. In days to come, all creative artists will understand that true artistry is the ability to make their whole lives a magnificent work of art, communicating poetry, music, dance and harmonious shapes and colours. In this way human beings will regain the appearance they once possessed: They will resemble God. Much time, effort and work are necessary to reach this goal; but do not preoccupy yourselves with the idea of time. The exterior creations we produce do not belong to us and must be left behind when we die, whereas the work done on ourselves stays with us eternally.
(SEPTEMBER 21, 1998)

He who works accurately and with clarity within himself, making good use of the most beautiful forms and colours, will never complain if he is not outwardly rich. The external dimension does not matter much to him: he knows, he can feel, that his work is within, so he cannot doubt or be discouraged. And there is no point in complaining that you cannot see his works of art; he is not creating them for you but for the entities of the invisible world: it is they who come and contemplate and admire his exhibition. And then, if they like what they see, they 'buy' his paintings and he gains a reputation on high as a great artist. If, one day, these entities decide to make him famous on earth too, nothing is easier for them. But earthly glory must not be his goal: his goal must be to please and delight the heavenly entities and ask them, each day, what they think of his work. **(SEPTEMBER 23, 1988)**

We always hear the praises being sung of ‘scientific truth’. Far more important than scientific truth, however, is the truth of life. The truth of life is learnt by situating all forms of life within the cosmic structure in order to see how they vibrate in harmony and how they participate in the life of the Whole.
It is therefore not sufficient to observe and study each element of nature in minute detail; you must go further and see how that indefinable ‘something’, which none of the elements has separately, circulates from one to the other: That ‘something’ that is life. True knowledge is

found in life. As soon as you separate the elements, life is no longer present. The quintessence of a mineral or plant is not revealed through knowledge of its make-up, smell, taste or colour, because if you look at something in isolation, you cut it off from life. Unite something with all the other elements of earth and sky, then life becomes apparent and true knowledge is yours.
(SEPTEMBER 29, 2001)

A human being can be compared to a harnessing of three horses, which Russians call 'troïka'. These three horses are symbolically our three bodies – physical, astral and mental – which we must guide all at the same time. They each have a different colour: the physical horse is red, the astral horse – the heart – is green and the mental horse – the intellect – is yellow. In order for the three horses to be obedient and to walk in step together, we must hold the reins firmly, that is to say, establish a contact with them with a subtle and etheric link: the will power. And we must also know the nature of each horse in order to control it. The physical horse needs frugality in food and drink, as well as exercise so as to develop its flexibility. The astral horse is tamed with purity, kindness and love. Lastly, the mental horse needs us to insist on attention, vigilance and lucidity. It is on these three conditions that our horses will not throw us and will take us only where we want to go.
(OCTOBER 10, 2001)

Each hour of the day is under the influence of a planet and of the entities inhabiting that planet. So, each hour that goes by brings with it entities that come to work on plants, minerals, animals and human beings. And since to each planet is attached not only a specific colour but also a specific sound, the symphony of sounds varies with each hour of the day, according to the succession of spirits. It is the planets that sing in space and we are immersed in this music, called 'the music of spheres'. Through meditation and contemplation, man can perceive this symphony of the plants to which angelic hierarchies are linked. Animated by the hymn of angels, the universe breathes and nourishes itself.
(OCTOBER 14, 2001)

It is the law of the earth that everything is contaminated in one way or the another, and we are continuously exposed to impurities, what ever our physical or psychic activities. Eating, drinking, breathing but also looking, listening, meeting other people, staying in certain atmospheres are all times when we absorb impure particles and currents, which weigh us down and take away our light. For the good of our physical body we should therefore try to eat and drink healthily and breath clean air. And for the good of our psychic body we should accept only pure thoughts and feelings. We can also do certain exercises. For instances, several times a day, imagine you are transparent like a crystal. And when I say 'imagine', I mean that you should totally identify yourself with the crystal, with its transparency, until the moment when you feel the celestial currents pass through you, like the light that passes through a prism and refracts into seven colours.
(OCTOBER 15, 2002)

Those who sew and embroider usually have no inkling of the profound symbolism of their work or of the needle, thread and cloth that they use. 'What is so significant about them?' you will ask. For one who knows how to interpret them, these three things – thread, needle and cloth – represent a human being. The thread represents thought, and the needle the will. Drawn by the will, thought accomplishes its work on the cloth, the physical body. The needle and thread trace designs on the cloth, designs that may be dull or brightly coloured, harmonious or inharmonious, light or dark. These designs vary depending on the intelligence and will, but also on the matter of a human being. They are a record of a whole life.
(OCTOBER 17, 1995)

BOOK 25: THE RELATIONSHIP BETWEEN COLOURS & THE AURA

The sacred books often mention a part played by some precious garment: frock, tunic or veil. This garment is symbolic. It represents the aura, that is, the spiritual emanation from the inner being. The Old Testament relates that Joseph's brothers were jealous of him because Jacob, their father, had offered him a beautiful tunic. Actually, when Moses mentions Joseph's tunic, he specifies that it was made of many colors. This detail induces us to establish a link between this garment and the aura, the pure and sparkling colors corresponding to the different qualities and virtues. This garment of light and colors is given to us by the divine world as a reward for our work. All the threads and colors are at our disposal, but it is we who must fetch and weave them. With the violet (spiritual love), indigo (force), blue (faith), green (hope), yellow (wisdom), orange (godlineness) and red (life), you will patiently weave this beautiful garment that will protect you on your path through this dark forest of life. **(NOVEMBER 27, 2001)**

If you are not in the habit of observing and studying every detail of life, you will not understand what it means when someone does something wrong; you will be inclined to say that he has done such and such a thing by chance or that a spirit was acting through him! No, in such cases, the only spirits involved are the laws of nature. That person began breaking the law a long time ago and it is only now that you are beginning to see the results. A gesture is never an isolated incident: It is the conclusion of a long history; it reveals how someone has lived and developed, how he has felt and what he has done in the past. For one who is capable of seeing it in context and understanding how it ties in with the whole, every gesture is the reflection and the inevitable consequence of a chain of thoughts, feelings and actions. As long as human beings persist in refusing to see how things are interconnected, they will never understand the deep, hidden meaning of all manifestations, forms, movements, colours, sounds, words or looks!
(DECEMBER 5, 1988)

True poetry is the expression of the divine word, which is music, colour, form and scent all in one. This is why it is so powerful. Some will claim music to be more powerful than poetry, because it has an immediate effect on its audience. Yes, but the language of music is not as clear and therefore not as educational as that of poetry because it is only made up of sounds, whereas a poem is made up of words which not only convey a melody, a rhythm, an intonation, but also colours, forms and an architecture and, most importantly of all, it conveys a meaning. Music stirs the emotions, stimulate the will, but it does not give a clear direction. You can listen to music all your life and remain as uncertain and ignorant as always. Whereas when you read or listen to the work of a truly inspired poet, you discover a meaning through the words and you can then walk in the light. **(DECEMBER 6, 2000)**

Many people seek recognition at any price as poets, painters, musicians, etc. But have they first of all worked on themselves? No? So they will not be able to produce much of value. The sculptor who has not begun by sculpting himself is not a true sculptor. The painter who has not worked on the colours of his aura is not a painter. The musician who has never thought about tuning his intellect, his heart and his will does not yet know about harmony.
True art must first of all be apparent in the way the artist thinks, feels, moves, speaks – in his whole expression. Each day, an audience of angels is present at our exhibitions, concerts and ballets. Ceaselessly they watch and listen to us. So why do so many people ruin their health by trying to attract an audience of ordinary spectators and readers, when an angelic public is there, every day, waiting to admire their work? **(DECEMBER 6, 1998)**

Book 25: The Relationship between Colours & the Aura

Radiation, emanation, vibration: these three words are connected with the will, the intellect and the heart. The will is linked to vibration, the intellect to radiation and the heart to emanation.
The will vibrates – right and left, up and down, in front and behind. The intellect radiates and it moves in a straight line. The emanations of the heart follow a curved line.
Vibrations marks the beginning of an action. With radiation exploration begins, light is projected to make progress easier and to make discoveries. And emanation represents expansion, the gift: particles go out to envelope beings and things with their warmth.
In vibrations there is a movement, there is sound. In radiation there is light, there are colours. In emanation there is scent.
In vibration there is also strength, in radiation wisdom and in emanation love. This is why, on the basis of the nature of their emanations, you can determine people's love; on the basis of the intensity of their radiations you can determine their wisdom and on the basis of the power of their vibrations you can determine their strength. **(December 13, 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)

Precious stones hold a great attraction for most people, and there is nothing objectionable in this. But only if they know how to consider them, or the desire to possess them can lead to the most terrible crimes. You will say: 'But how should we consider them?' As a link to the spiritual world. If you learn to concentrate on them, on their purity, their colours, and their power to transmit light, gradually their properties and virtues will enter into you, and your entire being will be emblazoned with a thousand lights. Sapphires, diamonds, rubies, emeralds, and topazes will be alive within you; and they will belong to you in a way you could not possess materially. Love precious stones, use them not to adorn yourself, but to illuminate and nourish you by their quintessence. **(December 28, 2003)**

Book 25: The Relationship between Colours & the Aura

Publisher Love(+)Wisdom(=)Truth

Book 25: The Relationship between Colours & the Aura

Encyclopedia Initiatic Science

Book 26: Reflexions on Birth

Be vigilant, and strive to spend the first day of the New Year in the best possible state of being, because this first day is as important for the rest of the year as the moment of birth is for the rest of your life. The life of every human being is marked by the planetary influences which were in effect at the moment of his birth. The development of a life is thus contained in seed form from the start, which explains why we have a horoscope. On a smaller scale, the first day of a year contains in seed form the entire unfolding of the days to come. This is why you should be attentive and live this first day in light, love and harmony. Every hour – through prayer, meditation, songs, good thoughts and good feelings – try to record luminous impressions which will have a positive influence on all the days of this year. **(JANUARY 1, 2004)**

In order to analyse things you have to separate them and, little by little, this separation kills them. Death, in fact, is the ultimate analysis, for all the elements fall apart. Whereas birth, on the contrary, is a synthesis: the elements combine to form a unit. The birth of a child is a symbol of the synthesis of all energies and all particles.
Synthesis always creates life whereas analysis leads to death, and this is why the infatuation for analysis, which is so widespread today, is very dangerous. Science tends to work more and more through analysis: it decomposes, dissects and disintegrates. In fact, this tendency to dissect and separate is so pronounced, so strongly emphasised in every area of science, that it has also led to changes on the moral and spiritual plane: each individual wants to be separate and apart, isolated from his fellows, and the result is hostility and prejudice. This is what comes of analysis, and this is why a return to synthesis is urgently needed. **(FEBRUARY 13, 1988)**

Our soul and our spirit are two realities which correspond to the two great creative principles within us: the masculine and the feminine principles, which are known as the cosmic spirit and the universal soul. This explains why, like them, we are creators also. Yes, we too can create, on one condition: that we become conscious, that we give the masculine and feminine principles within us – our spirit and our soul – all they need to flourish. And prayer, meditation and contemplation are the only activities through which we become true creators. In our desire to raise ourselves up in order to penetrate the universal soul – that light which is the substance of creation – we fertilize it with our spirit. And our soul, in return, receives the seeds of the cosmic spirit and gives birth to its divine children: to inspiration, to joy and to acts of justice, goodness and nobility. **(FEBRUARY 14, 2000)**

Those dedicated to the spiritual life know that thought is a power, that it can condense to the extent that it takes form, and gives birth to tangible creations. But they are not sufficiently aware of the disturbances a thought can cause in the great cosmic organism of which they are a part, and to which all creatures belong. Cosmic intelligence has established order in this organism, and very few spiritual seekers ask themselves whether the projects they are engaged in respect and comply with the order. They make demands, they insist on obtaining what they want with unbelievable violence. And what do they want? It is sad to say, but often their desires are no more than the wants of materialists: social success, wealth, power, pleasure. And thus they upset the order of the universe. In God's plans, thought is not meant to serve this kind of

acquisitiveness. Thought must have an objective that is impersonal, disinterested. It must be directed towards the good of all, towards the achievement of the Kingdom of God on earth.
(MARCH 10, 2000)

Why does a child incarnate into one family rather than another?
It is always a mystery. Some children do not belong to the same spiritual family as their parents, so they are not really the children of those parents, and in this case, the parents are not responsible for the actions of their children, and vice versa. The Bible tells us that when a man has sinned, not only is he himself punished, but also four generations of his children and grandchildren. What have those children done to merit that suffering? It was not they who sinned; it was their fathers or great-grandfathers, and in appearance this punishment is unjust. But in reality, those who pay for the faults of their parents by inheriting the same illnesses, the same vices, are truly their children and have merited their situation. If they had been born to another father or mother, they would not have had to suffer. We know that saints have been born to criminals, and very ordinary beings have given birth to geniuses. Children are not always affected by the crimes of their parents, but when they are, it shows that they have been attracted to an incarnation amongst those they resemble, because they had previously lived the same way. The law obliges them to incarnate into precisely that family, in order to share the same trials as those merited by their parents. **(MARCH 17, 1998)**

Anyone who knows how to study numbers soon discovers how meaningful they are, how alive and active. Consider the number 10, for example, which is the symbol of totality: it is composed 1 and 0. But this 1 and this 0 must not simply consider as adjacent figures; they must be joined together and set in motion. The figure 1 represents the spirit, the 0 represents matter, and the spirit penetrates matter to animate it, to vivify it. We can thus say that any act that contributes to the maintenance of life within us corresponds to the number 10.
When you eat, you open your mouth - the 0 in order to introduce food - the 1, and this union produces energy. And what does it mean, to see? It is the effect of light - the 1, striking the eye - the 0. It is the same phenomenon once again when sound strikes the ear. As for our head, which is spherical, it too is a 0, and it is into this 0 that the spirit must descend. As long as our head has received the spirit, it is a 0 and produces nothing worthwhile. But the day it is visited by a ray from Heaven, it gives birth to a divine child, and we become a 10. Until then we are merely a 0. You will say: 'What kind of an interpretation is that?' Well, it's just that: an interpretation.
(MARCH 26, 2000)

A seed planted in the ground is exactly like someone who has been buried alive. When the angel of heat appears he wakes him up, caresses him and tells him to arise and leave his tomb. And behold! The life that was buried begins to stir. A tiny shoot splits the seed in two and forces its way above ground, giving birth to a slender stem that will one day grow into a immense tree. This is resurrection. But there can be no resurrection unless the tomb is opened and only warmth – that is, love – is capable of opening tombs. He whose heart is full of love, of selfless, spiritual love, opens the tomb of his cells. There are so many cells rotting and fermenting within us, so many tiny tombs that need to be thrown open. As long as all those cells within you are not animated and resuscitated they will continue to be inactive, and you will never know the immense wealth that lies dormant within you. But once the resurrection has taken place and your cells have been awakened you will not be the same, for your consciousness will have expanded. You will find yourself living and moving in another dimension, the dimension of the spirit. **(APRIL 16, 1995)**

BOOK 26: REFLEXIONS ON BIRTH

From a psychic, spiritual point of view, human beings are androgynous in that the masculine principle in them, the father, is represented by the intellect, or thought, and the feminine principle, the mother, is represented by the heart, or emotion. And the union of the masculine principle and the feminine principle gives birth to the child, i.e. the will, or action. All our actions are the fruit of our thoughts and emotions. There are people who are very active but whose intellect and heart are not greatly developed, and their actions too are inevitably the child born from their intellect and their heart, or rather from the absence of discernment of their intellect and the absence of love in their heart. Whether you act with intelligence and sensitivity or rashly and without love, your are always giving birth to an activity that is the fruit of your intellect and your heart. The nature of the child is determined by the degree of evolution and culture of the parents. When our thoughts are good and our emotions are good too, our actions, which are the consequence of the wisdom of our intellect and the love of our heart, are constructive.

(APRIL 20, 2002)

The birth of a civilization is usually associated with the presence of water: with springs, streams and rivers. Where water flows, flora and fauna appear, and human beings establish their dwellings. What is more, thanks to water, these human beings are able to travel and to encounter one another, because it is a means of communication.
But water can be understood on different levels. It can also represent love, for example. When there is no love, there is desert. Regretfully, when human beings launch themselves into an enterprise, they rarely consider that love must have its say: they count only upon organization. Well, they are mistaken: as long as there is no love, which is the true driving force, there is no life. But as soon as love appears, even if the organization is lacking, little by little everything falls into place and begins to work.

(MAY 31, 2003)

There are so many things to discover when watching the sunrise, so many exercises that enable us to immerse ourselves in this life, this light and this warmth! As the day dawns, a great event is being prepared in the sky. Clouds, sombre or bright, appear and disappear, and all the colours of dawn are like so many presences heralding this one dazzling presence: the sun. It is worth your while to feel the significance of the birth of each new day, which over billions of years tirelessly recreates the birth of the world's first morning. We can unite with all the visible and invisible creatures who attend this extraordinary emergence of the light and, together, we can greet the forces of life.

(JUNE 27, 2004)

In their psychic and spiritual lives, human beings are not uniquely men or women as they are on the physical plane. The mystic who contemplates divinity is like a woman who wants to receive a spark, a seed from God. He devotes himself to the light of God; he opens himself to it and then receives this seed in his soul. He carries it within him for a long time in order to give birth in the world to a divine child. In the spiritual realm, a man, like a woman, can conceive a child. By linking to God, he changes polarity; he becomes a woman and gives birth to the child that is love and the child that is wisdom. In the same way, if a virgin who devotes herself to the service of God also prepares herself to marry the Christ, she will give birth spiritually. There are no barren marriages in the spiritual life, but only on the condition that men and women are educated about the laws of polarity.

(JULY 4, 2004)

The formation of a child's body in the mother's womb is not a purely physiological process. In forming its physical body, the soul of the child calls to itself its large and invisible family in the beyond to help in this construction. From all directions, not only grandparents and great-

grandparents, but even very distant ancestors arrive and set to work. A child's body, then, is a reflection, a synthesis of generations of beings going back centuries and millennia, and this is why it is conditioned by atavism, by a heredity which can either be healthy or unhealthy. Under this weight of the generations, it is very difficult to escape the heredity and influence of one's family. Only the disciple of an initiatic school, who is instructed in the omnipotence of spirit over matter, can gradually free himself from the burden of heredity. **(JULY 9, 2005)**

In the beginning of the Book of Genesis it says, '*The spirit of God moved upon the face of waters.*' Water symbolizes matter to which the spirit gives form. The primary characteristic of water is its adaptability; it takes any form one gives it. Another characteristic is that it can be impregnated with the rays of the sun, the elements of the earth and certain germs communicated by plants, animals and human beings, with the result that it gives birth to many different creatures. In the same way primordial cosmic matter takes all the forms that the spirit gives it and is fertilized by the seeds of the spirit. Those who know how to work with water, primary matter, become true creators. **(JULY 23, 1995)**

It is said in the Book of Genesis that when God created the first man and the first woman, He gave them a name: Adam and Eve. He then took the animals and plants He had created to them to see what they would call them. Why is giving a name so important? Because the name represents, summarizes, contains the entity that bears it.
When a being succeeds in elevating himself (or herself) to a higher degree of consciousness, he is given a new name. This is because he is a regenerated being. He is born a second time and must be given a name that corresponds to this second birth. Through its vibrations, his new name expresses exactly the quintessence to his spiritual being. Every man, every woman has a name given to them by their parents at birth, but in the majority of cases this name corresponds to almost nothing. Whereas the name they are given by the celestial entities is exactly what they are in the depth of their being. **(AUGUST 9, 2002)**

Even if you do not believe in God you cannot fail to recognize that there is an order in nature and, consequently, that there must be an intelligence that created that order. Reflect for a moment on the fact that each seed reproduces its own kind. How is it possible not to see that this must be the work of a higher intelligence? The mere recognition of this law is enough to make us change our vision of the world. You may not believe in God, but you cannot deny the fact that every seed produces exactly its own kind, whether it be a plant, a tree, an insect, an animal or a man. This law is absolute and should make you think.
You may perhaps allow yourself to be ungrateful, unjust, cruel or violent, but if you do so, you must know that sooner or later this law will catch up with you and you will see its application in your own life. If you have children, for instance, they will resemble you and through them you will suffer from your own behavior. Even if God did not exist, you have endless proof of the fact that a cosmic intelligence exists. **(AUGUST 13, 2001)**

The soul needs space: it needs immensity in order to breathe, dilate and rejoice. Limit this space and the soul is suffocated, wilts and wastes away. And that is what happens to people who concentrate on all the material details of everyday life without ever taking a moment to immerse themselves in immensity, and find fulfilment.
It goes without saying that, in some cases, limitation is necessary. The birth of a child, for instance, is nothing but a limitation, but it is a necessary limitation in order for this manifestation to happen. The human being who comes down to incarnate into matter must limit himself. At the

time of death, however, he will return toward immensity. Life is made up of these two processes: limitation and dilation, and to be happy you must be able to apply them both to your daily lives. You enter into your conscience to unite with the universe, with the universal Soul, then you return to a state of limitation to work. Do not stay in this limited state too long, however, because if you do, you will become bored and will suffer. Think about setting out again on the road of immensity soon. **(AUGUST 14, 1999)**

Why is the existence of God so obvious to some people and not at all to others? The explanation is simple: at birth each human being comes to earth with the sum of experiences he has lived in his previous incarnations. What he has studied and verified in his previous lives is recorded in his soul and manifests in this life as an intuition of the divine world. If he now recognises the existence of his heavenly Father, it is because he has been with Him for a long time. He has communed with Him and has been left with such powerful imprints that he cannot doubt: he knows. Faith is therefore knowledge based on experience. Those who have experimented in the lower regions of their being in previous incarnations draw conclusions from those experiences which they obviously think is the truth. And those who have experimented in the higher realms of the soul and spirit also draw conclusions, but these are obviously different. **(AUGUST 23, 2004)**

I wonder why astrology never mentions the fact that human beings are influenced by the situation of the earth at the time of their birth. The earth thinks, lives, feels, breathes and evolves, and all this influences man. And yet, although we are more closely affected by the earth than by any other planet, this is never mentioned or taken into account in a horoscope. It is a question of distance: why does the moon affect us more than the sun? Because it is closer. And the earth is closer still, so we are very much influenced by its various states; for there are times when the earth is awake and other times when it is asleep. There are times, also, when it thinks, when it is happy or unhappy. No one pays any attention to such details and that is a great mistake, for we are in constant communication with the earth and exposed to its every current. **(SEPTEMBER 5, 1987)**

Human beings esteem others according to their social standing, their university degrees, the size of their bank account or the glitter of their jewellery. This attitude is not particularly recommendable, but it is a reflection of something similar on the spiritual level: he who has greater spiritual wealth than others, he who is spiritually stronger, more elevated and more beautiful than others earns Heaven's love and esteem. But human beings have forgotten this notion of spiritual nobility; the criteria they use are purely material and they do not realize that the forms of the physical world reflect those of a higher world. They attach importance only to outer forms, forgetting that wealth, beauty, noble birth and worldly power are only distant echoes of a spiritual world. **(SEPTEMBER 8, 1987)**

Nothing people are given at birth is given to them unjustly. Be it wealth, intelligence, talent or virtues, if they have them now it is because they have worked in the past to earn them. Cosmic Justice has granted them gifts according to the efforts they have made, and these gifts come in the form of material, intellectual or spiritual wealth. All wealth results from the efforts we make during our lives, but this wealth is not necessarily ours for ever. If we want to keep it in our next incarnations we must all use it sensibly and in particular we must ensure we allow others to benefit from it. We must make sure that all the gifts we have been given at birth bear fruit and

the best way to make them productive is by using them, not just for ourselves, but to help others by smoothing the path of their evolution. **(SEPTEMBER 19, 2000)**

Jesus said to Nicodemus, '*If man is not born of water and spirit he cannot enter the Kingdom of God.*' 'Water and spirit' means water and fire, because, symbolically, the spirit is fire, celestial fire. In esotheric science, water is regarded as the feminine principle – receptive and passive – and fire as the masculine principle – emissive and active. Water represents love and fire represents wisdom, and these two principles must give birth to the person who desires to enter the Kingdom of God, where truth is to be found. Truth is available only to those who already possess love and wisdom. **(OCTOBER 8, 1998)**

The greatest initiates have always understood true marriage, cosmic marriage, as the union of the two principles, masculine and feminine: Spirit and matter. The spirit joins with matter to work on it and their union gives birth to a perfect life. Since matter is opaque, lifeless, shapeless, the spirit makes its way toward it to render it alive, luminous and expressive. The spirit is so subtle and imperceptible that it needs matter to materialize and express itself. When the spirit tries to penetrate matter and when matter is receptive and opens up to the spirit, then they merge together, they form a union: This is true marriage. **(OCTOBER 12, 2001)**

A mother who is expecting a baby must become aware of the powers she has to influence this child well before it is born. It is not enough to love this child before it is born, the mother must learn how to use the powers of love. So, by thinking of her child the mother is able to project her love to the sublime regions to gather elements the child will need later on and to infuse the child with these elements, elements which will work on it to make it into an exceptional being. How could a mother think she can give her child everything it needs solely with her own resources, without fetching them from elsewhere, from higher up, on the spiritual plane? So, now and again, a few minutes several times a day she should stand before God, through thought and prayer and say to Him: '*Lord, I want this child you are giving me to be Your servant. But to achieve this I need other elements, which are only found near You. Please give them to me.*' You will say it is not easy to stand before God. Of course not, but it is merely a figure of speech. Simply by thinking of beauty, of light, of eternity, the mother will attract higher subtle elements and will project them on to her child. **(OCTOBER 30, 2000)**

Initiation is an ascetic path that teaches human beings to rid themselves of their weaknesses and all their lower tendencies. It can be compared to the opening through which a snake passes when it must shed its skin. That is why Jesus said: '*Enter through the narrow gate. Because wide is the gate and spacious the path which leads to perdition*.' The disciple is one who is preparing himself in order to pass through the narrow gate that will remove his old skin. And instead of being worried and afraid, he must rejoice in becoming a new person with new thoughts, new feelings, and a new life-style, worthy of a true child of God.
It may be said that during his existence a human being passes through three gates: the first two are those of birth and death, through which all people must pass, whatever their degree of evolution. But only those capable of a great work of purification and detachment may pass through the third gate: that of initiation. **(NOVEMBER 2, 2003)**

To understand economics you should listen to the lessons Nature teaches. You will say: 'But Nature teaches us nothing about economics. All this vegetation, all these animals, all these human beings who for billions of years have been coming into the world only to die some time

later, what a waste! What purpose have all these lives served?' None, of course, in the sense you understand the word 'serve'. But all these lives have a purpose in the economy of the cosmos. Nature has never had a problem with the billions of bodies – human, animal and vegetable – cluttering up the place. They return to the earth and so give birth to other living beings. But look at the problems human beings have in disposing of their waste. They have produced materials which, once used, do not decompose naturally and so pollute the earth, the air and the water. You will say: 'But surely these plastics, these batteries, petrol, nuclear energy, all represent great progress.' Of course, I do not deny that. But as they produced these symbols of progress, they should have thought of the difficulties these would bring when it comes to finding ways of neutralizing them. **(NOVEMBER 24, 2000)**

The physical family is one thing, the spiritual family is quite another. You can belong to a family whose members are not of the same spiritual family as you are and despite the blood ties, they are not really your relations. You are not responsible for their actions and they are not responsible for yours.
The Old Testament says that when people have sinned, not only are they punished, but their children and their grand-children to the fourth generation will be punished. But what have these children done to deserve this suffering? It is their father or their grand-father who sinned, not they, so is this punishment not unjust? No, because those who pay for their parents' mistakes by inheriting the same vices or the same diseases are truly of the same family as them. If they belonged to a different spiritual family then they would not suffer. There have been criminals who have given birth to saints, so this means children are not always touched by the crimes their parents commit. If they are it is because, in the past, they have followed the same path and have thus been attracted to reincarnate amidst those whom they resemble. They have therefore been constrained by law to enter this family so that they experience the same trials previously incurred by their parents. **(NOVEMBER 25, 2000)**

When a child is born it comes from the womb head-first; do you know why? Have you ever seen someone diving? He plunges into the water, which is denser than air, head-first; and when he comes up for air, he comes up head-first, too. So a child comes into the world head-first because the spirit, which comes from a higher, subtler region, has to dive into a much denser world, the earth. The baby's position, therefore, is symbolic; it shows that the spirit dives into matter. And conversely, when man dies, he leaves the denser world of earth and rises into a subtler region, just a diver emerges from the water into the subtler element of air. So, birth is a dying: a birth of a child on earth is its death in a subtler region, whereas when a man dies on earth he is born on a higher plane. **(DECEMBER 2, 1987)**

The winter solstice, presided over by the Archangel Gabriel, occurs on December 21 and a few days later comes Christmas, the feast day that marks a birth, a descent into matter, an event of which the season of winter itself is an image, for in winter things solidify and crystallize.
The Archangel Gabriel commands the forces which condense matter. He is the Archangel of the Moon which condenses things, and in fact, if it had not been prevented from doing so by other influences, the moon would have solidified and petrified everything: plants, animals and human beings. So it is the Archangel Gabriel who takes care of the process of materialization, and when Initiates want to materialize something, even if it involves no connection with a special birth, they do so at this time, for the conditions surrounding this feast day are highly conducive to obtaining the results they seek. It is a period of birth, a time when something is born on earth. The other cardinal feast days all correspond to a disengagement, a resurrection, a flaring-up: Christmas is the only one that is linked to a concrete realization on earth. **(DECEMBER 21, 1987)**

Book 26: Reflexions on Birth

The soul needs immensity in which to swim and breathe freely and rejoice. If you restrict it, it suffocates, shrivels and fades away. And exactly the same thing happens to human beings who devote all their time to petty problems without taking a minute to plunge back into immensity and plenitude. To be sure, restrictions are sometimes necessary. The birth of a child, for example, is simply a restriction, but it is a restriction that is necessary for manifestation. When a being incarnates in matter he has to limit himself and then, when he dies, he returns to unlimited immensity. Life is made up of these two processes: restriction and expansion and, for your own happiness, you must learn to apply them in your lives. You sink into the immensity of your inner life, into communion with the universe, with the Universal Soul, and then, once again, you limit yourself in order to work. But you must not restrict yourself for too long at a time, otherwise you will get bored and suffer from it; turn back to immensity again very soon. **(December 22, 1988)**

The sun enters Capricorn on December 22. Capricorn is symbolically associated with mountains, rocks and grottoes, and it is in the obscurity of a grotto that the Child Jesus can be born. During the rest of the year, both man and nature are very active, but with winter many types of activity come to a halt; the days get shorter and the nights longer; it is the season for meditation and recollection. And this pacification of the whole of nature gives man the occasion to penetrate the depths of his own being and get things ready for the birth of the Child.

(December 22, 1987)

If fire and water work together they produce a force that can be put to work. When human beings discovered this, it enabled them to make great technological progress. They still need to discover the one thing that is really important, however: how to work with water and fire on the spiritual plane.

Water and fire symbolize the heart and the mind, feelings and thought. The heart is feminine and the mind masculine, but as long as human beings do not know how to work with both together they will be unproductive 'celibates'. Their heart pulls them one way and their intellect another, and this means that the force that should be born of their inner unity remains unborn. In order to act effectively in whatever area, it is necessary to be familiar with the two principles, fire and water, emissivity and receptivity. In the divine world wisdom represents fire, and love represents water. Love and wisdom give birth to truth, and the birth of truth is the birth of Christ, the birth of a new consciousness. **(December 24, 1995)**

What do we celebrate at Christmas? The union of the soul and spirit. They unite to give birth to a seed which is the beginning of a new consciousness within us. This consciousness manifests as an inner light that dispels all darkness...as heat of such intensity that, even if the whole world abandons us, we never feel alone...as an abundant life that bursts forth wherever our feet take us. This consciousness is also accompanied by an influx of forces that we wish to consecrate to the edification and construction of the Kingdom of God, and at the same time by the extraordinary joy of feeling ourselves to be part of this immensity, linked to the whole universe and to all evolved souls. And finally, we are certain that no one can take this joy from us. In India, this state is called buddhic consciousness, and the Christians call it the birth of Christ.

(December 25, 2003)

Astrology is concerned only with the position of the stars at the moment of physical birth, but that is not enough. The horoscope for the time of birth is not sufficient to give the whole picture of a person's character and destiny; you also have to consider the situation of the heavens both at the time of conception and at the moment of his second birth, the moment when the person's

consciousness becomes superconsciousness, when, illuminated and renewed, he attains the divine world. But although it is preferable to choose a moment when the signs of the heavens are auspicious for the birth of a baby into the world, it is not necessary to know anything about astrology in order to be born a second time. It is enough for a man to live in harmony with the laws of love, wisdom and purity, for him to be born a second time and enter into the new life. This is the meaning of the birth of Christ in us. **(DECEMBER 25, 1999)**

What is birth? It is the transformation from the invisible state to the visible, from the immaterial to the material, abstract to solid. It is the moon, that supremely feminine principle, that presides over all the different forms of incarnation, on the physical as well as the spiritual plane. During winter, when the nights are longer and natural life slows down, conditions for interior work are at their best, whereas the contrary applies to exterior manifestations. In winter we are prompted to go within ourselves to prepare for the birth of the child of the light, symbolized in some traditions as a pearl. Originating in the sea, the pearl, like the sea, is connected with the moon. On the Sephirotic Tree, the pearl oyster is Yesod, which represents the genitals of the cosmic body, and this is where the pearl must be formed: the pearl that represents the purest quintessence of love. It is the pearl oyster that forms a pearl, and that oyster is the reflection of the feminine principle, which delivers into the world the pearl beyond price: the divine child.
(DECEMBER 25, 1998)

Man is inhabited by millions of souls which all have to be born a second time; when all these souls are born within him, man will be truly born.
Christ said, '*Unless a man be born of water and the Spirit, he cannot enter into the Kingdom of God.*' Water must be pure; the spirit must be luminous. Light must be able to express itself through our transparent purity that the image of God can be seen in us. When this has been achieved, when we are truly born of the purity of His love and of the light of His wisdom, then we shall be in the image and resemblance of God.
Every manifestation in life is a birth. But only the soul and the spirit can give birth on the spiritual level. **(DECEMBER 25, 1987)**

Researchers who have studied the subject of sleep have found that it has several phases, several levels. On the psychic and spiritual planes, there are also several levels of sleep or wakefulness, that is to say, several levels of consciousness. Well, it is our task to wake up. In the Christian tradition it says that we must be born again. Why '*born again*'? This is the expression Jesus used when speaking to Nicodemus: '*No one can see the Kingdom of God without being born anew*.' But in reality, this new birth, like an awakening, is an ongoing process; every step forward on the path of light and truth is a new birth, a new awakening. To be awake, yes... this is the aim of the spiritual life, and it is the meaning of the name Buddha: *'The Awakened'*. **(DECEMBER 26, 2003)**

Book 26: Reflexions on Birth

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Publisher Love(+)Wisdom(=)Truth

Encyclopedia Initiatic Science

Book 27: The Laws Which govern the World

The 7 fundamental laws are:

- The law of cycles
- The law of sacrifice
- The law of cause and consequences
- The law of hierarchy
- The law of registration
- The law of exchange
- The law of rhythm

But moreover the spiritual teacher Omraam Mikhaël Aïvanhov talks in his Daily Meditations about a lot of more laws which exist in addition. Let's read them and try to classify them into these 7 fundamental laws.

The Law of Evolution

To a great extent, the sacred books of the Old and the New Testaments remain foreign to the minds of Christians. They respect them, they venerate them, and they are convinced that the Bible is divinely inspired, but all these texts which were written so long ago no longer correspond to their mentality. Why? Because the founders of these great religions, the initiates of the past, were addressing a certain era. Even if some truths are valid forever, in each epoch they must be adapted to the mentality of the people. A literal interpretation only renders them incomprehensible or even shocking. Jesus himself came to further the teaching of Moses. He said: 'Do not think that I come to abolish the law or the prophets; I have come not to abolish, but to fulfil.' To remain alive, a religion must take into consideration the evolution of mentalities, because it is God Himself who desires this evolution. **(MARCH 18, 2004)**

When a certain number of people come together around an idea, their thoughts and desires alone create a living reality. This is a law of the spiritual world. And even if this reality is not made up of particles that are sufficiently material to be seen or touched, it exists, and we call this collective entity an egregor. An egregor is a living and active entity, and each country, each religion, and each philosophical movement has one.
The Universal White Brotherhood also has its egregor, and all its members, the brothers and sisters who gather together with the same ideal of peace and light, never stop nourishing and strengthening it. Not only can it then have a positive influence on other egregors in the world but, most of all, it contributes to the evolution of those who have worked to create it. **(APRIL 12, 2004)**

If you tell our contemporaries that faith, hope, and love will help them solve their problems, they will not listen to you. To resolve their problems, they rely more on science, new techniques,

insurance policies, law courts, and so on. Well, they will eventually find out whether science, new techniques, insurance policies, and the law courts will bring them definitive solutions ... I am not saying that we should return to the past and reject all innovations. If the universal spirit that directs the evolution of living things has allowed mankind to develop in this way, it is for a reason: it considers these experiences necessary. Humanity must pass this way, and once it has completed the experience, it will turn back to the Creator, enriched by all it has gained. Human beings, created 'in the image of God', must develop themselves in every sense in order to resemble God one day. And before they can resemble God, their faith, hope, and love must be put to the test of matter with all its snares and seductions. **(APRIL 28, 2003)**

Whatever work providence or fate has given you, you must make the effort to accomplish it in the best way possible. If you refuse to do it, or if you show negligence pretexting that you do not think you deserve this work, your are retarding your evolution, and later you will be obliged to come back to correct and repair the situation. When this happens, you will notice how difficult it is to redo work you thought was finished.
If we are on earth, suffering and struggling in the midst of difficulties, it is precisely because we must finish or start over some work... Heaven has sent us back to repair our mistakes and carry on with our education. That is the meaning of our successive reincarnations. If we refuse to understand these lessons, we will be sent back to earth, and it will be harder and harder to correct our faults. **(MAY 22, 2001)**

What science calls 'the evolution of the species' was necessary preceded by a movement of involution, for there can be no upward movement unless something has already descended. For the spirit to rise toward Heaven, it must first have descended from Heaven, the source and origin of all being. This is true of physical matter. It is also true of all that exists, including human beings. The theory of evolution advanced by Lamarck and Darwin accounts for only fifty per cent of reality. Before there can be evolution of matter there is involution of the spirit. Evolutionists see things only from the outside, from the point of view of the organization of matter, and fail to take into account the invisible forces that fashioned matter in the first place. Evolution is only one half of the process of manifestation. When one studies this half in isolation one cuts it off from the truth of life and removes it from its rightful place in nature. It can never be proved that a process of evolution is possible, unless it is set in motion and sustained by an initial impulse. Of course, this impulse comes from above. The initial movement is that of the spirit which descends, and if we see that matter evolves it is because it is being carried upward, back to its source, by the ascending movement of the spirit. **(MAY 29, 1999)**

The true evolution of man occurs on earth, not anywhere else. Someone who, because of their crimes, is condemned to suffer a long time in the regions of the astral plane after their death must subsequently return to earth to make good the wrong they have done. It is not enough to suffer, because suffering is no reparation for all the mistakes we have made. We made these mistakes on earth and we therefore have to return to earth to make amends. There is no other explanation for reincarnation. If we had already atoned for our errors up above, why should we have to come back to earth? There is a fact, a law which dictates that human beings must put right their mistakes in all the regions of the universe where these mistakes caused harm.
(AUGUST 16, 2002)

Are we free or must we submit to the laws of destiny? People have argued over this question for thousands of years. It is an error to think that everybody is governed by the same laws. Those

who obey only their instinctive animal impulsions will be of course be obliged to submit to the fate predetermined by their own nature. Those who have learned to master their instincts and passions escape fate and come under the rule of providence or grace, to live in light and freedom. It is a mistake to think that everybody is free or, on the contrary, that everybody must submit to an inexorable destiny. No, freedom depends on each individual's degree of evolution. According to the way we think, feel or behave, we either succumb to the blows of fate or else attract the blessings of providence. So, whereas in some areas people are tied down to the laws of destiny, in others they can escape those laws and be free, until one day they finally achieve total freedom. **(SEPTEMBER 1, 1998)**

We must be conscious of our responsibilities and realize that we are all links in one immense chain of being; not one of our thoughts, feelings or actions is without consequences for the whole. Our efforts to improve ourselves contribute to the evolution of those around us but, in the same way, our weaknesses also affect others; in fact they can do them serious harm. We must realize, too, that we have a responsibility not only to others but also to our own cells, for the currents of our psychic life pass through our own beings before reaching and influencing others. This is why someone who makes an effort to be kind, for instance, is the first to benefit from his own kindness, whereas he who does evil is the first to be poisoned by the evil he does. If you are furious with someone and bent on making him feel it, it is you who will be poisoned by your own anger. The foundation of all healing, all evolution and all perfect life is this law of responsibility towards one's own cells and all other creatures. **(SEPTEMBER 1, 1988)**

Since you have decided to follow a spiritual teaching, do not be negligent; accept the advice and methods that your Master gives you and strive to apply them. The disciple who does not take seriously the lessons his Master gives him blocks his own path of evolution. It is not the Master who will then impose sanctions, of course, but life itself, since there are barriers in the spiritual world which can be surmounted only under certain conditions. The disciple asks that the laws and the wonders of the higher regions be revealed to him, along with the luminous beings who inhabit them, and their functions. This is all well and good, but how can the inhabitants of these regions manifest through him if he is not worthy of them? In order to be worthy, you must at least start to recognize your imperfections and practise the exercises necessary to correct them.
(SEPTEMBER 3, 2004)

The lives of those who give priority to form lose something of their subtlety and intensity, and they become rigid. But it is a universal law that the constant upsurge of the forces of renewal shatters all that is rigid, all that opposes evolution, and this means that they too will be shattered. Look at stones and rocks: there are always hammers and machines to crush and break them. The destiny of all human beings who concern themselves with purely material things is also to be crushed. For when the other pole of life, the pole of mobility, flexibility and subtlety manifests itself, nothing can stand up to these forces of renewal. All that has become old collapses. In the long run all forms that have become rigid are destroyed and transformed by time – that is, by the forces of life. **(SEPTEMBER 7, 1995)**

You think you are plagued by injustice? Well, begin by telling yourself: 'It is only temporary. It won't last.' And if you then bear these injustices with patience, humility and love, you will one day come out the winner. Even the best of people can fall victim to injustice, but if they have truly progressed along the road of evolution and have not been held up despite all the obstacles they have encountered, Heaven and Earth have vowed to give them everything they deserve.

This is an immutable law. So why worry? There is no need for you to ask yourself whether the entities who are in charge of your destiny are intelligent and good, or whether they have fallen to asleep and have forgotten you. Only ask yourself if you are doing your work properly. Because those entities know their work perfectly and when the time comes not only will they restore all your rights, you will also be rewarded a hundred times over. **(SEPTEMBER 26, 2000)**

The earth is a school and all the things that we find on earth are lessons; lessons that come from every quarter. If you fail to understand the lessons of destiny it will continue to torment you. The Invisible World sends Masters to instruct human beings and thus facilitate their evolution, but if they refuse their lessons, other means are used: failures, illness, poverty and so on, and these 'instructors' are quite merciless. If you do not want to be taught by such fearful instructors, you would be well-advised to accept the lessons that your Master is giving you. When one is not spontaneously ready to learn the divine laws, one is whipped until one learns them!
(OCTOBER 3, 1987)

The evolution of a human being is measured by his ability to surrender with humility to the laws of nature, which are divine laws. He recognizes the superiority of the beings which have established these laws, he lives in harmony with them, and he carries out their will.
The evolution of a human being is also measured by his awareness of others and his efforts to influence them in a positive way. From such a person we may expect only the best and the most beautiful. Even though he may not be able to manifest himself as a poet or a musician, he is already on the path to poetry and music, because he is attuned to the laws of harmony and is linked to the divine world. As for those who do not care if they create chaos, it can be said that they are still very low on the ladder of evolution. Yes, an anarchist is not an evolved being. An evolved human being, an intelligent person, is always careful to respect an order that surpasses himself. **(OCTOBER 17, 2003)**

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

Evolution is what life is all about. Everything has to evolve, even minerals. Minerals evolve very slowly, of course, but they do evolve, for they contain a force which works towards the manifestation of their qualities and virtues. Precious stones and metals are the more highly evolved minerals. They possess beneficial virtues. Plants also evolve, and the more highly evolved they are the more nutritious and therapeutic their fruits. The same is true of animals and men; it is even true of the planet earth and of the whole solar system. Everything must advance and improve, this is a law. And when this law is obstructed devastation results. Many civilizations, worlds and constellations have disappeared because they opposed the law of evolution. Take this law very seriously, then, and your whole life will be transformed. Not only that but you will be creating a magnificent future for yourself. **(DECEMBER 29, 1995)**

THE LAW OF HIERARCHY

From the earth to the stars, the whole universe obeys the law of hierarchy. This means that the grossest and heaviest elements accumulate below, whereas the lightest and purest elements tend to rise. This is a physical law which is also found in the psychic realm. The disciple who understands this law strives to climb very high through meditation, contemplation and prayer in order to capture the subtlest particles of matter with which to build his subtle bodies, his spiritual bodies. And as these materials are linked to energies, to entities, the purer they are, the more vibrant and radiant are the energies and entities that are attached to them. Thus, by replacing the old particles of his body with new ones, the disciple welcomes more evolved visitors into his psyche.

(FEBRUARY 3, 2004)

People are capable of understanding many things when it concerns their material lives, but when it is a matter of their inner lives, their psychic (emotional, mental and spiritual) lives, they understand nothing. Just look around you: people try to educate themselves, they sit for examinations to obtain diplomas which give them a step up on the social ladder, because they know this will bring them prestige, more money and more leisure. But why do they not understand that the same laws exist in the psychic domain, in the spiritual domain? There too an organization, a hierarchy exists, and if we work hard at improving ourselves, at winning victories over ourselves, we receive diplomas and insignia, thank to which the higher spirits recognize us and accept us amongst them. All we see in the visible world is only a reflection, an imitation of what is going on above in the invisible world. Thus, it is this same effort people expend to climb in their social lives that disciples, instructed in the reality of things, must make to rise in the spiritual world. They must say to themselves: “I too want to rise, I too want to distinguish myself.” And they study, they exercise, they strengthen themselves, and they succeed in conquering their weaknesses: and all these successes are imprinted upon them.

(JUNE 21, 2000)

Allow only one anarchic idea to enter your mind, and little by little this idea will spread disorder through your entire being, right down to the soles of your feet. And it is thus that we end by being a veritable battlefield. An initiate fears, above all else, to disturb the cosmic order established by the Creator, because he knows that one day he would himself be a victim of the resulting disorder. It is extraordinary that, although the mere thought of such a possibility makes initiates tremble, ordinary people remain calm, confident, even daring. Of course they can be audacious because they are so ignorant of the dangers. Many people, attempting to prove their independence, are in fact behaving like anarchists. They do not know that real strength is compliance with divine laws. All our happiness, all our future success is based on the respect of the sublime order established by God – submitted to by angels, archangels and all heavenly entities, but not by human beings!
This respect for the divine hierarchy is the fundamental principle of an initiatic teaching.

(NOVEMBER 6, 1998)

THE LAW OF POLARISATION

To discover the presence of God within us, the best exercise is to seek to identify with Him. But to identify with the Lord does not mean persuading ourselves that we have succeeded in reaching Him, and from there, on high, declaring ourselves omniscient and all-powerful. Those who practise this exercise of identification must desire only to be permeated by the immensity of God, and to disappear in this immensity. When faced with other human beings, we often have to resist, to assert ourselves so that we are not destroyed. But when we efface ourselves before God, we strengthen ourselves and grow. The law of polarisation also operates in this realm: the great and the small attract each other. God, who is infinitely great, loves the infinitely small, so if you become small, God draws you to Him. This is humility which will enable you to become truly one with Him. **(MARCH 21, 2004)**

THE LAW OF SPACE AND TIME

In our families on earth, there is always the first-born child, then the second, then the third, and so on, because the physical plane on which we live is governed by the laws of space and time, and there is always an order, a ranking of things. One object follows another, one person follows another, since they cannot all appear in the same place at the same time. But in the spiritual realm, in the divine family, human beings are all of equal rank. All are accorded 'the rights of the first-born', which means the status of sons and daughters of God. Only those who give priority to their lower instincts lose their dignity as children of God: their father is no longer God (or the Holy Spirit) but the entity who, in the Gospels, Jesus calls Mammon. Therefore, each one of you must be conscious of your divine filiation and work to preserve your rank. **(JANUARY 11, 2004)**

THE LAW OF EXCHANGE

Fair exchange is the basis of all social life, and is a maxim which can be resumed very simple: give and take. Obviously, everyone knows about fair and equitable exchange in the material world, but there is much more to it, because the law of exchange applies to all other levels of existence. You may say: 'I am a honest and upright citizen, I pay my dues, I remunerate my employees very decently, and would never dream of cheating or deceiving my clients.' This may be so, but do you treat your parents, spouse and children in the same way? It is much easier to be honest and just in the material world than it is where the mind and emotions are involved. Some people go to great lengths to show their honesty and even-handedness, in order to conceal dishonest dealings in their personal relationships: maybe their relatives and friends can be easily taken in – although they are not always fooled – but divine justice can never be duped. Divine justice and human justice hold very different views on the true meaning of giving and taking. **(FEBRUARY 1, 1999)**

On the surface you appear to be well behaved and reasonable – or, so it would seem. We all live by certain established rules and we all try to respect the laws of society. But the way in which innermost thoughts and feelings behave is quite another matter: mentally and emotionally they are capable of stealing, destroying, killing and then you wonder why you are unhappy, weak, confused or ill. If only you would pause a moment and take a good, honest look at

yourselves: it would be obvious that you had, at some time or another, entertained very negative thoughts and feelings, without realizing the devastation these thoughts and feelings cause. So, the responsibility for your present pitiful state rests on your shoulders alone, and you must accept that the consequences of your words, gestures and actions, but you must realize that everything that happens deep down inside you leaves scars, because a whole chain of reactions has been stirred up and set in motion, with ineluctable results – whether good, or evil.

(MARCH 3, 1999)

Clearly, our soul and spirit have nothing in common with the cosmic Soul and Spirit, but in their quintessence they are the same. This explains why our soul and our spirit must fuse with these divine entities: the eternal Masculine and the eternal Feminine. Our soul rises up to reunite with the cosmic Spirit, and our spirit is reunited with the universal Soul. In this way our two spiritual entities make exchanges with the two divine entities: the masculine part of ourselves merges with the feminine part of God, and the feminine part of ourselves merges with the masculine part of God. Not only have initiates and great mystics understood this truth, they have also devoted their entire beings to living it, and their joy knows no limit. All religions teach that we must pray to God, adore Him, and melt into Him. These prescripts are founded on the laws of our relationship with the Godhead – the relationship of our soul and spirit to the cosmic Soul and Spirit.

(MARCH 14, 1999)

Suppose you are attending the concert of a virtuoso – a pianist for example. He offers his audience his talent, his inspiration and the fruit of long hours of work. But if this audience is totally unaware of his work, if they are noisy or merely inattentive, the pianist senses it, and even if he is the greatest virtuoso in the world he is unable to produce his greatest genius, because there is no communication between him and the audience.
But what if this same pianist looks out into the audience and discovers just one look of wonder and delight? He then begins to play for this look, perhaps not knowing whether it belongs to a man or a woman. He plays for that light shining there in the darkness of the hall, and he becomes a genius. In some way or other, human beings need to sense an echo to their acts, to their words. If there is no reciprocity, then exchange is no longer possible. And exchange is the law of life.

(APRIL 13, 2000)

A circle with a point in the centre symbolizes the universe which is sustained and animated by the cosmic spirit. A ceaseless current of exchange flows between the centre and the circumference, and it is this exchange that produces life throughout the circle. The central point represents the spirit, the masculine principle, and the circle represents matter, the feminine principle. Matter is the repository of all wealth, but it is the spirit that animates, moulds and organizes matter so that its inherent possibilities may manifest themselves. A circle without a central point symbolizes chaos.
This law that we see manifested in a circle can be applied to the spiritual life. The most disastrous thing a human being can do is to cut himself off from the centre, the spirit, for in doing so he becomes an empty circle of unorganized, chaotic matter, a wilderness, a desert. If you want to be an organized world, a fertile land, you must remain attached to the central point, the spirit.

(APRIL 28, 1995)

If we consider others attentively; if we accept their weaknesses, their shortcomings, the problems they create for us, we attract the benevolence and support of celestial entities.

So many people refuse to link with others under the pretext that these others are inferior. What they do not realize is that in doing so they, ignorant as they are, transgress the lay of exchange and as a result the divine world will refuse to make exchange with them. It is up to each and every one of us to find out how we should establish real contact with others. Let the knowledgeable give their knowledge, let the wise give their light and let those who receive these gifts rejoice for having been enlightened. Let the strong be happy for being able to support the weak and let the weak and the poor be grateful for feeling helped. Those who refuse to allow their riches to circulate, in whatever domain, are but stagnant quagmires. They will never discover the meaning of life, because they do not know the powerful law of exchange. True happiness comes form sincere, brotherly exchanges. **(JULY 20, 2000)**

Love is a levelling process, a form of osmosis. By this I mean that human beings, men or women, take on the forms, colours, dimensions, consistence and vibrations of the person or thing they love. This is what is important, for by loving someone who is purer, more intelligent and nobler than yourself you automatically benefit from this relationship of exchange. You are raised up as it were by the light and virtues that pass from him into you. Not immediately, of course, but in the long run you will even look like him. Since the law of osmosis operates on the physical plane why should it not exist equally on the astral and mental planes? Many different kinds of intercourse and exchange, of osmosis and levelling, exist not only between human beings but throughout the cosmos. Even the stars exchange elements so as to resemble each other. And this is why the earth will one day resemble the sun, because there is a continual flow of exchange between the sun and the earth. **(AUGUST 23, 1995)**

THE LAW OF AFFINITY

Everything in the universe exists also in man, everything from stones and plants to the archangels and God Himself. This is why the universe is called the macrocosm – the big world, and man, the microcosm – the little world. Man is infinitely large, but there are numerous corresponding features between these two worlds. All the organs of our physical body, as well as those of our mental, emotional, and spiritual bodies, have an affinity with various regions of the cosmos. Of course, the cosmos does not have organs identical to our own, but the quintessence of our organs corresponds exactly with those of the cosmos, and we are able to make contact with those energies and centres in space which, through the law of affinity, correspond to those same energies and centres within ourselves**.** **(FEBRUARY 20, 1999)**

Everything in initiatic science is based on the law of correspondence, which teaches us that there is an ideal relationship between man and the universe, between microcosm and macrocosm. The way most people live has broken off this relationship. But if people want to give a true meaning to their life, they can and must try to reestablish this relationship.
When man came out of the Creator's workshop, he received everything he needed to develop and also everything to find his way back to his celestial homeland, if he ever lost his way. Every soul incarnating on earth possesses organs and means that correspond to qualities and virtues of the divine world. In this way all possibilities are offered to us, provided that we know this law of correspondence and respect it in all our daily actions. **(FEBRUARY 24, 2001)**

BOOK 27: THE LAWS WHICH GOVERNS THE WORLD

When alchemists talk about preparing the philosopher's stone as 'woman's work and child's play', they intend to direct the adept's observations toward the phenomena that occur on earth, to discover the laws and principles at work behind these phenomena. They have purposely inverted the order of this phase, which should be 'child's play and woman's work', because this concerns play and work of a very specific kind: that of conception and gestation. Yes, those who seek to understand how the philosopher's stone is made must first understand how, from an initiatic point of view, a man and woman conceive a child. This is the 'child's play'. And 'woman's work'? This is gestation. If you understand the laws of conception and gestation you will find the philosopher's stone, because the physical and spiritual worlds are both governed by the same laws and the same processes. **(FEBRUARY 16, 2000)**

Why does a child incarnate into one family rather than another?
It is always a mystery. Some children do not belong to the same spiritual family as their parents, so they are not really the children of those parents, and in this case, the parents are not responsible for the actions of their children, and vice versa. The Bible tells us that when a man has sinned, not only is he himself punished, but also four generations of his children and grandchildren. What have those children done to merit that suffering? It was not they who sinned; it was their fathers or great-grandfathers, and in appearance this punishment is unjust. But in reality, those who pay for the faults of their parents by inheriting the same illnesses, the same vices, are truly their children and have merited their situation. If they had been born to another father or mother, they would not have had to suffer. We know that saints have been born to criminals, and very ordinary beings have given birth to geniuses. Children are not always affected by the crimes of their parents, but when they are, it shows that they have been attracted to an incarnation amongst those they resemble, because they had previously lived the same way. The law obliges them to incarnate into precisely that family, in order to share the same trials as those merited by their parents. **(MARCH 17, 1998)**

You will never achieve great transformations in your psychic life as long as you have not understood the magical secret of the law of affinity. Each sentiment you experience has a particular nature and, by virtue of the law of affinity, it will stimulate forces in space of the same nature, which will make their way to you. If your sentiment is negative, you will attract negative influences; if it is positive, you will attract blessings. You can thus draw everything you desire from the great reservoirs of the universe, but only if you emanate feelings and project thoughts that are of the same nature as those you wish to attract. These thoughts and feelings determine absolutely the quality of the elements and forces which will be awakened somewhere far off in space, and sooner or later they will arrive at your door. The law of affinity is the greatest key to spiritual achievement. **(MAY 14, 2004)**

The planets Mars, Saturn, Uranus and Pluto are often thought of as harmful, but in fact this is only so if we do not know how to receive the beneficial influences of these planets. Whether we receive the positive or negative aspects of the planets depends on the quality of our aura. If our aura is blocked by dark elements, through the law of affinity we attract only the evil influences of the planets. In this case, even planets considered beneficial can have a harmful influence. It thus depends on you whether you attract the virtues of Saturn (patience, stability, the desire for knowledge) or it faults (melancholy, stubbornness, acrimony), the virtue of Jupiter (greatness, generosity, goodness, mercy) or its faults (ambition, vanity, the desire to dominate or even annihilate others). It is up to you to learn to work on your aura so that it receives from the planets only their favorable influences. **(JUNE 12, 2000)**

Every thing and every being becomes identical to that which eats it. This is a law. Fire in particular demonstrates the truth of this idea. When a tree is prey to flames, it can be said that the fire eats the tree. In eating the tree, fire transforms it, rendering the tree similar to itself. Because fire eats the tree, the tree becomes fire. The same thing takes place in our inner life: when we offer our entire being to the divine fire of love, it comes to take possession of us and devours us, rendering us like itself.
Inwardly we possess enough material to feed the divine fire for eternity. By watching the fire burn, by attempting to understand how the flames work on the tree and transform it into light and heat, we ourselves become trees of light. **(JUNE 24, 2005)**

When you talk to people about simplicity they do not really know what it is. They dwell on its external manifestations: simplicity in clothes, in people's manner of behaving, in their way of life. In fact, simplicity is a philosophical attitude which involves distancing oneself from the physical world of events in order to elevate oneself to the spiritual world of principals. This is simplicity; going toward the center, toward the summit. Whereas complication is nothing more than distancing oneself toward the periphery. Once you come away from simplicity, away from unity, you are confronted with so much detail, you no longer see how things co-exist according to the laws of affinity. To lead a simple life is to go up, towards the top. The most eloquent symbol of simplicity is the diamond, because it is not a compound, it is pure carbon. And once we find true simplicity, we possess the purity of the diamond, its firmness, its transparency**.** **(JULY 8, 2000)**

Never forget that a human being is made up of a twofold nature, a higher and a lower. So, in your relationships with people around you, you must be vigilant so as to know which of the two natures you are speaking to. Depending on the circumstances, you release completely different energies, of which you will be the beneficiary or the victim.
Suppose you suspect and calumniate someone: Well, whether you are conscious of it or not, you link yourself to the lower nature of that person, you receive his influence and consequently begin to show exactly the same faults and weaknesses you have stressed in him. Why? Because, while constantly concentrating on these negative expressions, you opened a door and picked up all those bad currents, delaying in his way your evolution. If you fill your mind with the vices and crimes of human beings, you attract dark entities that are within them. So do not be surprised if one day you feel as if your privacy were invaded , besieged: It is you who, by the law of affinity, have put yourself in this miserable state. **(SEPTEMBER 20, 2001)**

Part of our being is in touch with the entire cosmos, it lives and vibrates with the cosmic Soul, the universal Soul, with all the generations of the most distant past. It is in contact with the world up above, in other words the realm of ideas, archetypes, laws, forces and truths, which are reflected within us in symbolic form. When we meditate on certain truths which are up high in the causal plane, a movement is generated in the depth of our subconscious and at that moment a form appears in our consciousness: An image or a geometric symbol. This is how we explain dreams, visions and premonitions. If human beings had to find the exact connection themselves they would never succeed, because there are thousands of symbols, images and possible connections. Only nature knows this affinity between things and puts in our minds the image which corresponds precisely with the subject of our preoccupations. **(SEPTEMBER 30, 2000)**

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, 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)**

THE LAW OF RESONANCE

The practice known as identification is based on knowledge expressed in a law of physics: the law of resonance. If you manage to vibrate in unison with another being, not only will you understand their being, but you will absorb its qualities. To the extent that you do not resonate in unison with it, to the extent that you do not identify with it, you may study it, judge it and make pronouncements about it, but you will not truly *know* it. In order to know it you must vibrate in unison with it, identify yourself with it. It is when two human beings vibrate on the same wavelength that they get close to one another, so they are able to *know* each other. And this is what love is. Love, like understanding, is the result of a fusion: two people vibrating on the same wavelength. So we could say that true understanding is the result of true love and that true love is nothing other than harmony between two wavelengths. **(JANUARY 25, 2000)**

Suppose for a moment that you have two identical tuning forks: if you make one vibrate, the other, from a distance, will begin to vibrate also. This phenomenon is known as resonance. It is common knowledge, but not everyone takes the time to reflect that the same phenomenon happens between human beings: if we tune our physical and psychic body to the vibrations of the universe we resonate with heavenly energies, receiving help and comfort. Yes, this is a way of communicating: when we speak, we are listened to, and help is sent. It is even possible, in this way, to tap into energies in space, and benefit from them. Now you understand the great importance of striving to surpass ourselves, of making our subtlest and most sensitive inner strings vibrate, so they resonate with their corresponding energies, entities, and regions these will then reply. **(FEBRUARY 19, 1999)**

Why does a child incarnate into one family rather than another?
It is always a mystery. Some children do not belong to the same spiritual family as their parents, so they are not really the children of those parents, and in this case, the parents are not responsible for the actions of their children, and vice versa. The Bible tells us that when a man has sinned, not only is he himself punished, but also four generations of his children and grandchildren. What have those children done to merit that suffering? It was not they who sinned; it was their fathers or great-grandfathers, and in appearance this punishment is unjust. But in reality, those who pay for the faults of their parents by inheriting the same illnesses, the same vices, are truly their children and have merited their situation. If they had been born to another father or mother, they would not have had to suffer. We know that saints have been born to criminals, and very ordinary beings have given birth to geniuses. Children are not always affected by the crimes of their parents, but when they are, it shows that they have been attracted to an incarnation amongst those they resemble, because they had previously lived the same way. The law obliges them to incarnate into precisely that family, in order to share the same trials as those merited by their parents. **(MARCH 17, 1998)**

Prayer must not be considered solely as a silent outpouring from the heart or soul. In order to be truly effective, prayer must be expressed in the three worlds: mental, astral, and physical. Why? Because to pray does not mean to ask for anything and everything according to the impulses of the moment. First of all, thought, light, must have its say. Yes, it is this that must tell us if a request should be formulated. Then, in the same way that light is accompanied by heat, thought must be accompanied by a powerful feeling to reinforce it and keep it alive. Finally, in order to

touch the physical realm, the word is necessary, because the resonance of its vibrations touches matter. Without words, which provide a kind of flesh, thought and feeling remain inoperative, and they must gather materials from the physical world in order to manifest themselves. Through words, therefore, we create the best conditions for realisation, because we supply the spirits of the invisible world with the physical elements that they themselves do not possess. We show them that we know the laws, and we also facilitate their work. **(DECEMBER 5, 2003)**

THE LAW OF ANALOGY

People who know how to use the phases of the moon have a better chance of success in all the undertake, whether material or spiritual. The period of the waxing moon favours all natural growth; so according to the law of analogy that governs the universe, we must always choose this period if we want to construct something, or begin an important project in our lives. If we work according to the phases of the moon, this divine law goes into action. The plan itself can be drawn up at any time, but once it has been decided to go ahead, the work of realization must begin during the waxing moon. And if you want to bring some venture to a close, it is better to do when the moon is waning. The moon is linked to material achievement whether it be the beginning or the ending. **(APRIL 3, 1998)**

THE LAW OF CAUSES

Whenever we experience one thing, in every area of life, it is not long before we encounter its opposite. Even within ourselves there is a continuous succession of opposing states – sleeping and waking, work and rest, health and illness, weakness and strength, sadness and joy – all these different states and conflicting energies are necessary, only we must be alert and remember that after happiness we must expect sadness, and after hope, discouragement, and vice versa.

Have you experienced a moment of great happiness? Then you must expect to be faced with something unpleasant, caused either by an outside event, or because of people around you, or even – if you do not know how to cherish this state of joy – by yourself. Yes, bear this in mind always, because if you are careless you will be caught off your guard. Do not be lulled into inattention after moments of great joy. You must be on your guard, for the other side is always there waiting to reveal itself, and if your are taken by surprise you could lose all the benefit you have already gained from such joy. This is a law. Everything is linked, and a movement in one area always triggers another movement in the opposing area. **(FEBRUARY 2, 1999)**

In everyday life parents are held responsible for their children's misdemeanours. When children cause damage at school or elsewhere, the parents are called in and are asked to make reparation. If they refuse, they are taken to court Well, the same happens within ourselves. If we allow bad thoughts and feelings to run riot within us, like unruly children they will cause damage everywhere in the invisible world. You will say you have no control over your thoughts and feelings and you are not responsible for them. Let me tell you that you are mistaken. Just as you are responsible for your actions, you are accountable for your thoughts and feelings. In fact this

is one of the fundamental principles of initiatic science Thoughts and feelings are living, active entities which human beings have the power to educate. Human laws judge you only on your actions, is true, but in initiatic teaching you will learn that divine laws also judge your thoughts and feelings. **(MARCH 13, 2002)**

Inhalation and exhalation: the ebb and flow that alternately fills and empties our lungs, this is what keeps us alive. And it is a universal law: everything in nature, animals, plants and even the earth itself, breathes. Yes, the earth is alive; it too needs to inhale and exhale. Obviously, the rhythm of the earth's breathing is not the same as ours: man breathes eighteen times a minute, whereas each phase of the earth's respiration takes years. That is why it is imperceptible to man. As it breathes, the earth expands and contracts; its dimensions are never exactly the same. And this constant expansion and contraction is perhaps what causes volcanic eruptions and many other phenomena. Yes, the earth is alive; it breathes. And the stars breathe, too. As they inhale and exhale, the effects are felt by us, on earth: this is what we call the influence of the stars. **(MARCH 16, 1988)**

You are walking along a country road one day and in a field you see a little girl sitting in the grass. She is keeping watch over some cows. Beside her lies a dog, who loves her very much and who is very obedient. Over at the far side you see one of the cows wandering off into the next door field. The little girl sends her dog after it and the dog rushes off, barking loudly to force the cow to come back. Once the cow is back with the rest of the herd, the dog returns to its master, ready to obey further orders.
This little anecdote might help you understand the role God has set out for the devil. So long as we are careful not to break the laws and so long as we do not venture into forbidden territory, we are not chased or tormented, but as soon as we begin to stray, the Lord says to the devil: 'Go on, after him, make him come back into the fold,' and the devil comes to nip us round the ankles and causes us trouble and problems. The devil may seem like a dog that is hostile to human beings, but as soon as people begin to get wiser, the devil leaves them alone. **(MARCH 19, 2002)**

People who have done good to others, giving help and support, find it normal to expect some gratitude or at least an approval of some sort. Yes, of course, it is normal, but it is better to expect nothing. Because the person who waits for approval or gratitude enters the world of dissatisfactions, rebukes, grudges and torment. You will say, 'This means we must accept that the good we have done will never be acknowledged?' Do not worry, one day, it will be acknowledged, but you must not expect it. All sages and initiates know a law that rules their whole existence: the law of causes and consequences. They know that sooner or later, the result of everything they do will come back to them: if it is a good action, the result will be beneficial, whereas if it is bad... Sages base their existence on this law, and you should do the same. **(MARCH 22, 2001)**

A truly spiritual person is one who is able to act in the interest of the universal community. Many of those who claim to be spiritual persons, however, pursue only their own self-interest. They have not yet understood that everything they do in defiance of the universal order not only causes harm to others but will also backfire on them in the end.
It is not merely a question of escaping human justice. Be aware there is also justice in the divine world, where there are entities whose job it is to pronounce judgement on your actions and if you have broken the divine laws you will be punished in some way or another. This is why it is important to devote a few minutes several times a day to bringing yourself in harmony with the

luminous powers of the universe. It is not time wasted; on the contrary, in so doing you are gaining something very precious as you are entering into contact with entities who come to assist you and support you. **(APRIL 18, 2002)**

It is not because someone has betrayed and deceived you that you have the right to go around telling everybody of how shabbily you have been treated. You say that you are simply setting the record straight for the sake of justice. No, it is this notion of justice that is the cause of every misfortune. You think that you are entitled to punish people and teach them a lesson in the name of justice. My advice to you is to leave that kind of justice strictly alone!
What should you do instead? You should act according to a principle which is beyond justice, a principle of love, kindness and generosity. It is two thousand years since Jesus brought his new teaching into the world, and yet Christians continue to apply the law of Moses: an eye for an eye, a tooth for a tooth. They have still not understood that in order to become truly great and free they must stop applying this law. Do you think that you will feel triumphant if you manage to crush your enemy? It is quite likely that instead of feeling proud of yourself you will repent your actions. But by then it will be too late. You will have laid the groundwork of much suffering for yourself in the future. **(April 21, 1995)**

A beautiful voice is a great treasure, a gift from Heaven, and those who possess it should realize this and use it to achieve great things. Singers are often like spoilt children, they have no idea of the value of their talent. Above all they never think about how best to use it. What they need is an ideal. They should dedicate their talent to the ideal of inspiring in human beings a disgust for their petty, mediocre preoccupations, and a desire to live a new life dedicated to beauty and light. The names of those who pursue such an ideal will go down in the book of life for they open hearts,enlighten minds, and save souls from anguish and death.
An activity that is born of a selfless idea and dedicated to a divine cause bears within itself the seeds of immortality. Those who are conscious of this law acquire true wealth, for no act is nobler than that of winning a soul for light. **(JULY 14, 1995)**

The following incident apparently took place in New York. Two drivers travelling at great speed crashed into each other. No-one was injured and there was very little material damage. Both drivers admitted that since they had both been driving too fast, they had both caused the accident and they went their separate ways without either of them claiming any damages from the other. A long time went by and then one day, to their amazement, they were both summoned to court. What had happened? A teacher, who had been at the scene of the accident, had lodged a complaint against them. Witnessing the accident had upset her so much that she had become ill, to the extent of no longer being able to continue to work. She kept hearing strange noises in her head. And the courts ordered both men to pay the woman damages.
This is a very interesting story, because it brings to light some to the laws governing the invisible world. Two people who caused damaged as a result of their behavior believe they have sorted out the entire matter because they had reached a mutual agreement. Well, not so! A third person, somewhere in the world, may have been upset by them and justice will one day demand they account for their actions. The culprits will say: 'But this matter is of no concern to anyone of us.' And justice will reply: 'Well no, you will have to pay.' And this is how destiny comes and surprises people without having harmed anyone directly. This has already happened to you, every time you are surprised you have to pay when you feel you are not guilty. This is sure proof that you are guilty after all; divine law has judged it to be so**.** **(AUGUST 23, 2000)**

You have a moment of intense joy? You must expect to encounter something unpleasant caused by events or people around you. Yes, you must expect it, and if you are unmindful, you will be caught unprepared. When you experience moments of spiritual happiness, of great light, learn to remain vigilant, because on the other side, the world of darkness is there ready to attack you; and if you are taken by surprise, you can lose all the advantages you have acquired. These are laws: since everything is linked, a movement in one region activates another movement in the opposite region. **(SEPTEMBER 13, 2001)**

Karma is the application of the law of cause and effect on human destinies. And because it is the application of a law, we cannot escape it; but we can pay it in different ways. Prayer is one form of payment, because into your prayer you put gold, in other words all that is best of your heart, your soul and your spirit. You realize your mistakes, you regret them and you promise to make up for them with good deeds, positive actions. So Heaven says: 'Since he regrets and wants to make amends, it means he has understood, so let's ease his trials.' Because what does Heaven want? That we improve ourselves. Heaven has no desire to quash us. What would it gain by that? Heaven desires only that our consciousness grows and that we become wiser, which is why, if we show ourselves to be thick-headed, it will continue to send us trials. If, however, it can see that we understand without the need to be subjected to all this tribulation, that is enough. Heaven is not resolute on destroying us. **(OCTOBER 12, 2002)**

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)**

THE LAW OF BACKLASH

So many people find it normal to adopt a rebellious attitude of mind. If only they knew what their bodies were in the process of registering as a result!
They would realize that violent, chaotic vibrations were being recorded, indelibly printed in each of their cells. But people are not in the habit of observing themselves or their own inner state, and they do not know that nature, who is gifted with intelligence and memory, is preparing lessons for them later on. For example, they marry and have children: those children will take after them and, like them, will be violent and disrespectful. When this day comes, and they find themselves victims, they will complain, 'It isn't fair. What have I done to deserve offspring like this?' But they should reflect on their own past behaviour, and then, too late, they would understand. The law of backlash exists in the psychic as well as in the physical world. Unhappily, it is only when the consequences of their actions return to them that human beings begin to reflect and understand. **(FEBRUARY 6, 1998)**

It is vital to know how to gauge the measure in all things. Yes, even in goodness, because if you know no bounds in this either, you will inevitably suffer the consequences. Not knowing how to gauge the correct measure is neither a crime nor weakness, but it is a fault, and all faults have unfortunate consequences.
Let me give you an example. A woman came to see me and said:

- 'Oh Master, I am so unhappy. I can't stop crying.'
- 'But why? What has happened?'
- 'Well, I, who have loved my husband so dearly, who have done everything for him, who have anticipated all his wishes and have always showed him a great deal of affection and warmth, well, I have been left in the lurch by him; he has gone off with one of my friends.'
- 'And what is this friend like?'
- 'Well, she is selfish and cold.'
- 'That is exactly what the problem is; you are too warm, he has gone to refresh himself.':
- 'So goodness is useless?' I can already hear you say.

Unfortunately stupid goodness can lead someone into the worst of situations. Even the most marvellous people get hit on the head if they know no bounds. It is not a punishment: but through their ignorance they have set a law in motion, and they suffer the backlash.

(AUGUST 11, 1999)

Every day, the events you witness or bring about and the people you meet lead you to have certain thoughts and feelings. Be aware, however, that depending on their nature and the strength you have given them, these thoughts and feelings follow a set course in space and then they return to their place of origin, in other words you. If these thoughts and feelings are righteous and generous, blessings will come to you, but if they were contaminated with a poison that stemmed from your head or your heart, do not be surprised if you too feel poisoned. This is what is referred to as the backlash, which is a law that works for better and for worse. Of course, even if you are a disciple of initiatic science, you will not suddenly become able to control your thoughts and feelings. The important thing is that you should be increasingly conscious of the significance of this law and your approach to it. After some time you will then not only be in control of your psychic life, but when harmful influences try to attack you, you will be capable of driving them away. **(OCTOBER 1, 2002)**

THE LAW OF DESTINY

Even among the disciples of a master, many in fact do not truly follow his teaching. If they analyse themselves they will see that they are still enthralled by all sorts of concerns which are not at all spiritual. There are a few bits that they accept from their master or from Jesus or other spiritual masters so that their conscience is clear, but they mix them up with all sorts of trivialities: what a certain politician, a certain intellectual, a certain artist said, wrote or created. I am not suggesting that you should not be interested in such matters, but there are so many more important things! Yes, it is more important to be interested in the creatures who inhabit the luminous regions in space, in their work and in the laws that govern human destiny, because this is where our true life lies. It is not found in what the newspapers, the radio or television recount, but in this essential, eternal world in which we must at last participate. **(FEBRUARY 25, 2003)**

Book 27: The Laws which governs the World

When a great spiritual master sees the extent of human suffering and goes to the Lords of Destiny – the Twenty-four Elders – saying, ‚Even though I am free to stay here eternally to enjoy all the glories of Heaven, please grant me leave to go down to help human beings,‘ they give him the freedom to do so. But once he is on earth he must submit to the constraints of the physical plane: to hunger, cold, fatigue, illness and death. Although his spirit comes from very high, once he has accepted to descend into matter, he must submit to material laws. Of course, thanks to the power of spirit, he is more able than most to cope with conditions on earth. But the physical world remains the physical world; and however great he may be, a spirit who decides to incarnate into matter must struggle without cease to master that matter, and to recover the freedom he possessed on high. **(August 20, 1998)**

Someone who believes he can evade his responsibilities and obligations in order to taste the delights of an easier life is not aware of the strict laws that govern destiny. A woman thinks, ‘My husband is such a boring man! I want to find another one, more entertaining, more amusing.’ She finds one and abandons her husband, who obviously suffers from this situation. But soon her second husband will perhaps make her suffer even more.
It is not absolutely forbidden to leave a husband or wife, but you must not do so before you have resolved at least the problem with the first partner. And this is true in all situations. You think it is easy to sever a bond, break an agreement or abandon a responsibility. What seems easy at first sight is in reality extremely difficult and vice versa. If you accept the difficulties, you will feel unsuspected energies rising within you and the Lord will send angels to help you. But if you choose the easy way, you will still have angels as companions, but another type of angel ... the angels of justice. **(August 24, 2001)**

Purity alone allows intuition to develop. That is why, in our teaching, we attach such great importance to purity: living a pure life, eating pure food, drinking pure drink, breathing pure air, having pure thoughts and pure feelings.
Man’s destiny depends on the clarity of his ‘inner eye’, and this clarity depends on his way of life. As soon as he commits an error and violates divine laws his spiritual vision clouds over, so he is no longer forewarned or guided, and he becomes entrenched in inextricable complications. Therefore, always try to become aware of the relationship that exists between your day-to-day behaviour and the clarity of your vision. If you decide to live a straight, honest and noble life, you purify yourself, and your subtle organs start to function. That is how, with proper guidance and direction, you will again find the springs, the fields, the lakes, the meadows and the mountains of your true homeland. **(August 29, 1999)**

If somebody decides to follow a divine path and continues on that path without weakening, the Lords of Destiny – the Twenty-four Elders, who inhabit the Sephirah Binah – are obliged to accept that this person speaks their language, the language of stability, so they change the degrees that govern him. However, they are not in a hurry; they wait to see how long he perseveres. When he proves his ability to continue advancing faithfully, these Elders are almost obliged to make a fresh entry in the book of his destiny, bringing in the element of providence, which means a state of grace. Grace is the Sephirah Chokmah, which is to be found on the Sephirotic Tree just above the Sephirah Binah. The Twenty-four Elders communicate with Chokmah and pass on this person’s records with glowing references. Providence, therefore, has its origin in Chokmah. The preceding Sephiroth are subject to the laws of justice and karma, but when one enters Chokmah, where Christ dwells, one comes under the reign of grace or freedom. **(August 29, 1998)**

The majority of people have only a mediocre destiny because they seem unable to keep their inner bearings and lose their way: they oscillate incessantly between light and darkness, and that is why their future is always uncertain. Try therefore to channel your energies and direct them towards the luminous world of harmony and love: the Divine World. Even if every now and then some shadows appear, it will not be for long: as long as you keep to the right direction within your inner self, there will come a day when you do not wander off the path any more.
Human destiny is governed by precise mathematical laws. Just as your present condition is the result of all you have lived in the past, your future is determined by the direction you give to your life now. **(SEPTEMBER 22, 1999)**

It is one thing to know the laws of destiny and to understand that nothing that happens to human beings - happy or unhappy - is by chance, and it is another thing to find the attitude that best allows us to help them. Some will say: 'But why help them since they get what they deserve?' First, because the efforts that we make to help others are never wasted: in some circumstances, the Lords of Destiny can be swayed in their favour, having noticed your love and good will. And these efforts are also useful for you and can help you to progress. In helping others, your thoughts, feelings, and generous actions have a positive effect on you yourself. So, help others, and you will be the first to feel better! **(DECEMBER 15, 2003)**

THE LAW OF DIVINE JUSTICE

Unlike human justice, divine justice judges not only people's actions but also their thoughts, their feelings and their intentions. Suppose you have consciously given bad advice and have driven someone to despair or to rebel. What tribunal on earth condemn such behaviour? None, because materially, objectively, there is nothing you can be reproached for. If that person appeals to a judge, saying: 'Look how-so-and-so has driven me to the depths of despair!' the judge will answer that the law makes no provision for such a case, that he can do nothing. So many people, knowing there is no tribunal able to punish their malicious thoughts, feelings and intentions or their deceitful words, are cunning enough to act in an irreproachable way and are not caught. Here are countless ways of doing wrong without transgressing human law, but we cannot escape divine justice. **(FEBRUARY 9, 2000)**

Most people find the word 'magic' disturbing and are horrified if one talks about it in their presence. And yet everyone works magic; in fact, they do nothing else, but they do not know it. According to the laws of divine justice, every negative thought and bad feeling is black magic, because they corrupt and destroy. On the other hand, all that brings harmony, all that is constructive, that brings beauty and enlightens, is part of white magic. So, rather than protesting when magic is mentioned, human beings would do better to become conscious of the importance of how they behave. Yes, we see many people who would not dream of opening a book about black magic (if probably would not even cross their minds that such a thing exists), but those same people , because of the way they behave, think, feel and speak, are, in fact, real black magicians. **(MARCH 12, 1998)**

Suppose you have done someone wrong, and you go and apologize. That is all very well, but it is not enough: you must still repair the damage you have done, and only in doing so will you be acquitted. Apologizing to the person you have harmed and asking forgiveness is not enough,

and divine justice will pursue you until you have put right the wrong. You will say: 'And if the person I have wronged has forgiven me?' No, the matter is not settled that easily, because the law and the person are two different things. The person forgives you, but the law does not. It pursues you until you have made amends. Obviously those who forgive you demonstrate nobility and generosity, and they free themselves from the torment and rancor which bind them to the lower regions of the astral plane. Jesus commanded us to forgive our enemies so that we could free ourselves from the negative thoughts and feelings which eat away at us and destroy us. But forgiving does not settle the issue. Forgiving frees the one who has been ill-treated, who has been wronged, but it does not free the one who committed the wrong. In order to free themselves, the guilty must make amends**.** **(APRIL 25, 2000)**

Divine justice has its laws, which are not always identical to those of human justice. Let us take an example: you want to do somebody good, but through your own ignorance or clumsiness you end up hurting them. Terrestrial justice, which does not perceive your motives, judges you according to your actions. Divine justice, one the other hand, which does know your good intentions, may allow human law to punish you, because it is not its concern, but it will amply reward you for your divine and selfless intentions. Conversely, you may appear to behave appropriately towards someone but with the hidden intention of taking advantage of them, and so, whereas you will be appreciated on earth, Heaven will punish you because the celestial law courts judge you not according to your actions but according to your motives. Actions and motives are not subject to the same jurisdiction. Of course, if your motives and your actions are divine and irreproachable you will be rewarded by both sides, and equally if you infringe the laws on both sides then both courts will condemn you. **(JULY 13, 2002)**

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

(JULY 25, 2003)

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

All Christianity has achieved by rejecting the concept of reincarnation is to make the human spirit lose its way. Whereas with reincarnation everything becomes clear. Reincarnation explains how the law of cause and consequence manifests itself from one incarnation to another. It is no

longer the Lord who dishes out good things and bad things in such a way that nobody can ever understand the reason. People become the creators of their own destiny. The greatness, the splendor, the perfection and, especially, the justice of God are thus maintained.

(AUGUST 4, 2000)

Even though there are law courts and judges, justice is not really something that happens outside of us. Absolute justice, divine justice is within us, because our thoughts, our feelings, our actions, everything is recorded within us and we cannot escape the consequences of these recordings. When someone is brewing up some dubious scheme in private, behind closed doors, they may think: 'No-one can see what I'm doing, so no-one will condemn my actions.' Well, they are mistaken, because in reality everything has already been recorded. Nature has installed in human beings devices, similar to utilities meters, which record everything: so much water, so much gas, so much electricity, in other words how many thoughts, how many feelings and how many actions, and of what nature. Everything is written down. Try therefore, to do good things, even if you are at home by yourself, because these good things will be recorded. God is often depicted as an eye inside a triangle. This is a way of saying that God has installed in human beings devices that see everything, that record everything**.** **(AUGUST 8, 2002)**

In past incarnations human beings have, consciously or unconsciously, broken all kinds of laws and, as they have not made reparation for these transgressions, they now find themselves in difficulties, with debts to be paid and all kinds of complicated situations that have to be sorted out. But destiny conceals this from them. When they are about to marry or form a partnership with somebody, for instance, destiny prevents them from seeing the true character of their future partners or how they will react in such and such a situation. It does this so that they may learn their lessons and pay their debts. If they were forewarned it would be very easy to avoid such trials. This is why the law of justice arranges things so that they shall have no recollection and no premonitions: They are in the soup up to their necks, and they are going to have to stay there until they have understood the lessons of Divine Justice! **(NOVEMBER 27, 1987)**

THE LAW OF LIFE

Mistrust imprisons people in their faults and limitations, whereas trust can set them free. When someone behaves badly, even if he has committed crimes, why treat him as though he were bound to keep repeating them forever? His actions belong to the past and the past should not be confused with eternity. He has done wrong, it is true, but his misdeeds took place in a moment in history. Since then, he may have improved and changed his behaviour. We must not focus on a past event, but must look to the present and even the future. This is the way of sages and initiates, who have a much broader understanding of existence. They know that evolution is the law of life and this is why they never condemn people forever, because God continues working on them and within them. **(FEBRUARY 4, 2003)**

The law of action and reaction applies to psychic life as it does to physical life. Always bear this in mind. Be vigilant. When you are fortunate enough to experience a great joy, do not take this joy to the limit, because otherwise you will tip the balance and swing over to the opposite state. Look at a drunk when he is a little the worse for drink, stumbling along the street. He knocks into one wall and, realising there is an obstacle, he moves back, only to go and knock into the

opposite wall. And so he goes on, the wall bouncing him from one side of the street to the other. Learn from this example and try never to go to the extremes, otherwise one extreme will send you back towards another extreme and you will be forever tossed about from one state to another without ever managing to gain control. Strive for moderation in everything; even when it comes to joy. **(MARCH 5, 2002)**

An ever-increasing number of books on magic are being published these days, and what do they generally contain? Methods that allow people to fulfil their wishes and desires. What these books fail to explain, however, is what will happen afterwards, if these wishes are to self-centered and selfish, if they go against the divine order. All these books say is: 'Do this ... do that ...' and so, people do as they are told and in doing so get bogged down in all the quagmires of the astral plane.
The methods taught in these books on magic are only beneficial if what you desire is good not solely for yourself but also for the entire world. Be aware that all wishes and desires end up being realized, and this is where the danger lies. Why? Because very often, people are carried away by the intensity of their passions and do not foresee the complications that will ensue. If you have not studied the relationship that exists between your desires and the law of life and have not asked yourself what will happen when they are realized, you are up for some major disillusionment. **(MAY 14, 2002)**

A religion is only a form through which the spirit manifests, and no form is permanent. Christianity, which was born in the Middle East, received at its inception certain elements from the Greek and Latin cultures. These were added to elements inherited from the Jewish religion, which itself had been influenced by the religions of neighbouring countries such as Egypt and Mesopotamia. A religion is never born from nothing; it takes on elements from previous religions and is itself transformed as it spreads far from its place of origin. The peoples of Africa, America and Asia who have been converted to Christianity, for example, have added elements to it from their own cultures.
Whether we like it or not, religions change. Even if the same sacred texts are still used, an ever-widening chasm exists between what people read and how they think and behave. Evolution is the law of life, which is why desperate attempts to perpetuate the forms of a religion are unreasonable. **(JUNE 17, 2004)**

Do not allow division to take hold within you, this state in which two contradictory thoughts or desires pull you in two directions, leaving you confused and disjointed. To avoid this dislocation you must create unity within yourself.
'Unity' means that all parts of the periphery are harmoniously linked to the centre so that the balance necessary for the manifestation and conservation of life is maintained. Unity is the law of life: atoms, molecules, organs, limbs, individuals, countries... everything, in its own way, must converge towards a centre, and must even cling to it so that it cannot be swept away by adverse currents. In ourselves, we may call that centre God, but it can also be a very high ideal or a vocation. Those who fail to link themselves to the centre by means of their thoughts, feelings, and actions create within themselves a state of division which, even if it is only momentary, leads to disorder, conflict, and separation. **(AUGUST 12, 2003)**

Evolution is the law of life. Cosmic intelligence does not intend forms to be eternal on the physical plane. They are perpetuated in the higher world of archetypes – for all forms are eternally at the service of cosmic intelligence – but if man attempts to perpetuate forms on earth,

if he refuses to evolve in his manifestations, the invisible world responds by shattering his ancient forms. This harshness always takes people by surprise, but how can they evolve if they cling to the same old forms?
What happens to human beings from one incarnation to the next? Usually they are not of the same sex. If you were a woman in your previous incarnation, it was so that you might learn to manifest the qualities of the feminine principle. And if today you are a man, it is so that you may learn to exercise other qualities. **(OCTOBER 2, 1995)**

Why complain that you cannot count on others? You imagine that, wherever you go, whatever you do, people will stay where you have left them and that at any given time you will find them at your disposal and in the same state of mind. Well no, for them like for you, everything moves, everything changes, everything transforms. So by all means, meet people, socialize with them, work with them, but do not rely on the stability of your relationship, because one day or another you will be forced to see that things are not going quite the way you had thought and hoped. You will say: 'But what should we do then?' Concern yourself with your own development, concentrate on strengthening yourself, enlightening yourself, because that is the only sure way to face up to all situations. If God has given you a few good and faithful friends, that is wonderful. Thank Him for it, but never abandon the living spark within you, thinking you can put all your faith in others, because some day you will suffer. Never forget that change is the law of life. **(NOVEMBER 28, 2002)**

THE LAW OF NATURE

If we have not taken proper control of our life, and if all the cells of our being are not synchronized with divine vibrations, we are at the mercy of the blind forces of nature. Cosmic laws cannot be contravened with impunity: whoever opposes cosmic intelligence will sooner or later disintegrate and disappear. You may think cosmic intelligence very cruel to destroy the creatures opposed to it. No, cosmic intelligence has nothing to do with human punishment – it never wants to destroy. But if we clash with cosmic order, through ignorance or ill will, the forces ranged against us are so powerful that we are demolished – quite naturally. If some poor idiot wants to confront a whole army, obviously he will be overwhelmed in a trice. When a bird keeps colliding with a window it ends up killing itself; but the window is not to blame. People behave like this bird: they rebel against divine laws, against the splendour of the universe, oblivious that they must pay the price for foolishness. They court danger, and pay the ultimate price: but it is not God who has destroyed them – they have destroyed themselves. **(FEBRUARY 9, 1999)**

Nature is implacable and unyielding. Sob, scream, and threaten as much as you will, but nature will not bend her rules for you. It is up to you to incline to her will and attune yourself to her. She is said to be cruel, but this is not so. It is important to her that her sons and daughters be healthy and happy. But when she sees how thick-headed they are, what can you expect? Her job is to see that those heads ripen, and to do this she is obliged to knock them about a bit. And sometimes, if they do not get her message quickly, those blows become terrible. She does not wish to destroy human beings. On the contrary, she has worked far too hard to give them life and to sustain this life, to decide now to wipe them out. She wants to educate them, and this is why, as long as people behave like undisciplined, disobedient children, they will be on the receiving end of her lessons. **(FEBRUARY 25, 1998)**

BOOK 27: THE LAWS WHICH GOVERNS THE WORLD

Most people readily admit that in order to succeed in the material world, you must be committed and work without cutting corners. But in the spiritual realm they imagine they can obtain results easily and quickly. What a mistake! First, you must set to work and never relax your effort. Secondly, you must not be in a hurry, because each great accomplishment is a long-term enterprise, and the time it will take cannot be calculated. Finally, you must be convinced that what you undertake in this way will one day bear fruit, because nature is faithful and true, and the laws which govern it can never be faulted.
Work, time and faith. You do not realise the wealth contained in these three words. We can, of course, present them in a different order: faith, work, and time, and so on. What is essential is to understand that these three elements are linked, and to know how they are linked.

(FEBRUARY 16, 2004)

Most people conduct themselves with astonishing thoughtlessness. Indifferent to the examples before their eyes, they learn no lessons from them and continue to behave as if their acts entail no consequences, now or in the future. They transgress the laws of nature and upset the work of the elements, without realising that by their anarchic attitudes they provoke forces which will eventually react in order to re-establish order. Nature is not an indifferent, lifeless or unfeeling matter which we have the right to treat as we like; it is alive, intelligent, and sensitive. Of course, it is also very patient, but each time human beings go beyond the limits of what it can bear, it retaliates.

(MARCH 14, 2003)

If human beings were prepared to study how the universe was created, the regions of which it is made up, the creatures that inhabit these regions and the laws that govern them, they would understand they are living inside the body of nature, a living, breathing body and they must act in harmony with this great Whole. Be careful, therefore, because all those who accept philosophy of anarchy without seeing dangers that bestrew the road they are embarking upon, will meet with destruction sooner or later. Indeed, people who, by their anarchic behaviour, are hell-bent on causing trouble are flushed out, eliminated by nature; nature purges them away. Anarchists are never allowed to stay for long, and if they are not eliminated by fellow human beings, nature herself takes charge because she tolerates no disharmony. She looks upon it as a tumour, a cancer that has invaded her body and she sets about curing the disease by expelling all these undesirables.

(MARCH 23, 2002)

It is the Creator who gives us the food we eat every day, and it is impregnated with His life. But how is it that when an evil person eats this divine food, it does not improve him? Because he transforms this food into his own nature, whereas a saint or an initiate who eats the same food transforms it into light, love and kindness. Everything depends on the state of the person who eats it. The wicked are not improved by the food they absorb; they become even more wicked. And those who are good become better. It is a law: every creature assimilates food into his own substance and transforms it. That is why initiates offer themselves in sacrifice to the Creator, so that they may be absorbed by Him. They know that in being absorbed by Him, the Lord will transmit a few rays of His light to them and will transform them.

(MARCH 30, 2004)

What is a talisman? It is an object made up of certain materials and engraved with figures or characters, to which are attributed the occult powers of the planetary influences and celestial configurations under which it was made. This is why the magus who composes a talisman must know how physical objects can make contact with the forces of nature and the invisible beings.

It could be said that the work of a magus is identical to that of nature, which fills stones, plants, animals and even human beings with a particular essence, which can subsequently be used. The magus puts to good use the natural energies contained in all things to strengthen and ampliphy these energies. He possesses a great power, in other words, and he must therefore have a thorough knowledge of the laws and only compose talismans endowed with the best influences, which he will make serve the general good. **(APRIL 1, 2002)**

Human beings in their ignorance and pretentiousness imagine that it is they themselves who have created the institution of marriage. No! Marriage is a cosmic phenomenon that is celebrated first of all on high between the heavenly Father and his Wife. And because human beings have been created in the image of God, they repeat this cosmic event in an instinctive and, unfortunately, unconscious manner. Christianity is still a long way from understanding this truth. For Christians, God is uniquely a masculine principle. Well, no, they are mistaken. If man seeks woman to unite with her and create, it is because God also has a wife with whom he unites and creates. His wife is the divine Mother, Nature, Cosmic Matter. Obviously, you must not imagine that the wife of God, the Cosmic Spirit, is like a woman of the earth, extraordinary as she is. This lofty reality exists at the level of principles. But the law is absolute: everything which is below is like that which is above. Therefore, everything which takes place below is in the image of that which takes places on high. **(APRIL 2, 2003)**

The way must be open in order that life may flow, that light may shine through, and that divine power may enter. This is an immutable law of nature. Why are precious stones so valuable? Because they allow light to shine through them. Nature has worked with astonishing success on various materials, refining, purifying, colouring and producing the marvels we admire today – crystal, diamonds, sapphieres, emeralds, topaz, rubies – so why can't human beings accomplish the same work on themselves? What is prayer and meditation? They are the very activities that enable us to purify and illuminate everything about us to such a degree that, one day, we become transparent as precious stones, and the Lord, who appreciates precious stones, willl then place us in his crown. This is symbolic, of course, but it is absolutely true. **(APRIL 5, 1999)**

Every gesture is magic. When you greet someone in the morning, do not therefore, greet them with an empty vessel, because unintentionally and unknowingly you are wishing emptiness, want and failure upon them for the entire day. You will say: "But that's of no importance, people pay no attention to such things." If people lack awareness, is that any reason to behave like them? How they behave is up to them, but we, who are here, learning the laws of the new life, we must train ourselves to be aware in everything we do. So, when you greet your neighbours or your friends in the morning, make sure not only that you do not greet them with an empty vessel, but also fill your heart with love and then wish them a good day. If you are able to work with the positive forces of nature, everyone will appreciate you and love you. **(APRIL 21, 2002)**

What do People usually mean when they speak of miracles? Phenomena which defy or negate the laws of nature? Well, no such phenomena exist; everything obeys the laws of nature. And if people speak of miracles, it is because they do not know the laws that would explain them. There are certain phenomena that are exceptional because the people capable of producing them are very rare, but miracles, as most believers imagine them, simply do not exist. Even things that are truly extraordinary are natural; nothing is 'supernatural'. But it is important to understand that the gradations in nature are infinite, from the most material to the most subtle.

The laws of the psychic and spiritual worlds which explain 'miracles' are therefore also the laws of nature. We must simply know on what plane they operate. **(APRIL 22, 2003)**

Christians rely on the Lord and on the Angels, Saints and Prophets, and look at them: they are always poor and ill and in darkness! Why do those they rely on not come and help them? Because they have never done anything to earn that help. They are like a gardener who has not sown any seed: he can call on the Lord for help as much as he likes, but that will not make anything grow. The Lord has established certain laws which human beings must learn, and if they refuse to learn them, that is not the Lord's problem: He is not going to worry about how to please them. But If they plant something, even one solitary seed, then all the laws of nature will contribute to making it grow. First and foremost, you must count on your own work, and only when you have done your part, can you count on getting help from the Lord, that is to say, from the laws that He has established from the beginning of the world. **(APRIL 30, 1988)**

When we see the way things are going in the world today, we realize that the worst could happen at any moment: a nuclear war, an epidemic, an environment disaster, and so on, which could lead to the annihilation of humanity. This is why we hear certain voices announcing that the curses described in the Apocalypse will sweep down on the earth. It is true that the Apocalypse predicts the end of the world; this is written. But in reality, these events are never absolutely predetermined. Depending on how human beings behave, events can take a completely different course. God is not a tyrant commanding cataclysms which cannot be reversed. There is not determination, no irrevocable destiny, either for a person or for the world as a whole. Human beings have been created with free will, and they determine their future. If they live in disorder and folly, they set chaotic currents in motion and then, of course, the law of nature, which are the laws of justice, steer them towards disaster. This is logical. But if they decide to quieten down they project harmonious forces around them and, since the balance of nature is no longer disturbed, no harm can come to them. **(MAY 12, 2000)**

None of your efforts is lost; even if, for now, you are not successful, everything you try to achieve remains an acquisition for later. One day all the efforts you have made will call to Heaven for a reward, and Heaven will grant it, because that is the law.
Those who do not understand this law say, 'This person has done nothing and receives everything, whereas I work and have nothing. I live in poverty,' and jealousy gnaws at them. In reality those who seem so privileged have already done great work in the past. A genius as great as Mozart, for example, had already dedicated himself to music in his previous incarnations; this explains why he expressed such exceptional talent at a very early age. A realization is possible only if we have already learnt and worked. It is only a matter of time and effort. When they see that you are sincere and persevering, the forces of nature themselves will come to help you, because they are faithful and true. **(MAY 25, 2001)**

What is our body? It is a collection of elements which were first found in earth, water, air and fire. They once formed the matter of other bodies which decomposed over time. When we eat fruit or vegetables, we say: 'This is a pear or a watermelon, and that is a lettuce or a cucumber.' It is true but, before they existed in these forms and these colours, to how many other animate and inanimate forms these elements belonged, and in how many other colours! Since the beginning of time, minerals, vegetables, animals and human beings have been composed of these same elements. When these forms disintegrate over time or by accident, they return to nature's vast workshops to be transformed, but the elements of which they are composed

remain forever new, pure and unblemished. It matters little that all living forms wear out, go mouldy, rot and turn to dust. Nature takes them back into her workshops and returns them as fresh food for all living beings, or uses them to build new bodies for all creatures. It is She who teaches us about the law of recycling. Yes, in nature nothing is lost or created; everything is transformed. **(JUNE 3, 2004)**

Some occult schools recommend that their adepts learn the method of visualization in order to realize their desires. What they fail to explain to them is the harm they will suffer if their wishes are too personal, too egotistical, that is, if they go against divine order. You must understand that finally, in one way or another, everything can become reality, and herein lies the danger. You may say you do not see where the danger lies. Well, if your desires are fulfilled, who is to say you will not suffer? You will suffer because you did not know how to predict the complications that would follow, because you failed to study carefully the relationship between these desires and the laws of nature and life.
It is permissible to use thought to help realize your desires, but carefully scrutinize the nature of these desires. If they are too personal, if they do not vibrate in harmony with the order established by God throughout all creation, they will conflict with divine law, and even if you have some success at first, you will eventually have troubles to cope with. **(JUNE 6, 2000)**

Nature displays all its riches to us, but to those who do not respect it, in other words who want only to use it to their own selfish and limited ends, it closes its doors. But this is exactly the attitude the majority of people have towards nature: the earth, water, air, the sun and the other planets. Do you really think that what motivates man to want to conquer space is not based on self-interest?
Many will say that they do not care if nature closes its doors to them. Perhaps, but if they carry on in the way they have been, nature will not simply close its doors, it will retaliate. They will then have no choice but to understand and change this attitude of theirs that continually proves their lack of intelligence, their lack of love, their lack of will, ... their lack of everything. Lack of intelligence because they should have understood the laws of nature; lack of heart because if they did love the beings that inhabit nature, they would not have the cruelty to destroy them; and lack of will because they have always opted for the easy solution. Well, nature will teach them a lesson. **(JULY 7, 2002)**

Imagine someone who has never done much work to earn money. One day he needs a large sum of money because, for example, he needs to buy a place to live. When he asks for a loan at the bank, convinced that a bank has plenty of money, and will surely give him what he needs, what kind of reception will he get? We all know that on the physical plane such a request is doomed to fail, and yet on the spiritual plane many people expect their application to be granted. They present themselves before the heavenly banks where they lodge their complaints and clamour for miracles, expecting angels and archangels to come down and help them. But what have they ever done to deserve this? Is it enough to recite a few prayers in moments of difficulty for heaven to open its doors, for the sun and all of nature to change their law? If people have never done anything to deserve help from heaven, they will not get it. **(OCTOBER 10, 2003)**

Not only do human beings believe they have nothing to lose by cutting themselves off from universal harmony, but they are convinced that by struggling against the laws of nature and detaching themselves from them, they will gain freedom and become powerful. Well, this is the greatest mistake. Human beings become truly powerful and free only when they learn to vibrate

in harmony with the universe, when they are able to hear the symphony of all nature in which everything sings: the forests, the rivers and the stars. It is this cosmic symphony that we call the music of the spheres. And in order to hear the music of the spheres, we must begin by harmonizing our entire being, all our organs, all the cells of our organs, by unremitting and profound work. The moment the very smallest particles of our being vibrate in unison, the symphony of the universe will be revealed to us. **(OCTOBER 17, 2004)**

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)

Suppose you eat and drink too much and find yourself in bed with indigestion. No human law will ask you for an explanation of your diet, no policeman will arrest you. That is true ... but still you are in bed. So what kind of justice condemned you in this way and according to what laws? The laws of nature, which are not human laws; it is they that condemned you. As for human beings, well, they will come to visit you by your bedside and say, 'Ah, poor fellow, we feel sorry for you! Try to geet better quickly!' but they will be unable to do anything for you. Only nature can help you; if you obey its rules again and eat with moderation, then you will be better. We have to know what the laws of nature are; these laws are also divine laws. Our physical body must submit to them and so must our heart and our intellect. **(OCTOBER 31, 2001)**

Why do people go and see a master, an initiate? To tell him of their misfortunes and their problems in the expectation that he will sort out everything and work miracles on their behalf. People should understand that an initiate can do nothing for those who come to him with their complaints, without making any efforts to resolve their own problems. He will not perform miracles for them. Life itself will teach them lessons and, unfortunately, those lessons will be terrible.
Human beings are pig-headed: They insist on sticking to their convictions and then, when they are faced with failure, they complain loudly without understanding that his failure stems from their refusal to bring themselves into harmony with the laws of nature. They all yell: 'I want this! I want that!' and set to energetically to get what they want. The laws of nature, however, are not in agreement with this attitude and refuse to gratify such indiscriminate wishes. The problem is that human beings refuse to understand. They stubbornly insist on satisfying these desires until such time as they are prostrate with exhaustion. Why do they refuse to understand?
(NOVEMBER 3, 1999)

Human beings cling stubbornly to their personal convictions and then, when they get into trouble, they complain and fail to understand that their problems are the inevitable result of their refusal to attune themselves to the laws of nature. Each individual cries, 'I want this ... I want that ...', and does everything in his power to get what he wants. But the laws of nature think differently and prevent human beings from satisfying their inordinate desires. But human beings

refuse to understand; they persist in their desires until life finally breaks them. Why can't they understand? **(NOVEMBER 26, 1988)**

THE LAW OF LOVE

Someone says: ' I try to be honest, good and generous, but what good is that when the law of the jungle reigns throughout nature and society? Why should I be an exception? I am going to get in there and fight too, and I will be successful.' How many times do we hear this reasoning! But those who talk like this fail to realise that what they see on earth represents only part of the truth. If they turned their gaze towards heaven, they would see that the sun exists as well, and that this sun is the other half of the truth. On earth animals and human beings only take, devour and destroy, whereas the sun only radiates, projects and gives. Why? So that we may have life, warmth and light. Would we still be alive were it not for this other law, the law of love and sacrifice, which is not a law of the earth but of the sun? No. If everything you see on earth discourages you, think of the sun; accept its laws and you will feel heartened. **(MAY 22, 2004)**

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)**

Love is a form of injustice. But before learning to manifest this injustice, i.e. love, we must learn to manifest justice. Moses imposed on the Jewish people ruthless laws upholding such principles as 'an eye for an eye and a tooth for a tooth'. The slightest error had to be punished. There was never any question of leniency or forgiveness. But that was understandable, since humankind was at a degree of evolution where it needed stringent rules. At that time, justice was already considerable progress in itself. But this situation could not last for ever, because God is clement and merciful, and human beings, who were created in His image, had to become clement and merciful like Him. This is why Jesus came to teach forgiveness. If you look at how he behaved with the disgraced and the sinners you see that he transgressed the law of justice by his attitude, but by transgressing the law of justice, he instituted the law of love.
(NOVEMBER 11, 2002)

The Bible tells us that one day God will come to live in all hearts, inscribing His law, the law of love, within us. When that happens, people will no longer need to be preached at about religion or morals, because everybody will have an innate knowledge of how to behave, love, be of service and work. Religions exist because human beings do not know how to live in love, and in any case, religion is incapable of truly leading people to God. With the coming of love, religions will become superfluous, or, to express it better, they will be transformed into an inner work manifesting as goodness, radiance, sacrifice, gentleness and light. Religion had to be introduced

when love left humankind. When love returns, external religions will fade away, because they will be found once again in our hearts. **(DECEMBER 28, 1998)**

THE LAW OF WISDOM

Human beings do not realize that when they lead chaotic, disordered lives they burn up their most precious quintessences. They think that they will automatically be replenished, but that is not so. True, certain materials can be replaced, because Cosmic Intelligence has built the human body in such a way that it can make up for certain losses as it goes along. But when man refuses to live according to the laws of wisdom, he can never recapture what he loses. Those who live according to their instincts and passions and never allow their soul or spirit any say in the matter, lose their subtlest quintessence. No elevated thoughts or unselfish feelings ever intervene to straighten out and improve their lives; they draw their energies exclusively from the physical plane, and that is not enough. Spiritual energies are indispensable in order to nourish the psychic and spiritual dimensions, and man can only receive these subtle energies if he learns to give up his baser pleasures, in other words, if he makes certain sacrifices.

(FEBRUARY 20, 1988)

God sends us initiates, sages and great masters to enlighten us and help us understand the existence of laws which must be obeyed. And because we have a tendency not to understand, God sends beings who stir our feelings by their suffering and sacrifice on our behalf. The first are sent to appeal to our intellect and the second to touch our hearts. If, despite this, we fail to understand these lessons, He has no alternative but to resort to force, so He sends us violent thugs, tyrants and butchers who oppress and persecute us. Yes, all the terrible events in the world at this moment are a direct consequence of the fact that human beings have not wanted to understand the teaching of wisdom and love. **(MARCH 5, 1999)**

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

Worldly wisdom concentrates on those activities that will ensure material success, but the knowledge that makes people masters of matter separates them further and further from the spirit. This is the principal reason why so many people are unbalanced and social conditions are so unstable. The Book of Genesis opens with these words: '*In the beginning God created the heavens and the earth.*' That sentence sums up perfectly the whole philosophy of spirit and matter. Heaven is the soul and spirit, virtue in all its splendour. Earth is the physical body, the material world, trade. Earth was created, therefore it is necessary. But Moses, who was a great initiate, mentions Heaven first, and then earth. Whereas most human beings place the earth

before Heaven, and for some, Heaven does not even exist. They think that the earth is everything, and this is why they are all at sea. Balance or imbalance depends entirely on whether or not we know how to maintain within us this equilibrium between spirit and matter.
(APRIL 16, 1998)

Never forget that behind our difficulties and suffering, a wisdom watches over us. It is up to us to discover and decipher its goals and its laws. This awareness then enables us to see the relationship between our sufferings and that wisdom. From this consciousness a light is born and suddenly we understand how God's power works within us, how it transforms or sorrows into joy, our weaknesses into strength, or darkness into light. Instead of allowing our misfortunes to justify a loss of faith in the good, it is precisely at the moment we suffer that we must, on the contrary, deepen our faith in its power. **(MAY 1, 2003)**

We must rid ourselves of those philosophies that limit us by encouraging us to develop only a small part of our potential, because such philosophies lead to weakness and inadequacy. The only authentic philosophy for humankind is that which takes the whole being into consideration. Why mutilate human beings? On the physical plane they must be robust, supple, and strong; on the astral plane their hearts must be full of love and goodness; and on the mental plane they must possess a luminous and penetrating intellect to understand the laws of the universe and of life. But this is not all. While the universities hold up to the entire world their ideal of scholarship, erudition, and of becoming a specialist in such-and-such a field, the ideal of initiatic science does not stop there. Its aim is to lead human beings higher still, so they may develop faculties superior to those of the mental body: faculties of the causal body – the higher intellect, the buddhic body – the higher heart, and the atmic body – the higher will, for these will give them extraordinary possibilities for wisdom, love and power. **(MAY 4, 2000)**

Each religion sets apart a particular day of the week for worship. For the Christians it is Sunday, for the Jews, Saturday, for the Muslims, Friday. Is there any real difference between these days? No, none. All the days of the week are sacred; all the days of the week are divine. Friday is a day for doing good, Saturday is a day of doing good, Sunday and all the other days of the week are days for doing good, days that must be sanctified. What would be the point of religion if you spent six days of the week breaking all the laws, and then on the seventh you went to church or to the mosque or synagogue to have all your crimes washed away? The idea is grotesque! You cannot advance on the path of wisdom, love and purity if you only go to church one day a week: you need the whole week! Try to understand that you must spend every day and all day in God's church, because God's church is the whole of creation. **(MAY 7, 1995)**

What is a true economist? Well, quite simply it is someone who has understood that economy has to do first and foremost with conserving the forces and qualities given to him by Heaven. Economy therefore begins with wisdom, moderation, and attention. Nowadays we see nothing but economists, they are everywhere! But with all their theories and their arguments, it is in fact they who will bankrupt and destroy humanity. First of all, it is on high, in the psychic realms, that economy must begin: in our thoughts, feelings, looks, words, and behavior, so that we do not provoke disturbances in the invisible world. This invisible world is populated, organized, and ruled by laws, and if we unconsciously transgress these laws, if we disturb these entities, we activate mechanisms that will have disastrous effects on the physical plane, and no economic theory, however brilliant, will be able to neutralize them. **(MAY 15, 2003)**

In their psychic and spiritual lives, human beings are not uniquely men or women as they are on the physical plane. The mystic who contemplates divinity is like a woman who wants to receive a spark, a seed from God. He devotes himself to the light of God; he opens himself to it and then receives this seed in his soul. He carries it within him for a long time in order to give birth in the world to a divine child. In the spiritual realm, a man, like a woman, can conceive a child. By linking to God, he changes polarity; he becomes a woman and gives birth to the child that is love and the child that is wisdom. In the same way, if a virgin who devotes herself to the service of God also prepares herself to marry the Christ, she will give birth spiritually. There are no barren marriages in the spiritual life, but only on the condition that men and women are educated about the laws of polarity. **(JULY 4, 2004)**

Many people think a master has the power to impose himself on human beings and force them to change. Not at all! However great the love, wisdom and power of a master, he cannot get through to them if they are stubborn and closed. A true spiritual master understands the laws and knows he has no power to force those who refuse to open themselves to the light. He speaks and tries to convince them, of course, because his greatest wish is to help human beings, but he knows very well that only those who are prepared will receive his teaching, and he leaves the others free. But life does not allow human beings much freedom. Life, itself, is implacable, and from time to time it sends some shocks to those who refuse to get to know and respect divine laws. **(JULY 31, 2004)**

Because the consequences of their thinking and behaviour are not immediate, human beings rarely notice what has caused their misfortune. When they succumb to inner disorder or behave disgracefully, it is rare that a catastrophe befalls them at once; they feel no different, and sometimes they even feel better than before.
Why has Cosmic Intelligence arranged things in this way? In order to give human beings the time and the opportunity to correct themselves and to become wiser. Instead of allowing the law of cause and effect to come into play immediately, Cosmic Intelligence in its wisdom and love grants us credit; it gives us time to reflect and rectify things. If you transgress certain rules of society, if you do not declare your exact revenue to the taxman, for example, the Tax Office will ask for your accounts a few months or a few years later. And while awaiting its decision, you will still have time to rectify your mistakes. The same thing applies to the inner life: this opportunity given to human beings to make amends, to correct themselves, is an aspect of divine wisdom and divine love. **(AUGUST 11, 2004)**

We must work according to the laws of wisdom and the methods of love. You can compare love and wisdom to the hands of a clock: wisdom is the small hand that indicates the hours, and love is the big hand that indicates the minutes. Wisdom shows us that high ideal, the programme to be realized, and this programme is valid throughout eternity. In order to realize this programme, however, we must adopt the methods of love, in other words live every minute of the day with joy and enthusiasm, at the same time always keeping our energies in check. That is the way to reconcile the programme of eternity with that of the day. Wisdom shows the direction in which to travel, and love – the heart – maintains the movement. **(AUGUST 27, 1999)**

Even if your mind wanders to other things while you are in the presence of the rising sun, you still receive some physical benefit from its heat and light; but you will not receive the subtler elements which are capable of helping you to advance your spiritual evolution. Whereas if you are aware that the sun communicates its life, love, wisdom and beauty to you through its rays,

you prepare yourself to receive them by opening thousands of doors through which they can enter and deliver their load of treasure; in this way the sun fills your whole being with its blessings. This is why it is so important to be aware of what the sun represents; it is the only way to receive the elements which will help you to reach a more profound understanding of the laws and mysteries of nature and to know peace and happiness. **(SEPTEMBER 21, 1987)**

It is not so much on the physical plane that we must try to sort things out, for the physical plane is the world of consequences, over which we have very little power. In order to bring about lasting change, we must rise, through thought, to the world of causes, for it is only there that we have all the means to contact and trigger beneficial forces that will sooner or later produce some results. But most people do not know this. They content themselves with intervening on the physical plane. And then they are surprised to see that the changes brought about do not last; events or other people come and arrange things their own way without consulting them. And so, they end by never being in control of the situation.
The same law applies to an individual. If you want, for example, to change your bad habits, do not tackle them directly. Try to rise through thought, to the causal plane, for it is up there, by uniting with the world of wisdom, love and truth, that you will be able to release powers, which will have repercussions on your behaviour on the physical plane. **(DECEMBER 20, 2001)**

Astrology is concerned only with the position of the stars at the moment of physical birth, but that is not enough. The horoscope for the time of birth is not sufficient to give the whole picture of a person's character and destiny; you also have to consider the situation of the heavens both at the time of conception and at the moment of his second birth, the moment when the person's consciousness becomes superconsciousness, when, illuminated and renewed, he attains the divine world. But although it is preferable to choose a moment when the signs of the heavens are auspicious for the birth of a baby into the world, it is not necessary to know anything about astrology in order to be born a second time. It is enough for a man to live in harmony with the laws of love, wisdom and purity, for him to be born a second time and enter into the new life. This is the meaning of the birth of Christ in us. **(DECEMBER 25, 1999)**

THE LAW OF MORALTY

When human beings speak of moral laws, when they either acknowledge and accept them or reject them, they do not always know what they are talking about. True morality is based on laws established by Cosmic Intelligence; it is not human invention which varies according to different lands and epocs. Every society has established certain codes of conduct that it considers useful to it. If people do not respect these laws and are then caught, they are punished, but if they do not get caught, they are left alone. Divine justice will not come to punish them, because they have only transgressed human laws. Whereas if they transgress divine laws, they will not escape divine justice. Even if human beings bow before these offenders and crown them in glory, they will still fall automatically under the hand of divine laws, which are the laws of nature. Their peace of mind is disrupted, and they end by suffering either physically or psychically.
Obviously, this is no reason to transgress human laws. Not at all! Jesus said: '*Render unto Caesar that which is Caesar's and to God that which is God's*', which means: respect the laws of your land, but above all, respect the laws of Heaven. **(FEBRUARY 5, 2003)**

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

Belief in reincarnation is one of the corner stones of morality. As long as human beings are unaware of the law of cause and effect, which carries over from one life to the next, no amount of sermonizing will ever do much good. Too many people still believe that they will burn in hell for all eternity because of their sins! Of course, one often meets people who do not believe in reincarnation and who are naturally honest and good. The only trouble is that one can never be absolutely sure that this state of affairs will last. In certain circumstances such things as fear, covetousness or a desire for revenge can get the better of them and then there is no holding them back: they will no longer be either good or honest! This is because their morality was not built on a firm foundation, a knowledge of the law of cause and effect which is operative from one incarnation to the next. **(APRIL 20, 1995)**

In whatever domain it may be, all scientific progress has taken place only because human beings have discovered that the physical world obeys certain laws. But people want to think of the psychic or moral world as a realm of the greatest chaos and anarchy where there are no laws to be understood or rules to be respected! Well, this is not possible. And if by their rash or unconscious behaviour human beings upset the extraordinary mechanism of their psychic organism, they do irreparable damage. Nothing is stable or reliable when we fail to respect these laws, because they constitute the framework of the universe – the psychic as well as the physical universe. Failure to recognise these laws is the greatest mistake. We behave as if they were a human invention, as if they rested on arbitrary and questionable foundations and can be transgressed without serious consequence. Not at all! Nothing and no one will be able to help those who transgress the laws of the psychic and spiritual worlds. **(MAY 5, 2004)**

We all have obligations towards our family, our friends and society, and it is essential that we fulfil them as conscientiously as possible. But in reality our duties are not limited to those here on earth. We also have obligations towards the divine world, and nothing can justify those who refuse to recognize them. Despite their morality and their virtue, those who neglect Heaven eliminate from their life everything that can bring them inspiration, illumination, and immortality. There exists a higher morality, a morality which teaches that it is insufficient to be in tune with the laws of earth and of society, because the earth is still far from the perfection of Heaven. So we must ceaselessly seek to attune ourselves with Heaven and fulfil all our duties towards it. When we succeed in this, we realize that we have within us the best conditions for fulfilling our duties on earth. **(MAY 16, 2003)**

BOOK 27: THE LAWS WHICH GOVERNS THE WORLD

So many people are convinced they will find fulfilment only if they are able to do what they want! And in order to do so, they are ready to break all the rules – all the 'taboos', as they call them – because they want to be free. And what is this freedom? The freedom to do foolish things, to bind themselves hand and foot, to become ill, and even to destroy themselves, for when we separate ourselves from light, wisdom and reason, it is inevitable that we will suffer and eventually become physically ill. Yes, because illness is nothing other than the manifestation in the physical realm of disorders we have allowed to take hold in the psychic realm.
The desire to overturn prejudices and the rules of a narrow morality in order eventually to be oneself is not a bad thing, quite the contrary. But we must know that beyond the laws of human morality lie eternal laws which were established by Cosmic Intelligence. Like it or not, when we transgress these laws, we pay for it through physical or psychic suffering, or both.
(AUGUST 5, 2004)

It is said that the church – the clergy – who invented morals in order to dominate and exploit the credulous and ignorant populace. It is true that, in many cases, the clergy used religion in the zealous service of totally shameful purposes. However, true religion, true morals, are based on a science, the science of causes and consequences, and not on some personal interest. Every thought, every feeling, every action has positive and negative consequences for people. Where the clergy went wrong was that they did not try to explain the rules they imposed. People were told: 'Do this ... do that ...,' like children who are asked to obey, without any explanation. That is why, like children, everybody disobeyed at the first opportunity, whereas people should have been informed that true religion, like true morality, is based on a knowledge of the great cosmic laws. This knowledge would have helped their evolution. **(AUGUST 20, 1999)**

Education is obviously very useful, because it gives you a job, prestige, authority and money. But you can accumulate as much knowledge in mathematics, history or medicine as you like, it will never transform you and so if you are timid, sensual, quick-tempered or selfish you will remain timid, sensual, quick-tempered or selfish.
No university will teach you about the laws that govern the moral world, about the Great Beyond, the afterlife and reincarnation. So even if you are a walking encyclopaedia, you will not have the hope, the conviction or the strength of will that will allow you to transform yourself, because you know nothing about these fundamental subjects. Whereas if you are taught that moral laws of nature, that souls continue to live in the other world and how they then reincarnate, you will not be able to remain the same in the face of these revelations. You inevitably become more mindful of your outer and inner behavior. **(OCTOBER 2, 2002)**

The Scriptures say that, one day, God will come and dwell in the hearts of men and establish His Law, the Law of Love, within them. Then men will no longer need anyone to preach to them about religion or morals: they will have an inner knowledge of what they must do and how to love, how to serve and how to work. As long as there is no love, religions will be incapable of leading men to God. But when love comes, there will be no more need for religion, or rather, religion will be an inner reality and manifest itself in the form of kindness and radiant love, sacrifice, gentleness and light. It was when love forsook mankind that religion had to be established in its place. But when love is restored, religion will fade from sight, for it will have entered once more into the hearts of men. **(OCTOBER 23, 1988)**

THE LAW OF GRAVITY

Philosophers and poets often speak of life as a journey. From the moment we are born we embark on a voyage of discovery, venturing into unknown regions. These are regions that lie on the outside of us but also and more particularly, regions within us. Some of these regions are friendly and we are welcome to stop there a while. Others are inhospitable and must be avoided or fled as quickly as possible if we have been unfortunate enough to set foot in them.
Even if you stay locked up inside your room all your life, you can discover and enjoy inwardly everything that exists on earth, the landscapes and all the natural phenomena. And so, if some days you feel weighed down and stifled, it is because, without realizing it, you have descended too far down into the lower regions and now you feel squashed. Use your thought, therefore, to lift yourself out of the depths and rise up into the open air. And if at other times you feel fulfilled, inspired, able to defy the laws of gravity, it is because, knowingly or unknowingly, you have projected yourself very high, to the summit of your inner being. Now try to remain there for as long as possible. **(JANUARY 1, 2002)**

THE LAW OF CHEMISTRY

When a chemist carries out an experiment, he gathers together all the elements he needs, knowing that they must not only be chemically pure, but that they will produce effects only in certain given conditions: in certain proportions, at certain temperatures, and so on. This law is valid also in the spiritual realm. Human beings who strive daily to purify themselves, to ennoble their thoughts and feelings, to live in harmony by linking themselves to the luminous entities of the invisible world, create the favourable conditions for true knowledge and true spiritual revelations to dawn within them. **(JANUARY 21, 2004)**

According to one of the laws of nature, unless a collection of elements is brought together and sustained by a thought, a force or an entity, these elements will disperse. In order for us to be alive, there must exist somewhere within us a point, a centre, that maintains all the cells of our body. It is this centre that we call the spirit. As soon as the spirit departs, there is no longer cohesion amongst the particles and the organism disintegrates. We see this demonstrated in every field: mechanics, astronomy, physics, chemistry, biology, psychology. That is why it is important for human beings to base their lives on one single point, on one fundamental idea. Our heads and our hearts must not be full of disparate, even contradictory elements, which end up battling with each other. Rather, we must have only one thought, one divine idea around which all the rest unites. It is then that all the powers lying dormant within us begin to awaken and come to help us. **(FEBRUARY 17, 2000)**

Because most people have studied chemistry at school to a greater or lesser degree, they know that chemical bodies have certain properties and that they can only act or be transformed at certain temperatures, in certain proportions and so on. But what use is this knowledge if they do not realize that their inner lives are also governed by the same laws? They do not realize this and they imagine that simply by introducing within them all kinds of elements – thoughts, feelings and desires – in whatever way or condition, they will obtain what they want. Well no,

thoughts, feelings and desires are like chemical bodies. They have equally varied properties, which produce equally varied reactions depending on how they are combined. The physical world is governed by the same laws as the psychic world and if we are to become well-balanced and flourish it is more important to know psychic chemistry, otherwise we risk poisoning ourselves, burning ourselves or blowing ourselves up. **(FEBRUARY 19, 2002)**

One of people's main concerns nowadays is to be able to eat healthy food. It is of course highly desirable that food should not be contaminated, but it is also important for those people who are involved in its preparation to be aware that the food they handle becomes impregnated with their emanations and subsequently passes these on to those who eat it. People use their hands to prepare food and a person's hands magically transmit something of this person's quintessence. Chefs, cooks, bakers and all those people who prepare food for their families on a daily basis must know this law of chemistry and magic. With this knowledge they will then get into the habit of touching food, conscious that what they are holding in their hands will contribute to the edification of the body of people nearby and far. away, persons known and persons unknown. This is a huge responsibility and it is therefore worthwhile for them to endeavour to be dwelling in the best inner state when they prepare food, fostering thoughts of good health, peace and light for those who are due to eat it. **(MARCH 1, 2002)**

The source of all sexual deviations and excesses is the fact that men and women have never learned the right attitude towards each other. When a man considers woman simply as an object of pleasure, he is determining his own behaviour, in advance, and he will be obliged to satisfy his passions. But if he sees her as a representative of the Deity, and loves and respects her as such, not only his feelings but also his behaviour will be different.
Jesus said, 'As you have believed, so let it be done for you.' Yes, things become what your attitude makes them. This is a profound law of magic and it is important that you understand it. It is no good thinking that you can alter the manifestations of your love without previously altering your attitude towards the person you love. Manifestations cannot be changed until the attitude that gives rise to them has changed. **(MARCH 1, 1988)**

If you want to create a connection between yourself and an object or another human being you have to harmonise the vibrations. This is a law of physics and the principle of the radio is based on this law. The initiates, who have known this law far longer than the physicists of today, have always understood that this law applies not just in the physical plane, but in the psychic and spiritual planes as well. Through concentration, reciting formulas, wearing certain clothes or even a mask, the Egyptian initiates for instance managed to identify with the god Osiris and the God Horus. They momentarily became the incarnation of this deity because they managed to vibrate at exactly the same wavelength. And this sublime entity really spoke through them and manifested himself through them.
It is, in tact, not really necessary to wear certain clothes or masks. If you learn to live and work according to the rules of initiatic science, you will vibrate in unison with the celestial entities, you will receive their messages and be blessed with their virtues. **(MARCH 2, 2002)**

Today, human beings favour a scientific view of the world, which gives priority to the exploration of nature, to the study of the physical world, which lies outside them, or serves only as the material envelope of their deepest selves. As a result, people are removing themselves to the periphery of their being. They do not realise that they are losing their centre, the essential core of their being which not only holds them in equilibrium, but links them to the Source of universal

life. Of course, there is no law against seeing the universe as a vast field of investigation and experimentation that the Creator has put at their disposition. But it is not by devoting themselves to the study of physics, chemistry, biology, zoology, astronomy, and so on, that they will taste the divine life. While they are so busy satisfying their curiosity, their life passes and their strength diminishes. **(MARCH 12, 2003)**

All that you ask for, you will receive one day: that is what initiatic science tells us. Whether good or bad, you will obtain it. Cosmic intelligence has made laws decreeing that every wish must be granted. These are the laws of physics and chemistry: one always ends by attracting what one wishes. So, take care! If you ask for burdens and end by being crushed under their weight, do not then accuse cosmic intelligence, or the Lord. It is your responsibility to foresee the long-term consequences of your requests. If you were to reflect more often on what might happen if some of your wishes were to come true, and understand how unhappy or ill they could make you, you would avoid harbouring such wishes. The true disciple of initiatic science must begin by learning that there are certain things to be desired, and others that must be repulsed with all possible force. **(APRIL 14, 1998)**

Some successes are very easy to attain and that is all very good. Be aware, however, that these easy successes can be short-lived and that in any case they will not satisfy the needs of your soul and your spirit. You devote five, six, ten years to becoming a musician, a lawyer, an engineer, a chemist or a doctor and you are proud of your achievement, but what ideal does that represent? And what is ten or twenty years? There are nobler goals to pursue in life than qualifications that bring you everyone's respect and material security. Why not focus your attention on a spiritual quality? You may need centuries to develop it, but it will always open up before you a path of light. When it comes to divine goodness, patience, purity, justice, beauty and so on, you will obtain a qualification vouching for the fact that you have succeeded. But it is exactly on this, on what you must focus your efforts, because this is what will allow you to move forward and make progress. **(APRIL 26, 2002)**

It is not enough to know the methods that enable you to become a clairvoyant, a magus, an alchemist and so on. You must first of all ask yourself what goal you are working towards and understand that there are laws to be respected. Those who practise occult methods for their personal benefit violate the laws of cosmic harmony, and in the end the cosmos itself vetoes their plans, and they fail miserably. Many occultists or so-called spiritualists have ended in disaster, because they worked to accomplish certain things without first finding out whether they were acting in harmony with the plans of Cosmic Intelligence. Books on occult sciences suggest a great many techniques and rituals, but apart from the fact that many of these practices are risky, not one of them is as valuable as harmonising ourselves with the cosmic order. And this is not all: even the most inoffensive practices become dangerous and backfire in the hands of those who do not work to preserve this harmony, and who allow their anarchic tendencies to get the upper hand. **(OCTOBER 28, 2004)**

All modern scientific discoveries – the radio, telephone, television, tape recordings, atomic fission, laser, etc. – had already been made by the initiates of antiquity. And as these discoveries correspond to laws that govern the psychic and spiritual worlds, it was within themselves that the initiates found them. Contemporary researchers are workers who have come back to earth to apply on the physical plane the laws that exist in the spiritual world. Everything must be realized in matter. Often these researchers are ancient initiates, alchemists,

magi and cabbalists who have reincarnated with a mission: to realize on the physical plane everything they already know and have realized on the spiritual plane. If these pheneomena did not already exist on the spiritual plane, they could not exist on the physical plane. 'That which is below is like that which is above'; and so one day everything that is above in the world of the spirit must appear in concrete form below, in the world of matter. **(NOVEMBER 5, 2001)**

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)

LAWS EXPLAINED, BUT NOT SPECIFIED

We can never stress enough to human beings the importance of creating focal points of light and peace to neutralize the dark, chaotic currents circulating in space. It is time they learnt how cosmic forces work. Physics show us how to calculate the result of two forces; this same law is not only on the physical plane. If a few thousand people work sincerely for the good of humanity on one side and on the other side, billions of others are only concerned with their own affairs, are selfish, jealous, vengeful, how do you expect good and peace to win over? Just as in physics, events in the world can only be the result of opposing forces.
You might say, 'But there are more than a few thousands wishing for the triumph of good!' Yes, but so weakly, so half-heartedly! What they really want is to get up in the morning and find peace, abundance and happiness at their door, without having done anything to produce them. Humans wish for peace, that is true – at least a majority. But when will they ever understand that their own greed, selfishness, narrow-mindedness and passivity will bring only war?
(JANUARY 11, 2001)

One must never undertake anything without first finding out what forces will be set in motion. For what is important is the beginning. It is easy to set forces and events in motion, but it is very difficult to guide and channel them; in other words, to keep control of them. If politicians were more conscious of this law they would think a good deal more about the changes they wanted to introduce before deciding anything. History contains many examples of people who stirred up revolutions in the belief that they could control events, only to be destroyed by them. The 'sorcerer's apprentice' is the rash individual who sets in motion currents and forces which he then finds himself incapable of controlling or guiding. **(JANUARY 14, 1988)**

If you are insignificant and little known in society, you are powerless to intervene in the affairs of state. To be able to do so, you must go all the way to the centre (or to the summit, which is symbolically the same) where the king or president is to be found, and become his minister. At that moment, yes, you have every possibility, because you have reached the central point, or the zenith. As long as you remain below, or on the periphery, no-one listens to you. And the same law applies in the spiritual realm. As long as you do not succeed in reaching the centre or the summit within you, that is to say your spirit, you can achieve certain things, of course, but you are not truly in charge of anything. Whereas once you manage to link with your spirit, you are the master, because this centre affords you all possibilities, and you are fully in charge. So, stop being concerned with achievements that are futile and transitory; work to reach the spirit within you, without worrying about the time it will take. **(JANUARY 15, 2004)**

We so often hear, 'If only God existed, if justice existed in the world, the good would be rewarded and the bad would be punished.' In reality, good people are rewarded and the bad are punished, but not immediately. Why? There are many reasons and here is one of them: If the law immediately punished human beings for their faults, they would be wiped out and would not even be able to improve themselves. Whereas, if they are given time, if they receive a few lessons forcing them to think a little, they have a chance to rectify things. And those who do good are not rewarded right away either; otherwise they would also let themselves go and would end by transgressing the laws. Heaven lets trials strengthen them so that they may be assured and learn to know themselves, and so, realize how much good they can do. Therefore, there are reasons why divine laws manifest so slowly. But it is absolutely true that good brings good and that evil ends up ... very badly. **(JANUARY 15, 2001)**

When someone builds up his physical resistance, he can be so well armed against attack that his enemy (illness) is discouraged at the sight of his defences and withdraws. You can see examples of this during an epidemic: there are always some who come and go with impunity amongst the sick, whereas others, in spite of all their precautions, sicken and die. Why this difference? Because the former did not offer a favourable terrain for the proliferation of the microbes. Illness does not attack a man when it sees that his house is too well guarded.
This is why it is extremely important that, instead of concentrating on disease, you study health; the factors that give rise to it (breathing, nutrition, behaviour) and the laws that govern it, and that these things be taught to everybody. **(JANUARY 15, 1988)**

A disciple's task can be summed up in a few words: instead of letting his lower, animal nature control him and enslave his spirit, smother the divine spark in him, and drive him from Paradise, he must work according to the rules of Heaven and the laws of the spirit, in harmony with the forces and powers of eternity. In this way he incorporates into his everyday life, other elements and quintessences from the highest levels of his being. By his thoughts, his feelings and his faith, and by the efforts he makes, he adds a dynamic, radiant element to the ordinary course of events; an element which allows the spirit, the divine world, to manifest itself.
(JANUARY 19, 1988)

Many people unknowingly carry out projects of others they have never even heard of. You may say, 'I don't understand. How can this be?' Simple: Thoughts and feelings are active powers that can influence people who have the corresponding psychic structure and who are prepared to pick up waves sent out by others. This is how, because of their weakness, some people end up committing crimes; they are forced to act by powers of negative thoughts and feelings that

others have sent out and projected. And since human law is not clairvoyant, it does not punish those who have sent out these criminal thoughts and feelings, but those who have carried them out and are not really guilty. Of course, they are guilty of the weakness and passivity that lead them to become instruments of bad currents, but actually, other people are responsible for these crimes. So be careful with your thoughts and feelings because if they are bad, divine Law, which never makes mistakes, will hold you responsible. **(JANUARY 20, 2001)**

If you throw a ball on the ground, it bounces up and if you throw it on a wall, it bounces back and hits you. And now suppose you are taking a walk in the mountains and are just sending out a word or a call of fun, what happens? The mountain sends it back to you. The sound, the word has hit an obstacle which has sent it back. So if you cry out, 'I love you', the echo will come back from all sides saying, 'I love you, I love you, I love you.' And if you scream, 'I hate you', the echo will repeat from all around: 'I hate you, I hate you, I hate you.' These are examples of physical laws, which are a reflection of spiritual psychic laws. So, we must understand that the same laws govern our inner life: By our thoughts, feelings and actions, we emit good or bad waves without space until they meet the wall that send them back to us – as gifts or blows. Yes, the return shock! **(JANUARY 22, 2001)**

A country is like a river in which a great variety of souls are destined to meet at a certain period, just like streams meeting in a river. Some of these souls have already lived in this country but most of them come from somewhere else. When people, in the name of love for their country, think they are right to despise or even hate other countries, they are ignorant, they do not even suspect that, in some other incarnation, they were citizens of those countries and held the same stupid narrow-minded views about the country they now want to defend! … A country is our homeland only for this incarnation. Many French people hated Germany or Great Britain without realizing that, in a past incarnation, they were themselves German or English, and hated France at that time … This law is the same for all countries around the world and applies to religions as well. For example, many Christians hate Jews or Muslims and cannot imagine for one second that they were Jews or Muslims themselves in another incarnation. And the same applies to Jews and Muslims in relation to Christians. The experience of belonging to a country or a religion is always limited in time. **(JANUARY 28, 2001)**

Most people adhere to the illusion that if no one is around to watch or judge them, they can do as they please. Operating under this illusion, they feel free to commit all kinds of transgressions and even crimes. In reality people are never alone. They are constantly being watched by the invisible world which records their thoughts, feelings, plans and actions, and their entire future depends on the quality of what has been recorded. To behave impeccably in the visible world (even scrupulously respectful of pedestrian crosswalks and red lights!) does not prevent you from finding yourself in the midst of problems, suffering and torment, simply because you have transgressed divine laws.
Never forget there is a committee before whom all of us must constantly appear to account for ourselves. The day you truly succeed in conquering certain weaknesses and establishing harmony within yourself, you will receive a diploma. This diploma will be displayed on your face, on your entire body and the creatures of the invisible world who notice it will offer you their respect and their help. **(JANUARY 28, 2000)**

As human beings gradually moved further and further away from the centre, from the Source, things became more and more complicated until the situation reached the hopeless tangle that

we see today. Yes, as soon as one begins to deviate, to move away from the light, to break the law,' everything becomes more difficult.
Let me illustrate this: in summer the sun shines, the air is warm and life is very simple. But then winter comes, and things become more complicated: we need heaters, supplies of coal or oil, more clothes, lighting, and so on. Then too, with the fog and snow of winter, communications are more difficult and accidents are more frequent. In other words, when light and heat are lacking things become more complicated.
Once human beings understand that they must turn their steps towards the sun and light, towards the Lord, everything will become clear, simple and easy again. Not all at once, of course; it will take years: but it is the only way. **(JANUARY 30, 1988)**

More and more people are taking an interest in finance and the economy, and have become experts in the field. At least, that is what they believe! But if they truly understood economic and financial matters, they would know how to look after the spiritual riches they receive from heaven; they would understand how to preserve them and make them profitable. Even the most ignorant knows that if he does not make his capital grow, after a while there will be nothing left, because capital which does not yield a profit is quickly dissipated. But where the spiritual realm is concerned, even the most educated become poor: they forget that light, warmth and inner wealth are quickly exhausted if they do not work each day to increase them. Yes, by prayer, meditation and contemplation we must link ourselves constantly with the inexhaustible Source of life, the divine Source, so that each day we renew the energies that enable us to accomplish our task. **(FEBRUARY 4, 2004)**

Usually the astral body really starts to work to be at work around the fourteenth year of life. In a human being, it is the center of emotions, feelings and passions. Since it can develop negatively as well as positively, it manifests in a teenager as a need to rebel and destroy, as well as a need to love and be dedicated. Of course a very young child already manifests attractions or repulsions, but not so strongly. At fourteen years old, feelings dominate and become the motive and the law, because feelings are not controlled by the mental body, which is the center of thought, reflection and reasoning, and this body really manifest only around the twenty-first year. If you have a young boy, a young girl who feels love for someone, you can try to give them all possible explanations to divert them; they do not listen and plunge into that feeling to find an outlet. Or, if they listen and submit from fear, obedience or respect for adults, inwardly they keep their feelings, because feelings govern this period of life. **(FEBRUARY 6, 2001)**

Although a person may express a belief in God, sometimes we can see no positive effects of this faith. How is it that God manifests in such a feeble and ineffectual way in this person? If God brings him so little, why should he bother to believe in Him! We can then understand the position of atheists: when they see the poor results that faith produces in so many believers, they conclude that it is just as good to manage without God. What good is it to celebrate a God of justice and love and to pray for the coming of His Kingdom on earth if, at the same time, we consider it normal to continue to live in egoism, hate and conflict?
In reality, divine law is inscribed within all human beings. But very few who have begun an inner work succeed in dissipating the darkness of their psychic lives or are able to read this law every day in their hearts. **(FEBRUARY 7, 2004)**

Whatever happens, never stop your spring from flowing, never stop loving. Some of you will say, 'I'm always being cheated and put upon, and I'm sick and tired of it!' Well, it is better to be

cheated and put upon than to stop your spring from giving its water. You will always get over losses and disappointments, but if the stream of water dries up that will be the end of you: you will become a swamp. Of course, it is important to channel and guide the flow; you must not let it run in all directions and waste itself on every garden it comes to. You must not let it dry up, but there is no law against protecting it and making sure that it is only used to quench the thirst of the children of God. And what about the others? What should you do for them? That is not our business; the Lord will look after them. As far as possible, our job is to nourish the lambs, not the wolves. But the fact that there are wolves, is no reason to reject the lambs. **(FEBRUARY 8, 1988)**

If you want to be worthy of respect at all times, you must prove that you are up to the situation, whatever happens. Then if someone reproaches you and even humiliates or overwhelms you, in reality, he will not be able to touch you or tarnish you. No one can tarnish you except yourself and only yourself: it is a law. If you do not compromise yourself, no one can belittle you. If you are always linked to Heaven, exclusively doing the will of God, you will be great and luminous, whatever people say or do to you. Because it is not human beings who are the most powerful, it is Heaven. And if human beings unfairly attack you, Heaven will protect you.

(FEBRUARY 12, 2001)

When you dial a number on the telephone, the only person to answer you out of all the millions and millions of the world's inhabitants is the one whose number you have called. All relationships between all creatures in the universe obey this law. Just as your friend answers you when you dial his number, in the same way, when you emit a thought which corresponds to the wavelength of a specific entity or region of the universe, you establish a relationship with that entity or region. Those whose thoughts are always conflicting and chaotic are bound to have very unsatisfactory relationships because they are constantly in touch with entities that correspond to the nature of their thoughts. This is why it is so important to fill our minds with a heavenly idea, for that idea will have a magical attraction for the entities and elements capable of bringing it to fruition. A sublime idea in the mind acts as a warning to the spirits of darkness – 'Keep out', 'Beware of the dog', 'Trespassers will be persecuted' – and they dare not to enter you; but it leaves the door wide open to all luminous spirits. **(FEBRUARY 16, 2001)**

Human beings have extremely effective means at their disposal to resolve their problems: they have thought, willpower and imagination. But because they usually only use outside methods, these faculties remain undeveloped. So many people say: 'Thought? I have tried many times to use thought, but to no avail.' And why is this? Let us suppose you wish to overcome a physical or mental weakness. It has taken you centuries, several incarnations to form this weakness, so how on earth could you imagine that by deciding now to concentrate on it for two or three minutes you will overcome it? Maybe it will take you centuries again. The psychic world is governed by laws in the same way the physical world is, and one of these laws is that if you have been making mistakes for years, it is logical that it will take a great deal of time and effort to repair them. You can speed up the process provided you learn to work with the methods of the mind, the soul and the spirit. **(FEBRUARY 21, 2002)**

There is a link between thought and action, but it is between emotion and action that the link is strongest. Why does the feeling of love or anger immediately work its way to the physical plane? Whether you like it or not, your gestures reflect what you are feeling. When you love someone, you are instinctively moved to smile at, caress and kiss your loved one. When you are angry with someone, you must take pains not to look daggers at him or lash out with a smack. Every

emotion is expressed through specific gestures. And this also works in reverse: if you look as if you are filled with wonder, you will end up truly being so; if you look as if you are disgusted, soon you will be. Just as your emotions motivate certain gestures, your gestures bring about corresponding emotions. You should be aware of these laws so that you can put them to work in your daily life. **(MARCH 8, 2000)**

With the approach of old age, men and women often discover truths in a philosophy or spiritual teaching that would have greatly helped them in conducting their lives, and they tell themselves that their lives have been wasted. No, they must not say this. Of course, it is better to see the light early on and to orient oneself in life, but nothing is lost. Even for someone who does not have long to live, it is not too late to learn the essential truths and to go deeply into them in order to leave the earth with a more enlightened consciousness. Here lies the greatest difference between the physical life and the spiritual life. If you have never learned to play an instrument, to pilot a helicopter, or even to sew and knit, you are not likely to begin when you are eighty-four. But it is never too late to understand the laws that govern the world of the soul and the spirit. Every effort you make in this direction will not only facilitate your entry into the light of the other world, but will allow you to prepare your next incarnation. **(MARCH 10, 2004)**

Those who decide to undertake a spiritual work must understand that this work involves an extremely subtle matter which eludes all our usual means of investigation. But the results that can be obtained on the spiritual plane are as real as those that can be obtained on the physical plane. In the same way that it is real on the physical plane to saw wood or make soup, it is real on the spiritual plane to activate forces, direct currents and enlighten peoples' consciousness. Sooner or later the results will appear, but first they are produced on the subtle planes. Those who do not understand these laws want to see immediate, concrete results of their inner work. When it appears that nothing is happening, they are disappointed, and this disappointment can lead them to destroy what they have already created. But now that you understand, you will not be discouraged**.** **(MARCH 12, 2004)**

Be very careful about what you say, for even if you do not really mean any harm, evil entities can use the matter supplied by negative words to make them a reality. You cannot blame them for that. It is up to you not to supply them with the means to do evil.
There are many countries in which people are in the habit of cursing others: on the slightest pretext they call down curses on their parents, their children, their neighbours and friends. This is a very bad habit, for such words create the perfect conditions for disaster. Take care never to do this. Also, never end a conversation by saying something negative about someone, for there is a law which ensures that what you say will continue to have negative repercussions. If you are obliged to criticize someone you must not end by speaking of his faults, for by virtue of this law your words will wreak havoc in yourself even before they affect him. Be sure to end on a positive note; say, for instance, 'Of course, he does have some good points ...' mention them, and then stop talking! **(MARCH 12, 1995)**

All is rhythm in the universe, and human beings are part and parcel of this great cosmic rhythm. Although it may be imperceptible to us, the laws of his rhythm govern all our biological and psychic functions. Depending on his way of life and the nature of his thoughts, feelings and actions, an individual is to a greater or lesser degree in harmony with the rhythm of the universe. Music and dance are simply an attempt to keep in rhythm or to get back into it. This is why all cultures attribute a divine origin to music and dance. **(MARCH 14, 1995)**

The wish to command others is one of mostly deeply rooted of all human tendencies. Yet when a desire manifests in people, coiling itself around them like a snake, they capitulate without resistance and abandon themselves entirely to the service of this desire. Analyze yourself carefully and you will see that this is what happens. Human beings are capable of giving orders to others, but they are unable to give themselves the orders necessary to put their own situation right. And the work of disciples is precisely this: to become aware of their inner being so they may re-establish order and reclaim their kingly status, which they lost when their lower desires and passions took control. Everything you may accomplish in other domains pales in comparison to this one work: the work to harmonize yourself with the cosmos and to establish this harmony within your own kingdom by taking charge of your own people, of your own cells. Tell them: 'You are to do my will and nothing else!' and they will be obliged to submit, because you have taken command of them, thanks to your obedience to divine laws, and not by virtue of your personal authority. This is how you will regain your sovereignty. **(MARCH 24, 2000)**

When they are in a state of uncertainty, human beings are as vulnerable as a tree that is about to be felled by a woodcutter. Since the woodcutter cannot do the job with his axe alone, he drives a wedge into the trunk in order to cleave it. Draw your own conclusion: if every day you allow small wedges to be driven into you, you risk becoming the victim of many axes – the many outer and especially inner difficulties – which will assail you and chop you to pieces. As soon as a thought or a feeling manages to split your trunk, you can feel your psychic and spiritual energies dissipate. And then what will become of you? You will be left in pieces. Everyone knows the saying: ‘Strength through unity'. Yes, we know it, and we apply it in our social and political life when it concerns material gain or the annihilation of our enemies. This is not necessarily bad, but what is most important is that we apply this law in the spiritual life.

(MARCH 29, 2004)

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

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

(MARCH 31, 2003)

You say, ‘I am the master here and I will impose my will! – Well, go ahead: you will push people around, put your feet on the table, eliminate those who bother you, indulge in all sorts of excesses, and you will be very proud of yourself ... But one day you will be cornered, because an act is never without consequences. – What do you mean ‘cornered’? Why would I be cornered? – Because under the pretext of asserting your power, consciously or unconsciously, you constantly transgress human laws, but also – and this is more serious – divine laws. This means that you will be preparing very bad conditions in your head, heart and body; this is how you will be cornered one day.’

To convince themselves that they are strong, independent and free, people embark on dangerous paths, because the accumulation of their transgressions represent as many debts to be paid; and gradually they give way beneath that great weight. **(APRIL 1, 2001)**

Consider someone who is handicapped, who cannot reason, whose speech is impaired, who is unable to express himself. Is it because his (or her) spirit is disabled? No, his spirit is in all ways similar to a virtuoso who has been given a defective instrument - an ill-formed brain, through which he has no means of showing his true capabilities. As soon as he receives a good instrument, he can demonstrate all his genius. We must not confuse the instrument, the physical body, with the entity living within it. For people to be thus handicapped means this entity has been punished: for certain reasons it is not allowed any self-expression, and cannot give anything. But this state does not last eternally.
Consider the case of prisoners, for instance who have been placed in terrible conditions of filth, ugliness and confinement. They are not suited to live in such conditions. They may have sensitive minds, aesthetic tastes, and they suffer, they are miserable. But they must serve out their punishment because they have violated various laws. The same applies to people born with a disability, it is only their body that is at present malformed. But in their next incarnation, when they are given another body, they may show themselves to be geniuses. **(APRIL 1, 2000)**

Christians think of the cross as a symbol reminding them of the death of Jesus: but in fact it has a far greater significance. True, it recalls the death of Jesus, but this is only one aspect. The crucifixion was a historical event, but the cross itself is hugely symbolic – a cosmic reality – and we must understand its wider importance. The widest and most profound purpose of the cross is to demonstrate the union of the two principles, masculine and feminine, and their work together throughout the universe. Another shape can be formed from this symbol: the hexagram, or Salomon's seal, made of two interwinded triangles. Here, triangles have take the place of the straight lines of the cross, adding fresh meaning to its significance, but the idea is always the same, and the same law always applies: the work of the two principles. **(APRIL 2, 1999)**

Yogis have acquired great power over their physical bodies. Some of them are able to twist their joints, roll their bellies in every direction, make their veins and arteries stand out, lie on planks spiked with nails, and so on. But is it really useful to waste so many years obtaining such results? They have achieved great mastery over their physical bodies, but have they made equal efforts in the spiritual realm? Do they know how to control their thoughts and feelings? Have they practised facing the trials of life with the same endurance? Of course, even in the spiritual life, certain work on the physical body is important; but it is sufficient to be vegetarian, to do some simple gymnastic exercises, and to lead a pure and balanced life. If you are to succeed in mastering your psychic life, it is the study of spiritual laws and their application that counts above all, and to which you must consecrate your time. **(APRIL 4, 2003)**

When we are always preoccupied with the desire to help and support other people, it may appear that we are the losers, and to some extent that is so, as we may be physically or even psychically fatigued. But if we know the correct way to work, in reality we become more powerful and physically stronger. Initiates know this law. Helping and enlightening human beings takes its toll in energy from the divine world in a far greater quantity than they expend, because in giving all they have to the earth, they receive from Heaven, and Heaven's blessings are infinite. They give and they receive, they receive and they give. If you have not learned how to receive celestial energies you will be quickly exhausted, and you may then regret the work you have done for others. If you want to give to human beings, you must learn to receive from Heaven. You must be emissive towards the earth, and receptive toward Heaven. **(APRIL 6, 1998)**

Book 27: The Laws which governs the World

Suppose someone has done you an injury and you want to exact compensation from him: is there any way of knowing exactly what punishment would be just, and when it should be administered? Would it be just, for instance, to impose the same fine on a man who has nothing to live on and on a multimillionaire? If you think that someone who has done you an injury deserves to be punished, talk to the Invisible World about it: 'This person did such-and-such to me, and because of that, I am having all kinds of problems in this or that respect. So I ask you to intervene and to see that I am compensated for the wrong he has done me.' In other words, you file a complaint before the Courts of Heaven, just as you would before an earthly Court of Law, and Heaven will decide what action to take. Whatever you do, don't take the matter into your own hands; never try to revenge yourself. **(April 10, 1988)**

Work, and do not concern yourself with whether or not others realise what you are doing. The laws are absolutely true: if you do your work honestly, one day everyone will be obliged to recognise it.
Imagine a gardener who has just planted an extraordinary and unique seed in the earth. If he is so stupid and vain that he wants everyone to know it, and he digs up the seed to show every visitor, saying: 'Do you see this? I planted it; take a good look, because it will become an exceptional tree with delicious fruits, and soon we will be eating them...' Treated in such a way this poor seed will not last long! Now this is what many spiritualists tend to do: they uproot what they have only just sown, so that others may know what a beautiful tree they are growing. But they have killed it themselves! You must not remove the seed from the earth; wait until, on its own, the tree becomes visible to others. **(April 13, 2003)**

To develop one's powers of clairvoyance or mediumship, one has to adopt a passive, receptive attitude. But that is not enough: one also has to cultivate one's will-power, in order to be capable of resisting the attacks of entities of darkness. Most people do not realise how dangerous it is to venture into the regions of the invisible world without being properly prepared beforehand, for the inhabitants of the invisible world are not all luminous spirits; there are also plenty of malevolent entities in these regions, and they are often extremely hostile to human beings and ask nothing better than to prey on them. Nor do people know that the world is filled with monstrous complaint before the Courts of Heaven, just as you would before an earthly Court of Law, and Heaven will decide what action to take. Whatever you do, don't take the matter into your own hands; never try to revenge yourself. **(April 14, 1988)**

Take the physical world, the spiritual world, and the divine world – or, if you like, the form, the content, and the meaning – or again, the world of action, the world of laws, and the world of principles: yes, it is always the same trinity – the body, the soul, and the spirit. The spirit is an expression of the divine world. The soul corresponds to the spiritual world. The soul, therefore, lies between matter and spirit: it is an intermediary, a vehicle that transports elements from Heaven towards the earth, and from earth toward Heaven. Everything that travels downwards or upwards passes through the soul. The spirit can only move downwards, and the body can only go upwards, but the soul moves up and down between the two. So, the spirit only has the power to influence matter by first passing through the soul. Observe what happens in nature: the sun cannot act directly on the earth, it needs the intermediary of air and water. In the same way, our spirit cannot influence our physical body directly, it can only act through a go-between – our soul. **(April 17, 1999)**

According to initiatic science a promise is like a signature on a contract. Words are recorded on the etheric plane and a verbal promise is binding in exactly the same way as a written promise: no power on earth can release you from it except the one to whom you made it. If he is generous, understanding and forgiving he may release you from it, but if not you have to abide by it. It is no good saying that you will ask the Lord to release you, because even he will not do so. He cannot go against his own laws. He would not dare to contravene them. You say, 'How can you say he would not dare? Isn't he omnipotent?' He is, but his omnipotence is not what religion has made it out to be. When God created the world he agreed to live in it and consequently to abide by his own decrees. In fact the greatness of God lies in this, not in any arbitrary reversal of the laws of the universe. God can do as he pleases beyond the boundaries of His creation, but within creation he is bound to obey the laws he Himself created, and this means that he cannot release you from your promises. **(APRIL 19, 1995)**

Many very ordinary people imagine that they have been chosen to accomplish some splendid, divine mission. They are not particularly gifted in any way, but still they have got it into their heads that Heaven has chosen them to restore order in the world or to establish some new religion. The truth is that we all have a mission, but we need to know what our particular mission is. Our main task is to develop all the potential qualities and virtues placed in us by Heaven, and that is a tremendous work in itself. We still need centuries, millenniums even, before we can begin to discover and manifest all the riches we carry within. It is always possible that Heaven may choose someone for a special mission. Our collective mission, however, is to develop ourselves, little by little, until we achieve perfection.
However timid and commonplace we may be, we will have this mission to accomplish: to work, improve and evolve. **(APRIL 20, 1998)**

When we know the law of karma, we must not take it as a pretext to remain indifferent to the sufferings of human beings. Unfortunately, instead of thinking about those people who suffer and deciding to do something to help them, some so-called spiritualists merely say, 'Oh! It's their karma,' and do not lift a finger. And in this way they think they are very evolved: they imitate Hindus! If some people see in this a good reason to wallow in their selfishness, it would sometimes be better that they never heard of karma! That is why we can say that Westerners possess the great quality of refusing to be indifferent to other people's misfortune. We observe this at the time of famines, epidemics, floods and earthquakes: people quickly send money and organize help. This is fantastic! **(APRIL 22, 2001)**

It is in your own interest to behave well, with integrity and honesty, because then people have confidence in you, and it is you who benefit. Many people believe they have the right to mislead the others, behave casually towards them or manipulate them in order to further their personal ambitions or interests: it does not enter their heads to consider other people worthy of consideration and respect. So they should not be surprised when those others, feeling they have been intimidated and belittled, finally retaliate.
Some may wonder, 'Why are people so hostile towards me?' not realizing that it is they themselves who have created these conditions. They are continually lashing out at others – if not physically, then psychically – and it is quite extraordinary that they still consider themselves to be innocent.
So, it is up to each one of us to analyse ourselves, to become aware that a law exists, and to know that if we do not respect this law we shall soon find ourselves inextricably embroiled in difficulties. **(APRIL 22, 1998)**

Book 27: The Laws which governs the World

Most religions have represented the Lord as a ruthless, vindictive and jealous being who sees everything we do and punishes even the slightest wrong-doing. The truth is that the Lord does not punish us. In fact He does not even want to see our transgressions. He has no time to concern Himself with such matters. He embodies love and lives only in splendor, but He has created the world based on laws and if we do not obey these laws, they – not the Lord – will punish us.
Let us suppose you have done something silly; you feel troubled by it and you pray, and in your prayer you feel you are escaping your torment, your are elevating yourself and you are reaching God's Throne. And even if you are covered in dust and tattered, God says to you: 'Come on in. Welcome,' and He orders for you to be washed and dressed, He invites you to His feast and you are happy and at peace. When you go back down – because inevitably you will have to go back down, you are not able to remain up there for very long – your torment returns. And it will continue until you understand how you should correct your mistakes. **(April 23, 2002)**

Because God possesses all virtues, he also possesses all the wealth of the universe. In the far distant past, when primeval order was respected, material riches were only given to those who possessed spiritual wealth, and those who were poor inside were also materially poor. Nowadays, that order no longer exists. But as this is an absolute law (all that is below must be like that which is above), this order will one day be re-established, and everything will return to its proper place: all those who are rich – gifted with intelligence, goodness or nobility – will receive the corresponding material wealth, and those who do not possess these qualities will find themselves living in poverty. Of course human beings will not be entrusted with re-establishing this law, because they do not know how to judge who is deserving or not; this will be the task of cosmic intelligence, because the law of correspondence is an immutable law of the universe. **(April 23, 1998)**

We cannot help but observe every day, in all that happens and in the way people behave, how difficult it is to distinguish between good and evil. We try in vain to see where on begins and the other ends, because they are inextricably mingled: Hermes Trismegistus says in the Emerald Tablet, "You will separate the subtle from the gross with great industry." This alchemical precept naturally applies to the problem of good (the subtle) and evil (the gross). If it is difficult to separate them, it is because they feed on one another. Evil clings to good in order to draw on its forces. In the same way, good clings to evil in order to feed off it. We can allow the good to nourish itself with evil because good transforms evil; but we must prevent evil from feeding off good. Plants have the right to draw elements from the earth on which they grow, because in doing so they obey the laws of creation and life, but the earth does not have the right to extract forces from plants. **(April 24, 2003)**

When you feel a psychological malaise concentrate on it mentally and infuse light and warmth into it. In this way the particles of your astral and mental bodies will be harmonized and you will soon feel better. Human beings do not know how powerful thought can be! You must learn to use it to combat negative elements by concentrating it so that it penetrates your psychic organism. This is one of the most improtant laws of spiritual life and if you put it into practice you will see how effective it is. If you have never had any success in our attempts to use the extraordinary power of thought it is because you have never practised enough. **(April 27, 1995)**

All that is engraved on our body and our face today what was first prepared and formed in our psyche. This is the working of an absolute, implacable law, according to which each thought,

each feeling releases currents of force whose effects reach even to the physical plane. Of course, these effects are not visible right away. In the course of a day we are traversed by a multitude of fleeting emotions and sensations, and although these states of consciousness are immediately recorded somewhere in our subtle matter, they are not deeply engraved on our physical body nor even on our face. In our present life, our facial expressions represent what we are living at any particular moment; they are no more than ripples on the surface of water. Only those currents set in motion long ago and repeatedly are deeply engraved. Knowing this, you will understand the power you have to mould your body and your facial features. **(MAY 5, 2003)**

For the simple reason that he is a living being in whom flow all kinds of thoughts and feelings man is constantly changing. His vibrations and emanations are not the same from one moment to the next. Usually these changes are imperceptible; it takes years before the changes in his face, the colour of his skin, his silhouette and the physical matter of his body become visible. If somebody lives a depraved life and entertains vile thoughts and feelings his whole being will be contaminated, and his eyes and voice and all his gestures will end by betraying his degradation. Whereas if a person continually strives to live in harmony with the divine world and conform to its laws something within him gradually straightens up and becomes purer and more luminous. Like the underground streams that transforms the rocks and pebbles over which they flow, the divine currents that flow through man impregnate the particles of his body with light, and little by little he undergoes a veritable metamorphosis. **(MAY 6, 1995)**

You cannot escape or bypass divine laws. That is why it is useless to consult astrologers, as some do, so as to be warned of losses or accidents to which you are exposed. What ever you do, you will not avoid anything: you cannot escape fate with trickeries. The only thing you can do is work with the light so that, when trials come, you can better put up with them.
You know, for example, that a serious disease is coming; well, by leading a reasonable life, purifying and reinforcing your body, you prepare the weapons to fight it off. You will not be able to avoid this disease, but the day it breaks out, you will be able to minimize its ravages. This law applies in every domain: the efforts you make to reinforce and purify yourself will always enable you to face hardships in the best conditions. **(MAY 10, 2001)**

At one time or another in your life you will be the victim of injustice, of false accusations, and mistaken judgments by people who want to harm and destroy you. It is important to know this and to prepare yourself to confront such situations so that, when the time comes, you will not allow anxiety, grief and the desire for revenge to get the upper hand. The only correct response in these situations is to continue to work on yourself. Tell yourself that everything inspired by the divine world will endure and will shine one day in all its glory, whereas self-interest, intrigue and scheming, although they may succeed for a certain time, are sooner or later condemned to failure. Therefore, leave those who are unjust and spiteful to wallow in their own swamps, if that is what they want; they will become weak and impoverished because they do not know how terrible the laws are for those who serve jealousy, deceit and hatred. The power of heaven is infinite: it works imperceptibly but tirelessly, and everything eventually ends well for those who hold in their lives a sublime ideal of beauty and love: the coming of the Kingdom of God and brotherhood in the world. **(MAY 13, 2004)**

'That which is Below corresponds to that which is Above...' says Hermes Trismegistus. Therefore, if the true order of things were respected on earth, those who are poor inwardly should also be poor on the outside and those who are rich inwardly should also be so on the

outside. Like the Lord who possesses all the riches of the universe because He possesses all the qualities and virtues. Here on earth, however, we find that this order no longer exists, but since this law is absolute, one day everyone will get what they deserve, in other words those who are rich in intelligence, goodness, and nobleness will also possess all the corresponding outer riches and those who do not possess those qualities will be subjected to a state of privation. It will of course not be human beings who will re-establish this order; they do not know who is deserving and who is not. It will be Cosmic Intelligence, because the law of correspondences is an immutable law in the universe. **(MAY 13, 2002)**

Talents and virtues are entities that dwell within a human being and work in collaboration with his spirit. But if a person start to transgress divine laws, commit misdeeds, these friends within will leave him, for they cannot endure such an attitude, and he will be left to himself. Or else other entities will come to dwell within him, dark entities that trouble his mind and body. Medicine does not know this: physical and psychological illnesses are also living entities! Whether beneficial or harmful, the entities that dwell within man are the ones he himself attracts. So be careful, you have been warned! **(MAY 15, 2001)**

Countries believe they can solve problems with their neighbours and ensure their safety by perfecting weapons which are more and more deadly, until one day they will destroy the whole earth. Because, with this approach, the more time passes, the more complicated things become. As long as human beings do not choose to solve their problems with spiritual force, with the power of divine love, nothing will ever be resolved. Therefore, whatever your situation and station in life may be, from this day forward you at least must try to resolve any problems with your parents, your friends or your enemies by expressing love and kindness. By doing so, you will activate a law which will require them sooner or later to respond in the same way. Yes, this is the power of provocation! As long as you do not understand how to resolve problems, you unfailingly provoke the negative side in others, which in turn waits until you drop your guard and comes back to attack you. Study history and you will see that this has always been the case.
(MAY 17, 2004)

There is an universal law: to survive, we must know how to renew ourselves continually. And if the Church is now in the process of losing ground, it is because it has not renewed itself. For centuries it has continued to cling to old, outmoded ideas which should be abandoned. Obviously, the principles on which the Christian religion is founded can never be replaced; better principles than those found in the Gospels do not exist. But to these principles so many beliefs and practices have been added, and it is these additions that no longer have any reason to exist.
Many people also abandon the Christian faith because they find that science contradicts and obliterates the teachings of the Gospels. Well, this is too a mistake, because anyone who understands the discoveries of science will see that they only underline the truths of the Gospels. It is now up to the Church to broaden its point of view and show that scientific truths can never destroy the truths of faith. **(MAY 20, 2000)**

How many parents and teachers understand the difference between love and weakness? They do not know how to show children that there are implacable laws which everyone, young and old, must accept. 'And what if these poor children cry?' you ask. Let them cry! They must understand that everyone has to submit to these laws. As soon as a child cries, everyone gives in so that the little darling is not unhappy. Well, at this point the battle is lost: they will always

give in, and it is these same parents and teachers who one day will suffer because they have confused love with weakness. Is he crying? Let him cry a little, he is exercising his vocal chords, and at the same time he is learning that there are laws to be understood and respected.
(MAY 21, 2004)

Every day you learn, you acquire new knowledge, but this knowledge will not remain with you if you do not live in harmony with the divine laws. And living in harmony with the divine laws means possessing the true science of life. Then yes, eternal, universal, cosmic knowledge will penetrate you and every day you will come upon new discoveries and new revelations. You already possess this knowledge, but it is deep embedded that you have difficulty in making it come to the surface. Divine, harmonious life can help you to uncover it; no need for books or for learning, you already know the essentials. This is why, I tell you, do not rely on your knowledge gained from books; if you do not live in harmony with Heaven, it will all be wiped away, you will lose it all, even the gifts with which you have been blessed. Strive, however, to bring yourself in harmony with the divine world and true knowledge will bestow itself within you. **(MAY 22, 2002)**

Seeking happiness is like running after a ball and kicking it away as soon as you catch it. Why do we do this? To be able to go on running after it. It is the running after it that we enjoy, that is what we find stimulating. It is in this endeavor to reach the goal that we find happiness. Therefore, when you have a desire, do not rush to satisfy it, because it is the desire itself that uplifts you and fulfils you.
Try to understand this law and make sure that the desires with which you fill your soul and your spirit can never be realized, because it is these desires that will make you live. Yes, this is the secret. Why ask for something that can be realized in a few months, a few years? Seek what is furthest away and most unachievable, i.e. perfection, immensity, eternity, and on the way you will find all the rest: knowledge, riches, strength, love ... You will have all of these without even asking for them. **(MAY 23, 2002)**

By confronting evil with evil, hate with hate, violence with violence, we are going back to an old philosophy which cannot give good results. Now goodness must oppose evil, love must dispel hate, and peace must vanquish violence. This law must be understood once and for all. Only good can struggle aginst evil, because good is immortal, whereas evil is made of perishable matter. Every word and act of hatred can be likened to a stone in the air: the more time that passes, the less force the stone possesses to rise. A good word or act, on the other hand, is like a stone thrown from the top of a tower: it picks up speed and power as it descends. This example illustrates the secret of good: it is weak to begin with, but finally, all-powerful. On the other hand, evil seems all-powerful to begin with, but becomes increasingly feeble as time passes. **(MAY 24, 1998)**

What we generally call anarchy must not necessarily be considered bad. No, anarchy is the state of a person who wants to lead his life as he wishes and not submit to the established order. Whether this order be good or bad, he wants to live according to his own ideas, which could be possibly be superior to those of the established order. Society might consider him an anarchist but if he desires more love, fraternity and justice, he is not an anarchist in the eyes of Heaven. According to initiates, a true anarchist is the one who does not recognize the divine order, the existence of a master of the universe, entities and higher forces and rules to which he must submit. He might totally agree with society, along with millions of people who have no

spiritual life, but from the point of view of cosmic intelligence, he is an anarchist because he transgresses divine laws. **(MAY 28, 2001)**

Outwardly, most of us are perfectly decent people. We have never broken society's laws for fear of being caught and convicted: yet we have no qualms at all about disobeying divine laws, although these laws are in fact far more ruthless. If we are intelligent, or perhaps just lucky, we can always evade human laws. As for divine laws, no one has as yet been able to evade those, however intelligent or clever he or she may be. Over and above us and our minor intelligence there exists a far greater intelligence which watches and records everything, and that is why those who do wrong are always found out and punished. Unwittingly, they always leave traces behind somewhere. Even a thought or a feeling leaves traces. We go out somewhere, and would seem to be behaving impeccably, and outwardly this may be so, but if inside we have criminal thoughts, these thoughts will be recorded in the subtle world. That is why divine law will pursue us, and some time later those delinquent thoughts will in one way or another return, with dire consequences. **(JUNE 2, 1999)**

A staunch materialist who rejects the reality of the invisible world is preferable to a self-proclaimed spiritualist who ventures into a world he knows little about, in an attempt to exploit it for his own benefit or, simply from vanity, to attract attention to himself. In doing so, he is breaking the laws of the spiritual world, and sooner or later he will have to answer for his transgressions.
The knowledge accumulated over the centuries by the initiates was not meant to be used as it is used today by so many people – by crooks, cranks, the curious, and the deranged. Those who claim to be spiritual must expect from initiatic science nothing other than a transformation, a perfecting of their inner life. Anything foreign to this preoccupation is not true spirituality.
(JUNE 5, 2003)

It is customary in every country to bring gifts to those we visit. It is a very old tradition based on the law of never going to visit anyone empty handed. You should always go to meet someone wishing to bring them something. It is also important not to greet someone with an empty vessel or container because, if you do, you bring that person emptiness for the rest of the day. When you go to meet friends never hold an empty basket, bucket or bottle. If you really must hold a container (basket, bag, bucket, and so one) then put someting in it before you set out – this need not be anything precious, perhaps just water, which is the most precious substance in the eyes of the Creator: then you can go to meet your friends knowing that you are bringing them health, joy, fulfillment, and an abundance of every blessing. **(JUNE 6, 1999)**

When true love comes into the world, laws and regulations will be superfluous, because every necessary task will be carried out in perfect harmony. Love is the only power capable of harmonizing everything, allowing all to grow and flourish. As soon as love enters a family, a community, or a socitey, there is no more need to issue order: 'Do this! If you don't, you'll be in for it ...' because everybody will do what needs to be done, with pleasure. Where there is love, laws are out of place. **(JUNE 6, 1998)**

Fill a glass half-way with water and show it to two different people: one will say that it is half full and the other that it is half empty. Objectively this comes to the same thing, but a psychologist sees in it a sign of two different mentalities. When you dwell on fullness you feel fulfilled. When you dwell on emptiness you mutilate yourself. This is a law of magic. When a sick person thinks

of nothing but his illness his state worsens, because negative thoughts are corrosive. Let him think about health and he will get better.
Many things are lacking to you of course, but if you dwell on your wants and needs you will only accentuate this aspect of your life and feel even more deprived! Whereas if you dwell on the thought that you are a child of God many aspects of your life will begin to improve. In any case it is not material advantages that human beings need so much as a divine, luminous philosophy capable of liberating them from their weaknesses. **(JUNE 6, 1995)**

Thanks to our subtle bodies we human beings are in touch with the entire cosmos, living and vibrating as one with universal Soul, and with each generation, reaching back to the furthest distant past. We are in contact with the world of ideas, archetypes, laws, forces and truths, and this world can manifest itself in us in the form of images and symbols. If we meditate on the very high truths of the causal plane, there is a movement in the depths of our subconscience, and instantly a shape appears: either in the form of a being, an object, or a geometric figure. This is the explanation of premonitory dreams and prophetic visions. Left to yourselves you would never find a precise explanation: you would never manage to find the exact corresponding sign, because thousands of symbolic forms exist. Nature alone holds the key to the affinities between all things; so she presents an image before our inner spiritual eye which matches perfectly the object of our concentration. **(JUNE 7, 1999)**

How many people complain: 'I seek the light. I pray every day, but God does not hear me. I have so many problems, I am unhappy and sick, and my life has no meaning.' Whose fault is that? If you are struggling with so many problems, it means you have attracted them. 'But this is not what I wanted, I did not know.' Whether you knew or not, you have transgressed laws and are now suffering the consequences. Ignorance is never an excuse. If you do not respect the rules of the road, the police arrive and give you a ticket, and it is useless to say: 'But, Officer, I did not know.' He calmly continues to write the ticket and does not want to hear whether you knew or not because, as far as he is concerned, it is your duty to know. From now on, therefore, try to bring your behaviour into greater harmony with your spiritual aspirations. Since you no longer have the excuse of not knowing, when you fail to do so you will be doubly guilty and will suffer.
(JUNE 12, 2004)

A human being travels the same trajectory as the earth. In the same way that the earth came from the primordial fire, a human being is a spirit, a spark from the burning bosom of the Eternal. He has, in other words, had to travel a considerable way and, just like the earth, he has grown dull, cold and dark on the way. But human beings are predestined to regain the regions they once left, and one day, after many incarnations, they will return to their celestial Father. And since the fate of the earth and the fate of human beings are governed by the same laws, the earth will at that point in time also have evolved and become a sun. **(JUNE 20, 2002)**

Killing a person does not eradicate their ideology, because others will take it up, and it will live on with even greater momentum. In the other world, the spirit of a prophet or a martyr continues to hold the same convictions, the same desire to enlighten human beings and to help them evolve. While he was on earth, it was not possible for him to meet everyone capable of taking in his ideas, because these people were too dispersed. But once on the astral plane, he is free to seek them out and influence them. This is why the death of certain initiates can often enhance the propagation of their ideas.

By remaining on earth, of course, a master can work, act and serve as a model, but his influence is limited to a very small number of people: those who surround him, who approach him, who know him. But once disengaged from his physical body he can rouse a far greater number of spirits. This does not mean that he must have himself massacred in order to have more influence. No, but it is useful for you to know the laws governing the material and spiritual worlds. **(JUNE 20, 2000)**

In mythology the phoenix is a bird of gorgeous plumage, fabled to be the only one of its kind and to live five or six hundred years in the Arabian desert, after which it would burn itself to ashes on a funeral pile of aromatic twigs ignited by the sun and fanned by its own wings, but only to emerge from its ashes with renewed youth, to live through another cycle of years. Because of this, the phoenix has become the symbol of beings who are very evolved and who, knowing the laws of immortal life, are capable of constantly renewing themselves. These beings have modeled themselves on the sun. Anyone who aspires to immortal life, which is true spiritual life and an endless prolongation of physical life, must turn to the sun. Only the sun is able to teach them what elements give immortality and what work needs to be done with them. There are three of these elements: light, heat and life. The sun constantly distributes these through space as the expression of divine light, heat and life. The day you come to understand this truth and you prepare yourself to watch the sunrise as if it were the event that surpasses all others, you will drink the sun, you will nourish yourself with the sun and you will become immortal, because you will know how to renew yourself. **(JUNE 21, 2002)**

People detest and speak ill of each other: Of course, they know full well that such a conduct is not consistent with the teaching of the Gospels, but they don't seem to care. What they do not realize, however, is that a law exists according to which those who incessantly speak ill of others are, in doing so, actually handing over their own strength and giving appropriate weapons for retaliation: They themselves are actually empowering their enemies. Do you want to disarm your enemy? If so, say good things about him, find at least one good quality and tell others about it. Then the spirits will go to him and ask how much credit he has in his bank. 'Very well,' they will say, 'You owe some to that person, over there, because he has said good things about you.' Speak ill of him, however, and the spirits come and force you to settle the score by paying out your own energies; so it is you yourself who give strength to your enemy. **(JUNE 23, 1999)**

Health is the result of the work all the organs of our body carry out together and in harmony for the good of our whole being. From the moment, therefore, an element enters our organism that does not obey this law of harmony it creates disturbances, and these disturbances, this disharmony is what we know as illness. The same phenomenon occurs in the psychic organism. When the thoughts, feelings and desires of human beings let in elements that do not vibrate in harmony with their entire inner being, they also let in illness. So, when you feel troubled, instead of looking for complicated reasons why you should feel this way, understand that you have allowed chaotic and dark thoughts and feelings into your head and your heart. Seek them out and try to eliminate them. **(JUNE 25, 2002)**

Magic is nothing more than the laws of physics applied to the spiritual world. One of these laws reveals the power of the rays of the sun when concentrated on a single point: they produce fire. In the same way, spiritual physics teaches us that people, also, can use their thoughts to produce the same effect as sunbeams. If you learn to concentrate your mind on a precise point you can generate much good for the world. There may not be much to see on the physical

plane, but on the etheric, astral and mental planes, your concentration of thought will have burnt away many impurities. **(JUNE 25, 1999)**

Just as religion has never been able to annihilate science, science will never be able to wipe out religion, because they are founded on identical laws. There is neither division nor contradiction between the two. Divisions and contradictions exist only in the minds of ignorant people who do not know how God created the universe. Science properly understood can help believers concentrate on what is essential, and religion properly understood gives science its true dimension. Each has its specific function, and from now must co-exist within every human being. Yes, if science and religion are to cease waging war in society, they must first call a truce in each human being, because it is here that the ravages are greatest. When a man of faith opposes a man of science - and vice versa - he believes he is attacking an adversary exterior to himself. Not at all! He is attacking himself. **(JUNE 28, 2003)**

Once upon a time, when people knew true love and were capable of staying faithful to each other, the institution of marriage did not exist. The custom of marriage became necessary when people no longer knew how to love, and laws, sacraments, and so on, had to be instituted to bind them together.
Are agreements, contracts, and the presence of mayor or priest needed if there is true love? In any case, the existence of these mayors, priests and contracts do not prevent couples from tearing each other to pieces and separating. Nothing more is needed for love to endure eternally, not even the blessing of a priest, because God Himself has already given His blessing. God is present within the love of those who truly love each other.
That is the only real blessing: love itself. **(JULY 7, 1998)**

In the past many artists received a teaching from an initiatic school, which revealed to them how to rise to higher realms in order to find forms, colors and sounds. When their works of art succeeded in translating what they had received during their meditations and contemplations, they would influence human beings, inspiring in them a desire to embark on the same path towards celestial heights. That is why for centuries these creations have continued to move us. Nowadays artists graduate from Academies with all kinds of diplomas, but, having no knowledge of initiatic laws, they invent all sorts of theories to explain, for example, that their “abstract” art contains a philosophy, a thought that the masses cannot grasp. You look at a picture, you turn it in all directions ... What does it contain? What does it express? Nothing, stupidities, absurdities. Artists themselves do not know what art is anymore, what is its function, its mission. And yet it is simple, it can be summed up in very few words: the mission of art is to inspire human beings, so as to encourage them to turn back to their celestial homeland. **(JULY 12, 2001)**

Even if your spiritual work shows no immediate tangible results, nothing is more truly efficacious. If results are not immediate it is because the world of the soul and spirit is less easily accessible to us than the material world. But you must never lose heart; if you are disheartened it means that you have not knowledge and no discernment. How long does it take a lettuce to grow? And how long does it take an oak tree? Yes, but how long does a lettuce last? And how long can an oak tree live? The laws that apply to the lettuce and the oak apply also in your inner life: if you want a lettuce – symbolically speaking – you can have it very quickly, but it will soon wilt. If you want an oak tree you will have to wait a long time, but it will live for centuries. **(JULY 12, 1995)**

You can only unite with the infinitely great if you first touch the infinitely small. So, in order to unite with God you must begin by focusing on the cells of the body. If you think about your cells every day, about how to purify them, how to strengthen them, to illuminate them, you will gradually begin to feel that you are touching the Divinity, who is purity, strength and light itself.
One day a disciple asked his master after a meditation on the immensity of God – something he had found difficult to conceive – why God was so great. And the master replied: 'God is great because He concerns Himself with the smallest things.' This implies that those who are not prepared to concern themselves with the most humble people in life – i.e. the poor, the needy, the illiterate – will never be great. When Jesus visited the poor, the sick and even the prostitutes, or when he sat children on his knee, he showed he knew this law. People who only seek the company of the rich, powerful and educated, and who refuse contact with the lowly, will never come to know the greatness of God. **(JULY 16, 2000) + (FEBRUARY 4, 1998)**

The Bulgarian Fairy-tale Tsar Troian tells the story of a king who woke up one morning to find he had grown a pair of goat's ears. He then tried to do all he could to hide them and so no-one knew about them except for his barber who shaved him every day and who had promised to say nothing. But the barber was a simple man and he found it very difficult to keep such a secret. So one day, unable to bear the silence any longer, the barber went into the forest, lay down on the ground and whispered his secret into the earth. Some time later a tree grew in the very same spot. But this was an unusual tree because the children who made whistles from the wood of its branches found that when they blew into their whistles, they heard the words: "Tsar Troian has goat's ears! Tsar Troian has goat's ears!" The king came to hear of this and called the barber, who tired to exculpate himself saying he had only whispered his secret to the earth. Yes but he should not have said anything to the earth either.
This initiatic tale is also found in Greece, in the legend of king Midas, although he was given ass's ears. And of course we have the saying: 'The walls have ears.' This means that all matter is a medium on which everything is recorded and from which, consequently, all is transmitted. It is a law that every word, every thought, every feeling is recorded, firstly in ourselves but also on everything around us, and may one day be known by everyone. **(JULY 17, 2002)**

We cannot be truly powerful without the help of heavenly entities, and these entities will not be attracted to us and want to help us unless we live a life of purity in accordance with divine law, otherwise they will not even notice our thoughts and prayers. A disciple must always be vigilant about the way he lives therefore; this is the only thing that counts with these spiritual beings. If they see that someone is trying to live in unison with the laws of cosmic harmony they are obliged to help him. Otherwise they close their eyes and ears to him and leave him to his fate. Only the quality of our life can 'oblige' heavenly entities to intervene on our behalf.
(JULY 19, 1995)

Picture a man who wants to give an impression of strength: he makes a great deal of noise in order to call attention to how well he does everything, how brillantly he succeeds and how happy and fulfilled he is. He thinks that in this way others will be fooled into giving way and letting him bully them. Of course a few will be taken in but there will always be some who are more perceptive and clear-sighted and who will realize that he is a fraud and a liar, that his behaviour is a charade designed to conceal his weaknesses. Those who are genuinely strong have no need to call attention to their strength. They know that sooner or later others will sense it.
As you see, weakness and strength each has its own method. True strength is the property of the great masters. They have no need of stunts designed to fascinate the public. They have the patience to wait, knowing that sooner or later they will be recognized for what they are, for there

is a law in the universe to the effect that victory belongs to the wisest, the strongest and the best. **(JULY 22, 1995)**

We are living creatures, and to keep alive all living creatures must receive elements from creation – food, water, air, sun, etc. – and use all the riches matter can provide. Only the Creator defies this law: He does not need anything outside Himself. Since, however, he has left something of Himself in every living creature – a spark, a spirit that is of the same nature as Himself – each individual also has the potential to become a creator. Instead of always waiting for everything to come from outside us, we can act on the inside by means of our thought and will, and thus capture the greatest number of elements we need to feed ourselves physically, mentally, emotionally and spiritually. That is why the teachings of the initiates have always been the teachings of the creator spirit and, if you accept these teachings, you will always be strong, free, and rise high over all circumstances. **(JULY 25, 1999)**

Gratitude is the key to everything, because no difficulty can hold out against it. So, every day, keep thanking Heaven, until you realize that everything that happens, whatever it may be, is for your good. Begin now by saying, 'Thank you Lord, Thank you Lord.' Give thanks for what you have, for what you do not have, for all that gives you happiness and for all that makes you suffer. In this way, you keep the flame of life alive within you. - This law is absolute and you should know it. - 'But how can we be grateful when we are unhappy, ill or destitute? It is not possible.' Oh, yes it is! By finding a reason to be grateful even when you are unhappy, you will find the key to the greatest secret of all. You have no money and are ill? Give thanks and rejoice to see other people rich, healthy and prosperous. Do this and you will soon see: doors will open before you and blessings will inundate you. **(JULY 25, 1998)**

From disorder to order, from chaos to harmony, such is the law of creation, and everywhere in the universe we can observe this law at work. Yes, we see it everywhere, except in what our contemporaries insist on calling art, which is more often, in fact, only a return to the formless. We look at a painting or a piece of sculpture without being able to distinguish what it represents. Inarticulate sounds pass for a song, cacophony and noise pass for music, words thrown together pass for poetry, and disorganized movements pass for dance... The intelligence of living nature always works in the direction of differentiation and organization: a single cell divides, and a few months later a human creature appears, extraordinary in form. Must we now take the opposite path and become unicellular, or chaotic? How is it that artists, who are by definition creators, have not understood the law their creations must obey? **(JULY 26, 2003)**

Go and look at swamps and jungles, and you will see all the animals there hunting and devouring each other. Then go very high into heavenly regions, amongst the angelic hierarchies, and you will see beings who ceaselessly give out nothing but love and light. Yes, high up, only love and light exist, whereas low down there is hostility, danger, snares and merciless conflict. In the same way, people whose base occupations and desires have dragged them down to lower regions are obliged to fight and tear each other to pieces. Then they jump to the conclusion that nature is red in tooth and claw, that human beings live according to the law of the jungle. This is true as long as one stays on a low level. But the higher one climbs, the more love and light one finds. **(JULY 28, 1998)**

Does God really love us? Even the faithful often ask themselves this question. And they will receive a reply only when they themselves begin to love God. God does not need our love, but

we need to love Him. If the great masters of all religions have taught human beings to love God, it is because they knew of a magical law which corresponds in the spiritual realm to that which we see every day in the physical realm. For example, you throw a ball against a wall: the wall sends it back to you. In the mountains, you call out words to a rock face: their echo will return to you. In the same way, when you send your love to God, it comes back to you amplified from every point in the universe, because God is present throughout the universe. God does not need us, but we need Him, and it is only with our love that we can attract His love in return.

(AUGUST 1, 2003)

In order to keep the sacred inner fire alight, you must feed it pieces of your lower nature every day. Yes, because it is the lower nature, the personality, that is predestined to feed the fire of the spirit. Stop questioning the use of your lower nature and wondering how you can rid yourself of it: without it, not only would survival on earth be impossible, but you would have nothing with which to feed your spirit.
Know that a magical law exists, according to which results on the divine plane can only be obtained if you sacrifice something of your personality. And if you go and find an initiate, a magus, or a great master to ask him to cure you, a member of your family, or a friend, or ensure the success of some enterprise, or another such request, he will tell you that the only possible way to do so is to renounce certain weaknesses and harmful habits. When you abstain from indulging in mediocre pleasures, an energy is released, which feeds your ability to realize all the good you desire, both for yourselves and for others. **(AUGUST 2, 1999)**

Genuine initiates never make spectacular revelations for they know not only how difficult it is to reveal the truth but also how few human beings really want to hear it. And those who do want it rarely have the strength to bear it. Of course an initiate continually reveals the truth, but the truths he reveals are the laws and methods that his disciples need in order to work at their own transformations, for it is this preparatory work that will eventually give them access to the truth. What would happen if an initiate revealed the truth directly? In the first place there are always some who are incapable of understanding whatever they are told, and the initiate would only be wasting his time. Then there are those who distort what they hear and who, without realizing it, would us the knowlede to their own detriment and that of others. Finally, there are those who refuse the truth because it is inconvenient, because it goes against what they judge to be in their interest. Yes, an initiate who wants to reveal the truth to human beings lays himself open to a great deal of misunderstanding. **(AUGUST 4, 1995)**

A person who is guilty of wrongdoing will sooner or later fall victim to the disorder he has created within himself. He may believe himself to be very powerful and able to do whatever he likes with peace of mind. But his evil actions are inscribed in his conscience, and sooner or later they will come to assail him, and his peace will be destroyed. Even a magus, who commands the whole of nature and is obeyed by the spirits, cannot escape this law, because there is no power in existence capable of appeasing a man tormented by the feeling of guilt. You must therefore count only upon your upright and honest actions. As soon as you transgress a law, you lose your powers, and they are restored to you only if you are able to rectify your faults. True magi distinguish themselves from ordinary human beings in that they are quick to redress their mistakes. It is in this that their power lies: in their ability to redress. If you fail to correct your errors, your power is insufficient to appease your conscience, but by correcting them, you act indirectly on your conscience and are once again at peace. **(AUGUST 5, 2003)**

Obviously each day presents us with worrying matters. But even when you find yourself in great difficulty, in a dangerous situation, try not to be troubled. React by linking yourself to Divine Providence and asking It to send you light. Thanks to this light, you will be able to see more clearly and to establish calm in your heart and mind. It is by this means alone that you will find positive solutions. All the dangers and obstacles placed before the human soul can be summarized in two words – fear and darkness – and you must do everything possible to conquer them. There is only one legitimate and acceptable fear that we may tolerate in ourselves, and that is the fear of upsetting the divine order. Anyone who is afraid of poverty, failure, public opinion, or dying from an illness or accident is not yet a disciple. The disciple has one fear only, that of transgressing divine laws. **(AUGUST 6, 2004)**

The law of time is implacable; nothing can hold out against it. Just as we observe that a building ages and needs repair, so is this true with regard to human beings. Our buildings (we, ourselves) must be restored, rejuvenated, and enlightened; we must reconstruct them on new foundations. You will say: 'But how can we rebuild our body?' Obviously, this does not mean rejuvenating the physical body, because its ageing cannot be prevented. But this ageing process must be compensated by the construction of the spiritual body, by means of an immutable matter that can only be found very high in the subtle regions. Through meditation and contemplation we can attract particles of this matter and draw them to us in order to build a new body, a spiritual body, the body of glory. This is what St. Paul meant when he spoke of the transformation of the old Adam into Christ. **(AUGUST 6, 2003)**

Whatever the mental and material conditions in which you find yourself, never let yourself be weakened by the thought that evil, in all forms, could easily befall you. If you always feel weak and vulnerable and without protection, then, yes, you really are exposed. Work with thought to unite with celestial entities and with light; lead an honest and pure life and you will be protected. Admittedly, there will be people who will try to harm you with black magic, but it will all fall back on to them, because of the boomerang effect of the law of return shock. Evil cannot enter a person who is occupied by the Lord and taken over by angels: in such a person, evil is immediately rejected and returns to the person who sent it in the first place. Cling on to that idea and already you will be out of harm's way. **(AUGUST 6, 1999)**

The masculine attracts the feminine, and the feminine attracts the masculine. Positive attracts negative, and negative attracts positiv. That is why the whole of life is governed by the law of alternation – the law of opposites. In the morning, light chases away the shadows of the night and, in the evening, shadows take over again. Can we therefore say that night is opposite to day, and day opposite to night? Yes and no. Yes, because light is the opposite of darkness; no, because day and night work together to create and maintain life. Look around you. Before coming into the world the child spends nine months inside its mother's womb. In order to germinate, seeds must stay below ground for some time. Bees build their wax combs because they need darkness to make honey. So many processes start off in darkness before coming out into the light. Light and dark represent entities, currents, and energies which nature uses for her work. **(AUGUST 7, 1999)**

In order to be in good health, our physical body obeys a law: all the organs – the stomach, heart, lungs and so on – must work together, selflessly, for the good of the whole person. How can people fail to see that it is because of this disinterestedness that human beings are alive and healthy? The conclusion to be drawn is that we receive a thousand times more by

disinterestedness than by egotism. The egotist imagines that by thinking of his own selfish interests he is in fact going to win. No, he only makes himself sick. Human beings are always trying to take advantage of their neighbour by dominating him or getting rid of him, and they are even proud of their attitude. This proves that they have not understood the lesson of the organism. Every day their own body shows them that with this attitude everything will in fact collapse, because they are introducing within themselves the seeds of destruction. You will say: 'Yes, but by engaging in self-denial and sacrifice we will die.' No, on the contrary, it is then that you establish health, harmony, resurrection and eternal life within you. **(AUGUST 9, 2004)**

Es ist wesentlich, das rechte Maß der Dinge zu kennen. Ja, auch mit der Güte muß man Maß halten, denn wenn man dies nicht tut, wird man zwangsläufig Unannehmlichkeiten zu spüren bekommen. Es am rechten Maß fehlen zu lassen ist weder böse noch kriminell, aber es ist ein Fehler, und jeder Fehler zieht eine Strafe nach sich.
By observing insects we can make very interesting discoveries about our psychic life. For example: if we leave a little food on a table, right away insects such as flies, ants and wasps appear. By what intuition or power of divination are they able to detect from afar the presence of these crumbs? And if we clean them up, the insects leave. Well, the same law applies to the psychic realm. Here, too, all sorts of 'insects' sense from afar the impurities that human beings accumulate in themselves, and they come to feed off them. Everywhere, in all realms, everything is food for something else. Dark and evil creatures need to eat, as do luminous and divine beings. Therefore, beware of the entities which your thoughts and feelings attract to you!
(AUGUST 12, 2004)

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

Even if you do not believe in God you cannot fail to recognize that there is an order in nature and, consequently, that there must be an intelligence that created that order. Reflect for a moment on the fact that each seed reproduces its own kind. How is it possible not to see that this must be the work of a higher intelligence? The mere recognition of this law is enough to make us change our vision of the world. You may not believe in God, but you cannot deny the fact that every seed produces exactly its own kind, whether it be a plant, a tree, an insect, an animal or a man. This law is absolute and should make you think.
You may perhaps allow yourself to be ungrateful, unjust, cruel or violent, but if you do so, you must know that sooner or later this law will catch up with you and you will see its application in your own life. If you have children, for instance, they will resemble you and through them you will suffer from your own behavior. Even if God did not exist, you have endless proof of the fact that a cosmic intelligence exists. **(AUGUST 13, 2001)**

People who rely only on their limited intellect are not capable of true understanding, and they will make catastrophic errors everywhere. The schemes of such people, inspired only by the desire

to possess and dominate, ignore the plans of cosmic intelligence. In this way, the various layers of the physical and psychic atmosphere are disturbed, provoking formidable forces that attack these ignorant intellectuals. Cosmic intelligence has fashioned human beings in such a way that their complete fulfilment is only possible if they respect the laws of the superior world. This is the only attitude that makes it possible for us to receive all light and strength from them.

(AUGUST 13, 1998)

Has your sweethearth deserted you? The world will say, 'There are plenty of good fish in the sea!' but that may not console you. In this case you should tell yourself that he – or she – will come back to you one day. It may take ten or twenty years or a great deal more, but that does not matter. One day you will be together again. If not in this life then in another. Perhaps even in a different form. You loved him and helped him and sacrificed yourself for him, and because he was ungrateful he will be obliged by law to come back and atone for his ingratitude.
And this goes for you too. You are always free to leave someone but you are justified in doing so only if your debt to them is paid in full. Otherwise the law will oblige you to go back to the dear husband or wife you abhor and finish paying your debts. If you wish never to see someone again you only need to pay off all your debts, and you never will! Men and women are ignorant of this law. They do everything possible to separate and sever their bonds with others, whether it be their parents, their husbands or wives, their friends, superiors or subordinates. But over and over again the laws of karma oblige them to be together again in a later incarnation to make reparation for the wrongs they have done.

(AUGUST 15, 1995)

Good or evil, luminous or obscure, each of our psychic states produces an effect in the invisible world. And the fact that human beings refuse to take this law into account does not change anything; sooner or later they will be confronted with reality and must realise all the damage they have done. When they arrive in the other world they will be told: 'Look, it is your fault that this crime was committed, that this accident happened.' They may well protest that they never did anything wrong, that they never stole, or destroyed anything, or killed anyone. But the response will be: 'Perhaps not, but your thoughts and feelings have influenced other people who, because of you, are guilty of all these offences.' We are responsible not only for our actions, but for our thoughts and feelings, because in the invisible world they act as forces capable of leading others towards good or evil.

(AUGUST 17, 2003)

Get into the habit of talking to the flowers, the birds, the trees, the animals and people with love, because it is a divine habit. People who can say words that warm, inspire and light up the sacred fire, use the magic wand in their mouths.
Always be attentive to your thoughts and words, because in nature one of the four elements – earth, water, air or fire – is always there, waiting for the opportunity to create matter from everything you think and say. This is an infallible law, although it often has consequences far removed from the person who first gave nature the seeds. Just as the wind sweeps up seeds and sows them far away, so your thoughts and words fly away and end up somewhere in space producing results, either good or bad.

(AUGUST 21, 1999)

Human beings are in the habit of receiving everything from someone, or somewhere, outside themselves. In a way, this is normal, because nobody could live without all they receive from water, air, sunshine and earth. We are living creatures, and we, like the whole of creation, are obliged to receive everything we need to sustain life from outside ourselves. Only the Creator is not subject to this law, because he has no need of external nourishment. But as he has left a

spark – a particle of himself, a spirit that possesses the same nature as himself – within each living creature, each of us can also become a creator, thanks to that spirit. Instead of always waiting for things to come from outside, our thoughts, wills and spirits can be inwardly active, capturing vital elements to feed our bodies and psyches.
That is why the school of initiates has always been the school of the creative spirit, and the person who accepts this teaching will be forever strong, independent and capable of transcending all that life may throw in their path. **(AUGUST 21, 1998)**

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

The work of transformation must not be limited to thoughts and feelings, but must also influence the physical body, so that people can reach a state of total transfiguration. Jesus lived through such a transformation on Mount Thabor. '*Six days later, Jesus took with him Peter and James and John, and let them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus*.'
Jesus revealed to his disciples how the physical body could become luminous through the power of spirit, the power of love. It was the greatest revelation he could make to those he had chosen. The presence of Moses and Elijah was very significant at this especially solemn occasion. Moses represented the Law, the Jewish tradition that Jesus had come to perfect and put into practice. Elijah was the person who had foretold the coming of the Messiah, who reincarnated as John the Baptist to prepare for that advent. **(AUGUST 22, 1998)**

People's lower nature inspires them with so many thoughts, desires and activities! And they walk, run and gallop after them. It is extraordinary to see how men and women defend their most selfish interests, and what arguments they put forth to justify their lies, their dishonesty and their schemes – until the day, of course, when they fall flat on their faces. But will this stop them? Will they learn their lesson and finally understand that they took the wrong road? For the majority, no; they tell themselves they will do better next time, and so they continue. What they think and feel is final – there is no room for argument – and they dig their heels in. But one day all of them without exception will be forced to recognise the existence of laws higher than those dictated by their convictions and their lower appetites. **(AUGUST 26, 2004)**

It is said of some exceptional beings that they bear a mark on their forehead which distinguishes them from all others. This is true, but it is not a mark that a visible or invisible entity has placed there from the outside. It comes from within and is a sign of the bearer's spiritual realisation,

because everything a person lives, his thoughts, feelings, states of consciousness, actions, and so on, is registered and leaves traces not only around him, but also and especially within him.
The manifestations of our psychic life impregnate, shape, and form the whole of our being. Yes, it is a law: each time we manifest kindness, justice, patience, or love, these virtues are inscribed within us, and not only are they inscribed in us, but they create around us a sort of magnetic field that attracts from space beneficent forces which protect us. And because in certain human beings this magnetism is very powerful, it could be said that they are marked with a special seal.

(AUGUST 27, 2003)

The best way to defend yourself against your enemies is to love them. If you hate your enemies your hatred tears the fabric of your aura, and then all that is negative in them can reach you through this tear. In his way you receive some of their poisonous elements which begin to destroy you.
This is why Jesus said, *'Love your enemies!'* He knew these great laws and he knew that hatred is a poison which corrodes our aura and makes us vulnerable. We must protect ourselves by remaining within the impregnable fortress of divine love. Love is our strongest defence against our enemies, to love one's enemies is one of the most difficult things in the world, but it is the only way to be safe from them. **(AUGUST 30, 1995)**

What is the place of men and women? The day will come when men and women will have to sort out this problem, for it continuously goads them to find fault with one another. For centuries, or even millennia, men have imposed their dominance on women and now the reverse situation is beginning to become evident: women are standing up for themselves; they no longer accept to be dominated by men; they want the same rights as men and are even prepared to play the masculine role, usurping their position. There is nothing abnormal about this: it is the law of compensation in action. Men have gone too far. Instead of being paragons of honesty, goodness and righteousness, and so earning women's admiration and esteem, men have abused their authority and physical superiority over women. How could men ever think that this situation could last?
In reality, women do of course need to admire men, recognize their authority and their strength. But if men compromise themselves, how can women look up to this kind of superiority?

(AUGUST 31, 1999)

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)**

If you keep a handkerchief in a scented box you will find, when you take it out, that it too will be scented. Well, that is exactly what happens to our thoughts: they are impregnated with the 'scent' of the things we constantly think about. If you think of things that stink like a sewer or a heap of manure you need not be surprised to find that your own emanations smell just as foul.

No, I am not joking; you must know the laws and learn to apply them. Be careful about what you read and the films and shows you watch, for all these things have their effect on you. Concentrate on the most profound and most instructive topics; even if you don't fully understand them yet, their effect will still be marvellous, because there is a being within you who knows and understands everything and who will, one day, bring you to understand all the things that are still too difficult for you. **(SEPTEMBER 3 , 1988) + (DECEMBER 18, 1998)**

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)**

It is always in your own interest to behave well and with integrity for it is to your advantage when you win the confidence of others. Many people think that they have the right to cheat and defraud others and treat them as they please, without realizing that they are also creatures who ask to be respected, loved and appreciated. It is not surprising that when people realize that somebody has no respect for them and that they are being done down or defrauded they want to revenge themselves. Some individuals wonder why others seem to regard them with hostility, but it is only normal. If somebody punches you, don't you punch him back? Of course you do. Why be astonished when others do exactly what you would do in their place? A law of justice exists and those who fail to respect it soon find themselves inextricably entangled.
(SEPTEMBER 8, 1988)

Human beings are extraordinary: they want to have a positive influence on people and things, but when they are given the means to do so, either they pay no attention or they reject them, because these means do not correspond to their point of view. But their point of view is neither good for others nor for themselves.
If you really want to have a beneficial effect on people, begin by asking yourself how you think about them. Even if they are truly as inept, stupid, egotistic, dishonest and malicious as you think, stop focusing on their failings and pointing them out to others. With this attitude you reinforce their negative qualities and, because you continually attract these negative influences to yourself, you suffer harm as well. Since this law pertains to all realms, try to apply it not only in your relations with the people you encounter, but with the objects around you as well.
(SEPTEMBER 10, 2004)

The whole of creation and all the manifestations of life and nature are the product of the two principles: masculine and feminine. These two principles are a reflection, a reflection of the two great divine principles that created everything in existence: the Divine Father and the Divine Mother. Really, even the Divine Father and Divine Mother are not God. They must be

understood as the polarization into two, stemming from the one principle known as the Absolute, the Non-Manifested, which the Cabbalah calls Ain Soph Aur, meaning 'light without end'.
It is said that the human being was created in the image of God, meaning, in the image of these two principles. Each person possesses inwardly both a masculine and a feminine nature: according to whether a person is a man or a woman, one part is visible and the other is hidden, but even though it is not visible, the other gender is still present within. Each woman is a woman outside, but inside she possesses the masculine principle. Each man is outside a man, but inside he possesses the feminine principle. If you know this law of polarity, and if you know how to use these two principles – masculine and feminine, emissive and receptive, positive and negative – you will be able to resolve all of life's problems. **(SEPTEMBER 16, 1998)**

Human beings do not understand where their rejection of certain laws will lead them, because they have never studied the far-reaching consequences of a thought, a word, or an action. If they had more discernment, they would sense that at the exact moment they reject these laws, they become weaker, because they open the door to dark powers which seize them and bind them hand and foot. It is a law: the less we control our thoughts, our desires, and our whims, the more enslaved we become. You will say that you need to satisfy your desires. Fine, but you must know that this is the direct path to slavery. You will be a slave to yourself, or rather to very primitive inner forces which will knock you down and take complete command over you. You cannot be king of your own kingdom as long as you do not have control of yourself. When wise men advise human beings to learn to master their impulses, it is not for the pleasure of seeing them suffer, but because they know that the absence of mastery opens the way to illness, imbalance, and death. **(SEPTEMBER 17, 2003)**

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

If we do not live in harmony with the laws laid down by Cosmic Intelligence, we shall eventually disintegrate and disappear, because we are not strong enough (nobody is strong enough) to infringe these laws with impunity. You may think Cosmic Intelligence is very cruel to destroy all living creatures who defy these laws, but this is not so. In fact, she does not concern herself with these matters; she never wants to destroy. But if, through ignorance, a person clashes with cosmic order, he is inevitably overwhelmed by the huge forces he opposes. If some poor silly fellow wants to take on an entire army, he will be torn to pieces in a trice. When a bird collides time and again against a window, he eventually kills himself, but the window-pane is not to blame. Human beings tend to behave like that bird, struggling against divine laws, against the splendor of cosmic order, ignorant of the nature of the forces they are struggling against. Then, prostrate and powerless, they complain that God has destroyed them.
No, God has done nothing: they have destroyed themselves. **(SEPTEMBER 19, 1998)**

You can have children who do not belong to the same spiritual family as you and, in this case, they are not really your children: you are not responsible for their acts nor they for yours. The Bible says that the punishment for a man's sin falls not only on him, but on his children and their children after them to the fourth generation. What have these children done to deserve to suffer in this way? If it were not they but their father or grandfather who sinned, it seems very unjust that they should be punished. No, because those who pay for the sins of their parents by inheriting the same vices and illnesses are truly their children. If they had other mothers or fathers they would not have to suffer. Criminals have been known to produce children who were saints; the most ordinary people have sometimes given birth to a genius. Children are not always affected by the crimes of their parents and, when they are, it is because their previous way of life was similar, so they were drawn to reincarnate amongst people of their own kind. The law obliges them be born into that family so as to bear the same trials as their parents.

(SEPTEMBER 22, 1988)

The universe is a kind of sanctuary for us which we must approach with a sense of the sacred. Nature is alive, and not only is it alive, it is also intelligent. If we open ourselves to it, it responds by allowing us to participate in its life. You may say, 'But natural phenomena happen mechanically. There is no intelligence involved.' Well, you are mistaken. Human beings have observed that the universe obeys laws, and this has made it possible for them to create what they call 'the natural sciences', but this is no reason to conclude that natural phenomena are purely 'mechanical'. In thinking this way, you denigrate both nature and yourself; you make it impossible for life to pour into your heart, your soul, your mind, and even into your physical body. You will become truly alive only when you decide to enter into relationship with this life that is present everywhere in the universe. **(SEPTEMBER 24, 2003)**

Human being have their roots in the whole universe since, for millions of years, they have worked in all regions of space in order to accumulate the elements with which they have been able to form their physical, etheric, astral and mental bodies. Thanks to these different bodies, man is connected to all regions in the universe, which are reflected on the screen of his consciousness. Yes, for our consciousness is somewhat like a film screen where actors come in turn to express something of their lower, obscure and selfish nature, or of their higher, luminous, vast, disinterested nature. If a person is lucid, he can sometimes see that by his thoughts, wishes or desires, he has stirred up a swamp. And if he succeeds in touching Heaven, splendors appear before him and he learns. This is how he 'becomes conscious', as we say, of the reality of things, he becomes aware that laws do exist and decides to become much wiser, more careful and reasonable. **(SEPTEMBER 25, 2001)**

Soon the Age of Aquarius will bring great upheavals, which will allow human beings to understand the reality of the spiritual world and the laws that govern it. Out of those upheavals will emerge a new life that will surpass your wildest imagination in beauty, splendor and harmony. All those living creatures, working in secret throughout the world to realize the Kingdom of God, will find each other again and will work together, so that the bastions of ignorance, materialism and bigotry will tumble down. I tell you this and it will be as I say: Nothing can prevent the coming of the new age – The Golden Age. **(SEPTEMBER 29, 1998)**

The ideal of a disciple must be to resemble the Word of God more and more closely, and the first rule to observe in order to attain this goal, is to stop speaking ill of others, to stop calumniating; to be in control of oneself and conscious of what one is doing. Remind yourself

that if you let your tongue run away with you, the power of your Word will be lost, it will no longer be so effective, so divine, so constructive. So you must be very careful.
What terrible things one can say in the course of any one day! People scatter words abroad, believing that if they are untrue or spoken too hastily, they can always repair any damage they may have done. But that is not so. No one knows the path a word follows, the regions it travels through, the harm it does. And even if one tries, it is extremely difficult to repair the damage done, because it is difficult to get through the other layers that have been added in the meantime, and find exactly the spot that was injured. Don't imagine that you can repair the damage done by your words simply by apologizing or paying a fine! That may satisfy human beings, but it will not satisfy the astral laws: in the eyes of cosmic law the damage persists.
(SEPTEMBER 30, 1987)

It is in thinking about others and working for them that we become wealthy. At first, of course, the exact opposite is true. In the beginning, those who are full of love, kindness, and self-sacrifice are considered a little foolish and are used and abused by those around them. But as time passes, they are appreciated more and more, and one day everyone expresses their love for them. You have only to be patient. When you put a sum of money in the bank, you do not receive the interest right away, do you? You must wait. Exactly the same law applies in the spiritual realm. You work with a great deal of love and disinterestedness, and at first you see no results. But you must not be discouraged: one day wealth will come to you from every direction, and you will not be able to escape it even if you try. The entire universe will shower you with extraordinary riches, because it is you who have engendered them. This is justice!
(OCTOBER 1, 2003)

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 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)**

Facts and phenomena exist in incalculable numbers in the universe; these facts are governed by laws which are far less numerous, and laws, in turn, are governed by a handful of principles which can all be subsumed in one: God Himself. The world of facts is the world of multiplicity and dispersion, whereas the Divine World is the world of unity. This is a key of the greatest simplicity which can give you the solution to every problem. When human beings complain of feeling lost in darkness and chaos, it is simply because they do not know of the existence of these three worlds or how they are structured. If you remain on the level of the physical, material world (the world of facts and events) you will never get a clear, overall view and you will never dominate the situation. In order to see things clearly, and even in order to act correctly, one has to rise mentally to the world of principles ruled by the Spirit, the Light of God**. (OCTOBER 1, 1987)**

Children will take full advantage of any weakness in their parents and teachers, and they cannot be blamed for that. If a child is never taught that some rules must be respected and if it grows up expecting that its every whim will be granted, it cannot be expected to comply with the great natural laws. Such a child will be disobedient: It will defy everything and everyone, wreaking havoc all around, even to the point of hysterics, rather than give in. This is normal, because this is how it has been brought up, but it is not the child who is guilty. It is up to the parents to watch carefully, letting no opportunity be missed to teach their child all the little lessons it needs in order to learn to reflect and reason. The child may cry a little if he is punished, but the parents will console him, and for the rest of his life he will know that laws exist that must be respected.

(OCTOBER 2, 1998)

Money is a dangerous commodity in the hands of a man with no spiritual ideal, for he will hide it away in his head and think of nothing else: the idea of money, the desire for money will balloon to such proportions within him that it will darken his sky and block out the light of Heaven and prevent it from manifesting itself.

You must have money, that goes without saying, but put it in your pocket, in a drawer or a safe - anywhere but in your head, otherwise it will be the master and you will be its slave. If you are the master, if money obeys you, then you can do a lot of good with it. But if money is the master it will make you want to dominate others or even to eliminate them, and you will find yourself forced to break any number of laws. Only an Initiate is capable of possessing all the gold in the world and never doing any harm, because he is master of himself as well as of the gold. So you must think about the attitude you should have in relation to money and, above all, avoid making it your ideal, your goal in life, otherwise it will be the ruin of you. **(OCTOBER 2, 1987)**

Jesus said, '*If any man come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple.*' He was asking of his disciples the greatest sacrifice any human being can make. But without presuming to correct the Gospels, I cannot advise you to apply these words literally. You must first understand them correctly. To apply them stupidly or with fanaticism would lead to great injustice. You would be in danger of acting in direct contradiction to Christ's teaching.

Would it be fair if a man who had assumed the responsibility for a wife and family suddenly plunged them into destitution in order to follow Christ? No! Christ was not asking anyone to transgress the laws of generosity and leave his family in distress in order to serve him. To '*hate*' one's family means to expand the compass of one's love, to stop devoting all one's energy to one's little family unit, to stop giving priority to the material dimensions of life to the exclusion of all other considerations. To hate one's family is to remember that one's roots are in Heaven and not on earth. **(OCTOBER 3, 1995)**

An initiatic teaching gives us every means possible to improve our future incarnations. Anyone who does not understand the usefulness of such a teaching not only fails to make improvements but risks losing the few advantages he already has. Take the example of a rich man: if he is content to use his fortune for his own private benefit, he will have to face the greatest material difficulties when he comes back in another incarnation. He will not even know that he was very rich in the past, and that he is now very poor because he did nothing for others with his money and possessions. And this does not apply only to his fortune; the same law applies in all other realms such as intelligence, beauty, and physical and psychic health. So many human beings come into the world handicapped because they did not know about this one essential truth of initiatic science: they themselves are the artisans of their future! **(OCTOBER 7, 2004)**

A dishonest businessman finds himself before a tribunal. He has ended up there because his business has failed. But how is he going to explain this failure? He will tell himself that he unfortunately neglected to anticipate certain things and that next time he will be more careful. It does not occur to him to question the validity of his activities. After all, since society is governed by the law of the jungle, why should he have any scruples? What is important is not to be caught.
Well, this argument may seem acceptable to some, but those who wish to make spiritual progress should reject it. We are never justified in doing wrong on the pretext that everyone else does the same. Instead, each of us should ask ourselves: 'What exactly am I likely to gain by assuming this point of view, by persisting in that attitude?', and sincerely review our behaviour.
(OCTOBER 7, 2003)

How many complications in life arise because we are impulsive and do not know how to hold our tongue! During a conversation with a boss or a colleague, for example, you are not sufficiently vigilant, and you let a few unfortunate words slip. Well, it is done, and the relationship is finished. You are obliged to part ways, and then there are law suits, expenses, and so on. You say you will attempt to make amends, but it is not so easy.
Understand, therefore, that it is always better to be watchful and sensible, and to avoid creating disorder, first of all within yourself. We have very little control of the outer world, but in all that we ourselves do, it is possible, if we are conscious and vigilant, to introduce harmony, peace, and light. Those who learn to practise patience and self-control every day are able to soothe the conflicts which arise in their circles. Their conduct inspires esteem and friendship in family and acquaintances, who gradually begin to help them and do good things for them. It is with attention and self-control that we are most likely to resolve problems. **(OCTOBER 9, 2003)**

Binah is the first Sephirah on the left pillar of the Sephirotic Tree, the Pillar of Severity, the feminine principle in creation, where God manifests Himself under the name of Jehovah. He is the awesome God who revealed Himself to Moses. His anger, his menaces and the curses that would punish human beings until the fourth generation, resound throughout the whole of the Old Testament.
You wonder: 'How can this awesome God be a feminine power?' Because this feminine power represents nature in reality. This concept is easier to understand if you think about what nature really is: An implacable mother. Nature has its laws and if you go against these laws, you are punished in some way or the other. And, by inference, this punishment will affect your children and your grandchildren. Let us take the well-known example of alcoholism. He who abuses alcohol not only harms his physical and mental health, but also passes on a tainted heredity. The same goes for other types of abuse and transgression. Really, it is so simple.
(OCTOBER 9, 1999)

Some people maintain that one should never beat a child. Actually, in exceptional cases, a slap or a spanking will not do any harm. The important thing is that when you spank a child you must be sure that your eyes do not express negative feelings, for a child will soon forget a spanking but he will never forget an expression of anger or rejection. He will continue to resent it for a very long time, and may try one day to revenge himself. So be careful! When a mother has to punish a child she must be in full control of herself and let her child see that it saddens her to have to beat him. She should tell him, 'I hate having to do this, but you have been very naughty and you must be punished!' And then ... on with the spanking! In this way a child learns that it is his own fault, that it is he who obliges his mother to punish him. Thinking about this he will begin to

understand that there are certain laws that have to be obeyed, and little by little he will be transformed. **(OCTOBER 10, 1995)**

How many so-called spiritual people are concerned only with their own interest and not at all with that of the universal collectivity! They have still not understood that when man contravenes the universal order, not only does it harm to others but it always bounces back and harms him as well. It is not enough to know that what do suits you: You are not alone. Other beings exist who have something to say about your behavior and if you transgress the divine laws you will be punished in one way or another. This is why it is so important to devote a few minutes, several times a day, to bring yourself back into harmony with the universe. It is not a waste of time; on the contrary, you will be gaining something very precious; you will be getting in touch with forces which will support and help you. **(OCTOBER 11, 1987)**

Our physical body grows and develops because our inner life penetrates and vivifies it. There comes a time, of course, when the body stops growing, but it continues to change and develop until the end of its days because the life-principle continues to penetrate it. It is we who form our own body and we are tied to it by all kinds of subtle relationships which enable us to influence it. This fact demonstrates a law which we must never lose sight of: we can only influence something to the extent to which we penetrate it. If we are unable to influence the things around us it is because we have not learned to penetrate them with our psychic energy.
(OCTOBER 12, 1995)

Instead of making an effort to improve themselves, people prefer to submit to their lower nature. They accept to be at the service of their weaknesses, desires and caprices. They do not even try to identify the origin of their thoughts, feelings and desires; they just feel some impulsion stirring within them and they give in at once. But as soon as they have given it the opportunity to express and satisfy itself, they are amazed to feel weakened, unhappy and bound hand and foot.
In reality, if we want to become powerful, happy and above all, free, we must learn to submit to divine laws. Yes, contrary to what most people think, it is when we obey laws, not when we oppose them, that we become powerful, happy and truly free. **(OCTOBER 13, 2001)**

Everything in today's culture revolves around the needs of the physical body. But such single-minded concern with the physical body is very dangerous, for the body is vulnerable and perishable, and to base a culture on something that is destined to disappear so rapidly has a disastrous effect on all that men do. Their mental processes as well as their actions will necessarily be as flawed as the philosophy they are based on. Whereas if men would only strive to satisfy the needs of the soul and the spirit, all they do would bear the mark of light and immortality, and we would see the coming of the kingdom of God on earth, for the soul and spirit are not bound by the laws of time and pace. If there is so little nobility and greatness of soul in the way human beings behave today it is because the demands of the physical body are paramount in their minds. They must free themselves from this tyranny of the physical body and place the soul and the spirit at the centre of their philosophy. **(OCTOBER 13, 1995)**

The cross is a symbol whose significance is far greater than that attributed to it by Christians: a reminder of the death of Jesus. True, it does remind us of the death of Jesus, but that is only one aspect of it. The Crucifixion was one moment in history, but the cross itself is a symbol of far greater magnitude; it is a cosmic reality and must, therefore be understood in a much broader

way. The deepest and most complete significance of the cross is the union of the two principles, masculine and feminine, and of the work they carry out together in the universe. The cross is the most concise representation of the work of the two principles and from it has grown another figure, the hexagram or Seal of Solomon, formed by two inter laced triangles. In developing from a straight line to a triangle, this symbol has been enriched by the addition of new notions, but the central idea, the law, remains the same; it still represents the work of the two principles.

(OCTOBER 14, 1988)

It is the law of the earth that everything is contaminated in one way or the another, and we are continuously exposed to impurities, what ever our physical or psychic activities. Eating, drinking, breathing but also looking, listening, meeting other people, staying in certain atmospheres are all times when we absorb impure particles and currents, which weigh us down and take away our light. For the good of our physical body we should therefore try to eat and drink healthily and breath clean air. And for the good of our psychic body we should accept only pure thoughts and feelings. We can also do certain exercises. For instances, several times a day, imagine you are transparent like a crystal. And when I say 'imagine', I mean that you should totally identify yourself with the crystal, with its transparency, until the moment when you feel the celestial currents pass through you, like the light that passes through a prism and refracts into seven colours.

(OCTOBER 15, 2002)

Cosmic Intelligence has designed man in such a way that he cannot reach his full stature unless he maintains his links with a higher world from which he receives light and strength. This is why, when human beings rely exclusively on their very limited intellect, true understanding escapes them and they make disastrous mistakes in every area. Actions that are motivated solely by a desire for possession and domination and that take no account of the intentions of Cosmic Intelligence, stir up certain layers of the physical and psychic atmosphere and provoke formidable powers into reacting negatively.

Before long, the upheavals accompanying the beginning of the Age of Aquarius will convince human beings of the reality of the spiritual world and of the laws that govern it. But the beauty, splendour and harmony of the new life that emerges from the torment will surpass anything that can be imagined. All those who, in every comer of the world, are already working in secret for the coming of the Kingdom of God and His Righteousness, will unite and work together and the fortresses of ignorance, materialism and despotism will crumble away. This I declare to you and it will be as I say: nothing can prevent the coming of the new age, the Golden Age.

(OCTOBER 15, 1988)

When a tight-rope walker is on the high wire he is forced to stretch out his arms to keep his balance. Well, this image represents a human being: Human life is a tight rope. First, consider the domain of the heart and intellect. Every day we come up against this problem: How to balance the trays of our psychic scales, adding a little on one side and subtracting a little from the other. Someone who is careless and inattentive introduces an imbalance within himself, which translates into chaotic thoughts and feelings ... and he ends by 'falling'.

In each sphere of life man must see to the balance of both trays of his inner scales. If he always focuses on matter (money, possessions), without ever giving some thought to the spirit, to Heaven, he will also create within himself an imbalance that will be reflected in his facial appearance and even in his health. You must know this law: For each need that is fulfilled on one plane shows up a void to be filled on the other plane.

(OCTOBER 18, 2001)

When you have experienced a moment of great joy, expect to find things staring to go wrong or to experience unpleasantness from the people around you. Yes, be on your guard, because if you are not, if you are insouciant or careless, you will be taken by surprise. When you are fortunate enough to experience some moments of happiness, do not let yourself go: be vigilant, because the negative side is already getting ready to pounce and if you let yourself be taken unawares, all the advantages you have gained may be lost. This is the law. Since everything is interlinked, when a movement occurs in one area, it automatically starts up an inverse movement elsewhere. **(OCTOBER 21, 1999)**

Artists, philosophers and even some scientists tend to live more in their own inner world than in the outer world. But as they do not always know how to control this inner world, many are swept along dangerous paths and reach dead ends where, without a true philosophy to guide them, they become totally lost. Their favorite words are: 'I consider it to be like this ... or like that. In my opinion ...' Well, they may consider themselves to be gifted creators and exceptional innovators, but if they are working contrary to the great natural laws, they are nothing but anarchists.
One eternal philosophy exists, handed on by initiates down the ages, and we are working here to draw ever closer to this philosophy. This does not mean that we have to limit our individual self-expression: certainly we can express ourselves as we wish in original, even unique ways, as long as we do so within the framework of initiatic philosophy. **(OCTOBER 21, 1998)**

You are distressed or feel unhappy, abandoned: What can you do? Well, instead of staying there crying, going around in circles and bothering parents and friends who cannot do much for you, why not approach those who can really help you? You will say, 'But where are they? Where can I find them?' They are there, they have always been there close to you and through your mind, you can appeal to them and reach them. It is the quality of your thoughts, feelings and desires that determines the nature of the entities you will contact in space; and these entities will give you answers. As soon as you know this law – which is the law of correspondence, the magical law above all others – and especially if you put it into practice, you will gradually manage to rebuild everything within you. You will then produce with your thoughts and feelings much higher vibrations that will go very far into space searching among billions of beings for those who correspond to these vibrations, and these beings will give you everything you need.
(OCTOBER 22, 2001)

Anyone who enjoys throwing pieces of broken glass on the road, saying: 'It doesn't matter! I won't be around, so it will only harm others,' is mistaken, because the road we follow is not a straight line. You may not be aware of this, but the path along which we human beings travel is a circular one. He who has scattered broken glass will, therefore, one day have to walk along the same stretch of road where previously he spread danger, and will have to suffer the consequences of his actions. If you dig holes or set traps along the road, the laws will take you past that very spot again and make you fall into these same holes and into these same traps. And then you will have time to reflect on your misadventure, to grumble about people's wickedness and stupidity, and try to discover who the culprits are. You will, of course, have forgotten that the culprit was you, yourself. He who lives with a devil-may-care attitude creates all the problems which will, one day, plague his life**.** **(OCTOBER 22, 1999)**

Wish and hope for whatever you like, create whatever you like in your mind, but be sure to examine your desires with care beforehand, for if they are too personal, if their vibrations are not in harmony with the divine order that reigns throughout the universe, they will conflict with the

laws of God and with a whole world of entities, beings and vibrations, and you will not succeed. And in fact, it is better that you do not succeed for, at least, then, you will be spared all manner of disappointments and accidents. It is preferable not to succeed in one's evil designs, otherwise the karmic consequences are unavoidable. Suppose you want to get rid of a rival or revenge yourself on him, but your plan misfires and you abandon the idea. So much the better! It will not cost you as much as it would have if you had succeeded; success would have meant incurring a huge karmic dept! **(OCTOBER 22, 1987)**

Nature is implacable and relentless: however much you weep and wail and threaten, she will never change her laws for you; it is you who have to submit and conform to Nature. You will say that she is cruel... No, she wants all her sons and daughters to be well and happy but when she sees what hard heads some of them have, what is she to do? She has to get those heads to ripen, and this means that she has to give them a few knocks. Yes, and sometimes her knocks are truly terrible. It is not that Nature wants to destroy anyone! No, she has invested far too much energy in giving them life and preserving that life to want to do away with them; all she wants is to educate them. This is why, as long as human beings go on behaving like unruly, disobedient children, they will continue to get some hard knocks. **(OCTOBER 27, 1988)**

What we call life is in reality an alternation of life and death. Yes, when we wake up in the morning, we are born on the physical plane, but we die on the astral plane. When we go to sleep at night, we die on the physical plane, but are born on the astral plane. In the same way, when a human being comes to earth, he is born here, but he dies in the other world: he is received here with cries of joy and music, but on the other side they attend his burial. Conversely, when a man dies here, he is accompanied to his grave by funeral (Marches, tears, and mourning clothes, while on the other side he is welcomed joyfully, and those who receive him exclaim: 'At last, he has returned!' Obviously, the person who has led the life of a criminal on earth does not receive such a warm welcome there. In the same way, it sometimes happens that certain children are not happily welcomed here by their parents. But these are special cases. The law itself remains implacable: what is life in one realm is death in another. What disappears here, appears elsewhere, and vice-versa. **(OCTOBER 29, 2003)**

The more numerous we are when we are together, the more our fraternal radiance attracts divine entities that come to help, giving us health, strength, and light. We do not gather together because we are happy to see each other and to pass the time in a pleasant way, but to do a conscious work. And this work consists of submitting our personal, egotistic life to the law of brotherhood, universality, and harmony. Each harmonious vibration we create attunes us to the great cosmic harmony. The word 'harmony' embodies every virtue, all blessings. When harmony penetrates us, it will tune us like an instrument; the Spirit will then lightly play us and draw out the most beautiful sounds. This is working for the Kingdom of God. **(NOVEMBER 1, 2003)**

Magic is nothing more than the application of the laws of physics to the spiritual world. And it is a law of physics that the concentration of light rays on one point is a powerful force. Similarly, spiritual physics tells us that man can use his thoughts as though they were rays of sunlight. If we know how to focus on one point we can have a beneficial effect on the whole world. It may well be that these effects will never be seen on the physical plane, but a great deal of waste may be burned on the etheric, astral and mental planes. **(NOVEMBER 3, 1988)**

Disciples must do their best to master their own consciousness, so that they do not give in to all kinds of forces threatening to control them. The inner voice of a disciple must speak stronger and louder than any other, in other words, than the voices of the belly, stomach, genitals, liver, brain and heart, which constantly send out their representatives to make demands. Of course disciples cannot prevent some suggestions, in the form of images or instinctive impulses, from reaching their spiritual work, but they must learn to control them. Only then will they be able to lead independent lives. Disciples are people who have understood that all the conflicting forces of will within them must be controlled and enrolled to work in the interest of their whole being. They impose upon their being the law of the spirit and thus their consciousness becomes superconsciousness**.** **(NOVEMBER 5, 2000)**

It is a law: as soon as a void appears somewhere in space, something immediately comes to fill it. This physical law is also applicable to the psychic life. How? When we give, we receive. When you have just emptied your inner reserves by giving your love and good wishes to all beings, something immediately comes from on high to replenish you.
Therefore, love and you will be loved. Give and you will receive. Give even what you lack and you will obtain it. If you wish to be enlightened but do not know how to attract the light, it is very simple: enlighten the person who is less enlightened than you and you will be enlightened. For at that moment, another who possesses more light than you will come and offer you his clarity.
(NOVEMBER 6, 2003)

True anarchy is the refusal to conform to divine laws. The disciple of light fears anarchy more than anything else, knowing that, if he accepts it, it is first deep down inside himself that he will be entangled in disorder, imbalance, disintegration, etc. Even our health depends on the recognition of a universal order. When we begin to introduce order within us, everything calms down, is balanced, harmonized, enlightened and strengthened, revives and becomes more attractive. We begin to vibrate in unison with the whole cosmos, with all the celestial regions, and we become like a source, like a sun ... something that radiates and flows. Every one of us should strive toward this ideal instead of leaving our door wide open to all the harmful currents that float everywhere in the form of philosophies or ideologies hostile to the divine order. Whether it be an individual, a family, society or country that lays itself open to these bad currents, it would destroy itself; the law is implacable. So, be aware of this and do everything you can to be in harmony with the divine order**.** **(NOVEMBER 7, 2001)**

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)**

Have you seen a classroom before the teacher arrives? The children are all whispering, shouting and squabbling among themselves. This is normal, because 'when the cat is away, the mice will play.' But look what happens when the teacher comes in: within seconds, all the children take their seats because the head, the leader has arrived. Well, these same laws exist

within us. God is the head, the leader, the centre, and as long as we do not allow Him in, chaos will reign within us. When I hear someone say, 'I have no need for God, I can get along without Him,' I agree that he can get along without Him, but in what disorder and at what cost! The head, God, establishes order among the cells of our organism. When He is present they all work in harmony and peace, and life circulates. You have not yet understood why it is essential to have God as the centre within you. I will tell you why: it is this point, at the centre, which organizes and harmonizes everything. **(NOVEMBER 10, 2004)**

When you do everything possible to lose your self-control by allowing yourself to be taken over by lower entities whose only interest lies in destroying human beings, no one else is to blame but you. What you should say is: 'All right, so I did not work properly! I did not study well!' and you should rectify the situation by getting yourself under control again. Of course it will take some time. If you have spent years in a turmoil of confused thoughts and feelings, you cannot expect everything to settle calmly into place within a few days. You will have to work for a long time to get results. Human beings do not know the laws: They live foolishly for years, and when they eventually decide to change their ways they imagine it can be done in just a few minutes. Unfortunately that is impossible, whatever they may think. Just as it has taken considerable time to destroy themselves, so it takes an equally great deal of time for them to recover.

(NOVEMBER 10, 1999)

In the Scriptures, God is called the Most High, because power is inseparable from the idea of height, the summit. In battle, it is easier to conquer an enemy if one occupies a higher position. In a lower position, one is always more vulnerable and certainly weaker. It is important to know that this law applies also to our spiritual lives, otherwise we could work for years to no purpose, with no results.

When you want to meditate, the first step is to calm your astral and mental bodies. As you gradually extricate yourself from fog, noise and dust – that is, from emotional storms and menatal confusion – your reasoning gains strength. When you sense that your mind soars high in etheric regions, know that your real work is beginning and will produce results.

(NOVEMBER 10, 1998)

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)**

Why are there more and more criminals today? Simply because men's minds are in darkness and criminals, who need darkness in order to operate, take advantage of these favourable conditions. But just imagine what would happen if more and more people were clairvoyant: the thoughts beginning to take shape in the minds of criminals would immediately be perceived, for thoughts emit waves, and these waves would warn people of danger. So, as criminals would be found out even before they had time to act, they would be obliged to abandon their schemes. No

man-made law and no police force, however well organized it may be, will ever be powerful enough to eliminate wrongdoers. They will continue to exist until such time as men switch on their inner lamgs and open their spiritual eyes. Then, of their own accord, criminals will sense that their reign has come to an end and they will be obliged either to disappear or to transform themselves. **(NOVEMBER 17, 1987)**

Do not be misled into thinking that in order to become a black mage you must have a devilish master to teach you the art of bewitchment or evil conjuration. It is possible, but you do not necessarily need teaching for this. Anyone can become a black mage, without a master, without anything; all they need to do is to allow themselves to be guided by their lower nature. Indeed, people who give a free rein to their bad instincts, who incessantly break the laws of kindness, justice and love, who try to gain at the expense of others, to oust them or destroy them, can do nothing else but become a black mage. And in the same time, those who think only of helping and enlightening others, even if they do not have a master to teach them, are already in the process of becoming a white mage**.** **(NOVEMBER 18, 2002)**

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Most human beings have no faith or trust in the power of the Invisible World which guides and sustains those who work in accordance with its laws. They prefer to rely on the shady, dishonest schemes put forward by their own lower nature, and this is why they never achieve their goals: the Invisible World puts obstacles in their way. Whereas Initiates who respect these laws and put their trust in Heaven, are never abandoned. Even if every other human being abandons them the Invisible World continues to sustain, encourage and enlighten them. So you must stop clinging to false conceptions, otherwise life will soon show you how mistaken you are.
(NOVEMBER 23, 1987)

God has made laws, but it is not He who punishes us if we fail to abide by them. That is the task of other beings, just as it is in human society. A legislator makes laws, but it is not he who watches people to see whether or not they obey them. Other officials are designated for that task, and when they discover transgressions, they bring the guilty before the courts of law which condemn them. Well, the same applies to the laws decreed by God - or rather, by Cosmic Intelligence. If you disobey them, there will always be courts of law to find you guilty and punish you, and, if it is not a court of law, it will be your own inner courts of justice, which are far more terrible. At the moment you may feel you will go unpunished, and you may even be proud of what you have done, but one day you will not be able to evade your own inner tribunal, and it is then that you will really understand the divine laws. **(NOVEMBER 24, 2003)**

The physical family is one thing, the spiritual family is quite another. You can belong to a family whose members are not of the same spiritual family as you are and despite the blood ties, they

are not really your relations. You are not responsible for their actions and they are not responsible for yours.
The Old Testament says that when people have sinned, not only are they punished, but their children and their grand-children to the fourth generation will be punished. But what have these children done to deserve this suffering? It is their father or their grand-father who sinned, not they, so is this punishment not unjust? No, because those who pay for their parents' mistakes by inheriting the same vices or the same diseases are truly of the same family as them. If they belonged to a different spiritual family then they would not suffer. There have been criminals who have given birth to saints, so this means children are not always touched by the crimes their parents commit. If they are it is because, in the past, they have followed the same path and have thus been attracted to reincarnate amidst those whom they resemble. They have therefore been constrained by law to enter this family so that they experience the same trials previously incurred by their parents. **(NOVEMBER 25, 2000)**

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

Ageing is generally considered to be an ordeal. And it is true that for most people getting old is a very unpleasant trial, because they have not lived in harmony with divine laws. But in fact, old age can be the best stage of one's life. For those who have nourished an ideal during their youth and adulthood, many things improve during old age: understanding and lucidity, for example. How can this be explained? By the fact that the mind and the physical body do not evolve in the same way. The legs, the eyes and the ears begin to betray us, but the life of the soul and the spirit becomes increasingly rich and abundant. It is as if one finally tasted the fruits of one's efforts. So prepare yourselves: think about living in the right way while you are young, so that later you may taste this abundance of fruits. **(NOVEMBER 26, 2004)**

Why do people go and see a Master, an Initiate? In order to tell them about their sufferings and difficulties in the hope that they will work a miracle and solve their problems for them. This is a great mistake! You must understand that an Initiate cannot do anything for those who are content to complain and do nothing to solve their own problems. He will not work any miracles for them; they will have to learn their lesson from life and the lessons of life are terrible!
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 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 spouce, 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)**

There are several forms of vision and they are known by different words depending on the plane to which they apply. At the highest level is the vision of the spirit, which we call understanding. This vision does not take a physical or material format and people are often not aware of what they see. But in reality they do see. When a higher reality is suddenly revealed to someone in the form of an idea it means they have succeeded in projecting beams of light from themselves very far and very high up, which allow them to see laws, connections, a structure in the universe. It is the light of the spirit which illuminates reality and allows us to grasp its highest aspects.
(NOVEMBER 28, 2000)

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

Even if lengthy studies and great efforts are required, it is easy to work in those domains where we can see, hear, touch, taste, and feel with our physical senses. To see, hear, taste, touch, and feel on the spiritual plane is much more difficult. And it is because human beings experience their inner world as a space where they have no landmark, as a void into which they are afraid to venture, that they cling to objects and achievements of the outer world. But fear is not going to get them anywhere. They must study, learn the laws, and train themselves, and then they can leap into that 'void', confident that they will neither lose their way nor fall. For, in point of fact, the void does not exist. It is the inner world which has not yet been explored that people call the void and gradually, as one explores it, it is within that void that fulfilment is to be found. Yes, the only void that is a real danger to human beings is the one they will inevitably fall into as long as they believe that salvation is to be found in matter. **(DECEMBER 4, 2003)**

In society it is possible to succeed by dishonest means; it is enough to shout the loudest, be cunning, and eliminate others. In the spiritual world you can be successful only through real work on yourself, with constant and sincere efforts. It is only when you have mastered your instincts, your desires, and all your lower tendencies that you can succeed with others, that you can act as an authority for them and command the forces of nature as well.
In any case, you must have no illusions about those material successes gained through intrigue or violence, because they do not last. In fact, Cosmic Intelligence has established a law according to which human beings can receive only what they deserve, and this is a universal law. The spirits of the invisible world, the forces of nature who know what you do, who know what you are worthy and capable of, arrange it so that sooner or later you have exactly what you deserve. **(DECEMBER 6, 2003)**

Once people put on the 'tinted spectacles' of a religion, a philosophy or a little group, they end up losing sight of everything else. What is the use of religion if it hides the splendour of what God has created and the possiblity of returning to Him?
The Church has warped people to such an extent that is now no longer possible to make them understand the marvels of creation. They can understand what they themselves have created, yes: but God's creation does not interest them much and they consider it unworthy of the attention. Of course, should you ask them they would not say they feel superior to God, but in practice that is just what they are doing – putting themselves above Him. The clergy should say: 'My children, respect life, because everything is sacred, all created things are talismans placed everywhere by God. Thank Him for the light of the sun and the stars, for the air, the water, everything nature provides.' But instead, all that matters to them is their own little world – the Host, rosaries, medals – the rest of the universe does not matter. And that is how, in the end, the rites established by the Church end by obscuring true religion. **(DECEMBER 13, 1999)**

There are children who have never known their parents, who do not even know who they are, but they never doubt that they had parents. In fact, many spend their lives looking for the slightest clue to their existence. The truth is that their parents are within them, in all that they have bequeathed to them as physical and psychic traits. Therefore, whether they are physically present or not, what is essential is always present there within. Yes, children always have their parents within them. Biologists and psychologists study children to see how the laws of physical and psychic heredity apply to them. This is important, but it is not enough. Who will now study our divine heritage, all those divine seeds received from our heavenly Father and Mother, which we must develop until we resemble them? **(DECEMBER 14, 2003)**

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)**

If you have done everything possible to surrender the mastery of yourself into the hands of inferior entities bent on destroying human beings, you have no one to blame but yourself. You can only say, 'I haven't worked as I should; I haven't studied properly', and then you must get a grip on yourself and start remedying the situation. But if you have spent years deforming your brain you cannot expect to put it straight again in a few minutes? You are going to have to work properly for a very long time before getting any results. Human beings are ignorant of the laws; they live badly for years and then, when they decide to change their orientation, they imagine that they are going to set everything right in five minutes. Unfortunately, this is a delusion, it is impossible. It has taken them a long time to destroy themselves and it is also going to take them a long time to get back onto an even keel. **(DECEMBER 14, 1988)**

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)**

What can one do to enlighten human beings? When one tries to instruct them in the truths of Initiatic Science, they spurn them, saying, 'No, I can't believe that!' But who do they think they are? Have they already penetrated the secrets of the universe? Are they so richly endowed with powers and qualities? No, as often as not they are weak and incapable, but they think they are the acme of perfection!
A disciple never says, 'I believe' or 'I don't believe.' When one has had personal experience and verified things for oneself, one can tell someone that what he says is true or untrue and the reasons that make you say so. But if you cling to belief it only shows that you do not know. Oh, all those people who believe, believe, believe. The Lord alone knows what they believe. Just once in their lives, could they not say to themselves: 'Who am I to lay down the law? I don't understand much about anything, but I am going to start studying...' But they have never studied anything; they are dinosaurs, prehistoric monsters, and they are always laying down the law about things of which they know nothing. If you want to evolve you must abandon that attitude, for it will effectively obstruct your route and you will reach the end of your life without understanding anything about spiritual truths. **(DECEMBER 18, 1987)**

The subtle world begins in us with the etheric body (the double of physical body), the astral body (the body of feelings) and the mental body (the body of thoughts). But we also carry within us the seeds of the spiritual bodies which are the causal body, buddhic body and atmic body. You have certainly felt the presence of these bodies within you at least once. Looking at a work of art, a landscape or someone's face, you have shivered, you have felt dilated, carried away with joy: This is a manifestation of the buddhic body that is beginning to vibrate in you. A spiritual energy has passed through you and it gives you the strength to face all obstacles: This is the atmic body that is managing to work its way through. You have felt such an illumination that the order of the universe has revealed itself to you, you understand its laws: This is the causal body that is making itself a place in your brain. If these manifestations occur often, it means that the three bodies – causal, buddhic and atmic – are beginning to take possession of your entire body. **(DECEMBER 19, 2002)**

There is tremendous power in concentration. If you concentrate the sun's rays through a magnifying glass, for instance, you can start a fire. Initiates, who know these laws and consciously apply them, achieve important results in every area of life. And we, too, when we come together it is for a purpose and we expect to get results, otherwise it would be useless and even ridiculous to assemble as we do; if we do nothing with all the energy emitted by our collectivity we might as well stay at home. But if we all ask together for the Kingdom of God, we are like the rays of the sun all concentrating on one spot, and in this way we can melt even the stones of the earth! **(DECEMBER 20, 1987)**

Life is created through an oscillation between opposite forces or situations. This law applies to all fields. For instance, the abundance and variety of riches on the surface of our planet is due to the fact that this surface is not flat, with many different levels ranging from high summits to the

depths of the sea and the earth. The diversity in climate, flora, fauna, etc., from which, to some extent, stems the diversity of civilizations arises from the fact that the surface of the earth is not level, and that is wonderful.
Human beings should not be all on the same level either. Why? So there may be a great circulation of fruitful exchanges between them. The only thing they should have in common is a high ideal, the desire always to go forward in love and in the light. For the rest, let differences remain. It is those differences which make their lives so rich and beautiful.

(December 24, 1999)

Creation is the work of the masculine principle and the feminine principle. As soon as these two poles find themselves in each other's presence they set to work. And because this law applies in all the regions of the universe, it also governs the behavior of human beings. From the moment a man and a woman meet, the masculine principle becomes active, dynamic, whereas the feminine principle becomes receptive. The initiates, who always seek to go much deeper into the understanding of all natural phenomena, have learnt to use this law in spiritual life in order to awaken certain qualities within them. Of course in spiritual life it is not men and women that are at work, but divine principles, and in order to develop within him the feminine qualities of receptiveness, humility, gentleness, goodness and obedience, an initiate puts himself in the presence of the masculine principle, i.e. the Celestial Father. And to develop the masculine qualities of strength, willpower and boldness, he enters into contact with the feminine principle, i.e. the Divine Mother. Because he works on the masculine and feminine powers alternately, an initiate is capable of bringing into the world the divine child, i.e. Christ. **(DECEMBER 25, 2002)**

In this incarnation, you cannot change much of what you are. Your present psychic matter resists, and until it is worn out, it cannot be replaced. But you have great possibilities for improvement in your next incarnation, provided you wish it and work in that direction. Why do some people lead such deplorable lives? Because, in previous incarnations, they did not know what to ask for or what to work in order to have more gifts and virtues in their present life. They did not know then, and if they continue to be unaware of it now, the next incarnation will be as bad or even worse. You who have been taught these laws, now try to imagine and wish for the best things and live in harmony with these wishes. For everything that you start to create with your mind and soul in this way will gradually crystallize, and when you come back, your inner work will be made easier. **(DECEMBER 28, 2001)**

In order to effect a revolution, do people have to be lawyers, philosophers, scientists or generals? No, but all must be present and united as one – scientists, the ignorant, the competent and incompetent, the weak and the strong – so as to emerge victorious! Every day we see this type of thing in the newspapers or on television, but we do not understand. You will say, 'But what is there to understand?' A lot of things and in particular, that to obtain results, it is the numbers of people uniting that counts. Whether the individuals be drunkards or invalids is of secondary importance. The important thing is that, drunkards and invalids though they may be, they join with all others in clamoring for something.
And in order to ask for the Kingdom of God, what is important? Of course, everyone must make an effort to become honest, upright and unselfish. But, above all, they must want to join forces so that these masses of human beings who are asking for the Kingdom of God be heared at last. **(DECEMBER 29, 2001)**

Book 27: The Laws which governs the World

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Book 28: A new understanding of Health

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PRAYER AND HEALTH

When in your prayers, you ask for light, love, peace or even simply good health, the sincerity and fervor of your prayer elevates you into another plane. You think that through your prayer, you address God. Yes, no doubt this is so, but God dwells within you as well as outside of you. You are therefore addressing this higher power within you when you pray. And because this higher power dwells within you and you are in contact with it, it responds, through currents of intense and pure life, and as they flow through you, they enlighten and harmonize everything in their path. Prayer involves a similar movement to breathing: you ascend as you pray and this ascent is the breathing-in, the inspiration and when you receive the reply, the blessings from Heaven descend upon you, and this in turn is expiration. **(JANUARY 4, 2002)**

To listen to human beings, you would think they have nothing but complaints to address to God: He does not answer their prayers, He abandons them in their trials, He allows their enemies to triumph. Obviously, they themselves deserve every joy and success, and they do not understand why God does not give it to them. They forget that every day He enables them to hear, to see, to breathe, to walk, to feel and to think. What ingratitude! Instead of harassing the Lord with all these demands and constant complaints, they ought to reflect on the enormous debt they owe Him. Otherwise they will lose everything. If they do not appreciate their health, they will fall ill. If they are not grateful for having a mind, eyes and ears, they will become stupid, blind and deaf. And when they have lost just one of these riches, they will begin to understand what it is worth. **(MAY 15, 2004)**

Contrary to the ideas of so many believers, prayer is not a matter of expressing our grievances to God. The Creator has given us all the means necessary, both material and spiritual, to look after our own needs and even those of others, and prayer should simply serve to help us rise in ourselves to discover those means. One might say that God already did His part for us long ago. It is not for Him to give us what we lack, but for us to search for it. What is the point of asking Him for health or the affection of others if we continue to live in a way that makes us ill or disagreeable? And what good is it to pray for peace if, wherever we go, we continue to carry a veritable battlefield within us? Prayer is, undoubtedly, an expression of faith, but faith must be understood as the force that incites human beings to surpass themselves, to transcend themselves. There are two kinds of faith: one is inspired by effort and activity, and the other is inspired by laziness. This faith, which should rather be called naivety, is useless, and even harmful. **(JULY 22, 2003)**

Human beings are busy and often overwhelmed, but they do not consider taking up activities which could improve their lives, such as meditation, contemplation, and prayer. In those who practice them, these activities release forces that can neutralize and transform negative states. Yes, and spiritual activities even have a beneficial influence on health. Obviously you can continue to eat, drink, sleep, move and work, but without this intense inner vibration which stimulates and vivifies, gradually even the physiological functions begin to slow down, producing deposits which overload the organism with waste. So, if only to remain in good health, it is advisable to engage in a spiritual activity. **(JULY 28, 2003)**

Seek the Kingdom of God, hope for the Kingdom of God and nothing else, because the Kingdom of God is a state of perfection, of fulfillment, comprising everything: health, wealth, beauty, order, freedom, peace, wisdom, love, joy and more. So, instead of naming all these blessings in your meditations and your prayers it is less 'labor intensive' to talk of the Kingdom of God, which is the synthesis of all these. people say: 'If only I were powerful; if only I were rich; if only I were beautiful.' But these are only individual aspects, attributes of the Kingdom of God and as soon as we begin to wish for something in particular, we create an imbalance. The Kingdom of God is above all a state of equilibrium and harmony, and if we seek one individual thing, it is obviously at the detriment of something else, and already the seeds of imbalance are sown. Everything our soul, our spirit, our heart, our intellect, our physical body need is contained in these words: the Kingdom of God. **(SEPTEMBER 13, 2000)**

PURITY AND HEALTH

Vigilance is vital to our evolution, our personal growth. But there are even some spiritualists who have not yet understood this. Why be vigilant? It is far more pleasant to just let yourself drift, to succumb. Yes, I can believe that. Of course slovenliness and laziness are more congenial than lucidity and effort. But then do not be surprised to find that, despite having the entire universe spread out before them, despite the stars and the sun, despite all the books and great masters who are there to teach them, even intelligent people do not succeed in extricating themselves from their mediocrity.

If you really want to progress, be vigilant. Tell yourself: 'I must watch myself. Whether it be for my physical body, my intellect or my heart, I shall choose the healthiest, purest and most luminous elements with which to feed myself. Then I will always be active, even in my sleep.' Indeed, because there is sleep and there is sleep. People who have learnt true vigilance stay alert, even in their sleep. Althrough they are asleep, they still hear, understand and act.

(JANUARY 15, 2002)

The pineal gland is man's real head, for it is by means of this gland that he makes contact with the invisible world. The pineal gland is like an antenna that puts us in touch with heaven; it is here, in this gland, that Heaven and earth meet in man. When Jesus said, 'If therefore your eye is pure, your whole body will be full of light', he was speaking of the pineal gland. From a physiological point of view it would be ridiculous to say that the health of a whole body depended on the state of an eye (and Jesus spoke of one eye, not of the eyes). The truth is that this eye on which the whole body depends, is man's centre of communication with the divine world. It is an eye, but an eye which can not only see but also understand, feel and even act, for all the other organs are potentially present in it. The true seed of a human being is this centre in the brain that we call the pineal gland. **(OCTOBER 5, 1988)**

When they become conscious of their weaknesses or failings, some people decide to change their lives. But, for many, this decision resembles the decision to fast: at first they feel very sick. Those who have never before fasted for twenty-four hours experience palpitations, headaches, cramps and vertigo. So what should they do about it? Give up? During a fast the organism feels a little freer and decides to declare war on all the impurities accumulated over a long period of time, and this cannot take place without certain discomforts. But these discomforts soon give way to a feeling of peace and well-being that is gradually reflected in its physical and psychic health.

It is the same for those who have decided to change their lives: they enter a world of vibrations and currents which are purer and more intense than they are used to, and at first they may feel distressed. But if they are patient, if they persevere, they will experience the purification, the illumination and the increase in clarity that will take place within them. **(OCTOBER 6, 2004)**

Learn to use water in your spiritual work. For example: after you have washed your hands well, take a glass of pure water, preferably spring water, and hold it in your left hand. Put one or more fingers of your right hand into the water while concentrating on a quality that you would like to acquire, on some progress you would like to make, or even on an improvement in your health. White magicians have been able to heal the sick by giving them water they have magnetised in this way. But, in working with water, you should not imagine that right away you are going to regain your health or heal the sick. This would be truly presumptuous. I am giving you this method only as an exercise, so that you learn to use water as a support to your spiritual work. Then, drink the water if you wish, or use it to water your flowers. **(OCTOBER 29, 2004)**

In initiatic science, a horse represents our lower nature – our personality – in the physical, astral and mental bodies. So a disciple's first task is to learn to control his horse, or, more precisely, his team of horses. He must know how to handle the reins. What are these reins? They are fluidic links the rider establishes between himself and his three horses, enabling him to guide them in the right direction. To ensure that the horses obey and pull together harmoniously, they must be well nourished with the most approbriate foodstuffs. If you wish to train your physical horse – your body – you must provide healthy, fresh food and exercise to give it stamina. The astral horse – the emotions – can only be tamed by means of purity, love and gentleness. Finally, the mental horse need only be nourished with intelligence and light.

(NOVEMBER 27, 1998)

INNER STRENGTH AND HEALTH

You have no doubt noticed how the same problem can seem bearable at certain times and unbearable at others, depending on the state you are in. What conclusions can you draw from this? That you should not concern yourself so much with what comes from the outside, but you should find the way to strengthen yourself inwardly. Otherwise the slightest setback could take on excessive proportions, as we have just said. Light is a most wonderful thing, but if you have slightly sore eyes, light becomes uncomfortable. If your stomach or your liver are diseased or do not function properly, the best food in the world will be indigestible to you. When someone shakes you warmly by the hand or gives you an affectionate pat on the back you will cry out in pain if you are crippled with rheumatism. And in the same way, a visit from your dearest friends will cause you distress, because if a person has a diseased heart, soul or body, even the best and most beautiful things will cause them pain. If, on the other hand, you are strong and in good health, a crust of bread, a punch or a rude word will seem delicious to you and you will overcome your problems without even noticing them. **(JANUARY 8, 2002)**

The conditions of life rarely correspond to what you desire or hope for. But instead of complaining, of rebelling, or of becoming discouraged, you must reflect and ask yourself questions: why has heaven arranged for precisely these people, and not others, to surround you in your family, at work or elsewhere? You must learn to consider these difficult conditions from another perspective, and even if you do not understand them, strive to understand that they

have meaning, that they have a reason for being. And the more incomprehensible it is, and contrary to what you hoped for, the more you must have confidence in heaven and tell yourself that this will lead to the realization of your best aspirations. Even if you are suffering at the moment, after a while you will be strengthened and assuaged; your relations with others will improve, and you will sense that the good influences of this work affect your health as well.

(JANUARY 30, 2004)

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

(AUGUST 2, 1995)

What a mistake is to think that by giving in to temptation you are satisfying yourself. Well no, not at all. You are working for others. Unfortunately, you will realize it too late. When you feel impoverished, weakened, empty, then you will understand that you have worked for others your entire life, not for yourself, in other words for that part of you that constantly needs to be enriched, enlarged and developed. And who are these 'others'? Dark entities from the astral plane, who feed on the unhealthy effluvia produced by the errors and crimes of human beings and wear them out. Other creatures exist in the invisible world, however, luminous creatures, whom you can feed whilst still continuing to strengthen yourself and develop, because with every effort you make to satisfy them you are building up your spiritual patrimony.

(SEPTEMBER 19, 2002)

True anarchy is the refusal to conform to divine laws. The disciple of light fears anarchy more than anything else, knowing that, if he accepts it, it is first deep down inside himself that he will be entangled in disorder, imbalance, disintegration, etc. Even our health depends on the recognition of a universal order. When we begin to introduce order within us, everything calms down, is balanced, harmonized, enlightened and strengthened, revives and becomes more attractive. We begin to vibrate in unison with the whole cosmos, with all the celestial regions, and we become like a source, like a sun ... something that radiates and flows. Every one of us should strive toward this ideal instead of leaving our door wide open to all the harmful currents that float everywhere in the form of philosophies or ideologies hostile to the divine order. Whether it be an individual, a family, society or country that lays itself open to these bad currents, it would destroy itself; the law is implacable. So, be aware of this and do everything you can to be in harmony with the divine order.

(NOVEMBER 7, 2001)

All people are capable of becoming stronger and improving their health without outside help, but to achieve this they must learn to concentrate on what is alive within them. Yes, because only living elements can fight illness. Suppose you have an abscess or a wound: if the living entities of your organism capable of healing the wound, or removing the impurities from the abscess, are anaesthetized because of the chaotic life you lead, the abscess or wound will become inflamed. Then tetanus or gangrene will set in and the leg or arm will have to be amputated. You may well

use all the disinfectants, ointments and dressings in existence, but if the living entities within you do not have the right conditions in which to work properly, all exterior remedies will be powerless. Whereas if your inner workers are allowed to work freely, even if there is nothing or no one to offer help from elsewhere, they will cure everything. So it is quite straightforward: you must change your attitude and put your spiritual life first if you want to strengthen the life within you. **(DECEMBER 29, 1999)**

GENERAL STRENGTH AND HEALTH

Whenever we experience one thing, in every area of life, it is not long before we encounter its opposite. Even within ourselves there is a continuous succession of opposing states – sleeping and waking, work and rest, health and illness, weakness and strength, sadness and joy – all these different states and conflicting energies are necessary, only we must be alert and remember that after happiness we must expect sadness, and after hope, discouragement, and vice versa.
Have you experienced a moment of great happiness? Then you must expect to be faced with something unpleasant, caused either by an outside event, or because of people around you, or even – if you do not know how to cherish this state of joy – by yourself. Yes, bear this in mind always, because if you are carelsss you will be caught off your guard. Do not be lulled into inattention after moments of great joy. You must be on your guard, for the other side is always there waiting to reveal itself, and if your are taken by surprise you could lose all the benefit you have already gained from such joy. This is a law. Everything is linked, and a movement in one area always triggers another movement in the opposing area. **(FEBRUARY 2, 1999)**

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

Those who wish to lead a life of chastity and self-restraint, are they right? That depends on their goal in life. Abstinence may have very positive effects for some, bringing strength, balance and health: equally, for others it can produce very bad results, such as hysteria, neurosis and illness. Those who give free reign to their sexual instincts, are they right? Surely, if this is the most important pleasure in their life and they are not capable of doing without – then, yes, they are right. But those who have spiritual aspirations, for them it is a different matter. If they do not learn to control themselves they will never fulfil those aspirations and they will always feel dissatisfied. Nothing, therefore, is good or bad itself; but everything becomes good or bad depending on the aim that one has set oneself.
Many people engaged in the life of the spirit think that as soon as they have made a certain good resolution, things will follow their plans exactly: their instincts will submit to their will, and wisdom and reason will triumph. Unfortunately, it is not as easy as that, because it is precisely at this moment that other inner forces awaken to oppose the realization of their good intentions.

And what happens then? When they see they have not succeeded as they had hoped, within the time they had anticipated, they become discouraged and embittered, and they bother others with their unfulfilled expectations. People should not launch into the spiritual life without knowing the difficulties, or the results may be worse than if they simply continued to live an ordinary life.
(JUNE 22, 2000)

Jesus said, '*You shall love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength*.' This means that it is to God we must give priority in our life, it is to Him that we must dedicate our whole being. Why? Because this love for God will give us everything: wisdom, power, freedom, beauty, health and also love. Yes for it is by loving God that we open ourselves to receive His love in return.
Therefore each day, many times a day, we must try for at least a few minutes to go out of ourselves and merge into this immensity containing life and all its benedictions. No love surpasses the Love of God, no love can give us something so essential. Thanks to this Love, which comes from the Divine Source, we will learn to love others and receive their love in a better way. **(JULY 14, 2001)**

An idea is a living, active being. You may know this already, but if you do not, it is because you are still not aware of the enormous repercussions an idea can have upon the depths of your being. Study your ideas and the effect they produce, and see how some have harmed you and others have helped you wonderfully; then you will understand the importance of nurturing a divine idea, capable of transforming not only your entire being, but everything around you. The concept of working for the light, for the Kingdom of God and His justice, is the most glorious idea that exists. This idea has the power to create gold within you, meaning health, joy, strength, intelligence, hope and faith. Hold this ideal carefully within you, and you will be regenerated and restored**.** **(JULY 21, 1998)**

If you are asked: 'Do you truly value your health, your beauty, your peace, your greater development? Do you truly value being loved?' you will say: 'Well yes, of course, that is all we want.' So why do you do nothing to achieve this? All these blessings do not just come to you like that, by chance; you have to make some effort to attract them, you have to work on your aura, because it is your aura which will bring them to you.
There are methods of concentration which develop the aura, but the best method, the surest, is by developing virtues. With love you vivify your aura; with wisdom you make it luminous; with strength of character you make it powerful; a pure life makes it lucid and clear. Each virtue you develop gives a specific quality to your aura. And this aura – alive, luminous, powerful and sparkling – attracts all the blessings of Heaven to you. **(AUGUST 15, 2000)**

All instability has at its origin an imbalance between spirit and matter, as do all other anomalies in existence. Spirit and matter are the two poles, the two principles with which the human being must learn to act intelligently, reasonably and prudently. The tendency of the West to stress material acquisition, to the detriment of soul and spirit, is not recommended. But neither is the example of India or some other countries, where for centuries, misery, famine and sickness have been the norm, under the pretext of mysticism and spirituality. To live a balanced and harmonious life, we must put spirit and matter in their respective places: we must not reject matter, but instead ask it to obey and submit to the spirit. Only such equilibrium can give us health, beauty, strength and happiness. **(AUGUST 25, 1998)**

The origin of all imbalance is the imbalance between spirit and matter; it is this that leads to every anomaly in life. Spirit and matter are two poles, two principles with which human beings have to learn to deal intelligently, reasonably, prudently and, above all, without neglecting one in favour of the other. Although I do not recominend that you follow the example of the West, which has put the emphasis on material acquisitions to the detriment of the soul and spirit, the example of India and other countries that have experienced centuries of destitution and disease on the pretext of favouring mysticism and spirituality, is not an example to be followed either. Balance must be restored by giving both spirit and matter their respective place: matter must not be despised, but it must be subject and obedient to the spirit. Only this balance will restore health, beauty, strength and happiness to men. **(OCTOBER 22, 1988)**

The more numerous we are when we are together, the more our fraternal radiance attracts divine entities that come to help, giving us health, strength, and light. We do not gather together because we are happy to see each other and to pass the time in a pleasant way, but to do a conscious work. And this work consists of submitting our personal, egotistic life to the law of brotherhood, universality, and harmony. Each harmonious vibration we create attunes us to the great cosmic harmony. The word 'harmony' embodies every virtue, all blessings. When harmony penetrates us, it will tune us like an instrument; the Spirit will then lightly play us and draw out the most beautiful sounds. This is working for the Kingdom of God. **(NOVEMBER 1, 2003)**

When you meet together to create an atmosphere of brotherhood, each of you brings some produce from your garden, your orchard, your soul. This produce is an emanation that everybody can enjoy. Instead of having to make do only with, say, the radishes or tomatoes from one person's garden, everybody can eat a great variety of good things, because kind people bring peaches, plums, pears, and so on; meaning, patience, gentleness, strength, health, love, tenderness, purity, intelligence, faith and hope. What a feast is spread out! That is the reason for spiritual brotherhood. If you stay all alone, you are poor, whereas within such a brotherhood you enjoy great abundance. Heaven transmits divine riches through each one of you.
(DECEMBER 27, 1998)

HAPPINESS AND HEALTH

True happiness is characterised by stability. You will say: ‚But life consists of succession of changes, from success to failure, from plenty to hardship, peace to war, health to ill-health, and so on. And we have no choice but to submit to those changes.' No, you are mistaken. War may break out, you may fall ill, you may suddenly lose everything you have, be abandoned by your husband or your wife, your children, your friends, with our ever ceasing to be happy. Why? Because in the state to which I am referring your consciousness does not stagnate to the level of incidents and events and so, for every problem, for every trial you find an explanation, a truth that appeases you and consoles you, because you have elevated yourself, you have risen very high and you have learnt how to see things. You may be divested of all your possessions, persecuted, but because you know that all this is transient and that you are immortal, that nothing can really touch you, whereas others are hollering, you are smiling. **(APRIL 15, 2002)**

You are all aware that too much food is bad for your health. But it must also be borne in mind that if people eat more than they need, they take the food destined for others. If many people do

likewise, some consuming too much while others not enough, an imbalance will be created in the world.
All misunderstandings and confrontations have at their origin envy, greed and the immoderate accumulation of wealth (food, land, objects) which deprives others of what they need. The instinct to take and assimilate more than they should pushes people to dominate or even eliminate those who show the slightest sign of resistance or opposition.
Therefore, as quickly as possible, this need to monopolize everything must be brought under control. If the tendency is not watched, it can assume gigantic proportions throughout every area of life, causing the greatest unhappiness. Every day, several times a day, your meals give you the opportunity to reflect on this question. **(MAY 7, 1998)**

Many people think that if God loves them it means that he should give them only health, wealth and success! When something painful happens they think that it comes from the devil. No, not necessarily. It could well be that Heaven has sent it in order to help them to become perfect. When Heaven seeks to improve us it takes no special pains to spare us illness or distress. It is not put off by our sights and tears and threats, it is not concerned by our illness and unhappiness; the only thing that concerns it is that we should become wiser, more intelligent and more luminous. Look at all the famines, wars and natural disasters in the world, is it not obvious? Why does Heaven do nothing to prevent all these horrors? Because, having used a great deal of gentleness and love in a vain attempt to bring human beings to their senses, it now realizes that this is the only way to do so. **(MAY 8, 1995)**

Gratitude is the key to everything, because no difficulty can hold out against it. So, every day, keep thanking Heaven, until you realize that everything that happens, whatever it may be, is for your good. Begin now by saying, 'Thank you Lord, Thank you Lord.' Give thanks for what you have, for what you do not have, for all that gives you happiness and for all that makes you suffer. In this way, you keep the flame of life alive within you. - This law is absolute and you should know it. - 'But how can we be grateful when we are unhappy, ill or destitute? It is not possible.' Oh, yes it is! By finding a reason to be grateful even when you are unhappy, you will find the key to the greatest secret of all. You have no money and are ill? Give thanks and rejoice to see other people rich, healthy and prosperous. Do this and you will soon see: doors will open before you and blessings will inundate you. **(JULY 25, 1998)**

Love and all doors will open up to you. So stop asking yourself why you are unhappy, why you suffer so many setbacks and so on. The reason is simply that you have no love. If you had love, nothing would resist you, because when you have love you do not stay there doing nothing. Someone will say: 'I'm ill. – Well, exactly it's because you have no love. – But what is the connection? – If you had love for health, good health would have established itself in you long ago. If you are ill, it's because you do not really love health. So there you have it.' Once you have love for all that is good, for all that is beautiful and you live with this love day and night, no force in the universe will be able to resist you. Because there is nothing above love. Love has created the world and all forces obey love. **(OCTOBER 16, 2002)**

The best way to confront difficult situations in life is by making sure you immediately adopt the correct inner attitude. For instance why, the moment you experience a setback, do you react as if you had lost everything, as if the world were coming to an end? Try instead to take stock of what you still have, i.e. a family, friends, your health, all your psychic and spiritual faculties and so on, and thank Heaven for this wealth. Instead of always agonizing over what you do not have,

learn to rejoice in what you do have. It is quite normal that a humiliation, a disappointment or a failure should momentarily upset you. There is nothing wrong with that, but it is inexcusable to wallow in your distress or sorrow and forget all the reasons you have for being happy and appreciative. Pull yourself together, for goodness sake! Otherwise there will come a day when you will be unable to shake off this tendency you have of becoming discouraged and you will be crushed.
(NOVEMBER 21, 2002)

LOVE AND HEALTH

Cosmic Intelligence has one single goal: the evolution of all creatures. Cosmic Intelligence drives them to behave in a particular way and after some time it drives them to behave in a different, more sophisticated way because time has moved on. Let us take fear for instance: fear is an atavistic reflex which nature incites in all animals to ensure their preservation. It is a good thing that animals have fear because it makes them flee from danger. And the same applies to human beings, because if human beings never experienced fear, they would soon be annihilated.
If human beings are to attain a higher evolutionary level, however, they must shake off this instinct of fear, which manifests itself in all kinds of ways, including fear of others, fear of misfortune and poverty, fear of ill health and fear of death. If fear was an instinct that was vital to the survival of mankind in a previous evolutionary stage, it has now become detrimental to mankind's spiritual development, and the only way to conquer fear is through love.
(APRIL 10, 2002)

Animals are naturally timid and mistrusting because they do not feel safe. This is how they learn to develop watchfulness, cunning and intelligence. But of course, the form of intelligence that fear develops in creatures is a faculty that is very low on the evolutionary ladder. Nature approves it in animals, but when it comes to human beings, it is different; for them, nature has planned another form of intelligence. The fear that makes human beings clear-sighted and intelligent – fear of losing their money, their home, their health, their job, their reputation – is merely an animal form of intelligence. However, since human beings are destined to progress further than animals, a different emotion must come to replace the fear in them. This emotion is love. Love dispels fear. Once human beings are driven by love, true intelligence, divine intelligence begins to awaken in them.
(APRIL 24, 2002)

Hunger forces human beings to organize themselves to find food. They either produce this food themselves or they work to be able to buy it. If human beings did not know hunger they would do nothing, that is beyond question. Nature, being provident, has discovered a very effective tool with which to fight laziness. This is why lazy people must be left wanting, because want will bring them out of their laziness. Unfortunately, many mothers find it difficult to understand this truth. Because their love for their children is blind, they do everything in their power to ensure their children never want for anything, and in doing so they push them to laziness. Laziness weakens human beings. Mothers are capable of understanding many things, except that true love is to instil in their children a sense of effort. Once they have understood this, they will know they can give them what is most precious, i.e. health, energy, the need to surpass themselves and the joy of living.
(AUGUST 10, 2002)

Perspiring is good for your health. But perspiring physically, i.e. sweating, is not enough and do not be surprised if I tell you that the soul and the spirit must also perspire. Love makes the soul perspire and wisdom makes the spirit perspire. Of course the word perspiring must be understood in a very wide sense. Perspiration symbolizes a perfect exchange that is established between the microcosm (humankind) and the macrocosm (the universe). Physically, these exchanges occur through the skin, as we discard waste and absorb energy through the skin. In the subtle plane, however, these exchanges occur through the aura, which is our spiritual skin. So, if I say that, like our physical body, our soul and our spirit must also perspire, I am referring to the exchanges we must make in the subtle planes with divine wisdom and love.

(AUGUST 25, 2002)

People often discuss justice and the kind of punishment that should be meted out to those who steal, kidnap or murder. And yet the worst criminals are never apprehended. It is true! If someone triggers a revolution or a war by publishing a series of incendiary articles, for instance, will he be punished for the crime? If you break your neighbour's window or steal his bicycle, justice will immediately set out to punish you, but it will raise no objections if by your words, writings or example you cause people to lose their faith, hope or love, if you lead them into a life of debauchery or violence. In fact, if you are a philosopher, a writer or a film producer, you will often be admired by the masses. No one gets indignant when all that is most precious in man is defiled, but where material goods are concerned it is quite another matter. To damage a car or steal a little money or some clothes ... Ah, that is a serious matter! This is how human beings understand justice: they punish those who dare to touch other people's material possessions, but nothing is done about those who destroy their psychic health. The soul does not matter. The spirit does not matter. The physical body, the wallet ... these are what matter!

(OCTOBER 25, 1995)

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

(DECEMBER 12, 1995)

FREEDOM AND HEALTH

It is true that when everyone around you is demanding sexual freedom and justifying these demands with seemingly valid arguments, you are not particularly happy to hear about self-mastery. I understand that you do not like being deprived of pleasures, but try at least to see what advantages you might gain by renouncing some of them. This does not mean you should deprive yourself to the extent that you have nothing and find yourself in the void; it means understanding that it is to your advantage to replace certain coarse pleasures with others which are subtler and more spiritual. When a doctor sees that a patient is damaging his health by an

excess of meat, sugar and alcohol, he does not advise him to fast! He knows very well that his patient would not follow this advice, or even worse, if he were to follow it, he would die. He advises him to replace these foods by others that are healthier and lighter. This is what I am advising you as well, but in another realm. I am not encouraging you to die of hunger, but to nourish yourself differently so that your spiritual health improves. **(MARCH 6, 2004)**

With regard to certain people who are particularly disagreeable we sometimes say: 'Oh, what poison!' or 'Here comes the plaque!' Whereas with others, it is just the opposite: scarcely have we laid eyes on them than we breathe more freely. The truth is that human beings are true pharmaceutical laboratories, and pharmaceutical laboratories house toxic products as well as remedies.

The one you love, for example, is for you a laboratory which contains the most beneficial substances. As soon as he or she appears, even if you are sick, you get up, your eyes sparkling, and you are well again. Yes, the emanations of human beings can contain curative elements or poisons. Science has never considered that matter, and yet it is a reality. By their presence alone, some doctors have such positive effect on their patients that by merely taking their hand they practically restore them to health. They actually emanate curative particles. In the same way, we can all be doctors for one another**.** **(MAY 24, 2003)**

When someone says, 'I will dedicate my life to spirituality when I have put all my worldly affairs in order,' I reply that this is impossible, because this person does not understand what must inevitably happen. Then I take a rubber ball, make a hole so that some air escapes, and a dent appears. Now I ask him to try to make the ball round again, so he presses here and there, and again and again the dent appears on the opposite side of the ball. 'You see,' I say to him, 'your worldly affairs are exactly like this ball: they will always need attention, and there will always be something that needs to be put in order. When your professional life is over, your wife (or husband) will need care, so will your house, children, health, and so on. You will never be completely free.' So, when you consider espousing a spiritual life, do not wait for your worldly affairs to be completely organized, because they will never be. When you have retired and think that at last everything is settled – your son married, and your daughter, too – someone may say, 'Now, meditate!' You are then forced to realize that your brain has lost its powers, and meditation is impossible. So do not wait for your worldly conditions to change: it is vital to give a spiritual dimension to your life now. **(AUGUST 11, 1998)**

Eating a lot will not ensure you of better health. To eat a lot is, on the contrary, very harmful. More important than the quantity is the quality of your food and, above all, the way you eat. Even if you somewhat reduce the quantity, if you learn to eat consciously and lovingly, you will be getting more energy from it. Someone who, during meals, can free his mind and focus his attention on the food so as to penetrate it with rays of love, effects a separation of matter and energy: the matter disintegrates while the energy enters his body and becomes available to him. The same processes are used in a thermonuclear station. If man really knew how to eat, only a few mouthfuls would suffice; he would get enough energy to move the whole universe.

(NOVEMBER 15, 2001)

Are those who choose to live in chastity and continence doing the right thing? It all depends on their goal. Continence can be extremely beneficial but it can also be extremely damaging; it drives some people to hysteria or neurastenia or makes them physically ill, while others become strong, well-balanced and healthy. And what about those who give free rein to their sexual

instincts: Are they on the right track? Certainly; if nothing in life is more important to them than pleasure and if they are incapable of doing without this pleasure, then they are right to pursue it. But for someone who has spiritual aspirations, it is quite another matter: If he does not manage to control himself he will never achieve his aspirations and will always feel dissatisfied. Nothing is automatically good or bad in itself, therefore; things are good or bad depending on one's goal in life. **(DECEMBER 3, 1988)**

WORKING WITH LIGHT; *IT'S BENEFITS ON HEALTH*

One of the best spiritual exercises is to meditate on light. Leave aside all your other preoccupations and concentrate on light, as if your life depended on it. You may imagine this light as a being colored, but it is preferable to picture it as a being white, because white is the synthesis of all the other colors. White brings together the omnipotence of violet, the peace and truth of blue, the wealth and eternal youth of green, the wisdom and knowledge of yellow, the health and vigor of orange and the strength and dynamism of red.
Once you are really able to concentrate on light, once you feel it as a living, vibrating, quivering entity where all is peace and fulfillment, you will begin to become aware that it is also music, this cosmic music we call the music of the spheres, the song of all that exists in the universe, and you will breathe in the fragrances that emanate from it. There is no work more worthy and powerful that your work with light. **(JANUARY 10, 2002)**

In the new culture that is on its way, human beings will learn to nourish themselves with light. There is nothing to be surprised about in this: it is within the natural order of things. Every other form of nourishment leaves wastes which accumulate and end by poisoning our organism. Only light leaves no waste, for it is absolutely pure. When you hum wood or coal in a stove, you have to clear out the ash and cinders before you can light it again, next morning. Similarly with our physical bodies: if you do not get rid of the waste products left over from what you eat and drink, they will kill you. Illness is caused by certain waste products that have never been evacuated. Yes, illness can be defined as the effects of matter which the body has been unable to get rid of. Whereas health is the result of an exchange that is so rapid and so subtle that no impure wastes are left behind. When you have learned to absorb light, that pure quintessence that flows from the sun, you will feel your health improving, your intelligence becoming more limpid, your heart overflowing and your will becoming stronger. **(FEBRUARY 6, 1988)**

So many people go to clairvoyants, mediums or exorcists to find solutions to their problems of health or of the heart, or to be exorcized or released from a spell. They do nothing to become stronger and solve their own problems. They always rely on someone else to do it for them. But even if another person did manage to solve their problems they themselves are so defenceless that they would soon be in the same state again. As long as people continue to expect others to heal, console and reassure them, they will remain ignorant, weak and vulnerable.
Even if a very great spiritual master healed and protected you it would only be for a little while, for ultimately everything depends on you. If you want his help to endure you must learn to use the light and the keys he gives you, for then it will be you yourself, your own soul and spirit, that do the work. **(FEBRUARY 14, 1995)**

Seek the Absolute. Seek that which you can never obtain or achieve, because thanks to your seeking you will obtain a little more every day. Of course, you will never have everything, but

when you fix your sights on an unattainable goal, you are obliged to follow certain paths and cross certain regions, and that is what counts. You ask neither for knowledge nor a kind heart, neither health nor happiness: you ask only for the Absolute, for God Himself, and you will get all the rest without asking. Suppose you were determined to know all there was to know: you would shut yourself up with books, growing paler and thinner by the day and losing all your hair! But you would never know all there is to know, and, in the meantime, you would be depriving yourself of all the rest: beauty and love and so on. So that is no solution. You must tell yourselves that you are not going to waste your time asking for this or that; you are going to ask for the unattainable, the impossible, God Himself. And in this way you will obtain all the rest because, in order to reach God, you are obliged to follow a path that takes you by way of light, beauty, health, knowledge, wealth, love and happiness, and all the other marvels along the way!

(FEBRUARY 21, 1988)

Cosmic Intelligence has not given equal powers to good and evil. But how can we convince human beings of this, when most of them claim to see only the triumph of evil everywhere they turn? The fact is that they have not observed carefully. Consider someone whose life is characterised by dishonesty, spite and violence. Perhaps, at first, he succeeds: he asserts his independence and he achieves his ambitions. But then what happens? He will find more and more obstacles in his path; complications will arise in all areas of his life; and he will lose his peace of mind and even his health. Someone else decides to dedicate himself to the service of good: to begin with, of course, he encounters difficulties, but in spite of them he senses the support of the powers of light. As time goes on, the obstacles will disappear. People around him will begin to understand and appreciate him and give him their support. This is how good finally triumphs.

(APRIL 10, 2003)

So many people think they will be forgiven for their mistakes because they claim to have such a great ideal, to desire only good and light, and so on. No, if they really wished to achieve something good and luminous, if they really made some efforts and sacrifices, they would obtain results. If they stagnate and do not progress, it is because they do not fervently wish for good. And this is true in all fields. People say they love health, but they are sick. They say they love truth, but they lie. They say they love freedom, but they are enslaved. They have to stop pretending to have good desires and intentions. Nothing can prevent someone from obtaining something he really loves or wishes, for his success depends on the power of his love.

(APRIL 19, 2001)

Each of the seven colours of the prism corresponds to a virtue: violet to sacrifice, indigo to strength, blue to truth, green to hope, yellow to wisdom, orange to holiness, and red to love. But it is almost useless to work to obtain spiritual powers with light and colours, unless we also work on the corresponding inner virtues. Similarly, all those who imagine that they are going to become great sages merely by performing rituals or evoking spirits, without improving their inner life in any way, are greatly mistaken. Higher beings are not deluded by such attempts. These people have merely succeeded in summoning lower beings – elementals and monsters – from the depths. If you want to attract angels and archangels, you can do so only by acquiring virtues, because the highest entities only frequent those who manifest true light: the light of purity, love, wisdom and truth.

(MAY 10, 1999)

Meditate on unity. Try to unify and focus your energies on the highest possible goal and persevere in the same direction day and night without ceasing. Those whose weakness is

physical can meditate on unity in the form of health. Those who yearn for light can work to bring unity into their intellect. The principle at work here is the same as in a central power station which supplies a whole region with electricity: in each house, with the flick of a switch you can turn on lights, heater, cookers, refrigerators, washing machines, vacuum cleaners, radios, televisions, tape recorders and so on. And this is what happens when you establish unity within your being: all your organs receive the current they need and your heart begins to love, your brain to think and your will to act. **(JUNE 24, 1995)**

So many people complain that practicing spirituality has brought them nothing. But in what state would they be if they had never tried to discipline their inner lives? At least the few rules they have attempted to apply, the exercises they have done, have paved the way to a healthier, more peaceful, more hopeful life. Let them abandon their spiritual lives and see if things are better then.
Let me give you an example: you breathe, you eat, you sleep and you say this has not brought you greater wealth nor power. But stop breathing, eating, sleeping and then you will see where you end up; very soon you will be six foot under. We eat, we drink and we see no change. But had we stopped eating, there would have been major changes. And it is exactly the same when you say spiritual life brings you nothing. It supports you, it allows you to maintain your equilibrium, and at least your are still alive, at least you still have hope, you still have light. And even if you possess this light, but are not enlightened, how would you have coped without it?
(JULY 15, 2000)

It is not enough to love people; you must ask yourself how you love them. Strive to introduce purity and light into your love, for it is this condition alone that enables those you love to grow and attain fulfilment. True love must bring people all blessings: joy, peace, beauty, health and especially a sense of the meaning of life. If you see that the person you love is weakening and losing their joy of life, you must question your love and say: 'But what have I done to this creature? I was to cultivate it like a flower in a garden, but instead I have allowed it to wilt, I have damaged it!' You have little to be proud of and must seek to rectify your errors. Your love must help a being to grow, and only when you see that this being is blossoming because of your love can you be happy, proud and grateful to heaven. **(AUGUST 10, 2004)**

The quest for the summit is long and difficult but it alone is worthwhile, for the source of all good is there at the summit. By focusing on the highest point you are obliged to forge ahead, to keep advancing. The only thing you ask for is to reach the summit: God. And in achieving the summit you achieve everything: light, beauty, health, knowledge, wealth, love, happiness ... everything!
Of course the opaque matter in which you are enveloped makes it impossible to sense any great change immediately. But as time goes on and you continue your efforts the path opens up before you, a bridge is gradually built up between you and the heavenly realms, and one day you will find that you need to concentrate on them for only a few minutes in order to feel total fulfilment. No other spiritual practise is more effective than that of concentration on the image of the summit. **(AUGUST 19, 1995)**

Learn to work with light, for light contains all wealth. When you begin to possess this wealth you will see that your relations with other human beings gradually improve. Why? Because when one is rich one becomes generous. Don't misunderstand me, I am talking about true wealth, the wealth of the great masters and initiates who possess such an abundance, such a profusion of riches, that they long to love and help others. You have no conception of the power, wealth,

clarity, purity and intelligence contained in light. This is something you will understand when you have learned to work with the seven colours of which white light is composed. Each colour is the expression of a virtue. Red expresses life and love; orange, health and holiness; yellow, wisdom; green, evolution and eternity; blue, truth and peace; indigo, strength; violet, spiritual love and divine omnipotence. Work with the virtues of the seven colours and you will begin to understand what true wealth is. **(AUGUST 28, 1995)**

Many people complain that they feel distressed, tormented, off balance ... They are told how to get out of these deplorable states, but since they are not given pills to swallow but exercises to practice, they answer, that they do not have time. Well, yes, people are incredible: They are told what they can do to restore balance and peace, but they never have time! Well, that is something you must never say, in reality, there is always time. Yes, those who have no time to pray, meditate or do some exercises will have time to suffer. Those who have no time for light will have time for darkness. Those who have no time for health will have time for sickness, tossing and turning in their bed... This is a mathematical certainty, an absolute.
(SEPTEMBER 24, 2001)

Lucidity is among the best of all human qualities. Therefore, before launching yourself into a project, say to yourself: 'It is light, peace, and mastery that I seek; will I achieve them by doing this or that?' According to the tenets of initiatic science, you can receive the correct response immediately. Otherwise you are going to throw yourself body and soul into occupations that gradually will weaken and destroy you. Look at today's businessmen who are always agitated and race the world over to find yet another market, to open yet another branch...How many of them realise that all these responsibilities and activities, into which they throw themselves for the satisfaction of their greed, will destroy their nervous systems? They lose their peace of mind and their health. So, what benefits will they gain from all this? They end up making serious mistakes, that is all! Before setting out to acquire something, or before taking on a certain role or job, always ask yourself where your desires will lead you. **(SEPTEMBER 26, 2003)**

Let the word 'harmony' impregnate you. Think of no other word, keep it within you like a kind of tuning fork, and as soon as you begin to feel worried or troubled take this diapason and listen to it so that your whole being is joined in consonace with limitless life, with cosmic life. To bring yourself in harmony with a few people around you – your wife, your husband, your children, your parents, neigbours, friends – is good, but it is not enough. You can be in concord with your family, with society, but be in discord with universal life, and then gradually this dissonance infiltrates you and gnaws away at your emotional, mental and spiritual organism. You must first find harmony with universal life because universal life will bring you all you need. Universal life will bring you health, beauty, light and joy. **(OCTOBER 29, 2000)**

Learn to live in harmony with the great cosmic body – the universe, because this harmony embraces all that is good: health, joy, light and inspiration. If you work toward achieving this harmony, you will begin to feel the whole of your being vibrating in unison with the universe and you will understand the meaning of life, creation, love and so on. But not before. Without this harmony it is impossible to understand. Intellectually, externally, you can always imagine that you have grasped some small ideas, but true understanding is not a product of the brain: it comes through the whole body, even through your feet, your arms, stomach, liver, etc. The whole body must understand in every one of its cells. True understanding is a sensation. You

feel and then you understand and you know – because you have tasted the flavour of harmony. No intellectual understanding can compare with sensation. **(NOVEMBER 19, 1999)**

Whenever light is absent, darkness is present; wherever health is absent, sickness is present; wherever intelligence is absent, folly and stupidity are present. And the same is true for anything else you can think of. The presence of something always implies the absence of another. These are such basic, obvious truths. But you still have not acquired the faculty of using all the events of your everyday lives in order to draw conclusions for other planes of existence. And now let me tell you that the best and most important activity for a disciple is to work to obtain the presence of the Lord within himself and never to lose it again! Of course, it may not be the Lord Himself who comes, but He will at least send some angels, His representatives, to dwell in you and transform everything within you. **(NOVEMBER 19, 1987)**

STUDY HEALTH!

When someone builds up his physical resistance, he can be so well armed against attack that his enemy (illness) is discouraged at the sight of his defences and withdraws. You can see examples of this during an epidemic: there are always some who come and go with impunity amongst the sick, whereas others, in spite of all their precautions, sicken and die. Why this difference? Because the former did not offer a favourable terrain for the proliferation of the microbes. Illness does not attack a man when it sees that his house is too well guarded.
This is why it is extremely important that, instead of concentrating on disease, you study health; the factors that give rise to it (breathing, nutrition, behaviour) and the laws that govern it, and that these things be taught to everybody. **(JANUARY 15, 1988)**

For centuries thinkers have said that humanity is like a body, and that the countries of the world are its organs. These organs of humanity must become inspired with the same wisdom, the same disinterestedness as the organs of the physical body, but in fact very few people are working to bring this about. Each country thinks only of itself, to the detriment of its neighbor. It is time therefore to take the example of the human organism that nature has so skilfully designed and to study how it functions, when it is in good or ill health, and to understand that the same rules apply to the whole of humanity.
When the brain is lucid and the heard dilated, even the feet feel well. Yes, when an organ is in good health, all the other parts of the body feel it and rejoice; and when an organ is deficient, the others, poor things, feel undermined as well. So why, when a country is in difficulty, do its neighbors rejoice? This proves that they are unhealthy organs, and do not realize that sooner or later they too will suffer the consequences. **(MAY 12, 2003)**

What is most important for the evolution of a human being is not the conditions or events through which he must pass during his life, but who he is; that is to say, what his moral qualities, and character are. If he possesses good reasoning powers, a generous heart, and the ability to control himself when either success or disaster come his way, it bodes well for him. For example, someone suddenly inherits a large fortune or makes a brilliant marriage, and everyone exclaims: 'Oh! What happiness, what luck!' It is only wise men who first study the mentality of this person before making pronouncements. If the person is capricious, weak, and egotistical, they pity him, because with such a temperament, the higher he rises, the greater his fall will be. Whereas another person receives everyone's pity because he has lost everything, his health, his

fortune or his good reputation, but a sage may say: 'This person is strong: he has a high ideal, and great love, and he will be able to transform this loss into spiritual wealth.'

(OCTOBER 24, 2003)

MORE INFORMATIONS ON HEALTH

All creatures eat, including man, but why? To receive energies, you might say. Yes, but is there another purpose? Everything we do has more than one reason, one purpose. To stay alive and healthy is not the only reason we eat.

Look at worms? They swallow the earth and then throw it back. By letting the earth pass through them, they give it oxygen and make it richer and more fertile. Well, a human being does the same with his own food. His psychological and spiritual faculties put him on a much higher level of evolution than the matter he absorbs. So, matter passes through him to be enriched and refined. This is worth meditating on.

(JANUARY 9, 2001)

If you are asked to work for unity, to live in harmony with one another, the intention is not that you should let yourself be absorbed by the collectivity. No, on the physical plane you each have a body which belongs to you and which allows you to lead an autonomous life. But while maintaining your own individuality, you must strive for unity in the emotional and mental world, in the spiritual world. Consider the cells of the body: they are not identical, they do not perform the same functions. A heart cell is not a stomach cell. Each keeps its individuality, but their affinity, the bonds between them, create the state of harmony which we call health. Is this so difficult to understand? You cannot ask a black person to become white, nor a Muslim or a Buddhist to become a Christian. It is true that the Christians sent missionaries to convert the Indians, black Africans, Oriental and so on, but for the most part this did not produce good results. This is because everyone must retain their own particular characteristics, their differences, but at the same time there must be an understanding between them so they form a whole, a unity in the divine world.

(APRIL 16, 2000)

The only way to develop your will is to exercise it, and the Teaching offers you many ways of doing this. If you never do any exercises, you will never have any will-power. Other people can give you knowledge, emotions, even wealth; but no one else can give you a strong will: you have to develop that for yourself. This is why a candidate for Initiation is required, first and foremost, to develop his will through exer cises and asceticism. This is difficult, of course, but it is the most effective way, because when you have a strong will, you can keep working and insisting until, finally, you obtain all the other things you want: power, intelligence, wisdom, beauty, health, and so on. But without will-power you will never obtain anything more.

(APRIL 18, 1988)

It is important to eat always just a little less than your appetite seems to require. Why? So that your etheric body has some work to do. Yes, if you still have a little appetite when you leave the table, your etheric body is obliged to look for a different kind of nourishment on a subtler plane, and in a few moments, not only will you no longer feel hungry, but you will be full of new energies: not only physical but also psychic energies. Whereas, when you eat your fill you paralyse the activity of your etheric body and this is very bad for your health, for the stagnation of the etheric body is liable to invade your whole organism. You must not paralyse your etheric body; on the contrary, you should constantly stimulate it to be active, for it is the activity of the

etheric body that keeps you healthy. And, in order to stimulate this activity, you must never sate your physical body, on the contrary, for it is this slight deprivation felt by the physical body that impels the etheric body to do its work. **(APRIL 25, 1988)**

Are people interested in providing human beings with true knowledge, with knowledge that will help them develop in a harmonious way in order to face the internal and external difficulties they may encounter? No, we wait for them to be ill before we intervene. When they no longer know where they are, when they want to commit suicide or have already attempted it, we reassure them and tell them we will help them to find peace, balance and the meaning of life. In the meantime, we ply them with medicines! Of course, when things have become as serious as this, there is nothing else to be done. But for how long will we make do with caring for the sick? You will say: 'But this is what science is!' No, this is only a partial understanding. True science is not a science of illness, but of health. **(APRIL 30, 2004)**

Many people, especially the young, leap fearlessly into all manner of experiences that could be dangerous for their physical and psychic health.
When wiser parents or friends try to warn them, they are accused of being narrow minded, limited, bigoted, and of trying to stop them from experiencing 'life'. These young people do not know that there may be other experiences to try; or if they do know, they prefer to leave such experiences to others – to philosophers, mystics or saints. Besides, the young may admire these high-minded people and may talk about them, but they would consider it out of the question to imitate them. Is that sensible? It would be far better if they were content with merely mentioning the appalling catastrophes and adventures of all who ended badly (literature and history are full of these), and concentrate on trying to live like those exceptional beings who have blazed the way to Heaven. **(APRIL 30, 1998)**

You live in a particular physical, intellectual and spiritual environment, in which some conditions are helpful – favouring your evolution – and others have the opposite effect – impeding your evolution. This means that in some areas, where other people blossom, you may fall to pieces, whilst elsewhere, where others feel misplaced, you can expand. That is why in one person we may see some well-developed qualities, such as intellectual brilliance, whereas that same person may lack the quality of good health, for example.
Why? Because there are forces and movements in the universe which are not in total accord with his way of life and which oppose it, thus provoking disturbances in him. That is why we must work on harmony: harmony with the sun, the stars, the earth, with all of nature, so that the powers of the cosmos can help us develop and blossom. **(MAY 8, 1998)**

It is customary in every country to bring gifts to those we visit. It is a very old tradition based on the law of never going to visit anyone empty handed. You should always go to meet someone wishing to bring them something. It is also important not to greet someone with an empty vessel or container because, if you do, you bring that person emptiness for the rest of the day. When you go to meet friends never hold an empty basket, bucket or bottle. If you really must hold a container (basket, bag, bucket, and so one) then put someting in it before you set out – this need not be anything precious, perhaps just water, which is the most precious substance in the eyes of the Creator: then you can go to meet your friends knowing that you are bringing them health, joy, fulfillment, and an abundance of every blessing. **(JUNE 6, 1999)**

BOOK 28: A NEW UNDERSTANDING OF HEALTH

Human beings are fantastic: they believe they can trust the first person who comes along to tell them what they should think about politics, religion, how to succeed in life, how to recover their health, etc. They do not question the ability of this person to give them advice. They resemble the man who lost his hair and went into a store to buy some hair lotion. 'Here's what you need, said the salesman, it's 'pilocarpine': rub in the morning and night, you will see how miraculous it is!' He buys the product and goes home pleased, without noticing that the fellow who sold it to him did not have a single hair on his head. If this product were so effective, how could he still be bald?
Unfortunately you can notice such behavior in all spheres of life. Therefore, before you let anyone convince you, think and look for signs that may reveal if the person you are speaking to is really capable of helping you. **(JUNE 12, 2001)**

Even when all the problems and suffering of others are before their very eyes, most people are only aware of what affects their own lives: their health, wellbeing, interests, and success. This is why they are so blind to the realities of life: they do not wish to leave the limited circle of their personal preoccupations. They measure and weigh everything. They base all their opinions on their tastes and prejudices, that is to say, according to the criteria of their lower nature, which is egocentric and petty. They believe their pronouncements to be sound, but they are so far from the truth! As long as they do not leave this dark prison in which they have enclosed themselves, they cannot see things as they are. This attitude is not only harmful to others but blocks their way on the path of evolution. **(JULY 10, 2003)**

We cannot conceive of spirit without matter, but neither can matter be conceived of without spirit. In the beginning there was spirit: everything that exists in the universe originates on high in this world of the spirit, and matter is therefore only a progressive condensation of the spirit.
It is very important for human beings to cultivate this philosophy of the pre-eminence of the spirit, because it enables them to stand strong under all conditions. Even in their struggles with the difficulties of life - with their health, work, relationships, mishaps, and so on - they know they cannot be vanquished, because by means of their spirit, not only can they surmount conditions and circumstances, but they can influence them. They do not accept the notion that events rule their lives. So, it is up to you to choose, because according to the philosophy you embrace, the philosophy of matter or that of spirit, you will either be weak or powerful. **(AUGUST 4, 2003)**

In order to be in good health, our physical body obeys a law: all the organs – the stomach, heart, lungs and so on – must work together, selflessly, for the good of the whole person. How can people fail to see that it is because of this disinterestedness that human beings are alive and healthy? The conclusion to be drawn is that we receive a thousand times more by disinterestedness than by egotism. The egotist imagines that by thinking of his own selfish interests he is in fact going to win. No, he only makes himself sick. Human beings are always trying to take advantage of their neighbour by dominating him or getting rid of him, and they are even proud of their attitude. This proves that they have not understood the lesson of the organism. Every day their own body shows them that with this attitude everything will in fact collapse, because they are introducing within themselves the seeds of destruction. You will say: 'Yes, but by engaging in self-denial and sacrifice we will die.' No, on the contrary, it is then that you establish health, harmony, resurrection and eternal life within you. **(AUGUST 9, 2004)**

Stop several times a day and take a good look at yourself to work out what is the most significant in your life: spirit or matter. We cannot eliminate matter. We have a physical body that

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

If we observe how water is purified in nature, we will notice that there are two possible processes. By the first process, water disappears into the ground to be filtered slowly through the different layers, leaving behind its impurities as it goes, before emerging farther on as spring water. By the second process, water is heated by the rays of the sun, becomes lighter, rises in the atmosphere in the form of vapor and rejoices in light; it purifies itself by evaporating and then falls back to earth in the form of dew or rain, bringing life to the vegetation.
As for water, there are also two means of purification for human beings. The first – unfortunately the most widespread – is for people to let the events of life make them go through great suffering, which presses and crushes them until they understand that they must rid themselves of obscure and unhealthy elements that they have nourished within themselves. But the disciples of initiatic science choose the second method: Each day they expose themselves to the rays of the spiritual sun and make some effort, through their mind, to ascend to the sun so as to absorb the most luminous elements, which will purify them. **(SEPTEMBER 26, 2001)**

An initiatic teaching gives us every means possible to improve our future incarnations. Anyone who does not understand the usefulness of such a teaching not only fails to make improvements but risks losing the few advantages he already has. Take the example of a rich man: if he is content to use his fortune for his own private benefit, he will have to face the greatest material difficulties when he comes back in another incarnation. He will not even know that he was very rich in the past, and that he is now very poor because he did nothing for others with his money and possessions. And this does not apply only to his fortune; the same law applies in all other realms such as intelligence, beauty, and physical and psychic health. So many human beings come into the world handicapped because they did not know about this one essential truth of initiatic science: they themselves are the artisans of their future! **(OCTOBER 7, 2004)**

Binah is the first Sephirah on the left pillar of the Sephirotic Tree, the Pillar of Severity, the feminine principle in creation, where God manifests Himself under the name of Jehovah. He is the awesome God who revealed Himself to Moses. His anger, his menaces and the curses that would punish human beings until the fourth generation, resound throughout the whole of the Old Testament.
You wonder: 'How can this awesome God be a feminine power?' Because this feminine power represents nature in reality. This concept is easier to understand if you think about what nature really is: An implacable mother. Nature has its laws and if you go against these laws, you are punished in some way or the other. And, by inference, this punishment will affect your children and your grandchildren. Let us take the well-known example of alcoholism. He who abuses alcohol not only harms his physical and mental health, but also passes on a tainted heredity. The same goes for other types of abuse and transgression. Really, it is so simple.
(OCTOBER 9, 1999)

BOOK 28: A NEW UNDERSTANDING OF HEALTH

What is a seed? It is a living being that never stops drawing on the forces and materials of the cosmos to grow and accomplish its task. And its task is to resemble its father, the tree that produced it. The Creator has given each seed the vocation of resembling its father, the tree. That is why, once planted, unless it is defective, all its work will be concentrated on this vocation: it will take from its environment those elements that suit it and will leave the others to one side. It will thus express all those tendencies indicated in the pattern carried within it.
The same thing applies to human beings. Since we have been created in the image of God, we are predestined, through developing ourselves correctly, to become like our heavenly Father.
(NOVEMBER 3, 2003)

It is possible to escape human justice, but it is impossible to escape divine justice. Why? Because these two forms of justice are not of the same nature.
Divine justice cannot touch human beings externally, but it touches them inwardly. There are criminals who have always managed to escape human justice, but inwardly they are being destroyed: their health, their psychic state, everything is falling apart. On the face of things they are still holding up, but gradually they will disintegrate, because it is the inner realm that nourishes them, that sustains the edifice, and if the inner realm collapses, then one day the outer realms will also fall. This is how divine justice makes itself known. And even if its sanctions are not immediately visible, they are instantaneous: the moment a man is disobedient, something in him darkens, something is disturbed. Even if it takes years for this disintegration to appear externally, it is already taking place inwardly. **(NOVEMBER 8, 2003)**

If you look carefully at a tree you will see that everything is in its roots. The trunk, the branches, the flowers, the fruit are merely an expression of the roots, which manifest themselves in beauty, colour, splendour, flavour and scent. The roots themselves are black, ugly, expressionless, but what comes out of them is marvellous and if they should disappear there would be nothing left, no trunk, no branches, no flowers, no fruit. Everyone who is amazed by the wonder of trees never thinks of the roots, how intelligent and competent these must be to produce such splendour. The roots are never talked about because they remain in the dark. But damage them, and that is the end of the tree. If, however, the roots are healthy, even if the branches are dead, the tree can come to life again. This is something worth thinking about.
In the human body the roots are represented by the solar plexus. Everything about us stems from the solar plexus. **(NOVEMBER 15, 2000)**

Heaven judges people only by what they are capable of giving with the means at their disposal. We meet people in life who are truly deprived: they were born into impoverished families where they have been ill-treated and raised with the worst possible examples; they have poor health and have had little schooling. And yet, by dint of continuous efforts and unwavering conviction, they have managed to triumph over their circumstances and to achieve what others, far more privileged than they, have not been able to achieve. Well, this is what heaven looks at when it sends us to earth: what we succeed in doing with the faculties and conditions we are given to work with. For life is so rich in possibilities that we can always find something to do to improve ourselves, to enrich ourselves spiritually. **(NOVEMBER 16, 2003)**

When you catch a cold, instead of first swallowing all kinds of remedies, drink many cups of very hot water and also take the hottest foot-bath possible so as to perspire and eleminate the toxins. This is how you will get better. Especially because, when you take a hot foot-bath, you affect your solar plexus – which is linked to the feet – and that will in turn act on your whole body. How

many times have you heard about these methods, which have proven to be effective! But no, you do not use them; at the least indisposition you prefer to stuff yourself with remedies. To drink two or three cups of hot water and take a foot-bath, of course, is too simple, too cheap, it cannot be efficient! Well, this is where you are mistaken. I repeat: Try it! **(NOVEMBER 20, 2001)**

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 prinicple 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)**

Doctors should understand that merely healing the sick is not sufficient. They should also put a few truths in their patients' heads at the same time. I ask a doctor this question: - 'You have made these people better, haven't you. But did they subsequently change their lifestyle? Are they not going to continue their ridiculous ways and become ill again?' – 'Well yes, unfortunately this is true.' – So it is clear that before agreeing to cure people, doctors should enlighten their patients in order to prevent them from falling prey to the same excesses and victim of the same inbalances. If I were a doctor I would simply refuse to look after people who did not first promise me to improve their lifestyle. Since I would not ask to be paid I would ask them at least to pay the Lord by improving themselves. And if they refused to make this promise I would send them elsewhere. Of course, if someone has just been rescued from the water or is suffocating, that is not the time to extract promises from them. They have to be saved. But I want doctors to understand it is not sufficient to cure people 'for the time being', they should also enlighten them so they may find permanent good health again**.** **(DECEMBER 14, 2000)**

THE INFLUENCE OF HABITS

Everything you touch in your home – including the chairs, furniture and walls – is impregnated with your emanations. This is the magical aspect of your presence: you deposit etheric particles on everything around you, particles that can be either good or bad conductors of celestial influences. Objects act like magnets, and if you constantly project negative thoughts and words they attract all that is negative in the universe. And of course the contrary is also true: if you speak words imbued with wisdom and love you dynamise these objects by covering them with beneficial fluids, so they become conductors of light, joy and health. Therefore, make a habit of doing this exercise: in all the rooms of your house, learn to touch things with love, bless them and ask the divine Spirit to visit them. Say: 'Spirit of light, purity and truth, I dedicate these objects to you, that they may become a receptacle, a vehicle for you.' And the divine Spirit will come and inhabit your house. **(JANUARY 2, 2000)**

Fasting is a spiritual practice but, because it purifies the body, it also has a beneficial effect on health. When a person habitually eats his fill, the cells of his stomach and all other organs become lazy. Because there is an over-abundance of food, part of it cannot be absorbed, and it stagnates in the tissues where it begins to ferment. During fasting, however, the cells receive only very little food, and they decide to become more economical, wiser and more active in order to cope. Then, fermentation no longer occurs in the organism. Of course, a prolonged fast weakens the organism, but if you know how long to fast, under what conditions, and with what state of consciousness, the benefits for your health are immense. **(MARCH 26, 2004)**

Like fishes in the sea, human beings can find, in the air, most of the elements they need to ensure the health of their physical and even psychic bodies. Through breathing they have to learn to get all these elements, which exist in the air in an etheric state.
So here again are some good exercises for you. Know that if you learn to breathe you will not need to resort to so many chemical substances that weigh you down or, in the long run, disrupt your system. Get into the habit of breathing while concentrating on the idea that you are drawing from the atmosphere precious elements, which can nourish and heal you. Yes, your body knows its needs very well: it contains teams of perfectly competent chemists who know how to extract from the air the substances that are most beneficial to you. **(APRIL 17, 2001)**

Do not struggle against your sexual energy, because not only will you fail to conquer it, you will be crushed by it. The only way to resolve this problem is to find a powerful ally towards whom you can direct this force, and whose knowledge of alchemy provides you with the means to transform it into light, health and beauty. And who is this ally? It is a high ideal, a sublime idea that you live by, that you cherish and nourish. This idea alone is capable of transforming this energy: not you. Yes, if you experience a sexual impulse and immediately concentrate on your ideal, this energy returns towards the brain to nourish this ideal and several minutes later, you are victorious. Not only have you freed yourself, but you feel reinforced and inspired. If you make a habit of directing all your energies toward a divine ideal, these energies, instead of bringing you down, will serve you and will contribute to making your ideal come true.
(JUNE 24, 2000)

'Lord, I love Your Wisdom, I have faith in Your Love, I have trust in Your Power'. You say this prayer without really having thought in depth about its meaning. When you say to the Lord: 'I love Your Wisdom', your love meets the Wisdom of God and you draw it within yourself. When you say: 'I believe in Your Love', your faith binds with Divine Love and God loves you because you believe him. When you say: 'I have trust in Your Power', your trust binds with the Power of God, who protects you because of your trust.
In order to attract the Wisdom, the Love and the Power of God, we must work with these three virtues: love, faith and trust, these three virtues are linked to our brain, our lungs and our stomach, and can improve the condition of these organs. If you want to improve the condition of your stomach, you should increase your trust; for your lungs, you should increase your faith; and for your brain, increase your love, because it is through love that we understand wisdom. Our physical health is also determined by our spiritual lives. So, get into the habit of repeating this formula: 'Lord, I love your wisdom, I have faith in your love, I have trust in your power.' Your brain, your lungs and your stomach will then also function better. **(JULY 5, 2000)**

THE INFLUENCE OF THOUGHTS

A man owns a beautiful car. He is extremely vigilant with regard to its maintenance, he uses the highest grade petrol in it, fits it with the best tyres and so on. But when he gets into it he is not careful, or is he able to keep his self-control. He performs rough and dangerous manoevres, he drives at great speed, he brakes suddenly and then of course this poor man-handled car soon breaks down.
Well, this is how most human beings treat their physical body. They are not in the least bit aware of the marvel their organism represents, in what workshop it was built, how much work the spirit put into it and how much it cost the Creator to perfect it. You will say you treat your physical body with care and respect. Maybe, but that is not enough. If you really want to be in good health then you must be attentive, provident and careful, in other words avoid impassioned states, chaotic thoughts and emotions, all of which weaken and wear out your organism.

Light and darkness, heat and cold, wakefulness and sleep, health and sickness... On earth we are continually subject to alternation. It is true on the physical plane, and it is true also on the psychic plane, where we encounter joy and grief, enthusiasm and discouragement.
When human beings lived in paradise, in the bosom of the Eternal, they knew only light and joy. But when they began to descend into matter, they found cold, darkness, sickness, and death, and this is how initiatic science explains the conditions in which we live today. But this paradise we left behind still exists; it is a region made of an etheric, luminous and radiant material where eternal springtime reigns. And even if it is impossible to escape certain alternations here on earth, by means of thought we can rise to this region of eternal springtime, because it exists, it is a reality... When we succeed in projecting ourselves to the world of the spirit, no longer can anything come between us and the sun, which forever supplies us with light, warmth and life... and fills us with wonder!

Nothing happens to us by mere chance. Our thoughts and feelings bring us into contact with entities, currents and elements in space that correspond to those thoughts and feelings, and we end up attracting them. This is how health and illness, strength and weakness, intelligence and short-sightedness, beauty and ugliness in people come about. We attract these physical and psychic states, and so, if you are faced with problems in this life, it is because through ignorance you attracted unhealthy and unsound elements in the past. So now you know the real reason why things happen in your life, resolve to work on your thoughts and feelings, because you will then connect with the purest and most luminous entities and regions in the universe and you will receive from them all the qualities you need to rebuild yourself: beauty, strength, intelligence and so on. This is the true secret of resurrection.

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

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

In their later years, when men and women take stock of their lives, if they are honest they recognise that they have wasted their energy, their health and their beauty in activities which were not worthwhile. Of course, they have derived a few advantages from them, but if they put all this on the divine scales, they see that the little they have gained does not compensate for the wealth they have lost. Unfortunately, human beings make this type of calculation much too late. When they want to obtain money, glory or knowledge, they never place the losses these acquisitions will entail on the other side of the scale. Perhaps they will get what they want, but a few years later we find them in clinics or psychiatric hospitals, unable to eat, drink, or to take pleasure in life, because their nervous systems have broken down. Then they realise the value of what they have lost and say: 'If only I had known!' But it is too late; they should have thought about it much earlier!

We can compare our own spiritual work to the sun's work on the earth. In its likeness to the sun, our spirit vivifies and animates our body, so that health, light, and plenitude live within us. If our spirit enlightens and purifies our being every day, new life begins to circulate within us. As long as the sun, our spirit, is absent, we cannot blossom. This is why those who wish to live the true religion must meditate on the sun. You all know that the sun exists and how it acts on living things, but very few among you have thought about introducing it into your heart, your soul, and your entire being as a life force. Those who learn to make the sun rise every day within them move closer to resurrection.

Fill a glass half-way with water and show it to two different people: one will say that it is half full and the other that it is half empty. Objectively this comes to the same thing, but a psychologist sees in it a sign of two different mentalities. When you dwell on fullness you feel fulfilled. When you dwell on emptiness you mutilate yourself. This is a law of magic. When a sick person thinks of nothing but his illness his state worsens, because negative thoughts are corrosive. Let him think about health and he will get better.
Many things are lacking to you of course, but if you dwell on your wants and needs you will only accentuate this aspect of your life and feel even more deprived! Whereas if you dwell on the thought that you are a child of God many aspects of your life will begin to improve. In any case it is not material advantages that human beings need so much as a divine, luminous philosophy capable of liberating them from their weaknesses.

Noise is an expression of life, of course, but not of life in its higher degrees. In fact it reveals an imperfection in the construction or functioning of beings and objects. A machine that makes all kinds of noises when it is turned on is one that is faulty or is being used incorrectly. Psychically, noise is not good for human beings. It retains them in the lower regions and hampers their development, because it prevents them form entering the subtle world, where it becomes easier to move, where visions becomes clearer and where thought is more creative.
Pain is itself a noise, warning us that things are beginning to go wrong in our organism. The organs in the healthy body are silent. Of course, they express themselves because they are alive, but they express themselves without noise. Silence within us is a sign that things are working smoothly.

It is normal to want to obtain always more: more money, titles, positions and possessions. When does it become abnormal? The body tells us clearly, so clearly that no one can refute it. What does the stomach do when you give it food? It takes only what it needs. And moreover what it takes is not for its own use only; the stomach works on foods, impregnating them with different juices so as to distribute them to the whole body. The stomach only retains what it needs for a few hours; after this time, if it still demands more food, it is only because it needs it. It is thanks to the wisdom of their stomachs that people are healthy.
Now suppose that the stomach says, 'From now on I will keep everything for myself! Why should I continue to give these idiots something, what are they to me? And who knows what the future has in store, I have many offspring to support.' The stomach would then store up food ... and sickness would be at the door! If people thought it over, they would realize that they are behaving like greedy and selfish stomachs that jeopardize the good health of that immense organism – humanity!

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.

A cure obtained by physical means such as medicines and surgical operations may not be permanent. Why? Because a problem in the physical organism is very often the manifestation of a psychic problem, of unbridled and chaotic thoughts and feelings. Therefore, in order to remedy the situation and recover your health, you must address the causes, in other words correct something on the psychic plane. It will take time, however, before beneficial results will be realized on the physical plane. This is why, even if the effects of a physical intervention do not last, it is necessary to have recourse to them in order to halt temporarily the ravages of the illness. To combat an illness that has already taken hold in the physical body, physical means are necessary.
You must not take risks with your health on the pretext of being a spiritualist. It is true that in their approach to illness, materialists show more common sense than spiritualists.

Psychic endurance is a very precious quality that you must try to acquire by learning to work on the cells of you body. You will say, 'But how do I do this work?' First, with the food you eat. Choose the simplest and healthiest food, and as you eat, train yourself to draw from it, though thought, the purest and most vital elements that will give suppleness and strength to your cells. You have noticed that some people who have received a great shock rapidly regain their equilibrium, whereas others find it more difficult to recover. This is because their psychic matter lacks flexibility; it is made up of elements too close to the physical plane. Of course, it is not enough to watch your food or the way you eat, you must also be vigilant in your thoughts, feelings and desires. By working to purify and enlighten them, you will gradually manage to acquire the suppleness and flexibility that will make it easier for you to stand up to shocks and tensions, both physical and psychic.

Observe yourself: when you are dissatisfied with life and in pain, often it is not material changes that permit you to improve your inner state but rather changes in your thoughts and feelings. Of course, if you suffer physically, you will need physical remedies. If you have an injury or a broken leg, even the best thoughts and feelings will not heal you or remove the pain: it takes a lot of time for their influence to bring about improvements in matter. But thoughts and feelings can help you to endure this suffering better, for they do have some effect on the physical body. Harmonious thoughts and feelings affect the circulation and purify the blood and when blood is pure, it contributes more efficiently to the health of the body. Even wounds heal better and faster.

Technological progress has given humankind great possibilities. This is a good thing, but all these new facilities and opportunities lead them to expect everything form outside and to become heedless, thoughtless and fickle. We can neglect our health: there are doctors, surgeons, dentists, chemists, etc. We can waste paper, ruin appliances, break objects, soil and tear out clothes, throw away food: there is plenty more of everything in the shops.
This is how care and attention, vigilance and discernment gradually wane. Why develop these qualities when there are so many people and products available to repair the damage we have done? Scientists, researchers, technicians are all there to help people with their inventions. In reality, however, they help the manufacturers get richer, and make the people increasingly weak and dependent. I am not saying we should put a halt to technological progress, but we must also continue to work in the inner domain in order to cultivate care and attention, prudence and self-control.

A person comes to seek my advice on her health: she has consulted all the doctors, taken every possible remedy, but there is no improvement. I tell her, 'Since you have tried everything and nothing has worked, well now, try a remedy that you have not thought of. Harmonize yourself with the sublime creatures of the universe and tell them, "I love you, I am in harmony with you, I want to accomplish the will of God..." and gradually you will feel an improvement.' If people are sick, it is because they have troubled the inner order that nature has established within them. That is why they have to be taught some lessons, in order to learn to reestablish harmony. The whole universe sings this harmony, and the one who does not have respect for it is expelled.

Our contemporaries are increasingly convinced that exposing themselves to fresh air and sunshine benefits their health. They do so in various states of nudity, but this is not really the point. 'Then what is it?' you will ask. The point is that what they receive will depend on their thoughts and feelings. The skin itself is neutral, and is capable of allowing everything to pass through it, both good and bad. What directs and determines the work of the skin is our consciousness, our thinking. According to what is in your mind, the skin can favour or prevent the entrance of certain elements. If your thoughts and feelings are pure, luminous and linked to God, it is as if your skin received an order from above to drive out poisons and to attract only life-giving particles and energies. If carried out under good conditions, this communion with the forces of nature can purify you both physically and spiritually.

Illnesses can have all kinds of causes, but in reality what lies at the basis of an illness, of whatever kind, are the impure elements a person allowed to penetrate their physical and their psychic organism. These elements cause disorders because they do not vibrate in harmony with the health part of their organism. If, however, they succeed in driving them out or transforming them, health is restored. This is why purity is so important for our mental and physical health.

And by purity I mean rejection of any element that interferes with the proper functioning of our organism. Unfortunately, as soon as people hear the word purity, they stop listening. Purity, to them, is a restricting concept, outmoded, good only for convents and so they continue to swallow whatever comes along: indigestible food, polluted atmosphere, dark thoughts and chaotic feelings. When will they understand that it is these very impurities that make them ill? If they worked on purity their health would improve, they would become more intelligent, wiser and stronger.

If the human voice has still not revealed all its inherent wealth and powers it is because singers pay no attention to the way they live. The vocal cords are different from every other musical instrument in that they are part of man. They are not outside us. And this means that they reflect everything we experience and all the thoughts and feelings that go through our hearts and our heads. However excellent a singer's technique, if he gives in to certain weaknesses and vices they will inevitably show up in his voice.
Singers who really want to cultivate a beautiful voice and keep it in perfect condition for a long time must not only be very careful about their health, they must also pay attention to the quality of their psychic life. Instead of pandering to their vanity and passions or thinking only of pleasure or of financial gain, they must set their sights on a high ideal. In doing this they will be forming a bond with perfect spiritual entities who will help them and guide them in ways that lead to ever greater possibilities for the development and enrichment of their art.

It is a sad fact that most of the fruit and vegetables we eat are impregnated with negative forces, because the earth is a vast cemetery, soaked in human blood and impregnated with the crimes committed by humankind. And since many of the people who cultivate it do so without respect, their thoughts and feelings penetrate the seeds and poison them. Human beings ceaselessly create unhealthy living conditions for themselves, simply out of ignorance. How beneficial it would be nowadays for people to relearn the art of cultivating the earth according to the initiatic rules. These rules, which were known and respected in certain past civilizations, relate to working with the cosmic energies so that the seeds sown into the ground capture these energies and give to the fruits of the earth the maximum amount of nutritive and curative virtues.

The spiritual plane is structured and organized in such a way that the mere thought of someone – or of a specific element – enables the sender of this thought to touch that person or that thing directly, wherever they may be. It is thus unnecessary to know the exact location, as on the physical plane, where maps or exact addresses are necessary. On the spiritual plane, the divine plane, it is sufficient for you to concentrate your mind strongly to lead you exactly where you want. If you think about health, you are already in the region of health. If you think about love, you are in the region of love. If you think about music, you are in the region of music. That is why a disciple of iniciatic school dedicates a certain time each day to working with meditation in order to visit the realms of the invisible world where he knows he will find all the elements necessary for his fulfillment.

Food is of prime concern to people all over the world. Food is the problem that everyone seeks to resolve first and foremost: they work and even fight for it. This attitude towards food, however, is still only an impulse, an instinctive tendency that has not yet entered the sphere of enlightened consciousness. Only initiatic science teaches us that food, which is prepared with inexpressible wisdom in divine laboratories, contains magical elements capable of maintaining and restoring health, both physical, mental, emotional and spiritual health. But for this, we must examine the

conditions in which these elements may be harnessed, and we must know that thought is the most effective of all means. Yes, indeed, because thought is capable of drawing out subtle, luminous particles from the food, particles which help build our whole being. In this way, little by little, we change.
When you come to understand nourishment it will become a source of goodness and wonder to you, because far beyond simply eating to stay alive, nourishment will begin to take on another significance, paving the way to other knowledge, other work to be done, other aims to be achieved. On the surface you will look as if you are eating like everyone else, and the entire world will be eating like you, but in reality there will be an immense difference, as great as between earth and Heaven.

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 practises 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.

'*Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on a rock*', said Jesus. 'And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand.' What is this house? It is an image of man himself: if he founds his existence on sand, that is to say on unstable ground which will quake with his chaotic thoughts and feelings, it will endlessly sway and eventually collapse. If his life is to stand firm, he must build it on this rock which represents his higher mental body, the causal plane. As its name – causal – indicates, it is from this plane that the currents which influence the mental, astral and physical realms flow. This explains why the work we can accomplish by rising to the causal plane has repercussions on our thoughts, our feelings, our daily behaviour, and even on our health, as if orders were given from on high to organize and harmonize everything in us.

Every thought, every feeling touches the beings and regions in space that correspond to it. This explains our joy and our suffering. People who give in to a crude, animal life unintentionally make contact with the entities of the lower, dark and unhealthy regions, which begin to torment them. To escape these regions they must bring in other vibrations. Through prayer, meditation and other spiritual activities like singing, playing music and so on they are able to connect with luminous entities, which will bring them only blessings.
This connection with the divine world must become your prime concern. This is why, during the course of the day, remember to repeat this formula many times: 'Lord, blessed be Thy name for ever and ever,' and your anxieties and torment will disappear.

In order for a person to incarnate on earth, all of creation must agree to his coming. If it refuses even a few elements, then that person dies. That amazes you? Well, reflect on this. Notice how things are done in a country, a business or a family. There are people who calculate the budget, plan the expenditures (how much to allocate to education, defense, health, etc.), decide what savings to make, which persons to hire, dismiss or keep on, what sums are necessary for food, heating, maintenance and so on.
Do you really think that when it is a matter of someone coming on earth, nobody takes a decision or approves it? In a family, town, country, everything is calculated and done according

to plans, budgets ... and you suppose everything in the universe is done without thought, haphazardly? Really, human ignorance is unimaginable! There are also entities up above that calculate how many human beings should come down to earth, the number of years they are to stay. Yes, it is such an immense economy, which you are far from imagining. **(OCTOBER 5, 2001)**

It is the law of the earth that everything is contaminated in one way or the another, and we are continuously exposed to impurities, what ever our physical or psychic activities. Eating, drinking, breathing but also looking, listening, meeting other people, staying in certain atmospheres are all times when we absorb impure particles and currents, which weigh us down and take away our light. For the good of our physical body we should therefore try to eat and drink healthily and breath clean air. And for the good of our psychic body we should accept only pure thoughts and feelings. We can also do certain exercises. For instances, several times a day, imagine you are transparent like a crystal. And when I say 'imagine', I mean that you should totally identify yourself with the crystal, with its transparency, until the moment when you feel the celestial currents pass through you, like the light that passes through a prism and refracts into seven colours**.**

When a tight-rope walker is on the high wire he is forced to stretch out his arms to keep his balance. Well, this image represents a human being: Human life is a tight rope. First, consider the domain of the heart and intellect. Every day we come up against this problem: How to balance the trays of our psychic scales, adding a little on one side and subtracting a little from the other. Someone who is careless and inattentive introduces an imbalance within himself, which translates into chaotic thoughts and feelings ... and he ends by 'falling'.
In each sphere of life man must see to the balance of both trays of his inner scales. If he always focuses on matter (money, possessions), without ever giving some thought to the spirit, to Heaven, he will also create within himself an imbalance that will be reflected in his facial appearance and even in his health. You must know this law: For each need that is fulfilled on one plane shows up a void to be filled on the other plane.

Everything we experience, all the feelings and thoughts we foster in our heart and in our head have repercussions on our voice, which is why people who truly want to cultivate their voice and preserve it a long time must not only be careful with their health but also keep an eye on their inner states.
If a singer lives a pure, balanced and harmonious life, his or her voice becomes stronger, increases in volume, in suppleness, softness, subtlety and agility, it obeys them more and more and they are able to render more easily what they want to express. And the same is true for actors. So instead of satisfying only their whims and their passions and seeking only pleasure and financial gains, artists who express themselves through their voice must foster a higher ideal. They will then create a bond with spiritual entities who will come and help them and they will be led onto a path where they will find more and more opportunities to work and enrich their voice.

Everybody considers the question of food to be of the greatest importance; they are ready to do everything possible, even to go to war, to solve it. But this attitude towards food is no more than an impulse, an instinctive tendency, it does not stem from an enlightened consciousness. Only Initiatic Science teaches us that food, which has been prepared with inexpressible wisdom in the divine laboratories for our use, contains magic elements which have the power to preserve and restore both our physical and psychic health. Before we can avail ourselves of these elements,

however, we have to know in what conditions this can be done and, also, that the most effective means of doing it is thought. Yes, for the thoughts of man are capable of drawing from what he eats, the subtle, luminous particles that go to make up his whole being and, in this way, little by little, he transforms himself.
Once you understand it, food will become a source of blessings and wonder for you, because, over and above the simple fact of eating in order to sustain life, you will find in it another significance, other knowledge, other tasks and other goals to be achieved. Outwardly you will continue to eat like everyone else, and everyone else will eat like you, but in reality the difference will be as great as the difference between Heaven and earth.

You complain that despite the fact you pray and ask Heaven to help you, you receive no reply, that Heaven does not hear you, is not listening to you. Whilst in reality it is you who are not able to hear Heaven's replies.
You must be aware that the same phenomena occur in our psychic organism as in our physical organism. If we breathe polluted air and if we eat unhealthy food we introduce impurities into our organism, which it cannot eliminate. So the exchanges between our physical body and the forces of nature do not take place correctly. And in the same way, if you never watch over your thoughts, your feelings and your actions, then you introduce impurities into your psychic organism and these impurities form an opaque screen between you and the divine world. So of course communication will then be cut.
The divine world answers our questions, continually sends us messages, but we must be able to receive them. And to prepare yourself to receive means you must improve your way of life by working on your thoughts, your feelings and your actions, so as to purify them.

A true master is someone who has worked for thousands of years to overcome all his passionate human desires and to attract the blessings of Heaven. That is why he emanates elements which benefit all those around him. And this is the advantages of meeting a master: by living near him, by listening to him, his disciples receive a small fragment of the life he emanates which enables them to evolve much more rapidly. Otherwise of what use would a master be? He is not concerned with giving you wealth, jobs or women. His concern is to give you particles of a higher nature which vibrates in harmony with Heaven. And if you can receive these particles, if you can keep hold of them and even amplify them, in time you will feel your thoughts, your feelings and even your health improve. In the proximity of a true master you can only find blessings.

Live experiences are always more convincing than explanations.
For example, I go into a house during winter. In order to economize on central heating, everything is tightly shut and airless, and this close atmosphere has made the inhabitants of the house so sluggish that their thoughts and feelings are adversely affected. I could explain to them the danger to their health of this way of life, but I know that my time would be wasted in interminable discussions. Instead, I invite them to come for a good walk in the fresh air. Then we return to the house, and no sooner do we open the door than they recoil from the unhealthy atmosphere. They wonder how they could have put up for so long with such a close, stuffy environment: meaning – because this little story is an allegory – with such stale ideas, and stifling old philosophies. They understand immediately, without the need for words, because the contrast is obvious. Maybe they had not realized, bevor going outside, how marvellous it is to breathe pure, fresh air, but when they return and suffocate in the stale air, they understand very well.

Many people seek recognition at any price as poets, painters, musicians, etc. But have they first of all worked on themselves? No? So they will not be able to produce much of value. The sculptor who has not begun by sculpting himself is not a true sculptor. The painter who has not worked on the colours of his aura is not a painter. The musician who has never thought about tuning his intellect, his heart and his will does not yet know about harmony.
True art must first of all be apparent in the way the artist thinks, feels, moves, speaks – in his whole expression. Each day, an audience of angels is present at our exhibitions, concerts and ballets. Ceaselessly they watch and listen to us. So why do so many people ruin their health by trying to attract an audience of ordinary spectators and readers, when an angelic public is there, every day, waiting to admire their work?

Do you believe that when people say 'I', they really know what they are talking about? When they say: 'I am ... (unwell or in good health, unhappy or happy); I want ... (money, a car, a wife); I have ... (such and such a wish, taste, opinion),' they really believe they are talking about themselves. That is exactly where they are mistaken. Since they have never analyzed themselves in sufficient depth to know their true nature, they identify themselves incessantly with this 'I', which is represented by their physical body, their instincts, their desires, their feelings and their thoughts. However, if they seek to find their inner self through study and meditation, they will discover that, beyond the superficiality, this 'I' they are looking for is an integral part of God Himself. The truth is that there is no multitude of separate beings, only one single Being who works through all beings, moving them and manifesting within them, even if they are not aware of it. The day they come to feel this reality, people will come closer to the Divine Source whence all have their origin.

A Master who has laboured for thousands of years to conquer his own human passions and win the blessings of Heaven, emanates elements which can be beneficial to those who are in contact with him. This is why it is good to frequent a Master: by watching him, listening to him, living close to him, his disciples receive some tiny particles of his life which enable them to evolve much more rapidly. If this where not so, what use do you think a Master would be? He is certainly not going to give you money or find a job or a wife for you. He is only interested in giving you some particles of his own higher nature which vibrate in harmony with Heaven and, if you are capable of receiving and preserving and even amplifying these particles, you will find that, in the long run, your thoughts and feelings, and even your health, improve. In the company of a true Master you will find only blessings.

Our vocal cords are a musical instrument unlike any other, for all that we experience in life and all the thoughts and emotions of our minds and hearts are reflected in them. This is why those who want to cultivate their voice and ensure that its beauty endures must not only take care of their health, they must also watch over the quality of their inner life. The voice of a singer who lives a pure, well-balanced, harmonious life becomes stronger and increases in volume, flexibility and subtlety; and as it obeys him more and more perfectly. Instead of serving only their personal whims and passions, instead of seeking only pleasure or financial gain, singers should pursue a high ideal, for in this way they ally themselves with the spiritual entities who can help and guide them and show them ever better ways of improving and refining their voice.

Book 28: A new Understanding of Health

Book 28: A new Understanding of Health

Encyclopedia Initiatic Science

Book 29: A correct Understanding of Good and Evil

Let us suppose that you have been unfortunate enough to swallow some poison. The poison has devastating effects on your body, but as soon as the doctor gives you a powerful antidote you are saved. Because the antidote restores you to your normal state, its effects seem less dramatic to you than those of the poison, which had stuck you down. But the antidote is just as powerful; more powerful even because it overcame the poison. And in the same way counterpoison annihilates poison, love eradicates hatred, light eradicates darkness and good eradicates evil.
Good is as powerful and formidable as evil, but because we find good agreeable, we find its presence normal and devote all our attention to evil. But if you go and ask evil what it thinks of good, it will say: 'Oh, good is terrible! The beatings I've had!' Ask the dark spirits what happens when a spirit of light comes by: they scream and take fright. And because you have not seen this you do not give it another thought. To understand the power of good you need to ask evil.
(JANUARY 9, 2002)

Good and evil do not exist as two independent forces which constantly oppose each other. They are two currents connected to a higher authority: God. They are like the two hands of God and sometimes one hand slaps the other. The question of good and evil will never be resolved on the physical plane, because that which unites these contrary forces exists on a higher plane. Observing contrary forces from our human point of view, we can only see that they oppose each other and we do not understand. Our task therefore is to elevate ourselves to the dimension of this higher authority which can use these two forces for purposes they themselves cannot imagine. Yes, *good* does not know everything and neither of course does *evil*. He who knows everything is above good and evil, and he is the Lord. So address yourselves to Him, saying: 'Lord, creator of so many things beautiful, vast and profound, see how lost I am in the midst of all this. My limited intelligence prevents me from seeing clearly. Send me your angels, that they may show me how to comprehend and to act.' **(JANUARY 15, 2000)**

We so often hear, 'If only God existed, if justice existed in the world, the good would be rewarded and the bad would be punished.' In reality, good people are rewarded and the bad are punished, but not immediately. Why? There are many reasons and here is one of them: If the law immediately punished human beings for their faults, they would be wiped out and would not even be able to improve themselves. Whereas, if they are given time, if they receive a few lessons forcing them to think a little, they have a chance to rectify things. And those who do good are not rewarded right away either; otherwise they would also let themselves go and would end by transgressing the laws. Heaven lets trials strengthen them so that they may be assured and learn to know themselves, and so, realize how much good they can do. Therefore, there are reasons why divine laws manifest so slowly. But it is absolutely true that good brings good and that evil ends up ... very badly. **(JANUARY 15, 2001)**

So many people carelessly attach themselves to men and women who cut them off from Heaven, who prevent them from uniting with the sublime world, from meditating, studying and even from just being good! On the pretext of loving them, they accept to be stupidly influenced without perceiving the abyss they are plunging into. Yes, no judgment at all, no criteria! I am not

against associations, friendships, love and marriage. But why become attached to someone who does not help you get closer to the Lord, nor enlighten you, purify or ennoble your? Forgetting the Source of love – which can quench everyone's thirst day and night – only drink in very small swamps and puddles, hoping to be fulfilled and filled with wonder – well, it is ridiculous! You can love – you must love – all creatures, but be careful and let yourselves be influenced only by those who can unite you with the divine source. **(JANUARY 16, 2001)**

When a virtue manifests in you, it is not you who has created it, it is not your work. This virtue has come from far away and you are only a conductor, a transmitter of the divine entities of which it is the incarnation. If you are able to behave with goodness, with generosity, it is because the entities of love have chosen you as their messenger. It is because you have been working in this area and possess the necessary elements and a state of being suitable for its transmission. Someone else may have prepared himself to become a messenger of wisdom. In this case, other entities manifest themselves through that person in order to propagate the light. And the same thing applies where goodwill, purity and all the other virtues are concerned. Nature is faithful and true; she identifies and classifies every being according to their work and their ideals. In this way, when our aspirations succeed in attracting their corresponding entities, each one of us becomes a medium. **(JANUARY 17, 2000)**

If you throw a ball on the ground, it bounces up and if you throw it on a wall, it bounces back and hits you. And now suppose you are taking a walk in the mountains and are just sending out a word or a call of fun, what happens? The mountain sends it back to you. The sound, the word has hit an obstacle which has sent it back. So if you cry out, 'I love you', the echo will come back from all sides saying, 'I love you, I love you, I love you.' And if you scream, 'I hate you', the echo will repeat from all around: 'I hate you, I hate you, I hate you.' These are examples of physical laws, which are a reflection of spiritual psychic laws. So, we must understand that the same laws govern our inner life: By our thoughts, feelings and actions, we emit good or bad waves without space until they meet the wall that send them back to us – as gifts or blows. Yes, the return shock! **(JANUARY 22, 2001)**

To avoid succumbing to the temptations of evil spirits, the disciple must develop two principle qualities: discernment and humility. Discernment is a quality of the intellect, whereas humility is a quality of the heart.
Discernment allows us in any given circumstance to distinguish the true from the false, reality from appearances. It shows us the right path to follow and how to avoid pitfalls. Only good judgment protects us from mistakes and illusions.
As for humility – a quality greatly neglected and even scorned – we can only appreciate its value if we understand the dangers of its opposite attitude: pride. Pride shuts us off from the divine world, blocking the currents which bring us the living waters of Heaven. This is why, as we cultivate the discernment which shows us the right path to follow, we must at the same time cultivate the humility which opens us up to the life-giving currents of the divine world, so vital to our progress along this path. **(JANUARY 24, 2000)**

Do not imagine that when you arrive in the other world you will acquire qualities you were not able to manifest in this world. If you were malicious, unreasonable and selfish here on earth, you will be the same on the other side also. In the other world we do not improve ourselves; we merely receive confirmation, as everything becomes clear to us, and we become consciously of our errors and our deficiencies or, on the contrary, of our good deeds. It is here on earth that we

educate ourselves. And if we have not begun to educate ourselves here, it is not on the other side that we will begin. On the other side, I repeat, we only ascertain. We can do nothing, as it is too late to put anything right. You observe, for instance, that you were jealous, arrogant, easily angered, fearful and you can change none of it. To change things, you must descend again to earth and work to rectify your mistakes and improve yourself. **(JANUARY 30, 2000)**

When you write or speak you are combining letters and words and, in doing so, you are creating. You can create JOY, trust, love and light in others, or you can create grief, darkness, illness or despair. In the second case, what you are creating is not really writing or speech, but scribbling and gibberish. True evolution is a question of learning to use words, writing, forms and images for a divine purpose; in other words, of using the elements of the Word to create only what is good and beautiful and just. He who works consciously to achieve this is collaborating in the work of God and, sooner or later, he will be taken on as one of God's workers. For creation is not yet complete. The Creator's work continues and He needs workmen to bring him a little sand here or a little plaster there. 'Is that all?', you ask. Yes, that's all, and there is no reason to take offence: it is certainly not we who will be picked to do the most important jobs! But, however lowly our task, it is always glorious to have a share in this divine work. **(JANUARY 31, 1988)**

For thousands of years, human beings have begged God to destroy evil, and God has simply scratched His head and smiled, murmuring, 'Poor creatures! When they begin to understand that evil is necessary, they will stop begging me to do away with it!' But how many prayers are still going to be said before that day comes! True: we have to pray, but we should pray to understand God's point of view: 'Lord God, help me to understand Your conception of the world and how You have created it so that, like You, I may be above evil and untouched by it, so that I may learn to use it to accomplish something great.' He who thinks along these lines soon discovers that evil has a constructive role to play in the universe. You will object that you have been taught otherwise. Possibly! But what you have been taught is incomplete: it is good enough for children, but reality is something quite different. The whole of Creation is proof that evil is a necessary factor in cosmic economy. **(FEBRUARY 19, 1988)**

Thousands of theologians have depicted the devil as God's unconquerable enemy, so they conclude that God is not the all powerful Master governing the universe: since some entity is able to defy Him, logically that entity must be as powerful as Him, or even more powerful. Perhaps this thought never occured them. But it is so, and here is the proof: throughout Christendom, right through the middle ages and way beyond, when ever men or women showed exceptional faculties they were accused of making a pact with the devil to receive diabolic gifts. Unfortunately, the church contributed to the spread of this belief. Yes, the church is responsible of the position accorded the devil in Christianity. Prophesies, the healing of the sick, or divine inspiriation were all presumed to be the work of the devil, and not of Heaven. So it is not surprising that some people did, in fact, seek to make a pact with the devil: what would be the use of serving some incompetent God, since the church proclaimed that all knowledge and gifts were provided by His enemy – the devil? In a way, their reasoning is correct: but without the true initiatic knowledge of good and evil, we too could easily jump to absurd conclusions of this kind.
(FEBRUARY 26, 1999)

Whenever evil forces have been unleashed people have always come forward to speak out on behalf of justice and goodness: they would never have had such an exceptional opportunity to show their true measure if such events had never occurred. So, enemies and trials actually

compel us to draw upon inner resources which would otherwise have remained hidden – unknown and undetected. Opposition makes it necessary to exert ourselves: our struggles to overcome obstructions oblige us to unearth and use our own hidden inner potential and, in this way, we become aware of our true value. This may be difficult – and so it is – but it is the only way we can surmount the obstacles on our path. So, instead of complaining and rebelling, thank God and say: 'Because of these difficulties I will become strong, and surpass myself.' Evil and affliction are a needle which goads us on to ever greater efforts. **(MARCH 2, 1999)**

Instead of trying to shift the responsibility for your difficulties on to other people's shoulders, even rebelling against God Himself, reflect, meditate, and you will discover that these trials have their good side. There are many qualities we cannot develop as long as we have not passed through some suffering: setbacks, illness, and even the enmity of our fellow human beings. Yes, that is why I explain that our enemies are often friends in disguise, because it is they who force us to make the effort to progress.
Jesus said, 'Love your enemies,' and many people find this impossible, insane even. How can we love people who have done us harm? The only way to love them is by discovering in them the friends in disguise, sent us by Providence, to make us advance along the path of self-mastery and freedom. **(MARCH 2, 1998)**

You wish to consecrate an object, and that is a good idea, but do you know how to do so? To consecrate an object you must first of all exorcize all the influences left by those who have touched it and by events around it, which have covered it with fluidic layers that may be cloudy and impure. These layers form a barrier, a sort of screen, which prevents your thoughts from impregnating this object. Once it has been exorcized by prayers and even by burning incense, you can consecrate it, thus placing it under the control of a heavenly power: it is then reserved for use by Heaven alone. It is as if a writ had been served on it. It is now impregnated with light, and evil spirits can no longer lodge in it or do as they will with it. Now heavenly entities can dwell in it, so that, through it, they can help you with your spiritual work. **(MARCH 6, 1998)**

Because human beings have come to consider the forces of evil as invincible adversaries, they are constantly torn in different directions and unable to re-establish the inner unity which gives them the strength and ability to master every situation. You will say: 'But what can we do? Here we are, caught between the forces of good and evil.'
First of all, realise that you will have this problem to contend with as long as you live on earth. Here is a method for dealing with it: you must learn to respond to the forces of evil. To those entities who want to trap you in their nets, but you must never respond with violence because this only makes them stronger. So when you feel them approaching, in the form of temptation, or negative thoughts or feelings, do not attack them. Tell them you are delighted they have come, welcome them, turn on the lights, lightening all your inner lamps. The visitors will flee because they are ugly, badly dressed and do not want to be seen. Yes, it is only by means of the light within that you can respond to the spirits of evil. Do not fight them, just carry the light, and thanks to this light you will make steady progress every day along the road to inner unity.
(MARCH 9, 2000)

Be very careful about what you say, for even if you do not really mean any harm, evil entities can use the matter supplied by negative words to make them a reality. You cannot blame them for that. It is up to you not to supply them with the means to do evil.

BOOK 29: A CORRECT UNDERSTANDING OF GOOD AND EVIL

There are many countries in which people are in the habit of cursing others: on the slightest pretext they call down curses on their parents, their children, their neighbours and friends. This is a very bad habit, for such words create the perfect conditions for disaster. Take care never to do this. Also, never end a conversation by saying something negative about someone, for there is a law which ensures that what you say will continue to have negative repercussions. If you are obliged to criticize someone you must not end by speaking of his faults, for by virtue of this law your words will wreak havoc in yourself even before they affect him. Be sure to end on a positive note; say, for instance, 'Of course, he does have some good points ...' mention them, and then stop talking! **(MARCH 12, 1995)**

We tend to equate good with God himself. But no! Good, like evil, is only a servant of God. God is much more than good. So you must stop asking yourself why He tolerates the existence of evil. Tell yourself quite clearly that He allows everything, and He does so because He makes use of everything. And you too should know how to use both good and evil in the work you undertake, exactly like the chemist who rejects nothing because he knows how to use all the substances in his laboratory, even poisons. Everything is necessary in a laboratory. We must thus use the chemist as our model: since in our inner laboratory we possess the pure and the impure, the luminous and the obscure, that which draws us upward and that which pulls us down, we must learn to use everything in order to realize God's plans. Thank Heaven for having created you as you are, and go to work. **(MARCH 18, 2000)**

Those who have chosen darkness always fear light. That is why the élite, such as great spiritual masters, initiates - who work for the evolution of humanity - are always persecuted. Since the two principles of good and evil constantly battle in the world, one who works for the light inevitably provokes forces of darkness. By their word, even by their sole presence, initiates inevitably touch the personal, self-centered and dark interests of people who then counter-attack with all the means at their disposal.
When a great spiritual master comes down to earth to help human beings, he knows beforehand he will be exposed to all kinds of hostile demonstrations from humans - hatred, slander and persecutions - which are intended to prevent the work that it is the master's mission to accomplish. But he never lets himself be discouraged. He continues to work and to shed his love on human beings, even if they are wicked, unconscious, and ungrateful. **(MARCH 19, 2001)**

Many people think it is the ignorant who are most impressed by the knowledge of the learned, and that it is the wicked who admire the qualities of people who are good. Not at all, and in fact it is often the contrary. If you want to know what stage of evolution people have reached, observe whether or not they are able to appreciate the worth and the qualities of others. If they are not, it means that they themselves are not yet worth much. In order to recognise certain qualities in others, one has to have cultivated them in oneself. In the same way, in order to recognise the Being that surpasses all beings, to appreciate His wisdom, His perfection and His splendour, one has to have developed in oneself some of this perfection. We can perceive only that which corresponds to what we are. **(MARCH 20, 2003)**

It is the Creator who gives us the food we eat every day, and it is impregnated with His life. But how is it that when an evil person eats this divine food, it does not improve him? Because he transforms this food into his own nature, whereas a saint or an initiate who eats the same food transforms it into light, love and kindness. Everything depends on the state of the person who eats it. The wicked are not improved by the food they absorb; they become even more wicked.

And those who are good become better. It is a law: every creature assimilates food into his own substance and transforms it. That is why initiates offer themselves in sacrifice to the Creator, so that they may be absorbed by Him. They know that in being absorbed by Him, the Lord will transmit a few rays of His light to them and will transform them. **(MARCH 30, 2004)**

Faced with the misfortunes humanity is suffering, people everywhere are complaining that the world is in a terrible state. They talk, they criticise, they protest and become angry; and while they are preoccupied with their arguments, complaints and fits of rage, evil continues its course of action. In their opinion, God is responsible, since He does nothing to stop it. I have often told you that the so-called devil has one quality, and only one, but it is an extraordinary quality: he is active, energetic and tireless, whereas good people are weak and tire quickly. They think it is enough to be kind and inoffensive; when they have done a few good deeds, they are satisfied with themselves and then must rest. Who knows when they will ever get to work! Good does not stimulate them in me same way that evil stimulates criminals. But whose fault is that? It is not God who prevents them from cultivating a fraternal attitude and working for the good of society. **(APRIL 1, 2003)**

If we live in the sun, we will never experience darkness. But, symbolically, we left the sun and descended to earth and, because the earth turns around the sun, we are alternately in shadow and in light. As long as we remain outside the sun, we must accept this alternation: day and night, light and dark, activity and rest, good and evil. Not only must we accept it, but we must also know how to make use of it. For example, how do you make use of the night? It is wonderful: you sleep, you do nothing and, in the morning when you wake up, you have regained all your energy, you have rid yourself of wastes, and you are once again ready to work. Why then do you not learn to make use of your suffering and your obstacles? To make use of suffering, you must integrate it, that is to say you must incorporate it as raw material in your activities. As in chemistry, in which no substance, even the most toxic, is rejected, everything can be used for the good if we know how to proceed. **(APRIL 3, 2004)**

Evil rises up against good, it fights good, but in reality evil only exists insofar as the Creator has given evil the right to do so. Evil will disappear as soon as the Creator decides it should be so. Good ist eternal and evil is transient, but we, human beings, do not have the power to make it disappear. Only the Lord Himself possesses the power. He does not need us, human beings – so weak, puny and ignorant – to help Him win over evil; indeed our weapons are so very ineffective. So, what can we do? Since only God can oppose evil, we must let Him in, let Heaven penetrate us, manifest itself in us and work though us. Through us, God will see to it that good takes the place of evil. **(APRIL 5, 2002)**

A great many Christians imagine that their faith will save them. No, that would be far too easy: anybody can have faith and still live an evil life. Many criminals believe in God, but their faith will not save them. Faith that is not expressed by the corresponding attitude and behaviour is virtually useless. A person's faith is really powerful only when his actions are in conformity with what he believes. Let me give you a very simple example: suppose you firmly believe in the efficacy of a drug, but you don't actually take it. Obviously it cannot do you any good. But if you take it, thanks to your faith in it, it will be twice, three times, ten times more effective than if you took it without believing in it. Faith cannot do everything, it opens doors and windows-, it blazes the trail for you. But if you have not got the strength to walk, you will just stand there, gazing down the open trail. **(APRIL 9, 1988)**

BOOK 29: A CORRECT UNDERSTANDING OF GOOD AND EVIL

Cosmic Intelligence has not given equal powers to good and evil. But how can we convince human beings of this, when most of them claim to see only the triumph of evil everywhere they turn? The fact is that they have not observed carefully. Consider someone whose life is characterised by dishonesty, spite and violence. Perhaps, at first, he succeeds: he asserts his independence and he achieves his ambitions. But then what happens? He will find more and more obstacles in his path; complications will arise in all areas of his life; and he will lose his peace of mind and even his health. Someone else decides to dedicate himself to the service of good: to begin with, of course, he encounters difficulties, but in spite of them he senses the support of the powers of light. As time goes on, the obstacles will disappear. People around him will begin to understand and appreciate him and give him their support. This is how good finally triumphs. **(APRIL 10, 2003)**

When you look after a child by caring for its soul and spirit, you attract the blessings of its guardian angel. Every small child has an angel near him, looking after him, wanting to raise his awareness, but so often this is a very difficult task because the child is subjected to such harmful, evil influences. The angel is constantly present, guarding and watching over the child, but can do very little on the physical plane, and that is why he is so happy to see someone – a father, mother, or teacher – showing the child the way of goodness and light. The child's angel will thank such people with gifts of light and joy. **(APRIL 10, 1999)**

Geburah is the fifth sephira on the sephirotic tree which the Cabbalists associate with the planet Mars. Geburah represents aggressive energy which protects against and repulses enemies. And because Geburah's number is 5, the pentagram - the five-pointed star - is often used by magi as a protection. They place it at the entrance of their house to prohibit evil spirits from entering, but also to prevent luminous spirits from leaving.
Obviously, placing a pentagram at the entrance of your house is not sufficient for your protection. This symbol becomes truly effective only for those who work to become a pentagram inwardly. The pentagram is, in some sense, like the skeleton of a spirit on the astral plane, which must be brought to life so it can stand guard at the entrance of your house and defend it against harmful entities. But you can do so only by your own life: a life of honesty, integrity and service to the light**.** **(APRIL 12, 2003)**

For centuries religion has become nothing more than a series of exercises which the majority practise superficially, without any inner participation. As a result, of course, these practices have proved incapable of awakening and developing our spiritual centres: in fact, they have done the opposite, covering these centres under impenetrable layers. So now these people pray and meditate in vain, seeing and feeling nothing – neither angels, nor archangels, nor nature spirits – nothing. It never even crosses their mind that hostile entities, wanting to cause harm, may be present. Sheep feel the presence of a wolf prowling around their herd and their fear alerts the shepherds to its presence lurking nearby, so necessary precautions are taken. How can it be that sheep sense the presence of a wolf, whereas human beings have no idea that evil entities are prowling around, intent on causing harm? **(APRIL 13, 1999)**

People who have spent time in the desert or forest know that one of the best protections against wild animals is fire. These creatures have a great fear of fire, sensing in it a formidable power that it is best not to approach. And it is the same with the inner life: those who know how to tight the sacred fire within themselves possess the best protection against the 'wild beasts', the dark spirits. These creatures feel this fire emanating from the eyes, the hands and the entire body of

a true son or daughter of God, and they flee in fear. The aura is also a manifestation of this fire which protects human beings from evil spirits. This is why you must work on your aura, so as to make it ever more powerful and luminous. **(APRIL 15, 2003)**

Initiates teach their disciples that the number 2 is the result of the polarisation of the number 1, just as an electric socket or a magnet is made up of two poles, positive and negative. Which means that these two poles, which we think of as opposites, are in reality contained in the number 1. We call them positive and negative, or masculine and feminine, but we can also call them good and evil, provided we bear in mind that they are an expression of the 1, which is God, because they have the same origin.
There is a tradition which names Lucifer, the archangel who revolted against God, the brother of Christ. It says that when Lucifer was thrown from Heaven, during the fall he lost the emerald which adorned his forehead. And from this emerald which fell to earth was fashioned the cup in which Joseph of Arimathea collected Jesus' blood at the crucifixion. It is this cup that became the Holy Grail, a symbol that has played a great role in the history of Christianity. The initiates who established this relationship between Lucifer and Christ wanted to teach us that good and evil are two poles of one and the same reality: of God Himself. **(APRIL 21, 2000)**

We cannot help but observe every day, in all that happens and in the way people behave, how difficult it is to distinguish between good and evil. We try in vain to see where on begins and the other ends, because they are inextricably mingled: Hermes Trismegistus says in the Emerald Tablet, "You will separate the subtle from the gross with great industry." This alchemical precept naturally applies to the problem of good (the subtle) and evil (the gross). If it is difficult to separate them, it is because they feed on one another. Evil clings to good in order to draw on its forces. In the same way, good clings to evil in order to feed off it. We can allow the good to nourish itself with evil because good transforms evil; but we must prevent evil from feeding off good. Plants have the right to draw elements from the earth on which they grow, because in doing so they obey the laws of creation and life, but the earth does not have the right to extract forces from plants. **(APRIL 24, 2003)**

In themselves, the forces of nature are neither good nor bad, but they become one or the other according to how they are used. And the same is true for the spirits of nature: the gnomes, sylphs, nymphs and salamanders – in other words all the entities that inhabit the four elements of earth, water, air and fire – are themselves neither good nor evil. And whether it be black or white mages who engage their services, these spirits obey. They are not predisposed one way or the other because they have no moral conscience. It is therefore up to human beings to learn how to work with them. You will say that neither at home, nor at school, nor in church have you ever heard any mention of work to be accomplished with the spirits of nature, nor even any hint of their existence. I am well aware of this: for centuries, people in the western world have been cut off from the realities of nature. They are only interested in nature as something to be exploited, or as a decorative setting for their daily lives or their travels. Now an entire revolution is necessary in people's minds. Try to become increasingly aware of these entities who, from the stones to the stars, maintain life in the universe. Unite yourself with them and ask them to join you in establishing the Kingdom of God on earth. **(APRIL 24, 2000)**

If you truly want to take up the path of good you must be aware that you will not be able to escape attack from evil. In other words evil must hate you and fight with you, and if, despite its attacks, you continue in the same divine direction, it is proof that you already have elevated

yourself and are elevating yourself higher still. Why does evil hate you? Because you have not sided with it. Otherwise evil would be protecting you, mollycoddling you, rocking you to sleep so that you stay under its influence a little while longer. If, on the other hand, you escape it clutches, if you refuse to put yourself in its service, then you arouse its hatred. But it is in fact thanks to this hatred that you will go far. Evil has shown itself relentless and merciless to all the great initiates and those who were able to interpret the situation could see in it a clear sign. Because only those who have been hated by evil to the very last are worthy of receiving the supreme Initiation. Those who did not understand, of course, said: 'Oh, the poor soul; how unkind fate has been to him.' But those who knew, rejoiced and said: 'He is destined to reach great heights.' **(MAY 4, 2002)**

Political leaders too often imagine that they hold the destiny of their country in their hands. They can delude themselves for a time, perhaps, but not for long. A bad end always awaits those who believe that they can control and manipulate at whim the fate of those they govern. However powerful human beings may be, it is not they who govern the destiny of humanity; it is higher entities who observe and take control. Yes, other intelligences, other forces exist who are working towards a goal that, often, we know nothing about. This explains why even very powerful secret societies who thought they could dominate the world have never succeeded and, for the most part, have been annihilated. Whereas the ideal of those who put themselves at the service of the Lord and wish to carry out His divine plans on earth – sometimes in spite of great suffering – has never disappeared. For God's plans always involve the liberation of humanity, its fulfilment, its well-being. **(MAY 16, 1998)**

As long as Heaven is not the hub and centre of your existence you are living in anarchy. You will protest that you are opposed to anarchy. That may be so intellectually but on a deeper level your life is anarchic. What is your goal in life? Of course you will say that it is the good for humanity, universal brotherhood. All right, but what are you doing to achieve that goal? Is it the focus of all your thoughts, feelings and energies?
If you are honest you will have to admit that you flit here, there and everywhere, driven by ambition and a hunger for pleasure, money or fame. This is true anarchy, inner anarchy. Most human beings live in this state of anarchy because they have not yet learned to mobilize and coordinate all their energies in the service of a high ideal. **(MAY 17, 1995)**

By confronting evil with evil, hate with hate, violence with violence, we are going back to an old philosophy which cannot give good results. Now goodness must oppose evil, love must dispel hate, and peace must vanquish violence. This law must be understood once and for all. Only good can struggle aginst evil, because good is immortal, whereas evil is made of perishable matter. Every word and act of hatred can be likened to a stone in the air: the more time that passes, the less force the stone possesses to rise. A good word or act, on the other hand, is like a stone thrown from the top of a tower: it picks up speed and power as it descends. This example illustrates the secret of good: it is weak to begin with, but finally, all-powerful. On the other hand, evil seems all-powerful to begin with, but becomes increasingly feeble as time passes. **(MAY 24, 1998)**

The traumas of life – such as disease, suffering and other trials – force people to make progress. What is war, for instance? It is an imbalance which the good use to become even better and the bad to become worse. Life creates these disturbances, this disequilibrium, forcing us to evolve and transform ourselves or, at the least, to reveal our true selves. Without trials or

dangers, many of us would never have the change to learn our true potential. This explains the behavior of those who, apparently honest, capable and intelligent, are immediately transformed into terrible cowards or criminals under the pressure of trials and danger. On the other hand, in the same difficult conditions, apparently insignificant people can conduct themselves like heroes or saints. **(MAY 25, 1999)**

The spoken word always has repercussions, so when you talk about each other, avoid criticizing unless you are quite sure of the facts. When you speak ill of someone, evil is elicited either in that person or in you or in the person who is listening. If it should happen that you need to speak negatively about someone who has done something wrong, do not forget to finish your conversation by mentioning one of his good qualities (after all, he must possess at least one!). This is an important educational skill.
Nobody has ever amend their ways by having their faults stressed. So it is not constructive to criticize people without mentioning some virtues, otherwise you are turning bad into worse. Be conscious of this and if you have to say something negative, try to end your conversation with something positive – perhaps by talking about a second person, who possesses all the qualities lacking in the first. **(MAY 28, 1998)**

A magus is a medium who provides the raw material the entities of the invisible world need to make contact with the physical plane, and act on it. These invisible entities are attracted by the fluidic emanations released by his concentration and activities, because they need them to adopt physical shape, and be active in the material world. But the mere presence of a criminally motivated being releases putrid fumes, attracting swarms of dark spirits who hurl themselves on these stinking emanations, so necessary of their evil purpose. It is not the person himself who acts harmfully, he merely furnishes other entities with the means and materials for their evil work. Conversely, the presence of a white magus provides luminous spirits with everything necessary to proliferate blessings far and wide. Do you wish to work for the light, and do good? Then, already, you are releasing a substance of great purity, and heavenly entities are gathering it up exactly like bees gathering nectar from flowers to make honey. **(MAY 31, 1999)**

Even if human beings object to evil and desire good, they are far more convinced of the power of evil than of good. Experience has shown them, they say, that those who want to destroy others and create disorder succeed more readily and more quickly than those who want to be helpful and redress a situation. If this is the case, why should they make so much effort? And they become discouraged, they do not react, or they are even influenced to behave badly themselves. But there is one question that they have not asked themselves: this success that evil has achieved, how long will it last? Yes, in order to draw truly valid conclusions, we must introduce the factor of time: how long will these successes endure? Because the moment evil is set in motion, the forces of good rise up to re-establish order. **(JUNE 11, 2004)**

Jesus said, '*Let not they left hand know what they right hand doeth*.' Jesus was using the left and right hands as symbols of our higher and lower natures. He was saying that when our higher nature was planning to do something good our lower nature should not be allowed to get wind of it, otherwise it would spring into action and do everything possible to stop us carrying out our good intentions. Just as we were about to act we might feel ill at ease or discouraged, or we might hear a small voice within saying that we need not hurry, there is plenty of time ... and in this way we would end by doing nothing.

But there are other ways of interpreting Jesus' words. For example, when you do something good (your right hand) you must not let your left hand (your vanity) know about it and take credit for it. Or the left hand could represent other people who might try to oppose the good you want to do. When evil is aware of the good we do it alway manages to stir up problems, rivalries, plots and false interpretations. If you want to be free to do good you must not talk about it.

(JUNE 13, 1995)

For most people, the slightest annoyance sets off an entire mechanism within them. They take any opportunity to mull over their thoughts and feelings of irritation, anger and resentment. They interpret everything others do in terms of their own desires and expectations, and others beware if they do not meet these expectations! Not only do they hold grudges against others, but they attribute all kinds of malevolent intentions to them. They do not ask themselves whether these people are busy or held up elsewhere, whether they have problems or are ill, or whether their behaviour might not be justified by their current situation. No. Why should they ask themselves such questions? They prefer to interpret their behaviour as personal affronts. But when will human beings realise that it is not others who are in the wrong, but they themselves, because they listen to their neurotic lower nature which feeds on false ideas and mistaken beliefs?

(JUNE 14, 2004)

See how a spring bubbles out of the ground and ripples away, never stopping its flow, quickly carrying off any rubbish that may have been thrown in. A spring stays forever pure and alive, because it never stops flowing. So make the spring your model and copy it, pouring forth your love and your life in a continuous stream. In this way you will always be protected form negative influences, from criticism and from nastiness. You will not even notice when someone tries to smear your reputation and hurt you, because your outpouring love will wash away anything harmful, just as the spring does. **(JUNE 14, 1998)**

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

(JUNE 16, 1999)

Many people ask why God has not decided to annihilate the spirits of evil. It is because they also have a right to live. It is our responsibility to be clear-sighted and prudent enough not to fall into their traps. God will never punish the devil for tempting human beings. It is up to us to become stronger and more enlightened, to understand what is truly in our best interest, and why it would be better to take such-and-such a direction, rather than another. But we need to be totally convinced; it would serve no purpose to force a person along the path of goodness and light against his will. The Creator and the spirits of Heaven leave us quite free to develop our sense of awareness, and to shoulder responsibility for our choice of direction. **(JUNE 16, 1998)**

Book 29: A correct Understanding of Good and Evil

Suppose you are a virtuoso, an actor or an actress, and after a concert or a performance you receive hundreds of letters. Amongst this mass of correspondence is one unpleasant letter. Observe your reaction and the feelings you experience: all the other letters of encouragement and congratulation cannot neutralize the poison of this one nasty letter. There is only one poison-pen letter, but it ruins all the quantities of other tributes, which are far greater in number. So be mindful when you write an unpleasant letter to someone. Try to weigh your words carefully. A letter is a very powerful thing, and if you do not bear that in mind you risk causing a great deal of harm to other people's lives, as well as destroying many good things in your own.

(June 17, 1999)

Every human being loves himself of course, the only question is whether he loves himself well or badly. Is it a sign that you love yourself well if you eat and drink without discrimination, if you smoke, if you live recklessly and nurture destructive thoughts and feelings? People love themselves all the wrong way. They need to learn to love themselves properly! What does this mean? It means that you must refuse to allow anything harmful, whether psychic or physical, to enter you. By this work of purification you make things ready for entities of light to visit you. When you are careful never to harm anyone but always to do your best to help, comfort and console them, this too is a way of making your house ready to receive the Lord and all his blessings. This is how you should love yourself then ... by keeping everything in perfect order within. It is normal to love oneself. The instinct is a gift from mother nature to all her children. But we have to learn to live ourselves in the awareness of our innate dignity, of our divinity.

(June 17, 1995)

When you feel anxious or distressed, do not give in to this state. Keep your thoughts from taking this negative direction, or you will end up blaming God for arranging things so badly. Whatever happens, strive to maintain a link with the region of peace within you that is sheltered from adversity, and do not allow all kinds of inferior thoughts and feelings to cloud your consciousness.

Consider the trapeze artiste or the tightrope walker: he manoeuvres freely in the air, free because he does not allow himself to become distracted by extraneous elements which would cost him his concentration and send him hurtling to the ground. In order to remain in the heights, you too must protect your consciousness from agitation, negative preoccupations and disruptive desires. Only by doing so will you remain in the regions of light and inner calm. **(June 18, 2004)**

Whatever you do, be aware that there is always a force that pushes you forward, and another which watches you and lays its plans. When you do good, it is because you have been impelled forward by good, but evil is watching you, also waiting for the right moment to manifest itself. Furthermore, if you want to go further than it is necessary be aware that evil will gnaw away at the excess – and will sometimes even swallow up the lot. That is why you should know restraint, even when it comes to doing good, otherwise you are in danger of triggering adverse forces. Why do people say that 'best is the enemy of good'? because if you overdo good, you provoke evil.

Take heart, however, because when you do evil, good is watching you too, and is looking for a way to save you. If you are honest and sincere, even the mistakes you make will, one day, end up being put down to experience: experience which will have contributed to your spiritual growth.

(July 11, 1999)

The spirits of nature like being given work, but they never concern themselves about the objective of this work, be it good or evil, beneficial or detrimental. Whoever it may be who gives them the work, they do it: they are in total submission to this superior will that has succeeded in dominating them. That is why so many magicians and sorcerers use them for abhorrent purposes. The spirits of nature obey, because that is how they are: they have no moral conscience, they do everything, whether good or evil, in the same way. Knowing this, it is up to human beings to be vigilant and to learn to use these nature spirits only for divine work.
Ask this multitude of spirits, who are busily active in contributing to the life of nature, to give their assistance to all those who work for love, light and peace, for the coming of the Kingdom of God on earth. **(JULY 17, 1999)**

Day and night we allow our thoughts to be filled with all kinds of futilities. This is why, when the time comes to meditate, to unite with the light, we encounter major difficulties. So many people complain how hard it is to meditate, to concentrate one's mind on a spiritual subject, because they are constantly invaded by all kinds of disparate thoughts and feelings which distract them. There are even dramatic cases where, in the encounter with one's self which meditation entails, some people are so deeply moved and caught off their guard by the nature of the impressions and currents passing through them, that they imagine that these were sent by others who wished them harm. No, you should never attribute the turmoil you experience to an external cause. People create, multiply and amplify chaotic thoughts and feelings within themselves through the life they lead. They may not realize it during their day-to-day lives. But as soon as they finally want to stop for a moment and unite with the light, in silence, they feel invaded by undesirable presences, which they themselves have attracted. Begin therefore by looking for the cause of your problems within yourself and work at controlling your thoughts. And then one day you will succeed. **(JULY 21, 2000)**

You feel you need protection? Think about the light. Try to have it penetrate you with the help of meditation and prayer. In the initiatic sense, light is something other than the physical phenomenon we know. In spiritual science light refers to all the beneficial entities; once these entities dwell within you, they put obstacles in the way of bad forces. This does not mean that light will stop you from being tormented at times. Unfortunately, as long as we live on earth, we are sheltered from attacks or struggles. Even an initiate is obliged to seek protection. Yes, even the purest, greatest, most powerful initiate must constantly think of this protection by putting barriers of light, circles of flame between himself and the evil spirits that come to assail him. So how can weak and ignorant people think that they do not need any protection? **(JULY 26, 2001)**

The deplorable life-style of many people has turned them unwittingly into public enemies. Of course, they are not conscious of this. They say, 'The way I live is my affair. I am free. If I harm myself, what matter? I am only damaging myself, and that concerns no-one else.' In reality, they are unaware that they are constantly spreading negative emanations all over people around them, bringing upsets and problems. Yes, whether for good or evil, there are no barriers between ourselves and other people. When we hurt ourselves, we hurt the whole of humanity, because evil spreads. And when we do good, we bring blessings to all humankind, even to the whole universe, because good also spreads. Try to understand this fact, and you will lead your life in a very different manner. **(AUGUST 1, 1998)**

A person who is guilty of wrongdoing will sooner or later fall victim to the disorder he has created within himself. He may believe himself to be very powerful and able to do whatever he likes with

peace of mind. But his evil actions are inscribed in his conscience, and sooner or later they will come to assail him, and his peace will be destroyed. Even a magus, who commands the whole of nature and is obeyed by the spirits, cannot escape this law, because there is no power in existence capable of appeasing a man tormented by the feeling of guilt. You must therefore count only upon your upright and honest actions. As soon as you transgress a law, you lose your powers, and they are restored to you only if you are able to rectify your faults. True magi distinguish themselves from ordinary human beings in that they are quick to redress their mistakes. It is in this that their power lies: in their ability to redress. If you fail to correct your errors, your power is insufficient to appease your conscience, but by correcting them, you act indirectly on your conscience and are once again at peace. **(AUGUST 5, 2003)**

Whatever the mental and material conditions in which you find yourself, never let yourself be weakened by the thought that evil, in all forms, could easily befall you. If you always feel weak and vulnerable and without protection, then, yes, you really are exposed. Work with thought to unite with celestial entities and with light; lead an honest and pure life and you will be protected. Admittedly, there will be people who will try to harm you with black magic, but it will all fall back on to them, because of the boomerang effect of the law of return shock. Evil cannot enter a person who is occupied by the Lord and taken over by angels: in such a person, evil is immediately rejected and returns to the person who sent it in the first place. Cling on to that idea and already you will be out of harm's way. **(AUGUST 6, 1999)**

It is said in the Book of Zohar that the face of the first man was identical to that of the Creator. Later on, when the spirit of rebellion had awakened in him (a process symbolized by the serpent wrapped around the Tree of Knowledge of Good and Evil), he left Paradise. He descended into the denser regions of matter where he learned about cold, darkness, sickness and death, and his face changed. Now that he is no longer the faithful image of God, he has lost his power. The spirits of nature no longer obey him and instead take pleasure in tormenting him. But he must strive to find this primordial face again and, when he does, all the spirits of the universe will submit to him once more. Until then he will continue to resemble the prodigal son of the Gospel parable who, having left his father's house to travel the world, ends wretchedly as a swineherd. But this prodigal son finally concludes that he should return to his Father's house. And one day you too will finally understand that you must return to the Source – to the light, love and life of the Heavenly Father – in order to recover your true face. **(AUGUST 8, 2004)**

If you have people near you who are difficult to bear, it is to teach you to love. One day, when you leave earth and you stand before the celestial entities, they will ask you to account for what you have done on earth:

- 'Why did you not love your fellow-creatures?'
- 'Well, because they were nasty, stupid and selfish.'
- 'No, that is not a reason. Heaven gave you great riches: you were given eyes, a mouth, ears, arms and legs, and you were given these to love, and not to spread slander, despise, great havoc, and ride roughshod over everyone and everything.'
- 'But they were so awful!'
- 'All the more reason to be increasingly generous.'

There are no excuses to justify your actions. **(AUGUST 9, 1999)**

True sensitivity is an ability to open up completely to the beauty and light of the divine world, and to close down to all that is ugly and stupid in the human world. In general, the word 'sensitive' is

taken to mean an over-developed and painful susceptibility in the face of spitefulness, betrayal and attack of all kinds, but this is, in fact, merely neurosis. So what is left for these poor things, for whom neither Heaven, nor angels, nor friends, nor beauty exists, who see nothing but wickedness and injustice? Do not confuse sensitivity with neurosis, which is the sickly manifestation of a self-centred person. True sensitivity is a higher degree of evolution, allowing us to communicate and vibrate in unison with Heavenly regions. **(AUGUST 9, 1998)**

It is vital to know how to gauge the measure in all things. Yes, even in goodness, because if you know no bounds in this either, you will inevitably suffer the consequences. Not knowing how to gauge the correct measure is neither a crime nor weakness, but it is a fault, and all faults have unfortunate consequences.
Let me give you an example. A woman came to see me and said:

- 'Oh Master, I am so unhappy. I can't stop crying.'
- 'But why? What has happened?'
- 'Well, I, who have loved my husband so dearly, who have done everything for him, who have anticipated all his wishes and have always showed him a great deal of affection and warmth, well, I have been left in the lurch by him; he has gone off with one of my friends.'
- 'And what is this friend like?'
- 'Well, she is selfish and cold.'
- 'That is exactly what the problem is; you are too warm, he has gone to refresh himself.':
- 'So goodness is useless?' I can already hear you say.

Unfortunately stupid goodness can lead someone into the worst of situations. Even the most marvellous people get hit on the head if they know no bounds. It is not a punishment: but through their ignorance they have set a law in motion, and they suffer the backlash.
(AUGUST 11, 1999)

Try to think only about the divine nature of people and how to please their souls and spirits, and do not spend time trying to satisfy the caprices of their limited, egoistical lower natures. 'But if I don't give in to the wishes of my husband (or wife), or my children and friends, they will be furious!' you may exclaim. Well, let them get cross, while you continue to love and serve their divine side. Jesus said, '*Let the dead bury the dead*.' We shall discover much of great interest if we interpret these words in a broader sense. Why do people have so many problems with each other? Because they follow those who are dead. Yes, the inferior nature, the personality, is part of death, and if people continue to satisfy all its whims, they too will eventually die. Jesus was not talking about those who are dead and buried in the graveyards, who occupy their rightful place. (Besides, although their bodies are dead, their souls are alive.) The 'dead' of which Jesus was speaking are those beings whose spiritual life is zero, because they have too often given in to the whims of their lower natures. These people are truly dead and we must not waste time and energy by trying to please them. **(AUGUST 14, 1998)**

Good or evil, luminous or obscure, each of our psychic states produces an effect in the invisible world. And the fact that human beings refuse to take this law into account does not change anything; sooner or later they will be confronted with reality and must realise all the damage they have done. When they arrive in the other world they will be told: 'Look, it is your fault that this crime was committed, that this accident happened.' They may well protest that they never did anything wrong, that they never stole, or destroyed anything, or killed anyone. But the response will be: 'Perhaps not, but your thoughts and feelings have influenced other people who, because of you, are guilty of all these offences.' We are responsible not only for our actions, but for our

thoughts and feelings, because in the invisible world they act as forces capable of leading others towards good or evil. **(AUGUST 17, 2003)**

You believe that God does not protect you, that He has allowed evil and the wicked to triumph over you. You go about settling your accounts with Him, and in your consciousness you begin to distance yourself from Him. But you must understand that to settle your accounts with God solves nothing for, in doing so, it is you who again loses something precious. Can you not feel it? So you must now turn back, and say, 'Lord, I thought I could get away from You, that I could get by without You, but now I am doubly unhappy.' Until you have understood this, you will only add spiritual misery to your moral and physical suffering. Yes, by cutting yourself off from the Source of life, light and love, you are depriving yourself of that which sustains, nourishes and inspires you. Imagine that this Source also flows within you, and that it is this which nourishes your own existence. **(AUGUST 20, 2004)**

We must be conscious of our responsibilities and realize that we are all links in one immense chain of being; not one of our thoughts, feelings or actions is without consequences for the whole. Our efforts to improve ourselves contribute to the evolution of those around us but, in the same way, our weaknesses also affect others; in fact they can do them serious harm. We must realize, too, that we have a responsibility not only to others but also to our own cells, for the currents of our psychic life pass through our own beings before reaching and influencing others. This is why someone who makes an effort to be kind, for instance, is the first to benefit from his own kindness, whereas he who does evil is the first to be poisoned by the evil he does. If you are furious with someone and bent on making him feel it, it is you who will be poisoned by your own anger. The foundation of all healing, all evolution and all perfect life is this law of responsibility towards one's own cells and all other creatures. **(SEPTEMBER 1, 1988)**

The power of human beings lies in their ability to say 'no'. Human beings, created in the image of God, are as powerful as Him. So why do they show such weakness? Because they do not know where their strength lies. Their strength lies in their ability to say 'no'. This means no-one in the world can force them to do what they do not want to do. Even if all the creatures from hell united against them to force them to act against their will, they would not be able to. Even God cannot compel human beings. Which is why if they knew where their true power lies, they would be above all seduction, all temptation, all crime. If people commit crime it is because they consent to do so. The spirits of the invisible world have ways to tempt human beings, but they do not have the ability to force them. It is because people are not aware of their divine origins that they are so weak in the face of evil. **(SEPTEMBER 2, 2000)**

There is a heat coming from the Sun and a heat coming from Mars. There is a cold coming from Saturn and a cold coming from the Earth. The Sun represents the vivifying warmth of love and Mars the destructive fire of hatred. Saturn represents the coldness of thought and wisdom, and the Earth the cold of separation and death.
When Adam and Eve lived in the Garden of Eden, they nourished themselves with the fruits of the Tree of life, which gave them beneficial warmth. Then when they wanted to eat the fruits of the Tree of knowledge of good and evil, they descended to earth where the cold of separation and death reigns and they stayed there... In the warmth of paradise, they were like cells linked together, like atoms animated by the same movement within a molecule of gas. But once on earth, Adam and Eve were struck by the sudden cold and when they looked at each other, they

realized that they were naked, that is, separated from each other. All the misunderstandings between human beings come from the thought that they are separate. **(SEPTEMBER 4, 2001)**

You must never simply accept evil conditions without trying to find an inner antidote. Even if you cannot do much to improve things, the work of your thought will be like a tiny seed that begins to bear fruit. Perhaps the cold and darkness that you have to endure will be reduced by only one percent... but that is always something! You say a few words, you pray, you focus on an image of light and it is as though you had called for help.
The trouble is that you don't observe the life that exists all round you so as to learn from it. Look at a child: who tells it that a word has power? When it senses danger it screams, 'Mummy!' How did it learn to use that magic word? If a child did not call for help its mother would not know that it was in danger, but as soon as she hears it she rushes to its rescue. Why don't human beings call for help from Heaven when they are in difficulty or danger? **(SEPTEMBER 10, 1988)**

You have to be able to transpose certain moral, philosophical or mystical notions onto a different plane. For instance, according to the Gospels, fasting drives out unclean spirits, but a fast should not only take place on the physical plane. If evil spirits are dwelling in the physical body in the form of illness, physical fasting may chase them away. However, these spirits may also be dwelling in the astral and mental body in the form of irrational thoughts and coarse feelings and desires. If you are 'possessed', the spirits living within you will always urge you to absorb a nourishment pleasing to them. So, in order to rid yourself of these evil spirits do not give them anything more to eat: in other words, you should try not to have any more selfish feelings or self-centered thoughts, and replace them with pure, luminous thoughts and feelings. By depriving these dark spirits of their food you will make them fast and so, feeling the threat of death by starvation, they will leave you. That is how fasting should be understood. **(SEPTEMBER 11, 1999)**

Why do we sometimes do things in a dream that we would be ashamed to do when we are awake? Because we are not well informed. Before going to sleep we have to prepare ourselves as if for a sacred voyage that is destined, one day, to bear fruit. The Cabbalah tells us that when a man goes to sleep an impure spirit attaches itself to his physical body and suggests certain ideas and desires to him. This impure spirit tries to take possession of this sleeping body and to use its tremendous reserves of strength for its own end. In order to defend yourselves against impure spirits, you must pray for an angel from Heaven to come and protect you and lead you to the divine school of the Lord where you can study love and wisdom. In this way you will always be protected by a guardian who will keep watch over your body at night and prevent the spirit of evil from taking possession of it. **(SEPTEMBER 13, 1988)**

The serpent is traditionally portrayed in two opposing ways: good and evil. In Genesis, Moses says that the serpent is 'the slyest of all beasts in the field'. It was the serpent who, as God's adversary, pushed Adam and Eve to disobey His orders. In is written that on the order of God, Moses had a serpent made out of bronze, and that whoever looked at this serpent would be healed. And when Jesus sends out his disciples he tells them: 'Be wary as serpents, innocent as doves.' He thus portrays the serpent as a symbol of wisdom. In India, too, sages are called 'nagui': serpents. What is the explanation for this apparent contradiction?
Since it was the serpent who pushed Adam and Eve to taste the fruit of the Tree of Knowledge of Good and Evil, we look upon it as a symbol of knowledge. Knowledge, however, is neutral. Whether it is good or evil depends on the way we use knowledge. The most educated people may be the greatest benefactors or the worst criminals. Knowledge empowers. Those who use it

for evil purposes are united with the serpent of darkness: they are black magi. And those who use their knowledge for good purposes are united with the serpent of light: they are white magi.
(SEPTEMBER 15, 1999)

Although it is not always good to say the truth, it is always good to know it. To know the truth will never harm you. When Jesus said, 'Do not cast pearls before swine,' the pearls he was talking about were the truths for which many people are not prepared; and if you want to reveal these truths to them, not only will they not appreciate them, but they will tear you apart.
Truth does not bring misfortune. It brings misfortune only if you reveal it before evil, dark people. So do not 'cast' the truth at them, treasure it within you, and it will free you. For Jesus also said, 'Know the truth and the truth shall make you free.' Every day, you can thus adorn yourself with the gold and pearls of truth, contemplate and touch them, then lock them up in your secret treasure chest deep within you. What misfortune can this bring? This contact with the truth can only reinforce you, and this is how you can help others, support them and project them toward light.
(SEPTEMBER 18, 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 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)

To dwell on questions about the existence of evil only saps your strength, and any attempt to suppress evil is an exercise doomed to failure. Then what can be done about it? You can fortify yourself so that you are able to withstand it. What do we do in winter against the rain and snow, against storms and the cold? Do we go outside and command the forces of nature to calm down? Perhaps it is like that in fairy tales, but in everyday life we work on our house: we reinforce it, we check the insulation, and we install good heating. When the job is done, we are at peace. Well, wisdom tells us to take the same measures with regard to evil. Instead of struggling against it, we must concern ourselves only with becoming more resistant, so that we can understand it better and act more effectively. And this is how a misfortune, which otherwise would bring us down, actually helps to strengthen us, to make us hardier and more noble.
(SEPTEMBER 22, 2003)

The Archangel Michael is destined to play the principal role in the purification of the earth. In the course of the centuries, a multitude of evil beings have poured immense destructive forces into the world which now form a kind of reservoir known as the Dragon or Serpent. In the past, many who were very courageous and full of abnegation, challenged the Dragon to a fight to the death, but none has ever succeeded in conquering it. The Archangel Michael is the only being capable of defeating this egregore; with the help of the Heavenly cohorts he will accomplish what so many multitudes have implored the creator to accomplish. His triumphant action was foretold in the Apocalypse and other Sacred Scriptures. This is why we should ally ourselves with St

Michael the Archangel, and ask him to protect us and allow us to work with him in making his victory even more complete. The children of God who are numbered amongst those who have taken part in this combat of the Archangel Michael, the Spirit of the sun, one of the most brilliant powers of God, will receive the kiss of the Angel of Fire and not only will it not burn them, that kiss will illuminate them. **(SEPTEMBER 29, 1987)**

There are books in which you can find various methods for obtaining the gift of clairvoyance: Gazing into a crystal ball or a magic mirror, working with plants, having yourself hypnotized, etc. All these methods are certainly effective, but I cannot emphasize enough that they are dangerous for you unless you have previously worked on purity.
Jesus said, ' Happy are the pure in heart for they will see God.' You can become clairvoyant without first working to obtain purity, but what you see will not be the divine world. You will see everything that is better not to see: Pending catastrophes, crimes being hatched in secret, calamities, obscure and evil entities circulating amongst human beings. In other words, we can see very little beyond the level of evolution that we ourselves have reached. That is why the best way to obtain true clairvoyance, to view the divine world, is to develop within ourselves love and purity. **(SEPTEMBER 30, 1998)**

What is evil for some can be harmless or even good for others. Since some people live in the fire without being burned, fire is not something evil for them. Snake venom is deadly for human beings, while on certain animals it has no effect. Put still more simply, some people cannot tolerate the air (they catch cold) or the light (it irritates their eyes), and yet there is nothing better than air and light.
It can be said, then, that anything human beings consider to be evil is not necessarily so. It may be disturbing and threatening to them at the time, because they are still weak or ill. What they express about it thus reflects only their personal conceptions and their ability to resist; it is a very relative judgement. Others, like the initiates, come to a different conclusion: because they have learned to make use of evil, they see it as something good. **(OCTOBER 4, 2004)**

Life is based on the existence of opposites, in other words on the fact that everything is polarized as active and passive, emissive and receptive, masculine and feminine. It is this opposition that creates movement. This concept is expressed in the number 2, which is the number of polarization. 2 is 1 turned into positive and negative. In the TAROT playing cards, the number 2 is represented by the popess, who is holding a book open on her lap. People who are able to uncover this arcanum are capable of resolving the problem of evil in their life. They understand that good and evil, love and hate, light and darkness, although opposites in their manifestation, are the two aspects of the same reality. It is pointless, therefore, to want to fight evil. We must simply learn to use the forces of evil, i.e. problems and trials, to transform them into constructive energies. If we want to be able to resolve the problem of evil, we must know how to use it, in other words come out of duality to return to unity. **(OCTOBER 8, 2002)**

Good and evil are so closely intertwined that we have to think very carefully before seeking to separate them. Any premature separation causes wrenching and tearing. Successful separation is a most difficult art and initiates take their instruction from nature itself. We are not able to separate the nut from its husk, but nature knows how to do so: She allows the fruit to ripen and the husk comes away by itself and falls off. This separation is a sign of maturity.

This child is attached to its mother's bosom. Taking it away prematurely would result in death for both. If, however, you allow the fruit time to fall off by itself, the tie between the mother and the child can be cut.
Initiates, who have observed nature, say: 'Your soul is a prisoner; to free it you must separate away the thick layer that surrounds it, but you must first wait until it has matured.' Autumn is the best time to meditate on true liberation. **(OCTOBER 10, 1999)**

The myth of the original sin cannot be correctly interpreted unless we first understand that Adam and Eve represent not a man or a woman, but the masculine and feminine principle, in other words spirit and matter.
It is said that God made Adam, the masculine principle, in His own image. So God represented an ideal for Adam, which he had to try to attain. Then God took one of Adam's ribs to make Eve, the feminine principle. This means that Adam was an intermediary between Eve and God; he transmitted light and energy which she was not able to capture directly herself. But Eve sought so hard to attract Adam to her that he forgot the other center – God; and so, by turning away from God, they both fell.
And this is how this should be interpreted: All the misfortune of humankind stem from their refusal to accept the hierarchy in the universe – God, the spirit, matter. When the spirit turns away from God to turn towards matter, the order is not respected and downfalls follows. The story of the original sin is therefore not the story of a woman called Eve, who seduced some poor man, Adam, with her scheming and plotting – and hard luck to those who find this story convenient because it allows them to claim that women are the root of all evil! It is a symbolic representation of the problems produced in every human being by an inversion of the order of the two principles. **(OCTOBER 14, 2000)**

Whatever the failings of a society, it is not advisable to solve them with violence. Some people will say: 'But when everything needs to be changed, violence is necessary!' No, and first of all we must never confuse change with upheaval. It is never by means of violence that true change can be realised. In fact, it has often been observed that violence always brings about greater evils than those it claims to cure. So, how can we bring about change in society? This is the responsibility of every one of us, but such a change is not decreed from one day to the next. No matter how highly placed or powerful, no one person can proclaim: 'From now on things will be like this or like that...' If someone attempts to do so, the results will not be long-lasting. Whether for good or for evil, no one has ever succeeded in affecting permanent change. True change can occur only when individuals decide to begin to transform themselves. At that moment, yes, it is possible to stimulate the whole world, because each person becomes a valuable and constructive agent for all. **(OCTOBER 15, 2003)**

So many people complain about the sinful nature of mankind, about how human beings carry the seed of evil within them. There is nothing to complain about, however. All we have to do is work. Whether it be vanity, pride, anger, jealousy, sensuality, all faults must be put to work. That is the only way to look at things, the only good solution. Work is what counts. Do not concern yourself with anything else – your qualities or your faults. They are of secondary importance.
When you have found the best work for you, and when you have decided to commit yourself to that work truthfully, all those apparent faults and failings will become your most faithful servants. Let us take a very simple example: You want to pick up weight. All the energies that produce the power of your physical body are there to give you a helping hand: muscles, heart, lungs and even your brain assist in the act. If, however, you do not wish to do anything at all, all your organs are put out of action. It is work that stimulates all your potential. Through work a criminal

can, eventually, outdo the most virtuous people in generosity, patience and goodness. Whereas those people who are generally thought to be the most outstanding, achieve very little, because the idea of work does not enter their minds. **(OCTOBER 16, 1999)**

A Master has very powerful means at his disposal if he wishes to rescue someone who is being preyed upon by evil spirits. The only thing is, though, that he will not use these means unless he feels that it is useful and worthwhile. When a Master feels that it is worthwhile, that Heaven is urging him to intervene, he will visit that person in his sleep, not physically but through astral projection. He will declare war on the evil spirits and oblige them to leave their victim who, when he wakes up, finds himself greatly restored. Then, when he reflects on the behaviour that led to the deplorable situation he was in, he will be ashamed and make up his mind not to do the same thing again. **(OCTOBER 17, 1988)**

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)**

Love binds and wisdom releases. Wisdom allows you to distinguish between good and evil. But if you use only wisdom even your friends will not stay with you for long. Wisdom shines, that is true, but it is cold, and people do not like to be with someone whose light is cold. This is why sages are often solitary, whereas those who are less wise but who are warm are always surrounded by friends. What should you do about it? Should you neglect wisdom so as not to be left alone? No, of course not. This would only expose you to the danger of being continually solicited and devoured by others. You must learn to adjust the two currents within you, and know when to manifest love and when to manifest wisdom. **(OCTOBER 18, 1995)**

Nothing you can do will ever force someone to love you. Money, gifts, violence, sorcery and magic are all equally powerless. The spirit and the soul are the son and the daughter of God; they cannot be coerced by anyone or anything. And even if you succeeded in bewitching a man or woman it would not mean that you had won their soul. Your spells will simply have enticed other creatures to enter them and love you through them. And let me warn you: these creatures are not luminous entities (entities of light refuse to lend themselves to such practices), but larvae and elementals who will love you, perhaps, but who will suck you dry and leave you empty and exhausted. You will end by paying a very high price for the little bit of love you gain in this way.
There is only one harmless way of getting someone to love you and that is never to think evil of him, to send him only thoughts of light and purity. Suppose the one you love is hard-hearted and vicious: if you are really attached to him you must be patient and forbearing and continue to help him. Sooner or later his soul will be touched and he will return your love. **(OCTOBER 19, 1995)**

BOOK 29: A CORRECT UNDERSTANDING OF GOOD AND EVIL

Wish and hope for whatever you like, create whatever you like in your mind, but be sure to examine your desires with care beforehand, for if they are too personal, if their vibrations are not in harmony with the divine order that reigns throughout the universe, they will conflict with the laws of God and with a whole world of entities, beings and vibrations, and you will not succeed. And in fact, it is better that you do not succeed for, at least, then, you will be spared all manner of disappointments and accidents. It is preferable not to succeed in one's evil designs, otherwise the karmic consequences are unavoidable. Suppose you want to get rid of a rival or revenge yourself on him, but your plan misfires and you abandon the idea. So much the better! It will not cost you as much as it would have if you had succeeded; success would have meant incurring a huge karmic dept!

(OCTOBER 22, 1987)

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, symoblized 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)

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

(OCTOBER 29, 1987)

When evil entities want to harm you, they begin by trying to make you give in to a weakness because this gives them the opening they need to get in to you and torment you. If you resist their wiles and refuse to commit a fault, they will have no power over you. This is why I say that the Devil has only as much power as you give him. If you don't want to have anything to do with him, don't open your door and let him in. He never forces you; he only suggests things to you and it is you who say yes to his suggestions. Most people imagine that their tribulations come upon them suddenly, without any forewarning. No, it is they themselves who have done the groundwork, who have opened the door to them and invited them in. How? By the desires, thoughts, feelings and lusts they have entertained, by certain weaknesses and faults they have given in to: this is what has opened the door to the Devil and allowed him to walk.

(OCTOBER 31, 1988)

All those who have already left this earth have one weakness in common: They want to be remembered; but, of course, they want us to remember only their good points. There is no greater suffering for a dead person than to hear people talking about their defects and the things he did wrong. It is a real martyrdom for him. It is as though every word were a blow from a hammer, because human speech is greatly amplified in the invisible world. This means, of course, that our good words are also amplified and give great joy to those on the other side for

whom they are like a rain of blessings. This is why the panegyric or funeral eulogy is customary in every civilization. The evil that a man has done is forgotten at that moment and only his good deeds and qualities are mentioned ... often with exaggeration. This is a remnant of a tradition based on Initiatic knowledge. And you should remember to do this too: When you talk of the dead, talk only of their good qualities. Don't mention all the rest. **(NOVEMBER 2, 1988)**

Some people claim that it is impossible to know what is right or wrong, and think that this allows them to do whatever they please. In reality they know perfectly well what is right and what is wrong. It is just that they find it more convenient to claim ignorance, for in this way they cannot be blamed for indulging all their impulses. But it is time they used a little logic. Suppose they feel like hitting or swindling someone, or seducing and then abandoning them ... if they want to know whether it would be right or wrong to follow their inclinations, all they need to do is imagine that they are the ones to be beaten, swindled, or seduced and abandoned. They would have no hesitation in seeing that it would be painful, unjust and dishonest. Why do people always excuse themselves on the grounds that they do not know how to behave? Let them start by applying the precept that Jesus gave his disciples, '*Whatsoever ye would that men should do to you, do ye even so to them.*' **(NOVEMBER 6, 1995)**

You know the story of Joseph and his brothers in the Old Testament. Because his brothers were jealous of Joseph they decided to get rid of him by selling him to merchants on their way to Egypt. Once in Egypt the merchants sold him to Potiphar, one of Pharaoh's officials, who took him in as a servant. After a whole series of events Joseph became governor and it is then that his brothers met up with him again after many years. How surprised his brothers were and what remorse they felt! And how did Joseph behave? He told them: 'I am your brother, Joseph, ... do not be distressed or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither ploughing nor harvest. God sent me before you to preserve for you a remnant on earth ... So it was not you who sent me here, but God ...' Joseph says very clearly that God used the forces of evil, in other words the brothers' jealousy of Joseph, to do good. Because one evil is not Evil and one good is not Good. Have you not yourself seen how events that seem disastrous at first end up proving to be beneficial?
(NOVEMBER 7, 2000)

Man bildet sich ein, daß das Gute eintritt, wenn man es wünscht und herbeiruft. Nein, das ist leider nicht genug. Solange man nicht gewisse unreine und schädliche Elemente zum Verschwinden gebracht hat, schwirrt das Gute nur herum, kann aber nicht eintreten. Bevor man z.B. einen Gegenstand weiht, müssen alle unreinen Teilchen und Schichten, die an ihm haften, zu Verschwinden gebracht werden. Selbstverständlich ist es ein guter Wunsch, mit den Kräften des Guten in Verbindung treten zu wollen. Man muß aber wissen, daß auf der materiellen Ebene die Dinge als erstes von allen Unreinheiten befreit werden müssen; dann erst können sie mit guten Kräften gefüllt werden. Nur unter dieser Bedingung ist es möglich, Dinge mit außergewöhnlichen magischen Kräften aufzuladen. **(NOVEMBER 9, 1995)**

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)

Human beings can become messengers of the invisible world if they adopt a receptive attitude. However, great vigilance is needed, because if they become too receptive they will be like sponges, absorbing everything, both good and bad. People tend to think that the invisible world is full of nothing but luminous and beneficent beings, but this is not so. Just as people on earth vary between good and bad, so malicious entities also inhabit the invisible world, and as they are often very hostile to us, they love to trick us into error, or torment us. So be prudent, and do not lay yourselves totally open to the invisible world. If you have not already worked to obtain the purity and higher level of awareness needed to repulse the attacks of dark forces, you must be active and vigilant.
(NOVEMBER 16, 1998)

Why are there more and more criminals today? Simply because men's minds are in darkness and criminals, who need darkness in order to operate, take advantage of these favourable conditions. But just imagine what would happen if more and more people were clairvoyant: the thoughts beginning to take shape in the minds of criminals would immediately be perceived, for thoughts emit waves, and these waves would warn people of danger. So, as criminals would be found out even before they had time to act, they would be obliged to abandon their schemes. No man-made law and no police force, however well organized it may be, will ever be powerful enough to eliminate wrongdoers. They will continue to exist until such time as men switch on their inner lamgs and open their spiritual eyes. Then, of their own accord, criminals will sense that their reign has come to an end and they will be obliged either to disappear or to transform themselves.
(NOVEMBER 17, 1987)

Do not be misled into thinking that in order to become a black mage you must have a devilish master to teach you the art of bewitchment or evil conjuration. It is possible, but you do not necessarily need teaching for this. Anyone can become a black mage, without a master, without anything; all they need to do is to allow themselves to be guided by their lower nature. Indeed, people who give a free rein to their bad instincts, who incessantly break the laws of kindness, justice and love, who try to gain at the expense of others, to oust them or destroy them, can do nothing else but become a black mage. And in the same time, those who think only of helping and enlightening others, even if they do not have a master to teach them, are already in the process of becoming a white mage.
(NOVEMBER 18, 2002)

If only scientists understood that the phenomena they study in the physical world are analogous to those which occur in human beings. If they realized this, they would become seriously interested in the extraordinary apparatus installed in each of us by the Creator which enables us to work on our thoughts, feelings, desires and all our states of consciousness so that we may advance on the path of good. Not only would they see an infinitely rich field of investigation open

before them, but they would become true benefactors of humanity. Instead, think how many scientists have seen their best inventions used for evil and destructive ends! Even Einstein regretted having contributed, through his work, to the construction of the first atomic bomb. It is the domain of thought and feeling, the domain of consciousness, that science must now fathom.
(NOVEMBER 19, 2004)

God created humankind in His image. Therefore, whatever the level of decline or despair they may fall into, humankind cannot be lost for good, indeed they will always be stopped, held back on the very edge of the abyss. You may at times think they are hurtling head first towards oblivion, but in fact whatever they do, whatever dangers they expose themselves to, they will always end up being saved. Because they carry the divine imprint deeply inscribed within them and it is this that, even when you think they are disappearing for ever, stops them like a powerful hand and gives them the opportunity to get back onto the road of light.
Remember this well: Even if human beings fall prey to forces that drag them into the abyss, nothing is ever irremediably lost, because the Creator has fitted them with a type of safety look, a spark that will always bear witness to their divine filiation. **(NOVEMBER 20, 2002)**

An angel is an immortal being made of a matter so pure and subtle that it is immune to harm. Angels dwell in a realm of light and perfect joy and have knowledge of everything except suffering. They cannot suffer because they are absolutely pure, and suffering can affect only that which is not completely pure. Angels do not exist on the physical plane, they are to be found only in the higher reaches of the astral plane and above. On the border line between the higher and the lower astral plane is an intermediary zone inhabited by those who are in the process of severing their bonds with the regions of darkness. They can still be tormented by the evil influences of the lower astral and physical planes, but once they have worked their way through this zone they will be like the angels. **(NOVEMBER 22, 1995)**

Animals can be seen as symbols of their predominant quality. Such symbols were constantly used in the days of antiquity, and they are still used today in esoteric science. Some of them, such as the snake, the fish, the bee or the cat, are well known; others such as the hedgehog less so. In some traditions the hedgehog is seen as a symbol of an initiate, because it is invulnerable even to snake venom, and feeds on the slugs which destroy gardens. In other words it banishes the destructive larvae of the astral plane. Also, its prickles represent the needles used by an initiate to dissolve the condensed fluids of evil thoughts. This is why, in some initiatic traditions, a 'hedgehog' is the name given to a disciple who has come through a trial by poison successfully. **(NOVEMBER 24, 1995)**

Most human beings are ready and willing to experiment with things that are negative, evil and pernicious. If only they would do so from a distance, without getting really involved, and be content to draw their conclusions on the basis of a slight acquaintance! But no, they are determined to go the whole way, and not only once, but ten or a hundred times! It never occurs to them that they will use up all their energy in this way and have none left for other experiences of a more spiritual nature. The day may come when someone finally becomes disgusted with the filth in which he is wallowing and wants to experience purity and light, but he will find it impossible. He will no longer have the means or the strength to do so. All his energy will have been used up. Anyone who thinks that it is possible to go straight to Heaven after spending years in hell, knows nothing about either psychology or life. How can he imagine that he is capable of celestial experiences as though he had lost none of his freshness, intensity, lightness

and suppleness? How can he think that, filthy, coarse and brutish as he is, he is capable of exploring the Heavens? What ignorance! **(NOVEMBER 28, 1995)**

Wherever they go and whatever they touch, human beings leave traces of themselves. We say of those who are evil that where they have walked, grass will not grow. Yes, symbolically speaking, this is no exaggeration. Others, on the contrary, who think only to enlighten, invigorate, comfort and liberate others, leave such life-giving and luminous imprints wherever they go that those who come after them suddenly feel regenerated.
You too, wherever you are, remember to offer your best wishes: 'May all those who come here be touched by goodness and brotherhood… May their lives be transformed. May they become children of God and work for the coming of His kingdom on earth!'
Whether you are in the city or the country, whether you are walking down a street or a path, bless this road or this path. Ask that all those who pass this way receive life, peace and light, so that they may learn to vibrate in ever greater unison with the divine world."
Überall wo er hingeht und auf allen Gegenständen, die er berührt, hinterlässt der Mensch Spuren. Es gibt böswillige Menschen, von denen man sagt, dass überall, wo sie ihren Fuß hinsetzen, danach kein Gras mehr wächst. Ja, symbolisch ist das nicht übertrieben. Andere hingegen, die nur daran denken, alle Wesen zu erhellen, zu beleben, zu erwärmen und zu befreien, hinterlassen überall auf ihrem Weg so belebende, lichtvolle Spuren, dass jene, die nach ihnen kommen, sich unwillkürlich erfrischt fühlen. **(NOVEMBER 29, 2004)**

If you want to understand things correctly you must never isolate one segment of time or space. If you reason on the basis of a short period of time – the duration of a human life for instance – you will never understand the progression of events, for a life is only one link in a long sequence. You cannot understand what a person lives through in the course of one incarnation if you see it as an isolated experience; not only must you see it in relation to all the incarnations that person has lived through in the course of hundreds and thousands of years, but you must also bear in mind that this sequence will continue into the future. You will always misunderstand the significance of the present if you do not see it as belonging to a continuum that includes past and future. **(DECEMBER 1, 1995)**

It is an innate tendancy of human nature to use everything to satisfy their lower instincts – cupidity, thirst for domination to name just two – which is why, the more science and technology advance, the more humankind is in danger, because there will always be people who will use them to criminal ends.
The discovery of the laser has shown that there is no greater force than light. Unfortunately, this force too can be used for evil purposes as well as to do good. Some very ancient civilizations, which have now disappeared, had already succeeded in achieving incredible things in using light. The people of Atlantis, for instance, knew how to use light of the sun to power the most sophisticated machinery; everything worked with light. They made very bad use of their knowledge and power, however, and this is what led to their downfall. And if we want to avoid a repeat of the disasters that caused the collapse of Atlantis, it is high time that reasonable and enlightened people stood up and made their voice heard, so that the balance between ethics and technology may be redressed. **(DECEMBER 4, 2002)**

The goal of an initiatic school is to teach human beings how to return to their Father's home, to this "shelter of the Most High" mentioned in Psalm 91: "My refuge and my fortress, my God, in whom I trust." For it is in this fortress that they will be safe; the forces of evil will no longer be

able to reach them. But it seems people do everything to stray from this secret place where they are under the protection of God. They want to live their own life, to turn away from the Lord and transgress his laws. Well, this proves that they still have a lot of suffering to endure; that is why they refuse to enter the divine light, which could protect them. Yes, if they have this tendency to wander constantly and to disobey, it is simply because it is their fate to suffer. Whereas those who have already suffered a lot and learned their lesson do everything they can to go back to their celestial Father and Mother. **(DECEMBER 6, 2001)**

The fact that there was a serpent in the Garden of Eden means that other creatures existed before Adam and Eve. These creatures belonged to the angelic hierarchy which had been sent to earth to carry our certain tasks. Some of these beings chose not to return to God once they had done their work. They thought they could get along without Him, and as they were free to choose, they decided to stay on earth. This was the fault of what we call the 'rebellious angels': to turn their backs on the divine Source and choose a life of independence. It was because of this separation, because of the distance between them and God that they had became demons. They retained all their knowledge but they lost contact with divine love. These creatures formed an egregore and it was this egregore, symbolized by the serpent, what surrounded the Tree of the Knowledge of good and evil. **(DECEMBER 9, 1995)**

The subject of evil is beyond human comprehension, and this is why it cannot be resolved with reasoning. In fact, evil does not really exist and is only dreadful for the weak, for those who have not prepared themselves to put it to use. For the children of God, for the initiates and the great masters, the evil of which religion has talked so much without understanding it, is a precious, rich material that can be worked and used to achieve and realize fantastic things. Because initiates are very strong and very pure, they dare to take on evil by entering deep into the dark depths of their being. And thanks to this boldness, they are able to bring back treasures, like the pearl-fishers who dive to the bottom of the ocean to bring back oysters and who escape the sharks and algae.
But not everyone should seek such experiences. Only very few beings on earth can afford to descend into the depth of their nature to bring back a material they will be able to sublimate.
(DECEMBER 10, 2002)

According to the Cabbalah, the three letters, Aleph, Mem and Tav, are the three Mother letters by which the world was created.
Aleph represents the divine world.
Mem represents the spiritual, intermediary world, corresponding to the astral plane, through which pass the ascending and descending forces.
Tav represents the physical plane, the foundation of all materializations.
The combination of these three letters forms the word Emet which means 'truth'.
The letter Mem corresponds to the thirteenth trump of the Tarot which portrays a skeleton holding a scythe, the figure of death, which destroys everything perishable. Mem, therefore, is a transforming power which, at the same time, destroys all that is inferior or evil. This is why it is attributed to death (Mavet) and to the Archangel Michael who leads the souls of the dead to God. **(DECEMBER 10, 1988)**

Even among spiritualists, how many have discovered the inner attitude that enables them to surmount their difficulties? They will give you erudite commentary on the law of karma, with references to all the books of India and to complicated Sanskrit terminology… They will tell you

that the law of karma is the law of cause and effect, the law of justice; that a particular action leads to particular consequences for an individual's future, and so on. But as soon as they themselves are afflicted with misfortune, they rebel: they study, they practise a spiritual discipline, they work for good, so how is it that God has not protected them? Suddenly they have forgotten that the earth is a school through which they too must pass. They are perhaps more educated than most, but they still have much to learn. **(DECEMBER 11, 2004)**

If you do not say the blessing before meals and ask the Lord to come and share your meal with you, if you do not consecrate your food, the crowds of hungry and thirsty creatures of the astral plane will be only too glad to come and regale themselves through you. Yes, they will come because you will have opened your doors to them. In your ignorance you think that you are alone, and you do not feel the creatures that slip in and take advantage of you. And If this is true for the act of eating, why should it not be true, also, for the act of love? When a man and woman make love simply for the sake of pleasure, they are opening their doors to evil spirits who flock to feast on the energies released in this act. This is what Hell is: creatures who attach themselves like leeches to ignorant human beings and suck up all their energies. The spirits of Hell cannot feed on human beings who are pure and consecrated to the Invisible World, but those who are sensual and depraved feed and strengthen them thereby enabling them to carry out their evil designs. **(DECEMBER 11, 1987)**

'Know, desire, dare and hold your peace' is the rule for all initiates. One must first '*know'*, that is, one must be capable of distinguishing good and evil. Once this is clear one must '*desire'* the good one has perceived. Then one must '*dare'* to commit oneself, to give one's all in the pursuit of this good. Finally one must *'hold one's peace*', refrain from talking about one's good resolutions and the work one has decided to do.
Nothing is more difficult than the application of this precept. Some desire but do not dare; others dare but are without discernment, and so on. Begin by trying to unify the three factors of thought (know), desire, and the will (dare). Once you have succeeded in doing this and have begun to act, keep quiet about it, for your work will speak for itself. It will be so obvious, so vibrant that it will have no need of words. **(DECEMBER 13, 1995)**

Sometimes, while asleep, you dream that you are doing things that you would be thoroughly ashamed of doing in a waking state. Why is this? Because you have not yet learned that it is necessary to prepare for sleep as if setting out on a very risky journey. The Cabbalah tells us that an impure spirit attaches itself to the physical body of somebody who is going to sleep, suggesting certain ideas and desires. This impure spirit wants to take possession of the sleeping body, to make use of the large reserves of strength it contains. In order to defend yourself, you must pray to Heaven to send you an angel to protect you and take you to study love and wisdom in the school of the Lord. In this way, you will always have a guardian during the night, to keep your body safe from evil spirits and each morning you will return to your body enlightened and refreshed. **(DECEMBER 14, 1998)**

A passage from the Zodar, the Book of Splendor, the principal text of the Cabbalah, describes God as a very beautiful and noble head with a beard and long white hair. The reflection of his white head in a pool of water appears as a scowling black head. What does this picture teach us? That what we call evil – the devil – is only a reflection of God, the shadow of God in matter. That is why, when some religions present the devil as an adversary of God or as an opponent

against which God must constantly struggle, they are mistaken. God does not fight against the devil – that would be to fight himself.
So, keep in mind the picture to the white head, knowing that its dark reflection cannot really be an enemy since it is not a reality but an illusion, a shadow, which exists, thanks to the light and which, by existing, proves the reality of this light. So, how do we come out of this region of reflection and illusions? By rising, through thought, to the white head of God. When we accept the reality of this unique principle no contradiction subsists. **(DECEMBER 18, 2001)**

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Encyclopedia Initiatic Science

Book 30: The different Aspects of Clairvoyance & Intuition

THIS IS
CLAIRVOYANCE

Book 30: The different Aspects of Clairvoyance & Intuition

When a virtue manifests in you, it is not you who has created it, it is not your work. This virtue has come from far away and you are only a conductor, a transmitter of the divine entities of which it is the incarnation. If you are able to behave with goodness, with generosity, it is because the entities of love have chosen you as their messenger. It is because you have been working in this area and possess the necessary elements and a state of being suitable for its transmission. Someone else may have prepared himself to become a messenger of wisdom. In this case, other entities manifest themselves through that person in order to propagate the light. And the same thing applies where goodwill, purity and all the other virtues are concerned. Nature is faithful and true; she identifies and classifies every being according to their work and their ideals. In this way, when our aspirations succeed in attracting their corresponding entities, each one of us becomes a medium. **(JANUARY 17, 2000)**

Many people unknowingly carry out projects of others they have never even heard of. You may say, 'I don't understand. How can this be?' Simple: Thoughts and feelings are active powers that can influence people who have the corresponding psychic structure and who are prepared to pick up waves sent out by others. This is how, because of their weakness, some people end up committing crimes; they are forced to act by powers of negative thoughts and feelings that others have sent out and projected. And since human law is not clairvoyant, it does not punish those who have sent out these criminal thoughts and feelings, but those who have carried them out and are not really guilty. Of course, they are guilty of the weakness and passivity that lead them to become instruments of bad currents, but actually, other people are responsible for these crimes. So be careful with your thoughts and feelings because if they are bad, divine Law, which never makes mistakes, will hold you responsible. **(JANUARY 20, 2001)**

If clairvoyants are able to predict future events it is because they have seen these events already occur in the invisible world. The events that occur on earth are the result of events that first occurred up above, in the subtle planes. It takes some time for these events to reach the physical plane, but they inevitably do occur, because they are already recorded up above. If you look at a snake, however long it may be, its tail always follow where its head has gone before. Because the head always follows the tail. And just like the serpent's tail, the physical world always follows what has already occurred in the subtle planes and actualizes it.
Now when you transpose this to human beings, the head represents thought and the tail represents their actions. In practice, this means that those who are patient enough to nurture a spiritual ideal for a long time, for a very long time, without ever becoming discouraged, will one day be able to lead their tail, by which I mean change their actions, their behaviour and even transform their physical body. **(FEBRUARY 9, 2002)**

If you try to jump across a large chasm, you will fall into it and if you ever get up from your fall you will have had such a fright that you will never attempt even the smallest obstacle. Whereas if you learn to jump across a ditch that is, say, fifty centimetres wide, then one of sixty and then one a little wider every day, you will go far because you will gradually grow in confidence. People who throw themselves into major challenges straight away expose themselves to disappointments and accidents. Many are those who have wanted to launch themselves into occultism in order rapidly to acquire power, become clairvoyant and so on, and they have ended up destroying themselves.
Therefore, do things gradually; begin with little things – I have given you so many methods in the past – a few words, a simple gesture. But you do not use these methods because you feel they are too insignificant. It is by using these very methods, however, that you will go far.

BOOK 30: THE DIFFERENT ASPECTS OF CLAIRVOYANCE & INTUITION

(FEBRUARY 11, 2002)

You will manage to develop true clairvoyance when you rise to the highest part of your being, to your higher self. Every day imagine yourself reaching that higher self and becoming one with it. Imagine you have reached the summit and from there you cast your eyes out into the universe ... And because your higher self is omniscient and you have become one with it, all the knowledge you have already acquired, without realizing it, gradually descends into your consciousness and you are dazzled by all you are suddenly able to perceive and understand. The only true vision is that which is given to you by the eyes of the spirit. To begin with, of course, it seems as if you see nothing, as if you understand nothing, but you are preparing the ground for true clairvoyance. **(FEBRUARY 12, 2000)**

So many people go to clairvoyants, mediums or exorcists to find solutions to their problems of health or of the heart, or to be exorcized or released from a spell. They do nothing to become stronger and solve their own problems. They always rely on someone else to do it for them. But even if another person did manage to solve their problems they themselves are so defenceless that they would soon be in the same state again. As long as people continue to expect others to heal, console and reassure them, they will remain ignorant, weak and vulnerable.
Even if a very great spiritual master healed and protected you it would only be for a little while, for ultimately everything depends on you. If you want his help to endure you must learn to use the light and the keys he gives you, for then it will be you yourself, your own soul and spirit, that do the work. **(FEBRUARY 14, 1995)**

Study the profound meaning of day and night. Night is symbolically the domain of the invisible – the non-manifest, and day, all that is visible – the manifest. All that is manifest depends on the non-manifest, just as day depends on night.
It is during the 'night' – in the invisible – that events of the 'day' are prepared, because everything tangible is the result, the condensation, of something immaterial. This is how a clairvoyant foresees forthcoming events: they already exist in the invisible world. It takes time for these events to reach the physical plane, but they must eventually do so, because they have already been ordained on high. Watch how a snake moves: its tail always follows its head. The head represents the idea, the project, and the tail its tangible existence, the material formation of events already created and present in the invisible world. **(FEBRUARY 23, 1999)**

What is it that certain clairvoyants see, and how can these visions be explained? Think of it like this: the nature of a vision is exactly the same as that of a dream. It is merely a question of the degree of consciousness: whether it comes from a state of wakefulness, or sleep. Can we believe these visions? Yes, but only to the extent that those dreams, or visions, provide information about the dreamer or clairvoyant, and their level of evolution. Dreams and visions always have a meaning, but those who have not managed to free themselves from the lower astral plane will receive their visions and dreams from these shadowy regions. Obviously, they cannot be confident of receiving clear knowledge or precise answers to their questions. We can have confidence in the messages in our dreams and visions only when we have managed to elevate ourselves to the causal, buddhic, and atmic planes. **(FEBRUARY 27, 1999)**

The Book of Genesis tells how, when Jacob lay down with his head on a stone and slept, lie had a vision of a ladder reaching from earth to Heaven with the angels of God going up and down it. This was how the cosmic Hierarchy that Cabbalists call the Tree of Life, was revealed to him.

Heaven and earth are not cut off from each other; there is a constant to and fro of mutual giving and receiving going on. Clairvoyants have sometimes seen beings coming down to earth to work on men, animals, plants and minerals. Some of them stay only a very short time, while others, on the contrary, stay and work for a long time. In our day, very few people believe in the existence of these creatures and the work they do but, one day, the whole of mankind will be aware of the constant interchange going on between earth and Heaven, between the earth and the sun, between the earth and the farthest reaches of the universe and beyond, to infinity.

(MARCH 3, 1988)

Imagine you have just finished a long, deep meditation in which you sent light and love to the entire world, and now you go out for a walk in the streets. When you return, you are under the impression you have done nothing much at all on your walk, but this is where you are wrong. If you were clairvoyant you would see all the good your presence did for the people you met along your way, but you were unaware of this. Some who had evil plans have now abandoned them; others who were harassed and discouraged have found peace again and the will to live.
Always remain conscious that by means of a pure, noble and enlightened life you can lead all creatures along the right path. Even If what you are doing seems to have no effect, remember that there is always someone nearby who is roused from a sleeping state, and stirs, and is encouraged and quickened as you pass by. **(MARCH 12, 2000)**

Some people attempt to awaken kundalini by prolonged exercises of breathing and concentration, because they have read about how to become clairvoyant, or how to gain magical powers by developing their chakras. These exercises are unquestionably effective, but what is the end result? If you want to develop your chakras without any preliminary study or training, you expose yourselves to immense danger. It would be like giving a child a box of matches. What would the child do? It would start a fire. Well, you must know that kundalini, which has to be activated in order to awaken the chakras, is pure fire, and anybody who has not worked first on purity and self-mastery risks the devastating experience of witnessing the eruption of the fire of kundalini, and subsequent total inner destruction. Whereas, if you begin by working on purity and self-mastery you also work indirectly on your chakras, which will come to life and begin functioning without risk. **(MARCH 27, 1999)**

Our hearts and intellects are useful instruments – they are even essential – but they are not sufficient to guide us along all the paths we must travel. That is why it is necessary to develop a third faculty: intuition. Similar to the intellect in that it is a kind of intelligence, and similar to the heart inasmuch as it is a form of feeling, intuition is both intelligence and feeling, but on higher levels. 'But that is clairvoyance!' you exclaim. No, nowadays clairvoyance is all the rage; there is a great deal of talk about it. But the faculty of clairvoyance only allows a vision of the objective aspect (forms, colours, movements) of the astral and mental planes. It is possible to be clairvoyant without understanding what one sees, without knowing how to interpret it. And what good would that be? Whereas with intuition, there is no need for vision, but you understand things much better, because you live and feel them. **(MARCH 30, 1998)**

Many people claim to be divinely inspired, they gesticulate, rolling their eyes in all directions, holding forth incoherently, or spend hours fixed in some posture imitating a state of ecstasy. Well, these people are unbalanced and sick, and the rest of their behaviour proves it. They may talk about Heaven, the Holy Spirit, angels and archangels, but in fact they are really unstable. They believe they are communicating with the divine world, whereas lack of discipline and inner

work has connected them with the subterranean regions of the astral plane. They receive messages and commands, it is true, but they would do well to mistrust these communications. We must learn to distinguish between inspiration and various forms of mystical delirium. If we are truly in contact with Heaven we receive only waves of light, harmony and peace.

(APRIL 8, 1999)

The psychic world of human beings is populated with creatures from the invisible world. Our feelings of well being and joy as well as those of suffering and sorrow are brought to us by entities attracted to us by our thoughts, feelings, desires and actions. If you were clairvoyant, when you suffer from worry or anguish you would see yourself surrounded by grimacing beings who are ready to scratch, sting, bite and torment you in all kinds of ways. Referred to as the 'undesirables' in esoteric tradition, these creatures approach human beings saying, 'Aha! See this woman, and that fine fellow over there – now they are interesting! Let's make their lives miserable for a while – what fun it'll be to see them shouting and waving their arms about!'
Yes, this is what happens when you are unhappy, tormented. And when you feel great happiness, if you were clairvoyant you would see a multitude of winged creatures rushing towards you, laden with gifts of light, who sing and dance, and leave in their wake streams of sparkling colours and exquisite fragrances. **(APRIL 12, 2000)**

Official science is still very far from understanding what human beings were like when they were first created by the Lord in his workshops on high. But great clairvoyants and Initiates who have been to such heights that they have seen these things for themselves, have revealed that a human being, in his essential reality, has no form: he consists of currents of energy and luminous emanations, and that these condense to form the physical organs as we now know them. Our stomach, liver and spleen, our brains, eyes and cars, legs and arms, etc., are the materialisation of forces moving in the subtle regions. And when man fails to live according to reason, it is as though he gradually extinguished his lights on high (that is to say, his virtues), so that the corresponding organs begin to wilt and weaken. This means that physical anomalies, illnesses, are the result of man's lights on high being dimmed and snuffed out. **(APRIL 12, 1988)**

To develop one's powers of clairvoyance or mediumship, one has to adopt a passive, receptive attitude. But that is not enough: one also has to cultivate one's will-power, in order to be capable of resisting the attacks of entities of darkness. Most people do not realise how dangerous it is to venture into the regions of the invisible world without being properly prepared beforehand, for the inhabitants of the invisible world are not all luminous spirits; there are also plenty of malevolent entities in these regions, and they are often extremely hostile to human beings and ask nothing better than to prey on them. Nor do people know that the world is filled with monstrous complaint before the Courts of Heaven, just as you would before an earthly Court of Law, and Heaven will decide what action to take. Whatever you do, don't take the matter into your own hands; never try to revenge yourself. **(APRIL 14, 1988)**

I am not here to prevent you from becoming a clairvoyant, a healer, an astrologer, an alchemist, a magus, a cabbalist ... The purpose of my work is to help you further your knowledge and abilities as far as possible, and if you really wish to advance on the path of evolution, you should not begin with such studies. You are intrigued by a whole range of subjects that are certainly important and fascinating, but not essential. What is essential is to learn how to live. Then, but not before, you can allow yourselves to develop this or that faculty, to become a healer, clairvoyant, cabbalist, or alchemist, and so on. As long as the question of how you live has not

been dealt with, whatever else you may do, you expose yourself to every danger. I know that this way of seeing things is neither pleasant nor appealing, but if you take it seriously and apply it, you will soon see good results. **(APRIL 17, 1998)**

Innumerable entities in the divine world are busy preparing the conditions for our success and happiness, but we do not want to recognise their work. Why? Because what happens in our lives is different from what we have imagined or expected. But if our hopes and expectations were realised, we would perhaps be faced with even greater complications and disappointments. Have you thought about this?
Divine wisdom responds to all our requests, but it does so through events we do not understand. Yes, we are not yet sufficiently clairvoyant to interpret the signs which would reveal to us the reasons for these events or encounters in our lives, or for the presence of certain people around us. One day we will understand them, but meanwhile we must trust heaven which has foreseen everything concerning our evolution. **(APRIL 28, 2004)**

Some people consult clairvoyants to know what the future holds. Well, I should tell you that clairvoyants are not necessary, because it is all too easy to know our future. Of course, perhaps we cannot guess what our future professions, meetings, financial gains or losses, illnesses, accidents, or successes will be, but these facts are not very important. What is essential is to know whether or not we are advancing along the way of evolution, and whether we will live in freedom, light and peace: and this is easy to discover. If you love all that is great, noble, just and beautiful, and if you work with all your heart, mind and will to realize this objective, your future is already determined: you will live, one day, in conditions which correspond to your ideal and aspirations. There! That is what you need to know about your future. Everything else is of secondary importance, because it is transient: it may be granted you, and then taken away again. When we leave the earth only the aspirations of our soul and spirit, and everything connected, truly stay with us. **(APRIL 29, 1999)**

Everything is alive, everything vibrates and radiates. If you were clairvoyant you would see this radiance throughout creation. But even if you do not see it, you can feel it, which is even more important because, where the inner life, the spiritual life is concerned, feeling is superior to seeing. It is possible to see and yet to feel nothing. What most human beings do is proof of this: they see, but they do not benefit much from what they see, because they are imprisoned deep inside themselves, with the doors and windows firmly locked, so that nothing reaches them. And if God Himself were to come and visit, no doubt they would look at Him with a critical eye, because they would not like many things about Him. So, seeing in itself changes nothing deep within; it is feeling that gives you an understanding of reality**.** **(MAY 31, 2004)**

No one asks you to be like some extremely sensitive mediums who scream at a sick person's bedside because they feel his sufferings. No, but you must learn to put yourself in the place of other people. If you get into this habit, in a very short while, you will become really clear-sighted, intuitive and even clairvoyant. Of course, the majority of people prefer to develop clairvoyance by making use of crystal balls or absorbing certain drugs. Well, this is not recommended. It is better to leave crystal balls and drugs alone and learn to enter into other people's situation. Believe me, that is true clairvoyance, and it is highly superior to that which is practiced by a lot of people who claim to be clairvoyant. The best way to see and feel the essential is to forget yourself a little and think about others. **(JUNE 10, 2001)**

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To understand and help other people it is not necessary to feel exactly what they feel and live through. Actually, it is better not to share these experiences, as often this can hold us back on the astral plane. We need to rise to the mental plane to use our reason and reflect. If we are sufficiently attentive, we can listen to people, observe them, and thus discover, with practice, all about them: who they are – their thoughts, feelings, needs – without being affected by them. Some people have a psychological insight which is a kind of clairvoyance. When we do no more than feel, without deeper comprehension or clear perception, we make ourselves vulnerable; if that is the case we are not really capable of helping others. **(JUNE 13, 1998)**

With practice, many people can develop psychic powers, but this is not sufficient. You must acquire the highest degree of self-mastery in order to respect, come what may, the rules of purity and selflessness which alone put you in contact with the luminous forces and entities of the universe.
This is why I warn those who claim to help others through clairvoyance and divination, or to heal their physical and psychic ills by magnetism, the laying on of hands, and so on. Very few people are allowed to have access to the invisible world in order to see the past, present, and future, or to make contact with psychic and spiritual forces and entities and to work with them. Why? Because the qualities one needs for this work are far more difficult to acquire than those that allow us to work on the physical plane. **(JUNE 27, 2003)**

The clairvoyance of mediums is more or less always limited to the astral plane. When you ask a medium to reach far distant regions to answer questions of a spiritual or cosmic nature, most of the time he or she is not able to. This kind of clairvoyance holds no interest for initiates because it cannot help people to become conscious of higher states. That is why initiates do not choose to linger on the astral plane: in fact, they even keep their eyes tightly closed as they cross these astral regions.
A true initiate does not seek to develop mediumship powers. He only works on purifying himself, on developing wisdom, love and self-control in order to reach the summit. And once he has reached the summit, the substance of his being has become so pure that it is impregnated with the very quintessence of the universal Soul. This quintessence, on which everything is recorded, gives him the ability to see and sense all he wishes to know. That is how, through his work, he not only acquires power, but also achieves true clairvoyance. **(JULY 6, 1999)**

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

The need to dominate, to have power, is so strong in some people that we now see the most materialistic scientists starting to explore the field of initiatic science – telepathy, clairvoyance, clairaudience, radiesthesia and psychometry – and they classify all this as 'parapsychology'.

Providing it can give them power over others they will accept any theory, however insane they may have found it previously. They accept any knowledge of initiatic science which can help them achieve their aims, and they reject any knowledge which cannot give them power. However, using initiatic truths as a means to dominate others is highly immoral, and those who do so will be punished by Heaven. You should only use this spiritual knowledge to help and comfort others, to spread light and peace in the world. Then it will be noted in Heaven that you are a white magus and soon divine blessings will start to rain down upon you.

(AUGUST 16, 1999)

One sometimes sees very sensitive mediums who are in a deplorable state because they have no means of defending themselves against astral entities. It is all right to be sensitive to the invisible world, provided you first exercise judgement and will-power. To make contact with the invisible world, you must abandon yourself, one way or another, to the influence of the spirits. But not all spirits of the invisible world are favorable disposed towards human beings. There exist dark entities that take advantage of defenceless human beings and deceive them, use them and steal their energies. And after a while, these poor souls are completely exhausted and unbalanced.

Before embarking on certain psychic experiences, people have to know what the risks are and be able to face up to them. It is not enough to feel an attraction for some aspects of occult sciences. All genuine masters will tell you this and will have you wait the necessary time before they make revelations. But the day they consider you to be sufficiently purified and reinforced, it is they who will unveil the truth, and then everything you wanted to see or to know will become accessible to you.

(AUGUST 17, 2001)

We say that people are gifted, whether they are great artists, true clairvoyants or brilliant mathematicians. And what is a gift? It is a spiritual entity that has taken up lodging in somebody to help and work through him. Of course, psychologists would never admit that talents and great capabilities are entities that live in people. But the proof that the marvels people do are not created by the individuals themselves but by entities working through them, is that these same people can lose their gifts. In fact, this often happens to those who lead disordered lives. Do you want to attract superior entities that will bring you gifts and virtues? Introduce inner light, harmony and peace into yourself, because these are the conditions divine entities need in order to manifest. They are all there, waiting, and when they see someone who has prepared a worthy dwelling for them, they enter into that person with great joy, to help him and to help others through him.

(AUGUST 19, 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)

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It is time for people to understand the true role of an initatic school. Too many still imagine that they can go there to acquire gifts of clairvoyance, magic powers and all sorts of supernatural faculties that will help them satisfy their desires and ambitions. It is not like that.
The true role of an initiatic school is to train people for the constant work of creating the Kingdom of God on earth: brotherhood amongst all people. You do not need to be a magus or a clairvoyant, or possess exceptional powers in order to embark on this work; all that is necessary is to become wiser, purer and more disinterested, and to attain greater mastery over yourself.

(SEPTEMBER 15, 1998)

When you are in the midst of nature, try to sense the presence of all those highly evolved spirits that are at the service of Cosmic Intelligence. Take the trouble to make contact with them, to talk to them and admire the beauty of their work. It will make them very happy if you do this; they will be true friends to you and smile on you and give you their gifts: vitality, joy, poetic inspiration and even clairvoyance.
When you are in the woods, you can speak to a tree. Say, 'How big and handsome you are! If only I could be as strong and stable as you are! Please tell all the trees in the forest that I love and admire them.' When they hear this, the spirits who dwell in the trees will say to each other, 'Most human beings are blind and half-asleep, but this one feels our presence in the forest. Isn't that wonderful!' And they will be so happy that they will pass the word along to all the other trees, and all the spirits will come out of hiding to have a look at you, and marvel at what they see and dance round you in delight!

(SEPTEMBER 16, 1987)

There are books in which you can find various methods for obtaining the gift of clairvoyance: Gazing into a crystal ball or a magic mirror, working with plants, having yourself hypnotized, etc. All these methods are certainly effective, but I cannot emphasize enough that they are dangerous for you unless you have previously worked on purity.
Jesus said, '*Happy are the pure in heart for they will see God*.' You can become clairvoyant without first working to obtain purity, but what you see will not be the divine world. You will see everything that is better not to see: Pending catastrophes, crimes being hatched in secret, calamities, obscure and evil entities circulating amongst human beings. In other words, we can see very little beyond the level of evolution that we ourselves have reached. That is why the best way to obtain true clairvoyance, to view the divine world, is to develop within ourselves love and purity.

(SEPTEMBER 30, 1998)

True clairvoyance is that which enables someone to see the reality of the spiritual world: That is, to sense and understand the subtlest elements in nature and the human soul. There is another kind of clairvoyance, which gives a vision of past or future events or of astral spirits, and this clairvoyance is nothing very special. Everyone or nearly everybody can acquire this type of clairvoyance through specific exercises or drugs, but these methods will not take them far and may even be very dangerous for the psyche. You should try to attain only the sort of clairvoyance that can transform you into a crystal prism, through which the light of Heaven shines. This is the clairvoyance that Jesus was speaking about when he said, '*Happy are the pure in heart, for they shall see God*.'

(OCTOBER 13, 1998)

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 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)**

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)

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

Do not seek clairvoyance through occult methods. True clairvoyance, the true eyes, are in the heart, and it is love which opens these eyes. When you love another, what do you see in him? You see things that no one else sees, because love makes true clairvoyance possible. A woman who loves a man sees him as a divinity, and do not tell her she is mistaken! Objectively speaking, yes, she is mistaken; but if she seems to exaggerate the beauty and virtues of her beloved, it is because she sees him as God originally created him, or as he will be when he returns to the womb of the Eternal. You have not yet understood the power of love to open the eyes of the soul. Those of you who wish to become clairvoyant must learn to love. Your hearts must call out for help, like the blind man in the Gospels: 'Have pity on us, Lord.' Launch an appeal, and one day the light of the cosmos will come and ask what it can do for you. 'Open our eyes!' you will say, and your eyes will be opened. **(NOVEMBER 5, 2004)**

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)**

Everybody considers the question of food to be of the greatest importance; they are ready to do everything possible, even to go to war, to solve it. But this attitude towards food is no more than an impulse, an instinctive tendency, it does not stem from an enlightened consciousness. Only Initiatic Science teaches us that food, which has been prepared with inexpressible wisdom in the divine laboratories for our use, contains magic elements which have the power to preserve and restore both our physical and psychic health. Before we can avail ourselves of these elements, however, we have to know in what conditions this can be done and, also, that the most effective means of doing it is thought. Yes, for the thoughts of man are capable of drawing from what he eats, the subtle, luminous particles that go to make up his whole being and, in this way, little by little, he transforms himself.
Once you understand it, food will become a source of blessings and wonder for you, because, over and above the simple fact of eating in order to sustain life, you will find in it another significance, other knowledge, other tasks and other goals to be achieved. Outwardly you will continue to eat like everyone else, and everyone else will eat like you, but in reality the difference will be as great as the difference between Heaven and earth. **(NOVEMBER 13, 1988)**

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

The need to dominate others is so strongly felt by men that, today, we see even the most materialistic scientists exploring phenomena that belong to the domain of Initiatic Science: things such as telepathy, clairvoyance, clairaudience, divination and psychometry, which they group under the name of 'parapsychology'. As long as there is some chance of their being able to use them to subjugate others, they are ready to accept theories which they have always condemned as ridiculous. In other words, they accept any of the teachings of Initiatic Science that can be made to serve their own ends and reject those that do not put power into their hands. But to use Initiatic truths in order to gain ascendancy over one's fellow men is highly immoral, and those who do so will be banished by Heaven. Man has no right to use this spiritual knowledge for any purpose other than to help his fellow man and to propagate light and peace in the world. Those who use it in this way rank as white magicians in the eyes of the beings on high, and Heavenly blessings will rain down on them. **(NOVEMBER 23, 1988)**

BOOK 30: THE DIFFERENT ASPECTS OF CLAIRVOYANCE & INTUITION

There are several forms of vision and they are known by different words depending on the plane to which they apply. At the highest level is the vision of the spirit, which we call understanding. This vision does not take a physical or material format and people are often not aware of what they see. But in reality they do see. When a higher reality is suddenly revealed to someone in the form of an idea it means they have succeeded in projecting beams of light from themselves very far and very high up, which allow them to see laws, connections, a structure in the universe. It is the light of the spirit which illuminates reality and allows us to grasp its highest aspects.

(NOVEMBER 28, 2000)

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

(DECEMBER 3, 2000)

Many of you imagine that clairvoyance is the height of the spiritual life. Well, it is not. You should realize that a gift of clairvoyance can even prevent you from progressing, if it has been prematurely achieved before sufficient purity and strength have been acquired. If you are not pure, you cannot rise above the inferior regions of the astral plane where only monsters and larvae dwell, and you will be so horrified by what you see that you will implore the Lord to take away this faculty of sight. You must purify yourselves in order to rise high enough to see divine things. You must also gain the strength to tolerate all you will see in the heads and hearts of other people. To see is not enough: your 'seeing' must be capable of giving you such a vivid vision of Heaven that you will have the strength to endure the sight of hell.

(DECEMBER 19, 1998)

There are all kinds of methods that we are told will enable us to become clairvoyant: gazing into a crystal ball or a magic mirror, the use of certain plants, getting someone to hypnotize us, etc., etc. But all these methods are bad or even dangerous. In fact it is advisable not to attempt to develop clairvoyance before acquiring purity.
Jesus said, 'Blessed are the pure in heart, for they shall see God.' It is possible for someone who is not pure to become clairvoyant, but what does he sees will not be the divine world but the entities of darkness prowling round him and others; he will see wickedness, treachery and lies; he will see disasters before they happen. In other words, he will see not further – or barely any further - than the level he has already reached. This is why the best way of obtaining true clairvoyance, the vision of the divine world, is to develop one's inner spiritual love and purity.

(DECEMBER 27, 1988)

Book 30: The different Aspects of Clairvoyance & Intuition

THIS IS
INTUITION

Publisher Love(+)Wisdom(=)Truth

Book 30: The different Aspects of Clairvoyance & Intuition

BOOK 30: THE DIFFERENT ASPECTS OF CLAIRVOYANCE & INTUITION

Human beings place too much confidence in their intellect. They think it is an expert counsellor, even though it has led them into error countless times! Yes, because all the intellect sees is the superficial appearance.
Listen to what it is saying to a young girl: 'Lock at that boy. He has a good job, money, a fabulous car; he dresses in expensive clothes. In addition he is quite charming, most attractive, with the physique of an athlete. You would be more than stupid not to catch him. Go on, marry him!' There, that is the reasoning of the intellect, based on appearance alone.
Once married, the young girl may discover that her charming athlete, blessed with all that pleases, is in reality cruel, self-centred and dishonest. She could have avoided so much suffering and unhappiness if she had asked the advice of her heart, her intuition, instead of listening to the calculations of her intellect. Of course, that is just one example. Consider all the times in your life when you have had to suffer disappointment and regret through listening to the reasoning of your intellect, and learn from them where you went wrong. **(MARCH 3, 1998)**

To say that you are going to seek for truth is the surest way of never finding it, for truth is not something you can find on earth. He who expects to come across something one day of which he can say, 'Behold, this is truth!' is deluding himself. Truth is the world in which we live; we are linked to it, we are an integral part of it, we cannot be separated from it. We live in the truth, we eat and breathe truth, we exist within it, and it exists within us. This is why you must stop thinking of truth as something that can come to you from outside yourself. The only things that can come from outside are the contacts with other beings or with objects, books or works of art that awaken within you an intuition of truth. That is all. **(MARCH 8, 2001)**

Our hearts and intellects are useful instruments – they are even essential – but they are not sufficient to guide us along all the paths we must travel. That is why it is necessary to develop a third faculty: intuition. Similar to the intellect in that it is a kind of intelligence, and similar to the heart inasmuch as it is a form of feeling, intuition is both intelligence and feeling, but on higher levels. 'But that is clairvoyance!' you exclaim. No, nowadays clairvoyance is all the rage; there is a great deal of talk about it. But the faculty of clairvoyance only allows a vision of the objective aspect (forms, colours, movements) of the astral and mental planes. It is possible to be clairvoyant without understanding what one sees, without knowing how to interpret it. And what good would that be? Whereas with intuition, there is no need for vision, but you understand things much better, because you live and feel them. **(MARCH 30, 1998)**

The hearts and minds of human beings always show extraordinary ingenuity when it comes to presenting things as they wish to see them, thus keeping people prisoners of their desires and appetites! The mind is always ready to aid and abet the heart by providing arguments to back up its desires. This is why intellectuals - may they forgive me for saying this - however intelligent and capable they may be in certain areas, are often the ones who make the most mistakes. You will protest that they are intelligent. Yes, but unfortunately this kind of intelligence does not protect them from error, because it lacks one essential factor: the intuition, which enables one to grasp the reality behind appearances. Renowned scientists or eminent philosophers can still make stupid mistakes simply because they have never made the effort to rise above the astral and mental planes to reach the causal plane. **(APRIL 7, 2003)**

As our physical body is constructed symmetrically on either side of a central axis – the spinal column – it has 2 sides, and can be classified as 2. We have 2 eyes and 2 ears. The brain and

nose seem to be 1, but in fact are divided respectively into 2 hemispheres, and 2 nostrils. Then there are 2 lungs, 2 kidneys, and lower down, a man has 2 testicles and a woman 2 ovaries. Finally, we have 2 arms and 2 legs.
Even though this symmetry is rarely perfect, as the left side of our bodies is never an exact replica of the right, still it remains a physical fact. But our psyche – thought and feeling – is quite different. Studies of the human brain show that the two hemispheres have different functions: the left side controls all analytical faculties – logic and reason- which can be classified as masculine qualities, and the right side is the seat of the faculties of synthesis – intuition and sensitivity – which can be considered feminine qualities. So the activities of these two hemispheres are complementary. We can therefore draw the conclusion that our physical bodies are constructed symmetrically, whereas our psyche – our thoughts and feelings – are based on the polarization of masculine and feminine – positive and negative. **(APRIL 15, 1999)**

So many people say, 'Ah, this initiatic science is so fantastic! We feel that it would bring the solution to our problems, but we have no time to study it or do exercises: we are overloaded with the family, work, relationships, and so on.' And in this way they feel they are right. In reality, if they had any intuition, if they were very advanced souls, they would not have put themselves in a situation that limits them so much. If they have committed themselves too deeply, it is because, in previous incarnations, they have not gone through the necessary evolution that would have helped them benefit, at this time, from all this wonderful science. What is it that some people have been preparing since childhood, feeling they had to stay free to serve an ideal? It is because they had within them vague recollections, or they made a promise to the divine entities before they were reincarnated. Other people think they are right to let themselves be immersed in matter. They say, 'It's just too bad, that's the way it is, that's life!' **No, life is what we make it**. If some people are so taken up with their affairs, it is because they have not been able to free themselves inwardly. **(APRIL 26, 2001)**

When you question people about their faith, a great many will tell you that they believe in 'someone' or 'something', but they are unable to say exactly whom or what. Their intuition tells them that they once knew and experienced something, and occasionally, like a brief flash of light from the depth of time, that knowledge and those experiences rise to the surface of their consciousness. They do not know why this impression is so compelling, but they cannot doubt its reality.
At one moment or another in their lives, human beings sense that they are linked to a higher, mysterious world which has left its mark within them. The difference between them is that some let this feeling fade without attempting to examine it more closely or reflect on what it might mean, whereas for others it is the starting point of an inner quest that leads them to the Divinity.
(MAY 4, 2003)

In order to weaken and control a group of people, it is sufficient merely to divide them, and the pernicious effects of such division are well known in the political, social, professional and family domains. It is the inner domain that we have not yet sufficiently studied. A man who is full of doubt creates division within himself; it is as if he wants to go in two opposite directions at the same time, and he can only stagger. You will say that it is not always easy to acquire the certainty that enables us to be (Decisive. I know but, in order to escape destructive doubt, there is a method, which is to rise to a higher level, and say: 'Of course I am ignorant, I do not have the necessary intuition and clarity to understand reality completely, but this must neither trouble nor paralyse me. I place my faith in good, in the light and I will continue to act honestly, with

disinterestedness and courage.' If you know how to remain in this state of mind, you will ultimately triumph over any doubts that assail you. **(JUNE 16, 2004)**

Imagine a man inside a sphere, another, outside. The one inside, of course, sees it as concave and the one outside, as convex. Both men discuss and squabble; it is impossible to have them agree.
Now let us interpret. The one who is inside the sphere is the heart: he observes life from inside – subjectively – that is with emotion, feeling, and sensation. The one who is outside is the intellect that observes things from outside – objectively, rationally. This is why discussions and confrontations have gone on for centuries between the heart and the intellect, between religion and science. Which is right? Both of them, but only 50% each. That is why a third observer comes along and says: 'The sphere is both concave and convex,' then of course the other two get angry and consider him insane. In reality, the latter is a wise man who contemplates truth in its entirety. This sage is our intuition, which has the capacity of bringing together thought and feeling to see things simultaneously from outside and from inside ... Yes, to know the true reality of things one must be both subjective and objective, standing both inside and outside.
(JUNE 23, 2001)

Each time you find yourself faced with a choice, reflect carefully, and once the right direction becomes clear, be decisive and act! If, despite this clarity, you begin to think: 'Maybe this will be too much trouble', or 'There will be a price to pay, since I'll antagonise so-and-so', you open the door to forces of darkness that will undermine you. On the psychic as well as the physical plane, every action entails consequences. Those who look for an excuse not to do what their good judgement or intuition dictates will end by losing these faculties. If they justify holding back on the basis that something is too difficult, soon they will lose their clarity as to the best path to follow. Yes, this is the result of doubts and indecision: you lose the ability to judge.
(JULY 15, 2003)

To a disciple, adaptability means an opening up of consciousness: that is, to have intuition and tact, to know the right word to say and the right moment to say it, to know the best time for action, and finally, to know the right way to behave. But all this must be accomplished without ever losing sight of the high ideal, and without compromising in any way the spiritual principles of honesty, integrity and straightforwardness. Understood in this way, adaptability calls for strength of character and a penetrating and subtle intelligence. A disciple's convictions must remain firm and unshakeable, but at the same time he must demonstrate his ability to be adaptable. Even when cut into pieces, if a person truly serves God, his love and faith remain steadfast. **(JULY 17, 1998)**

The heart and the intellect are useful; they are necessary, but they are not enough for a true understanding of life without a third faculty, intuition, which is both an understanding and a feeling. Be careful, however, not to confuse intuition with clairvoyance. Intuition is superior to clairvoyance. Clairvoyance is a faculty that only allows you to look objectively at the astral and the mental plane. You can be clairvoyant and not understand anything you are seeing. Whereas with intuition you may not see anything, but you understand things as if you saw them one hundred per cent more clearly, because you are living and experiencing them.
(AUGUST 10, 1999)

BOOK 30: THE DIFFERENT ASPECTS OF CLAIRVOYANCE & INTUITION

By observing insects we can make very interesting discoveries about our psychic life. For example: if we leave a little food on a table, right away insects such as flies, ants and wasps appear. By what intuition or power of divination are they able to detect from afar the presence of these crumbs? And if we clean them up, the insects leave. Well, the same law applies to the psychic realm. Here, too, all sorts of 'insects' sense from afar the impurities that human beings accumulate in themselves, and they come to feed off them. Everywhere, in all realms, everything is food for something else. Dark and evil creatures need to eat, as do luminous and divine beings. Therefore, beware of the entities which your thoughts and feelings attract to you!

(AUGUST 12, 2004)

In people who are governed by their instincts and passions, we can recognize the convulsions of a primitive earth: everything within them is agitation and chaos. It is true that, as for the earth, life manages to survive amidst perturbations, but it does not have the right conditions to produce very elaborate forms. The bursting out of passions creates within man a state that is incompatible with the emergence of a culture, a civilization. When this primitive earth calms itself at last and becomes an organized world, then plants, animals and human beings will come to settle down – figuratively speaking. This is our daily task: to prepare our inner world, a world where even angels and divinities will come to visit us in the form of inspiration, intuition and revelation, for this is true life!

(AUGUST 12, 2001)

Why is the existence of God so obvious to some people and not at all to others? The explanation is simple: at birth each human being comes to earth with the sum of experiences he has lived in his previous incarnations. What he has studied and verified in his previous lives is recorded in his soul and manifests in this life as an intuition of the divine world. If he now recognises the existence of his heavenly Father, it is because he has been with Him for a long time. He has communed with Him and has been left with such powerful imprints that he cannot doubt: he knows. Faith is therefore knowledge based on experience. Those who have experimented in the lower regions of their being in previous incarnations draw conclusions from those experiences which they obviously think is the truth. And those who have experimented in the higher realms of the soul and spirit also draw conclusions, but these are obviously different.

(AUGUST 23, 2004)

Purity alone allows intuition to develop. That is why, in our teaching, we attach such great importance to purity: living a pure life, eating pure food, drinking pure drink, breathing pure air, having pure thoughts and pure feelings.
Man's destiny depends on the clarity of his 'inner eye', and this clarity depends on his way of life. As soon as he commits an error and violates divine laws his spiritual vision clouds over, and he becomes entrenched in inextricable complications. Therefore, always try to become aware of the relationship that exists between your day-to-day behaviour and the clarity of your vision. If you decide to live a straight, honest and noble life, you purify yourself, and your subtle organs start to function. That is how, with proper guidance and direction, you will again find the springs, the fields, the lakes, the meadows and the mountains of your true homeland. **(AUGUST 29, 1999)**

All living creatures, even animals, have an instinct allowing them to find solutions to their problems and a remedy for their pains. A sick animal, for instance, will instinctively find the plant which will cure it. And in many cases the instinct nature has given us also helps us human beings. But instinct alone is not enough. Instinct is a blind impulse belonging to the realm of the subconscious and it is up to human beings to enlighten it and to bring it into consciousness. This

instinct is a kind of intuition, but manifested in the lower regions, whereas true intuition belongs to the realms of the soul and the spirit. There is a great similarity, therefore, between instinct and intuition; in fact it is almost the same faculty, but manifested in two different regions. So, to help find the plant that will cure them, animals have a kind of intuition, or let us rather call it a flair, which has nothing to do with intelligence, knowledge or consciousness. Whereas in evolved beings everything is conscious; they *know*. **(SEPTEMBER 12, 2000)**

The intellect evaluates and draws conclusions on the basis of the appearance of things and on the partial view it has of them. That is why it cannot be relied on to make correct judgements about other people and situations, and that is the origin of many mistakes. Obviously, by accumulating over a long period a large number of elements you can succeed in seeing the complete picture, but how long does that take? There will always be subtle, intangible elements which the intellect cannot grasp. When you first meet someone, you cannot immediately know who he is. It takes a considerable amount of time to get to know him. The only instantaneous way to know a person completely is by developing intuition, which is a manifestation of the spirit. Intuition needs no other element to evaluate: it instantaneously penetrates the heart of people and of things and draws its conclusions immediately, without ever making a mistake. Nothing is hidden from intuition, it alone is able to know people and things as they truly are.
(SEPTEMBER 25, 1999)

In successfully taming the forces of nature by means of technology, human beings have attained an extraordinary level intellectually. But this is not yet the evolution the Creator has envisioned for the beings He created in His image. What He envisages, far beyond scientific or philosophical aptitudes, are faculties such as intuition, that is to say, the immediate understanding, the direct vision of things. You will say: 'But why then have human beings been encouraged to develop their intellectual faculties?' Because they are necessary, and if human beings do not possess these preliminary faculties, they will not be able to access the higher ones. It has been necessary for humanity to head in this direction and move through certain specific stages in order to develop new faculties today but, of course, without relinquishing those already acquired. The intellectual faculties must still be perfected and at the same time must remain subordinate to the new faculties coming to light. **(OCTOBER 15, 2004)**

Pedagogy, the art of an educator, cannot be learned from books. A true pedagogue is born with this gift. His presence, his look, his emanations are sufficient to have a beneficial effect on children. History has many examples of men and women who where born with this love, this moral quality which allowed them to achieve wonders with children, for children are very sensitive to these qualities. They are like animals in that they can sense from a distance whether or not you are a master. Look at horses: if a horse senses that its rider is afraid it will throw him at once. Otherwise it will be perfectly docile. Children have the same natural intuition.
Actually, true pedagogy is initiation. A true pedagogue is an initiate. By their example, their work and self-abnegation, their patience and self-sacrifice, the great initiates have educated humankind by showing them new ways. **(OCTOBER 15, 1995)**

Sometimes you may meet with a setback or have an accident, and thinking about it, you say to yourself: 'There was something, a tiny voice within, that warned me, but it was so very, very faint.' You did not attend to this warning because you listened, instead, to other voices that speak so loudly and so often, and these are the voices that lead you astray. It is important to know that Heaven speaks softly and without insistence: once, twice, three times and then it is

silent. Yes, the voice of Heaven is always very gentle, melodious and brief. Likewise, intuition is no more insistent. So if you are not listening attentively, and if the loud blaring of desire and greed prevent you from catching this tiny voice, you will be constantly led astray.

(OCTOBER 17, 1998)

Everyday we meet different people and we cannot stop ourselves from spontaneously feeling either like or dislike for them, because they are natural feelings that even the sages experience. However, the difference between the sage and the ordinary man is that the sage controls his dislikes and does not give way blindly to his likes, because he knows that neither one nor the other are good criteria. They are often instinctive, purely personal feelings which originate in experiences lived in other lives. They do not provide impartial information about the value of a person, his qualities, or his defects. Many imagine that their intuition dictates these reactions. No, not at all. That is why we must make a habit not only of behaving with understanding and kindness toward people we do not like, but of recognising the mistakes and weaknesses of those we do like.

(NOVEMBER 13, 2003)

Because it has a synthetic view of reality, intuition is true intelligence. It does not need to do research or calculations, its understanding is instantaneous; it penetrates everything with a single glance – the objective and subjective worlds, the exterior and interior – and transmits its findings directly to you. Intuition is both a sensation and a comprehension; you feel things at the same time as you understand them. It is a superior intelligence that contains life as a first essential element. And when everyone else hesitates and doubts, one who possesses this intelligence and believes in it, understands immediately. Someone who, thanks to his intuition, begins to explore reality as it is – with both aspects, objective and subjective, exterior and interior – is amazed to discover the simplicity of all things.

(DECEMBER 3, 2001)

To explore the inner world is a difficult and dangerous enterprise. It is here that initiatic science is so necessary, for it teaches us that before attaining the heavenly regions of clear, luminous intuition, a disciple has to make his way through the dark regions of the lower astral and mental spheres, in which illusions and aberrations abound. These regions are like zones of dust and fog. Fog represents the crude emotions of the heart, and dust represents the aberrations of the mind. There is danger in lingering in these regions, therefore, for both fog and dust make it impossible to see clearly. Only those who make the effort to go beyond these perilous regions end by reaching the spiritual summit, the causal plane.

(DECEMBER 5, 1995)

Book 30: The different Aspects of Clairvoyance & Intuition

Publisher Love(+)Wisdom(=)Truth

Book 30: The different Aspects of Clairvoyance & Intuition

Encyclopedia Initiatic Science

Book 31: Life and Death

Thanks to some extremely sophisticated instruments, science has made astonishing discoveries both in matters infinitely great and infinitesimally small, and these discoveries have created in some people the illusion that science could replace religion. Today, astronauts explore the cosmic reaches which, for thousands of years, human beings thought of as the abode of God; physicists can now penetrate the innermost secrets of matter; and biologists achieve greater and greater power over life. But none of this entitles human beings to believe themselves the equal of God or to declare that He does not exist – or that He is dead – and that creation is only the result of chance. **(JANUARY 22, 2003)**

A candle flame is so fragile that the slightest puff of air can blow it out. But if you feed the flame, that same puff of air, instead of blowing it out, will make it stronger and stronger until nothing can stand in its path. A flame is a symbol of the spirit. If you don't feed your spirit, if you neglect it because you are too concerned with your physical body, your mind or your heart, the flame of the spirit will become so small and weak that the slightest little difficulty will snuff it out. There are a lot of people in the world whose spirit is already dead: they still walk about, and eat and drink and gesticulate, but their spirit has been smothered. Others, on the contrary, have nourished the flame of the spirit with prayer, meditation and contemplation, and it has become so powerful that the gales of life only serve to strengthen it. Yes, the same obstacles, the same difficulties that vanquish the weak have the effect of making creatures of the spirit even stronger. It is no good counting on the spirit, thinking that it is so strong and powerful that it will always come to your rescue when you are in difficulty. The spirit is not at all strong or powerful; or rather, it can be extremely powerful, but only if you nourish it. **(JANUARY 25, 1988)**

When will human beings learn what true life is and how to manifest it? So many of them appear expressionless, fossilised, as if they are walking towards death; others are caught up in the turbulence of their passions, which is no better. It is rare to meet people who radiate something vibrant, spontaneous and at the same time harmonious.
We are not generally in the habit of reflecting on such a matter, and yet practically speaking, it is so important! How many husbands leave their wives, and how many wives their husbands, because they can no longer bear to see the same impassive, vacant, forbidding face each day. Even if the husband is a multi-millionaire who gives his wife everything and even if his wife is the best cook, one leaves the other, since money and cooking have nothing to do with true life. Why do human beings refuse to understand that only life can fulfil us …life which is always new, always flowing. **(FEBRUARY 1, 2003)**

As long as a baby is still in the womb it is the mother who breathes and eats for it: its life is one of total dependence. In the same way, as long as man is not reborn on the spiritual plane he continues to be dependent on other beings that think and eat and breathe for him.
A grown man is no longer in his mother's womb, but he is still in the womb of Mother Nature. An umbilical cord still binds him to this other mother, and one day this cord too will be cut and he will be independent. Actually, even then he will not be totally independent; he will still have other cords to cut before he can be completely free as God himself. But that day is still far off. In the

meantime he remains bound to nature. Even if he reaches very exalted regions, those higher regions will still be part of nature. There will still be cords to be cut. **(FEBRUARY 2, 1995)**

Most human beings expect life to teach them to know themselves and life indeed is well equipped to teach them; but this is very costly in time and money. A more rapid and economical way to know ourselves would be to ask Heaven to place each of us before a perfect mirror, that is, before a great being who has no interest in deceiving us or taking advantage of us. Where is such a mirror? In an initiate. Dead or alive is irrelevant: you will still have the opportunity of studying his teachings and even asking him, 'What is going on in me? Which weaknesses must I fight against, which qualities must I develop?' If ever this mirror starts reflecting a few of your flaws, will you be furious with it? On the contrary, you should thank Heaven and say, 'Now that I see clearly my imperfections, I will avoid so many disasters and I will spare others and myself so many misfortunes!' **(FEBRUARY 4, 2001)**

Whenever we want to make something the object of intellectual study, we must first immobilize it and sometimes even kill it in order to dissect it. Science often refrains from studying what is alive in order to concentrate on what is ossified or dead, because all that is alive moves and changes constantly in such a way that the intellect cannot get hold of it. It is therefore not surprising that the spiritual and divine worlds, which are in perpetual motion and animated by vibrations of the highest intensity, escape investigation by scholars. In order to be precise or 'scientific', researchers have chosen to stick to the observation of physical matter, without realizing that in doing so they are limiting themselves, as well as those who are influenced by them and follow their example. Well, this is a disastrous model to follow, because it encourages human beings to focus only on the crudest, most material aspect of things, instead of being concerned with all that is subtle, alive and vibrant: the world of the spirit. **(FEBRUARY 4, 2000)**

In order to analyse things you have to separate them and, little by little, this separation kills them. Death, in fact, is the ultimate analysis, for all the elements fall apart. Whereas birth, on the contrary, is a synthesis: the elements combine to form a unit. The birth of a child is a symbol of the synthesis of all energies and all particles.
Synthesis always creates life whereas analysis leads to death, and this is why the infatuation for analysis, which is so widespread today, is very dangerous. Science tends to work more and more through analysis: it decomposes, dissects and disintegrates. In fact, this tendency to dissect and separate is so pronounced, so strongly emphasised in every area of science, that it has also led to changes on the moral and spiritual plane: each individual wants to be separate and apart, isolated from his fellows, and the result is hostility and prejudice. This is what comes of analysis, and this is why a return to synthesis is urgently needed. **(FEBRUARY 13, 1988)**

Observe yourselves, and you will realize that your emotional life is largely made up of a subtle interchange, or communication, of thoughts and feelings, which feeds and enriches you. You leave home in the morning, you meet friends you like or admire, you greet them and they return your greeting, and you feel happy. These gestures of greeting are made through the intermediary of your feelings and thoughts, your soul and spirit. Even if you do not meet in flesh people for whom you feel love and admiration, you can always hear on the radio, or see in the television, people who do inspire such feelings. You may also be inspired and filled with wonder by reading, listening to beautiful music, or contemplating works of art. These experiences are all interchanges with other beings. Through their masterpieces artists give us something, and we give something in exchange, in the form of admiration and love. 'But many of them are dead!'

you say. Physically that may be so, but the soul and spirit which created these masterpieces is immortal, always at hand to nourish and enrich our own souls and spirits. **(FEBRUARY 15, 1999)**

Never allow yourselves to believe that you are justified in being sad, if the cause of your sadness is purely personal. You may try to convince me that you have every reason to be unhappy because you meet with nothing but failure and have no future to look forward to, but you must remember that no two days are alike: if the sun was hidden by clouds today, tomorrow you will see it rising, and things will seem much brighter again! Some of you will say, 'That's all very well, but I'm already old. What hope have I got?' Don't you know that you are going to come back to earth again as a child for whom the future will be wide open, and that you will begin your new life enriched by all your past experiences? Others will complain, 'I used to be very rich, and now I've got nothing left!' But who is to stop you getting all that wealth back again? Yet others will say, 'I had some children, but they are all dead!' Yes, that is sad, but you will be joyful again and create more children. There is an answer to all the objections that sorrow can raise. You must not always dwell on weakness, grief, fatigue and failure. All your problems can be solved if you call on love, wisdom and truth to help you. **(FEBRUARY 23, 1988)**

The Bible tells us: 'Be sober, be vigilant -, because your adversary the devil walks about like a roaring lion, seeking whom he may devour.' For a disciple, this means that he must observe and analyse himself, and leam to recognize the thoughts and feelings that roam through him, welcoming the good ones and rejecting the bad ones, and that he must take all necessary precautions. For it is no good thinking that we can walk through life completely immune to the dangers of the psychic world. The war between good and evil, light and darkness, life and death has been going on since the beginning of time, and it is up to a disciple to keep his eyes open and be aware of what is going on inside him, and to recognize the nature of the forces that manifest themselves in him and the direction they are trying to make him take.

(FEBRUARY 25, 1988)

You all are familiar with the formula $1/\infty \Rightarrow 0$ (One over Infinity tends towards zero). If you interpret this formula symbolically, it means that a human being who tries to detach himself from the centre, ends by being so scattered and tom to shreds by all the complications he meets at the outer edge of existence, that there is practically nothing left of him: he is dead and buried: wiped out! When you divide One by Infinity the result is death. Life is contained in the One; you must do your best, every day, to come closer to this number, for the One is God Himself. When Jesus said, 'I and my Father are one', he showed that he had achieved this great truth of unity: his own being had melted so completely into that of the Father that it had become one with Him. All those who are not inspired by this philosophy of unity taught by Jesus, end by disintegrating and lose the meaning of life. **(FEBRUARY 28, 1998)**

Death, or the principle of disintegration, of decomposition, is the greatest benefactor: it allows beings to free themselves in order to go further, to go higher. Initiates, who understand the projects of cosmic intelligence, accept the reality of these two principles of life and death, and they strive to work with the principle of life, which purifies, beautifies and illuminates. The principle of life concerns primarily the mental and the spiritual, and those who strive to nourish it with righteous thoughts and generous feelings can delay the action of the principle of death. But even if we do this work, we obviously will not avoid old age or death. We must not delude ourselves: here on earth, human beings will never live eternally youthful. But if we learn to give priority to the spirit, it will keep us fully fit and active, and render us supple and full of joy. The

secret of youth, true youth, is this: never stop climbing towards the highest peak of the spiritual mountains. **(MARCH 2, 2000)**

So many people cling on to life so desperately they even commit crimes to save their skins, because they do not know that, beyond death, a better life awaits them. So they amass huge debts which they must one day pay off. A disciple in an initiatic school sees things differently: 'Life on earth can be real drudgery. We are so limited here on earth, subject to impossible demands, ridiculed, violated and harassed. But, of course, I accept that there is always a reason for this difficulty, so I will keep working to liquidate all my debts in order to live, one day, free and unbounded in space.' Truly spiritual people know this truth, so they persist with their work here on earth, even though they know how much happier they would be in the next world. They busy themselves with paying off their debts and fulfilling the task allotted them by Heaven – nothing else matters. They do not think about death, or anything else for that matter, because their work in hand is all-absorbing. And once this work has been achieved they have little inclination to stay, because they know there is not much in earthly life worth clinging on to. **(MARCH 16, 1999)**

We are immersed in a world of spirit abundance, and if most people fail to benefit from these blessings, it is because their inner channels are obstructed so all free circulation is block This is why initiatic science has only one aim: to teach us how to purify ourselves so that all contacts can be reconnected and so that divine life can flow unhindered within us. When divine life flows freely, our physical bodies and especially our psychic bodies (emotional, mental and spiritual) are provided with everything they need for excellent health. If there is no circulation, then death gradually encroaches. So each day, several times a day, remember to cleanse, to purify. Let the waters flow, the celestial waters of Heaven. Visualize yourself standing in a torrent or under a waterfall; imagine that your impurities are swept away and that you become as transparent as crystal. Since effective methods such as this exist, why not make use of them?

(MARCH 20, 2000)

Light and darkness, heat and cold, wakefulness and sleep, health and sickness... On earth we are continually subject to alternation. It is true on the physical plane, and it is true also on the psychic plane, where we encounter joy and grief, enthusiasm and discouragement.
When human beings lived in paradise, in the bosom of the Eternal, they knew only light and joy. But when they began to descend into matter, they found cold, darkness, sickness, and death, and this is how initiatic science explains the conditions in which we live today. But this paradise we left behind still exists; it is a region made of an etheric, luminous and radiant material where eternal springtime reigns. And even if it is impossible to escape certain alternations here on earth, by means of thought we can rise to this region of eternal springtime, because it exists, it is a reality... When we succeed in projecting ourselves to the world of the spirit, no longer can anything come between us and the sun, which forever supplies us with light, warmth and life... and fills us with wonder! **(MARCH 21, 2003)**

The mystery of the death of Christ on the cross is reenacted in the universe when the spirit enters into man. The cross that the spirit has to bear is matter. When the spirit enters man, it is taking up its cross, matter, which is the synthesis of the four elements. The alchemists' crucible and the cross are one and the same thing. The spirit is at work in the crucible of man to transform all that is in him into gold. When an alchemist attains the knowledge of the nature of metals and the formulas for their different combinations, he becomes free to leave his prison and journey through space. In order to free himself, he has to know his cross, in other words, to

know himself and the different elements of matter. '*Know thyself*' is simply another way of saying, 'Take up your cross He who knows himself frees himself and becomes immortal.

(APRIL 1, 1988)

Christians think of the cross as a symbol reminding them of the death of Jesus: but in fact it has a far greater significance. True, it recalls the death of Jesus, but this is only one aspect. The crucifixion was a historical event, but the cross itself is hugely symbolic – a cosmic reality – and we must understand its wider importance. The widest and most profound purpose of the cross is to demonstrate the union of the two principles, masculine and feminine, and their work together throughout the universe. Another shape can be formed from this symbol: the hexagram, or Salomon's seal, made of two intertwined triangles. Here, triangles have taken the place of the straight lines of the cross, adding fresh meaning to its significance, but the idea is always the same, and the same law always applies: the work of the two principles. **(APRIL 2, 1999)**

If there is one thing human beings rarely take into consideration it is that they should save their energies. Whether they are working or enjoying themselves, they spend their energy without heed and whereas they are busy accumulating derisory pleasures, possessions and successes, they let their life deteriorate, weaken and sink into a state of collapse. 'Life is for the taking,' they say, 'we must indulge all our desires.' And so they use, they expend, they plunder until they have nothing left and suddenly they are forced to put a stop to all their activities. It makes no sense to act like this, because once you lose your life, you have nothing left. Sages have always thought of life as the quintessence and have therefore always taught that life should be preserved, purified, sanctified, and all that hampers or weakens it should be eliminated, because once your life has become ennobled and enlightened, you will acquire intelligence, strength, beauty, power ... everything your soul and spirit require. **(APRIL 6, 2002)**

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)**

Cosmic Intelligence has one single goal: the evolution of all creatures. Cosmic Intelligence drives them to behave in a particular way and after some time it drives them to behave in a different, more sophisticated way because time has moved on. Let us take fear for instance: fear is an atavistic reflex which nature incites in all animals to ensure their preservation. It is a good thing that animals have fear because it makes them flee from danger. And the same applies to human beings, because if human beings never experienced fear, they would soon be annihilated.

If human beings are to attain a higher evolutionary level, however, they must shake off this instinct of fear, which manifests itself in all kinds of ways, including fear of others, fear of misfortune and poverty, fear of ill health and fear of death. If fear was an instinct that was vital to

the survival of mankind in a previous evolutionary stage, it has now become detrimental to mankind's spiritual development, and the only way to conquer fear is through love.

(APRIL 10, 2002)

It is no use hoping that a time will come when scientific progress enables man to live indefinitely in his physical body, for that body is composed of elements which must necessarily return to the earth from which they came. Only in his body of light can man live eternally, for light is immortal. Man's body of light is composed of extremely pure elements whose intense vibrations withstand the attack of disease, death, dislocation, putrefaction and disintegration. Light vibrates with such intensity that it sustains and nurtures life, and when it triumphs in man it makes him immortal, not in his physical body, but in his body of glory.
The disciples of this new teaching understand the importance of light. They know that every day, with tireless patience, they need to eat and drink light in the absolute conviction that it is light that gives them the new life, the power and splendour of Heaven. **(APRIL 17, 1995)**

The Eucharist and marriage are two sacraments which celebrate the union of the masculine and feminine principles, thanks to which life throughout creation perpetuates itself. The difference between the two is that marriage primarily concerns the physical plane, our social life, whereas the Eucharist, or communion with the body and blood of Christ represented by bread and wine, concerns the spiritual plane and our inner life. The symbolism is the same, however, and we find these sacraments at the beginning and end of Jesus' mission on earth. According to the Gospel of St. John, Jesus performed his first miracle at Cana in Galilee where he had been invited to a wedding: he changed water into wine. That he attended a wedding and there performed his first miracle means that Jesus' idea of this ceremony was very different from that of most people. And the sacrament of the Eucharist was the last act Jesus performed before his death. Is it not clear then that all of Jesus' teaching rests on the knowledge of these two principles?

(APRIL 20, 2000)

You have all heard of 'double agents', men and women who serve their own country and the enemies of their country at the same time. They think they will always have a safe haven, whatever happens. And in so many businesses as well, we see people serving both the interests of their employer and those of their competitors! Such double-dealing is very detrimental both for the countries and the companies, but also for the individuals themselves who, in the end, risk rejection by both sides. This attitude is also widespread in the spiritual life. How many people unconsciously serve both God and Mammon at the same time, that is to say, both the powers of heaven, the spirit, and those of the earth, matter? Well, they must now become conscious of this, because such duplicity is very dangerous and threatens spiritual death. **(MAY 3, 2004)**

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

BOOK 31: LIFE AND DEATH

(MAY 5, 2001)

Every night, before you go to bed, gather your thoughts briefly, and leave aside everything that preoccupied or troubled you during the day. Then think of any possible mistakes, and ask the luminous spirits to show you the best way to redress these during your sleep. Finally, just as you are about to sleep, place yourself under the protection of the Angel of Death. The Angel of Death is the name given by the Cabbala to the Angel of Sleep, because every night we die and every morning we come to life again. Sleeping, which is merely leaving our physical body, is a practice for when we finally leave for the other world. The person who does not know about the process of sleep will not know how to cope with dying. There is no difference between sleep and death, except that when we die we leave the house in which we used to live. This is why we must prepare for sleep every night as if for a sacred journey, so we are ready for the day when we will set out on that other, much more conclusive journey: death. **(MAY 13, 1999)**

Silence frightens some people because they experience it as inertia, stagnation, a desert, a void. In fact, there are different kinds of silence. Generally speaking, we can say there are two sorts: the silence of death and the silence of the superior life. It is this silence of the superior life that we must love and cultivate within ourselves. This silence does not have to do with inertia, but with an intense work that is realized in the midst of perfect harmony. It is neither a void nor an absence, but a fulfilment comparable to the experience of two people united by a great love: they live something so profound that they cannot express it with gestures or words. Yes, true silence is the expression of a presence, the divine presence. **(MAY 17, 2003)**

Most human beings are in the habit of choosing quantity rather than quality. They want quantities of food, money and possessions of all kinds. Even quantities of love and friendship. And yet we should realize that this hunger of quantity not only dissipates our energies and complicates our lives it also contributes to the development of our lower nature by creating more and more desires and appetites. A hunger for quantity hinders spiritual progress and eventually leads to stagnation and death. A hunger of quality on the other hand hastens our evolution. The fact that it is of a higher order means that its vibrations are purer, more luminous and more potent. Those who seek quality tune themselves to increasingly subtle vibrations until they eventually reach the highest peak, the most vibrant summit – that of the spirit. It would be true to say that quantity belongs to the sphere of matter and quality to that of the spirit. **(MAY 22, 1995)**

Be aware that if you identify yourself with your physical body, the notion of death will take the upper hand. The physical body is vulnerable, it weakens, it becomes ill and dies, and if you identify yourself with it, if you seek nothing beyond that, you will stay weak, lightless and sickly all your life, until in the end you disappear. Identify yourself with your spirit, because the spirit is powerful, luminous, indestructible and immortal. You will then become like your spirit, invulnerable. This is the benefit a spiritual philosophy brings.
It is all a question of looking at things in the right way. Unfortunately, for centuries human beings have been brought up on ideas that weaken them and destroy them. This is what they call education! But who forces us to continue to accept them? We must replace these old ideas with other, new ideas, ideas that give life, power, strength and elevation, so that we can come ever closer to the Deity. **(JUNE 17, 2002)**

Killing a person does not eradicate their ideology, because others will take it up, and it will live on with even greater momentum. In the other world, the spirit of a prophet or a martyr continues

to hold the same convictions, the same desire to enlighten human beings and to help them evolve. While he was on earth, it was not possible for him to meet everyone capable of taking in his ideas, because these people were too dispersed. But once on the astral plane, he is free to seek them out and influence them. This is why the death of certain initiates can often enhance the propagation of their ideas.
By remaining on earth, of course, a master can work, act and serve as a model, but his influence is limited to a very small number of people: those who surround him, who approach him, who know him. But once disengaged from his physical body he can rouse a far greater number of spirits. This does not mean that he must have himself massacred in order to have more influence. No, but it is useful for you to know the laws governing the material and spiritual worlds. **(JUNE 20, 2000)**

Young children have an innate sense of wonder, and they know that everything is alive and intelligent. Stones, plants, and animals talk to them, and children speak to them as well. After a few years, unfortunately, they lose this sense of wonder because adults make fun of them, and even if they do not actually make fun of them, their materialistic and coarse attitudes finally rub off. And when this happens we can say that children have truly lost something essential, for the rest of their lives. That adults believe that humans to be the only beings truly alive and intelligent in a universe without souls or language is no proof of their superiority. All of nature is alive and intelligent: it is inhabited by countless living and intelligent creatures, some far more intelligent even than humans. And the day human beings start denying this intelligence and this life is the day that blindness and death begin to take hold of them. **(JUNE 29, 2000)**

For centuries, people have followed the lead of scientists, concentrating on analytical methods, and this fragmented way of thinking has caused them to lose the ability to view the whole, the synthesis. Of course, a problem has to be analysed. But solutions can best be found through synthesis, that is, by putting parts or elements together into the whole, so that the problem can be seen within its wider frame of reference. Only synthesis gives life. When, in our efforts to understand the complex details of everything and everybody, we cling grimly to a system of analysis, we regress towards death: first, spiritual death, and then physical death. Egocentricity is a form of analysis. Egocentric people tend to want to live apart from others, alienated and lonely, an attitude that leads eventually to spiritual death. On the other hand, a collectivity, or brotherhood, is a synthesis that brings life. Without this desire to create universal fellowship, human beings will be destroyed. In order to maintain life, it is vital to have a high ideal. That ideal is the Kingdom of God on earth – true universal brotherhood. **(JUNE 29, 1998)**

By trying hard to show that there is no God, no providence, no Heaven, no hope of life after death, materialists deny everything that gives meaning to human life: the reality of the soul and spirit. They have claimed that religion was “the opium of the people” and that, to be happy, man only needed something to eat, a roof over his head, a family to raise and something to study. What actually happens? Even when someone has satisfied all the claims of his body, heart and intellect, he is still not satisfied. He neglects to nourish his soul and spirit, so now it is they that demand something! That is why the use of drugs – that plague that is becoming more and more widespread in the world – is a warning. It is a sign that the soul is trying to make its needs understood: it is suffocating and it uses drugs to free itself, but this so-called liberation is suicidal. Oh, of course, we had to get rid of the opium of religion ... and now we have marijuana, heroin, cocaine ... Should materialistic philosophy be proud of this result? **(JULY 11, 2001)**

One of the greatest sources of sorrow to men and women is that of having no children to take their place when they are no longer around. In the past, a family that did not have children was not appreciated by others. Read the Old Testament, which states that the greatest joy a father and mother have, even at the time of death, is the thought that they are leaving behind noble and intelligent children. They are proud of their children and, when they are on the other side; they find comfort in thinking they have left descendants. It is the same for a tree: a tree's greatest sorrow is not to bear fruit. All trees that are not fruit trees are at an inferior level in the evolutionary process. If you want to please a tree, say to it: ‚My dear tree, I wish you the very best with all my heart and hope that one day you may become a fruit tree. And the same goes for a spiritual master, indeed to an even greater degree. The greatest joy for a master is to have good and intelligent disciples, with whom he will be able to go before the Great White Brotherhood up above and say: 'These are my sons and daughters.' **(JULY 13, 1999)**

A beautiful voice is a great treasure, a gift from Heaven, and those who possess it should realize this and use it to achieve great things. Singers are often like spoilt children, they have no idea of the value of their talent. Above all they never think about how best to use it. What they need is an ideal. They should dedicate their talent to the ideal of inspiring in human beings a disgust for their petty, mediocre preoccupations, and a desire to live a new life dedicated to beauty and light. The names of those who pursue such an ideal will go down in the book of life for they open hearts,enlighten minds, and save souls from anguish and death.
An activity that is born of a selfless idea and dedicated to a divine cause bears within itself the seeds of immortality. Those who are conscious of this law acquire true wealth, for no act is nobler than that of winning a soul for light. **(JULY 14, 1995)**

Life has often been compared to flowing water. But what a difference between water that gushes forth from a spring on a mountain peak and water which arrives at the mouth of a river, having absorbed all sorts of impurities and even toxic substances! Pure or polluted, water is always water, just as life is always life, but nothing is more life-enhancing than pure water, whereas polluted water brings death.
Life springs forth from the bosom of God and descends to water all creatures. But because human beings are unconscious of the sacred nature of life, they pollute the life of God, the water of God. You are astonished, and you ask: 'But how can we pollute the divine life?' Each time that we fail to be wise, loving and disinterested, it is as though we were throwing waste into God's river. The river does not protest; it accepts everything in order to help human beings. It waits for them to become conscious of their responsibilities for the preservation of cosmic life.
(JULY 23, 2004)

Someone comes to see me and complains that nothing is going right for him; he is discouraged, disappointed, etc. I look at him and simply tell him, 'It is because you joined the school of weakness. – The school of weakness?' He says. 'What is this school?' I see that he does not understand and I explain to him, 'You do not exercise to develop yourself and face difficulties, you always take refuge in comfort and laziness. Well, that is the school of weakness. You consider this school to be wonderful, but what happens then? You slow down your inner reactions, you lessen the intensity of your life, mind and spirit, and when problems and trials arise, you do not know how to face them. It is time now to join the school of strength, that is to say, always try to maintain within you some activity, vigilance, dynamism, enthusiasm and courage. While knowing that the two principles of life and death are eternally in conflict, you should not give in, you should not let negative forces sweep through you and enslave you.'
(JULY 25, 2001)

Book 31: Life and Death

It is said that some magicians and sorcerers are able to bring the dead back to life. These are in fact not truly resurrections: these sorcerers use certain methods they know to call up terrestrial or subterranean entities, which they introduce into the corpse in order to bring it to life. It is not the spirit of the deceased that returns, but other entities, which the sorcerers manage to make enter the body through all kinds of conjurations and which stay there for a time. All those who are said to have been brought back to life were in fact not dead, even if they were thought to be so, because their heart stopped. Death does not occur when the heart stops beating, but when the heart is no longer warm. To stop breathing does not mean that death automatically follows. So long as the heart is warm, a person can be brought back to life with vigorous massage and other methods of care, or even with the method of divine magic. But as soon as the heart is no longer warm and the silver cord tying the physical body to the etheric body and the astral body is cut, nothing can be done to bring back life. **(July 29, 2000)**

A disciple must hold fast to the idea that purity is the key to health, joy, knowledge, power and eternal life. When you are pure, light can enter you more easily, and you begin to see and understand things more clearly. The diseased particles that undermined your health and your will are flushed out and your health improves and your will-power is strengthened. All darkness and obscurity depart and if you were sad you become joyful again, for joy is simply one aspect of purity. The more you purify yourself the more you will feel light-hearted, glad and happy. And as impurity leads to decay, disintegration and death, the purer you are the nearer you will be to immortality. All these things therefore – immortality, joy, happiness, knowledge, power and health – are simply different aspects of purity. This is initiatic science in a nutshell! It is up to you now to verify it for yourself! **(August 2, 1995)**

Most people consider death as something awful. But just think; imagine what would happen if death stopped his work. That would be far worse. The principle of life and the principle of death share the same work site, but their work takes place at different times. As Solomon says in the Book of Ecclesiastes: 'For everything there is a season, and a time for every matter under Heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal: a time to break down, and a time to build up...'
Only the spirit is immortal and he constantly incarnates in new forms, which in turn will be destroyed. However, people who endeavour to give the spirit the first place within themselves, will delay the action of the destructive principle – which is also linked to time: Chronos or Saturn – they plunge into this Fountain of Youth, which is divine light, and are regenerated in it. They endeavour to open up their hearts to goodness, kindness and beauty in everything they do in life, in order to allow springtime to enter them. **(August 5, 2000)**

It is said in the Book of Zohar that the face of the first man was identical to that of the Creator. Later on, when the spirit of rebellion had awakened in him (a process symbolized by the serpent wrapped around the Tree of Knowledge of Good and Evil), he left Paradise. He descended into the denser regions of matter where he learned about cold, darkness, sickness and death, and his face changed. Now that he is no longer the faithful image of God, he has lost his power. The spirits of nature no longer obey him and instead take pleasure in tormenting him. But he must strive to find this primordial face again and, when he does, all the spirits of the universe will submit to him once more. Until then he will continue to resemble the prodigal son of the Gospel parable who, having left his father's house to travel the world, ends wretchedly as a swineherd. But this prodigal son finally concludes that he should return to his Father's house. And one day you too will finally understand that you must return to the Source – to the light, love and life of the heavenly Father – in order to recover your true face. **(August 8, 2004)**

BOOK 31: LIFE AND DEATH

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

Many people study dead civilizations, the past history of mankind, and this can be very interesting of course, but it is not an essential. What is essential is the life that flows in the world today. You can make a pilgrimage and go to kneel at the tomb of Christ but it will not do you much good because Christ is no longer in his tomb! Christ is a river and that river flows elsewhere today, wherever there is life and love. Besides, do you really believe that many of those who have made pilgrimages to the Holy Land – even many Church leaders – would follow Christ if he came back today? Not only would they be incapable of recognizing him but they would persecute him and clamour for his death, for they have never understood the secrets of life and love. **(AUGUST 11, 1995)**

The soul needs space: it needs immensity in order to breathe, dilate and rejoice. Limit this space and the soul is suffocated, wilts and wastes away. And that is what happens to people who concentrate on all the material details of everyday life without ever taking a moment to immerse themselves in immensity, and find fulfilment.
It goes without saying that, in some cases, limitation is necessary. The birth of a child, for instance, is nothing but a limitation, but it is a necessary limitation in order for this manifestation to happen. The human being who comes down to incarnate into matter must limit himself. At the time of death, however, he will return toward immensity. Life is made up of these two processes: limitation and dilation, and to be happy you must be able to apply them both to your daily lives. You enter into your conscience to unite with the universe, with the universal Soul, then you return to a state of limitation to work. Do not stay in this limited state too long, however, because if you do, you will become bored and will suffer. Think about setting out again on the road of immensity soon. **(AUGUST 14, 1999)**

Try to think only about the divine nature of people and how to please their souls and spirits, and do not spend time trying to satisfy the caprices of their limited, egoistical lower natures. 'But if I don't give in to the wishes of my husband (or wife), or my children and friends, they will be furious!' you may exclaim. Well, let them get cross, while you continue to love and serve their divine side. Jesus said, '*Let the dead bury the dead*.' We shall discover much of great interest if we interpret these words in a broader sense. Why do people have so many problems with each other? Because they follow those who are dead. Yes, the inferior nature, the personality, is part of death, and if people continue to satisfy all its whims, they too will eventually die. Jesus was not talking about those who are dead and buried in the graveyards, who occupy their rightful place. (Besides, although their bodies are dead, their souls are alive.) The '*dead'* of which Jesus was speaking are those beings whose spiritual life is zero, because they have too often given in to the whims of their lower natures. These people are truly dead and we must not waste time and energy by trying to please them. **(AUGUST 14, 1998)**

The true evolution of man occurs on earth, not anywhere else. Someone who, because of their crimes, is condemned to suffer a long time in the regions of the astral plane after their death must subsequently return to earth to make good the wrong they have done. It is not enough to

suffer, because suffering is no reparation for all the mistakes we have made. We made these mistakes on earth and we therefore have to return to earth to make amends. There is no other explanation for reincarnation. If we had already atoned for our errors up above, why should we have to come back to earth? There is a fact, a law which dictates that human beings must put right their mistakes in all the regions of the universe where these mistakes caused harm.

(AUGUST 16, 2002)

When a great spiritual master sees the extent of human suffering and goes to the Lords of Destiny – the Twenty-four Elders – saying, ‚Even though I am free to stay here eternally to enjoy all the glories of Heaven, please grant me leave to go down to help human beings,‘ they give him the freedom to do so. But once he is on earth he must submit to the constraints of the physical plane: to hunger, cold, fatigue, illness and death. Although his spirit comes from very high, once he has accepted to descend into matter, he must submit to material laws. Of course, thanks to the power of spirit, he is more able than most to cope with conditions on earth. But the physical world remains the physical world; and however great he may be, a spirit who decides to incarnate into matter must struggle without cease to master that matter, and to recover the freedom he possessed on high.

(AUGUST 20, 1998)

It is said in the Scriptures that man must make a total sacrifice of his life so that he is nourishment for God. This is an image used to show that our spiritual ideal is to be absorbed by the Lord so that we may dwell within Him. All truly spiritual persons have understood there is nothing more desirable than to be eaten, absorbed by the Lord. And this is why they offer themselves in sacrifice to Him. But how many have truly understood what sacrifice is? The word itself instils fear in people because they associate it with the idea of pain and death. This is true in the lower regions: if we are devoured by lower entities then we are lost. But if we offer ourselves up to the celestial entities we become richer, we grow, we become more beautiful, in other words, we resurrect. Do not be afraid, have the courage to offer you in sacrifice to God.

(AUGUST 25, 2000)

Creation is the work of the number 2. What is this number 2, however? It is the number 1 polarized into positive and negative, masculine and feminine, active and passive. As soon as number 1 wants to manifest itself, it must divide. Unity is the privilege of God Himself, His exclusive domain. In order to create, God – the 1, had to become 2: there is not creation possible in 1 because there cannot be any exchange. God therefore projected Himself out of Himself by polarizing, and the universe was born from the existence of these two poles. The positive pole attracts the negative pole and the negative pole attracts the positive. It is this mechanism of action and reaction which sparks off and maintains the movement causes stagnation and death, the return to the initial indifferent state. The first lines of the Book of Genesis tell how creation occurred through a succession of divisions.

- On the first day of creation God separated light from darkness.
- On the second day He separated the waters above from the waters below.
- On the third day He gathered the waters of earth together.

1 is therefore an entity enclosed within it. In order to be released, the entity must become 2.

(AUGUST 26, 1999)

All treasures are contained in matter. Not, however, this physical matter we all know, which is only an illusion, a semblance of matter. This is not true matter. Even chemists and physicists do not know true matter. When we break down matter they are content with merely establishing that

it releases energy. In fact, if they had more sophistically equipment, they would discover that this matter had made way for another kind of matter, finer and more subtle, belonging to another region. However, this is an elemental, ultimate matter which human beings will never succeed in breaking down. Only God Himself can do that. And when the time comes for Him to break down matter, it will return within Him and nothing more will exist. There will be absolute silence, cosmic night. Until that time, the disappearance of matter resembles the disappearance of clouds. You have seen this before: a few white clouds beginning to form a clear blue sky. Where did they come from? And then a few moments later, they have melted into space. They are all gone. So, they are there and they are not there. In reality it is the density of matter which changes. Matter itself does not disappear, because it is the complementary pole to the spirit. Even atomic fusion does not make matter disappear. **(SEPTEMBER 1, 2000)**

Human beings come to earth to work, but how many remember this? Most are like the angel, who, we are told, wanted to know what life on earth was like. In order to study it better, he became a pig. This seemed to be a splendid, delectable life. He ate acorns as well as a delicious dish called swill. He was married to a charming sow and was surrounded by a huge number of adorable little piglets. My goodness, what bliss! He was no longer able to extricate himself from such contentment. His friends up above began to worry. Indeed this temporary training period was taking far longer than planned. They sent him messages, but to no avail. In the end they decided that the only way to resolve the situation was to hasten the moment when he would be turned into ham. So the pig was slaughtered and when the angel left this delectable form he was amazed to see how long he has been able to leave himself in this state and thanked his brothers for freeing him. Well, such things also happen to human beings. They sink themselves so deeply into matter that Heaven is forced to jolt them a few times severely to shatter their forms and free their spirit. **(SEPTEMBER 4, 2002)**

There is a heat coming from the Sun and a heat coming from Mars. There is a cold coming from Saturn and a cold coming from the Earth. The Sun represents the vivifying warmth of love and Mars the destructive fire of hatred. Saturn represents the coldness of thought and wisdom, and the Earth the cold of separation and death.
When Adam and Eve lived in the Garden of Eden, they nourished themselves with the fruits of the Tree of life, which gave them beneficial warmth. Then when they wanted to eat the fruits of the Tree of knowledge of good and evil, they descended to earth where the cold of separation and death reigns and they stayed there... In the warmth of paradise, they were like cells linked together, like atoms animated by the same movement within a molecule of gas. But once on earth, Adam and Eve were struck by the sudden cold and when they looked at each other, they realized that they were naked, that is, separated from each other. All the misunderstandings between human beings come from the thought that they are separate. **(SEPTEMBER 4, 2001)**

You have to be able to transpose certain moral, philosophical or mystical notions onto a different plane. For instance, according to the Gospels, fasting drives out unclean spirits, but a fast should not only take place on the physical plane. If evil spirits are dwelling in the physical body in the form of illness, physical fasting may chase them away. However, these spirits may also be dwelling in the astral and mental body in the form of irrational thoughts and coarse feelings and desires. If you are 'possessed', the spirits living within you will always urge you to absorb a nourishment pleasing to them. So, in order to rid yourself of these evil spirits do not give them anything more to eat: in other words, you should try not to have any more selfish feelings or self-centered thoughts, and replace them with pure, luminous thoughts and feelings. By depriving

these dark spirits of their food you will make them fast and so, feeling the threat of death by starvation, they will leave you. That is how fasting should be understood. **(SEPTEMBER 11, 1999)**

Materialistic theories may seduce people for a time and sever their ties with the Divinity, but only temporarily. Whether many celebrated thinkers like it or not, the Creator has designed human beings in such a way that they cannot manage without Him. If they imagine they can, it will only be for a brief moment. Right away they will sense that they have crippled themselves and will be obliged to return to another conception of the world and of themselves. It is pointless, therefore, to waste time fulminating against those incorrigible human beings who need to believe in a Creator of the universe, in an invisible world peopled by spiritual entities, in life after death, and in the power of prayer, because they will remain incorrigible. Yes, because this is the reality of humankind and the universe, a reality no one can change. **(SEPTEMBER 12, 2003)**

If human beings cling to life with such tenacity, it is because they do not know that they will find a better kind of life after death; they are ready to commit every conceivable crime in order to survive. In this way they run up debts that, sooner or later, they are going to have to repay. But that is not the attitude of a disciple of an Initiatic school. A disciple says, 'Life on earth, with all its torments and restrictions, all the browbeating, abuse and ill-treatment it involves, is drudgery. Of course, there are reasons why it has to be like that, but one day, when I have paid off all my debts, I shall be free to live in limitless space.' This is the reality that all true spiritualists recognize and this is why, even though they know that they would be better off on the other side, they accept to remain on earth. As long as they have not settled all their debts, as long as they have not completed the work that Heaven has entrusted to them, they are not really interested in all the rest. They don't think about death or anything else; their only concern is to get their work done. But as soon as it is done they are ready to leave, because they know that the earth is not worth clinging to. **(SEPTEMBER 15, 1988)**

Human beings do not understand where their rejection of certain laws will lead them, because they have never studied the far-reaching consequences of a thought, a word, or an action. If they had more discernment, they would sense that at the exact moment they reject these laws, they become weaker, because they open the door to dark powers which seize them and bind them hand and foot. It is a law: the less we control our thoughts, our desires, and our whims, the more enslaved we become. You will say that you need to satisfy your desires. Fine, but you must know that this is the direct path to slavery. You will be a slave to yourself, or rather to very primitive inner forces which will knock you down and take complete command over you. You cannot be king of your own kingdom as long as you do not have control of yourself. When wise men advise human beings to learn to master their impulses, it is not for the pleasure of seeing them suffer, but because they know that the absence of mastery opens the way to illness, imbalance, and death. **(SEPTEMBER 17, 2003)**

So many people do not manage to find the meaning of life. They do not know to find the meaning of life is to find an element that only the divine world can give us. And the divine world only gives it to those who over many years endeavour to reach it. Indeed the meaning of life is the reward for the patient, constant inner work a person has undertaken to do on themselves. When they have reached a certain state of consciousness, they receive from Heaven an element that is extremely precious, like a drop of light that impregnates all the matter of their being. From that moment on, their life takes on a new dimension and intensity and they see everything with new clarity, as if they had been given the gift of knowing the reason for

everything. And even death no longer frightens them, because this particle they have received from Heaven uncovers before them a world where there is no more danger or darkness, and they feel they are already travelling the infinite road of light. **(SEPTEMBER 22, 2002)**

When the sun enters Libra on 23 September it is the autumn equinox [In the northern hemisphere. In the southern hemisphere the seasons are reversed, so spring starts on that date. (Editor's note)]. After the ascending phase of the zodiac – from Aries to Virgo, the descending phase starts – from Libra to Pisces.
Libra, or the scales, is the seventh sign of the zodiac. Why there are scales in the sky and what do they teach us? In he middle of this succession of living creatures, human beings and animals which make up the zodiac, only the scales are a material object or, more accurately, the only instrument. It is as if they held the powers of light and the powers of darkness on each pan: the powers of life and the powers of death. Libra is preceded by Virgo, a young girl carrying heads of corn and is followed by Scorpio, an animal with a poisonous sting that can kill. This antithesis is emphasized even more by the fact that, within Libra itself, Venus dominates, whilst Saturn is in exaltation. Venus and Saturn, what a association! Venus a young woman who incarnates grace, harmonious exchanges and pleasures, and Saturn, the austere old man who enjoys solitude and, armed with a scythe, severs the link with life.
Libra is the reflection of cosmic equilibrium, the equilibrium of two opposing but complementary principles, thanks to which the universe was created and continues to exist.
(SEPTEMBER 23, 1999)

The two principles of life and death manifest themselves throughout the universe as well as in man. Wherever there is an upsurge of life striving towards fulfilment, opposing forces are aroused, and try to hold it down and destroy it, and life is forced to defend itself. Knowing this you must take care not to let negative forces invade you and put their shackles on you. To begin with it gives you an agreeable feeling to let yourself go, but the result is a gradual paralysis: the elements in your blood and the cells of your body cease to vibrate with sufficient intensity to struggle or resist, and you end by being completely invaded by noxious elements. When a wheel spins rapidly it throws off the mud, but as soon as it slows down it becomes caked in mud. It is up to you, therefore, to understand that it is very much in your interest not to become soft and lazy. You have to keep every part of yourself exercised: your limbs, your lungs, your thoughts and feelings, your soul and spirit. In this way your vibrations can attain such intensity that they throw off impurities and you can keep moving forward for a long time. **(SEPTEMBER 25, 1987)**

Jesus told his disciples: 'I am with you always, even to the end of the age', and this proves that he has not left the earth. Neither the Christ-principle nor the material expression in Jesus of this principle has left the earth, He is still here and He is still at work. He has left the physical world that we know, but He is always present and at work in the world of the living where He protects, enlightens and guides all those who want to walk in the light.
It is said that, after his death, Jesus ascended into Heaven. That is true, he is in Heaven, his whole being is in Heaven, and yet he is at work on earth. It is important to understand this correctly: we are on earth and our antennae are in Heaven, whereas Jesus is in Heaven with the whole of his being, but his activity, his 'campaign headquarters' are on earth, on the etheric plane of earth. This is where he dwells, surrounded by all those who serve him, and this is where we must go, by means of our thoughts, to find him and take part in his work.
(SEPTEMBER 27, 1987)

BOOK 31: LIFE AND DEATH

The word '*truth*' in Hebrew is '*Emet*'. It is made up of three consonants, Aleph, Mem and Tav.
Aleph, the first letter of the alphabet, represents the divine world.
Tav, the last letter represents the physical plane, the basis of all materialization.
Mem, the thirteenth letter of the alphabet – which has 22 letters – is therefore near the middle, which represents the spiritual plane, the intermediary world crossed by the ascending and descending forces.
The letter Mem corresponds to the thirteenth Tarot card. This card depicts a skeleton carrying a scythe: It is death, which cuts down everything perishable. The letter Mem is therefore a transmitting force, destroying everything which is inferior and bad. That is why it is the first letter of the Hebrew word '*Mavèt*' meaning '*death*', and the first letter of the name of the archangel who takes the soul and leads it to God: Mikhaël. **(SEPTEMBER 29, 1999)**

The Archangel Michael is destined to play the principal role in the purification of the earth. In the course of the centuries, a multitude of evil beings have poured immense destructive forces into the world which now form a kind of reservoir known as the Dragon or Serpent. In the past, many who were very courageous and full of abnegation, challenged the Dragon to a fight to the death, but none has ever succeeded in conquering it. The Archangel Michael is the only being capable of defeating this egregore; with the help of the heavenly cohorts he will accomplish what so many multitudes have implored the creator to accomplish. His triumphant action was foretold in the Apocalypse and other Sacred Scriptures. This is why we should ally ourselves with St Michael the Archangel, and ask him to protect us and allow us to work with him in making his victory even more complete. The children of God who are numbered amongst those who have taken part in this combat of the Archangel Michael, the Spirit of the sun, one of the most brilliant powers of God, will receive the kiss of the Angel of Fire and not only will it not burn them, that kiss will illuminate them. **(SEPTEMBER 29, 1987)**

Each sign of the Zodiac is a stage in the slow transformation of nature during a full year. When the sun enters the sign of Aries, it is the beginning of spring, the gushing forth of energies, the bursting open of buds. This surge continues in Taurus and Gemini with the blossoming of leaves and flowers. Summer starts with the constellation of Cancer when the seed is formed; then the fruit ripens (constellation of Leo). Once it is ripened, we harvest it (constellation of Virgo). Then comes autumn (signs of Libra, Scorpio and Sagittarius), and we harvest the last fruits; the leaves fall, vegetation dies and decomposes. At last comes winter (signs of Capricorn, Aquarius and Pisces), as the seed is buried in the ground where it dies and is absorbed into the earth. But it is from this death that new seeds will be born, emerge and blossom anew. In the cycle of vegetation, we can read all the secrets of life, death and resurrection. **(SEPTEMBER 30, 2001)**

The salvation of man lies in his capacity to concentrate on the Divine World. This capacity will allow him to walk forever peacefully on his path. Suppose you are alone and a dark atmosphere surrounds you, preventing you from seeing anything, either your friends or celestial entities. What will come to save you? Your capacity to concentrate on the Divine World. This capacity still remains after death, for it does not come from the brain – it only expresses itself through the brain – it is the spirit that possesses it. When we leave our physical body, this capacity keeps on living in the spirit. It is the spirit that thinks, feels and acts, and it does so through the matter of our physical body. But when the spirit frees itself from the body, do not imagine that man cannot think or feel or act anymore. On the contrary, it is then that his mind really becomes powerful, and if he has gotten into the habit of concentrating on the Divine World while on earth, to think about the Lord or the light will suffice to dissipate confusion and darkness. **(OCTOBER 1, 2001)**

BOOK 31: LIFE AND DEATH

Have you ever asked yourself why a child is born head first? The child's position at birth is deeply significant. Here is the reason: when you dive into the water you go in head down and when you want to get out you stand upright, head up. The child coming into the world with its head pointing downwards shows that the spirit that descends from the subtle spheres above has to dive into a world that is far more dense. This position symbolizes the spirit that descends to engulf itself in matter. Inversely, when people die, they leave behind a very dense realm in order to enter a more subtle region, just like the swimmer who comes out the water to get the air, which is more subtle. Birth is therefore a form of death. Yes, indeed, the birth of a child is a death in the subtle realms. And death on earth is a birth in Heaven. **(OCTOBER 2, 1999)**

Life and death are two principles which can be seen constantly at work everywhere in nature. In reality, life is the only thing that exists. Life is everything because God is life. There is only one source, the Cosmic Source from which flows the life that is God Himself. And death is contained in life; it is a change of level, a change of clothes, a movement that carries us into a new role, a transformation of our state of consciousness. A transformation of life cannot be the end of life. Life and death walk hand in hand and work together for our evolution. Death, therefore, is an illusion. You have already gone through what you call death any number of times! You have been dead and, once again, you are alive. The only thing that exists is uninterrupted life, eternal, limitless life. **(OCTOBER 8, 1988)**

We cannot conquer the destructive principle which worms its way into our bodies over the years, but we can slow it down and more importantly, we can learn to make use of it. How? Well, when illness and old-age begin to take hold, when you lose your strength and physical abilities then tell yourself it is time to find other ways to keep you busy, time to find other sources of joy. What ever the conditions in which you find yourself there is always something you can do, and if you no longer have physical energy, you must dig deep within yourself to bring the spiritual energies alive, and these are inexhaustible.
If the principle which allows people to grow and flourish knew no opposition, if it encountered no obstacles, human beings would lose themselves. Yes indeed, if old age, illness and other troubles were not there to restrict them a little, many people would become monsters. But we all know our path has only one possible end, and that is death. In this all human beings are equal. So we all have to bow down, be modest, think, become wiser and find the path that leads to God. **(OCTOBER 10, 2000)**

Good and evil are so closely intertwined that we have to think very carefully before seeking to separate them. Any premature separation causes wrenching and tearing. Successful separation is a most difficult art and initiates take their instruction from nature itself. We are not able to separate the nut from its husk, but nature knows how to do so: She allows the fruit to ripen and the husk comes away by itself and falls off. This separation is a sign of maturity.
This child is attached to its mother's bosom. Taking it away prematurely would result in death for both. If, however, you allow the fruit time to fall off by itself, the tie between the mother and the child can be cut.
Initiates, who have observed nature, say: 'Your soul is a prisoner; to free it you must separate away the thick layer that surrounds it, but you must first wait until it has matured.' Autumn is the best time to meditate on true liberation. **(OCTOBER 10, 1999)**

People tend to think any dissatisfaction they feel can be remedied at a physical level. They act as if this dissatisfaction came from the physical body and so they give their physical body

something to eat, something to drink, to smoke, they walk it about and they lavish all kinds of pleasures upon it. But their physical body is full-up, saturated; it is suffocating and is complaining: 'Stop, you'll be the death for me. And it's no good gorging me like this; it won't make you feel any better.' But people do not understand the language their body talks and they stubbornly continue, telling themselves that perhaps this time they did not find what they were looking for, but maybe next time they will. Unfortunately the next time is no different; all they find is a void. But still they carry on.
In reality the physical body needs very little. The complaints we hear within us come from our soul and our spirit, who never stop begging: 'I need purity, light, space. I need to watch the sun. I need to unite with God, to work for the advent of His Kingdom so that peace may reign one day among human beings.' These are the voices we must try to hear within us and we must listen to their demands so that we may satisfy them. **(OCTOBER 12, 2000)**

What we call life is nothing more than the result of exchanges in which we engage with nature. Life is a series of exchanges. The most obvious manifestations of this are nourishment and breathing. Any kind of interference in these exchanges results in weakness, illness and death. However, the exchanges we must make in order to live are not limited to feeding ourselves and breathing. Or rather, we can say that they consist of feeding ourselves and breathing, but not merely on the physical plane. Nutrition and breathing symbolize the exchanges we also have to make with the different spheres of the universe in order to feed our subtle bodies: The etheric, astral, mental, causal, buddhic and atmic bodies.
When you understand how you can find in the universe the nourishment that suits your different bodies, you will experience your life as a great symphony. First, however, you must re-establish communications in order to allow the energy currents to circulate between the universe and yourself. And you can only re-establish communications by working with thought.
(OCTOBER 12, 1999)

The cross is a symbol whose significance is far greater than that attributed to it by Christians: a reminder of the death of Jesus. True, it does remind us of the death of Jesus, but that is only one aspect of it. The Crucifixion was one moment in history, but the cross itself is a symbol of far greater magnitude; it is a cosmic reality and must, therefore be understood in a much broader way. The deepest and most complete significance of the cross is the union of the two principles, masculine and feminine, and of the work they carry out together in the universe. The cross is the most concise representation of the work of the two principles and from it has grown another figure, the hexagram or Seal of Solomon, formed by two inter laced triangles. In developing from a straight line to a triangle, this symbol has been enriched by the addition of new notions, but the central idea, the law, remains the same; it still represents the work of the two principles.
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BOOK 31: LIFE AND DEATH

(OCTOBER 14, 1988)

Supposing there is someone you really cannot abide: You may often think how wonderful it would be if he were to disappear for good. Of course, you would not go so far as to kill that person, as murder is not lightly undertaken, and anyway it would be risky. But you think about this death and would like to happen. Well, you should know that perhaps you will be responsible for another death elsewhere in the world. Yes, because your thoughts, feelings and desires spread everywhere and may influence people in some far away place, who are in the same frame of mind and wanting to rid themselves of their enemies. If their vengefulness is stronger than yours, or if they lack the willpower to resist their criminal tendencies, one day they may commit murder, without the slightest idea why a sudden impulse pushed them to such an extreme. You will be quite unaware of what happened, but in fact you are the one responsible. When you pass on to the next world you should be aware that you will be shown the consequences of your thoughts, feelings and negative wishes, and you will be horrified to realize how much harm you have caused. **(OCTOBER 15, 1998)**

Think without cease about living in harmony with divine life, so that all the knowledge and virtues of Heaven will, little by little, come to dwell within you. Life: nothing is more essential than life, because the potential for everything is contained within this vital force. A man might possess extraordinary gifts, but should he faint, it is as if he had lost them all. Then, when someone resuscitates him, all his potentials returns. Everyone can develop astounding talents, but when life is extinguished, it is as if these talents had never existed. This is common knowledge, but which of us remembers to put it into practice? Most people occupy themselves with everything except their vital force. They try to gratify themselves with various pleasures, and in their efforts they not only waste their most precious possession – their life-force – but also sever their link with divine life. This is the surest way towards death: spiritual death first of all, followed by physical death. **(OCTOBER 22, 1998)**

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)**

What we call life is in reality an alternation of life and death. Yes, when we wake up in the morning, we are born on the physical plane, but we die on the astral plane. When we go to sleep at night, we die on the physical plane, but are born on the astral plane. In the same way, when a human being comes to earth, he is born here, but he dies in the other world: he is received here with cries of joy and music, but on the other side they attend his burial. Conversely, when a man dies here, he is accompanied to his grave by funeral (Marches, tears, and mourning clothes, while on the other side he is welcomed joyfully, and those who receive him exclaim: 'At last, he has returned!' Obviously, the person who has led the life of a criminal on earth does not receive such a warm welcome there. In the same way, it sometimes happens that certain children are

not happily welcomed here by their parents. But these are special cases. The law itself remains implacable: what is life in one realm is death in another. What disappears here appears elsewhere, and vice-versa. **(OCTOBER 29, 2003)**

Physical love and spiritual love cannot be discussed in theory. It all boils down to what your deep aspirations are. You decide to reduce the physical manifestations of love, but this makes sense only if you do so in order better to taste the spiritual manifestations. People who relinquish physical love without seeking love in the spiritual plane expose themselves to great danger, because they are not giving this energy the conditions to manifest harmoniously.
Continence, chastity must therefore not be considered as privation. It is not a matter of depriving yourself, simply of moving upwards, in other words living in the higher plane. Instead of drinking water from a swamp teeming with bugs, you go and drink water from a crystal-clear spring. Not drinking at all would mean death. You must drink, but drink celestial water. **(OCTOBER 31, 2002)**

Calculate the amount of time you spend each day eating and sleeping – which are of course necessary, even essential – but also the hours you spend in mindless chatter and trivial activities. The years pass by in this way, far from the true life, from a life with God. What a waste! And then when you depart from this world, you leave poor and naked. Be absolutely clear that when you leave the earth, the only precious stones you will take with you will be your virtues; the only gold will be your wisdom, and the only clothing will be the finery of your soul. On leaving this world, we are like refugees who have been driven from their homes and are forced to abandon their land, their houses and their belongings. They rush to their coffers to seize their gold and jewels which will enable them to survive. Yes, when death comes, you can only turn to your qualities and virtues; all the rest must be left behind. Starting today, ask yourself whether you possess gold and genuine precious stones. **(NOVEMBER 1, 2004)**

You must learn to listen to what the sages of the East call '*the voice of silence*'. For silence has a voice, it is not emptiness, nothingness or death; silence is the expression of plenitude. The voice of silence is the voice of God and only when one has succeeded in pacifying one's inner agitation, revolt and one's lower appetites, can one hear this voice. For true silence is that: the pacification of all our lower instincts so that our higher nature may be frees to develop and express itself. **(NOVEMBER 1, 1987)**

Initiation is an ascetic path that teaches human beings to rid themselves of their weaknesses and all their lower tendencies. It can be compared to the opening through which a snake passes when it must shed its skin. That is why Jesus said: '*Enter through the narrow gate. Because wide is the gate and spacious the path which leads to perdition.*' The disciple is one who is preparing himself in order to pass through the narrow gate that will remove his old skin. And instead of being worried and afraid, he must rejoice in becoming a new person with new thoughts, new feelings, and a new life-style, worthy of a true child of God.
It may be said that during his existence a human being passes through three gates: the first two are those of birth and death, through which all people must pass, whatever their degree of evolution. But only those capable of a great work of purification and detachment may pass through the third gate: that of initiation. **(NOVEMBER 2, 2003)**

If the Church has instituted what is referred to as '*the last sacraments*' or *'the extreme unction'* it is because the moment at which an individual leaves the earth for the other world is of vital importance and it wants to prepare Christians for the long journey they are about to undertake.

The priest or pastor tries to bring them back to the fundamental issues as he explains to them it is time to look back at their life, to take stock of their errors, to repent and to find within them the bond that unites them with the Creator. Some will think it is a little late. Yes, there is no doubt that it is a little late, but not too late. Because those who leave their physical body without having prepared themselves for it, without having the faintest notion of life after death, of divine Justice, subsequently suffer greatly because they roam the dark regions of the beyond without understanding what is happening to them. It is terrible to keep human beings in the mistaken conviction that there is nothing after death. Under the pretext of freeing them from absurd beliefs, we are being prepared trials in the other world that are even more terrible than those they have had to suffer on earth. **(NOVEMBER 2, 2002)**

Since we are on earth for only a very short time, it is no use wasting our energies in search of honours, 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, you will be introduced into the celestial regions by these very elements and will live for an eternity of joy, discovering the splendours of the universe. **(NOVEMBER 2, 2001)**

We normally think of life and death as being equally powerful and some of us even tend to think death is more powerful than life. This is not so. Of course we always see death struggling to get the better of life and death seemingly always wins the upper hand. In reality, however, death is fairly powerless against life. Look around you and you will see life everywhere, absolutely everywhere. When death makes an appearance from time to time, here and there, all it does is change the scenery slightly, whereas life continues without interruption. If death were more powerful than life there would be nothing left alive in the universe. But life is everywhere and death is nowhere. The power of life is always greater than those of death. **(NOVEMBER 2, 2000)**

All creatures that leave the earth have one weakness: They need to be remembered and of course it is by their qualities they want to be remembered. There is no greater suffering for a deceased person than to hear someone mention their faults and wrong-doings. It is torture for them because the human word is greatly amplified in the astral world, so the deceased suffer as if they were being beaten. Good words are therefore also amplified and delight those who have crossed the other side: Such words inundate them in a flood of blessings. This is why in all cultures it is customary to speak well of the dead: All bad deeds are left aside and only their qualities and the good they have done are proclaimed, even to the point of exaggeration. This is the vestige of a tradition based on initiatic knowledge. So when you have to speak of the dead, mention only their qualities and leave the rest be. **(NOVEMBER 2, 1999)**

Many people wonder whether it is preferable to bury the dead or to incinerate them. Burial is certainly preferable for most human beings, because souls need time to leave their physical body. Many souls are so attached to their material possessions and pleasures that even after death they continue to linger close to their body. If they had never believed in another world or in an afterlife, they feel utterly lost and bewildered. They need the help of other beings from the

invisible world to enlighten and guide them. If the bodies of these people are incinerated, therefore, the separation of soul from body is too brutal and their distress is even greater. On the other hand, incineration is preferable for an initiate who has learned to disengage himself from material things during his lifetime, for the fire helps him to sever the ties that bind him to his physical body. **(NOVEMBER 2, 1995)**

Both within and without, human beings are constantly the stakes in battles between the principle of life and the principle of death. These two opposing powers are always confronting each other and it is always the weakness of one that makes the strength of the other. When a kingdom is powerful and prospers, all its enemies keep their distance. But as soon as it begins to weaken through the negligence of its governors or citizens, the enemies take the opportunity to attack and destroy it. Well the same happens within us, as hostile forces are always threatening to weaken us by taking away our peace, our inspiration and our courage. And we must be aware of them if we are to be able to stand up to them. Since we have come to earth to carry out work, we must not let negative forces become victorious. We must help the powers of life as much as we can, through knowledge, faith, hope and love, so that they may come out the winners.
(NOVEMBER 3, 2002)

Our intellect and our heart can join together to do some good work only on condition that they remain faithful to their celestial Father and Mother, to wisdom and love. At the very instant the heart and intellect stop receiving true wisdom and true love through the spirit and the soul, they are committed to the powers of darkness.
Heaven symbolizes everything that emerges, blossoms and constantly develops, and when man turns his intellect and heart away from his celestial Father and Mother, believing he will find happiness somewhere else, his inner source runs dry; in reality, he finds spiritual drought and death, because he has betrayed his parents. In his desire for facility, he has succumbed to the temptations of matter, to his taste for pleasures, his social ambitions and has accepted all sorts of compromises. He has repeated the sin of Adam and Eve who, by disobeying, broke the link with their celestial Father and Mother and was driven from paradise. And now, it is up to us to work with divine wisdom and love so that Adam – our intellect – and Eve – our heart – are welcomed again in paradise. **(NOVEMBER 6, 2001)**

Over the centuries Christians have persecuted Jews, claiming that they were responsible for the death of Jesus. But imagine if Jesus were to return: would he be happy to see what Christianity has become over time? I hope Christians will forgive me, but the scene Jesus would behold and the sermons he would hear would remind him of what he had condemned in the Pharisees and Sadducees, and once again he would rise in protest against the state of things. But instead of listening to him, it would now be the Christians who would plot to have him killed. Yes, the Christians of today would put him to death, or arrange to have him silenced.
(NOVEMBER 25, 2004)

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.

BOOK 31: LIFE AND DEATH

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 a man dies he leaves his physical body and enters the lower astral plane. It is his turn, then, to endure all the injustices and sufferings he has inflicted on others. You will say that people often commit injustices without realizing it. That is true, but in the eyes of cosmic intelligence a lack of consciousness is unacceptable. For cosmic intelligence it is not a question of revenge or even of punishment. It is simply a question of helping us to become conscious. And the best way to become conscious, the best way to learn, understand and become more perfect is to suffer as we have made others suffer. Those who have not committed very serious faults go through this region very quickly. Others have to stay and suffer for a long time. But all, once they have paid their debts, go from here to the higher astral regions, where they experience joy and happiness in proportion to all the good they have done. If they have given courage, hope or light to others, if they have awoken faith and love in their breasts, they will be rewarded by experiencing the same things in the other world. **(NOVEMBER 30, 1995)**

Even if they are not aware of it, people who deny the existence of entities higher than themselves are limiting themselves and are gradually sinking into darkness. How do they imagine they will be able to progress and perfect themselves as long as they do not know or refuse to admit, the existence above them of this sublime hierarchy of angels, archangels, etc., all the way up to the Lord? Because they cut themselves off from the ascending chain of beings, they have nothing and nobody with which to connect, to supply them with energies along the road of evolution. Of course they are able to live, to manage materially, but from the spiritual point of view they stagnate, they gradually become mortified. Whereas those who are conscious of the existence of spiritual hierarchies always see this light before them and are given the impetus to progress. **(DECEMBER 6, 1999)**

If people feel the instinctive need to get out and walk through the streets, look in shop windows and stroll in a garden or through the countryside, it is because they need to exchange with other human beings and with nature: such intercourse is absolutely necessary and indispensable to life.
You will ask, 'But what about ascetics and hermits who flee from their fellow men and retreat into the desert?' In doing this they are depriving themselves of certain forms of intercourse so as to be free for others, so as to open their soul and spirit to other, less concrete, less tangible influences. As soon as one closes oneself to one type of influence, one automatically opens oneself to others. If you do not wish to see or hear on the physical plane, your inner eyes and ears are opened to new, subtler impressions. Exchange, intercourse, is the very foundation of life; in death there is no more intercourse, and those who learn to establish it on the spiritual level possess the true science of life. **(DECEMBER 28, 1988)**

Book 31: Life and Death

Book 31: Life and Death

Book 31: Life and Death

Encyclopedia Initiatic Science

Book 32: Magic in Everyday Life

Don't think about tomorrow; think about today. If you take care to make everything go right today, tomorrow will take care of itself; it is automatic. And, as everything we do is recorded, once you have managed to live one luminous, eternal day, it has gone down on record: it can never die. It will continue to live and to lead those that come after it in the same direction so that they resemble it. So try to live just one good day, for it will influence all the others. It will invite them to a meeting and talk to them to try and convince them to be as well-balanced, orderly and harmonious as it was. Study the magical aspect of this question and stop saying, 'What does one day matter? Nothing went right today, but tomorrow will be better!' Well, perhaps it will: but only If you make the effort to put things right immediately. **(JANUARY 1, 1988)**

Everything you touch in your home – including the chairs, furniture and walls – is impregnated with your emanations. This is the magical aspect of your presence: you deposit etheric particles on everything around you, particles that can be either good or bad conductors of celestial influences. Objects act like magnets, and if you constantly project negative thoughts and words they attract all that is negative in the universe. And of course the contrary is also true: if you speak words imbued with wisdom and love you dynamise these objects by covering them with beneficial fluids, so they become conductors of light, joy and health. Therefore, make a habit of doing this exercise: in all the rooms of your house, learn to touch things with love, bless them and ask the divine Spirit to visit them. Say: '*Spirit of light, purity and truth, I dedicate these objects to you, that they may become a receptacle, a vehicle for you.*' And the divine Spirit will come and inhabit your house. **(JANUARY 2, 2000)**

When you sing or pray together, all misunderstandings between you disappear. Yes, prayer and song constitute the magic power that is capable of triumphing over darkness. How can you acquire this new awareness and be always united, welded together by the work we are doing here? The unity that already exists must be strengthened more and more, because it is here, in the collectivity that you will find true beauty and harmony. This is why, instead of wandering here and there in all directions, you would do much better to come here and sing. Without your realizing it, a work of purification, illumination, organization and liberation is going on within you. You are preparing a core, a cell of the new life for those who will come here in the future: they will be astounded to see that, while they were wasting their time amusing themselves and beginning to disintegrate, you were hard at work preparing for the coming of the new culture!
(JANUARY 6, 1988)

Is it necessary to make a distinction between sacred and profane objects? There are several rooms in your house or apartment, and in these rooms there are all sorts of objects. You have put them there because they are useful to you, and because you interact with them every day. So, why not consider consecrating these objects? If you dedicate them to the good, to the light, they will have positive effects on both you and your family. And once they are consecrated, you must use them with the utmost care, because the way you treat them will also reflect on you. Depending on how you consider them, you can transform the objects around you into magical agents, linked to Heaven, and the energy circulating through them will be of great benefit to you.
(JANUARY 7, 2004)

Book 32: Magic in Everyday Life

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(January 7, 2004)

Man is the only living creature endowed with the faculty of speech, and it is thanks to this faculty that cultures and civilizations have flourished. And when men wanted to preserve their words, the art of writing appeared. Thanks to the word, man is all-powerful, for true magic is the intelligent, sensible, luminous, harmonious, musical word that flows from God, the Source. Christ is called the Word of God. On the Sephirotic Tree, the Divine Word is the second Sephirah, Chokmah, the Wisdom that flows from Kether. It contains all the elements, numbers and letters used by God to create the universe. Chokmah is the region of Christ, the region of Eternal Glory, for Christ is the Glory, the Word of God. This is why Jesus said, '*I am the light of the world.*' Christ, the Word, is the universal Key which opens all the doors of life.

He who works to make his word powerful, alive and harmonious, possesses the key which will open all doors and enable him to achieve wonders, first of all, in himself and then in others and in the whole of nature. This is the glory, the extraordinary future for which man is destined: the ability to act on matter by the power of the word.

(January 12, 1988)

Generations of human beings have lived very well even though they were unable to write. But we now live in a culture which demands that we know how to read and write, and it is unthinkable that we could do without these skills. Moreover, reading and writing are two activities that we must also learn to exercise in other domains. According to initiatic science, to read is to be able to decipher the subtle and hidden aspect of objects and beings, to interpret the symbols and signs that Cosmic Intelligence has placed everywhere in the great book of the universe. And to write is to be capable of leaving our mark on this great book, of influencing stones, plants, animals and human beings through the magical force of our spirit. Reading and writing on paper is not enough; we must prepare ourselves to read and write in all realms of the universe.

(January 14, 2004)

We achieve freedom by limiting ourselves, for it is by limiting oneself that one builds up the strength to overcome obstacles. Learn to hold out against your appetites and impulses; make the most of every opportunity to control yourself. This is the way to become strong and free. It is best to begin in little ways ... You are just about to criticize or scoff at someone, for instance, but at the last moment you hold back your words. Or you are with a member of the opposite sex and feel the desire to make certain gestures, but you refrain for doing so. Or you are leaving a room in anger and just as you are about to slam the door behind you, you restrain yourself and close it deliberately and noiselessly. People who are weak because they do not want to take themselves in hand; they let every passing whim dictate to them. But it is by contending with obstacles that we become strong. Those who want life to be easy make no progress. They become weaker and weaker, and as time goes on things become more and more difficult for them. If you exert yourself, on the other hand, it will become easier and easier to make an effort. What is a magus? A magus is one who tames and masters his difficulties and uses them to advance to ever greater heights.

(February 13, 1995)

So many people go to clairvoyants, mediums or exorcists to find solutions to their problems of health or of the heart, or to be exorcized or released from a spell. They do nothing to become stronger and solve their own problems. They always rely on someone else to do it for them. But even if another person did manage to solve their problems they themselves are so defenceless that they would soon be in the same state again. As long as people continue to expect others to heal, console and reassure them, they will remain ignorant, weak and vulnerable.
Even if a very great spiritual master healed and protected you it would only be for a little while, for ultimately everything depends on you. If you want his help to endure you must learn to use the light and the keys he gives you, for then it will be you yourself, your own soul and spirit that do the work. **(FEBRUARY 14, 1995)**

When the day comes for you to appear before the Judges of Souls in the invisible world, they will say: 'Speak!', and when you speak, it is not the words and phrases you choose, however musical and beautiful they may be, that the Judges will listen to, because they know that words can deceive. Instead, they will listen to the tone and vibrations of your voice. They will know whether you are telling the truth or not from the resonance of your voice; you will be judged by the authenticity of your voice. Yes, when a man comes before his supreme Judges, they say to him: *'Speak*!', and he advances and speaks these words: '*Forms of Eternity, behold, it is 'I'*. Then they know instantly how he must be judged. The power of the word resides not only in the individual words spoken, but in the vibrations of the voice. In the Mysteries, magic words were taught only to those who were deemed fit to know and pronounce them. **(FEBRUARY 14, 1988)**

When a disciple works to identify with his master, he establishes a truly magical bond and, thanks to this bond, gradually begins to resemble his master. Perhaps not physically – although this is possible with a great deal of willpower, with a great deal of faith and time – but inwardly he receives his master's wisdom and light. For the disciple, then, true magic lies in the work of identifying with his master to find the treasures buried in his master's soul, heart, intelligence and will, so all these treasures flow into him. Because the master is neither selfish nor miserly, he wants to give in abundance. And even if the master sees that one of his disciples is beginning to surpass him, he is delighted and says: 'This disciple is one of my children; if he is greater than I, so much the better, for I am the father.' And the sight of that child fills him with pride. **(FEBRUARY 15, 2000)**

When you dial a number on the telephone, the only person to answer you out of all the millions and millions of the world's inhabitants is the one whose number you have called. All relationships between all creatures in the universe obey this law. Just as your friend answers you when you dial his number, in the same way, when you emit a thought which corresponds to the wavelength of a specific entity or region of the universe, you establish a relationship with that entity or region. Those whose thoughts are always conflicting and chaotic are bound to have very unsatisfactory relationships because they are constantly in touch with entities that correspond to the nature of their thoughts. This is why it is so important to fill our minds with a heavenly idea, for that idea will have a magical attraction for the entities and elements capable of bringing it to fruition. A sublime idea in the mind acts as a warning to the spirits of darkness – 'Keep out', 'Beware of the dog', 'Trespassers will be persecuted' – and they dare not to enter you; but it leaves the door wide open to all luminous spirits. **(FEBRUARY 16, 2001)**

It is true that black magic exists. But it is also true that we have the power to enhance or diminish things, according to how we think about them. Since black magic exists – and even

supposing that there are ill-intentioned people who want to use it against us – it is by having faith in its power that we reinforce it. Instead, tell yourself that as a son or daughter of God you cannot be attacked so easily by the forces of evil, and you will escape. If you have to suffer a failure, an illness, an accident, or a separation, I urge you therefore not to rashly attribute it to black magic. First of all, ask yourself sincerely if the cause is not to be found in yourself, and find out what you must do to improve the situation. Do not waste precious time in wild imaginings that will do nothing but aggravate your misfortunes. **(FEBRUARY 20, 2004)**

When you use harmonious gestures while you talk, eat, move objects, etc. ... you activate in yourself beneficial forces which all end by acting favorably also on others. That is why; if you are interested in magic, do not look for it in ceremonies or in books of magic spells, as magic is there within reach, in your gestures. The day you achieve control of your gestures and make them harmonious and beneficial, you will become a true white magus. Real magic, divine magic does not mean putting pressure on others, but first on yourself, and it is based on the tiniest daily gestures. If you do not start working on your gestures, you will never know white magic, and on the other hand, you can be assured that you will be constantly compelled to behave like a black magus, creating disorder everywhere. So be careful: you will always be the first to harvest the good or bad effects of your gestures, even if you make them unconsciously.
(FEBRUARY 22, 2001)

We see how some people understand love, how they express this love, and the various methods they use to coerce their loved one, and it is clear that they may already be dabbling, albeit unconsciously, in black magic. The use of all possible means in an attempt to seduce somebody is nothing less than forcible violation, and nobody has the right to do so. But there are people who, swept away by infatuated emotions, are indifferent to whether the object of their love reciprocates their feelings, or not: they demand that their love be returned, at any price, and will resort to any methods, even witchcraft, to obtain their desires. I warn you: never do anything like this, for you will enter into relationship with diabolical energies and these, after you have made use of them, will sooner or later turn on you. **(FEBRUARY 25, 1999)**

One of people's main concerns nowadays is to be able to eat healthy food. It is of course highly desirable that food should not be contaminated, but it is also important for those people who are involved in its preparation to be aware that the food they handle becomes impregnated with their emanations and subsequently passes these on to those who eat it. People use their hands to prepare food and a person's hands magically transmit something of this person's quintessence. Chefs, cooks, bakers and all those people who prepare food for their families on a daily basis must know this law of chemistry and magic. With this knowledge they will then get into the habit of touching food, conscious that what they are holding in their hands will contribute to the edification of the body of people nearby and far away, persons known and persons unknown. This is a huge responsibility and it is therefore worthwhile for them to endeavour to be dwelling in the best inner state when they prepare food, fostering thoughts of good health, peace and light for those who are due to eat it. **(MARCH 1, 2002)**

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

Jesus said, '*As you have believed, so let it be done for you*.' Yes, things become what your attitude makes them. This is a profound law of magic and it is important that you understand it. It is no good thinking that you can alter the manifestations of your love without previously altering your attitude towards the person you love. Manifestations cannot be changed until the attitude that gives rise to them has changed. **(MARCH 1, 1988)**

You wish to consecrate an object, and that is a good idea, but do you know how to do so? To consecrate an object you must first of all exorcize all the influences left by those who have touched it and by events around it, which have covered it with fluidic layers that may be cloudy and impure. These layers form a barrier, a sort of screen, which prevents your thoughts from impregnating this object. Once it has been exorcized by prayers and even by burning incense, you can consecrate it, thus placing it under the control of a heavenly power: it is then reserved for use by heaven alone. It is as if a writ had been served on it. It is now impregnated with light, and evil spirits can no longer lodge in it or do as they will with it. Now heavenly entities can dwell in it, so that, through it, they can help you with your spiritual work. **(MARCH 6, 1998)**

On the physical level, of course, women are weaker than men, but women have immense power. This power lies in their special magnetism which emanates from them in the form of tiny subtle particles. It is not in the physical realm that women have the most power, but in the realm of etheric emanations, and if some men see them as witches, magicians or nature spirits, it is because of this magnetism which nature has given them. Women are even capable of forming etheric bodies with these emanations. If a higher being, a world Saviour were to provide the seed of a sublime realization, of the Kingdom of God on earth, all women together could form the body of this collective child with their emanations. If more and more women in the world became conscious of their possibilities and set to work, their subtle emanations would contribute to the formation of a new collective body: the Kingdom of God and His Justice. **(MARCH 8, 2004)**

There are people whose only interest is the occult sciences. They are proud to pass themselves off as astrologers, alchemists, magi, cabbalists, but the poor things do not realize that the appalling chaos of their lives has nothing to do with true astrology, alchemy, magic, or the Cabbalah. They would do much better to leave all these sciences alone. It is in daily life that we need to show that we know something. We manage to accumulate knowledge from books, of course, and may even become very erudite; but this is not true knowledge. True knowledge enables us to master ourselves, to free ourselves from the weaknesses which constantly make us a victim to inner turmoil. If you possess true knowledge, you will be a presence that shines light all around, bringing blessings everywhere. **(MARCH 8, 1998)**

Sciences such as alchemy, magic, astrology and the Cabbala can help us to progress more rapidly along the path of evolution because they fathom the great mysteries of creation. These sciences are difficult to get to grips with and if we are to understand them properly it is best to begin by studying them in relation to human kind and our daily activities. We then discover alchemy in eating, astrology in our breathing, magic in our words and gestures, and the Cabbala in our thoughts. Do not detach esoteric science from life. Learn how to eat, breathe, act, speak and think. Only then will you begin to master the foundations of these four fundamental sciences. **(MARCH 9, 2002)**

There is no lack of ideas in the world, but what kind of ideas? The only ideas most people have in mind are to have fun, get rich and dominate others. They have never learned that an idea is a

magic force which determines co-ordinates and gives direction to every particle of a man's being. The physical and psychic dimensions of our being have a built-in tendency to follow the lead given by our ideas. An idea resides at the core, at the peak of man's being; it dominates the whole man and he is obliged to satisfy it and obey its dictates.
You must realise the effect that an idea can have on even the deepest level of your being. But more important still, you must understand how powerful a divine idea can be and how it can transform everything, not only within you, but all round you as well. There is no idea more glorious than that of working for light, for the Kingdom of God and His Righteousness. This idea turns everything into gold. In other words, it gives you health, joy, strength and intelligence, hope and faith: thanks to this one idea, your whole being is transformed. **(MARCH 9, 1988)**

Doctors and pharmacists have adopted the Caduceus as the symbol of their profession. Why? Because in its true esoteric dimension, the Caduceus is a complete representation of a human being. The wand represents the spinal column and the two serpents intertwined represent the two currents that descend from the brain's left and right hemisphere.
In fact these are not two serpents curled around the magic wand, but one single one that polarizes. The wand always represents the masculine principle and the serpent or the spiral, the feminine principle, which curls around the masculine principle so as to excite the powers within him. The wand is an expression of the mental plane, whereas the serpent polarized into positive and negative, is an expression of the astral plane, through which flow two currents: one ascending and one descending. The Caduceus therefore symbolizes both the masculine principle (the wand) and the feminine principle (the serpent polarized into positive and negative, because the feminine principle is always expressed with the number 2). The Caduceus represents a human being with all the faculties he or she must develop in order to manifest divine power. **(MARCH 12, 2002)**

Most people find the word ‘magic‘ disturbing and are horrified if one talks about it in their presence. And yet everyone works magic; in fact, they do nothing else, but they do not know it. According to the laws of divine justice, every negative thought and bad feeling is black magic, because they corrupt and destroy. On the other hand, all that brings harmony, all that is constructive, that brings beauty and enlightens, is part of white magic. So, rather than protesting when magic is mentioned, human beings would do better to become conscious of the importance of how they behave. Yes, we see many people who would not dream of opening a book about black magic (if probably would not even cross their minds that such a thing exists), but those same people , because of the way they behave, think, feel and speak, are, in fact, real black magicians. **(MARCH 12, 1998)**

Your power lies, neither in the middle nor at the end, but at the beginning and this is true not only on the physical plane, but also on the astral and mental planes. Picture yourself standing on a mountain top, with a big boulder at your feet; if you tip it and roll it over, it will obey you. You have the choice of leaving it where it is or of sending it hurtling down the mountain side. If you start it rolling, of course, it will obey you, but that is the end of its obedience: you will have no more control over it and it can do all kinds of damage that you will be powerless to prevent. Similarly, if you decide to repress your anger as soon as you begin to feel it, you can prevent it from exploding, but if you let it explode it will run away with you. The same is true for certain ideas that you have allowed to fix them in your mind: in the long run you will be incapable of getting rid of them. You must exercise great vigilance if you do not want to be taken by surprise by your own actions. Never forget that the end depends on the beginning. Be like the magus

who undertakes a magic rite in the full awareness of what he is doing and achieves exactly what he was aiming at. **(MARCH 15, 1988)**

You are ill and you take some medicine. Of course, this can be efficacious, but it will not suffice unless you also work to regain health. Your physical body has the capacity to heal itself, providing it is animated and exalted by your spirit. It is true that medicine attacks some illnesses, but at the same time it weakens the whole body. What the body needs is to be given the chance to defend itself, and this is achieved by awakening the innate powers it possesses. In the same way, a doctor should do more than prescribe pills. A true doctor is gifted with a kind of magic power: his whole being emanates powerful forces which penetrate the sick person, healing and giving new life. What should be taught to the students of medicine is that material remedies alone are not sufficient; it is the doctor's presence itself which must be a medicine to cure the sick. **(MARCH 16, 1998)**

You go and listen to a master speak, you read his books, but he will only be able to imprint the great truths on your soul if you are open to him and have faith in him. These truths imprint themselves in you without your knowing it and so one day, when you are at home or as you are walking along the street or strolling through the countryside, they suddenly appear and you are dazzled.
You will say: 'But that's magic at play. Magic frightens me.' In truth no-one can ever escape magic. Magic is always around us, night and day. Everything is magic: look, words, gestures, food, everything. But human beings, who have not yet understood this, do nothing to free themselves from the appalling, harmful magic in which they are steeped day in day out and try even less to accept instead a different kind of magic that will enliven them, give them hope, vigour and love, and help them live fulfilled lives as children of God. Therefore, feel free to close your mind to the influence of wicked people, but why do the same towards a teacher who only has your best interest at heart? **(MARCH 17, 2002)**

Initiatic Science teaches us to use everything for our own advancement, our own fulfilment. Let me give you an example. Suppose you want to improve your health, strengthen your will-power or possess wisdom and love: during the first few nights after the new moon, look at the moon, raise your right hand to it, and say: '*Just as the moon waxes and grows full in the heavens, so may my whole being be filled with vigour, love and light, so that I may become a true servant of God.*' Repeat the formula three times. If you do this exercise frequently and regularly, you will get results, because it is magic, and magic is always efficacious and powerful. And when the moon is on the wane, you can use the opposite formula: 'Just as the moon is waning and fading in the heavens, so may such and such a vice within me, fade and disappear, for the glory of God.' And here, too, you repeat the formula three times with your hand raised. **(MARCH 21, 1988)**

Every sacrifice made for a sublime idea is transformed into gold, into light. That is the secret of the alchemists, the idea for which you must work. If you work for yourself only, the effort you put into, satisfying your own desires, needs, instincts, passions and covetousness is, in fact, energy lost. The importance of the idea behind an action is not generally understood. Magic lies in an idea, a divine idea-the philosopher's stone that transforms all into gold. That is why I say: '*Work so that light may triumph throughout the world, so that all people become increasingly aware of the links of brotherhood which unite them, so that the Kingdom of God may come on earth*.' Everything that you do to advance this idea is transformed into gold-into health, beauty, light and strength. **(MARCH 22, 1998)**

Some people attempt to awaken kundalini by prolonged exercises of breathing and concentration, because they have read about how to become clairvoyant, or how to gain magical powers by developing their chakras. These exercises are unquestionably effective, but what is the end result? If you want to develop your chakras without any preliminary study or training, you expose yourselves to immense danger. It would be like giving a child a box of matches. What would the child do? It would start a fire. Well, you must know that kundalini, which has to be activated in order to awaken the chakras, is pure fire and anybody who has not worked first on purity and self-mastery risks the devastating experience of witnessing the eruption of the fire of kundalini, and subsequent total inner destruction. Whereas, if you begin by working on purity and self-mastery you also work indirectly on your chakras, which will come to life and begin functioning without risk. **(MARCH 27, 1999)**

The Bible and all the sacred writings of the other religions make reference to animal sacrifices made to God or the gods. The sacrifices were performed because the Ancients knew that the blood contained energies, which could be used as magical powers. It is said in Old Testament that the smoke from the sacrifices rose up to the nostrils of the Lord like a pleasant smell. By this is meant that the energies released by the animals' blood and used by the priests, made their invocations more powerful and more effective. And for thousands of years incense has fulfilled this same symbolic role as it slowly burns away.
But when Jesus came to earth he sought to lead human beings to a higher understanding of sacrifice. Instead of immolating poor animals, who had done no-one any harm, he taught them to immolate their inner animals, i.e. their lusts, their desires, their passions and so on, because by sacrificing these animals, human beings release within them even more precious energies, which they can use in their spiritual work. **(MARCH 29, 2002)**

Sound, speech and music have the property of affecting matter in such a way as to fashion and model it and give it form. This is the creativity of the word. But it is only in those whose word is filled with meaning and love, the Magi, that it is truly creative. Magi are beings who possess immense science, but their science is vivified by their great love and warmth. When a Magus speaks, his words are brimful of the light and warmth that emanates from him who utters them and this is why they have the power to fulfil themselves in physical reality. And our words, too, if we want their effects to be felt throughout the whole world, the whole of creation, in both the visible and invisible worlds, if we want them to set in motion men and Angels, Archangels, spirits and the elements, must be overflowing with intelligence and light, but also with love, the fullness of love. **(MARCH 31, 1988)**

What is a talisman? It is an object made up of certain materials and engrave with figures or characters, to which are attributed the occult powers of the planetary influences and celestial configurations under which it was made. This is why the magus who composes a talisman must know how physical objects can make contact with the forces of nature and the invisible beings.
It could be said that the work of a magus is identical to that of nature, which fills stones, plants, animals and even human beings with a particular essence, which can subsequently be used. The magus puts to good use the natural energies contained in all things to strengthen and ampliphy these energies. He possesses a great power, in other words, and he must therefore have a thorough knowledge of the laws and only compose talismans endowed with the best influences, which he will make serve the general good. **(APRIL 1, 2002)**

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During his last supper with his disciples Jesus took bread, blessed it and gave it to them, saying: *'Take, eat, for this is my body.'* Then he took a cup of wine, blessed it, and gave it to them, saying: *'Take this, drink it, for this is my blood. Do this in memory of me.'* The priest repeats these very same words and gestures when celebrating Communion. We cannot understand the true significance of the Mass unless we realize that the Communion is the most meaningful part of a magic ceremony, in which bread and wine represent the two eternal principles - – masculine and feminine – the foundation of all creation.
Why is it that the faithful of the Catholic Church only communicate with bread – the host, Christ's body – representing the masculine principle? Wine – the blood of Christ – representing the feminine principle, is reserved for the priests. So the faithful are nourished uniquely with the masculine principle: the feminine principle is missing. But true Communion implies the presence of the two principles, both masculine and feminine. **(April 1, 1999)**

Many so-called spiritual people are still like children, always attracted by all that will hurt and cause illness. They read a book and, excited about the idea of practising magic, they want to begin, without any idea of the dangers they could be running into. To be safeguarded from danger you need very high beings to guide you, but these beings will not undertake to be your guides unless they see that you have worked on your inner selves to become purer and stronger. They will not bother to look after the first greedy idiot that comes along, wanting to use the power of the invisible world to satisfy his selfish whims. For example, some have heard that Indian yogis learn to awaken the power of kundalini, and immediately they want to try it too, without any idea of the essential groundwork they must do first.
What will happen to them then? That force will bum them up, that is all.
So, do not be in a hurry. Begin by purifying yourself and learning self-mastery, and then, one day, every spiritual achievement will be within your reach. **(April 1, 1998)**

Do not look to complicated formulas and rituals to find magic powers. The secret of magic lies in a person's attitude. If you find the right attitude, you have the magic word that will allow you to communicate not only with other human beings, but also with animals, plants, stones and objects. And you all have to find this attitude for yourself, by yourself. The only rule I can give you is that in order to find this attitude, you must cultivate a respect of all that exists. You must stop believing that being careless and disrespectful is proof of independence and authority. No, this failing, which is so widespread in the world today, harbours the seed of all unhappiness. If human beings sought to adopt the right attitude towards one another, their problems would begin to resolve themselves. **(April 3, 2002)**

The greatness of a person, his true power, lies in the fact that he would never use that power for his own ends. If we use magic to obtain love, fame, money, or to get rid of an enemy, we are practising black magic. True magic, divine magic, is to use every faculty we possess, everything we know, to create the Kingdom of God within ourselves and within others. Very few magi manage to attain that high level where magic itself no longer holds any interest for them, where they even lose the desire to practise their magic skills merely to satisfy people's ordinary, personal ambitions with the help of the spirits, where their only ideal is to work in the light, and for the light. Those who achieve this are theurgists, beings who practise divine magic. Their work is absolutely selfless. Such people are the benefactors of humanity. **(April 5, 1998)**

When you are attending the sunrise in the morning, be sure to catch the very first ray. Whatever success, inspiration and illumination the day brings, will depend on that ray. But before it actually

reaches you, you should already have established a link with the sun and be able to feel that your higher Self is part of the sun, one of its flames. If you unite yourself to the cosmic force flowing from the sun, you will be able to draw on it at will, for your higher Self dwells in the sun; through your higher Self, you are already in the sun, basking in its light.
If you do this, and are fully conscious of what you are doing, you will be creating a magic link between that little part of yourself that lives here, on earth, and your higher Self in the sun. In order to receive the subtlest energies that flow from the sun, you have to look for them in the identification between your human self and your divine Self that dwells in the sun. Those who are linked to the sun in this way can feel that they are citizens of Heaven. **(APRIL 7, 1988)**

Every day we must work to make our lives purer and more intense, for it is this life which will work the highest form of magic on people's hearts, souls and minds, on the entities and the forces of nature, and even on physical objects. What good does it serve to come to earth and lead a mediocre life? To eat, drink, sleep, work a little to earn a living, and have a few amorous adventures from which people emerge exhausted – what is all this compared to an eternity of splendour which awaits those who endeavour to learn just one thing: how to live? If initiates are balanced, happy and at peace, it is because they have worked to purify their lives, and to render them beautiful and powerful. They have understood that true magic is found in life itself and nowhere else. Yes, to be able to live and breathe the divine life is the highest form of magic. To encourage others, to stimulate them, to reawaken and ennoble them, this is true magic, the true life. **(APRIL 10, 2004)**

Geburah is the fifth sephira on the sephirotic tree which the Cabbalists associate with the planet Mars. Geburah represents aggressive energy which protects against and repulses enemies. And because Geburah's number is 5, the pentagram - the five-pointed star - is often used by magi as a protection. They place it at the entrance of their house to prohibit evil spirits from entering, but also to prevent luminous spirits from leaving.
Obviously, placing a pentagram at the entrance of your house is not sufficient for your protection. This symbol becomes truly effective only for those who work to become a pentagram inwardly. The pentagram is, in some sense, like the skeleton of a spirit on the astral plane, which must be brought to life so it can stand guard at the entrance of your house and defend it against harmful entities. But you can do so only by your own life: a life of honesty, integrity and service to the light. **(APRIL 12, 2003)**

It was the Elohim, the Angels of the Sephirah Netzach, that created the world, and this event occurs once again, in miniature, each time an infant is conceived. In creating a child, the man and woman are under the influence of Netzach, love, and it is the Elohim that create the child's body. Even if the man and woman concerned know nothing about it, the Elohim accomplish their task. The Sephiroth are not far away from us, they are at work every day in every area of our fives. Yes, the creation of a child is a good example of this: the Elohim are present, they are called upon to do their work and, a few months later, an adorable little baby appears and throws everybody into raptures! Without realising it, human beings are constantly collaborating with magic forces, the forces of the cosmos. Can you think of any magic more powerful than that of procreation? Magic can give you the power to trigger storms and tornadoes, but that is nothing compared to the creation of a living human being! **(APRIL 13, 1988)**

When the alchemists speak of working with the sun and the moon, they are not referring of course to the two planets that we can see in the sky, but to the two symbols of the masculine

and feminine principles which are active throughout creation and within the human being itself. True alchemy is spiritual alchemy, and the two principles with which we must work are the will (the sun) and the imagination (the moon). Through the will and the imagination, a disciple is able to transmute his own matter and to become, symbolically, like the sun and the moon, or radiant and pure. It is not by chance that in astrology, Aries is the domicile of Mars (masculine principle) and Taurus is the domicile of Venus (feminine principle). For it is by working with the sun and the moon to sublimate the sexual force (Venus) and the dynamic, active energy of the will (Mars) that the alchemist obtains all the spiritual powers symbolised by Mercury, the agent of magic.

(APRIL 17, 2004)

I am not here to prevent you from becoming a clairvoyant, a healer, an astrologer, an alchemist, a magus, a cabbalist ... The purpose of my work is to help you further your knowledge and abilities as far as possible, and if you really wish to advance on the path of evolution, you should not begin with such studies. You are intrigued by a whole range of subjects that are certainly important and fascinating, but not essential. What is essential is to learn how to live. Then, but not before, you can allow yourselves to develop this or that faculty, to become a healer, clairvoyant, cabbalist, or alchemist, and so on. As long as the question of how you live has not been dealt with, whatever else you may do, you expose yourself to every danger. I know that this way of seeing things is neither pleasant nor appealing, but if you take it seriously and apply it, you will soon see good results. **(APRIL 17, 1998)**

Every gesture is magic. When you greet someone in the morning, do not therefore; greet them with an empty vessel, because unintentionally and unknowingly you are wishing emptiness, want and failure upon them for the entire day. You will say: “But that‘s of no importance, people pay no attention to such things.” If people lack awareness, is that any reason to behave like them? How they behave is up to them, but we, who are here, learning the laws of the new life, we must train ourselves to be aware in everything we do. So, when you greet your neighbours or your friends in the morning, make sure not only that you do not greet them with an empty vessel, but also fill your heart with love and then wish them a good day. If you are able to work with the positive forces of nature, everyone will appreciate you and love you. **(APRIL 21, 2002)**

When you experience peace, joy and enchantment, remember to take a few minutes of your time to send some of this rare state of mind to others. Turn your thoughts to all the men and women in the world who are in a state of anguish and despair. Speak to them in your heart, saying, ‘Dear brothers and sisters throughout the world, what I have here is so beautiful and luminous that I want to share it with you. Take some of this beauty; take some of this light.’ As you know, our inner state of mind produces waves that spread out into space, so do not keep your happiness to yourself; share it with others, but you will be enhancing your own inner happiness. This is a magical phenomenon: in order to keep your joy you must learn to share it.

(MAY 1, 2001)

You are going to visit friends and you would like to take them some flowers, but it is late, and the shops are closed. Why not concentrate for a few minutes with all your love and imagine the most beautiful and the freshest flowers for them? And you can even add a card with a few kind words. When you arrive they will feel something special, and you will see how joyfully they receive you. But do you prepare yourself to visit your parents or friends in this way? No, before going to them you brood over some grudges you hold against them and plan how you are going to settle certain scores. So, what good can come from your visit?

You must never pay a visit without remembering to bring gifts. Even if you are not an artist and cannot paint pictures, even if you are neither a singer nor a musician and cannot sing or play, inwardly you can always do something. Inwardly, you can do everything: sing, play, and bring the finest gifts. This is true magic. **(MAY 3, 2003)**

Now that occult sciences are becoming more widespread, more and more people become interested in black magic, and as a result they begin imagining black magic all around them. When anything a little difficult or painful happens, they conclude they are being subjected to black magic. But who do they think they are? Do they imagine themselves so powerful or so dreadful that the whole world needs to join forces against them? The reality is that they are weak and ignorant. They are in the habit of frequenting the astral plane and indulging sensations and emotions to such an extent that, instead of recognizing that they themselves are responsible for their sufferings, they put the blame on others. Some people have never even thought about black magic, and laugh at the idea, because they do not believe it exists. Of course, they are wrong to ignore its existence, but at least they do not blame others in the face of misfortune. These are dynamic people who, instead of trembling with fear when they are faced with difficulties, react energetically and fearlessly. **(MAY 5, 1999)**

Even in such a small quantity, the glass of water before you represents all the water on earth. Symbolically, magically, one drop of water alone is in fact sufficient to link you to all rivers and to every ocean, provided you know how to speak to it. You must greet it so that it becomes even more alive and vibrant; tell it how much you admire it, how beautiful you find it, and that you wish to share in its purity and transparency. Then, touch this water: dip your fingers into it, and at the same time imagine you are making contact with its etheric body, that you are absorbing its vibrations and are imbued with them. If you do this exercise with reverence, you will feel your body vibrate in harmony with the whole of nature; you will become lighter and purer, and even your mind will function better. **(MAY 10, 2004)**

Each of the seven colours of the prism corresponds to a virtue: violet to sacrifice, indigo to strength, blue to truth, green to hope, yellow to wisdom, orange to holiness, and red to love. But it is almost useless to work to obtain spiritual powers with light and colours, unless we also work on the corresponding inner virtues. Similarly, all those who imagine that they are going to become great sages merely by performing rituals or evoking spirits, without improving their inner life in any way, are greatly mistaken. Higher beings are not deluded by such attempts. These people have merely succeeded in summoning lower beings – elementals and monsters – from the depths. If you want to attract angels and archangels, you can do so only by acquiring virtues, because the highest entities only frequent those who manifest true light: the light of purity, love, wisdom and truth. **(MAY 10, 1999)**

You will never achieve great transformations in your psychic life as long as you have not understood the magical secret of the law of affinity. Each sentiment you experience has a particular nature and, by virtue of the law of affinity, it will stimulate forces in space of the same nature, which will make their way to you. If your sentiment is negative, you will attract negative influences; if it is positive, you will attract blessings. You can thus draw everything you desire from the great reservoirs of the universe, but only if you emanate feelings and project thoughts that are of the same nature as those you wish to attract. These thoughts and feelings determine absolutely the quality of the elements and forces which will be awakened somewhere far off in

space, and sooner or later they will arrive at your door. The law of affinity is the greatest key to spiritual achievement. **(MAY 14, 2004)**

An ever-increasing number of books on magic are being published these days, and what do they generally contain? Methods that allow people to fulfil their wishes and desires. What these books fail to explain, however, is what will happen afterwards, if these wishes are to self-centered and selfish, if they go against the divine order. All these books say is: 'Do this ... do that ...' and so, people do as they are told and in doing so get bogged down in all the quagmires of the astral plane.
The methods taught in these books on magic are only beneficial if what you desire is good not solely for yourself but also for the entire world. Be aware that all wishes and desires end up being realized, and this is where the danger lies. Why? Because very often, people are carried away by the intensity of their passions and do not foresee the complications that will ensue. If you have not studied the relationship that exists between your desires and the law of life and have not asked yourself what will happen when they are realized, you are up for some major disillusionment. **(MAY 14, 2002)**

Magic always implies an influence, the action of one thing upon another. If an object or a being does something that benefits the world around it, we say that this is white magic; and if that same object or being causes problems, disorganization or destruction, we say that it is black magic.
So it is clear that everything is magic, whether it is gestures, words, looks, sounds, colours or geometric forms. To the extent that they can influence beings – attracting or repelling, healing or causing illness – animals, plants and stones also exert a magic influence. The sun, the stars, mountains and lakes all act on us and influence us; and we, too, influence them to a certain extent. Everything in the universe is magic.
You need to understand this and begin to think, feel and act in a constructive, harmonious manner, because in doing so, you can become a white magician. **(MAY 17, 1998)**

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

Many people question whether the custom of giving a blessing, which is still an important part of religious ceremonial, has any effect. It all depends on the person giving the blessing and the person receiving it. The verb 'to bless' means to confer well-being upon something or someone.
Thus a true blessing is an act of white magic. But in order to accomplish this white magic, the person giving the blessing must be pure, without self-interest, and master of himself and the person receiving the blessing must be in a receptive state, wishing to improve and to work for the good.
Of course, the blessing will be ineffective if these necessary conditions are not fulfilled. However, whatever the conditions, it is a good thing to continue the custom of giving a blessing,

in the hope that people will one day become aware of its significance. When they do so, then the words and gestures of a blessing will be genuinely effective. **(MAY 20, 1998)**

Cling to this idea that you can find God only within yourself. Look for Him, think of Him, love Him, because in this way you will receive extremely potent energies that will enable you to advance steadily on all of life's paths. Christians sing the psalm: 'The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside still waters.' Yes, but they repeat the words mechanically, unconsciously, not realizing that they are magic. This shepherd is within them, and because he is within them, he extends his power and his protection to the immense flock of their cells, to which he gives food and drink. Nothing is more important than the consciousness of the presence of God within. Thanks to this presence, to the idea of this presence, everything becomes ordered, serene, attuned, balanced and harmonious.
(MAY 25, 2003)

From the moment you have a thought, it is as if you had already spoken. This inner form of speech is real, powerful and magical and is referred to as the Word. The Word is the thought that has not yet been translated into speech in the physical plane, but it already expressed in shapes, colors and sounds. When you speak inwardly with all your soul and all your heart, the plants, animals, birds and insects understand your language and the planets, stars, angels and archangels also understand you. The creatures of the invisible world do not use the words of a language to talk to each other; they use the colors, shapes and melodies emanating from them and every one of them is able to interpret this language straight away. One day human beings will communicate with each other only with their emanations and they will understand each other because the Word is the universal language. **(MAY 26, 2002)**

A magus is a medium who provides the raw material the entities of the invisible world need to make contact with the physical plane, and act on it. These invisible entities are attracted by the fluidic emanations released by his concentration and activities, because they need them to adopt physical shape, and be active in the material world. But the mere presence of a criminally motivated being releases putrid fumes, attracting swarms of dark spirits who hurl themselves on these stinking emanations, so necessary of their evil purpose. It is not the person himself who acts harmfully; he merely furnishes other entities with the means and materials for their evil work. Conversely, the presence of a white magus provides luminous spirits with everything necessary to proliferate blessings far and wide. Do you wish to work for the light, and do good? Then, already, you are releasing a substance of great purity, and heavenly entities are gathering it up exactly like bees gathering nectar from flowers to make honey. **(MAY 31, 1999)**

Fill a glass half-way with water and show it to two different people: one will say that it is half full and the other that it is half empty. Objectively this comes to the same thing, but a psychologist sees in it a sign of two different mentalities. When you dwell on fullness you feel fulfilled. When you dwell on emptiness you mutilate yourself. This is a law of magic. When a sick person thinks of nothing but his illness his state worsens, because negative thoughts are corrosive. Let him think about health and he will get better.
Many things are lacking to you of course, but if you dwell on your wants and needs you will only accentuate this aspect of your life and feel even more deprived! Whereas if you dwell on the thought that you are a child of God many aspects of your life will begin to improve. In any case it is not material advantages that human beings need so much as a divine, luminous philosophy capable of liberating them from their weaknesses. **(JUNE 6, 1995)**

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Every activity, however insignificant it may seem – a movement, a feeling, a thought, a word – always produces a result. This is why magic is the most important science. Every time a movement, an influence, an imprint is produced; we enter the realm of magic. Each time a being acts on someone else, or on an object, one can say an act of magic has taken place. And yet people look, speak, think, have desires and feelings, and make gestures without realizing that all the forces they set in motion are magical forces. And often, in their ignorance, they activate negative forces which then turn on them, seizing hold of them and biting them, and they have no idea what is happening. It is important, then, that you learn to work on your thoughts, your feelings, your words, your gestures and your look, so that the forces unleashed by each of these activities produces only beneficial effects – beneficial for you, but also for other creatures the world over. **(June 8, 2000)**

Thought is an extraordinary means of action, because thought, which enables us to understand, also enables us to act. Thought is far more than simply a faculty for the purpose of knowledge; it is a magic wand, the instrument of omnipotence. Of course you can only exercise the power of thought once you have freed yourself from all the ordinary, mediocre preoccupations that may hamper it. Once you have reached the point where you have your thought well under your control, you can direct it where you want so that is may do its work of sorting out, organizing and harmonizing the particles and currents within you and in the entire world. You give the orders, you concentrate on an idea, on an image, on a project and your thought sets on to work, looking for the materials and organizing them. **(June 10, 2002)**

In itself, every object is neutral. But whatever the object, man has the power to influence it by means of thought in order to make it work for good or for evil, and this is called magic. A magus is someone who is able to infuse objects with properties and powers they did not already have. A white magus extracts elements from his own quintessence and introduces them into certain objects, thus transforming them into talismans, which are bearers of every blessing. As for black magic, it is best not to talk about it.
As for you, you must concern yourself with magic only as a means of doing a useful work every day using your thoughts. Everywhere you go, strive through your thoughts to introduce particles of light that you have wrested from you heart and soul into every object you touch. In doing so, you will create sacred spaces in the invisible world which will influences all creatures in a beneficial way. **(June 15, 2003)**

In the initiatic sense of the word, writing is an act of will and renouncement. To write is first of all to succumb to something within oneself and then to bring it out in order to make it known. To write is to leave a mark, and some philosophers and artists have left beautiful marks which have been the subject of thousands of years of study. But above and beyond the philosophers and the artists are the great initiates, who are the true creators, because they work with divine magic. A true magus is someone who is able to write just a few words in space, letters of fire which become inscribed everywhere in the minds and hearts of human beings. **(June 25, 2000)**

When you love someone, you project your thoughts and desires on to your beloved and try to enter his, or her, heart and mind. In this way, according to the quality and strength of your love, you can either project devastation within your loved one, or you can bring the Kingdom of God to live in his, or her, soul. Now you see why it is said that love is the father of magic. If people find this a scandalous claim, they need only to observe themselves to realize that, when they are in love, they unconsciously work magic. They concentrate their whole attention, all the time, on

trying to attract the object of their love, on choosing conditions and situations favourable for seduction, even ensnarement. Is this not magic? You see how clear it is that human beings learn the art of magic from love. **(JUNE 27, 1998)**

To describe someone as 'well-balanced' is to acknowledge that they have one of the most precious qualities, and one of the most difficult to acquire, because it is the result of two contradictory movements. Some people seem to feel good and find life so effortless, judging by the way they occupy themselves with talking, walking, and going about their daily lives. We could say these people are well-balanced, but in fact they are not: they are stagnating. Day after day they are always the same, as if an inner spring had lost its tension. They always wear the same impassive expression, go through the same stereotyped motions, and they repeat the same phrases, day after day. They cannot evolve in this way.
We need a certain amount of imbalance to progress, but only provided we keep a close watch on ourselves and know how to correct the scales when they become too lopsided. Knowing how to keep different forces in balance gives us a magical power over ourselves and over nature, but we must watch carefully to maintain a certain amount of movement to and fro. If ever the scales stop in perfect balance, all movement stops and death sets in. Indeed, death is perfect balance.
Therefore, we must always be making adjustments. The true quality of 'good balance' is the most difficult state of all to attain. **(JUNE 29, 1999)**

Many people refuse to admit that they can resolve their problems with the very simple methods given to them by sages, because they feel that these methods are too simple. They demand cabbalistic formulas and displays of magic tricks. If, in order to free them from their troubles, a sage, an initiate, tells them: 'Close your eyes, calm yourself, breathe, send your love to the whole of humanity, to the whole of nature, bring yourself in harmony with the universe,' they do not listen. Instead of using these methods, and thus discovering their true value, they will go and seek out bogus magi to ask for a talisman or for revelations of the secrets of the ancient Tibetans or Aztecs. And then they find that the talisman or the secrets are totally ineffective. In order to achieve major results and acquire great spiritual riches you must have deep respect for methods and rules which may appear insignificant but which are, in fact, highly effective, because they are based on an extensive knowledge of human nature. **(JULY 9, 1999)**

The most potent magic is not be found in wands, talismans, rites or incantations. The most potent magic is in the human heart. If the heart does not intervene to lend intensity to your words and gestures they will be ineffectual. On the other hand, if your heart is full of love Heaven will hear and answer your prayer even though you recite no formula and make no gesture. Forget about talismans and magic formulas – which will never do much good anyway – and pray with all your heart and you will get what you want. **(JULY 13, 1995)**

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

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

Snakes travel in a sinusoidal movement. Light also travels a sinusoidal course. This is why initiates use the image of a snake to illustrate what is this magical agent, this universal medium through which waves propagate through space and which they call astral light. This agent is itself neutral. It merely performs the function of transmitting, and transmits good as well as evil. The astral serpent thus has a double nature, both luminous and dark, and it is in order to express this double nature that initiates have twined two serpents around the caduceus. They represent the positive and negative current of astral light. The first is luminous and warm, the second is dark and cold; one is white, the other is black.
There are two aspects to the serpent, but the serpent is unique. We must conquer its bad aspects, and once we have conquered these, the serpent begins to serve us by giving us its energies. But first we must master the serpent. **(JULY 14, 2000)**

The spirits of nature like being given work, but they never concern themselves about the objective of this work, be it good or evil, beneficial or detrimental. Whoever it may be who gives them the work, they do it: they are in total submission to this superior will that has succeeded in dominating them. That is why so many magicians and sorcerers use them for abhorrent purposes. The spirits of nature obey, because that is how they are: they have no moral conscience; they do everything, whether good or evil, in the same way. Knowing this, it is up to human beings to be vigilant and to learn to use these nature spirits only for divine work.
Ask this multitude of spirits, who are busily active in contributing to the life of nature, to give their assistance to all those who work for love, light and peace, for the coming of the Kingdom of God on earth. **(JULY 17, 1999)**

There was once an old woman who always put some money aside in case she should be robbed. A thief obviously did come one day and the woman said: 'Ah, there you are, I've been waiting for you. I have put something aside for you.' The thief was totally amazed, but left very happy. The woman did not realize that by putting money aside she actually attracted the thief. Perhaps not many people are like this woman, but there are many who put money aside 'for a rainy day'. Well, in doing so they attract the 'rainy days'. It is magic, truly, it is unconscious black magic. You should never save up for a rainy day because, by doing so, you attract them. Save for a 'sunny day' so that when your princess finally comes you will be able to say: 'I have some money to marry her.' Obviously the princess is symbolic: this princess is in fact all the happy events that occur in life. **(JULY 21, 1999)**

Faith can help in healing, but it does not accomplish miracles, at least not in the way most believers imagine. If Jesus healed the sick, it was because his spiritual elevation allowed him to project himself to the causal plane – the higher mental plane – where he activated a force that was able to counter sickness. Thus, when certain people, claiming that faith heals, set out to cure the sick with magic formulas, prayers, hypnotism or the laying on of hands, they can in fact achieve limited results if the illness is not serious, but no more. Whatever their faith or that of the sick person, it is rare that faith is enough. In order to heal as Jesus did, we must not only possess the power of the spirit, but we must have practised for a long time working with thought

which is an instrument of the spirit. But how many are capable of this? Here again, it is not enough to believe in the power of thought; we must possess it and have mastery over it, which is very difficult. **(JULY 24, 2004)**

It is said that some magicians and sorcerers are able to bring the dead back to life. These are in fact not truly resurrections: these sorcerers use certain methods they know to call up terrestrial or subterranean entities, which they introduce into the corpse in order to bring it to life. It is not the spirit of the deceased that returns, but other entities, which the sorcerers manage to make enter the body through all kinds of conjurations and which stay there for a time. All those who are said to have been brought back to life were in fact not dead, even if they were thought to be so, because their heart stopped. Death does not occur when the heart stops beating, but when the heart is no longer warm. To stop breathing does not mean that death automatically follows. So long as the heart is warm, a person can be brought back to life with vigorous massage and other methods of care, or even with the method of divine magic. But as soon as the heart is no longer warm and the silver cord tying the physical body to the etheric body and the astral body is cut, nothing can be done to bring back life. **(JULY 29, 2000)**

Does God really love us? Even the faithful often ask themselves this question. And they will receive a reply only when they themselves begin to love God. God does not need our love, but we need to love Him. If the great masters of all religions have taught human beings to love God, it is because they knew of a magical law which corresponds in the spiritual realm to that which we see every day in the physical realm. For example, you throw a ball against a wall: the wall sends it back to you. In the mountains, you call out words to a rock face: their echo will return to you. In the same way, when you send your love to God, it comes back to you amplified from every point in the universe, because God is present throughout the universe. God does not need us, but we need Him, and it is only with our love that we can attract His love in return.
(AUGUST 1, 2003)

In order to keep the sacred inner fire alight, you must feed it pieces of your lower nature every day. Yes, because it is the lower nature, the personality that is predestined to feed the fire of the spirit. Stop questioning the use of your lower nature and wondering how you can rid yourself of it: without it, not only would survival on earth be impossible, but you would have nothing with which to feed your spirit.
Know that a magical law exists; according to which results on the divine plane can only be obtained if you sacrifice something of your personality. And if you go and find an initiate, a magus, or a great master to ask him to cure you, a member of your family, or a friend, or ensure the success of some enterprise, or another such request, he will tell you that the only possible way to do so is to renounce certain weaknesses and harmful habits. When you abstain from indulging in mediocre pleasures, energy is released, which feeds your ability to realize all the good you desire, both for yourselves and for others. **(AUGUST 2, 1999)**

Only those who possess the necessary qualities and virtues to sustain their work can obtain results in the spiritual realm. You wish to wear a talisman, for example, because you think that it will protect you and keep you on the path of light. So you go to a shop and buy a pentagram, because you have read that this symbol possesses protective properties. Well, you will have to think again: a talisman is of no use if you do not impregnate it with pure and harmonious vibrations by means of your inner work. And even if a great magus has prepared it for you, this talisman can only continue to be effective and powerful if you continue to animate it and nourish

it with your thoughts, your feelings and the emanations of a life that is pure. Otherwise, it gradually loses its force and dies. The power of a talisman depends on the qualities of the person who wears it. **(AUGUST 4, 2004)**

Through thought and prayer, link yourself with the divine spring. Human beings, microcosms, are created in the image of God, the macrocosm; so this divine life also exists within them, just waiting to gush forth when conditions are favourable. We release the waters of our own spring by linking ourselves with the divine source, and when we do so, all our cells are refreshed and given life from the divine water that flows through them.
Thanks to this spring of love and life, the living water, we become a perfect instrument in the hands of Heaven. This is how we can achieve the ideal given by the master Peter Deunov in the magic formula: '*Have a heart as pure as crystal, an intellect luminous as the sun, a soul as vast as the universe and a spirit as powerful as God and united with God.*' **(AUGUST 4, 1998)**

A person who is guilty of wrongdoing will sooner or later fall victim to the disorder he has created within himself. He may believe himself to be very powerful and able to do whatever he likes with peace of mind. But his evil actions are inscribed in his conscience, and sooner or later they will come to assail him, and his peace will be destroyed. Even a magus, who commands the whole of nature and is obeyed by the spirits, cannot escape this law, because there is no power in existence capable of appeasing a man tormented by the feeling of guilt. You must therefore count only upon your upright and honest actions. As soon as you transgress a law, you lose your powers, and they are restored to you only if you are able to rectify your faults. True magi distinguish themselves from ordinary human beings in that they are quick to redress their mistakes. It is in this that their power lies: in their ability to redress. If you fail to correct your errors, your power is insufficient to appease your conscience, but by correcting them, you act indirectly on your conscience and are once again at peace. **(AUGUST 5, 2003)**

Whatever the mental and material conditions in which you find yourself, never let yourself be weakened by the thought that evil, in all forms, could easily befall you. If you always feel weak and vulnerable and without protection, then, yes, you really are exposed. Work with thought to unite with celestial entities and with light; lead an honest and pure life and you will be protected. Admittedly, there will be people who will try to harm you with black magic, but it will all fall back on to them, because of the boomerang effect of the law of return shock. Evil cannot enter a person who is occupied by the Lord and taken over by angels: in such a person, evil is immediately rejected and returns to the person who sent it in the first place. Cling on to that idea and already you will be out of harm's way. **(AUGUST 6, 1999)**

Although we use water every day, we are unaware that, by its nature and its properties, it is an expression in the physical realm of the universal Soul. And if we receive its messages only rarely, it is because our psychic channels are still blocked. But those who have carried out a great work of purification are able to raise high into this region of celestial water and receive marvellous images in their souls.
Learn, therefore, to love water, and to work with it. Fill a cup with pure water, and then, while concentrating on it, evoke the most poetic and luminous images. It is possible that these images will actually appear before you, because water is the true magic mirror. But what is essential is to feel these images present within you, because it is with their luminous, etheric substance that your soul is nourished. **(AUGUST 11, 2003)**

When a magus, an initiate wants to consecrate an object he begins by purifying it and exorcising it, because the object has already been affected by the persons who touched it and by events occurring nearby which have covered it with deposits of opaque and impure fluids. These layers prevent magic thought from impregnating the object, because they form a kind of barrier, a screen which obstructs. When the object has been exorcised with formulas and incense fumes, the initiate dedicates it to a specific entity, a specific power, principle or virtue. And then the object is reserved; as if a 'No Entry to Evil Forces' sign had been erected. It is impregnated with light and only celestial forces are able to set up home within it in order to make use of it.

(AUGUST 12, 2000)

A spiritual master, no matter how great and powerful he may be, cannot exempt his disciples from the obligation to make their own efforts. He provides them with methods, but it is up to them to do the work. He will not do it for them. Even if he wanted to, he would refuse, because this would do nothing for his disciples. A master opens doors, but it is the disciples who must enter; he will not force them. And when he sees that they are evolving, he opens new doors for them.

Each time he notices that they have progressed, he reveals a higher level to them, but it is they who must surmount this challenge. Therefore, do not imagine that you can find a master who, by placing his hand on you or pronouncing a few magic formulas, will enlighten you. Enlightenment will never be anything but the fruit of your own work. **(AUGUST 15, 2003)**

Now that occult sciences are becoming fashionable, more and more people want to have a talisman. But why? In order to be sustained in a luminous, disinterested work, or to obtain material success without having to make any effort? Unfortunately, more often than not, greed and laziness are behind this desire to possess a talisman. Why bother to study, reflect, meditate, pray, or be vigilant? The talisman is there; it will do the work. In the meantime its owner will stroll about and sample every pleasure, profiting from all that the talisman procures for him. Well, a talisman must not be used in this way. That is why a true magus does not satisfy every request: he studies people and agrees to prepare a talisman only for those he feels will put it to good use, both for themselves and for others. **(AUGUST 21, 2003)**

Get into the habit of talking to the flowers, the birds, the trees, the animals and people with love, because it is a divine habit. People, who can say words that warm, inspire and light up the sacred fire, use the magic wand in their mouths.

Always be attentive to your thoughts and words, because in nature one of the four elements – earth, water, air or fire – is always there, waiting for the opportunity to create matter from everything you think and say. This is an infallible law, although it often has consequences far removed from the person who first gave nature the seeds. Just as the wind sweeps up seeds and sows them far away, so your thoughts and words fly away and end up somewhere in space producing results, either good or bad. **(AUGUST 21, 1999)**

Human beings are the only living beings who have the power of speech. This power of speech has caused cultures and civilizations to flower and has given human beings the possibility of omnipotence. True magic, divine magic, is speech that is luminous, harmonious and musical: the expression issuing from God, Christ, the Word. On the Sephirotic Tree, the Word is the second Sephirah, Chokmah, the Wisdom that comes from Kether. In this Sephirah are contained all the elements – the letters and numbers – that God used to create the universe. Christ is the Word of God, the universal key that opens all the doors of life. Those of you who work on

speech in order to make it more powerful, alive and harmonious already possess this key. Thanks to it, you can work wonders: first of all on yourself, then on others and then on all nature. Such is the extraordinary destiny that awaits human beings: the power to influence matter by means of the Word. **(AUGUST 23, 1998)**

In the Book of Genesis it says that God created man in His image. How many human beings are aware of being bearers of God's image? Most of them have left an accumulation of so many layers of impurities upon this image that the features have almost disappeared. The day man manages to bring it to light again within him, the spirits of nature will enter his service. When he has to make a request, they will be happy to grant it because they will see this image – the only one they respect.

If they do not see within you this image, not only do these entities oppose you but they can also annihilate you. This is how black magicians who wanted to command the spirits of nature became their victims: the spirits took revenge and tore them apart because they dislike obeying people who have no love, purity or light and who try to impose themselves upon them with the sole energy of magical conjurations. They have respect for only one power: the light that the initiate projects when he has succeeded in making God's true image come to light within himself. **(AUGUST 26, 2001)**

Life carries on all around, and yet many of you still do not observe and draw conclusions that could help you resolve your problems and alleviate your suffering. Look at a child: who taught it the power of words? When it feels it is in danger, it cries out, 'Mummy!' How did it learn to use this magic word? If it had not cried, his mother would not have known that it was in danger. But she heard it, and rushed to its rescue. So, when you are faced with difficulties and dangers, why do you not cry out to Heaven? **(AUGUST 28, 1998)**

Our hands are like antennae that can pick up and also projects currents of energy. Some people will say, 'But it's awful, that's magic!' Yes, it is true, it is magic; everything we do is magic. Magi are those who know how to use their hands to receive or project forces, hold them back or direct them, increase or decrease them. There is nothing to fear or get upset about, since it is the Creator who endowed our hands with such powers. All we must do is study and learn to become a white magus who works only with the forces of light.

If you knew how to observe, you would recognize in some everyday gestures a trace of this ancient knowledge concerning our hands and their power. What do people do everywhere in the world when they meet each other or part? They wave their hands or shake hands. The hand is thus used as a means of transmission and reception between human beings. That is why you must be especially careful with what you give with your hands. **(AUGUST 31, 2001)**

Food is of prime concern to people all over the world. Food is the problem that everyone seeks to resolve first and foremost: they work and even fight for it. This attitude towards food, however, is still only an impulse, an instinctive tendency that has not yet entered the sphere of enlightened consciousness. Only initiatic science teaches us that food, which is prepared with inexpressible wisdom in divine laboratories, contains magical elements capable of maintaining and restoring health, both physical, mental, emotional and spiritual health. But for this, we must examine the conditions in which these elements may be harnessed, and we must know that thought is the most effective of all means. Yes, indeed, because thought is capable of drawing out subtle, luminous particles from the food, particles which help build our whole being. In this way, little by little, we change.

Book 32: Magic in Everyday Life

When you come to understand nourishment it will become a source of goodness and wonder to you, because far beyond simply eating to stay alive, nourishment will begin to take on another significance, paving the way to other knowledge, other work to be done, other aims to be achieved. On the surface you will look as if you are eating like everyone else, and the entire world will be eating like you, but in reality there will be an immense difference, as great as between earth and Heaven. **(September 3, 1999)**

Insofar as working magic means exerting and influence, we can say that in life everything is magic. Yes, talking, looking, gesturing, walking, eating, loving ... are magical acts. But unfortunately when the word "magic" is pronounced, most people are horrified. They do not realize that, in fact, they are constantly practicing magic, consciously or unconsciously.
For example, when you look at someone in a certain way or kiss him, you trigger tremendous magical energies; you play with these energies without being aware that you can even light a great fire. It is as if you were playing with small matches, throwing them left and right, and suddenly there is a fire. That is how many people who do not like to hear about magic spend most of their time playing at 'the sorcerer's apprentice'. **(September 7, 2001)**

A magus is a creator who first and foremost has a specific science. But this science must also be supported an vivified by love. Then all the words he speaks are truly magical words, because they are filled with the light and love that make them so powerful they are able to control matter. Words cannot realize, only if they are filled with love and light can they act on matter and shape it. And it is given to each of God's creations – of which you are one – to possess these magical words one day. If you too work with light and with love, your words will affect all of creation, in the visible and in the invisible world, and they will not only motivate people, but also the spirits of the four elements, the angels, the archangels, and the divinities. **(September 9, 2000)**

You must never simply accept evil conditions without trying to find an inner antidote. Even if you cannot do much to improve things, the work of your thought will be like a tiny seed that begins to bear fruit. Perhaps the cold and darkness that you have to endure will be reduced by only one percent... but that is always something! You say a few words, you pray, you focus on an image of light and it is as though you had called for help.
The trouble is that you don't observe the life that exists all round you so as to learn from it. Look at a child: who tells it that a word has power? When it senses danger it screams, 'Mummy!' How did it learn to use that magic word? If a child did not call for help its mother would not know that it was in danger, but as soon as she hears it she rushes to its rescue. Why don't human beings call for help from Heaven when they are in difficulty or danger? **(September 10, 1988)**

The serpent is traditionally portrayed in two opposing ways: good and evil. In Genesis, Moses says that the serpent is 'the slyest of all beasts in the field'. It was the serpent who, as God's adversary, pushed Adam and Eve to disobey His orders. In is written that on the order of God, Moses had a serpent made out of bronze, and that whoever looked at this serpent would be healed. And when Jesus sends out his disciples he tells them: 'Be wary as serpents, innocent as doves.' He thus portrays the serpent as a symbol of wisdom. In India, too, sages are called 'nagui': serpents. What is the explanation for this apparent contradiction?
Since it was the serpent who pushed Adam and Eve to taste the fruit of the Tree of Knowledge of Good and Evil, we look upon it as a symbol of knowledge. Knowledge, however, is neutral. Whether it is good or evil depends on the way we use knowledge. The most educated people may be the greatest benefactors or the worst criminals. Knowledge empowers. Those who use it

for evil purposes are united with the serpent of darkness: they are black magi. And those who use their knowledge for good purposes are united with the serpent of light: they are white magi.
(SEPTEMBER 15, 1999)

It is time for people to understand the true role of an initatic school. Too many still imagine that they can go there to acquire gifts of clairvoyance, magic powers and all sorts of supernatural faculties that will help them satisfy their desires and ambitions. It is not like that.
The true role of an initiatic school is to train people for the constant work of creating the Kingdom of God on earth: brotherhood amongst all people. You do not need to be a magus or a clairvoyant, or possess exceptional powers in order to embark on this work; all that is necessary is to become wiser, purer and more disinterested, and to attain greater mastery over yourself.
(SEPTEMBER 15, 1998)

Whatever your activity, learn to disseminate beneficial influences by means of your hands, which are among the best instruments for transmitting them. When you caress the head of someone you love, instead of seeking egotistical pleasure, concentrate on your hands and say: 'May God bless you. May light reign in this head, and may all the angels come and make their home here.' At this moment, your love will no longer be sensual; it will be transformed into a beneficial energy and will also bring you an extraordinary sensation of joy and dilation. And when you touch the head of your child, or its small arms and legs, bless him as well, so that the angels come and help him to become a magnificent being. Learn to bless everything you touch: objects, food, and other beings. This is true white magic. **(SEPTEMBER 21, 2003)**

When you feel an emotion or a sentiment – fear, anguish, love or joy – the feeling is not in your brain or your physical heart, it is in your solar plexus. When the inititates situate what we think of as the heart in the solar plexus, therefore, they are speaking from a true knowledge of anatomy and physiology. And the same is true when they speak of the 'understanding of the heart.' Our brain, the intelligence of the brain, has no sense of how our body functions or of the chemical, physical and magical processes of respiration, circulation, nutrition, elimination, and so on. These things are so important and so complex that only the solar plexus can know them fully. They are dependent on the solar plexus because, like the sun, the solar plexus represents the heart of the universe. **(SEPTEMBER 21, 1995)**

A disciple does not consider his master to be an exclusively separate being. The master exists also inside his disciple, in his heart, soul and spirit, to the extent that he has been genuinely accepted. The more a disciple frees himself from his personal, mistaken ideas, the greater the possibility he creates for his master to come and live within him, to make a dwelling of his inner temple, purifying and bringing light into it. If we understand the magic power of this process, we can understand the mysteries of creation. It is said that God created man in his image, but man also creates God within himself. The closer we draw to God, the more we become a faithful image of him. That interior image then acts like a receptor, a condenser of divine forces. That is true magic! **(SEPTEMBER 22, 1998)**

From the earliest Antiquity Initiates have known the power of the spoken word. In fact, this is why blessings still have such a prominent place in religious rites. The word 'bless' means to say good things, to say something which bestows good; a true blessing, therefore, is an act of white magic. In order to perform this act of white magic, a man must be disinterested, pure and fully in control of himself. As for him who receives a blessing, he must, at the very least, be receptive

and anxious to improve himself and to work for good. If these conditions are not filled, of course, the blessing will remain without effect. But it is still a good thing to preserve rites of blessing in the hope that, one day, human beings will realize what they mean and they will become effective. **(SEPTEMBER 26, 1987)**

Why should we endeavor to do God's will? Because it is a magical act. As soon as we put ourselves in the service of God our being is occupied, reserved and closed off to all other influences. And then all the contrary forces that seek to seduce us so they can use us are not able to do so, because we are busy, we are committed elsewhere. Those who do not seek to do God's will believe themselves to be free. But they are mistaken. Since they are open, exposed to everything, the will of a mass of other entities, both visible and invisible – of elementals, of larvae and even human beings – begins to infiltrate them so that these entities can use them. If you are not occupied by the Lord, you can be sure that others will occupy you, and you will then be in the service of all the most perverse and most anarchic forces. **(SEPTEMBER 27, 2000)**

There are books in which you can find various methods for obtaining the gift of clairvoyance: Gazing into a crystal ball or a magic mirror, working with plants, having yourself hypnotized, etc. All these methods are certainly effective, but I cannot emphasize enough that they are dangerous for you unless you have previously worked on purity.
Jesus said, '*Happy are the pure in heart for they will see God*.' You can become clairvoyant without first working to obtain purity, but what you see will not be the divine world. You will see everything that is better not to see: Pending catastrophes, crimes being hatched in secret, calamities, obscure and evil entities circulating amongst human beings. In other words, we can see very little beyond the level of evolution that we ourselves have reached. That is why the best way to obtain true clairvoyance, to view the divine world, is to develop within ourselves love and purity. **(SEPTEMBER 30, 1998)**

A man or a woman cannot create a child on their own, but by means of the spoken word they are each creators, quite separate from each other, because their mouths contain both principles – the masculine and the feminine – in the form of the tongue and the two lips. The Gospels illustrate this. It is thanks to the omnipotence of words that Jesus performs miracles. He says to the paralytic: '*Stand up, take your bed and go to your home*.' When Jesus raises Lazarus to life, he goes to the tomb and he cries with a loud voice: '*Lazarus, come out!*' When he raises the daughter of Jairus to life, he takes her by the hand and calls out: '*Child get up*!' When he heals those possessed with demons, he commands: '*Come out of the man, you unclean spirit*!' When he cleanses a leper, he says: '*I do choose. Be made clean!*' When he calms down the storm, he says to the sea: '*Peace! Be still!*'
Looking at the way our body is built teaches us about the two principles, the masculine and the feminine. It teaches us that only below, on the physical plane are the two principles separate, since physically a human being can only be either a man or a woman. But up above, on the divine plane, the two principles are united as they are united in the mouth and this is why above human beings are creators, they are free and they live in fulfillment. **(OCTOBER 5, 2000)**

Instead of continually criticizing others for their imperfections you would do better to concentrate on perfecting yourself. When your friends and relations see that you are changing they will be obliged to change themselves as well, for your efforts to improve yourself are contagious and magical. When others sense what you are doing they will feel impelled to do the same. It is not so easy to change human beings. Do you really believe that you are going to succeed when

even God has not succeeded? No, you would do far better to stop trying to change others and concentrate on changing yourself. Once others sense that you are wiser, stronger, more generous and fraternal, they too will begin to change. Why spend your time bemoaning the imperfections of mankind? Forget about them and think about yourself. In this way you will have less to worry and fret about, and by seeking your own perfection you will be accelerating your evolution. **(OCTOBER 7, 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)**

Why is it important to hold beauty, light, purity, power, and love as your high ideal? Because this ideal has a magical result: an entire network of energies is woven between you and this ideal. This ideal activates hidden forces within us; it awakens them and attracts them to itself. A kind of polarity is produced between ourselves and our ideal which gives us not only a means of comparison, a yardstick, and a model, but also serves as a magical element which activates the forces of our consciousness and superconciousness. An ideal influences the mental body so that it learns to discern and recognise what is perfect; an ideal awakens warmth and love in the heart; and through an ideal the will is stimulated and energised. Thus, our high ideal attunes our entire being to God Himself. **(OCTOBER 14, 2003)**

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)

Nothing you can do will ever force someone to love you. Money, gifts, violence, sorcery and magic are all equally powerless. The spirit and the soul are the son and the daughter of God; they cannot be coerced by anyone or anything. And even if you succeeded in bewitching a man or woman it would not mean that you had won their soul. Your spells will simply have enticed other creatures to enter them and love you through them. And let me warn you: these creatures are not luminous entities (entities of light refuse to lend themselves to such practices), but larvae and elementals who will love you, perhaps, but who will suck you dry and leave you empty and exhausted. You will end by paying a very high price for the little bit of love you gain in this way.
There is only one harmless way of getting someone to love you and that is never to think evil of him, to send him only thoughts of light and purity. Suppose the one you love is hard-hearted and

vicious: if you are really attached to him you must be patient and forbearing and continue to help him. Sooner or later his soul will be touched and he will return your love. **(OCTOBER 19, 1995)**

You are distressed or feel unhappy, abandoned: What can you do? Well, instead of staying there crying, going around in circles and bothering parents and friends who cannot do much for you, why not approach those who can really help you? You will say, 'But where are they? Where can I find them?' They are there, they have always been there close to you, and through your mind, you can appeal to them and reach them. It is the quality of your thoughts, feelings and desires that determines the nature of the entities you will contact in space; and these entities will give you answers. As soon as you know this law – which is the law of correspondence, the magical law above all others – and especially if you put it into practice, you will gradually manage to rebuild everything within you. You will then produce with your thoughts and feelings much higher vibrations that will go very far into space searching among billions of beings for those who correspond to these vibrations, and these beings will give you everything you need.
(OCTOBER 22, 2001)

Whatever the trials and tribulations in your life, never lose control of yourself, but instead try, within yourself, to right the wrongs. Even if you cannot make everything better, through thought you are creating a tiny seed which is already beginning to bear fruit. And even if you find yourself totally, one hundred per cent, out in the cold and dark, at least you will only be ninety-nine per cent out there, because you have prayed, you have concentrated on a luminous image: and that is a cry for someone to come and help you.
You do not observe life around you and learn from it. Take a child for instance: Who taught him, who informed him that the power of speech is a true strength? When a child is in danger, he screams: 'Mummy!' How has that child learned to use a magical word? If he had not shouted, his mother would not have known he was in danger. However, she does hear him and rushes to help him. So why do we not, at least, call out to Heaven for help when we have problems or are in danger? **(OCTOBER 24, 1999)**

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)

It is not enough to know the methods that enable you to become a clairvoyant, a magus, an alchemist and so on. You must first of all ask yourself what goal you are working towards and understand that there are laws to be respected. Those who practise occult methods for their personal benefit violate the laws of cosmic harmony, and in the end the cosmos itself vetoes

their plans, and they fail miserably. Many occultists or so-called spiritualists have ended in disaster, because they worked to accomplish certain things without first finding out whether they were acting in harmony with the plans of Cosmic Intelligence. Books on occult sciences suggest a great many techniques and rituals, but apart from the fact that many of these practices are risky, not one of them is as valuable as harmonising ourselves with the cosmic order. And this is not all: even the most inoffensive practices become dangerous and backfire in the hands of those who do not work to preserve this harmony, and who allow their anarchic tendencies to get the upper hand. **(OCTOBER 28, 2004)**

Learn to use water in your spiritual work. For example: after you have washed your hands well, take a glass of pure water, preferably spring water, and hold it in your left hand. Put one or more fingers of your right hand into the water while concentrating on a quality that you would like to acquire, on some progress you would like to make, or even on an improvement in your health. White magicians have been able to heal the sick by giving them water they have magnetised in this way. But, in working with water, you should not imagine that right away you are going to regain your health or heal the sick. This would be truly presumptuous. I am giving you this method only as an exercise, so that you learn to use water as a support to your spiritual work. Then, drink the water if you wish, or use it to water your flowers. **(OCTOBER 29, 2004)**

The Elohim, the Angels of the Sephirah Netzach, created the world and this cosmic event is reproduced on the human level every time a man and a woman conceive a child. In order to create a child, the man and the woman are under the influence of Netzach, love and the Elohim build the body of this child. Even if the man and the woman are not aware of this, the Elohim are at work. The Sephirot are sublime regions, but every day they are at work in all spheres of life. Yes, just look at how a child is created: The Elohim are there, the father and the mother have called upon them and a few months later a small human being appears and everyone is filled with wonder. Without knowing it human beings work together with cosmic forces, with magical forces. What magical forces are more powerful than those of procreation? Magic can let loose hurricanes, but that is nothing compared with the creation of a living being. **(OCTOBER 29, 1999)**

There are many uses for fire. Fire is present in all chemical operations; it melts metals, it cooks food and makes it edible, it provides warmth and light, and it purifies. Well, in the spiritual realm, sacrifice serves the same purpose as fire. Each time you sacrifice something, you light a fire. For example, when you decide to give up a bad habit, certain matter begins to be consumed within you, and it releases an energy which you can use for your spiritual work. Sacrifice is a gift that you give of yourself in order to receive purer energies in exchange which enable you to go further and higher. This is why sacrifice is a magical act, thanks to which you have every opportunity to build something useful, beautiful and noble, not only in your own heart and soul, but in the heart and soul of all beings as well. **(OCTOBER 31, 2004)**

Magic is nothing more than the application of the laws of physics to the spiritual world. And it is a law of physics that the concentration of light rays on one point is a powerful force. Similarly, spiritual physics tells us that man can use his thoughts as though they were rays of sunlight. If we know how to focus on one point we can have a beneficial effect on the whole world. It may well be that these effects will never be seen on the physical plane, but a great deal of waste may be burned on the etheric, astral and mental planes. **(NOVEMBER 3, 1988)**

BOOK 32: MAGIC IN EVERYDAY LIFE

All modern scientific discoveries – the radio, telephone, television, tape recordings, atomic fission, laser, etc. – had already been made by the initiates of antiquity. And as these discoveries correspond to laws that govern the psychic and spiritual worlds, it was within them that the initiates found them. Contemporary researchers are workers who have come back to earth to apply on the physical plane the laws that exist in the spiritual world. Everything must be realized in matter. Often these researchers are ancient initiates, alchemists, magi and cabbalists who have reincarnated with a mission: to realize on the physical plane everything they already know and have realized on the spiritual plane. If these phenomena did not already exist on the spiritual plane, they could not exist on the physical plane. 'That which is below is like that which is above'; and so one day everything that is above in the world of the spirit must appear in concrete form below, in the world of matter. **(NOVEMBER 5, 2001)**

Words play an important part in material realization, but they must be preceded on the spiritual plane by powerful thoughts and desires. When this is the case a word is like the signature on a document: it permits the release of forces from above. If you want to awaken a sentiment of love and adoration of God within your soul you do not need words, because a feeling is a purely psychic reality. Words are necessary only if you want to materialize something on the physical plane. But even then it is still the intensity of your thoughts and feelings that counts.
(NOVEMBER 7, 1995)

People imagine that if they wish and pray for it ardently enough, powers of good will automatically enter and inhabit an object. No, it is not enough to wish and pray. As long as impurities are present, the forces of good will watch and wait at the door, but they cannot enter. Before dedicating or consecrating an object you have to cleanse it of all the impure particles or fluids it has accumulated. Obviously, the desire to communicate with the forces of good is very commendable, but it is important to realize that before you can fill a material object with beneficial forces, you have to exorcise it and cleanse it of all impurities. Only on this condition is it possible to impregnate an object with formidable magic powers. **(NOVEMBER 9, 1995)**

When a man who has already worked to educate his own children – by which I mean the cells of his own body – is called upon to educate other people's children, or even grown men and women, both his words and gestures are expressive and carry conviction. Those who listen to him sense that he is a true educator, that he is not just acting the part, because all his inner population supports him and lends him strength. This is why his very presence is magic; every word he utter triggers results because his whole being is accustomed to working together in one direction.
You must reach this harmony and unity; you must all learn to be the same inwardly and outwardly. This is the only way to true power because it is the only way in which every bit of one, even one's cells convey the same message. When this is not the case, only that part of one which is actually talking gives off a few little rays of truth, the rest of one's being contradicts one's words. **(NOVEMBER 10, 1987)**

Everybody considers the question of food to be of the greatest importance; they are ready to do everything possible, even to go to war, to solve it. But this attitude towards food is no more than an impulse, an instinctive tendency, it does not stem from an enlightened consciousness. Only Initiatic Science teaches us that food, which has been prepared with inexpressible wisdom in the divine laboratories for our use, contains magic elements which have the power to preserve and restore both our physical and psychic health. Before we can avail ourselves of these elements,

however, we have to know in what conditions this can be done and, also, that the most effective means of doing it is thought. Yes, for the thoughts of man are capable of drawing from what he eats, the subtle, luminous particles that go to make up his whole being and, in this way, little by little, he transforms himself.
Once you understand it, food will become a source of blessings and wonder for you, because, over and above the simple fact of eating in order to sustain life, you will find in it significance, other knowledge, other tasks and other goals to be achieved. Outwardly you will continue to eat like everyone else, and everyone else will eat like you, but in reality the difference will be as great as the difference between Heaven and earth. **(NOVEMBER 13, 1988)**

For most people thinking of the future means wondering what their life will be like in ten, twenty or maybe fifty year's time. Well, that is all pretty poor. These concerns are far too short-sighted and of no great interest. The true future for humankind and the only one worth concerning ourselves with, is that one day we will shine like the sun, that the universe will be fragrant with our presence, that the air will be filled with the fragrance of our soul and that everywhere we go, symphonies and melodies will be heard because all our cells are singing.
Every day, for a few minutes at least, imagines this very distant future and all at once you will feel hope, courage and life return. It is this faith in a magical future that will make a new being of you. We hear the word 'new' used everywhere nowadays: a new philosophy, a new science, a new century, a new era, new man ... But how can we imagine that humankind will one day be new if we do not work for this sublime future? **(NOVEMBER 17, 2002)**

Do not be misled into thinking that in order to become a black mage you must have a devilish master to teach you the art of bewitchment or evil conjuration. It is possible, but you do not necessarily need teaching for this. Anyone can become a black mage, without a master, without anything; all they need to do is to allow themselves to be guided by their lower nature. Indeed, people who give a free rein to their bad instincts, who incessantly break the laws of kindness, justice and love, who try to gain at the expense of others, to oust them or destroy them, can do nothing else but become a black mage. And in the same time, those who think only of helping and enlightening others, even if they do not have a master to teach them, are already in the process of becoming a white mage. **(NOVEMBER 18, 2002)**

The need to dominate others is so strongly felt by men that, today, we see even the most materialistic scientists exploring phenomena that belong to the domain of Initiatic Science: things such as telepathy, clairvoyance, clairaudience, divination and psychometry, which they group under the name of 'parapsychology'. As long as there is some chance of their being able to use them to subjugate others, they are ready to accept theories which they have always condemned as ridiculous. In other words, they accept any of the teachings of Initiatic Science that can be made to serve their own ends and reject those that do not put power into their hands. But to use Initiatic truths in order to gain ascendancy over one's fellow men is highly immoral, and those who do so will be banished by Heaven. Man has no right to use this spiritual knowledge for any purpose other than to help his fellow man and to propagate light and peace in the world. Those who use it in this way rank as white magicians in the eyes of the beings on high, and Heavenly blessings will rain down on them. **(NOVEMBER 23, 1988)**

Whatever comes along, some people habitually see the good side of everything, whereas others see only the bad. Of course, both of these points of view are correct in their way, but each one has a very different result. Objectively, one can say that a glass is either half full or half empty

and claim that it makes no difference. However, if we consider the effect that these two points of view have on our consciousness – the magical view-point – the difference is marked. It is this magical point of view that is crucial. If we are in the habit of seeing only failings and defects, we become increasingly aggressive, bitter and discouraged, because that is the inevitable result of concentrating on what is lacking. Of course, shortcomings exist, but that is not the point of our discussion. What is important is that we work to the best of our abilities to advance further and further along the way of evolution. **(DECEMBER 4, 1998)**

If one could look into the hearts of men and women, what would we find? Oh, it would make you laugh ... or cry. You would not believe what people desire most in life! Everything that can satisfy their selfishness, their vanity, their sensuality, their need to own, to possess, to dominate. And you, what do you desire most in life? Look at what you truly desire and you will be astounded by the pettiness of your ideal. So many people come to an initiatic school in the hope that all their problems will disappear as if by magic and that they will become rich and famous. Well, be aware that with such a mistaken belief you will only increase your problems. Only people whose main desire is to train themselves, to pracise, to make an effort, to improve themselves, only they will never be disappointed with life. They will always find the best opportunities to continue their progress in all situations in life. **(DECEMBER 7, 2000)**

If we thank the Lord every day, if we are content with what He gives us, we possess the magic secret capable of transforming our whole life. He who is grateful grows in light and love and improves the quality of his actions. His outlook on the world is different, and one day he notices that human beings are beginning to open themselves to him because he spreads light and joy wherever he goes. The people he meets say, 'He's such a wonderful person, we ought to do something for him!' God enters their hearts and works through them to help him who shows gratitude. **(DECEMBER 7, 1987)**

All magic, both black and white, is based on the science of vibrations and their different qualities. Black magic teaches how to impregnate objects or beings with chaotic, harmful, noxious vibrations which cause accidents and illness. White magic, on the contrary, impregnates an object or a being with harmonious, luminous vibrations which have beneficial results. He who learns to introduce beneficial influences wherever he goes becomes a magus, whereas before that, even if he did not realize it, he was a sorcerer. Yes, when someone knowingly or unknowingly emits vibrations which sow dissension and disharmony, disrupt society and destroy human beings. he is a sorcerer. Unknown to themselves, nine tenths of humanity are sorcerers.
(DECEMBER 8, 1987)

As soon as you venture into the esoteric sciences you discover magic and, more particularly, black magic. You would do well to stay clear of it, however, and especially not allow yourself to be frightened of falling victim to black magic. If you start to believe you could be affected by black magic, you are already attracting negative energies. Indeed, the moment you become weak and vulnerable you attract bad energies and every obscure thing floating in the atmosphere. It is the same with epidemics: If you are weak and receptive, you will catch bugs from the people you meet, whereas if you are robust, resistant and emissive, you come through unscathed.
So do not worry about black magic. Strengthen yourself and think of the light, work with the light and it is this light within you which will repel all that is negative. A wheel turning fast throws off all dirt, but as soon as it starts to slow down all the dirt sticks. The spring that flows vigorously

sweeps away the leaves and twigs which could block it. So, do not succumb to mental laziness: be like the fast flowing spring. **(DECEMBER 15, 1999)**

If Initiates criticize scientists it is because most of them are only interested in the grossest forms of matter. There are so many other things they could study, even on the material level! For matter exists on the etheric, astral and mental planes also. Do you think that Initiates concern themselves only with the spirit? If this were so how could they have founded the sciences of alchemy, astrology and magic? And how could they have bequeathed us such a vast knowledge of minerals and plants? If they had never been interested in anything but the spirit, how could they have explored matter? No, the thing is that they had a much broader, a much vaster conception of matter than modern-day scientists, who still do not really know what matter is. In this respect, as a matter of fact, they have had a few surprises recently: all their former conceptions of matter have been upset and they now see it as a kind of energy. Before too long, they will make many more discoveries still, and gradually their understanding of matter will come closer to that of the Initiates. **(DECEMBER 15, 1987)**

When the infant Christ is born in the soul of a disciple, celestial spirits come to serve him, for he is the royal child, and all Heaven gather round to admire him and give him whatever he needs. Even if the Gospel story of the birth of Jesus is not quite accurate from the historical point of view, it is absolutely true from the symbolic and esoteric point of view, and that is what should be important for us. It does not matter if the star, the angels and shepherds, the crib, or the ox and the ass were not really there, for the symbolism is still true. The star shines, the angels sing and the Magi come with gifts every time the infant Christ is born in a human soul.

(DECEMBER 25, 1995)

The syllable OM corresponds to what – in the Western tradition – we call the Logos, the creative Word. In the Hindu tradition, it represents the original sound and is associated with Kalahamsa, this cosmic bird that laid the primordial egg from which the universe was born.
OM is a syllable with very powerful vibrations and Hindus use it as a mantra. They repeat it untiringly in their meditations. You too can pronounce this mantra either aloud or mentally. You concentrate on this word without thinking of anything else and repeat, OM, OM, OM … You can also associate it with a breathing exercise. Inhale through the nose while mentally pronouncing OM four times, then exhale very slowly through the mouth while repeating OM. After a while, you will feel calmer and full of energy.
The syllable OM can also be decomposed as AUM, and it is in this form that we sing it. If we are conscious of the magical power of sounds, we can gradually feel what a perfect form this song produces in our soul.
There is also a link between AUM and the word Amen, which Christians say at the end of a prayer. **(DECEMBER 27, 2001)**

There are all kinds of methods that we are told will enable us to become clairvoyant: gazing into a crystal ball or a magic mirror, the use of certain plants, getting someone to hypnotize us, etc., etc. But all these methods are bad or even dangerous. In fact it is advisable not to attempt to develop clairvoyance before acquiring purity.
Jesus said, 'Blessed are the pure in heart, for they shall see God.' It is possible for someone who is not pure to become clairvoyant, but what does he sees will not be the divine world but the entities of darkness prowling round him and others; he will see wickedness, treachery and lies; he will see disasters before they happen. In other words, he will see not further – or barely any

further - than the level he has already reached. This is why the best way of obtaining true clairvoyance, the vision of the divine world, is to develop one's inner spiritual love and purity.

(DECEMBER 27, 1988)

APPENDIX: BOOKS

Publisher Love(+)Wisdom(=)Truth

(all *Adobe-Files*)

(available cost-free under www.Encyclopedia-InitiaticScience.info)

THOUGHTS OF ETHERNAL WISDOM

- 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
- 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

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  - *Pre-Parenting, nurturing your child from conception, questions medicals* (Book 2001)
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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.'
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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.

Book 32: Magic in Everyday Life

Two thousand years ago, in Palestine, Jesus gave us the key to all spiritual work, when he said, Unless a man be born of water and the Spirit, he cannot enter into the Kingdom of God. Today, the Master Omaam Mikhaël Aïvanhov interprets these words for our benefit. The water Jesus speaks of is Love; the Spirit, fire, is Wisdom, and Love and Wisdom unite to give birth to Truth which is the new life. In his commentary, the Master Omraam Mikhaël Aïvanhov shows how these three virtues of Love, Wisdom and Truth, correspond to man's psychic structure composed of heart, mind and will. Explaining that our physical bodies mirror our psychic being, he shows how Cosmic Intelligence has inscribed the secret of love in our mouths, that of wisdom in our ears and that of truth in our eyes.
This volume, which is the first of a series, sets out the essential foundations of Omraam Mikhaël Aïvanhov's Teaching and reveals the vast scope of his thought in which Holy Scripture, esoteric symbolism and the sciences of man and of nature meet and complete each other in one all-embracing synthesis.

SPIRITUAL ALCHEMY

Table of contents

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

Summary

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

LIFE FORCE

Table of contents

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

Summary

Human beings come and go, work and play, and busy themselves with all kinds of things, never realizing that their life is growing dim and dirty because they do nothing to protect it. They think that the life they have received is theirs to dispose of, and that they have a right to use it for pleasure or become rich, learned or renowned, as they please. So they draw on their reserves without restraint until, one day, they find themselves utterly spent and obliged to abandon all their activities. It is completely senseless to behave like that for, once we have wasted our supply of life, we have no other resources to fall back on.
The Sages have always said that the only thing that is essential is life itself, and that we must protect, purify and sanctify it and eliminate whatever may hinder or prevent it from developing. And, if we do so, life will give us everything else: health, strength, power, intelligence and beauty - everything ! The highest form of magic, the highest form of White Magic is to lead a pure, luminous life."

HARMONY

Table of contents

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

Summary

Book 32: Magic in Everyday Life

'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
Part I. Purity : Purity is a Question of Nourishment
Sorting and Selecting
Purity and the Spiritual Life
Purity in the Three Worlds
The River of Life
Purity and Peace
The Magic of Trusting
Purity and Speech
To Find Purity
Blessed are the Pure in Heart
The Gates of the New Jerusalem
Part II. Love and Sex
Part III. Realization - The Spring
Fasting - Washing - The Real Baptism
The Angels of the Four Elements.

Summary

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

THE SPLENDOUR OF TIPHARETH

Table of contents

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

Summary

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

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

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

THE KEY to the Problems of Existence

Table of contents

1. The Personality
2. Jnana-yoga
3. Giving and Taking
4. Evil is Limited, Good is Limitless

Book 32: Magic in Everyday Life

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

Summary

This book shows us that our 'personality', that inner force of which we are all aware and which so often leads us astray, can be a precious ally rather than an enemy. Instead of waging a losing battle against our lower nature, we can learn to control and use it to elevate ourselves. In doing so we gradually discover the existence of a higher psychic power within us, our 'individuality', which is above all contingencies and conflicts and is capable of using them to create inner harmony and true fraternal bonds.

COSMIC MORAL LAWS

Table of contents

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

Summary

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

A NEW EARTH Methods, exercises, formulas, prayers

Table of contents

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

Summary

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

Book 32: Magic in Everyday Life

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

Summary

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

LOVE AND SEXUALITY

Table of contents

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

Summary

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

KNOW THYSELF: JNANA YOGA

Table of contents

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

Summary

Book 32: Magic in Everyday Life

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 possibilibes for growth, progress and success. As long as man is ignorant of the needs of his higher self, he will continue to surfeit his physical body while his soul and spirit suffocate and die of hunger and thirst."

KNOW THYSELF: JNANA YOGA
Table of contents

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

Summary

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

Summary

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

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

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

Summary

Man as conceived by Cosmic Intelligence is such that if he is to be fulfilled, he must connect himself with the light and power of the Higher World. If not, if he puts all his trust in his own limited faculties, he will be unable to see ahead and in his blindness he will make drastic errors in all domains. If he puts his faith in technology, trade and material development, sooner or later he willfail, 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, mate rialism 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
2. On Responsibility
3. On Building the New Life
4. On the Living Knowledge
5. On Perfection
6. On the Reality of the Invisible World
7. On Participation in the Work of the Universal White Brotherhood.

SUMMARY

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

LIFE AND WORK IN AN INITIATIC SCHOOL

Table of contents

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

Summary

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

THE FRUITS OF THE TREE OF LIFE THE CABBALISTIC TRADITION

Table of contents

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

BOOK 32: MAGIC IN EVERYDAY LIFE

- EDITION IZVOR -

P0201AN : Toward a Solar Civilization
Table of contents
1. The Sun, Initiator of Civilization
2. Surya Yoga
3. Seeking the Centre
4. The Sun our Provider
5. The Solar Plexus
6. Man is Made in the Image of the Sun
7. The Spirits of the Seven Lights
8. The Sun as our Model
9. The True Solar Religion.
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
2. You will Separate the Subtle from the Gross
3. Evolution and Creation
4. Two Justices: Human and Divine
5. The Law of Correspondences
6. Natural and Moral Law
7. Nature's Records
8. Reincarnation
Summary
Why is one born in a particular country and a particular family? Why is one healthy, rich, illustrious and powerful, or on the contrary poor, handicapped and miserable? Even those who think they are entirely free must put up with their fate because of their ignorance of the laws which govern the invisible world. The reply to these questions not only helps the disciple to unravel the tangled threads of his life, it also gives him the tools he must have in order to become master of his own destiny.

P0203AN : Education Begins Before Birth
Table of contents
1. The First Priority: Educating Parents
2. Education Begins before Birth
3. A Blueprint for the Future of Mankind
4. Don't Neglect Your Children
5. A New Understanding of a Mother's Love
6. The Magic Word
7. Never Let Your Children be Idle
8. Prepare Your Children for Adult Life
9. Protect Your Children's Sense of Wonder
10. Love without Weakness
11. Education versus Instruction
Summary
Is it possible for education to begin before birth? Yes. Because true education is primarily subconscious. A child is not a little animal which you can start training as soon as it is old enough. A mother can have a beneficial influence on her child in the womb through the harmony of her thoughts, acts and feelings. And this pre-natal influence must be faithfully continued once the baby is born, for, as all parents should realize, a tiny baby is highly sensitive to its environment. Ultimately, it is by example that parents and pedagogues should accomplish their educational mission

P0204AN : The Yoga of Nutrition
Table of contents
1. Eating: An Act which Concerns the Whole Man
2. Hrani-Yoga
3. Food: A Love-Letter from God
4. Choosing Your Food
5. Vegetarianism
6. The Ethics of Eating
7. Fasting: I – Means of Purification. II - Another Form of Nutrition
8. Communion
9. The Meaning of the Blessing
10. The Spirit Transforms Matter
11. The Law of Symbiosis.
Summary
This is not a dietary book. Omraam Mikhaël Aïvanhov teaches that our attitude towards our food and the way we eat is far more important than what, or how much we eat. He replaces our ordinary ideas of everyday eating with the true mystical significance of nutrition. In this way we can learn to extract from our physical food all the subtle elements necessary for true health and fulfilment.

P0205AN : Sexual Force or the Winged Dragon
Table of contents

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

Summary

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

P0206AN : A Philosophy of Universality

Table of contents

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

Summary

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

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P0207AN : What is a Spiritual Master ?

Table of contents

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

Summary

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

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

Table of contents

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

Summary

Everyone agrees that peace is essential. And yet they continually feed the fires of conflict within their own hearts and in society, in politics and economics. As long as we do not master our own disordered thoughts and feelings, we

cannot hope to create durable peace around us. When peace reigns within us then, and then only, can we truly contribute to peace in the world.

P0209AN : Christmas and Easter in the Initiatic Tradition

Table of contents

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

Summary

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

P0210AN : The Tree of the Knowledge of Good and Evil

Table of contents

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

Summary

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

P0211AN : Freedom, the Spirit Triumphant

Table of contents

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

Summary

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

P0212AN : Light is a Living Spirit

Table of contents

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

Summary

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

P0213AN : Man's Two Natures, Human and Divine

Table of contents

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

10. Address the Higher Self in Others
11. Man's Return to God, the Victory

Summary

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

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

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

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'
2. 'Except Ye Become as Little Children'
3. The Unjust Stewart
4. 'Lay up for Yourselves Treasures in Heaven'
5. The Strait Gate
6. 'Let Him Which is on the Housetop not Come Down...'
7. The Calming of the Storm
8. The First Shall Be Last
9. The Parable of the Five Wise and the Five Foolish

Virgins
10. 'This is Life Eternal, that they Might Know Thee the Only True God'.

Summary

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

P0218AN : The Symbolic Language of Geometrical Figures

Table of contents

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

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
2. The Aura
3. The Solar Plexus
4. The Hara Centre
5. Kundalini Force
6. The Chakras: The Chakra System
I. - The Chakra System
II. Ajna and Sahasrara.

Summary

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

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

Table of contents

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

Summary

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

P0221AN : True Alchemy or the Quest for Perfection

Table of contents

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

Summary

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

Book 32: Magic in Everyday Life

P0222AN : Man's Psychic Life : Elements and Structures
Table of contents

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

Summary

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

P0223AN : Creation: Artistic and Spiritual
Table of contents

1. Art, Science and Religion
2. The Divine Sources of Inspiration
3. The Work of the Imagination
4. Prose and Poetry
5. The Human Voice
6. Choral Singing
7. How to Listen to Music
8. The Magic Power of a Gesture
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

Book 32: Magic in Everyday Life

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

Summary

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

P0227AN : Golden Rules for Everyday Life

Table of contents

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

Summary

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

P0228AN : Looking into the Invisible Intuition, Clairvoyance, Dreams

Table of contents

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

Summary

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

P0229AN : The Path of Silence

Table of contents

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

13. The Revelations of a Starry Sky
14. A Silent Room.

Summary

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

P0230AN : The Book of Revelations: A Commentary

Table of contents

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

Summary

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

P0231AN : The Seeds of Happiness

Table of contents

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

Summary

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

P0232AN : The Mysteries of Fire and Water

Table of contents

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

Summary

'Our psychic life is shaped and moulded every day by the forces and influences we allow to enter and impregnate us. This is why it is essential to have a store of lovely pictures that we can conjure up in our minds often, pictures that are

with us day and night, so that our thoughts may be constantly in touch with all that is most elevated, pure and sacred. And what is more beautiful, more poetic or more full of meaning than water and fire, and the different forms in which they appear to us? You can fill your whole life with these pictures, and absorb them until they impregnate every cell of your body.'

P0233AN : Youth: Creators of the Future
Table of contents
1. Youth, a World in Gestation
2. The Foundation Stone of Life: Faith in a Creator
3. A Sense of the Sacred
4. The Voice of our Higher Nature
5. Choosing the Right Direction
6. Knowledge Cannot Give Meaning to Life
7. Character Counts for More than Knowledge
8. Learning to Handle Success and Failure
9. Recognize the Aspirations of Soul and Spirit
10. The Divine World, Our Own Inner World
11. Did you Choose Your Own Family?
12. Benefit From the Experience of Older People
13. Compare Yourself to Those Who Are Greater
14. The Will Must be Sustained by Love
15. Never Admit Defeat
16. Never Give Way to Despair
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.'

Book 32: Magic in Everyday Life

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
3. The Angelic Hierarchies
4. The Names of God
5. The Sephiroth of the Central Pillar
6. Ain Soph Aur, Unlimited Light
7. Light, the Substance of the Universe
8.'When God Drew a Circle on the Face of the Deep'
9. The Kingdom of God is like a Mustard Seed
10. The Cosmic Family and the Mystery of the Trinity
11. The Body of Adam Kadmon
12. Malkuth, Yesod, Hod, Tiphareth, Archangels and Seasons
13. The 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
2. Oscillation of the Scales
3. One and Zero
4. The Role of The Masculine and The Feminine - Adam and Eve : Spirit and Matter Adam and Eve : Wisdom and Love - The Mental and Astral Planes - Man and Woman
5. God Transcends Good and Evil
6.The White Head and the Black Head
7. Alternation and Antagonism - The Law of Opposites
8.'To Work the Miracles of One Thing' - The Figure of Eight and the Cross
9. The Caduceus of Hermes - The Astral Serpent
10. Iona, Principle of Life - Horeb, Principle of Death
11.The Triad Kether-Chesed-Geburah - Sceptre and Orb Mind and Heart - A Straight Line and a Curved Line
12. The Law of Exchange
13. The Key and the Lock
14.The Work of the Spirit on Matter - The Holy Grail
15. Union of the Ego with the Physical Body
16. The Sacrament of the Eucharist
17.The Androgynes of Myth
18. Union with the Universal Soul and the Cosmic Spirit.

Summary

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

P0238AN : The Faith that Moves Mountains

Table of contents

1 - Faith, hope and love
2 - The mustard seed
3 - Faith and belief
4 - Science and religion
5 - Faith always precedes knowledge
6 - Retrieving lost knowledge
8 - Our divine lineage
9 - Proof of God's existence lies within usa
10 - Identifying with God
11 - God is life
12 - God in creation
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.
We can move a mountain, but only if we do not rush at it, thinking to move it in one go. We can move a mountain, but only if we are ready to move it stone by stone. Every stone we move - that is, every time we succeed in something, however small, increases your faith ; we begin to feel that we are stronger and more stalwart, more in control of the situation. And then one day, if we look back at the progress we have made and find that half the work is already done, it is just possible that our faith will have become so strong that we can move the rest in one go.

P0239AN : Love Greater Than Faith

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

Summary

"When you decide to embrace a religion or a spiritual philosophy and to put its principles into practice in your life, not only will you encounter difficulties with yourself because of the efforts requiered 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 whiwh 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 i 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 depature 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.

Book 32: Magic in Everyday Life

D0005AN : The Gypsy Queen (Children Library)
Summary
Within each one of us lives a king or a queen, and this king and queen are eager to achieve great things in life.
The story of young King Bojil and the Gypsy girl who became his Queen, lead us into the glorious adventure of love on the path of freedom and human brotherhood.
The young readers will find here, presented with an enchanting lightness of touch, some essential aspects of their own quest for great things. - A delightful reminder of wisdom tales of all regions of the world.
All ages

CD5009AN : THE SEED
Summary
"A seed is nothing either than a living being who ceaselessly calls upon the forces and materials of the cosmos so as to be able to accomplish its task. And its task is to resemble the tree that produced it. The Creator put into the seed the vocation to resemble its father, the tree ; that's why, once planted - unless it's defective - all of its work will go in the direction of this vocation, taking from among the elements which surround it those which suit it, relinquishing the others, and it's in this way that it will come to express all the tendencies indicated in the diagram which it carries within it.
It is the same thing for man. Since God created man in His image, he has the possibility, by developing himself correctly, of becoming like his Heavenly Father."

K2510AN : The Laws of Reincarnation
Summary
'Belief in reincarnation is one of the cornerstones of morality. As long as human beings are unaware that the law of cause and effect is operative from one incarnation to the next, no amount of sermonizing will persuade them to change their ways. But once they know that the difficulties and trials they encounter in life are the direct result of faults committed in a previous life, not only can they accept them as just, but they start to work for good so as to be sure that their future incarnations will be better.'

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

Book 32: Magic in Everyday Life

Publisher Love(+)Wisdom(=)Truth

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