THOUGHTS OF ETHERNAL WISDOM

Chosen Thoughts of spiritual Teachers of the

UNIVERSAL BROTHERHOOD OF LIGHT

Encyclopedia

for

Questions concerning Daily Life

eBook 56 - 70

I shall understand Life and Myself anew:

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I SHALL UNDERSTAND LIFE AND MYSELF ANEW:

CLEAR ANSWERS TO QUESTIONS CONCERNING DAILY LIFE

Publisher Love(+)Wisdom(=)Truth

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Questions concerning Daily Life

BOOK 56:

Wars – seen with a wider Perspective

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 56: Wars - seen with a wider erspective

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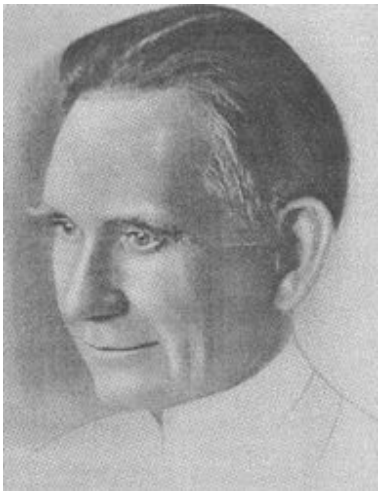

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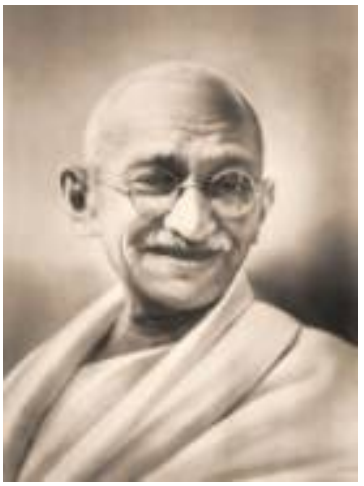

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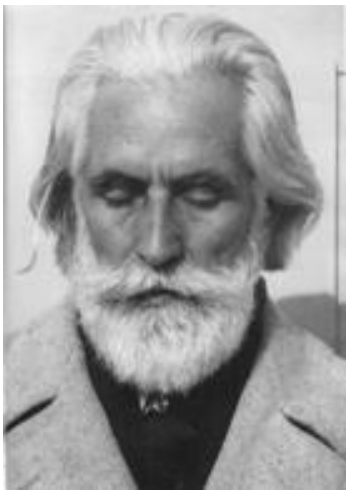

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Encyclopedia Initiatic Science

Book 56: Wars – seen with a wider erspective

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)**

We are not very well equipped to fight evil on our own. Evil is well armed, it has a huge arsenal in the face of which we are powerless. This is why, in this unequal struggle, we must ask the Lord to be our ally. What does a country do in time of war? It seeks allies. Instinctively, when human beings are in trouble, they have the age-old wisdom to look for allies, because they sense that on their own they are too vulnerable. So, we also must realize that evil has so many resources that we will never succeed in defeating it if we remain isolated. The solution is for us to unite with the Lord, with celestial entities, archangels and divinities, and allow them to combat evil. And we in the meantime are mere spectators; we watch the fight and see how Heaven – meaning, the divine side within us, our higher self – is winning the battle. **(March 30, 2000)**

The ideal is to find equilibrium between form and force, that is, between matter and spirit. If you freeze yourself in matter, be careful because you will be broken by events. And if you abandon matter to live only in the spirit, it might be wonderful, but all you will be able to do is leave for the next world – which is not recommended until you have finished your work on earth. The ideal is to achieve the synthesis of form and spirit: to protect the form so that it may not be broken by spiritual forces and, at the same time, keep the fire of the spirit alive so that the form may constantly be animated. All the materialists who cling to the form will be swept away by cosmic currents. All the civilizations, all the religions that have frozen in their old forms will be broken by the wave of renewed powers. Everything must be renewed; there is no shelter on earth for what refuses to evolve. **(June 28, 2001)**

In every area of life, equilibrium depends on the existence of the two complementary forces, masculine and feminine. This is why the current trend for men and women to behave identically, to dress alike, and follow the same occupations, is rather disturbing.
What will happen to our psychological state if women end up fighting wars, while men nurse babies? When all polarity disappears, so does procreation. If these two poles, these two

electrodes, are not totally different, then they can no longer produce any sparks, any life. It is perfectly normal for women to wish for the same freedom as men, and to show just as much initiative, but they can achieve all this without imitating men, or trying to replace them, or even getting rid of them. Freedom, daring, and a spirit of initiative are all qualities which women can develop, and that is good if, at the same time, they also augment and enhance their quintessential femininity. **(JANUARY 29, 1999)**

The masculine principle and the feminine principle are physically present in the bodies of all human beings. In fact both principles are present in their mouths. The tongue is the masculine principle and the lips are the feminine principle, and together they have a child: speech. That is why the only true power of human beings lies in speech. Indeed, human beings can achieve as much by speech alone as by any other material means. We can build and destroy; we can gather and we can start a war; we can heal and we can make unwell. When the primitive androgyne divided into two, it could be said that, symbolically, woman kept the lips – the feminine principle, and man kept the tongue – the masculine principle. This is why, in order now to retrieve their originally power, they seek to unite. Yes, from there stems this age-old impulse that makes men and women seek each other out.
Even if this takes the form of pleasure or diversion, its fundamental purpose is to seek out the unity of the word, the unity of the creative principle, which is both male and female.

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)**

People who are used to praying are better armed to deal with problems and suffering. This ability to tear themselves away from darkness and from terrestrial burdens in order to address Heaven makes the inner sense of discouragement, bitterness and distress easier to cope with. A great number of trials we encounter can be linked to the collectivity and we are powerless to prevent them. Take a war for instance: in one way or another no-one is spared during a war, but those who pray, who act through their spirit, transform their difficulties inwardly. Even if the events are the same for everyone on the outside, there where others give up, become discouraged, sometimes even commit suicide, those who pray find all the positive elements, and thanks to the inner help they receive from Heaven they are also able to help others.

Money and possessions have always been a cause of division and confrontation for human beings. Just look at what happens in families, at the many dramas resulting from problems of inheritance. Greed and lust are the cause of permanent conflict not only in families, but in society and in countries. Yes indeed, the desire always to have more lies at the heart of any war. Whatever the motives people attribute to a war – and these are often very noble – the true

motive is always to go and take something from the neighbor, be it money or land. If only people could be less self-interested, more generous, so many conflicts would be avoided. There is nothing wrong with wanting possessions, but this should not be at the detriment of others. And those who are rich should not keep everyone for themselves; they should learn to redistribute this wealth. No being is richer than the Lord and his best representative on earth is the sun. The sun is so rich he overflows and he must distribute his riches so as to avoid exploding. Why not do like the sun? If not with material wealth, which you may well not have, then with spiritual riches . **(NOVEMBER 4, 2000)**

Some problems can really be resolved only at global level. Let us take Gandhi's philosophy of non-violence for instance, which produced great results in certain moments in history. But generally speaking non-violence is a dangerous thing for a country. If it is alone in practicing this philosophy it risks being swallowed up, because its neighbors – who are greedy, violent and cruel – will waste no time in annihilating these poor wretches who refuse to defend themselves. Non-violence is a good philosophy for those who seek to tame their personality and evolve more rapidly by rejecting all their material interests, but it does not resolve the problem of war in the world. A nation which decides not to defend itself risks coming to a rapid end, both economically and physically.
For this philosophy of non-violence to be truly effective it must become a collective philosophy and not merely be a vision of a few idealists, otherwise there will be no real change. There have been many people wanting to show this example, only to be massacred, without changing humankind in the slightest degree. **(NOVEMBER 11, 2000)**

The birth of Jesus was a historical event of vital significance, but if it was enough for Jesus to be born two thousand years ago, why has the Kingdom of God still not descended to earth? Wars, misfortune, disease, all these should have disappeared.
True disciples know that on the night of Christmas Christ was born in the world in the form of light, warmth and life, and they make the necessary preparations, setting up the right conditions, so that this divine Child may also be born within them. Yes, you can read the story of the birth of Jesus as many times as you like, and sing: "Unto us a child is born,' but so long as Christ is not born within you, all this will serve as nothing. So it is up to each of us to have this desire to allow Christ to be born in our soul and to become like Him so that earth becomes populated with Christs. This is what Jesus sought when he said: 'Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these …' Well, where are these works, greater than those of Jesus? Go on, show them to me!
For some Christ has already been born and for some He will soon be born. What is important is the preparation, the setting-up of the right conditions. **(DECEMBER 25, 2000)**

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 that 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.

Book 56: Wars - seen with a wider erspective

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?

Love – common love – between men and women is a struggle, a fight: it is a question of who will triumph over the other. Appearances are of course appealing: smiles, kisses, flowers, gifts... But, in reality, it is an implacable war between the sexes; a covert war, for in order to defeat the enemy, one must deceive the other and use diplomacy. It is only years later that we see which of the two were smarter. You will protest, 'What you're saying is awful, it's impossible!' Yes, but unfortunately, it is the truth, the sad truth... except in cases where the man and woman have a divine philosophy, a high ideal for which they want to work together so as to hasten the coming of the Kingdom of God. Then they are no longer covert enemies but associates: both of them participate in this divine work with the different qualities nature has given them. **(June 25, 2001)**

In order to evolve we must, during the course of our successive incarnations, experience all the situations and conditions a human being is destined to know. This truth should help you widen your understanding of life, of your existence; because it means that you can not only change sex from one existence to another but also incarnate in different countries, in different social classes, and belong to different religions. And as such, what could possibly be the point of nationalistic views, the class war, the battle between the sexes or religious conflict? In reality they are based on nothing concrete. Our spirit travels through time and space and this differentiation is merely an artificial creation of the ignorant human brain, an artifact. One day nothing will remain of these narrow-minded views because they are totally ill-formed. Only those who work for unity, for the kingdom of God on earth, have the right approach. **(March 6, 2002)**

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)**

True happiness is characterized 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)**

Nothing creates so many conflicts among human beings as disagreements about ideas. People are ready to accept one another's weaknesses and defects, but as soon as their political, philosophical or religious ideas diverge and oppose each other, it is war! How many people are

capable of sacrificing their blood or that of others simply so their opinions may triumph! Study history: how many exceptional beings have been despised or even persecuted by their contemporaries for the sole reason that they differed in their points of view. Their heads were chopped off as if they were common thieves, with no consideration for their wisdom and moral worth. It is pride that blinds human beings to the virtues of a person whose opinion they want to attack. Pride incites people to rise up against one another, whereas humility, a state in which we recognize that we are not the only ones in the right, restores harmony. **(FEBRUARY 26, 2003)**

Happiness ... in one way or another 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)**

How many opportunities are we given to transcend the mediocrity of daily life! But who bothers to pay attention to these occasions? The silence of the night, the starry sky, and the immensity of space offer us the best conditions for distancing ourselves a little from human affairs, for reflecting on other worlds where beings more evolved than we live in harmony and splendor. All of our preoccupations mean nothing to them; they are insignificant events. You will say: 'But what do you mean, insignificant events? Famine, wars, and murders are terrible!' Yes, they are terrible, but in the eyes of Cosmic Intelligence, they do not merit much attention. For Cosmic Intelligence, only the events of the soul and the spirit are important. If human beings attached more importance to those events which could take place in their soul and their spirit, instead of giving material affairs priority, there would be far less misery and tragedy on earth.

In every area of life, equilibrium depends on the existence of the two complementary forces, masculine and feminine. This is why the current trend for men and women to behave identically, to dress alike, and follow the same occupations, is rather disturbing.
What will happen to our psychological state if women end up fighting wars, while men nurse babies? When all polarity disappears, so does procreation. If these two poles, these two electrodes, are not totally different, then they can no longer produce any sparks, any life. It is perfectly normal for women to wish for the same freedom as men, and to show just as much initiative, but they can achieve all this without imitating men, or trying to replace them, or even getting rid of them. Freedom, daring, and a spirit of initiative are all qualities which women can develop, and that is good if, at the same time, they also augment and enhance their quintessential femininity. **(JANUARY 29, 1999)**

Human beings have still not resolved the problems of the collective life. Outwardly they may have formed nations and organized societies whose members support each other, and where everyone serves the whole and benefits from it. Inwardly, however, they remain isolated, aggressive and hostile towards one another. They have not learned how to apply all the progress they have made in their material and practical life, in the realm of organization and technology, to their inner lives. That is why, despite all this progress, humanity is still suffering

from the same misfortunes: wars, poverty, famine and oppression, on a scale unheard of until now.
Real improvements can take place only as a result of a profound change in mentality. Human beings must feel themselves connected to one another spiritually, in order to succeed in forming the only true society: a universal brotherhood within themselves. It is when every individual strives to attain the higher consciousness of unity that societies, peoples and nations will begin to live in peace and freedom. **(MARCH 14, 2004)**

So many tragedies are caused by people who claim to work for good, and yet cannot respond reasonably when faced with a minor offence or injustice! They want to do good, but at the slightest provocation they create interminable conflict. Most wars originate as miniscule incidents which, because they were not dealt with right away, deteriorate. We know this, but do we draw lessons for the future? Do we ask ourselves: 'If I adopt a certain attitude, if I make a certain decision, will my contribution improve matters or complicate them further?' No. We have to wonder whether human beings truly desire good. If they did, they would succeed in achieving it.

Inner peace is not something that can be obtained directly without an intermediary; it is the result of a synthesis of qualities and virtues. If someone possesses peace it means that all their functions and activities are perfectly balanced and in harmony. If all the cells of all your organs are perfectly organized and functioning correctly the result will be peace. You cannot obtain peace simply by wishing for it. Observe human beings and you will see that they all believe that peace would reign in the world if only they could eliminate certain situations or certain people. How mistaken they are! Even if we could rid ourselves today of the army and all its weapons, people would immediately invent other ways of slaughtering each other! Peace is an inner state, it cannot be obtained by removing something external. It is within ourselves that we must remove the causes of war. To live in a state of inner peace we have to learn to bring all our thoughts, feelings and actions into harmony. **(MARCH 17, 1995)**

If you have too much on your minds and too much to do, you are pulled in all directions and drained of energy. On the other hand, if you concentrate all your energies on only one objective, idea or wish at a time, you will develop phenomenal power. A country at war disperses its strength and greatly weakens its striking power by deploying its troops along several fronts, instead of concentrating its efforts in one place. This is so obvious and easy to understand. By taking a magnifying glass and focusing the sun's rays on one spot, everything can be set alight. But if the rays of sunlight are diffused one could hold that magnifying glass in the same position until the cows come home, but with no results. Only concentration, whether of fire, light, thought, feeling or action, can produce real power. **(MARCH 18, 1999)**

Concentration is a manifestation of the will in the various dimensions of our existence. When you are listening to music or to a lecture your attention is centered in your ears. When you read it is centered in your eyes. When you are running or jumping or throwing a javelin it is centered in your arms or legs. Depending on your choice of activity you marshal all your strength and energy and attention in one area of your body. Similarly when you are at war you marshal all your forces and guns in certain strategic locations.
Nature uses concentration to advance its work (it concentrates vital juices, substances, rays and waves). Concentration is an accumulation of material within a narrow space and its purpose is to crystallize and give form to a project or wish. This is why, if we want to materialize an idea, we must learn to concentrate. **(MARCH 28, 1995)**

Book 56: Wars - seen with a wider erspective

Christians claim that they are saved because Jesus came to earth and shed his blood for them. Yes, Jesus came to save mankind, but not in the way that Christians understand. If they have really been saved, why are they always up to their necks in the same wars, the same misery and illness? The sacrifice that Jesus made signifies something quite different. At the time that Jesus came to earth, the psychic path between Heaven and earth was blocked. All the disgraceful behavior, all the criminal thoughts and feelings, and all the unbridled passions of previous generations had created numbers of monstrous creatures on the astral plane, which were preventing people (apart from a few high beings) from progressing spiritually. So Jesus sacrificed himself to clear that path; the blood he shed appeased the appetite of all those monsters. It is impossible for us to imagine the infinitely vast proportions of such a sacrifice. Thus Jesus did truly save human beings, but not in the sense that Christians believe. The way to Heaven is now clear, but it is up to us to make the journey. **(April 10, 1998)**

A master has some very powerful means at his disposal to save someone who has fallen prey to evil spirits, but in order to do this he must feel that his efforts will be useful, and that that person will not immediately fall again into evil clutches. So, when a master feels that it will be worthwhile, and when heaven prompts him to intervene, he will go and find the person. But he does not find this person physically, for this work has to be done on the astral plane.' So, when the person sleeps, the master draws near and declares war on the harmful spirits, ordering them to leave him. Then, when the person wakes, he feels much better, and it becomes clear to him what his mistakes have been. He understands that in order to fall prey to dark entities he must have attracted them first, and he decides to change his way of life. **(April 24, 1998)**

We can learn a great deal from all that takes place at the theatre. There, on stage, actors are playing out heated arguments, and often the audience is passionately participating, too, egging on one side against the other. But if one of the audiences could go into the wings during the play, he would see those same characters that he has just seen quarrelling so violently, almost killing each other, happily chatting while they wait for their cue. What have they done to become friends again? You see, on stage these men and women are not really enemies. Their roles in the play are to fight each other, and they do this knowing all the while that they are just acting. But as soon as they leave the stage they are friends again. The entire world is a stage. It is a common expression. But we need to learn from this, rather than just saying it. It is high time that human beings became aware of the comedy they are acting. Let them go into battle with pretend weapons - they can enjoy playing at fighting for a short time - and then, with brass bands playing, they can return happily home. **(April 28, 1998)**

In order to understand what true religion is, human beings must draw closer to the light, warmth and life of the sun. That is to say, they must seek the wisdom which enlightens them and resolves all problems, the disinterested love which beautifies, encourages and consoles them, and the subtle, spiritual life which renders them active, dynamic and daring, so that they may realize the Kingdom of God and His Justice on earth. And no one can contest this religion: anyone who tries to destroy it destroys himself, because he restricts himself.
When this understanding of a universal religion penetrates every mind, the whole organization of life will become universal: all separation between human beings will cease to exist, including borders and wars. As they 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. **(May 4, 2004)**

Book 56: Wars - seen with a wider erspective

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)**

To act is to release forces. So, reflect carefully before you act, because once these forces are released they will not stop midway; they will keep going to the end. You are up a mountain, and there, above you, is an enormous rock ready to tumble down the slope: it all depends on whether you leave it alone, or give it a push. If you set it in motion, it will be impossible to stop, and you, along with many others, will be crushed. Or, if you open the gates of a lock, see if you can then stop the flood of water. You are master of whether you act or not, but the very moment you decide to act, the forces you have released escape your control. When agitators provoke a riot, they very soon lose command. That is why we say, 'Whoever sows the wind reaps the storm,' and that storm could carry away the very person who started it. Before we express even one word, look at something, write a letter, or press the red button for war, we are in control. However, everything passes out of our hands once we have instigated an action: we become mere spectators, and often victims. **(June 2, 1998)**

You can overcome your enemies by using ordinary methods, such as violence, cunning, the power of money, etc., but you must be aware that this victory will never endure. Your enemies will never be really subdued by such means, because they will always bear a grudge against you and will again cause problems, if not in this incarnation, then in the next. You may think that you have succeeded in eliminating your enemy, but in reality you have only rid yourself of his physical body. A living being can never be obliterated, because his soul is immortal; from the other side he will continue to hate you, and want to have his revenge. So the battle rages on and is never finished. Everyone, entire countries even, are mistaken in thinking that they can annihilate their enemies with arms, spies, or political maneuvering. One country may neutralize another for a short time, but sooner or later that other will have its revenge. Therefore, we must find other methods of disarming our enemies. **(June 3, 1998)**

People supposedly pity those who are suffering, but they always manage to benefit from their misfortunes. A businessman is going bankrupt? Very well, we will take over his clientele. Two countries have declared war? Wonderful, we will sell arms to both of them, and so on. It is plain to see that both the individual and collective lives of human beings are filled with this kind of calculation. If more people were genuinely concerned with the well-being of their fellow human beings, how many improvements there would be! Instead, they are content simply to take note of the suffering and to say, ‘How is it possible? Why do such things happen? ‘How awful!' And this does not prevent them from carrying on with their business at the expense of others, if they can. Yes, as the saying goes, one man's joy is another man's sorrow. This is why evil still has plenty to keep it busy and happy here on earth." **(July 5, 2004)**

A human being is like a monarch whose kingdom-his inner life-is the theatre of constant insurrections and civil war. He is often tossed this way and that by the contradictory claims of his

subjects whose rebelliousness torments him and makes him unhappy. In order to recover our inner peace, harmony and happiness we have to pacify and domesticate the cells of our bodies, just as we have domesticated dogs, cats and horses, or as a lion-tamer subdues lions, tigers, panthers and performing bears in a circus. Why should we not do the same with our cells? If animals, even fierce beasts of prey, can be subdued and trained surely we can train our own wild animals, our cells, and get them to pull together constructively? Of course this requires a great deal of work, great will-power, and above all great love. You need strength, patience and love to capture them and train them to become your faithful servants. **(JULY 16, 1995)**

When a society makes its economic interests its prime concern, even when this society achieves major successes, the day will inevitably come when it is faced with problems that it did not have the wisdom to foresee. Here is an example: there is nothing more profitable for a country that manufactures arms than to export those arms. That is how increasingly murderous equipment is sold to peoples who, by fighting continuously; pose a threat to the peace and safety of the entire planet. Some of these peoples are barely able to read and write, but that does not stop arms dealers from supplying them with the most sophisticated weapons, even sending experts to train them in their use. On the one hand a great deal of money is made. That is true. On the other hand, however, these profits will have to be paid for dearly because there will be an inevitable result: huge problems and the vast expenditure needed to put an end to the conflicts breaking out all over the world. We face insurmountable problems if we do not think things through and consider the end result. If immediate benefits are our sole concern, the problems will be even more serious. **(AUGUST 25, 1999)**

How many opportunities are we given to transcend the mediocrity of daily life! But who bothers to pay attention to these occasions? The silence of the night, the starry sky, and the immensity of space offer us the best conditions for distancing ourselves a little from human affairs, for reflecting on other worlds where beings more evolved than we live in harmony and splendor. All of our preoccupations mean nothing to them; they are insignificant events. You will say: 'But what do you mean, insignificant events? Famine, wars, and murders are terrible!' Yes, they are terrible, but in the eyes of Cosmic Intelligence, they do not merit much attention. For Cosmic Intelligence, only the events of the soul and the spirit are important. If human beings attached more importance to those events which could take place in their soul and their spirit, instead of giving material affairs priority, there would be far less misery and tragedy on earth.

Suffering alone is not an effective means of reforming human beings. In wartime for instance people resolve to give up this or that vice or failing – for the first time in years they may even pray – but once things are back to normal they forget all their good resolutions. This means that suffering and grief are not an infallible remedy. If you do not understand the reason for your suffering, if there is no one to explain it to you, you will probably rebel against it, and then it will be wasted. In order for suffering to be effective it must be accompanied by light, by explanations. People need to understand why they are suffering. But it must also be accompanied by the love that consoles and encourages. This means that we can help people effectively only if we can give them both wisdom and love. **(SEPTEMBER 14, 1995)**

One day a priest was addressing his parishioners, the majority of whom were very rich. He said to them: ‘Brothers, as you can see, our church is old and needs to be restored. But it will be very expensive, so let us think what we can do.' In one voice the parishioners replied that they were going to pray to God so that He might help them raise the necessary money. ‘What?' said the

indignant priest, '*you are millionaires, and yet you wish to bother God for a sum of money you can easily find yourselves*!'
Well, that is the notion of prayer held by many of the faithful: they ask that their affairs be arranged by divine intervention, when they could very well manage themselves if they decided to do what needs to be done. When they are in an altruistic mood, they pray for peace in the world, or for less poverty, but here again, God Himself must intervene. And this is why wars and poverty continue: because human beings delegate to God work they themselves should buckle down to. They must ask God only for light, so that they may always be inspired. **(OCTOBER 3, 2004)**

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)**

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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)**

Book 56: Wars - seen with a wider erspective

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 neighbor'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)**

If you have faith and patience enough to continue the work you have started, you can be sure that your hopes and desires will eventually become physical reality. Perhaps you will say that you have been wishing for some things for years but that there is no sign of their being realized. This means either that you have not been working as you should or that there are reasons why your wishes cannot be granted just yet. If your aspirations concern the whole of humanity they will, of course, be far more difficult to achieve than if they concerned only yourself. You may want peace in the world, for example, but think of all those who want war, and whose desires prevent yours from being realized! If we want to work for the salvation of mankind we need many more people, much more strength and much more time, for it is a tremendous long-term undertaking. But it is not unattainable. It would be achieved if many spiritual fraternal groups were created throughout the world to dedicate themselves to this work. **(November 18, 1995)**

Over the course of history, not only has religion brought about all sorts of atrocities, but those who carried them out were convinced they were doing their duty. To imprison, massacre and burn 'heretics' and 'infidels' without any consideration for their humanity was to demonstrate their faith. And some of them were even persuaded that in doing so they were acting out of love for their fellow men: by condemning them to be burned at the stake, they were saving them from the fires of Hell, from eternal damnation. The aberrations fanaticism can produce in the minds of some are extraordinary! And God, of course, would reward them! But did they first ask him if he condoned the massacre of his creatures? This is the first question to be asked of all those who, even in our epoch, claim to be 'soldiers of the faith' and think of themselves as instruments of the divine will: has God sent them to earth to massacre their fellow creatures in his name?

Human beings still have a very limited concept of love. They fall in love with a man or a woman; they love their parents, their children and their close friends. But this is still not love. In order to manifest love, you must learn to project the rays of your heart and soul to the entire world, as the sun does.
All suns bombard each other across space with their rays. Of course, like the earth we inhabit, we are still far from being able to manifest such love. The earth is dark. It does not know how to shine or to fight using the light, which is why war on earth is so terrible. But see how the sun wages war: it produces fruits, flowers and an entire abundance of life. Because we do not yet know how to wage war like the sun, we must go in the morning to see how it uses its weapons: how it launches them, how with its canons, shells and rockets it vivifies the entire universe.

Encyclopedia Initiatic Science

Book 57: The deeper Purpose of Fasting

We need to learn to adapt certain ideas so they can be useful in different areas of life. For example, it is said that fasting eliminates evil spirits.
But fasting need not apply only to the physical plane. If undesirable spirits have taken up residence in the physical body and are causing physical problems, a physical fast will banish them. But these spirits can also lodge in our astral and mental bodies,' manifesting in the form of cravings and deranged thinking, endlessly prompting us to satisfy their appetite for all they enjoy. So, to get rid of these undesirable spirits, we must stop feeding them. In other words, we must replace inferior thoughts and feelings with those that are pure and full of light. If we deprive these spirits of their nourishment-of a vice or certain weaknesses-they are forced to fast, and when they sense the threat of starvation, they leave us. This is an example of how certain ideas must be understood. **(JANUARY 21, 1998)**

Many people feel sorry for spiritualists. They say, 'How awful! My God, what a life these poor people lead! They pray, meditate, practice some spiritual exercises, fast even, instead of taking advantages of the pleasures of life like everyone else!' They do not know that, in the near or distant past, those people they feel sorry for have already lived the type of life that appeals so strongly to materialists, and have abandoned it precisely because they discovered other realms of life. Materialists cannot even imagine that spiritualists know other states of consciousness, which bring them other joys and much vaster, more stable and assured sensations of fulfillment. Materialists have no right to pass judgment on spiritual joys they have not yet experienced. Contrary to materialists, spiritualists have been able to compare: how can materialists reach a verdict in full knowledge of the facts, it they have tasted only one category of pleasure? They are much too quick to feel sorry for those who choose the path of spirituality. **(JANUARY 25, 2001)**

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)**

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 aim of the different practices advocated by religions all over the world – fasting, ablutions, prayer, etc. – is to prepare human beings to be more clearly receptive to divine messages and energies. In reality, of course, it is not the act of fasting or going on a retreat which is, in itself, important. What matters is to set out a work of elimination and self-purification: in other words, refining thoughts, feelings and actions. Unless you are committed to doing this work, however, it would be better to leave spirituality well alone, because otherwise you could become a danger to yourself, and put others at risk. If all prejudices and lower inclinations have not been eradicated, to consider oneself a messenger of Heaven, or a divine instrument, is the most disastrous of all ways of thinking. This explains how people can become a torment to their families, or even butcher their own people. Only someone who is truly pure and disinterested can claim to be a messenger from Heaven. **(JUNE 8, 1999)**

Purity is essential if we are to grow and blossom. It is a prerequisite for our health, our energy, our beauty, our intelligence, our joy and our love. Why? Because impurities create obstacles to the circulation of energy, whether it be physical or spiritual.
It is therefore important for human beings to rid themselves of these impurities, and if purification exercises have such an important place in initiatic science, it is obviously with good reason. We must undertake this purification not only by physical means (fasting, breathing exercises, cleansing, and so on), but also by spiritual means: concentration, meditation and prayer, in order to introduce within ourselves a substance which disintegrates and throws off these unwholesome elements. This substance is light. **(AUGUST 22, 2005)**

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.

You hate somebody? Well, be aware that hating someone is exactly the same as loving that person. You are creating a link between you both because hate is as powerful as love. If you want to free yourself from someone, do not hate him and do not love him either – be indifferent. If you hate a person, you tie yourself to that person with chains that no-one will be able to unfasten. You will always be tied together and the ties will remain for years, centuries even. Yes, you do not realize this. People imagine that by hating someone they distance themselves from the object of their hatred. Quite the contrary: hate is a force which ties you to the person you hate, and you will come across this person again in a following incarnation. Get into your heads: hate forms ties that are as powerful as love. These ties are different, obviously: love will bring you certain things and hate will bring you others, but just as certainly and as powerful as love.

Book 57: The deeper Purpose of Fasting

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)**

Book 57: The deeper Purpose of Fasting

THE ESSENE SCIENCE OF FASTING and THE ART OF SOBRIETY

GUIDE TO REGENERATION IN HEALTH AND DISEASE

By EDMOND BORDEAUX SZEKELY

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FASTING AND SOBRIETY ACCORDING TO THE ESSENE GOSPEL OF PEACE

[Farming]

I Fasting

Renew yourselves and fast. For I tell you truly, that Satan and his plagues may only be cast out by fasting and by prayer. Go by yourself and fast alone, and show your fasting to no man. The living God shall see it and great shall be your reward. And fast till all evils depart from you, and all the angels of our Earthly Mother come and serve you. For I tell you truly, except you fast, you shall never be freed from the power of Satan and from all diseases that come from Satan. Fast and pray fervently, seeking the power of the living God for your healing. While you fast, eschew the Sons of Men and seek our Earthly Mother's angels, for he that seeks shall find.

The angels of air and of water and of sunlight are brethren. They were given to the Son of Man that they might serve him, and that he might go always from one to the other. Holy, likewise, is their embrace. They are indivisible children of the Earthly Mother, so do not you put asunder those whom earth and heaven have made one. Let these three brother angels enfold you every day and let them abide with you through all your fasting.

And it was by the bed of a stream, many sick fasted and prayed with God's angels for seven days and seven nights. And great was their reward, because they followed Jesus' words. And with the passing of the seventh day, all their sickness left them.

II Sobriety

Publisher Love(+)Wisdom(=)Truth

Book 57: The deeper Purpose of Fasting

So eat always from the table of God: the fruits of the trees, the grain and grasses of the field, the milk of beasts, and the honey of bees. For everything beyond these is of Satan, and leads by the way of sins and of diseases unto death. But the foods which you eat from the abundant table of God give strength and youth to your body, and you will never see disease. For the table of God fed Methuselah of old, and I tell you truly, if you live even as he lived, then will the God of the living give you also long life upon the earth as was his.

For I tell you truly, the God of the living is richer than all the rich of the earth, and his abundant table is richer than the richest table of feasting of all the rich upon the earth. Eat, therefore, all your life at the table of our Earthly Mother, and you will never see want. And when you eat at her table, eat all things even as they are found on the table of the Earthly Mother.

Take heed, therefore, and defile not with all kinds of abominations the temple of your bodies. Be content with two or three sorts of food, which you will find always upon the table of our Earthly Mother. And desire not to devour all things which you see round about you. For I tell you truly, if you mix together all sorts of food in your body, then the peace of your body will cease, and endless war will rage in you.

And when you eat, never eat unto fullness. Flee the temptations of Satan, and listen to the voice of God's angels. For Satan and his power tempt you always to eat more and more. But live by the spirit, and resist the desires of the body. And your fasting is always pleasing in the eyes of the angels of God. So give heed to how much you have eaten when you are sated, and eat always less by a third.

Let the weight of your daily food be not less than a mina, but mark that it go not beyond two. Then will the angels of God serve you always, and you will never fall into the bondage of Satan and of his diseases. Trouble not the work of the angels in your body by eating often. For I tell you truly, he who eats more than twice in the day does in him the work of Satan. And the angels of God leave his body, and soon Satan will take possession of it. Eat only when the sun is highest in the heavens, and again when it is set. And you will never see disease, for such finds favor in the eyes of the Lord.

From the coming of the month of Ijar, eat barley; from the month of Sivan, eat wheat, the most perfect among all seed-bearing herbs. And let your daily bread be made of wheat, that the Lord may take care of your bodies. From Tammuz, eat the sour grape, that your body may diminish, and that Satan may depart from it. In the month of Elul, gather the grape that the juice may serve you as drink. In the month of Marchesvan, gather the sweet grape, sweetened and dried by the angel of sunshine, that it may increase your bodies, for the angels of the Lord dwell in them. You should eat figs rich in juice in the months of Ab and Shebat, and what remain, let the angel of sunshine keep them for you. Eat them with the meat of almonds in all the months when the trees bear no fruits. And the herbs which come after rain, these eat in the month of Thebet, that your blood may be cleansed of all your sins. And in the same month begin to eat also the milk of your beasts, because for th is did the Lord give the herbs of the fields to all the beasts which render milk, that they might with their milk feed man. For I tell you truly, happy are they that eat only at the table of God, and eschew all the abominations of Satan. Eat not unclean foods brought from far countries, but eat always that which your trees bear. For your God knows well what is needful for you, and where and when. And he gives to all peoples of all kingdoms for food that which is best for each. Eat not as the heathen do, who stuff themselves in haste, defiling their bodies with all manner of abominations.

For the power of God's angels enters into you with the living food which the Lord gives you from his 'royal table.

And chew well your food with your teeth, that it become water, and that the angel of water turn it into blood in your body. And eat slowly, as it were a prayer you make to the Lord. For I tell you truly, the power of God enters into you, if you eat after this manner at his table. For the table of the Lord is as an altar, and he who eats at the table of God, is in a temple. For I tell you truly, the body of the Sons of Man is turned into a temple, and their inwards into an altar, if they do the commandments of God. Wherefore, put naught upon the altar of the Lord when your spirit is vexed, neither think upon any one with anger in the temple of God. And enter only into the Lord's sanctuary when you feel in yourselves the call of his angels, for all that you eat in sorrow, or in anger, or without desire, becomes a poison in your body. For the breath of Satan defiles all these. Place with joy your offerings upon the altar of your body, and let all evil thoughts depart from you when you receive into your body the power of God from his table.

Book 57: The deeper Purpose of Fasting

Rejoice, therefore, always with God's angels at their royal table, for this is pleasing to the heart of the Lord; and your life will be long upon the earth, for the most precious of the servants of God will serve you all your days: the Angel of joy.

(These are excerpts from The Essene Gospel of Peace, Book One)

Part One: The Essene Science of Fasting

INTRODUCTION

Fasting is the most ancient therapy of humanity. Even our forefathers observed that after some days of fasting, a recrudescence of vitality and vigor shows itself in the organism. Nature turns it to account for the purpose of accelerating the functions of elimination, while the marvelous economy of the organism profits by the rest afforded to the digestive functions and by the vital machine's slackened activity resulting from the fast to cast off the impurities of the organism by every channel. In sickness, nature seeks to eliminate, then to eliminate more, and again more, until the choked-up ducts which are the vehicles of vitality and energy are made free and good health is re-established. And it is only when elimination is complete and all the embarrassing waste products of the organism have been evacuated, that hunger, exquisite and natural, appears.

On several occasions enthusiasts have embarked on a fast without having studied the question sufficiently or without having accurate ideas on the physiology of the body. They have injured the idea of therapy through fasting in the minds of people by incorrect application of an excellent method.

There are some kinds of fasts which must be wholly condemned: irrational fasts, fasts without preparation, fasts of long duration without an experienced guide, and fasts which are only inspired by the wish to follow a system momentarily in vogue.

The purpose of this book is to give a dialectical guide to all who want to profit by this most ancient therapy of mankind, without making mistakes in its application.

HOW TO FAST

In general, official medicine looks on fasting as a bad and even dangerous thing for the human organism and regards it as the equivalent of starvation. There is some truth in the official viewpoint, but we cannot accept it in its totality, for as it stands it is extreme. At the other end of the pole, certain naturist systems consider fasting to be the high spot of therapeutics and as the best method of cure. I know some very good and reputable naturopaths who make all their patients fast, and who say that by fasting every disease is curable. This concept has a great deal of truth in it, but we must reject it also as extreme. it is true that very often fasting produces excellent results, but there are many cases when a fast, particularly a long fast, may result in accidents and even in disaster. We must therefore examine carefully the problem of fasting from the point of view of physiology.

What happens in the organism during a fast? We know that a great part of the energy of the organism is absorbed by the work of digestion. When we do not introduce food into the organism, then those forces of the organism which are generally absorbed by the work of digestion are freed. And the forces of the organism which are usually paralyzed by the struggle against waste products introduced into the system, and occupied with the elimination of superfluities and fermentations provoked by an irrational diet, are liberated by the rest which fasting secures.

The organism begins to feed upon its own reserves and the liberated forces begin to eliminate various old local accumulations and deposits of waste products, which the organism when occupied with the daily influx of superfluities has neither the energy nor the time to do. During a fast this eliminative process goes on with accentuated intensity. In view of all these useful physiological processes provoked by a fast, we can consider fasting as an excellent therapeutic method. Both from the point of view of the intensity of the metabolic processes which it occasions and from that of the results which it obtains, I do not know of any therapeutic method which can be so effective as the fast.

It is sad, but none the less true, that generally we eat very much more than is necessary for the organism as regards both quantity and quality. Fasting is a good counterbalancing factor against the various alimentary excesses which by our unnatural mode of life we accumulate in the organism. As a general

rule more people die of overeating than from malnutrition. And even where the excess food material does not consist of toxic disease-forming material, there is, at the least, a great mass of starchy and fatty substance deposited in the body. Fasting is a radical cure which counterbalances the evil effects of overeating and unwise choice of food. If people were to feed upon a healthy diet and not to overeat, then I should not advise fasting as a therapeutic method, as it would be unnecessary. But since people do, fasting is a very valuable therapy. The value of fasting must always depend on the concrete case. The value and significance of the fast are relative. Those naturopaths wh o advocate fasting are right for the reason that people are over-nourished. But if they would eat exactly the right diet in quality and quantity, then these naturopaths would no longer be right. The value and significance of fasting thus depends on present habits of eating.

In the future, when man has a healthy diet in both quantity and quality, we shall perhaps no longer be able to say the same of the value of the fast. But fasting is truly very valuable in cases of overeating and in the case of disease caused by over-nourishment.

Now let us consider how to fast. We must pay attention to certain factors which limit both the duration of the fast and its intensity.

First, we will deal with the question of the duration of the fast. When we fast, there are two chief parallel physiological processes going on in the organism. First, there is the dissolution and elimination of the excesses and superfluities of the organism, and secondly there is the exhaustion of the vital cells and reserves of the organism. These are two parallel processes. The most interesting thing in the physiology of the fast is that the organism first eliminates those parts of the organism which are unhealthy, and only when unhealthy tissues have disappeared, does it begin to consume healthy cells and tissues. This fundamental physiological law of fasting gives us the essential rule to be observed in the fast. We must only fast up to the moment when the elimination of accumulated waste products and diseased cells is complete. We must always stop the fast at this point, before the organism starts to exhaust its healthy cells and tissues, which are necessary for the vital func tioning of the organism.

Those who exaggerate in fasting often go beyond this stage in the fast, with the result that progressive starvation and even death may ensue. This extremism is unfortunate, for it only brings prejudice against a method of cure which is really very sound. The number of enemies of fasting is unnecessarily increased.

There are also certain derivative rules which change with the individual case. Sometimes an organism is too intoxicated, and the dissolution and stirring up of waste products creates too strong and intensive an elimination. if this happens, the various excretive and eliminative organs cannot keep up with the accelerated rhythm of elimination, and it may happen that this very heightened elimination will exercise such an intensive chemical fermentative influence upon the organism that it can paralyze the activity of various important organs and so cause very serious irregularities and even death. Therefore a fast may be justified from one point of view, but not from another. The result of the over-intoxication of the organism may be that the manifested chemical energy of the latent toxins overcomes the power of resistance of the internal organs. In these cases, it is highly recommended, before undertaking a fast, to follow for a few months a well balanced, purifying and detoxifying d iet, such as outlined in The Essene Science of Life. This is the second chief rule of fasting.*

**by Edmond Bordeaux Szekely, available from the International Biogenic Society.*

The first law, as was mentioned above, is the quantitative law that the duration of the fast should depend on the quantity of unhealthy cells and tissues present in the organism, while the second law of fasting is the qualitative law which says that the intensity of the elimination should depend on the force of the latent chemical energies of the accumulated harmful waste products present in the organism.

if we examine those cases where fasting has resulted in accident or death, we shall find that they have invariably occurred from non-observance of these two fundamental laws of fasting.

The manner in which one fasts is also very important. I have seen individuals who have fasted remaining shut up in a room. This is not at all an optimal way of fasting. When the organism fasts, it does not receive its customary source of energy from the body, so it is necessary to utilize other sources of energy: deep inhalations of sun-irradiated air, which refresh the nerves, pulmonary cells and circulation of the blood. A large amount of oxygen introduced into the organism aids the oxidation of harmful waste products and increases the eliminative capacity of the lungs, thus preventing possible local accumulations of gas.

Similarly, frequent washing of the skin also increases the capacity for respiration of the epidermis. When there is a large amount of oxygen flowing through the skin, this has the same effect as oxygen inhaled through the lungs. And various noxious substances are likewise removed through the skin. The internal dynamic forces of the fast and the chemical and metabolic energies released by it drive from within to without the various superfluous and unfavorable substances of the organism. These all flow in the direction of the skin. if, during a fast, we wash the skin two, three or even four times a day, we shall always find that the color of the water is much darker than when we are not fasting.

The external washing of the skin also has a refreshing influence on the organism. Sun-baths alternated with water-baths also very greatly help the process of elimination. The sun's rays have a bactericidal and fermenticidal influence. Its chemical rays traverse the whole organism and, passing through the cells, greatly help the process of elimination. The rays of the sun, provided they are used always in moderation, also represent a source of thermic energy for the organism, which replaces the warmth generally supplied by food. It is very pleasant for the organism to have the sun as a source of warmth, for generally during a fast the person fasting is more inclined to feel the cold.

IS THE ENEMA NATURAL?

Another application during the fast is the washing of the intestines. The question of the enema is a cause of great disputes among naturists and naturopaths. There are those who say that the enema is an entirely unnatural thing. They say that animals living in a state of nature never have such a tliing. They also hold that enemas remove certain mucus material from the lining of the intestines and for this reason, too, they disapprove of them. To them I would answer: Is the consumption of refined and processed foods, laden with chemical additives and preservatives, a natural thing? Have we ever seen wild animals eating cooked food, or white sugar and white flour? We have not. It is natural, therefore, that they should not require enemas. Nor would human beings need them if we were to live naturally. But if we have introduced unnatural things into our bodies, then we have to eliminate them. One unnatural custom breeds another.

During a fast, a great quantity of harmful waste products and other superfluous substances enter the intestines and accumulate there. if they are not eliminated, these substances can create an intense fermentation which can exercise such a local pressure on particular organs and general pressure on the nervous system as to give rise to dangerous consequences, having regard to the general weakness of the organism during a fast.

If we take an enema during a fast, we cannot fail to remark the dense color of the liquid discharged, its contents and smell, from which it is easy to see that it would be less advantageous to leave such material in the intestines than to remove it with the help of a little plain water. If we do not take an enema, all this matter is left in the intestines, with the result that the organism must make a great effort to eliminate all these substances by the usual channels of excretion. This unduly taxes the strength of the organism and also immensely extends the duration of the fast. The longer such substances remain in the organism, the slower the metabolism becomes, and no complete elimination of additional poisons is possible for some time. But as soon as we eliminate them by the enema, then the internal forces of the fast immediately produce new eliminatory secretions. The enema may be repeated to advantage every day of the fast.

In view of our unnatural habits, I do not consider an enema at all unnatural. Fasting itself is not natural, for nourishment is a natural process and its suppression is not. But when we have been unnatural in our eating, then we must counterbalance and repair it by other unnatural applications, by fasting and enemas. Whether a thing is natural or unnatural is relative. If we did not have an unnatural diet, resulting in excess, superfluous matter clogging the organism, then fasting and enemas would both be unnatural. But since there is superfluous matter accumulated in the organism, then fasting and enemas must be regarded as necessary and even natural processes, for we must help nature get rid of the harmful waste products in the organism. Elimination is a natural proccss which we must always help. Of course we do not see animals in the forest fasting and taking enemas, but neither do they deviate from the laws of nature regarding their diet. For the completely denatured individual living in our present artificial civilization, an enema as an adjunct to successful fasting is a very necessary thing.

The effect of having an unnatural diet for some years is that the intestines are full of unwholesome matter and inferior fermentations. In such an environment, a large number of parasites, both visible and invisible, multiply constantly. in most cases, evacuation of the bowels is not regular or normal and the waste matter

is never entirely discharged from the intestines. It is for this reason, particularly in the large intestines, but in the others as well, that inferior stratified layers are formed.

The nutritive juices are absorbed into the organism through the inner surface of the intestines and consequently they always reach the blood infected with this fermented liquid in the intestines. As a result, all the juices of our cellular life are infected in turn and this condition increases our liability to disease.

The microbes of the inferior fermentations multiply by division, and though they are due to a previous flesh diet, they and all their parasites continue to thrive even in the contents of the intestines derived from a vegetarian diet and may remain for several years. They can therefore form the permanent precondition of contagious diseases.

For all these reasons, the enema is necessary at the beginning of our new life. After the fermentations, former parasites and harmful waste products have been eliminated, the intestinal system will regain its vitality and elasticity, particularly if, at the same time as we adopt the new natural diet, we begin the renewal of the body. if we do, normal absorption of the nutritive juices is a certainty. Where reform of life follows on an unnatural diet extending over dozens of years, the intestines should be washed out every day for a week. At the beginning of a fast, the enema may be taken morning or evening, but not less than eight hours after the last meal. After only a few days there will be an improvement in the complexion, indicating the cleansing process within.

ESSENTIAL POINTS AND WARNINGS

The next question is how to know when it is time to end the fast and also what food to eat before and after it. in order to give the answer to both these questions we must examine a little the physiology of fasting. During the first and second days of a fast we have a very good appetite, which makes fasting somewhat difficult, but usually on about the third day the appetite disappears and a white layer forms on the tongue. Nature is closing the road to foods. When the organism has eliminated all the superfluous substances then the white layer on the tongue disappears and a natural appetite returns. This event indicates the end of the fast. It means that we must start eating again. This is the symptom which marks the time when we should end the fast, but naturally this is only a general rule. There are certain special exceptions to it. In case of great weakness of the organism the fast must sometimes be interrupted earlier on. We must also suspend the fast in the case where the liberated chemical energy of the accumulated toxins necessitates a slackening of the elimination.

We must make certain preparations for the fast. A person eating all the usual "civilized" foods, including meat and other toxic substances, would, if he were to start a fast after such a meal, experience alarming symptoms. He would have intestinal gas, strong intestinal and gastric fermentations and other discomforts. in such a case the sudden commencement of a fast can cause severe irregularities and dangers. it would therefore be advisable to follow a wholesome, natural diet for a few months (as previously mentioned), and then begin the fast only after two or three days upon an exclusive diet of fresh juicy fruit. Nature does not like sudden changes, so between the customary digestive pattern of the stomach and the strong elimination occasioned by fasting, we should interpolate a transitional period of moderate elimination. in this way, alarming symptoms at the beginning of a fast can be avoided. Yet these will only be postponed, for it is very rare to be able to fast for many da ys without having symptoms, which are the punishment for our past sins. Through them we pay our debts we owe to nature. The person fasting may experience periodic dizziness, and strange black objects may appear in front of the eyes. He may feel extremely weak, or cold, or irritable, or even lose consciousness for a few seconds. Such symptoms very often accompany fasting.

What is the explanation of these phenomena? During a fast the most important role is played by the circulation of the blood. The circulating blood dissolves old accumulations in various parts of the body and in the skin. Its circulation becomes saturated with these chemical accumulations, which from time to time are carried by the blood through certain nerves, thereby occasioning these sensations of blackness, irritability, depression, or momentary loss of consciousness. There is no need to be afraid of these things, for they come and go.

Another symptom during a fast is a change in the color and texture of the urine: it becomes denser and undergoes strange permutations of color, turning yellow, red and sometimes green. And if the urine is left standing for a day, considerable deposits will be found at the bottom of the bottle. This shows the effect of

fasting, providing proof that the organism requires a fast, and that elimination is going on within the organism. Similar accumulations form on the lining of the intestines and also on the surface of the skin, for which reason washing of the skin and of the intestines is recommended. Also, the breath has a bad smell, as there is a considerable elimination of various gases through the lungs. The salivary glands also take part in this elimination, and the person fasting feels compelled to spit. The saliva itself contains eliminative matter. The economy of the human organism does not desire that this should remain within, so it impels the patient to spit it out. All thin gs considered, fasting is not exactly pleasant, but it is extremely useful and necessary, and the temporary inconvenience is more than compensated for by the anticipation of future vibrant health and well-being.

Those who undertake a fast should withdraw into a natural environment and fast in the open air, with sunshine in moderation and plenty of shade. They should get away from the temptations of the outer world, for the sake of both themselves and those around them. it is better to go away and fast by oneself, in order to avoid tempting foods, well-meaning interference, etc., which may cause one to break the fast. "When you are all alone, you are all your own," said Leonardo da Vinci. one should seek the company of fresh air, water and sunshine (in moderation), reading the various volumes of The Essene Gospel of Peace, in order to be psychologically and spiritually fortified. A fast is an excellent time to open oneself up to the absorption of new sources of energy, harmony and knowledge.*

*How should the fast be ended? it should end much as it began, but instead of taking juicy fruits for the first meal, simply a glassful of fresh fruit juice eaten with a small teaspoon should be taken. This should be thoroughly mixed with the saliva. The interruption or termination of a fast with meat or even any concentrated or nourishing food can have catastrophic results. It is most important to end the fast with fresh fruit juice, preferably from fruit which is organically grown and ripened in the sun. Such fruit contains the most superior water, rich in organic mineral salts, vitamins, enzymes and the accumulated energies of the sun. After two or three hours, one can take a second glass of juice, and so on. The following day, in addition to the fruit juice, one can add some fresh fruit, and a tender, vegetable salad, composed of ripe, juicy vegetables in season, such as cucumbers and tomatoes, in small amounts and chewed extremely well. it cannot be emphasized strongly e nough that all the food taken immediately after the fast must be eaten in very small amounts, must be chewed and mixed with the saliva thoroughly, and must, above all, be fresh and raw. Following this pattern, gradually one can eat more nutritive foods until normal weight is reached. It is hoped that one might never return to pre-fast eating habits, but follow instead a diet of fresh, raw fruits and vegetables, whole grains, nuts, seeds, sprouts, fresh raw milk and eggs (these last only if available pure and fresh), and so keep the organism healthy.**

**Translated by the author, available from the International Biogenic Society.*

After fasting, the human organism is like a dry sponge; it has a more intensive capacity for absorption than at other times. It is, therefore, most important to pay great attention to what is eaten in the first days and weeks succeeding the fast. During the fast, the organism will have lost much superfluous weight. Afterwards it reconstructs, and the person who has been fasting will gain weight very rapidly. The organism absorbs everything for use in the reconstruction of new cells. if, therefore, unhealthy foods are eaten after fasting, the organism will be built of unwholesome material, and much of the benefit of the fast will be lost. On the other hand, if the organism is reconstructed after the fast with wholesome materials, then the new cells will be of the finest quality. In the few weeks succeeding a fast, raw foods rich in vitamins and enzymes should be eaten in preference to cooked, for in that way the organism can construct new cells more perfectly. Once the natural weigh t has been regained, then one can begin to eat in moderation the various cooked foods which one is accustomed to. I do not generally advise eating cooked foods at all. I am in favor of a raw diet. Those who read my numerous books on health and nutrition will realize the superiority of raw foods, containing all the valuable enzymes, plant hormones, vitamins and other imponderables. But those who are not in the habit of following a raw diet, and who do not have the will power to adhere to a completely raw regime, should at least do so during the week after the fast, i'n order that the reconstruction of the organism may be completed in the best possible way. After that, the disadvantage of eating cooked foods is less, for once the cells of the organism have been reconstructed, it can more easily eliminate the superfluous by-products of cooked foods. In later weeks, the organism is not using everything for reconstruction, but at the end of the fast it utilizes everything, absorbing like a dry sponge. This is why the new cells should be constructed with only the finest building materials from nature's table of wholesome raw foods.

**See The Chemistry of Youth, by Edmond Bordeaux Szekely, available from the International Biogenic Society*

The same foods have a very different effect upon the body before and after fasting. Before a fast, the organism uses a very small part of the food ingested and eliminates the major part, without much increase in weight generally taking place. But after a fast, a meal of juicy fruit will increase considerably the weight of the body. The organism has quite a different capacity for absorption before and after fasting. This increased absorptive capacity continues for some days.

Fasting is good for those who are healthy, provided it is not exaggerated. Extremes of temperature should be avoided. it is not advisable to fast in cold weather, for then it is necessary to stay in a warm room, which lacks fresh air. On the other hand, when it is very hot, excessive thirst is provoked in the organism and that, too, is not very agreeable for the person fasting. A pleasant temperature, neither too hot nor too cold, is best.

THE DRINKING OF WATER

There is another very interesting problems. Should one drink water during a fast, or not? This is another great point of dispute amongst naturists. There are those who advise so-called "dry fasts," during which nothing is drunk at all, while others give the patient as much as several gallons of water a day. Without knowledge of the individual case, both extremes can be bad. A little water during the fast is very good, for it helps the dissolution of the accumulated toxins and cleanses the internal parts of the organism; but too much can be a mistake.

Those opposed to water drinking say that fasting provokes increased oxidation in the organism, with a resulting consumption of harmful waste products, and that drinking, as it were, puts out the fire. There are arguments for and against this view. Every problem has two sides.

The answer in every case depends on common sense and the particular individual. There are organisms which have an excess of liquid, and in such cases it would be folly to give more liquid during the fast, for the organism has sufficient work to do to get rid of its own liquid. Excess of water during a fast does indeed suppress the process of oxidation in the organism and gives it superfluous work to do. The organism is thereby prevented from using up its own accumulated liquid, which in the majority of cases is not at all a vital or wholesome liquid. in these cases, the effect of the fast is greater if no drinks are taken. The drying-up of the organism in these cases is very useful, for the excess liquid derives from overeating of highly concentrated foods. It is good to replace this surplus liquid of inferior quality with the fresh fruit juice taken after the fast. On the other hand, there are persons with comparatively dry organisms, and in these cases it is quite a good thing to help the organism with a little water. These cases can be allowed about four glasses of water a day, but not the gallons of water prescribed by certain naturopaths. When a small amount of water is permissible, it is important that it be pure, fresh and unchlorinated.

I have often observed a very great regeneration effected in the organisms of quite old people by proper fasting. Various symptoms occur. For instance, the color of the hair may change, becoming darker, while in the case of baldness, new hair may grow. Often in certain cases teeth are renewed. A good fast, properly commenced and properly terminated, followed by a proper reconstruction of the organism with superior new material (fresh, raw fruits and vegetables, whole grains, sprouts, etc.) often effects almost miraculous changes in the organism. I have observed this in a great number of cases of the almost 124,000 patients I treated during a third of a century of "The Great Experiment" at the Essene School of Life at Rancho La Puerta, applying the Essene Biogenic principles of nutrition and fasting, without any adverse effect or accident.*

**See Search 'for the Ageless, Volume Two: 7he Great Experiment, by Edmond Bordeaux Szekely, available from the International Biogenic Society.*

The person who fasts does not rely on doctors nor on drugs for a cure; he undertakes his own healing, relying on the powers latent in his own body, having complete faith in the laws of nature. Thus a fast may prove to be not only an ancient and time-tested method of healing, but also a bridge to greater awareness and self-knowledge.

Book 57: The deeper Purpose of Fasting

FASTING AND LONGEVITY

Saint Paul, the anchorite, who died at the age of 113 years, ate only dates and drank nothing but water. Saint Anthony died at the age of 105 and was content to live on bread, water and a few herbs for ninety years.

We may also refer to the cases of Calcas, from Peru, who died in 1761 at the age of 140; of Pari, from Chile, whom Alexander Humboldt relates having seen at the age of 143; of Louise Truxo, who died in 1780 at the age of 175; of Joss Moreira and Sabina of Lemos, both of Brazil, who died at the age of 115, in 1869 and 1872, respectively.

In our present day we have the remarkable example of the Georgian peasants of the Caucasus, a great many of whom have reached the age of 120 years in splendid health.

All the examples of long living, such as Thomas Carn and Jenkins, instinctively followed the laws of nature. They did not eat cooked foods at all, they ate very little, and their foods were simple and wholesome. In their rare falls from grace, their constant abstemiousness made their organisms immune and able to resist and eliminate inferior processes. The results they obtained were not in consequence of a knowledge of the laws of nature; they only partially followed the law according to the promptings of their organisms. Sobriety became their habit. Because they died only through accident, their age at the time of death was not the extreme limit of their possibilities, as Thomas Carn, for instance, lived to be 207. The Countess Desmond Catherine lived to the age of 145; she ate practically nothing but fruit, led a simple life, and kept her beauty till the last years of her life, according to Sir Walter Raleigh's History of the World. Of the books on longevity the most inter esting works are Macrobiotics of Hufeland, and L'Almanac de la Vieillesse et des Centenaires ou Dur6e de la Vie Humaine, jusqu'd cent ans et au dela, d6montr6 par des exemples sans nombres, tant anciens que modernes, by Augustin, Marie Lottin, Paris, 1761 to 1772 (12 vols. each of 460 pages). it is liere we find the biography of Jenkins who was born in Yorkshire in 1500 and died in 1670 at Bolton. At a very advanced age he was in excellent physical condition. His two sons both lived to be over a hundred. His life was of the simplest. He never ate in the morning, he always lunched between one and two o'clock on milk or butter with honey and fruit. In the evening he had only milk or fruit for supper, and once in a great while cooked corn meal with the milk. He drank river water, he was very abstemious, and he fasted on several occasions.

All the long-livers were vegetarians, eating very little and only once or at the most twice a day. Thomas Carn lived in the same way as Jenkins and exceeded even his age. His diet was milk products, bread and fruits. He was born in London in 1588 and died in 1795, surviving twelve kings of England. Of the opposite sex the oldest was Charlotte Dessen of Temesvar, the wife of jean Rovin. The former was 164 and the latter 172 when they died. The marriage lasted 147 years. From childhood they were very frugal eaters and lived almost exclusively on milk and corn bread.

Generally speaking, all those who live long are altruists and optimists. They know neither hatred nor envy. in addition to their practice of periodic fasts, and their fine diet of natural foods, they also know the value of a good diet in thoughts and emotions.

LONG FASTS

People without the necessary physiological knowledge, or unable to understand the language of their-own organism, should not undertake a prolonged fast without the of someone skilled in the physiology of fasting. I have met people who, after reading a book on fasting, have embarked on a fast of undue length, without sufficient knowledge of the technique of fasting. Such people get bad rather than good results, and accidents are liable to occur. Experienced advice is very necessary where a long fast is contemplated.

I do not usually recommend long fasts. As a general rule, it is good to fast one day a week, unless there is some particular reason against it. But I do not advise long fasts for inexperienced people; they do much more harm than good, and afterwards raise a prejudice against natural methods and the therapeutics of fasting. There is an old Latin proverb which says: "One careless friend can do more harm than a hundred enemies." Similarly, fanatical naturists very often do far more harm to the reputation of natural methods than do those who openly declare themselves opposed to fasting and other natural therapies.

For instance, there is the type who, after reading a book on fasting, proclaims that he is going to fast for forty days, as Jesus did. When asked if he has already carried out long fasts, he replies that he has not,

but that he is certain that he can manage it. Despite warnings, and advice to confine the fast to three days, he goes away and starts his fast. He fasts one day, perhaps two, three, four, five, or even six days; but on the seventh day a terrific hunger comes upon him and he begins to eat everything in enormous quantities. He practically eats the walls of the house-cooked foods, meat, etc., forgetting all his fine resolutions. The organism absorbs everything after a fast, so he reconstructs his organism with the same bad things as before. Then, after barely escaping serious illness from his post-fast eating binge, he declares that prolonged fasting is only for certain individuals, but not for him, and he never fasts again.

Then there is another type. This type comes along and says: "I am used to prolonged fasts of one or two weeks. Tomorrow I will start my two weeks' fast. I have done this

two or three times already." But if by chance you pay an unexpected call on him, you will either find him eating or else in the act of disposing of some half-eaten food. Such people only make a game of fasting, but they like to assume the role of being great fasters.

Then there are those who for religious and metaphysical reasons wish to fast. They imagine that the longer one fasts, the more perfect the organism will be. They think that their organisms will become more etheric and refined, and that finally they will become. Like the angels. As to this angelic transformation I cannot comment, but if they continue to follow such a program they will certainly become disembodied. This type can be really dangerous, for those numbered in it are very obstinate and refuse all food. They adopt the attitude that since Jesus fasted for forty days they also must fast for forty days. Besides the obvious fact that the individual capacities of these people are generally much lower than those of Jesus, they seem to ignore the fact that human beings were designed to partake of the wholesome and delicious foods from the table of nature, and while eating is a natural and joyous daily necessity, prolonged fasting is a radical therapy to be used only when absolutel y necessary, and then only under expert supervision. I am reminded of a little slogan I saw during the second World War, at the time of gasoline rationing: "Is this trip necessary?" The medical term for this pathological loss of appetite is anorexia, and very often these people can continue to refuse food until they starve and die. In a world where famine is a stark reality for millions, such intentional starvation is not only tragic, but somewhat tragicomic. But these are the people who bring much prejudice to fasting. The allopathic physicians who are opposed to fasting catch hold of these cases and write articles attacking natural methods, which they make responsible for the antics of these illogical and senseless creatures. There are always fanatical and dogmatic individuals who exaggerate every good thing, thereby robbing it of its value.

CONCLUSION

There is one last point on the physiology of fasting. Generally speaking, the more intoxicated the organism is, the harder it is for a person to fast, while the more detoxicated and more perfect the organism is, then the easier it is for that organism to fast. If a person has already fasted many times in the past, he can fast much more easily than one who has not fasted before. The more one fasts, the easier ' it is to fast, for each new renewal of the cells of the organism results in a greater capacity for fasting. On the whole, as I have already mentioned, I do not advise prolonged fasts for the majority of individuals, since they are not able to realize the right conditions for carrying them out. I therefore usually advise only periodic short fasts of two or three days' duration, and only in those cases where no special factors make them undesirable. In the majority of cases one day's fasting a week is quite feasible. it is best done o n a day when the person is free and can seek out some sun, fresh air and fresh water, not so easy if one lives in a city (which is why cities are not ideal dwelling-places for human beings). Those who find it difficult to fast one day a week can begin by undertaking a half-day's fast. They can fast for lunch and eat only in the evening. Even a short fast helps the organism very greatly, and little by little they will become able to fast for a whole day. This is the most sensible and practical way of fasting in the circumstances of ordinary life, particularly when at work, or where it is impossible to have fresh air, sun and water.

In conclusion, I hope that I have made one thing above all very clear: that fasting must be adapted to the individual case, and each person is totally unlike another, each with a different background, a different medical history, different health conditions, heredity, etc., all having a bearing on how and when to fast, and for how long. But if common sense and reason are applied, it will be seen that every question can be answered.

Part Two: The Art of Sobriety

THE REVALUATION OF CORNARO

There have been very few people in history so misunderstood and consequently misinterpreted by their contemporaries, as well as by posterity, as Luigi Cornaro.

His contemporaries looked with great astonishment on this vigorous, creative centenarian with his permanently benevolent, smiling face and countenance, so radically unlike themselves, at least those who were still alive when Cornaro celebrated his one-hundredth birthday, for the average life-span in the latter part of the 16th century was only forty to fifty years. The few who remained to wonder at Cornaro's well-being were vegetating in agonizing pains, chained to their beds, waiting only for death to release them from their sufferings. And this generally one-sided (though accurate) image survived all the centuries (he lived from 1464 to 1566). To many of his contemporaries, he was the respectable and highly esteemed administrator of the Bishopric of Padua and the intimate friend of the highly revered Cardinal Pisani. Several of his friends regarded him with even greater awe, knowing that two other long-lived celebrities, Pope Paul Farnese and Cardinal Bembo, both had become follo wers of Cornaro's way of living and eating. To the less knowledgeable citizens and neighbors of Cornaro, he was simply the wealthy and eccentric nobleman who lived in a pleasant house in the most beautiful quarter of the city of Venice, the grounds of which were enhanced by several beautiful gardens, intersected by running streams, "in which he always found pleasure of exercising, surrounded by pure air, water, sunshine, and beautiful trees and vegetation."

His niche of fame in the annals of posterity is also limited and not less one-sided. He was considered by many as a 16th century author of several classic treatises, most of which are still gathering dust in the ancient archives and libraries of Italy, holding no special interest for modern times. Regarding his literary form, the most fastidious critics extolled his beautiful style in both Latin and Italian. But concerning the rather "eccentric content" of his letters and treatises, very few comments were written.

Then, in the 19th and 20th centuries, something much worse happened to his image: he was suddenly acclaimed as the forerunner of Naturopathy and diet therapy, hailed as a fanatical, one-sided opponent of "orthodox medical science" of his age as well as the present one. "Selected" texts of his were atrociously translated in several languages and used as vulgar arguments for many one-sided medical sects and their representatives.

But the historical figure, the mind and personality of the great Luigi Cornaro cannot be evaluated from such one-sided interpretations. in the words of Lucretius, cognoscere est cognoscere causes. To know, we must know the origins. Therefore, let us analyze not only the character, the mind and the extraordinary erudition of Luigi Cornaro, but also the origin and sources of his remarkable philosophy of life.

The influences on the formation of his philosophy and way of living and eating were several. When I did my research in the archives of the Vatican and in the Benedictine monastery of Monte Cassino, I found very interesting material by and referring to Cornaro, as well as numerous letters and marginal notes on books and manuscripts in his own hand.

He was well acquainted with the writings of Hippocrates, the father of western medicine, who said, "let food be your medicine, and medicine be your food." After reading his marginal notes on the Treatises of Hippocrates on the airs, waters and nature, he does not seem so eccentric for spending so much time in his gardens. He also seemed to follow the advice of his favorite poet, Horatius, who said bene vixit qui bene latuit. He who hides well, lives well.

in one of his letters to Cardinal Bembo, he quotes Hippocrates several times, especially in these immortal words: "Life is short, and Art is long; opportunity fleeting, experiment dangerous, and judgment difficult." And again: "I will impart the Art of Healing by precept, by lecture and by every mode of teaching to all my disciples."

In another letter, criticizing the deviations of contemporary physicians from the basic principles of Hippocrates, he quotes the following words of the Father of Medicine, in order to keep his illustrious follower on the narrow path: "The regimen I adopt shall be for the benefit of my patients, according to my ability and judgment, and not for any wrong. I will give no drug to any, though it be asked of me, nor will I

counsel such. Whatsoever house I enter, there will I go for the benefit of the sick, refraining from all wrongdoing. Whatsoever things I see or hear, concerning the life of men, in my attendance on the sick or even apart therefrom which ought not to be noised abroad, I will keep in silence thereon, counting such things to be as sacred secrets."

He also made very interesting annotations on the texts of Galenus, the greatest follower of Hippocrates. Among them: "So long as we follow these two rules: not to take of more than our stomach can easily digest, and to use only those things which agree with us, we shall not suffer from disease."

He also quotes Socrates in one of his letters to Pope Paul Fa.rnese: "Whenever we follow the path of reason, everything will be satisfactory; but, as soon as we deviate from the path of reason, everything in our lives will go wrong." In another letter, this time to Cardinal Bembol he quotes extensively from Zeno, the classic Greek founder of the Stoic school of philosophy: "See that you live in harmony with your own reasonable nature, instead of acting unreasonably according to your own caprice. There lies your part and your happiness, for in that way you can avoid every collision with Nature and with the order of the Universe. Thus you can be assured of a pleasant and quiet life. We shall strive to achieve ataraxia, the undisturbed peace of mind before the turmofl of this world."

He also underlined in a manuscript this beautiful statement of Epicuros: "We shall seek temperance and a simple life.

Real wealth and freedom consists in a minimum of needs." But his favorite statement of Epicuros, which he quotes in a letter to Cardinal Pisani is this: "We shall avoid pain, always, and seek for pleasure. But of pleasures there are two kinds: for the first, and false, pleasures, we must pay too high a price: the sacrifice of our physical health and peace of mind. And without our health and peace of mind we are unable to enjoy any pleasures. The second kind of pleasures are our eternal companions, the right kind of pleasures. These noble pleasures are the enjoyment of all beautiful things in Nature: the mountains, the forests, the oceans, the colors of the sunrise and sunset. . . all that is beautiful in man's creation: great books, great music, great works of art, friendship and love. . . The wise man shall have as his program of living, the gradual replacement of the false pleasures with our eternal companions, the noble pleasures of life."

He also knew very well the two disciples of Zeno, founder of the Stoic philosophy: Epictetus, the slave, and Marcus Aurelius, the emperor. One of his notes from Epictetus: "Do not be concerned by anything independent of our will, but strive to improve all things which depend on your mind." A beautiful quotation of his from Marcus Aurelius may explain his serenity in the face of all his acquaintances and relatives, who lived their lives in violation of every rule of wisdom: "You cannot make people happy in your way; you must let them be happy, or unhappy, in their own way."

Now we arrive to the analysis of that crucial moment in Cornaro's life, his crossroads of decision, when he became deathly ill in the fifth decade of his "life of ignorance and dissipation." All of Cornaro's biographers, without exception, mention simply that it was "a physician" who led him to a new way of living, and thus to restored health, and never mention him again, leaving this most important influence on his life entirely in darkness. His notes and manuscripts published by his great-grandson, Antonio Cornaro, shed light on this most important person, who completely and radically changed the way of thinking, living and eating of Luigi Cornaro. The anonymous "physician" of Cornaro's biographers was the most respected member of the surviving brotherhood of the Salerno Medical School, and a renowned physician: Father Benedict, professor of natural regime and Cornaro's savior. He was sent to Cornaro's sick-bed by his superior, Cardinal Bembo, to save the life of the most efficie nt administrator of his Bishopric. It was Father Benedict, from the Benedictine monastery of Monte Cassino, who visited Cornaro at the height of his misery and converted him "from Saulus to Paulus." What happened then is common knowledge from the well-known treatises of Cornaro. The disciple outshone the master, who, according to the Benedictine ethic, intended to remain anonymous.

Let us now mention the greatest scholar of the famed medical school of Salerno: Constantin the African, who, after years of wandering in the eastern deserts, sought refuge in Salerno and then retired to Monte Cassino, the monastery founded by St. Benedict in the sixth century, there to translate many of St. jerome's still surviving texts about the Therapeutae, an Essene Brotherhood from Lake Mareotis, Of enormous renown in their use of simple, natural nutrition in the greatest moderation. His best known work, a condensation of the regirne and methods of fasting and eating in moderation of the ancient Essenes (the "Desert Way") was the Regimen Sanitatis Salernitanum, a handbook of domestic medicine, the most

quoted couplet of which is the following: "Use three physicians still: first, Doctor Quiet, next Doctor Merryman, and Doctor Diet."

The medical school of Salerno, mentioned several times, was the earliest and most famous in Europe, and to it flocked students from Europe, Asia and Africa, to study and qualify as doctors of medicine. Father Benedict, the anonymous physician of Cornaro, was one of the most illustrious lights of this famous school, in the 16th century.

The most fascinating discovery I made concerning the life and teachings of Cornaro is this chain of transmission of knowledge: the ancient Essene Brotherhoods and the Essene Gospel of Peace, St. jerome's translation of the Essene Gospel of Peace, the Benedictine monastery of Monte Cassino, Constantin the African, the remnants of the texts of St. Jerome, the Salerno School of Medicine, Doctor Father Benedict, and Luigi Cornaro, the prophet of moderation in all things and of Sobriety, the last echo of the ancient Essene teachings and traditions.

I think it will be appropriate to end this revaluation with a quotation of a great intellectual giant, Francis Bacon, confirming the ideas of Cornaro: "To preserve long life, the body of Man must be considered. Age is nothing of itself, being only the measure of time. A sober diet according to strict rules and always exactly equal [as that of Cornaro] seemeth to be very effectual for long life. Certainly this is without all question: diet, well-ordered, bears the greatest part in the prolongation of life."

"Hope is the most beneficial of all the affections, as it doth much for the prolongation of life, if it be not too often frustrated, but entertaineth the fancy with an expectation of good; therefore, they who will fix and propound to themselves some end-as the mark and scope of the inner life-and continually and by degrees go forward in the same, are, for the most part, long-lived."

In conclusion, I want to emphasize my irresistible urge to overcome the prevalent one-sided image of Luigi Cornaro, who had one of the most all-sided, classic, eclectic minds of all time, with an encyclopedic erudition in all the available knowledge of his era. Most of all, he was a civilized human being, in the truest and finest sense of the word. Perhaps the feature which distinguishes him most markedly from 20th century man is his devotion to reason as the guiding force behind man's decisions, as opposed to our modern indulgence of feelings and emotions. Present-day man finds it extremely difficult to give up even the least of his bad habits, no matter how impressive the scientific arguments against it. Yet Cornaro wholeheartedly adopted a regime so strict that even today no physician would hope to keep a patient on it for more than a few weeks, adhering to it with a serenity and cheerfulness more akin to the ancient Greek ideal than to modern western man. ". . . w hen I had once resolved to live soberly, and according to the dictates of reason, feeling it was my duty as a man to do so, I entered with so much resolution upon this new course of life, that nothing since has been able to divert me from it." This may be what I admire most about Luigi Cornaro: he may have been the "man" whom Diogenes was looking for with a lamp in the marketplace of Athens in broad daylight, and was unable to find.

CORNARO'S IDEAS ON A TEMPERATE AND HEALTHFUL LIFE

It is universally agreed, that custom, in time, becomes a second nature, forcing men to use that, whether good or bad, to which they have been habituated; in fact, we see habit, in many instances, gain the ascendancy over reason. This is so undeniably true, that virtuous men, by keeping company with wicked, often fall into the same vicious course of life. Seeing and considering all this, I have decided to write on the vice of intemperance in eating and drinking.

Now, though all are agreed that intemperance is the parent of gluttony, and sober living the offspring of abstemiousness; yet, owing to the power of custom, the former is considered a virtue, and the latter as mean and avaricious; and so many men are blinded and besotted to such a degree, that they come to the age of forty or fifty, burdened with strange and painful infirmities, which render them decrepit and useless; whereas, had they lived temperately and soberly, they would in all probability have been sound and hearty, to the age of eighty and upward. To remedy this state of things, it is requisite that men should live up to the simplicity dictated by nature, which teaches us to be content with little, and accustom ourselves to cat no more than is absolutely necessary to support life, remembering that all excess causes disease and leads to death. Many young men of the best understanding have recognized the necessity of

following this way of life, because many of their pa rents have died in middle life, while I remain so sound and hearty at the age of one hundred and one.

The heavy train of infirmities which had made great inroads on my constitution, were my motives for renouncing intemperance, in the matter of too freely eating and drinking, to which I had been addicted, so that, in consequence of it, my stomach became disordered, and I suffered much pain from colic and gout, attended by that which was still worse, an almost continual slow fever, a stomach generally out of order, and a perpetual thirst. From these disorders, the best delivery I had to hope was death. Finding myself, therefore, between my thirty-fifth and fortieth year in such unhappy circumstances, and having tried everything that could be thought of to relieve me, but to no purpose, my physician gave me to understand that there was one method left to get the better of my complaints, provided I would resolve to use it, and patiently persevere. This was to live a strictly sober and regular life, which would be of the greatest efficacy. He further added that, if I did not at once ado pt this method of strict living, I should in a few months receive no benefit from it, and that in a few more I must resign myself to death.

These arguments made such an impression on me, that, mortified as I was, besides, by the thought of dying in the prime of life, though at the same time perpetually tormented by various diseases, I immediately resolved, in order to avoid at once both disease and death, to betake myself to a regular course of life. Having upon this inquired of him what rules I should follow, he told me that I must only use food, solid or liquid, such as is generally prescribed to sick persons; and both sparingly. These directions, to say the truth, I had been given before, but I had been impatient of such restraint, and had eaten and drunk freely of those things I had desired. But, when I had once resolved to live soberly, and according to the dictates of reason, feeling it was my duty as a man so to do, I entered with so much resolution upon this new course of life, that nothing since has been able to divert me from it. The consequence was, that in a few days I began to perceive that such a course a greed well with me; and, by pursuing it, I found myself in less than a year (some people, perhaps, will not believe it), entirely freed from all my complaints.

EATING LITTLE MAKES LIFE LONG

Having thus recovered my health, I began to seriously consider the power of temperance: if it had efficacy enough to subdue such grievous disorders as mine, it must also have power to preserve me in health and strengthen my bad constitution. I gave over the use of such meats and wines as did not suit me, and chose those which by experience I found agreed well with me, taking only as much as I could easily digest, having strict regard to quantity as well as quality; and contrived matters so as never to cloy my stomach with eating or drinking, and always rose from the table with a disposition to eat and drink more. In consequence, therefore, of my taking such methods, I have always enjoyed, and, God be praised, still enjoy, the best of health. It is true that, besides the two most important rules relative to eating and drinking, which I have ever been very scrupulous to observe (that is, not to take of either, more than my stomach could easily digest, and to use only those things which agree with me), I have carefully avoided, as far as possible, all extreme heat, Cold, extraordinary fatigue, interruption of my usual hours of rest, or staying long in bad air. I likewise did all that lay in my power, to avoid those evils, which we do not find it so easy to remove: melancholy, hatred, and other violent passions, which appear to have the most - profound influence on our bodies. I am a living witness, and so are many others who know me, and have seen me, how often I have been exposed to heats and colds, and disagreeable changes of weather, without taking harm. He who leads a sober and regular life, and commits no excess in his diet, can suffer but little from mental disorders or external accidents.

I conclude, especially from the late trial I have had, that excesses in eating and drinking are often fatal. Four years ago, I consented to increase the quantity of my food by two ounces, my friends and relations having, for some time past, urged upon me the necessity of such increase, that the quantity I took was too little for one so advanced in years; against this, I urged that nature was content with little, and that with this small quantity I had preserved myself for many years in health and activity, that I believed as a man

advanced in years, his stomach grew weaker, and therefore the tendency should be to lessen the amount of food rather than to increase. I further reminded them of the two proverbs, which say: He who has a mind to eat a great deal, must eat but little; eating little makes life long, and, living long, he must eat much; and the other proverb was: That which we leave after making a hearty meal does us more good than what we have eaten. But my arguments and proverbs were not able to prevent them teasing me upon the subject; therefore, not to appear obstinate, or affecting to know more than the physicians themselves, but

above all, to please my family, I consented to the increase before mentioned; so that, whereas previous, what with bread, the yolk of an egg, and soup@ I ate as much as twelve ounces, neither more nor less, I now increased it to fourteen; and whereas before I drank but fourteen ounces of liquid, I now increased it to sixteen. This increase had, in eight day' s time, such an effect upon me that, from being cheerful and brisk, I began to be peevish and melancholy, so that nothing could please me. On the twelfth day, I was attacked with a violent pain in my side, which lasted twenty-two hours and was followed by a fever, which continued thirty-five days without any respite, insomuch that all looked upon me as a dead man; but, God be praised, I recovered, and I am positive that it was the great regularity I had observed for so many years, and that only, which rescued me from the jaws of death.

GUIDE TO HEALTH THROUGH SOBRIETY

Orderly living is doubtless a most certain cause and foundation of health and long life; nay, I say it is the only true medicine, and whoever weighs the matter weU, will come to this conclusion. Hence it is, that when the physician comes to visit a patient, the first thing he prescribes is regular living, and certainly to avoid excess. Now, if the patient after recovery should continue so to live, he could not be sick again, and if a very small quantity of food is sufficient to restore his health, then but a slight addition is necessary for the continuance of the same; and so, for the future, he would want neither physician nor physic; he would become his own physician, and indeed, the best he could have, since, in fact, no man should be a perfect physician to any but himself. The reason is, that any man, by repeated trials, may acquire a perfect knowledge of his own constitution, the kinds of food and drink which agree with him best. A man cannot have a better guide than himself, nor any physic better than a regular life. We should consider this regular life as our physician, since it preserves men, even those of a weak constitution, in health; makes them live sound and hearty, to the age of one hundred and upward, and prevents their dying of sickness. These things, however, are discovered but by few, for men, for the most part, are sensual and intemperate, and love to satisfy their appetites, and to commit every excess; and, by way of apology, say that they prefer a short and self-indulgent life, to a long and selfdenying one, not knowing that those men are most truly happy who keep their appetites in subjection. Thus have I found it, and I prefer to live temperately, so that I may live long and be useful. He who thus lives cannot be sick, or but seldom, and for a short time, because, by regular living, he destroys ever-y seed of sickness, and thus, by removing the cause, prevents the effect; so that he who pursues a regular and st rictly moderate life, need not fear illness, for his blood having become pure, and free from all bad humors, it is not possible that he can fall sick. A regular life is so profitable and virtuous, it ought to be universally followed. If men have a mind to live long and in health, and die without sickness of body or mind, but by mere dissolution, they must submit to a regular and abstemious life, for such a life keeps the blood clean and pure.

THE PRAISE OF LONG LIFE

Some sensual unthinking persons affirm, that a long life is no great blessing, and that the state of a man, who has passed his seventy-fifth year, cannot really be called life; but this is wrong, as I shall fully prove; and it is my sincere wish, that all men would endeavor to attain my age, that they might enjoy that period of life which of all others is most desirable.

I will therefore give an account of my recreations, and the relish which I find at this stage of life. There are many who can give testimony as to the happiness of my life. in the first place, they see with astonishment the good state of my health and spirits; how I mount my horse without assistance, how I not only ascend a flight of stairs, but can climb a hill with greatest ease. Then, how gay and good-humored I am; my mind ever undisturbed, in fact, joy and peace having fixed their abode in my breast. Moreover, they know in what manner I spend my time, so as never to find life weary: I pass my hours in great delight and pleasure, in converse with men of good sense and intellectual culture; then, when I cannot enjoy their company, I betake myself to the reading of some good book. When I have read as much as I like, I write, endeavoring in this, as in other things, to be of service to others; and these things I do with the greatest ease to myself. Nor are my recreations rendered I ess agreeable by the failing of any of my senses, for they are all, thank God, perfect, particularly my palate, which now relishes better the simple fare I have, than it formerly did the most delicate dishes, when I led an irregular life. I can sleep everywhere soundly and quietly, and my dreams are pleasant and delightful. Strict sobriety, in eating and drinking, renders the senses and understanding clear, the memory tenacious, the body lively and strong, the movements

regular and easy; and the soul, feeling so little of her earthly burden, experiences much of her natural liberty. The man thus enjoys a pleasing and agreeable harmony, there being nothing in his system to disturb; for his blood is pure, and runs freely through his veins, and the heat of his body is mild and temperate.

THE PHILOSOPHY OF MODERATION

Sobriety is reduced to two things: quality and quantity. The first consists in avoiding food or drinks, which are found to disagree with the stomach. The second, to avoid taking more than the stomach can easily digest.

Regarding young men, I am in no way surprised at their refusal to live such a life, for their passions are strong and usually their guide. Neither have they much experience; but, when a man has arrived at the age of forty or fifty, surely he should in all things be governed by reason. And this would teach men that gratifying the appetite and palate, is not, as many affirm, natural and right, but is the cause of disease and premature death. Were this pleasure of the palate lasting, it would be some excuse; but it is momentary, compared with the duration of the disease which its excess engenders. But it is a great comfort to a man of sober life to reflect, that what he eats wfll keep him in good health, and be productive of no disease or infirmity.

Now, if this sober and moderate manner of living brings so much happiness; if the blessings that attend it are so stable and permanent, then I beseech every man of sound judgment to embrace this valuable treasure, that of a long and healthful life, a treasure which exceeds all other worldly blessings, and, therefore, should be sought after; for what is wealth and abundance to a man who is possessed with a feeble and sickly body? This is that divine sobriety, agreeable to God, the friend of nature, the daughter of reason, the sister of all the virtues, the companion of temperate living, modest, courteous, content with little, regular, and perfect mistress of all her operations. From her, as from their proper root, spring life, health, cheerfulness, industry, learning and all those actions and employments worthy of noble and generous minds. The laws of God are all in her favor. Repletion, excess, intemperance, superfluous humors, diseases, fevers, pains, and dangers of death, vanish in her presence, as mists before the sun. Her comeliness ravishes every well-disposed mind. Her influence is so sure, as to promise to all a long and agreeable life. And, lastly, she promises to be a mild and pleasant guardian of life, teaching how to ward off the attacks of death. 0 thrice holy sobriety, so useful to man, by reason of the service thou dost render him! Thou prolongest his days, by which means he greatly improves his understanding and, by such knowledge, he can avoid the bitter fruits of sensuality, which is an enemy to man's reason. Thou, moreover, freest hirn from dreadful thoughts of death. How greatly ought we to be indebted to thee, since by thee, we enjoy this beautiful world, which is really beautiful to all whose sensibilities have not been deadened by repletion, and whose minds have not been blighted by sensuality! I really never knew tfll I grew old, that the world was so beautiful; for, in my younger years I was debauched by irregularities, and therefore cou ld not perceive and enjoy, as I do now, its beauties. 0 truly happy life, which, over and above all these favors conferred on me, hast so improved and perfected my body, that now I have a better relish for plain bread, than formerly I had for the most exquisite dainties! Pure bread is, above all things, man's best food, and while he leads a sober life, he may be sure of never wanting that natural sauce-a good appetite.

I am not so simple as not to know that, as I was born, so I must die. But the natural death that I speak of does not overtake one until after a long course of years; and even then, I do not expect the pain and agony which most men suffer when they die. But I, by God's blessing, reckon that I have still a long time to live in health and spirits, and enjoy this beautiful world, which is, indeed, beautiful to those who know how to make it so; but its beauty can only be realized by those who, by reason of temperance and virtue, enjoy sound health of body and mind.

HEAVEN ON EARTH AND ETERNITY: THE ESSENE INFLUENCE

At the age of ninety-one, I am more sound and hearty than ever, much to the amazement of those who know me. 1, who can account for it, am bound to show that a man can enjoy a terrestrial paradise after eighty; but it is not to be obtained, except by strict temperance in food and drink, virtues acceptable to God and friends to reason. During the past few days I have been visited by many learned doctors of this university, as well as physicians and philosophers who were well acquainted with my age, life and

manners, also, that I was stout, hearty and lively, my senses perfect, also my voice and teeth, likewise my memory and judgment. They knew, besides, that I constantly employed eight hours every day in writing treatises, with my own hand, on subjects useful to mankind, and spent many more in walking and singing.

These doctors and philosophers told me that it was next to a miracle, that at my age, I should be able to write upon subjects which required both judgment and spirit, and added that I ought not to be looked upon as a person advanced in years, since all my occupations were those of a young man, and that I was altogether unlike aged people of seventy and eighty, who are subject to various ailments and diseases, which render life a weariness; or, if even by chance any escape these things, yet their senses are impaired, sight, or hearing, or memory is defective, and all their faculties much decayed; they are not strong, nor cheerful, as I am. And they moreover said, that they looked upon me as having special grace conferred upon me, and said a great many eloquent and fine things, in endeavoring to prove this, which, however, they could not do; for their arguments were not based on good and sufficient reasons, but merely on their opinions. I therefore endeavored to undeceive and set the m right, and convince them that the happiness I enjoyed was not confined to me, but might be common to all mankind, since I was but a mere mortal, and different in no respect from other men, save in this, that I was born more weakly than some, and had not what is called a strong constitution. Man, however, in his youthful days, is more prone to be led by sensuality than reason; yet, when he arrives at the age of forty, or earlier, he should remember that he has about reached the summit of the hill, and must now think of going down, carrying the weight of years with him; and that old age is the reverse of youth, as much as order is the reverse of disorder; hence, it is requisite that he should alter his mode of life, in regard to the quality and quantity of his food and drink. For it is impossible in the nature of things, that the man who is bent on indulging his appetite, should be healthy and free from ailments. Hence it was to avoid this vice and its evil effects, that I embraced a regular and sober life. I endeavored gradually to relinquish a disorderly life, and to suit myself to strict temperate rules, and thus it came to pass, that a sober and moderate life no longer became disagreeable, though, on account of the weakness of my constitution, I tied myself down to very strict rules in regard to the quantity and quality of what I ate and drank. I had found it no easy task, but it did not become a man to shrink from a glorious and practical task, on account of its difficulties; the greater the obstacles to overcome, the greater the honor and benefit. Our beneficent Creator is desirous, that, as He originally favored human nature with longevity, we should all enjoy the full advantage of His intentions, knowing that when a man has passed the age of seventy, he may be exempt from the sensual strivings, and govern himself entirely by the dictates of reason. Vice and immorality then leave him, and God is willing that he should live to the full maturity of his years, and has ordained that all who reach their natural term should end their days without sickness, but by mere dissolution, the natural way; the wheels of life quietly stopping, and man peacefully leaving this world, to enter upon immortality, as will be my case; for I am sure to die thus, perhaps while chanting my prayers. Nor do the thoughts of death give me the least concern; nor does any other thought connected with death.

Thus, how beautiful my life! How happy my end! But none can be sure of these blessings except such as adhere to the rules of temperance. This security of life is buflt on good and truly natural reasons, which can never fail; it being impossible that he who leads a perfectly sober and temperate life, should breed any sickness, or die before his time. Sooner, he cannot through ill-health die, as his sober life has the virtue to remove the cause of sickness, and sickness cannot happen without a cause; which cause being removed, sickness is also removed, and untimely and painful death is prevented.

And there is no doubt, that temperance in food and drink, taking only as much as nature really requires, and thus being guided by reason, instead of appetite, has efficacy to remove all cause of disease; for since health and sickness, life and death, depend on the good or bad condition of a man's blood, and the quality of his humors, such a life as I speak of purifies the blood, and corrects all vicious humors, rendering all perfect and harmonious. It is true, and cannot be denied, that man must at last die, however careful with himself he may have been, but yet, I maintain, without sickness and great pain; for in my case I expect to pass away quietly and peacefully, and my present condition insures this to me, for, though I have attained this great age, I am hearty and content, eating with a good appetite, and sleeping soundly. Moreover, all my senses are as good as ever, and in the highest perfection; my understanding clear and bright, my judgment sound, my memory tenacious, my s pirits good, and my voice (one of the first things which is apt to fafl us) has grown so strong and sonorous, that I cannot help chanting aloud my prayers, morning and night, instead of whispering and muttering them to myself as was formerly my custom.

[Reference to the morning and evening Essene Communions which he learned of from the translations of St. Jerome.]

oh, how glorious is this life of mine, replete with all the felicities which man can enjoy on this side of the grave! It is entirely exempt from that sensual brutality, which age has enabled my reason to banish; thus I am not troubled with passions, and my mind is calm, and free from all perturbations and doubtful apprehensions. Nor can the thought of death find room in my mind, at least, not in any way to disturb me. And all this has been brought about, by God's mercy, through my careful habit of living. How different from the life of most old men, full of aches and pains and forebodings, whilst mine is a life of real pleasure, and I seem to spend my days in a perpetual round of happiness, as I shall presently show.

And first, I am of service to my country, and what a joy is this. Another great comfort to me is to think that my treatise on temperance is really useful, as many assure me by word of mouth, and others by letter, where they say, that, under God they are indebted to me for their life. I have also much joy in being able to write, and am thus of service to myself and others; and the satisfaction I have in conversing with men of ability and superior understanding is very great, from whom I always learn something fresh. Now, what a comfort is this, that old as I am, I am able, without fatigue of mind or body thus to be fully engaged, and to study the most important, difficult, and sublime subjects. [Here is a visible influence of St. Jerome's texts in the monastery of Mone Cassino, concerning the Sevenfold Peace of the ancient Essenes.] I must further add, that at this age, I appear to enjoy two lives: one terrestrial, which in fact I possess, the other celestial, which I possess in tho ught; [here is a strong influence of St. jerome's translation of the Essene Gospel of Peace, referring to the Kingdoms of the Earthly Mother and Heavenly Father] and this thought is actual enjoyment, when founded upon things we are sure to attain, and 1, through the infinite goodness of the Heavenly Father, am sure of eternal life. Thus, I enjoy the terrestrial life in consequence of my sobriety and temperance [here again the influence of the writings of Jerome on the Essenes of the desert], and I enjoy the celestial, which He makes me anticipate in thought; a thought so lively, as to fix me entirely on this subject, the fruition of which I hold to be of the utmost certainty. And I further maintain, that, dying in the manner I expect, is not really death, but a passage of the soul from this earthly life to a celestial, immortal, and infinitely perfect existence. Whence it is that I enjoy two lives; and the thought of terminating this earthly life gives me no concern, for I know that I have a glorious and immortal life before me.

"Health is so necessary to all the duties, as well as to all the pleasures of life, that the crime of squandering it is greater than the folly."

-Dr. Johnson Luigi Cornaro was a Venetian nobleman who was born in 1464. He died in 1566, having attained the venerable age of 102. This achievement was all the more remarkable considering that at the age of forty he was told by his doctors that he had not long to live. But he outlived his physicians and maintained himself in a state of excellent health and vigor for more than sixty additional years.

Up to his fortieth year, Cornaro lived a careless and dissipated life, like the majority of the young men of his day. The fact that he completely broke down as a result, and was given up by his physicians to die, is not surprising. What is surprising, and indeed, what makes the name of Cornaro synonymous with the virtues of moderation, sobriety and perseverance, is that he cured himself, and having done so, continued to practice his theories of sobriety and moderation for the rest of his life, never deviating from the path he had chosen for himself.

"A word to the wise is sufficient," and once he had heard the wise word of his physician, Cornaro reformed his life. He simplified his diet and cut down on the quantity of food to the very minimum. He limited himself to twelve ounces of solid food daily, and fourteen ounces of liquid. Soon he began to see the difference, and at the end of a year found himself completely restored to health. He continued this simple and austere way of living for the rest of his life, which was a very long one, indeed.

To quote Cornaro: ". . . and there is no doubt that if the one so advised were to act accordingly, he would avoid all sickness in the future; because a well-regulated life removes the causes of disease. Thus, for the remainder of his days, he would have no further need either of doctors or of medicines."

"Should a man, when ill, continue to eat the same amount as when in health, he would surely die; while, were he to eat more, he would die all the sooner. For his natural powers, already oppressed with sickness, would thereby be burdened beyond endurance, having had forced upon them a quantity of food greater than they could support under the circumstances. A reduced quantity is, in my opinion, all that is required to sustain the individual. Therefore, I accustomed myself to the habit of never fully satisfying my

appetite, either with eating or drinking, and always leaving the table when able to take more. In this I acted according to the proverb: Not to satiate one's self with food is the science of health."

According to Cornaro, mere prolongation of life is in itself useless unless that life is healthy and happy. A long life fuU of disease and misery is worse than no life at all. The object of health should be, rather, to enable us to forget the body, and to carry on our interests and lifeactivities without impediment or interference, because of sickness or debility, thus permitting the free and full use of our faculties and talents. Through his sober diet, Cornaro regained and maintained his health, which shows us how important is the restriction of quantity of foods, as the most important single factor in the preservation of health and longevity.

Now, there are some men who embrace a spiritual and contemplative life, and this is holy and commendable, their chief employment being to celebrate the praises of God, and to teach men how to serve Him. Now, if while these men set themselves apart for this life, they would also betake themselves to sober and temperate living, how much more agreeable would they render themselves in the sight of God and men. What a much greater honor and ornament would they be to the world! They would likewise enjoy constant health and happiness, would attain a great age, and thus become eminently wise and useful; whereas, now, they are mostly infirm, irritable, and dissatisfied, and think that their various trials and ailments are sent them by Almighty God, with a view of promoting their salvation; that they may do penance in this life for their past errors. In my opinion, they are greatly mistaken; for I cannot believe that God desires that man, his favorite creature, should be infirm and melancholy, but rather, that he should enjoy good health and be happy. Man, however, brings sickness and disease upon himself, by reason, either of his ignorance or wilful self-indulgence. Now, if those who profess to be our teachers in divine matters would also set the example, and thus teach men how to preserve their bodies in health, they would do much to make the road to heaven easier; men need to be taught that a well-ordered life and strict temperance is the path to health of the body and health of the mind, and that only when the body and mind are healthy, can God's purpose in our lives be fulfilled. [In this last beautiful paragraph, Cornaro professes his knowledge of the Essene Way, learned from the writings of St. Jerome, a way of life completely contrary to the life-style of 15th century Italy, yet embraced by Cornaro with unprecedented courage, perseverance, and joy.

Book 57: The deeper Purpose of Fasting

Publisher Love(+)Wisdom(=)Truth

Book 57: The deeper Purpose of Fasting

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Encyclopedia Initiatic Science

Book 58: The Difference between Natural Science & Initiatic Science

It is not in their study of phenomena that scientists make mistakes, but in the conclusions they draw from their researches. From their scrutiny of one particular aspect, they too often pronounce judgment on everything in life.
Indeed, even if their conclusions are true in some cases, they are not necessarily correct in all other areas. For example, how many people still claim that there is no life on other planets, or in other regions of space, because there is no water, nor any of the other elements essential to life on this earth? And are they aware of nature's vast potential for creating life? Nature is more intelligent than any scientist, chemist, biologist or astrophysicist. Above all, nature is far more imaginative than they, creating life in places and conditions that scientists would consider impossible. Besides, who can say what life really is? Matter and all its constituent elements are known, but life itself will remain a mystery for a very long time. **(31. JANUARY 1998)**

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. **(21. OCTOBER 1998)**

Unless you are alive and well nourished to begin with, you can philosophize or do scientific research or practice the arts until the cows come home, but it will all be in vain. Therefore, what is of prime importance is that you are well nourished and alive, and then, if you have the time and are so inclined, you can practice all the disciplines you wish.
Universities and academies give students a great deal of learning but no nourishment. That is why students tend to stagger along on unsteady legs, with empty hearts and a fog before their eyes. Students in the school of great initiates fare very differently: There they are well nourished, and when they become strong and robust they are given a plough, taught how to till the soil and encouraged to get down to hard work. You may say, 'But we can'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)**

Instead of providing humanity with comfort and firearms, pandering to human instincts of laziness and aggression, science must orient its researches in another direction. Are scientists happy and satisfied now that they have provided us with increasingly efficient ways to destroy

ourselves? As human beings move towards total self-destruction, they are also losing their physical stamina and mental faculties, because of all the devices that relieve them of any effort. It seems as though progress was being made, but in reality our will-power and our spiritual faculties are diminishing. As a result, thoughtful people, and even scientists, have begun to question whether all this technical progress is really helping humanity. Of course we should not try to stop progress, as the instinct which prompts human beings to research must be given a different direction. Never stop searching, never cease gaining an ever deeper knowledge of the mysteries of the natural world, but simply orient this work differently, toward the heights, towards the spirit. **(NOVEMBER 5, 1998)**

People can be satisfied with themselves as long as the light of initiatic science does not show up the way they live. But the moment that light falls on their lives, they are appalled, because they have to recognize that they have wasted their time and energy on all kinds of useless or harmful activities, and then all they want is to hide their heads in the sand or run away. But they must not do this, for, after all, light is preferable to ignorance. It is far better to face up to reality, because that is the only way to remedy things. 'But we are going to be so unhappy!' they exclaim. No matter! It is much better to be in the light and put up with a bit of suffering. It is useless to hide from reality, because sooner or later we must face up to it, and the longer we delay, the more difficult it becomes. **(6. JANUARY 1998)**

Economics is the science of prediction. In order to be a good economist we need to look at long-term results, and not be seduced by solutions that appear good on a short-term time scale. It is very difficult to turn back once we have embarked on an enterprise that later proves hazardous - how often this happens!
'But what are we to do, since most of us have no influence in government affairs?' you remark. Of course, I do not intend you to intervene personally; rather understand that economics is not confined to economists: it is also the concern of each one of us. In our capacity as human beings, as cells in a living organism, we can act, but in order to do so we must develop our awareness and sense of responsibility. If we are not fully conscious, we participate in an economy which, instead of bringing prosperity, causes the ruination of many countries. **(JANUARY 11, 1999)**

Initiatic science teaches us 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, our under- standing of life will always be incomplete. Science, religion and art form a unity, thanks to which people 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 your thoughts become your feelings and, finally, your actions. **(28. JANUARY 1998)**

It is important to think about the true meaning of scientific progress. Is the purpose of all these robots, these appliances, these machines and these means of transport simply to allow people to do nothing, to stop walking even, on the pretext that there are gadgets to do all that for them? No, all these improvements have come about to allow them to free themselves from the material activities which crush them, to allow them more time to devote themselves to spiritual, divine activities. That is the true meaning of technical progress; to free people to do other, more

elevated work. Otherwise this progress could be very detrimental. If people have nothing more to do than stretch out on the grass or the sand somewhere, to stagnate and vegetate whilst machines do all the work, they will be ruined. It is important to understand that cosmic intelligence has permitted all this material progress to allow people to distance themselves from prosaic tasks and devote themselves to sublime activities. **(SEPTEMBER 8, 1999)**

When scientists describe a mineral, a plant, an animal or a human being we cannot fault him; what they say is true. It is only partially true, however. For it to be the whole truth they should situate the object of their study back in the cosmic life to which it belongs. Detached from this life, the stone, the plant, the animal or the person is deprived of the essence. That is why, for as long as scientists continue to work in this way, what they call scientific truth will always be a half-truth, a distorted truth.
Do not misunderstand me: This is not about trying to question the value and benefits of science. The real problem lies elsewhere, in scientists' heads, in their attitudes to life, in their inability to link the objects of their study to life as a whole. Living beings and objects do not exist as separate entities: They exist as part of a whole and these parts are interconnected. A branch, a leaf or a fruit is cut off and studied in isolation. This fruit, however, should be studied whilst still on the tree if we are to understand it as the end result of all the energies circulating in the universe.

(OCTOBER 1, 1999)

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)**

We receive warnings about everything that is going to happen to us. But because we do not understand the language of nature, we are unable to read the messages brought to us by birds, insects, plants and even human beings. For every event there are warning signals, exactly like those signals which the instruments of scientist detect prior to earthquakes, volcanic eruptions, cyclones and tidal waves. The universe is a unified whole, and there are links and communications between every one of its elements, just as in our physical bodies the state of one organ has repercussions on all the others. This is why, when an event takes place somewhere in the world, the vibrations it creates spread out through space and are picked up by certain beings able to receive them, animal or human, and is therefore the first to be warned. And for our inner lives, here too, we receive warnings. **(28. FEBRUARY 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. **(19. APRIL 2000)**

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. **(20. MAY 2000)**

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. **(8. JUNE 2000)**

We cannot reject science – science has produced so many beneficial results – but we cannot always approve of the direction it is taking. What is true for science is also true for money. Some say: 'I'm totally against money. Money turns people nasty and makes them unhappy.' Well no, money does not do that. Money is neutral. It is people who make money good or bad depending on how they use it. And the same can be said for science: it embraces both good and bad at the same time. This is why, if people are looking for ways to do wrong, science will provide them with ways to do so, and if they are looking for ways to do good, it will provide them with those too. Science is neutral; it has no conscience. It is human beings who have a moral conscience, a sense for what is good and what is bad. And this moral conscience must help them steer scientific research in a direction which will benefit the whole of humankind. **(3. AUGUST 2000)**

Because they have developed no spiritual faculties giving them insight into the invisible world, most people have based their philosophy solely on the perceptions of the five senses, which frequently leads them to the wrong conclusions. For instance, they refuse to accept that psychic

problems are caused by the harmful entities that inhabit human beings. They have not seen these entities in their scientific instruments and they therefore believe they do not exist. But since viruses and bacteria are invisible to the naked eye but become visible under the microscope, why not accept that other creatures exist which microscopes are as yet unable to detect, because they are not sophisticated enough? In any case the ravages they cause are as visible as the ravages caused by viruses and that is an undeniable fact. Science will no doubt one day be able to develop instruments capable of detecting the presence of these harmful spirits, but in the meantime it would be best to accept they exist and more importantly to learn to protect yourself against them by leading a life inspired by wisdom, love and purity. **(24. OCTOBER 2000)**

When a scientist explains his work he uses diagrams and graphs so that his students or his audience may closely follow his reasoning without getting lost. Unfortunately these graphs and diagrams will not prevent this erudite scientist, whose arguments are so ordered and clear, from losing his head in other situations. Although intellectuals show great discipline, method and objectivity in relation to their work, once they come away from work they find it normal to live disorganized, passion-riddled, subjective lives. If you look at the statistics you will even find the highest incidence of mental imbalance and mental illness in the intellectual professions. This is because the intellect does not protect against imbalance; in fact, it is quite the contrary. Life does not merely consist of making observations, measurements and calculations. People, after all, are not machines. There is only one way to deal with the problems and shocks life brings, to ensure you do not let yourself be swept along and destroyed by passion, to discover the true reality of things and that is to develop your spiritual faculties. **(22. NOVEMBER 2000)**

People must not eliminate all effort, even if science and technology supply them with devices that make life easier. If it is easier for them to act upon exterior matter, well, great! Then they should devote a little more of their free time to work on their inner matter, to control and spiritualize it so as to improve themselves and become a beneficial presence for the whole world. After each effort, each exercise, life takes on another flavor, another taste. So many people have all they wish for in life, and yet are so blasé that they do not feel anything anymore! Yes, it is because they have no more inner activity going on, no intensity in their life. If they were enlightened, they would continue to benefit from all material possibilities while constantly working within themselves. It is this work that gives things their savor. **(4. APRIL 2001)**

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.
(23. JUNE 2001)

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It is nice to have some friends, but we must admit that enemies are also very helpful. Yes, if you study the question very closely, you will understand that your enemies are actually your real friends, since they are merciless, they will spare you nothing and emphasize everything that goes wrong. You will say, 'Often they do exaggerate!' Yes it is true, but that does not matter, they act as microscopes, which are sometimes very useful; every day scientists use microscopes, and this allows them to see details that would otherwise go unnoticed.
Therefore if you really want to improve yourself, instead of bearing a grudge against your enemies, you must acknowledge the help they give you. It is they who force you to work, mend your ways, find solutions to the problems they raise and, thanks to them, you thus become wiser and stronger. **(3. August 2001)**

Evolution is necessary in all spheres of life, even in religion. In fact, in this domain more than any other, human beings have a tendency to think precepts and rituals given centuries ago are valid for eternity. Well no, it is a mistake to think this way. Everything evolves, everything progresses. See how rapidly modern science evolves! Yes, science evolves, but not religion. Why do scientists make so many discoveries? Because they do not believe, they doubt, and we can even say that it is their doubts that make them progress. Whereas religious people believe, but their faith is not alive and maintains them in stagnation. Besides, in that case, it cannot be called faith anymore; it is superstition. **(11. August 2001)**

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. **(23. September 2001)**

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 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. **(5. November 2001)**

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People are led to believe that their happiness depends on scientific and technical progress and also on comfort. In whatever domain, they are continually bombarded with publicity; every effort is made to prevent them from making contact with other regions, other entities – the only ones that could bring them the light, love and peace they need. The spiritual world has been so rejected, scorned and held up to ridicule that very few beings feel the urge to search in this world for the necessary elements of their survival. Most people are dying of suffocation and intoxication. For their own good, they must search more and more for a contact with this subtle world so that their soul and spirit can breathe and find nourishment. When we meditate we do not touch anything material; it seems like '*emptiness*.' But actually it is in this 'emptiness' that the soul and spirit blossom and find fulfillment. **(8. November 2001)**

All our activities are determined by the goal we seek to achieve and by the means we use to achieve it. Unfortunately human beings have an appalling tendency to get their goals and means out of sync. They refuse to recognize they are using their highest faculties to achieve the most mundane goals. They are ready to devote what is best in them – their intelligence, their integrity and their purity – to satisfy their lowest appetites. And they will even ask the Lord to step in and help them in their foolishness and goings-on. And do you think they realize what they are doing? Not a bit of it! They have never stopped to ask themselves: *'What is it I'm trying to achieve? What means am I using to do so?'* No, it takes a teacher to say to them: '*Just look at what you are doing. These goals of yours are basically hell and what means are you using to reach hell? The Lord, the angels, science, art, religion. You are using all that is marvelous and wonderful to end up in hell.*' **(13. February 2002)**

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.

. (9. March 2002)

Scientists have decided to limit their research to the objective, material world, because it can be observed by everyone in the same way. They ignore the subjective, psychic world claiming it is variable, subtle and is therefore more difficult to grasp and measure for classification. Of course, in order to study psychic life and observe the movements of the soul and the spirit you need equipment that no one is as yet able to construct, but is that a reason to repudiate the fact that there is room for such study or even that such study could be of interest? Scientists are compromising themselves with this attitude. They would be far wiser to say: '*This field of study could hold many unexpected riches and could even be the key to true science, but we lack the necessary means to explore it given the present limitations of our abilities and methods of investigation. We shall endeavor to do so in the future, but of the time being we are limiting ourselves to studying what is accessible to our five senses*.' This is what they should say, were they really honest and wise, and they should avoid voicing negative opinions about things they do not know. **(4. April 2002)**

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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. **(22. May 2002)**

Having sought to explore matter for thousands of years, human beings have reached the point of forgetting themselves and getting lost in it. Matter is so diverse and so rich that there will always be things to see, hear, touch, taste, accumulate and so on. And with all its scientific and technological advances, the modern age has become a giddy descent of the human consciousness into the denseness of matter. But even if matter is inexhaustible, it can ultimately satisfy only physical needs and there will therefore come a time when people will begin to feel satiated and feel the need to elevate themselves to the spiritual regions. They will feel that by returning to the heights, they will find all the riches they had to leave behind when descending into matter. And not only will they find riches, but, thanks to a better understanding, they will be able to benefit fully from all they have acquired in the physical plane, where there is so much to study, to work on and enjoy. **(19. July 2002)**

When they see how vast and demanding spiritual science is, many people, instead of being pleased, are frightened and quickly withdraw into their shell. They sense they will have to accept many changes in their way of thinking as well as in their behavior and they do not like being disrupted like that, preferring to confine themselves to the small limited world they have fabricated for themselves, because it is safer and more comfortable. Well, they are mistaken. People who continue to strew in their old ideas lay themselves open to severe troubles and they will be shaken up and forced to evolve by events in their lives, and they will not be asked for their opinion. Relinquish all hope of living in peace and tranquility if you allow yourself to sink into stagnation. Instead, always keep safely within you the desire to educate yourself and widen your field of vision so that your field of action may also widen. **(29. July 2002)**

The line of a letter is not insignificant. To someone who is able to interpret the shapes, it contains a wealth of knowledge. Let us take the letter M as an example. It is written with two peaks separated by a deep valley. You go up the left peak, for instance, and if, when you arrive at the top, you want to reach the right peak, you must go down into the valley first (taking care not to fall) and then you can climb the second peak. The two peaks of the letter M could be interpreted as the two poles of our psychic life, i.e. our lower self and our higher self. And we ceaselessly come and go between these two poles, with lesser or greater difficulty, but we must persevere because once we succeed in weaving our life harmoniously between one and the other pole, all the forces within us will find a balance. **(9. September 2002)**

Human beings carry their past, their present and their future inscribed upon them. The past is inscribed on their hands and this is what chiromancy studies; the present is inscribed on their face, which is what physiognomy studies; and the future is inscribed on their skull, which is what

phrenology study. And although these three sciences are quite distinct from each other, they all have certain elements they share with the two others.
The hands of a man (or a woman) have his past inscribed on them, everything that he has done in his previous incarnations. His face reveals what he is in this incarnation and his skull predicts what his future will be, because everything is contained in his head as potential, awaiting to be worked, developed and organized. So, if you want to know where you stand at the moment, look at your face. To know your past, look at your hands and if you want to know what your future holds, study your skull. **(6. NOVEMBER 2002)**

For most people thinking of the future means wondering what their life will be like in ten, twenty or maybe fifty years 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, imagine 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? **(17. NOVEMBER 2002)**

It is an innate tendency 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. **(4. DECEMBER 2002)**

Selfish people cannot be happy, because everything in their heart and in their soul is shrunk down. To be happy you must expand, until you embrace the entire world and only love allows you to expand. People who have a lot of love expand, dilate, embrace the universe, vibrate with the universe and so everything opens up to them, they encounter no more obstacles and happiness never leaves them again. Love is the precondition for happiness, not science, not even philosophy. Science and philosophy may – at best – pave the way, guide us, enlighten us, but they cannot make us happy. And Solomon had understood this when he said: *'For in much wisdom is much vexation and those who increase knowledge increase sorrow.'* People who know a great deal are not so very happy. Only people who carry a lot of love in their heart are happy, even if they do not know much. **(16. DECEMBER 2002)**

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Ambition pushes human beings towards holding ever higher positions. But with these positions, these jobs, come ever-greater responsibilities and whatever field these people are working in – political, social, scientific, economic religious or moral – there comes a time when they begin to perceive these responsibilities as a terrible burden, a source of problems and worries, as an infringement of their freedom. So, instead of this burden helping them to become stronger, more enlightened, more noble, it weighs them down and undermines them. An initiate must also take on heavy burdens, but because he is constantly looking for a way to lead people around him in a divine direction, he finds in these responsibilities opportunities to evolve to infinity. This does not mean he does not feel the weight. He simply tells himself: 'Thanks to this load, this burden, I will develop vigilance, I will expand my consciousness,' and this is how he moves forward, grows and becomes richer. **(20. December 2002)**

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. **(22. January 2003)**

A spiritual master is obviously linked to his disciples, but his sight is first and foremost set on those higher entities to whom he will one day be accountable. If he were to forget these entities, he would unwittingly be harming his disciples, because it is inevitable: one who does not remain linked to heaven can do only harm. So, it is not important for a disciple to know if he matters or not to his master, but to observe whether or not he is growing spiritually richer, stronger and wiser.
Therefore, rid yourself of the desire to matter to your master. Simply understand that you matter to him in so far as you take part in his work, in that he instructs you in true science, leads you on the true path, and gives you what he himself has received. What is important to him is your divine self; it is for this that he works. As much as the celestial entities matter to your master, so your divine being matters to him. You are therefore no less valuable to him than the celestial entities, but when I say 'you', I am speaking of your soul and your spirit. **(30. January 2003)**

It is natural to appreciate men and women for the gifts they possess. Whether they are writers, artists, scientists or even athletes, one cannot but marvel at their talents and sometimes even their genius. But is this any reason to neglect their moral qualities? Are they good, fair, honest and generous? Often this consideration is secondary and it is only talent that people notice. It is talent that everyone tries to cultivate, since it is for this that people are so highly esteemed. This is why the earth is now populated with capable, talented people. It is incredible, there are swarms of them, but why are all these abilities, all these talents, all these geniuses unable to save the world? On the contrary, it could even be said that they are contributing to its destruction. We often hear people say: 'Ah! He is so gifted, he has so many abilities that he can be forgiven everything!' Well, this is very bad reasoning. Someone who is particularly favored by nature must, on the contrary, make great efforts to uphold, to crown his gifts and talents with moral qualities. Otherwise, instead of becoming what he should be, a benefactor of humanity, he behaves like a thief. **(8. February 2003)**

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In the physical realm, human beings have made gigantic achievements: we cannot help but see how scientific and technical progress has transformed life. But this is not enough and humanity is now called upon to realize achievements that are still more important, more vital for them, by means of the faculties of the spirit. Through meditation and prayer, they must learn to make relationship with the world of the spirit, so that light, love and power of the spirit descend upon the earth, within them and upon those beings around them. Scientific and technical progress has limits, and even presents dangers. If all these discoveries are not made to serve a higher vision of things, humanity will be overwhelmed and crushed by them. Scientific and technical achievements are not sufficient to transform life. It is by means of the spirit that life will be truly transformed, because peace, freedom and brotherhood are realizations of the spirit.

(18. February 2003)

However great the possibilities may be for scientists to explore and exploit matter, after an initial period of wonder at their discoveries, they will begin to feel a sense of inner emptiness. For nothing that can be touched, embraced or understood by the intellect has the power to fulfill them. Only immensity, mystery, the invisible, the intangible, only all that is unknown can satisfy and fulfill the human soul. This is where true science lies.
True science is not the product of intellectual acquisitions, but rather an understanding of human nature, of the psychic and spiritual structure of human beings, of their subtle bodies, their highest aspirations and their bonds with the entire universe. There is no reason to reject certain phenomena because they cannot be classified as things which can be observed and measured. The spiritual life is said to be a non-scientific phenomenon. All right, if you want to remain in a vacuum and be permanently dissatisfied, pay attention only to what is considered 'scientific'.

(20. February 2003)

We listen in wonder when some people speak: they express themselves with such intelligence, such clarity, such eloquence! But, in fact, it is not enough to understand things intellectually and to explain brilliantly what you have understood; your understanding must manifest in every realm of your existence. In this you can never be too exacting. It is by your acts, your gestures and your attitude in every circumstance of life that you must testify to your understanding. Even if for the moment the intellectuals, the scholars and the academics are in the top positions because they speak and write well, do not allow yourself to be so impressed. In the future this will change: the whole world will come and bow before those who have worked on the qualities of goodness, purity, integrity and nobility, and who know how to integrate these virtues in their lives. Even if you know very little, when you become master of yourself, not only will you gain the approval of human beings, but the whole of nature will listen to you and appreciate you. **(3. March 2003)**

Today, human beings favor 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 realize 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.

(12. March 2003)

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Many people consider subjectivity to be something dangerous that we should do our best to be rid of, claiming that only what is objective is scientific and real. Well, this shows a lack of understanding.
The objective world is made up of elements that may be studied, measured and weighed, because these are material elements, which always present themselves in the same way and are observable as such by everyone. Whereas the subjective world (thoughts, feelings, emotions, consciousness) is in perpetual motion and is not perceived by everyone in the same way. It is thus impossible to take hold of it and immobilize it in order to measure and classify it. But if the subjective world is in perpetual motion, this is because everything within it is alive. It is here that we are in contact with life, and is this not preferable, even though this life is not 'scientific'?

(27. March 2003)

When human beings meet, how do they look at each other? What do they see? Generally, they do not go beyond the outer appearance: the clothes, physical body, gestures, and facial expressions. This proves that they do not possess the true science. It is exactly as if, standing in front of a car, they were to see only the bodywork – forgetting that inside there is a driver, a being who thinks, feels, and acts. So, when you meet a man or a woman, make a habit of seeking his or her inner being. Continue to search until you discover a soul and a spirit, because it is here that you will find inexhaustible treasures. Here you will find heaven in all its splendor. **(26. April 2003)**

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. . **(28. April 2003)**

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! **(29. April 2003)**

Religion is first and foremost a science based on an understanding of human beings as they were created in the image of God. We can say, therefore, that the foundations of religion are

inscribed in the human being himself. When God created us, he put his seal on us, and no matter what we do, we cannot rid ourselves of it, because it is written in our basic structure. In this sense, human beings are not absolutely free; they cannot escape this imprint, this schema according to which their entire being is constructed. On the other hand, they have the greatest possible freedom to manifest the divine predestination they bear within them. This is why there are so many religions which, depending on where and when they came into being, have taken on such a rich diversity of forms. **(20. MAI 2003)**

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. **(24. MAY 2003)**

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. **(28. JUNE 2003)**

Scientists must be content to study, observe, and report the results of their observations, and nothing more. As for the psychic, moral, or spiritual life, they have no business making declarations about it, no right to cross this boundary. With the means at their disposal they are not entitled to substitute science for religion, much less to destroy religion. What they may destroy are false religions, or rather false beliefs - and this is useful. True religion has no need to encumber itself with error and superstition, and true science cannot harm true religion. God will not be insulted if you do not believe He created the world in six days... far from it, since He has never ceased creating it. **(23. JULY 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. **(21. AUGUST 2003)**

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. **(17. SEPTEMBER 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 instill 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. **(3. NOVEMBER 1998)**

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

(5. OCTOBER 1999)

For years you have accumulating in your head and your heart so much that is useless and even harmful. Why? Because you lack discernment. You accumulate everything indiscriminately, whether it be good, bad, essential or superfluous. And then you complain that you are not making any progress, that you are trying hard, but to no avail. Well, the reason is very simple: you have not yet understood that first of all you must work at clearing out. Yes, sort out and get rid of all that goes contrary to your spiritual ideal. Your entire life must be in harmony with your ideal, but to leave this ideal left forgotten somewhere at the back of your mind is not much use. Review all your diverse tastes, projects, points of view and activities, analyze them carefully and

you will see that many of them tie you down to lower realms of consciousness which, until you abandon them, keep you from all hope of progressing.
So, since this is the beginning of a new year, understand that the most important task for you is to have a great sorting out. Try to retain only those elements and activities which vibrate in harmony with the light of initiatic science. Every day remember to give them priority, strengthening them and deepening your commitment to them. Thanks to this work of simplification, clarification, purification, you will one day become like a diamond: transparent, resistant and precious. Yes, hold this image of a diamond in your mind. This is the work Heaven expects from you this new year. **(1.JANUARY 2000)**

In order to progress, we are all obliged to accept the work and experience of those who have come before us. Take a very simple example: a chemistry student starts by studying everything discovered in his field from the beginning up until now. Then, if he is capable, he will add his own discoveries. If he refuses to study other people's discoveries, he will have to start from scratch to find out for himself that water is composed of one molecule of oxygen and two of hydrogen, and this is not intelligent. Well, when it comes to truths far more important than the composition of water, it is also not intelligent to reject the experience of others. So many people think they will be able to acquire all the knowledge necessary for life without having to consult the sages, the initiates or the great masters. Instead they will have to rack their brains for years to resolve problems that were already solved long ago. **(23 JANUARY 2000)**

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Book 59: Be a spring under Human Beings

Disinterested love expects nothing from others. It is carefree and detached, depends on no-one and bothers no-one. It is a flowing spring, giving ceaselessly to all who wish to draw its water, never concerned with who that may be. It is happy to prepare and distribute good things without counting the cost. The opposite is selfish love, a constraint that prevents people from any hope of blossoming, in which impatience, disappointment, anger, distrust, jealousy, fear and hate are always inherent. Disinterested love, on the other hand, takes care to avoid arguments, doubt and mistrust, and creates an atmosphere in which joy, beauty and hope flourish. It is a new way that opens the door to all living beings, leading to a life of ever greater freedom, strength and happiness. This is the resurrection. **(OCTOBER 25, 1998)**

As soon as you awaken in the morning, welcome this new day with gratitude and make a resolution to live it with love. And what does 'to live with love' mean? Well, it simply means to breathe, to eat, to walk, to look and to listen with love. You think you already know all this… No, you don't! When you truly begin to comprehend with your whole being what it is to live with love, your entire existence will be transformed. Love will spring forth from you unceasingly from morning until night, and even when you are sleeping.
To live with love means to live in a state of consciousness which harmonizes all the actions of your life and keeps you in perfect equilibrium…a state of consciousness which is a source of joy, strength and health, not only for yourselves, but for all those around you. **(JANUARY 2, 2005)**

We must learn to unite with the divine Source of love and drink form this Source the living water flooding the whole universe. Many times we act like an ignorant man who, plunged in water up to his neck, cries out, 'I'm thirsty! I'm thirsty!' If he wants to drink, all he needs to do is open his mouth; but his mouth is closed and he dies of thirst. Even if God's love is all around us, even if we bathe in it, we still sigh and cry for help and keep on searching for him. 'In Him we live and move and have our being,' says St. Paul. We are immersed in love like fishes in the ocean; we already live in it without realizing it. All we need to do is open up a little and we shall be immediately submerged by the magnificent power of love. **(JANUARY 3, 2001)**

God has given us life, but to be truly alive, we have a good deal of work to do. It is up to us to intensify this life that has been given to us, to make it more beautiful, more subtle and more spiritual. There are many different levels of life. Those who remain on the lower levels can communicate only with the realities of that level. They cut the link with the Source and gradually this disconnection leaves them feeling that nothing has meaning that God does not exist. And this is quite natural: How can they grasp something of a higher reality? When we live at such a low level of consciousness, how can we rejoice in the existence of God? We do not feel Him either within us or around us. To feel divine life, we must first of all make our own life divine. It is the divine life within us that awakens the spiritual centers which in turn enable us to feel the existence of God. **(JANUARY 8, 2003)**

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)**

We must reach a level of consciousness where we actually feel that we are part of the Lord, that we do not exist outside of Him. In reality, no one can exist outside the Lord. He created us and He nourishes us, gives us life. So what independence do we have? No creature is independent. Those who cut the link with the Lord to be independent actually cut the link with the Source of life; they become dust. Therefore, say to yourself, 'I do not exist; only He, the Lord, exists, who through me, accepts to feel like me, small, weak, sickly. But I do not exist as a separate being.' And if you meditate in this way for years, so that you may feel you are nothing but a part of the Lord, you will gradually become one with Him and say as Jesus said, 'My Father and I are one.'
(JANUARY 10, 2001)

What must you do to turn a desert into a fertile plain? Simply allow water to flow and then plants, animals and human beings will all make themselves at home. Water symbolizes the circulation of life. So let the water flow, let life flow and do not concern yourself with what trees will eventually blossom there and which birds will come to sing in those trees. You may say: 'But first I want to know just where this plant will grow or where this bird will perch and on which branch will it sing?' Heavens! If you need to know all these details before you decide to let the water flow, centuries will pass and no flower will bloom there, no bird will sing. So allow the water to flow, and immediately you will see how naturally everything finds its place, how everything sings and blossoms: then everything is transformed into the Kingdom of God.
To let the water flow means never to cease loving. Even if human beings do harm you, never dam up your heart or your spring will dry up and you will become a desert. Others will live on undisturbed, while you will wither and perish. **(JANUARY 10, 2000)**

There is a Being on whom we depend completely, which is why we must constantly maintain our connection with him and dare to confront all inner and outer desires attempting to block the way. Those who are not conscious of the link which unites them with the first Cause can only debase and degrade everything, first in themselves and then around them, because they have cut themselves off from the Source of life. Life comes from above; it is the quintessence of God himself. It is our duty in all our pursuits to receive this life, to open a passage for it within ourselves, and to learn to preserve it in all its light, richness and power so that we may also distribute it around us. We sometimes meet people who have this gift of receiving and distributing, who radiate life everywhere they go. To encounter such beings is a blessing.
(JANUARY 14, 2005)

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 you pour yourself a glass of water, get into the habit of holding your glass in your hand a few seconds, saying, 'I greet you, kind, pure and vivifying water, servant of God, introduce purity into me.' You will then feel your whole person being impregnated with a subtle fluid. Look at the water and identify yourself with it. Imagine that you too have this transparence, this crystal clearness. Gradually, you will no longer see it as a colorless insignificant liquid used for washing dishes and clothes, etc. You will feel the source of wonders opening up in you: things and beings will reveal themselves to you in their true quintessence, beyond their physical aspect.
(JANUARY 19, 2001)

The discovery of a spiritual teaching is a source of great joy. Finally, we have found it! Yes, but the reality is not so simple. Once you have accepted a spiritual teaching, however elevated it may be, it often happens that after a month, six months or perhaps a year, confusion takes hold in you, and instead of strengthening your positive side, your efforts develop only your negative side. Why? Because every new idea, every new state of consciousness creates fermentation in those who are not prepared to receive it. Jesus said: 'No one puts new wine into old wineskins; otherwise, the wine will burst the skins, and the wine is lost, and so are the skins; but one puts new wine into fresh wineskins.' The new skins represent the solid, resistant forms you must prepare within yourself in order to hold and sustain a new vision of things. You must therefore begin by bringing yourself into harmony with this philosophy. That is to say, you must prepare your physical and psychic organism so that you can withstand the tension created by the new currents to which you will be exposed. **(JANUARY 26, 2005)**

Religion and moral doctrine teach renunciation and sacrifice, but the meaning of these concepts has not yet been truly understood. Renunciation is not privation. To renounce means to move up from one place to another, accomplishing on a higher plane what we were accustomed to do on a lower plane. For example, instead of drinking water from swamps swarming with bacteria - this is symbolic - we must get into the habit of drinking the water from a crystal-clear spring. If we do not drink, we die. If someone says: 'I'm never going to drink again!' he will dehydrate, and die. It is the water from sewers that we must not drink. We need to drink, but we must drink celestial water. **(JANUARY 28, 1999)**

Most human beings believe that happiness lies in being loved. Of course, they agree to love a little, but they believe that the main things is to beloved. This is easy to prove: why do they suffer when they learn that the person they love does not give back that love or does not give back as much as they wish? They wait for the outside world to give them love. If it does not come or if it is taken away, they feel deprived: they do not believe in their own power, in their own force of love, they need love to come from outside of themselves. In reality, to find peace and joy, you must not wait for love to come from other people anymore, but decide to rely on your love: because inside of you lies the source of love and this source is inexhaustible.
(FEBRUARY 10, 2001)

How many people, even among those who claim to believe in God, think of using their qualities and talents for the Glory of God and the good in the world? Very few. Most of them prefer to use them for their own self-interest and as such sever the link with the Divine Source. Of course at first, cutting this link seems to have no repercussions; some reserves still remain: a few cases and boxes. A beam does not disintegrate as soon as the woodworm starts to bore into it. Their

talents, their faculties do not disappear all at once. They continue to enjoy some achievements, but not for long. As no new strengths come to fuel them, fermentation, rot, bacteria and worms begin to destroy them, until one day they collapse, they fall in ruins or become ill. And all this because they have cut themselves off from the Divine Source. **(FEBRUARY 16, 2002)**

Even if they are not conscious of it, all men and all women are looking for what is referred to as their soul mate. What most people do not realize, however, is that the concept of a soul mate is one of inner life. Before we can find our soul mate, we must first have found him or her inwardly, through meditation, through contemplation, otherwise all these experiences are more or less doomed to failure. It is vital to recognize this truth. Once a man has found the feminine principle within him and the woman has found the masculine principle within her and once they are ready to serve this principle and work for it, then these two people can love each other and unite. Their love will be a source of blessing. Through her beloved, the woman will see the celestial Father and through his beloved the man will see the divine Mother. From then on all treasures will open up before them and they will live in joy and beauty always. **(FEBRUARY 23, 2002)**

Probably at least once in your life, you have had the sudden sensation of identifying with a man or a woman you are looking at or listening to, or with something your are contemplating in nature: a river, a waterfall, a spring, a star, the blue sky, the sun ...
If we have this ability to identify with other beings, then in reality we are far more than we appear to be. As individuals we are X, Y or Z, with a particular physical appearance, an identity, a name and so on. But in our soul and spirit we are the whole universe, we are everyone and everything. Literature holds many examples of this kind of experience, but many people consider it madness – or at best, poetic imagination. According to those who are supposedly 'normal', someone who claims to exist in the trees, the lakes, the mountains, the stars and the sun, or to have experienced himself as the Deity, is obviously a poet or a madman. And yet, this poet or this madman describes the reality of every human being. **(FEBRUARY 24, 2003)**

No reasonable person would claim they can live without money, because if you have no money you end up living on the streets or you become a parasite. Neither would doing away with money all together be a solution, as some people suggest, claiming it is the cause of all misery in society. Money is a means of exchange and if it were scrapped we would have to replace it with something else, because life within a society is based on exchanges. Finding another type of currency would not remedy the problem.
If money does a lot of harm it is through the fault of its owner, the person who uses it to satisfy their lust and desires. Money is always there to help us realize our wrong intentions. But if we have altruistic and generous plans, this same money will become a source of blessings to us.
(FEBRUARY 27, 2002)

Hope, faith and love are three virtues that correspond respectively to form, contents and meaning. Hope is linked to the form, faith to the contents and love to the meaning. The form prepares and preserves the content, which brings force, and force has no reason for being without meaning.
When hope is strong, it works on the physical body and has a favourable influence on the stomach and the whole digestive system. If, on the contrary, it is weak or defective, the digestive system as well as the beauty of the body are affected.
Faith, the contents, is linked to force and influences the lungs. We must cultivate faith if we want to be full of energy, fulfilled in our life and inspired by celestial fragrances.

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And if we want a vast and deep meaning to our life, love must flow in us like a source. Without love, life loses its whole meaning, in spite of the knowledge and riches we may acquire. Love is linked to the brain, and whoever wants true intelligence, therefore, must learn to love.
(March 6, 2001)

If you want your love for a man or a woman to be lasting, know that there is an order to be respected. What does it mean? In your heart and in your soul, you must put the Creator first place. Yes, begin by appreciating the Being of all Beings, the Light of the Universe, the dispenser of all wealth; and then, if you do not wish to remain alone, choose someone who will serve as your companion. Yes, the true spiritualist, whether man or woman, puts the Creator first place within himself as the source of love, wisdom and truth. Then he seeks the person most capable of supporting his link with Him, and takes her as a partner on the physical plane, because he feels that something in her brings him closer to the Source, that she is a messenger who speaks to him from the divine world. It is only under these conditions that your love will last.
(March 7, 2003)

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)**

What is called 'inspiration' is in reality a contact with a force, an intelligence, an entity which belongs to a superior world. With this contact we can accomplish what we could not normally do by ourselves. For example, someone wants to talk, but does not find the right words: he is embarrassed, he stammers. But suddenly something passes through him, a light, an energy and he surrenders himself to it. He is so amazed then to see that he does not have to search for words anymore, they just flow like a source to the point where he listens to what he is saying while talking, as if he were listening to somebody else. This is what goes on in an artist too. Where does this phenomenon come from? What is the presence within him that knows how to find the material, how to put the elements together, and how to combine them to create forms and expressions, which amaze us and fill us with wonder? By himself, man is not really capable of creating works of genius; but if he knows how to prepare himself by working inwardly to purify and elevate himself, he can be visited by souls who will inspire him. **(March 20, 2001)**

From the moment a spring bursts forth from the ground, life begins to establish itself in its surroundings: animals come to quench their thirst, flowers and trees begin to grow all around, and human beings build their dwellings nearby. Why? Because water is life, and a spring is the manifestation of inexhaustible life.
Visit a spring and you will learn that there is only one true way to attract people: to give, to give what is best in your thoughts, your heart, and your soul. Do not fear people's ingratitude. If they are not thankful, too bad for them, they will remain poor. And if you are a spring, so much the better for you, because you will become rich. **(March 22, 2000)**

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You know what the child says: *'I love daddy, love mommy, but I prefer jam*.' The word *'jam'* - in other words 'what is easy, pleasant and sweet' - sums up the mentality of the child. He does not know that what is bitter and difficult would no doubt be better for him. He is not yet wise enough to choose what is unpleasant once in a while. Behind those appearances of pleasure and charms lies danger - traps, disillusions and bitterness - not only for children, but for adults who often behave like children. That is why human beings need guides who have learnt lessons from their experiences. These guides will teach them how to become adults, that is, not to trust *'sweet'* appearances, but to look for difficulties they will be proud to overcome. This is the source of true happiness. **(March 24, 2001)**

Because life is a succession of efforts, ordeals and obstacles to surmount, human beings are obliged to struggle, and in struggling they become weak and exhausted. You can see this happening: day by day, something within them dulls and disintegrates. Why? Because they do not know how to link themselves to the ever flowing, inexhaustible Source, the only one that can give them water that is ever fresh, life that is ever new. To be alive is to be able to renew and regenerate oneself, but those who truly know what it means to renew oneself are rare. Most people confuse what is new with what is different. No, change is not always a renewal. Only that which comes from the divine Source is new, truly new, and it is to that Source that we must be linked in order to regenerate ourselves. **(March 25, 2003)**

We are not very well equipped to fight evil on our own. Evil is well armed; it has a huge arsenal in the face of which we are powerless. This is why, in this unequal struggle, we must ask the Lord to be our ally. What does a country do in time of war? It seeks allies. Instinctively, when human beings are in trouble, they have the age-old wisdom to look for allies, because they sense that on their own they are too vulnerable. So, we also must realize that evil has so many resources that we will never succeed in defeating it if we remain isolated. The solution is for us to unite with the Lord, with celestial entities, archangels and divinities, and allow them to combat evil. And we in the meantime are mere spectators; we watch the fight and see how Heaven – meaning, the divine side within us, our higher self – is winning the battle. **(March 30, 2000)**

Nothing in the world has a value greater than or even equal to life. So conserve your life and protect it.
History has told of men and women who gave their lives to save others, to stand up for certain ideas. Yes, it is only in these situations that we have the right to sacrifice our lives. Saints, prophets, initiates have also given their lives for an idea, for the glory of God; not only did they not lose anything, but thereafter received a new life, even richer and more beautiful, because they had sacrificed themselves for the good. But apart from these cases, each person must conserve his life, preserve it, purify, intensify and enlighten it, for life is the source, the point of departure of all other developments on the physical, emotional and mental planes. True resurrection begins by working on life. At the beginning, there is life, then comes wisdom, love, beauty, etc., as many branches of the primordial tree of life. **(April 15, 2001)**

When you have an important decision to make, you may sometimes be troubled, because too many conflicting things boil within you: you feel pushed in one direction, then in another, then in a third, and so on. In the midst of this confusion you cannot see clearly. Therefore this is not the time for you to make a choice, because all the conditions are there for you to make mistakes. It is better to let some time go by, to let things quite down and calm yourself. It is only in the silence of thoughts and feelings that you will receive the answer from your higher self, your

spirit. This silence is the source of clarity, transparency, certainty, and you need this silence to take the right decisions. **(APRIL 16, 2001)**

A disciple who goes to spend time with his master or who immerses himself at home for a few hours in a study of his master's thoughts, feels himself transported into a world of light, purity and love. But then, unavoidably, he returns to everyday life where he is obliged to meet all types of people and all sorts of realities. After a while, he notices that he no longer has the same faith, or the same enthusiasm; he feels that he has once again become dull and heavy, and that his ardour and his love have diminished. What has happened? Like a hot liquid that is then exposed to the cold, his temperature has changed.
This phenomenon is completely natural. The teaching a disciple receives from a master resembles the contents of a container. The contents are warmer than the prevailing atmosphere, and when they come in contact with it, they gradually lose calories and their temperature drops. But what is lost can be replaced. This is the purpose of prayer, meditation and all spiritual practices: to seek at the Source those luminous and warm elements that you have lost.
(APRIL 18, 2004)

True love is not a feeling but a state of consciousness. This is worth meditating on if you want to further your evolution. So long as you do not know love as a state of consciousness you will remain in darkness and you will not understand much about life. Of all the qualities that will bring you closer to this understanding of love, purity is the most important. And when I say purity, I mean thoughts and feelings that involve no selfish interest whatsoever. The words life, love and purity are linked. Why? Because life is based on love and the purer this love is, the richer, brighter and more beautiful life is. The meaning of life is to love and to be loved. When you love others with a disinterested love, in other words love that involves no self-interest, you are like a spring to them, a spring that brings life. And those who love you will bring you a plentiful life.
(APRIL 28, 2002)

Can we, or should we continue to love a being who, at a given moment, adopts dishonest and unworthy attitudes and behavior? Many men and women have had to ask themselves this question. Of course, our love for others always produces certain beneficial effects for them on the subtle planes, and ultimately it can influence them. On the other hand, it is not advisable to remain close to someone who has taken a bad direction, and is becoming a public danger. What is important, above all, is to love, to love in purity and in light. And if you feel that a certain man or woman no longer merits your love, there are so many beings on the earth who do, whether you know them or not! It is essential that you never stop loving, that your spring continues to flow. It does not matter where it flows; what is important is that it flows, and that its water is pure.
(MAY 6, 2003)

Even if human beings do occasionally complain about how rushed and feverish their lives are, they accept their way of life. For some, all this constant tension and trepidation is what life is all about. They rush from one place to another, talking on their mobile phones all day, striking deals here there and everywhere, and then imagine they are being active and creative.
It is in silence, however, that true activity is generated. It is in silence that the greatest achievements are attained, where immortal creations are made. So, if you do not want to go on wasting your energies with useless activities, endeavor to feel the intense life that pulsates at the heart of this absence of noise and apparent motionlessness. Silence is where you will find true fufilment and perfect movement. And you need to become conscious of this if you are to find within yourself the type of silence that will engender your most beautiful spiritual creations.
(MAY 8, 2002)

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

Negative psychic states such as sorrow, sadness or despondency are impurities, which you have allowed to penetrate you and which upset your psychic organism, just as poison or other toxic substances upset your physical organism. But by learning to use the powers of water you will acquire the methods with which to remedy these states.
Watch water flow, listen to it. It does not matter whether it is a spring, a stream or a waterfall. Water that flows frees the solar plexus by taking away the dark elements that previously troubled it. Flowing water is symbolic of the perpetual renewal of life and by watching it flow, we are influenced by it. Of course, it is not always easy to find a spring or a waterfall in our everyday environment, especially if you live in town. Well, you can turn on a tap. It is less evocative, but it can be just as effective. The main thing is to concentrate on the water flowing. **(May 24, 2002)**

When you are anxious, troubled or irritated, you can feel the repercussions of these psychic states in your solar plexus, as if your energies were escaping, dispersing. The solar plexus is a vessel that stores vital magnetism and when it is drained, we lose the ability to concentrate and to function. Every anxiety, every feeling of disquiet has a negative influence on the solar plexus, which then empties itself of all its energies. On the contrary, if you are calm and at peace, you feel dilation in the solar plexus; you sense something flowing like a spring. The solar plexus is the reservoir of vital forces, the accumulator of all your energies. If you know how to replenish it daily by linking yourself to the four elements, and to the sun and the stars, you will sustain within you a spring, and every day you can draw from this spring whatever forces you need.
(May 30, 2003)

The purpose of prayer is not to obtain material favors – money, a television set, houses, patronage, a rich marriage partner. The benefits it brings are of a different nature. The gifts you receive when you communicate with the Lord in your hearts and minds are very subtle, such as energy, light and inspiration. And as this subtle world is a real world, its influence touches those who come in contact with you; they feel vivified, comforted and consoled in your company; they feel that they can trust you. It is even possible that they may, one day, offer you all kinds of material advantages. But the first fruits of prayer are always spiritual. Material advantages may follow, but only later. **(May 31, 2001)**

The initiates are not so much interested in the books written by human beings. Why? Because according to them, the true book is the great Book of Living Nature. It is in this Book that they bury themselves, to interpret the structures and forms contained in it. And the Book of Living Nature is not simply an inventory of all the minerals, plants, insects and animals. Indeed no, it contains the whole of life in all creatures and in all worlds. It is therefore not a matter of knowing

the external aspects of nature, but knowing life as it bursts forth, as it flows, and in its subtle correlations between the different planes of the universe. **(JUNE 29, 2002)**

You have not sufficiently experienced the powers of love. Say you are worried, annoyed or unhappy; well, instead of tormenting yourself or going around complaining and bothering everyone, stay still. Begin by breathing slowly, and then utter a word with love, make a gesture lovingly, send a thought with love, and you will begin to realize that what was fermenting and rotting within you is being pushed out and driven very far away. By calling upon love you open up a source within you and now that it has started to flow you must let it do its work and it will purify everything. All you have to do is open up your heart and activate love. But you must react straight away and not wait until you are completely submerged in annoyance or distress. Try it and you will wonder why you have never used this method before. People ask about love, laugh and play with love, instead of using it as the most effective means to find salvation. **(JULY 3, 2002)**

All the elements of nature – valleys, springs, mountain summits, precipices, etc. – are laden with symbolic meaning and correspond to realities of the inner life. Someone who meditates on a philosophic and mystic truth ascends inwardly to a high summit since this truth puts him in contact with Heaven, and the source that begins to flow within him purifies and vivifies him. To aim at the summit means to have a high ideal. Nourishing within oneself the noblest thoughts and feelings. To fall into a precipice means to give in to the vilest instincts by which one is gradually engulfed. But the summits and precipices are closely related: the higher the summits, the deeper the precipices. Here is another truth that is worth meditating on. **(JULY 10, 2001)**

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)**

Disciples of an initiatic teaching have the very bad tendency of wanting to begin with what should come last: the acquisition of occult powers. They have no knowledge of psychic and spiritual worlds, they have not purified themselves but they are eager to receive the greatest secrets of initiation. They will be crushed by these great secrets, they will not be able to handle them, but they do not see this – they refuse to see it. I have tried to enlighten so many people, telling them that they were running the risk of accidents because they still had serious failings, but very few of them have accepted my guidance. How boring it is to purify oneself, control oneself, make some sacrifices! They want the means to have everything they crave for immediately. Why do they want everything before they are ready? They must prepare themselves. Preparation is the longest thing, it can last a whole lifetime, even many lives; but once they are truly ready, they will get everything in a few minutes. And what one obtains in this way becomes a source of blessings. **(JULY 18, 2001)**

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Just as there are customs on the borders between the countries, be aware that there are also customs in the spiritual world. The disciple embarking upon the road towards true evolution is like the traveler crossing a border. Because he is carrying all kinds of baggage accumulated over the millennia, he is stopped by customs officers who tell him: 'My friend, the road is hard and long. These things you have loaded yourself up with are cumbersome, useless and even harmful. You must leave them here.' And they force the disciple to off-load everything that is heavy, dark and prevents him from vibrating in unison with the purity and light he seeks to reach. Of course he will find this border-crossing difficult and painful, because relinquishment and detachment are always painful. But since he seeks to elevate himself, he must accept the price. If he perseveres he will soon come to another customs checkpoint, the border of another region, until, completely liberated, he reaches the celestial region, where he will merge with the Source of eternal life. **(July 25, 2000)**

You think that only human beings can help other human beings, and that they can do so only through political, economic or social action. No, in this living and conscious organism that we call nature, and to which we belong, a multitude of entities are ready to contribute to the evolution of humanity. Earth, water, air and fire, the four elements and the entities that dwell therein have sworn before the Eternal to help all those who work at becoming creatures of peace, harmony and beauty.
From now on, wherever you go in nature, think of speaking to all these beings that live in caves, trees, streams, lakes and mountains. Ask them to come and participate in the coming of the kingdom of God on earth. One day, billions of spirits will start working on human hearts and brains, and Heaven will recognize you as a builder of the new life, a source, a son or daughter of God. **(July 29, 2001)**

Once upon a time man lives in close connection with nature and was therefore able to penetrate its secrets. He would, for instance, come to a spring and stay there a long while. He would look at it as it flowed, alive, clear and fresh, and he would listen to its murmuring. And in doing so he slowly found a connection with the soul of the water, the soul of the spring. He did the same with the fire, the sky, the earth and trees: he watched and listened to them. People today, with the (so-called) progression of civilization, have lost this relationship with nature, which is a great shame because in having reached this state, they are depriving themselves of all the life that circulates in the universe and speaks to them.
Try to become aware and listen attentively to the language of nature. Even if you feel you understand nothing; that is of no importance, the important thing is to open yourself up, because then you will be making ready the subtle centers that will one day bring you in contact with universal life. **(July 30, 2002)**

Why is it that love between men and women does not last? Because, instead of linking each other to the divine Source so they may be continually renewed, they attach themselves to one another and end up exhausted. When nothing is left, they are empty vessels and reject each other. You must therefore think of your partner as a precious and unique being, and realize that it is through you that he can become vibrant, beautiful, and rich, but only if you link him to the Source: to the Heavenly Father, the divine Mother, the angelic hierarchies, the sun, and the stars....
Love offers you every possibility. But if you are not enlightened, if you cling to this being instead of uniting him with Heaven, you will drain his energies; over time he will begin to break down, and your love for him will diminish. But whose fault is this? Why did you not unite him with Heaven? Now you are worried, you are beginning to have doubts about him. Yet it is very

simple: you have not learned how to project him high into those regions where he can drink and breathe. And he too must do the same thing for you. When you succeed in this, you are no longer simply vessels; you are inexhaustible springs for one another. **(AUGUST 8, 2003)**

Disciples, who do not know how to behave towards their master because they are unaware of what role a master can play in their lives, prevent their master from being as useful to them as he could be, as he would like to be, and they thus hamper their own progress. It is up to disciples to discover what their relationship should be with their master, how they should regard him and behave towards him. It is not up to the master to make recommendations on this subject. A true master is content with simply giving his teaching; he leaves his disciples free. He will never say: 'You must respect me, admire and obey me.' No, never. First of all because it would be useless to do so, since respect, admiration or obedience cannot be imposed. Secondly because the master does not need to; he has other sources of joy and satisfaction. It is up to disciples to find the best attitude to adopt towards their master for the sake of their evolution.
(AUGUST 19, 2000)

Once you have learnt to create a pure atmosphere, cleared of all disharmonious elements, you will feel that your soul is visited by invisible beings who come to help you, protect you and transform you. In the midst of love, beauty, purity and light, great changes can take place within you.
When you are in a forest, near a spring or by a lake, stay there a while, motionless and let the silence, coolness and clearness penetrate you. When you listen to the water and the birds sing and the leaves rustle, when you gaze at the stars, the night, abandon yourself to this peace, this harmony. You can also learn to savor people, in the same way that you savor nature. When you stand before a person who emanates the fragrance of a garden full of flowers or the music of a spring, open yourself up to them, because this person can enlighten you, guide you and save you. **(AUGUST 23, 2002)**

Love is like a spring that never stops flowing. When you arrive at this spring, do not rush to drink from it. Stop and rest a while, recover from the long road you have traveled and then catch the water into your hand like in a cup and bring it to your lips, slowly, do not be afraid that the water will ever dry up.
The spring of love is inexhaustible. So drink the water of love without haste and with grateful recognition. Each of the persons who love you is a spring from which you draw, so be careful and do not make this spring cloudy. **(AUGUST 27, 2002)**

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)**

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Men should not dominate women and neither should women dominate men. They should, however, each seek to dominate their own sphere. It is normal for women to want to gain freedom and acquire the rights of which men deprived them, but they should try to achieve that by deepening the riches of their own nature and not by imitating the behavior and way of life of men.
The balance of nature is base on polarization, that is, on two poles of a different nature – the masculine and the feminine, so exchanges may take place between them. If these poles become uniform, these magnificent exchanges, which are the source of such joy and inspiration, can no longer take place. When men and women have lost the meaning of the life contained in the exchanges between the two poles, they look for remedies in pharmacies or on a psychoanalyst's couch: But there is no cure for those who do not understand. The only remedy can be found by understanding the nature and role of the two principles. **(September 28, 1999)**

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)**

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

Behold securely in your soul the image of the source which flows so that the source of life within you never runs dry. And so let this spring flow, you must love. Of course you will say you love already and everyone loves. Yes, but with which love? A love that makes you unhappy, makes you suffer and also makes those whom you pretend to love suffer. Love which makes people unhappy is not true love; it is a disease. True love, the love Jesus taught us and the great initiates teach us, this love brings people joy. This love is a state of higher consciousness, which brings all blessings and which keeps the source of life within you flowing. **(October 16, 2000)**

If you have lost love then all you want to do is let yourself die, because life has lost its meaning. Life and love are closely connected and those who love seek eternity. So, protect the love you carry within you and you will always want to live, because of this love. Many men and women allow the source of love within them to run dry because they have met with some disappointments, as if all this wealth they carry in their hearts and in their soul merely depend on

a few unhappy experiences they may have encountered. And then they wonder why they have lost their taste for life. Well, it is because they no longer have love. When you see a young woman who is animated, happy, singing, you know immediatey that she has just seen her lover. And then when you see her sad and discouraged, it is because she has lost her love. It is quite easy to work this out. This is why we must always insist on carrying love within us. Not that love, however, which is increasingly ubiquitous today and is really nothing more than debauchery, because, like the lack of love, that kind of love too can take away people's reason for living. The love I am talking of is this inexhaustable source which has its origin in God, which nourishes all creation and all creatures, and which we must endeavour to seek out if we are to live fulfilled lives. **(OCTOBER 22, 2000)**

By moving away from the divine Source, human beings continually stray onto the dark and tortuous paths of life. And to justify their aberrations, they claim that 'there is no accounting for taste', by which they mean that everyone has their own particular madness and that they are entitled to give in to all the eccentricities their madness can come up with. No, there is one standard for taste: What is truly good, righteous and beautiful for everyone. We must always choose what is pure, luminous and divine, what brings you closer to the world above and there not only is your choice infinite, but you are free at the same time. The universe is inhabited by a multitude of angels and archangels, and cosmic Intelligence will not only not reproach you for having chosen one angel over another, but you will be able to stay with him for as long as you like. However, cosmic Intelligence will reproach you for having chosen a demon. **(OCTOBER 25, 2002)**

Each day devote at least a few minutes to introducing harmony within you. Close your eyes whole making an effort to free your mind of everyday worries and direct it toward the summits, toward the sources of life that flood the universe. When you feel you have stopped the flow of thoughts, feelings and images that go through you, pronounce the words 'thank you' inwardly. These are the simplest words, which nonetheless unravel all tensions, because when you are grateful, you are in harmony with Heaven, you come out of the narrow circle of your limited self in order to penetrate the peace of cosmic consciousness. Remain in this state as long as you can and when you come back to yourself, you will feel that new and very precious elements have been introduced into your being: serenity, lucidity and strength. **(OCTOBER 29, 2001)**

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)**

Wherever you are, whatever you are doing, get into the habit of pausing for a moment to unite with the centre, the source, the sun within you, and then continue whatever you were doing before. Yes, stop for a few seconds, re-establish the connection and then carry on as normal. Nothing is more valuable than the acquisition of this habit. You will say: 'I do this, but I don't really seem to get anything from it.' Well, this proves you do not know what to expect. The only thing which really matters is that you are able to do this exercise, because the exercise in itself will give you such satisfaction, will bring you such happiness and well-being that you will need

nothing else. Because during these moments you are inwardly rich, strong powerful and invulnerable, and that is important. **(NOVEMBER 3, 2000)**

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 were 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 – be welcomed again in paradise. **(NOVEMBER 6, 2001)**

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)**

Human beings seek love, wealth and glory, but what they are really searching for in all this is God, because in reality nothing or nobody can bring them joy except God. Yes, in one way or another people are always looking for the Divinity; they always yearn to return to the source to find again their provenance, their original life immersed in paradise. Unfortunately the poor souls are not enlightened so they walk many a muddy road and squelch around in the mud, bogging themselves down inextricably; and who knows when they will reach their goal? Since God has put a small particle of his quintessence in every thing and in every being, we can find Him everywhere. However, since most people disperse themselves here there and everywhere, they will need billions of years in their search for God. The straight road to God must pass along the paths of purity and light. **(NOVEMBER 15, 2002)**

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

manifesting the qualities of the heart: goodness, tolerance, and generosity. In leading you to the inexhaustible springs within yourself, these qualities will reveal the meaning of life to you.
(NOVEMBER 9, 1999)

You must continue to believe and love, in spite of everything. Even if people treat you badly, do not lose your faith and love, because then you will truly lose the meaning of life. Meditate on this subject by weighing up the arguments for and against on your spiritual scales and you will find that if you stop loving people you let the source that flows within you dry up and you are punishing yourself, not them. Why stop the flow of what should be eternal and inexhaustible within you under the pretext that a minor mishap befell you one particular day? So many saints, prophets and initiates have been persecuted and ill-treated, but they still continued to love and believe. So what disciple could think themselves be worthy of receiving initiation if they go around telling everyone that they can no longer love anyone, no longer have faith in anyone because they have been misled or cheated at times. **(NOVEMBER 10, 2003)**

If you do not consciously unite with the living chain of creatures, you deprive yourself of the most precious energies and you weaken. From where would you get the impetus, the inspiration, the wisdom, the love and the strength you need to live from day to day? 'From within ourselves,' I hear you say. Yes, for a short time perhaps, but you will soon have used up all your reserves. Even if you have great plans, you will have to interrupt your work because it is impossible to achieve something so great if you do not maintain your connection with this living chain leading to the electricity supply. Electricity sends a current to the bulb; the bulb itself is only a conductor.
So, whether we like it or not, we are connected to the divine Source. But we must become conscious of this connection if we are to benefit fully from it for our evolution and the evolution of all creatures in the universe. **(NOVEMBER 21, 2000)**

The more you unite with the divine Source, the more you attract luminous entities that come to help and support you. This is how you become strong, radiant, in control of yourself and in possession of the powerful keys of realization. If there is anything you should fear, it is to do something that would send these divine craftsmen away from you, for each fault produces dark and sickening emanations that these invisible friends cannot bear.
Only one thing attracts them: the pure and harmonious ambience created by a person who has succeeded in placing God at the summit, at the center of his life, and who prays and meditates to keep this link with this summit, with this center. Gradually his soul opens up to the point of feeling – of even seeing – these celestial workmen run the waters of the river of life over him and illuminate him with their rays. **(NOVEMBER 26, 2001)**

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)**

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Even if you reap only indifference or ingratitude, never stop loving and doing good because the love within you is a spring and, if you decide to stop it flowing, it is you who will be the first to dry up. Of course, no-one then will be able to take advantage of you or deceive you, but the water of your spiritual spring will no longer flow, and you will lose your life force. Yes, for when you allow your spring to run dry, the divine world closes off and you become empty and poor. It is sometimes useful, from an educational point of view, to close off to someone in order to teach him a necessary lesson, but it is very harmful to close off to human beings in general. Whether people deserve it or not, allow the spring of love in you to flow. You will say, 'Yes, but if they do not deserve my love, this is not just!' Do not be so concerned with what is and is not just: practise the injustice of love, or else you will become a desert! **(December 10, 2004)**

In all religions, the supreme God is seen as the unique source of life. It is He who gives life, and He who withdraws it. He is the Master of life, because He is life. What do we know about life? We can do no more than enumerate its many manifestations and say that in it all things are possible, that it contains all gifts - but as for life itself, it is still a mystery. As for God, so for life: all our attempts to grasp its secrets are destined to fail. While playing sorcerers' apprentices, biologists have had some success in their tinkering, and this may delude them for a moment into thinking that they have grasped those secrets. But they are soon obliged to acknowledge their failure, for life belongs to God alone. God gives life, but He does not reveal the secret of His creation, for it is His secret alone: He is life. **(December 10, 2003)**

Jesus said, *'My Father is still working, and I also am working.*' But who, even among the initiates, can pronounce such words? Who even knows what this work is? Most human beings can only say, 'I do odd jobs…I struggle…I rack my brains…I make some miserable attempts.' But work is something completely different.
After two thousand years, we have not yet fathomed the depths of the phrase '*My Father is still working, and I too am working.*' It has remained ineffective and empty of meaning. Have we ever wondered what this work of God is, how He works, and in what way Jesus is associated with this work? The work of Christ is to purify everything, to harmonize and illuminate everything, and to orient everything toward the divine Source, so that the water of this Source can in return flow and bring to life the earth and all its creatures. Only someone who has managed to rise as far as the divine Spirit in order to imbue himself with its quintessence and then to distribute its benefits to all creatures, has earned the right to say *'I am working.*' **(December 18, 2004)**

Ambition pushes human beings towards holding ever higher positions. But with these positions, these jobs, come ever-greater responsibilities and whatever field these people are working in – political, social, scientific, economic religious or moral – there comes a time when they begin to perceive these responsibilities as a terrible burden, a source of problems and worries, as an infringement of their freedom. So, instead of this burden helping them to become stronger, more enlightened, more noble, it weighs them down and undermines them. An initiate must also take on heavy burdens, but because he is constantly looking for a way to lead people around him in a divine direction, he finds in these responsibilities opportunities to evolve to infinity. This does not mean he does not feel the weight. He simply tells himself: 'Thanks to this load, this burden, I will develop vigilance, I will expand my consciousness,' and this is how he moves forward, grows and becomes richer. **(December 20, 2002)**

The notion of royalty goes hand in hand with that of self-mastery. A monarch who governs others but has not learned to govern himself is not really a king, but a slave. A true king is

someone who first and foremost has become master of himself. Only the person whose ideal is to escape the domination of his selfish tendencies and to control and orientate his thoughts, feelings and desires is on the royal road. And then, even the spirits of nature bow at his passing, whispering among themselves: *'Look, a king has come to visit us*' and they give him a warm welcome and crowd around him. For a fluidic substance of great purity emanates from him, imbued with soothing and curative influences. Like a flowing spring, he brings life to all creatures as he passes. **(DECEMBER 23, 2004)**

When human beings neglect the bond that unites them with the divine world, they cut themselves off from their true roots and lose the meaning of life. The divine world is not like a foreign country outside of us and that we can ignore without consequences. The divine world is our inner earth, it is the world of our soul and our spirit, and by cutting ourselves off from it, by cutting the link, we deprive ourselves of the resources we need most to live. Some, when faced with life's trials and setbacks, instinctively regain the contact with this higher realty. But this is not enough. We must be conscious at all times in our daily lives of the presence within us of this world that is so rich and powerful, where we can ceaselessly draw on spiritual resources, i.e. strength, courage, inspiration and so on. **(DECEMBER 24, 2002)**

For its salvation, humanity needs to create fraternal centres, centres of light, everywhere; because light attracts the inhabitants of the higher realms and causes them to rejoice. Through their songs, their meditations, and their prayers, men and women throughout the whole world must learn to send luminous signals through space that the celestial beings can perceive from afar. When they discover these rays of light which penetrate the spiritual darkness surrounding the earth, they are attracted by their clarity and come to contemplate them and pour their blessings over them. In this way, human beings gradually learn to become citizens of the world on high. And because they have become citizens of the world on high, they can become benefactors in the world below. **(DECEMBER 27, 2003)**

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Encyclopedia Initiatic Science

Book 60: The proper Attitude towards Money

More often than not, the future is a source of worry for human beings. They are forever asking themselves whether they will have enough money, whether they will have enough to eat, a place to live, and so on. So taken are they with these preoccupations that they neglect far more important matters. They make mistakes which should be rectified, but they fail to address them. And as everything snowballs, they are eventually overwhelmed and crushed. In order to avoid this, you must meditate on the words of Jesus: 'Do not worry about tomorrow, for tomorrow will bring worries of its own.' If you see to it each day that your conduct is impeccable, the following day will be completely clear, and you will be free to carry out your plans, always vigilant that you leave no loose ends. In this way, each new day will find you free and well disposed. You will be ready to work, to study and to enjoy yourself, and all life will take on an extraordinary colour of contentment and blessedness. By seeing to it that all is in order today, you take care of tomorrow. **(JANUARY 1, 2005)**

Every day you have the opportunity of meeting new people. What do you look for first in these people? Do you try to find out whether they have a good heart, whether their intelligence is sound and whether they have a spiritual ideal? No. If you are honest you will admit that this is all of no great importance to you. You find their physical appearance far more important; do they make you feel you want to kiss them or are they rich and powerful enough for you to benefit from their wealth and power. Yes, this is generally people's attitude.
If you want to follow a spiritual teaching, however, you must change your attitude. It is only with what a person possesses in honesty, goodness, wisdom and purity that you can form a true relationship or indeed do anything at all. What good are beauty, wealth and power if they are not in the service of the divine world? All they will do is arouse passions. So beware the seductive powers of physically beauty, money and power, because they will make you neglect qualities that are far more important to what we are seeking to build here. **(JANUARY 5, 2002)**

Do not allow the business of earning money to preoccupy you too much, or you will be obliged to sacrifice all that is most beautiful within you to that activity. Even if you do manage to accumulate a fortune, all the advantages, joys and pleasures you obtain will be wasted, because you will have lost your capacity for enjoyment. You will have everything you desire, but you will be unhappy because you will have obliterated that little something which gives an exquisite flavour to every experience. This is true unhappiness: to obtain everything, to taste everything, and yet to experience no enjoyment. Of course, it is painful to live in a state of deprivation, but if you have to choose between these two - possessing everything without the ability to appreciate it all, or the opposite, having very little but with the capacity for enjoyment - then choose the latter.
For then the smallest thing that comes your way will be a reason to dance and sing for joy.
(JANUARY 14, 1998)

People everywhere around the world do everything possible to rise in the social hierarchy. They know that each time they are promoted, they are more respected, earn more money, have more responsibilities and subordinates. Yes, to be promoted! There is something to learn from this

situation. And what is it? We should all make this same effort to be promoted inside ourselves so as to gain more prestige in the view of our cells, so that those stubborn and insubordinate inhabitants within us may listen and obey. In the same way, we have to study patiently for years, be vigilant, practice exercises to deserve spiritual kingship.
Just watch a policeman directing traffic in the street: everyone obeys him. He says, 'Go!' and even the VIP's move ahead. He may not be educated, but his uniform and small baton suffice. Well, the same thing happens in you: When you have accomplished some great work within yourself, you deserve to wear certain 'clothes', certain 'badges' and your cells, subjects and subordinates are forced to submit to your authority. **(JANUARY 17, 2001)**

Even when they claim to have opted for a spiritual way of life, some people still occupy their minds too much with material concerns: money, social position, fame, power, and so forth. That is why they cannot understand the truths of an initiatic teaching, and why they do not progress. Obviously, because we live on earth, we cannot possibly avoid material responsibilities. However, there are ways of reconciling our preoccupations with the life of the spirit: the first thing we must settle, before anything else, is the question of our goal and the means by which we achieve this goal. Instead of making money, power, and fame our objective, and using the methods of initiatic science to achieve these objectives, we must do the opposite. Our ideal must be the divine life, and everything we possess must be used for this purpose. Then we will achieve real progress. **(JANUARY 22, 1999)**

No reasonable person would claim they can live without money, because if you have no money you end up living on the streets or you become a parasite. Neither would doing away with money all together be a solution, as some people suggest, claiming it is the cause of all misery in society. Money is a means of exchange and if it were scrapped we would have to replace it with something else, because life within a society is based on exchanges. Finding another type of currency would not remedy the problem.
If money does a lot of harm it is through the fault of its owner, the person who uses it to satisfy their lust and desires. Money is always there to help us realize our wrong intentions. But if we have altruistic and generous plans, this same money will become a source of blessings to us.
(FEBRUARY 27, 2002)

When will human beings learn what true life is and how to manifest it? So many of them appear expressionless, fossilized, 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 fulfill us …life which is always new, always flowing. **(FEBRUARY 1, 2003)**

People consider themselves civilized because they live in societies where relationships are governed by laws, and where various institutions enforce these laws. Well, this is not enough, because despite their laws, these societies still resemble jungles! Human beings will be truly civilized when love becomes the currency of exchange. Brotherly love must increasingly become the true currency. Not love instead of money – I am not so naïve as to believe that we can do

away with money, which is a very handy means of exchange – but love over and above money. I realize that many will call this 'utopian'; I know this, because I have already been told so. Well, let them call it what they will. I am saying that for our salvation we must head toward this ideal. Is it utopian? If so, we can call Jesus the greatest utopian. As for me, not only do I wish to be a utopian like he was, but I invite you to help make this utopia a reality! **(FEBRUARY 14, 2005)**

You say you want to be happy? Then work. True happiness lies in work, but obviously in work of a higher order than that which allows people to earn a living for themselves or their family. This work is necessary, but it is not enough. In order to be happy, men and women must learn to work with thought, feeling, imagination and will-power, in order to prepare in the invisible the coming of a world of peace, harmony and light. It is in this work that you will find fulfillment and whatever the circumstances may be, this work will always be there for you. Upheavals in society may deprive you of all your usual activities, but you can do this inner work everywhere, even in the most difficult conditions, even in the other world. Because no one can take your intelligence, your heart or your will from you; these are the only true riches you can always count on.
(FEBRUARY 22, 2003)

Although there may be difficulties at first, everything eventually yields before those who persist in walking the path of good. Conversely, those who, having failed to carefully examine their plans, persist in the wrong direction may at first seem to succeed, but sooner or later they fail. So before leaping into something, do your homework. And especially when you are offered a tempting proposition, you must be more cautious and prudent than ever. If you are offered money, honours, power or pleasure, beware! True and lasting success is not generally acquired easily, but through study and work. . **(FEBRUARY 24, 2006)**

It is theologians who have done the most to muddle the question of grace. They present it as an arbitrary and inexplicable manifestation of the Divinity, which certain people receive and others don't. They have no idea why it works in this way. It has nothing to do with one's behaviour; this is just the way it is. Well, how unfair!
The question of grace is actually easy to understand if we start with a very simple example. You are having a house built, but once the walls are finished, you realize you haven't the money to continue. So you go to a bank, and if the bank sees that you have some capital, it agrees to lend you a certain sum. Will the bank extend credit to everyone? No, but if you already have capital – a piece of land or certain assets – it is willing to make up the difference. In the same way, grace is not distributed to everyone, but only to those who are already prepared, who are building something and have some capital. It says: 'This man works, he prays, he meditates; he is building his temple, so I will give him enough to finish the job.' Grace, then, is something more than justice, and yet it obeys a certain justice. **(MARCH 3, 2005)**

In order to meet the needs of their family, some fathers are forced to leave and work abroad to earn money. Although it may appear as of they are abandoning their family, they do this to help them, and it requires great courage for them to make such decisions. And when they return, what joy the family experiences!
Let us transpose this example onto the spiritual plane. The true father, the true mother understand that they must abandon their family every day for at least a few moments in order to 'go abroad', which means to meditate, to pray, to reach the divine world where they will gather riches. And when they return, the whole family will benefit. Contrary to what many people think, to love one's family does not mean to keep one's thought constantly fixed upon it. This is not what true love is. What does this sort of love bring in? Not very much ... a few trifles. A true

father, a true mother consecrates a few moments, as often as possible, in order to unite with Heaven, because they know that this link will bring true riches to their family. **(MARCH 8, 2003)**

A human being is a bottomless pit which can never be truly satisfied by material possessions, social success, pleasure or even great intellectual achievement. It should not surprise us, therefore, to see so many extremely intelligent and gifted people succumb to the worst kinds of aberration. Unable to find what they are looking for - unaware, even, that they are looking for something - they are caught up in an endless quest for ever greater notoriety, more power, more money, more territory and new forms of pleasure, and to get these things they are ready to enslave or destroy all who stand in their way. But even when they achieve the goal they lusted after, they are still not satisfied, for they never succeed in filling the void that is like a yawning chasm within them. The only way to fill this void is by means of a spiritual ideal, as this spiritual ideal links us to a higher world from which we receive the only nourishment which can satisfy us.
(MARCH 15, 2003)

In whose service do we place ourselves? This is what Heaven looks out for, and if it sees people , who are busy serving their own god, their selfishness, their lower nature, it turns away. Heaven does not distribute its riches to those who only want to live a life of dishonesty and pleasure. And if Heaven abandons them, who will help them, what will save them? Their money? Their glory? Their fame?
As far as Heaven is concerned there are only two categories of beings: those who work solely for themselves, to satisfy their own desires, and those who endeavour to help their fellow human beings, to join in the work of billions and billions of entities in the invisible world who are working towards the Kingdom of God on earth. They are recorded in the great Book of Life as having done good for humankind and Heaven will never abandon them. **(MARCH 18, 2002)**

It is their lower natures that motivate people to seek money, to satisfy their greed, their need to dominate others or to exact revenge. Our higher nature does not crave money, it needs only light, freedom, heavenly splendour and infinity - and money cannot provide these.
It is true that money is necessary for material life: you need a house and adequate furnishings. But for the soul, the spirit or the mind, money is useless. Neither gold nor silver have ever driven away inner darkness.
If you seek money and not light - that is to say the knowledge of initiatic science, an expanded consciousness, a love of God and all creatures - it is obvious that you are controlled by your lower nature. And if you love light, it shows that you already possess gold in the spiritual realm and, that thanks to this gold, you ca buy health, beauty, power, wisdom, love and freedom.
(MARCH 23, 2000)

How can we distinguish love from sexuality when in amorous relationships one never goes without the other? Sexuality is a purely egocentric tendency which incites human beings to seek their own pleasure, even to the detriment of their partner. Love, on the contrary, thinks first and foremost of the other's happiness. It is based on sacrifice: the sacrifice of time, energy or money, if necessary, in order to help the other, to enable the other to blossom and develop all his or her qualities. Nothing is more beautiful than love, when men and women are ready to accept deprivation, to wrest something from themselves in order to give it. And you who walk on the spiritual path know that spirituality begins in fact with the reign of love over sexuality. Only when you are able to sacrifice for the good of the other are you capable of love. **(MARCH 29, 2005)**

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All human beings search for God, without knowing it. They just say they are looking for happiness, but who is not looking for it? God is everywhere in the universe. He hides in everything that arouses our desires. People who are ambitious, greedy, avid, debauched or drunkards also search for God in their own way, for, in fact, tiny particles of God can also be found in alcohol, food, sexuality, money, fame, power... We can find God everywhere, even in swamps, even in a rock - where his presence is like a buried spark. But, of course, these things can give only a short instant of contentment, as we cannot truly find God in the dense layers, in the inferior forms of matter... only in the spirit. **(March 31, 2001)**

The human condition is such that it is often impossible to say whether it is a happy one or an unhappy one, as this anecdote of the good old days demonstrates: two friends meet up again after many years and one say to the other: ‚My goodness, your are looking very smart; what have you been doing with yourself these past few years? – I got married. – That's great, you must be very happy. – Not really, my wife is a bit of a shrew. – How unfortunate. – Not really, she had a dowry of two thousand crowns. – Well, that's great. – No, not really. I used the money to buy some sheep and they all died. – That's terrible. – No, it wasn't as bad as you think; I earned far more by selling the fleeces. – So in the end you came out on top? – Well, not really, because I used the money to buy a house and the house burned down. – My poor friend, you really have had it bad. – Not really. My wife was killed in the fire, so I'm rid of her now.' This is the human condition in a nutshell: subjected to situations which one is never quite sure whether they are favourable or not. **(April 12, 2002)**

Before trying to improve the conditions of your outer life, strive to know and accept the truths that are likely to improve your inner life. Whatever you find outside yourself will never bring you fulfillment, because fulfillment is only found in the efforts you make yourself, in efforts of will, intelligence and imagination. In fact you have already understood this: whenever you accomplish something yourself, you experience satisfaction, whereas all that you receive without doing anything, even money, fails to bring you this happiness. Yes, you have realized this yourself, you know this, but you continue to expect everything to come from the outside, which is why you are always dogged by the feeling that you lack something. So whatever you possess, whatever you are given, never abandon our inner work. Until the very last moment, do not abandon this inner work. **(April 14 ,2000)**

In their later years, when men and women take stock of their lives, if they are honest they recognize 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 realize 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)**

Because they put money in the bank, buy stocks and shares, take out life insurance, and so on, many people think they are working for their future! But what do they call the future? Their real future is not the thirty, forty or fifty years they have yet to spend on earth or even the duration of their children's and grandchildren's lives! This future for which they believe they are working is

so near that it will soon be the present, and this present will soon become the past. Thus, they are working in a void, in the wind. Yes, all the events that will unfold in your current lifetime belong, in fact, to the present. This future of which I speak is beyond the past and the present: it is eternity, infinity and it is in our power to create it. **(APRIL 21, 2003)**

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)**

Human beings do not know how to appreciate life, this quintessence of Himself that God has given them. Someone will say, 'What do you mean? I consider life to be the most precious gift. In the darkness last night on a street corner, someone threw himself on me and threatened, "Your money or your life!" Well, I gave him the money.' So it is true, when the question is presented like this, we choose life. But normally we do not think about it; we waste it and demean it. We must have our back against the wall before we appreciate it. Up until that moment, we are unconscious and we waste our life pursuing pleasures and advantages which are never as important as life itself. So many people are willing to waste their lives just to earn a little money, just to enjoy showing off a little success! Why do they never think to place on their inner scales, opposite the little they have gained, all the treasures of life they have lost?
(APRIL 24, 2004)

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)**

People are avaricious, not thrifty. To be thrifty is not necessarily to be selfish, and likewise, to be extravagant is not necessarily to be generous. Yes, we have to make a distinction: those who throw money out of the window or use up their energies running in all directions are often thought of as generous. No, it is carelessness, vanity or foolishness – anything you want, but not generosity. To be able to display generosity, you must know the art of saving, otherwise when you have squandered everything, what will be left to distribute? To be thrifty is to know how to spend and when to spend just enough and no more. **(APRIL 27, 2001)**

No matter what people do in life, whether they have a job, a family, money, or time to enjoy themselves, many of them are unhappy and do not understand why. The reason is very simple: they have not learned how to fulfill the needs of their soul. The soul needs to live in immensity, in

infinite space, without limits. But human beings ceaselessly constrain their soul, fetter it, smother it; they ask it to be content with small matters, with petty and mundane tasks. So the soul suffers and complains: 'I want to be free! Why have you imprisoned me? I am a child of God, and space is my element; I need to expand into the reaches of heaven.'
So experiment for at least a few minutes; allow your soul to take flight and to expand into space ... let it escape until it merges with the entire universe, and you will experience feelings which are indescribable. **(MAY 1, 2000)**

It is the impulses of their lower nature – their sensuality, ambition, and craving for power – which make human beings greedy for money. Their higher nature does not need money; it requires only light, freedom, infinity, and celestial splendor, which money cannot buy. Money is useless to the soul and the spirit, for it has never been capable of making darkness disappear.
So study yourself carefully, and if you find that money means a great deal for you, know that you are in the grip of your lower nature. To escape, you must seek the light, and that means expanding your consciousness, your love to God. In seeking the light, you already possess gold – yes! – gold in the spiritual banks. And thanks to this gold you can buy all you desire, the very best in the heavenly shops. **(MAY 3, 2000)**

You are the heirs to heaven and earth but, in order to receive this inheritance, you must turn towards God, your heavenly Father. And turning towards the heavenly Father implies that you close yourselves to dark entities and currents. Those who are open to every current, who imagine that we can be on the side of God and at the same time on the side of the prince of this world, risk losing everything.
Unfortunately, even among believers there are many who are very accommodating: they wish to serve God well, but at the same time they maintain their links with the prince of this world, who distributes all material goods, all pleasures, all money and glory. Even if they are unconscious of it, how many Christians have forgotten the words of Jesus: '*No one can serve two masters… You cannot serve God and Mammon'*. **(MAY 29, 2004)**

When people say, 'I am happy because ...', the mere fact that they give a reason for their happiness indicates they do not know what true happiness is. Because true happiness has no cause. Yes, you are happy, but you do not know why. You think it is marvellous to be alive, to breathe, to eat, to speak and you do not know why. Nothing new happened: no presents, no inheritance, not beautiful women ... you are happy because something has come to you from above, a spiritual element that really does not depend on you, like water which pours from the sky.
For the majority of human beings, happiness is connected with possessions: houses, money, recognition, fame or women or children. No, true happiness does not depend on any object, any possession or any person: it comes from high above, and you are amazed to find this higher state of consciousness always there within you. You are in a state of delight, and you do not even know why. This is true happiness. **(MAY 31, 2000)**

So many people believe they are asserting their freedom when they say they have nothing to do with God or religion! In their minds, practising a religion means agreeing to restrict oneself, and they are proud of refusing restrictions. Yes, they reject religion, but they believe in pleasure, power, money, glory and popularity. Is this their idea of freedom? They imagine they will be enslaved by God – which is to say by light, love and life – and they attempt to free themselves in ways which will most certainly reduce them to slavery! They are unaware that all the doors of

heaven are closing to them, and that one day, inexorably, the earthly doors will close as well. What can be done for those who are so naive! **(JUNE 4, 2005)**

Money has tremendous power over man's lower nature. It is inviting, exciting: 'Yes go on! You have the means to ruin this one, to supplant that one... This woman is married? It doesn't matter... what's holding you back? Since you like her, you can have her: you'll see, she will not resist your car and the diamonds you offer her.' Yes, money is a very bad counselor of the lower nature; you can see it every day. And if you really want to know someone, give him some money and see how he behaves once he is rich. If he does not immediately plunge into pleasures, if he does not become conceited, demanding, hard, arrogant, etc., if he does not use his money to dominate or deceive others, then this is a wonderful person on whom you can rely. Someone who does not succumb to any of the temptations money inspires proves that he knows how to master his lower nature. **(JUNE 4, 2001)**

People's concept of happiness is always more or less linked to possessions: money, a house, a car, a job, friends, a wife, children and so on. They are unhappy until they are able to acquire these and if one day they lose them, it is a disaster. Once you manage to discover what true happiness is you understand that in reality it is not determined by objects, possessions or other human beings, because it comes from up above. You are happy without even knowing why. This happiness is a state of consciousness that never leaves you. Even life's trials and tribulations cannot trouble you because of the very fact that you do not depend on any external, material condition.
You will only be able to attain this happiness by using your thought to immerse yourself in the ocean of universal harmony. You will feel that this happiness is an intrinsic part of you, as natural as breathing: breathing in, breathing out ... breathing in, breathing out ... Indeed, true happiness is like the soul breathing. **(JUNE 16, 2002)**

There are times when you think: 'There is no way I shall give in. No-one takes advantage of me and gets away with it. Anyone stands in my way and they'll have it coming to them.' Well, this kind of attitude will inevitably affect your character, your activities and the relationship you have with others. You will become increasingly arrogant, harsh and vindictive and your activities will all lead in one direction, towards power, domination and violence. This is how you end up on a certain track and one day it will lead you to committing criminal acts.
Similarly if your sole objective is money, or pleasure, or glory, you are setting off on a specific track and you will not be able to escape the consequences of your choice. So be careful when you take decisions or make projects for the future and try to think where it will all lead you.
(JUNE 19, 2002)

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)**

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

You will never find anyone who is prepared to meet your every need. If you find it necessary to have friends or advisors, then at least learn how to choose them. Human beings are what they are; it is unwise to expect more from them than they can give, and it is even less intelligent to reproach them for failing to meet your expectations.
There are people to whom you can entrust any job, and it will get done. There are others with whom you can leave your house, even your purse, without misgivings, because you know they will not touch them. And there are others with whom you can share your worries and even your most intimate secrets, and they will never betray you. It is up to you to know what you can entrust to whom. **(JULY 2, 2005)**

It happens sometimes that young people tell me about their plans for the future, doing a job where they will earn lots of money, because, they add, this will allow them to help others. And do you think I am filled with wonder at these words? Well no, not at all. Because I always see something very personal lurking behind these - apparently generous – intentions. Those who talk like this do not know what spiral they are getting caught up in, and once they have taken that initial step into this spiral, soon their whole being will be caught up in it. If you start making your life's aim to make a lot of money, you must realize that you are burrowing down into matter and that one day you will be so engulfed by it that you not only soon forget you wanted to help others, but you also may become selfish and hard. People are full of good intentions, but matter is a big trap for the children of God to fall into. You will say: 'So, what should we do? Do we give up the idea of achieving material success?' No, but first you must strengthen yourself spiritually for many years. Only then can you seek material success without fear of losing your way.
(JULY 4, 2000)

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)**

Even if deep inside people are aware that money will not bring them happiness, they know it allows them to satisfy some of their desires. And since they have many desires, they evidently need a lot of money! Unfortunately, desires that can be fulfilled by money are not, most of the time, either very disinterested or very elevated. So be careful, always ask yourself why you want more money and what you plan to do with it. Yes, this is where you should be careful, since money is the most powerful means to satisfy one's lower nature. Our divine being does not need money: it needs light, love, infinity, eternity, which cannot be bought with money. **(JULY 9, 2001)**

One wonders why so many people want to become clairvoyant. As if 'seeing' is the pinnacle of spiritual life. Gaining insight into people's earnings, bankruptcies, marriages, divorces, enemies, friends, illnesses, etc.; what is there to be gained by always being buried in the same human weaknesses? Do we not see enough of this with our physical eyes? Too often we are tired of what we see, even disgusted by it. So why want to see more only to end up being quashed or ill? Is this intelligent? To see, to be able to see! But to see what? Therein lies the question. Let all these prospective clairvoyants be aware that this faculty will hamper their evolution if they seek to develop it before having developed the qualities they need in order to use what they see for the best objective. It is not enough merely to see. You must also have the ability to grasp and understand what you discover in the subtle planes, but also to confront and tolerate the visions of hell. **(JULY 9, 2000)**

Everyone should be aware that they possess certain powers given to them by nature and with these powers they are able to shape their future. The Lords of destiny say: 'Do what you want, but be careful, everything you do has consequences. If you wish for money, success, power, you can obtain these, but be aware they do not last long, and they also tie you down and you will be obliged to become enslaved by all the beings who have money, success and power.' Jesus said: '... *The ruler of this world is coming. He has no power over me ...*' This means that the ruler of this world has riches and glory, and he distributes them to those who place themselves in his service. Jesus had nothing in common with him because he had nothing of his, he was free. This passage in the Gospels is very profound. Indeed, if you focus on material acquisitions you make contact with the ruler of this world, because they are at his disposal and he distributes them. So, directly or indirectly, you ask him for them. He may give them to you, but in exchange you will have to give him the most precious thing you possess: your freedom. So, be careful!
(JULY 23, 2000)

We cannot reject science – science has produced so many beneficial results – but we cannot always approve of the direction it is taking. What is true for science is also true for money. Some say: 'I'm totally against money. Money turns people nasty and makes them unhappy.' Well no, money does not do that. Money is neutral. It is people who make money good or bad depending on how they use it. And the same can be said for science: it embraces both good and bad at the same time. This is why, if people are looking for ways to do wrong, science will provide them with ways to do so, and if they are looking for ways to do good, it will provide them with those too. Science is neutral; it has no conscience. It is human beings who have a moral conscience, a sense for what is good and what is bad. And this moral conscience must help them steer scientific research in a direction which will benefit the whole of humankind. **(AUGUST 3, 2000)**

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Light is a spirit that comes from the sun ... Each ray is a current of forces that travels through space, and this current works on everything it penetrates. If there is one question which needs deeper study, it is certainly that of light: what it is, how it works and also how we should work with it.
He who neglects light for the sake of business or money is simply ignorant. He does not know that the gold he is looking for, wealth is in reality nothing but a condensation of light. Yes, gold is a condensation of the rays of the sun – condensed, gathered and worked on by beings that live in the depths of the earth. What happens if you value gold while neglecting light? It is as if you neglected a princess and made advances to the chambermaid; of course, when the princess sees this she will close her door to you. So you must first love light, then will come gold, it will follow you; when you appear in the company of the princess, all her servants will be at your disposal. **(August 6, 2001)**

Having read a few esoteric books, some people believe themselves capable of taking on the role of a spiritual master. And others, who are naive, follow them with their eyes closed, instead of studying them a while to see how they conduct themselves. They do not ask themselves where they come from, how they lived their life previously, who their master was or who send them. No, there is no point in asking such questions. All it takes is for someone to come along and put on some act and tell them that they will be initiates within three days – having first parted with a considerable sum of money of course – and they believe them. They are in a hurry, you see, the initiation must not take longer than three days, which is why the first charlatan or crook who comes along to take advantage of their gullibility is welcomed with open arms, because they will give them initiation. Well, if they closed their eyes they were obviously set on being cheated, and therefore should not complain. **(August 7, 2002)**

Your first concern in everything you undertake must always be the idea, the motive for your action, the goal you want to achieve. The activity itself is not so important. Disregard the fact that it might win you the appreciation of others or that it might earn you large sums of money. It may be that by following a spiritual teaching you appear not to be doing a great deal, but if you follow this teaching seeking to uphold the idea of peace, harmony and brotherhood in the world, you are gradually adding a few elements, accruing them for your future, towards your evolution, and that will change your entire destiny. You may not see any results for a long time, but one day the blessings will descend upon you from all around, because everything you have done has been recorded and you are reaping the rewards. Human beings judge you by your material achievements, whereas Heaven rewards or punishes you on the basis of your motives. Therefore, expect the rewards for what you do by working to uphold the idea of peace and brotherhood to come from Heaven, not from human beings. **(August 12, 2002)**

Meditation has become fashionable lately. More and more people meditate, or so it would seem. But what can such meditation without any preparation bring them? How can they meditate if they do not have a high ideal, if they have not relinquished their whims, their debauched living, their disordered thoughts and desires, their wine and their tobacco? They say they meditate. And what is the subject of their meditation? Money, power, a man or woman they might seduce? They cannot meditate on celestial subjects because they do not have an ideal with which to tear themselves away from ordinary, animal life and to pull them up to Heaven. Be quite clear on this: you cannot meditate unless you have conquered certain weaknesses and understood certain truths. And not only are you not able to, it is even dangerous to try. **(August 13, 2000)**

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Devote everything to the Lord, because only then will you be safe. Dedicate to Him your spirit, your soul, but also your body and even your house and your money. Give it all to Him. Rest assured, the Lord will not come and take your money to put it in His coffers, but the gesture, simply the thought you have of giving Him everything already puts this money in a safe place. And He will then guide you as to what you should do with it. You are the banker, the cashier, and God, who is the owner, will advice you so that this money will never be lost; simply because you have put it in His hands, because it belongs to Him. Why do so many rich people lose their fortune or end up doing bad business? Because they did not first devote their money to God, who is the only one capable of advising them how to use it well. **(August 14, 2002)**

God has given us qualities, faculties, which we must develop. And the best way to develop these is to put them in His service, because one day He will ask us to account for all these gifts.
You are familiar with the parable of the talents, in which a man going on a journey entrusts a sum of money to his slaves. To the first he gave three talents, to the second he gave one, and to the third five. When he returned he settled accounts with them. The one who had received three talents and the one who had received five had made their money work, whilst the one who had received one talent had been content to hide it in the ground. The parable says that the master had him thrown into outer darkness, whilst the others were rewarded.
And in the same way Heaven will ask us what we have done with the qualities, gifts and virtues we were given. If we have hidden them in the ground, in other words if we have not developed them, we will be thrown into outer darkness, and that means our development will be restricted and we will lose these gifts. If on the other hand, we have made them work for us, then not only will we be rewarded, but we will be given others, even more precious. And I repeat, the best way to make our gifts work is by putting them in the service of Heaven. **(August 14, 2000)**

Now and then take a look at yourself and say: 'I always believe myself to be irreproachable, of course, but where is the proof? Is my intellect lucid? Is my heart filled with love for the Creator and his creatures? Is my will so strong that no one can stop me from realizing my ideal?' If we are sincere, we have to admit that our intellect understands very little, that our heart is restless with contradictory passions, and that our will is pulled in every direction. Well, draw your own conclusions: you are not in the right.
There are criteria for judging oneself, but most people do not want to know about them. Someone has made a mess of his life. He is miserable, sick, embittered, without friends and money, but this does not matter: his philosophy is impeccable and he is in the right! Who says so? He himself, of course. Well, it is not for him to pass judgment, but for the events and circumstances of his life. Those who find themselves endlessly immersed in insoluble problems should conclude that something in themselves needs to be redressed. **(August 27, 2005)**

Heaven is there, wide open and ready to pour out its blessings but, in order to receive them, we must have prepared something within ourselves, through our love, our disinterestedness, our patience and our fidelity. All these virtues are fruits which we produce as offerings to the Lord. In return, when we need to ask Him for a favour, we are heard. Like those who have accumulated capital and have put money in the bank, we can at least ask for the interest. You will tell me that this is not a very poetic image, and what is more, that money deposited in banks has not always been honestly acquired. I know this all too well, but at least this image is clear. If human beings were more open to the truths of the spiritual life, which is true poetry, it would be unnecessary to use such prosaic examples to make them understand. **(August 28, 2004)**

Publisher Love(+)Wisdom(=)Truth

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People exhaust themselves in seeking power, success, prestige and money. They consider life as a means of obtaining everything they desire, when, on the contrary, they should think of it as a goal and use all their faculties to reinforce it, enlighten it and purify it. When one maintains the life within himself, his intellect understands, his heart loves and rejoices, and his will creates and grows stronger. Otherwise, his intellect grows dim, his heart grows cold and his will wavers. Without life, even science is no longer possible, nor art, nor philosophy. The science of life is the key to all realizations. If you enhance the life within you, if you clear out the spring so that the water runs more freely, you can fill reservoirs and send this life all the way to the intellect which will brighten, to the heart which will open to the vastness of the universe, and to the will which will become creative and inexhaustible. **(September 19, 2005)**

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)**

The time has passed when human beings were advised to live a solitary life in order to evolve and earn their salvation. We are now entering the era of brotherhood. Human beings must no longer erect barriers among themselves, but must walk together, side by side, to form a universal brotherhood on earth, in which all beings will form one vast family. When this is realised, frontiers will fall, and instead of wasting enormous sums of money protecting themselves from others, all nations will live in abundance and peace.
These are the ideas that inspire the teaching of the Universal Brotherhood of Light. They explain why our ideal is to develop ourselves on all levels, so that we may become examples. Our ideal is for all of humanity to advance together, united by this love that God has envisioned for all human beings. Our ideal is to live harmoniously within the collective life, because it is here that all blessings are to be found. **(September 25, 2003)**

We live on earth, but our true homeland is in heaven, in the divine world, and the knowledge we must acquire to live our earthly life and our heavenly life are obviously different. The official knowledge we receive in schools and universities provides us with material possibilities: a job, money and prestige. But this knowledge does not transform us, and we remain the same, with our uncertainties and our weaknesses. Initiatic knowledge, on the other hand, may not give us position or prestige, but it transforms us, and, in doing so, it gives us access to the divine world. Since human beings are more interested in what brings them material advantages, it is the official knowledge they seek. Unfortunately, this knowledge does not last. We cannot transport it to the other world and acquire it for only one incarnation. And what is one incarnation? A dream, a fleeting dream. Whereas the initiatic knowledge that transforms us and gives us the meaning of life is inscribed in us for eternity**(September 27, 2005)**

Education is obviously very useful, because it gives you a job, prestige, authority and money. But you can accumulate as much knowledge in mathematics, history or medicine as you like, it

will never transform you and so if you are timid, sensual, quick-tempered or selfish you will remain timid, sensual, quick-tempered or selfish.
No university will teach you about the laws that govern the moral world, about the Great Beyond, the afterlife and reincarnation. So even if you are a walking encyclopedia, you will not have the hope, the conviction or the strength of will that will allow you to transform yourself, because you know nothing about these fundamental subjects. Whereas if you are taught that moral laws of nature, that souls continue to live in the other world and how they then reincarnate, you will not be able to remain the same in the face of these revelations. You inevitably become more mindful of your outer and inner behavior. **(OCTOBER 2, 2002)**

One day a priest was addressing his parishioners, the majority of whom were very rich. He said to them: 'Brothers, as you can see, our church is old and needs to be restored. But it will be very expensive, so let us think what we can do.' In one voice the parishioners replied that they were going to pray to God so that He might help them raise the necessary money. 'What?' said the indignant priest, 'you are millionaires, and yet you wish to bother God for a sum of money you can easily find yourselves!'
Well, that is the notion of prayer held by many of the faithful: they ask that their affairs be arranged by divine intervention, when they could very well manage themselves if they decided to do what needs to be done. When they are in an altruistic mood, they pray for peace in the world, or for less poverty, but here again, God Himself must intervene. And this is why wars and poverty continue: because human beings delegate to God work they themselves should buckle down to. They must ask God only for light, so that they may always be inspired. **(OCTOBER 3, 2004)**

Knowledge is located in the head and power is based in our arms and legs, by means of which we act and we move. Between the head and the limbs lies the heart. If the heart was not there, the head and the limbs could do nothing. It is the heart which maintains their activity by continuously contracting and expanding so that life continues to circulate. If the heart stops then everything else stops with it.
But human beings have abandoned the heart, symbolically speaking. They seek power and because of money gives power, they seek power through money. They also seek knowledge, but since they use knowledge badly, all it does is make them lose their way. This is why they are not happy. They are more powerful, they are more educated, but they are not happy. To be happy they must revert to the qualities of the heart, in other words goodness, gentleness, friendliness, compassion, generosity and forgiveness. **(OCTOBER 4, 2000)**

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)**

On the physical plane it is true to say that if you give something then you no longer have it yourself. For instance when you give the greengrocer money in exchange for a kilo of cherries you actually have less money in your purse. On the psychic (emotional, mental and spiritual)

plane, however, all the good and luminous things you give actually make you richer. And when you experience a feeling of gratitude, even if you are not being given anything, you are receiving. You are surprised? Well, there is nothing surprising about this. When you feel gratitude your heart and your soul open up and by opening up in this way you receive everything that is beautiful and good in nature and in life. Even if these gifts were not really meant for you, it is you who receives them, whereas those who are ungrateful receive nothing, even if they were meant to. Be grateful and you will have the feeling that all of Heaven opens to you. Several times a day, even if you have no reason to say thank you, say: "*Thank you, thank you, thank you Lord.*" **(OCTOBER 8, 2000)**

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)**

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)**

Sometimes people ask my advice about their choice of profession. They are hesitant: should they commit themselves to a certain line of work which would earn them a good deal of money, or should they choose a job which is less lucrative but which would leave them free for altruistic activities? As an instructor, it is not my place to tell others that they should do this or that, but only to explain the consequences of their choices, and it is then up to them to decide. So my response is as follows. There is nothing wrong with training for an occupation where you will earn a great deal of money, but it all depends on what you want to achieve. If your ideal is, as they say, 'to be successful in life', which means to live a life of ease, to have power and influence, well then, earn a lot of money! But if your ideal is to deepen your inner life, you will not need much money. Above all, you will need time and freedom for your spiritual activities. The choice is yours! **(OCTOBER 22, 2004)**

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)

People are always afraid of what they do not know or of things they do not know how to use: Just as animals that fear fire or the primitives who used to tremble before the force of nature, being ignorant of what they were. Now that people have managed to control the most fearsome forces – electricity and nuclear energy – they are not afraid anymore: They placidly press a button, turn on the gas tap, etc. Since they know how to work with the most complex installations, they are not afraid of them.

Do you really believe that civilized man who does not fear the elements or forces of nature is free from fear? No, he is still afraid – of his wife, his boss, sickness, lack of money and, above all, public opinion. He may not be afraid of God or the devil, but public opinion makes him tremble, and he is ready to sacrifice everything for it. Yes, there are many types of fears that civilized man has not yet overcome and if he does not manage to overcome them it is because he lacks true knowledge. Only true knowledge allows us to win the battle against fear.

(OCTOBER 25, 2001)

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)**

Disciples of an initiatic school must do all they can to settle harmoniously any problems with those near to them, otherwise, they will create new karmic depts. Why do members of the same family have to settle their arguments over money in court? Why are they not above all that? Why are they so attached to their own interests and possessions? It would be so simple to make a generous gesture and be free of this pettiness. To begin with, of course, such a gesture would not come easily – it would go against the grain and be a difficult step to take. But if a reconciliatory gesture could be given, whole new worlds and fresh insights would open up and these people would be the proudest and happiest of all, because they would have achieved something very hard to do: They would have conquered their inferior, greedy and possessive natures.

The lower nature ceaselessly counsels people to defend their interests with tooth and claw, even to the point of fighting in the courts of law. And these same people believe they are capable of following a spiritual teaching! But no, they are not. **(OCTOBER 28, 1998)**

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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)**

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

How does divine grace manifest itself? Why does it seem to go to some and not to others? Is it unjust? No, grace works according to a different justice which escapes our ordinary comprehension. Let us suppose a man starts to build a house and after a while he finds he has not sufficient funds to complete the work. So he asks the bank for a loan and the bank – not being stupid – makes inquiries to ensure this client will be able to pay back the loan. If the outcome of the inquiries is good then the bank will advance the man the money he needs. Well, this is how divine grace operates. Grace falls upon one particular person and not another because it made inquiries and saw that in previous incarnations this person had worked towards good. For a moment he or she is stuck, but in consideration of past incarnations he or she is given a loan. Grace is neither unjust nor blind as people imagine, and in order to receive it one day, you must have worked a long time to earn it. **(November 9, 2000)**

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)

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The equality expressed in the motto of the French Republic does not refer to natural equality, which does not exist, but to equality before the law. But even this equality, is it attainable? No, because citizens are not all equally armed before the law and are not provided with identical possibilities. A large fine owed for speeding in an automobile, for example, does not mean the same thing for a millionaire as it does for someone with barely enough to live on. True equality is unattainable and must always be complemented by brotherhood.
Human beings are equal only in terms of their dignity, and this dignity can be understood and experienced only insofar as they know themselves as children of God and brothers and sisters to each other. Not only must the most privileged feel they are brothers and sisters of the most destitute, but the most destitute must feel as well that something within them makes them equal to the greatest sages and geniuses. **(November 22, 2005)**

In life on earth as it is today no reasonable person would deny that money is useful. But it is only in the material plane that money is of any use. In the psychic plane, in the spiritual plane, you can do nothing with money. There it is light you need, light which is fluid gold. If you love the light, if you know how to attract it, you already possess gold in the spiritual plane. The richer you are with such gold, the better you are able to go to the celestial shops to 'buy' what you cannot find in any other shop, i.e. wisdom, love, truth, infinity and eternity. This is why initiates endeavor to accumulate as much gold as possible in the spiritual plane in order to enrich themselves with qualities and virtues and subsequently make others benefit from them. Earning money is of no great significance to them, but with their light, they continue to attract the gifts of Heaven and distribute them to the people around them. **(December 1, 2002)**

Never hold money in your head as an ideal you want to achieve, otherwise it will give you bad advice and you will lose your way. Obsessed by money you will stop seeing people's qualities and you will no longer be as thoughtful, generous or forgiving. Obviously it is no good to be totally indifferent to money either. Those who believe that in order to be a spiritual person you must live a life free of any material concern actually become a burden to society, they become parasites. As long as we remain on earth and things are organised as they are, we need money. Perhaps in the future we might be able to do away with money all together and replace it with love. Yes, love is the best currency of all. But humankind has not yet reached the stage of accepting this currency and since money will be with us for some time to come, we must learn to adopt the right attitude towards it so that we never become entrapped by it. **(December 2, 2000)**

Hearing about dishonest or criminal actions done by others, so many people exclaim, 'I would never do that!' And they are very proud to tell themselves that they would certainly know how to resist temptations of power, money and glory. However, someone who claims to be able to resist temptations must have faith in a higher world – and not only have faith but, above all, love the whole world of light, purity and beauty; otherwise, he will succumb, just like anyone else. And why? Because he does not have any associates, any friends. Yes, someone who wants to triumph over the seductions constantly offered by life must put in his head, heart and soul everything that is greatest and noblest. Then the dark forces will be obliged to submit and obey him, because of the presence of inhabitants of the divine world within him. This is what you must understand; otherwise, how can you imagine facing these old instinctive powers: the need to possess, to impose oneself, to take one's revenge? ... No one can resist alone. You need help.
(December 4, 2001)

People love money because instinctively they feel it represents everything life has to offer. But they have confused things: they mistake gold, which comes from the sun and is the symbol of

life, for life itself. Just as life provides everything, they believe gold (or let us say money, since this is the word most commonly used) also provides everything. They assign an importance to it that they no longer give to life, because they have lost their life. They tremble at the idea that someone might rob them of their money, and they take unimaginable precautions to protect it. Look at the banks: they have become veritable fortresses. Nothing is better guarded and protected than their safes. Why do people not tremble as well at the thought of losing their life, the very quintessence God has placed in them and which makes them his sons and daughters? Since they are his children and all the riches of the universe belong to them, is it not more desirable to work to reinforce their life, to intensify it, than to lose it in the pursuit of a few trinkets? **(DECEMBER 15, 2005)**

Book 60: The proper Attitude towards Money

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Encyclopedia Initiatic Science

Book 61: Unsaid about obedience

People everywhere around the world do everything possible to rise in the social hierarchy. They know that each time they are promoted, they are more respected, earn more money, have more responsibilities and subordinates. Yes, to be promoted! There is something to learn from this situation. And what is it? We should all make this same effort to be promoted inside ourselves so as to gain more prestige in the view of our cells, so that those stubborn and insubordinate inhabitants within us may listen and obey. In the same way, we have to study patiently for years, be vigilant, practice exercises to deserve spiritual kingship.
Just watch a policeman directing traffic in the street: everyone obeys him. He says, 'Go!' and even the VIP's move ahead. He may not be educated, but his uniform and small baton suffice. Well, the same thing happens in you: When you have accomplished some great work within yourself, you deserve to wear certain 'clothes', certain 'badges' and your cells, subjects and subordinates are forced to submit to your authority. **(JANUARY 17, 2001)**

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)**

To justify clumsy words or gestures, many people say, 'I don't know what happened, I lost my head!' They lose control of themselves, they lose their head. Actually, what we lose in those situations is the link with the divine world, which is responsible for the coordination of all elements and activities. And so follow disorder and dispersion in all directions. When the cells of your body learn that the head, the boss, is not there anymore, they know it is time to rebel against the harmony and right order you have established; they act like enemies and threaten you. They used to be submissive and obedient, but now they are ready to make you die. You end up in bed and your cells are delighted to say, '*Aha, aha, very good, this will teach you to keep the link with Heaven!*' But if the head, the center, comes back, they hurry up and go back to work in perfect harmony. **(FEBRUARY 8, 2001)**

Nature is implacable and unyielding. Sob, scream, 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)**

Human beings are obliged to pass through the two periods of childhood and maturity. We are a child for a time, and then we become an adult. That is true, not only in society, but also in our spiritual life. The only difference is that most people do not reach spiritual maturity at the accepted age of eighteen or twenty-one. Many people, even at ninety-nine, are not really adult, because they totally lack spiritual maturity.
It is not until we have received the Holy Spirit that we can consider ourselves to be truly adult; until then we are children. Yes, Heaven looks on us as minors until we gain spiritual maturity, and we must keep a childlike attitude, always obedient, humble and submissive to the divine world. Every human being who is caught up in inextricable problems is still a recalcitrant child. True adults do not suffer, because they always live in the light. **(MARCH 10, 1998)**

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)**

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)**

Nowadays initiation rites no longer take place in temples, but in life. It is now life that puts us through the trials of the four elements, which are the trials of matter. When man was driven out of paradise because of his disobedience to the Lord, he lost the power over matter – symbolically represented by the four elements. To regain this power, man must learn to control his physical body (earth), his feelings (water) and his thoughts (air), and master his sexual energy (fire). But actually, it is still worth speaking to humans about the mastery of their sexual

energy? More and more, in this respect, both young people and adults think only about stupidly wasting this force, this quintessence, which is a condensation of the divine fire. This is how they allow sickness and death to penetrate insidiously into them. Human beings have so many things to learn and understand in order to regain their power over matter, over the four elements! **(MAY 5, 2001)**

When a person speaks, it shows that he wants to take the initiative, to direct, and even to dominate. On the contrary, by remaining silent, a person indicates he is ready to listen, to receive what another says to him. Considered from a philosophical point of view, silence is therefore the distinctive feature of the feminine principle, which receives, submits to, and is shaped by the masculine principle. What conclusion can we draw from this for our inner life? That we must learn to re-establish silence within us, so that the divine Spirit may work on our psychic matter. As long as we are rebellious, stubborn, and anarchic, the Spirit cannot act on us, and we remain weak and miserable. No sooner do we manage to create silence than we place ourselves under the influence of the Spirit. **(JULY 29, 2003)**

Disciples who do not know how to behave towards their master because they are unaware of what role a master can play in their lives, prevent their master from being as useful to them as he could be, as he would like to be, and they thus hamper their own progress. It is up to disciples to discover what their relationship should be with their master, how they should regard him and behave towards him. It is not up to the master to make recommendations on this subject. A true master is content with simply giving his teaching; he leaves his disciples free. He will never say: 'You must respect me, admire me, obey me.' No, never. First of all because it would be useless to do so, since respect, admiration or obedience cannot be imposed. Secondly because the master does not need to; he has other sources of joy and satisfaction. It is up to disciples to find the best attitude to adopt towards their master for the sake of their evolution. **(AUGUST 19, 2000)**

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)**

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)**

Book 61: Unsaid about obedience

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)**

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)**

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 were 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 – be welcomed again in paradise. **(NOVEMBER 6, 2001)**

A spiritual Master is one who has succeeded in controlling everything within him, on the physical plane (his body), as well as the astral plane (his heart), and the mental plane (his intellect) as well. It is because he is capable of exercising this self-mastery that he has been given powers over the forces of nature. The Gospels recount that when Jesus and his disciples were crossing the Sea of Galilee in a small boat, a strong gale threatened to drown them. Then 'Jesus rebuked the wind, and said to the sea, "Peace! Be still!" ' According to the Gospels, the disciples said among themselves: 'Who is this, that even the wind and the sea obey him?' Well precisely, the wind and the sea – which is to say air and water – obey one who has mastered his thoughts and sentiments. **(NOVEMBER 7, 2005)**

You breathe hard on a branch in blossom and petals are blown in all directions. Nothing is left of this order, this subtle harmonization which was responsible for all this beauty. Well, this is what

you do also when you let yourself go in a fit of anger, jealousy, cupidity and sensuality. You produce a breath, a draft that disturbs the harmonious arrangements of atoms and electrons within you. It is the disruption of this inner organization which is at the origin of psychic and even physical illnesses, and which ends by cutting you off from the spiritual world. That is why, when you are troubled or feel a malaise or when you sense a negative current passing through you, speak to your cells. Tell them, 'Come on, calm yourselves, I am sending you harmonious and loving waves, so obey and go back quietly to your work.' Never let a negative state take root in you; try to put it right immediately. **(NOVEMBER 14, 2001)**

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)**

Book 61: Unsaid about obedience

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Psalm 116 says: '*I walk before the Lord in the land of the living*.' Where is this land of the living? We can say, in fact, that it is our earth, because our earth also includes regions made up of very subtle, luminous, etheric matter where the most highly evolved beings – the saints, prophets and great masters of humanity – continue to live after their death. And it is in these regions that Jesus still lives, for he has not left the earth. He said: *'I am with you always, to the end of the age,*' which means that he is still here on earth. He left the physical earth, of course, but not the etheric, luminous, divine earth. Jesus as an expression of the cosmic principle which is the Christ did not leave our earth. He is here in the land of the living where he continues to participate in the work of his heavenly Father. He protects, enlightens and guides all those who wish to follow his path, who wish to work with him and walk in his light. **(FEBRUARY 11, 2005)**

In Genesis it is said that on the second day, God separated the waters below from the waters above. These waters above, which initiatic science also calls '*astral light*' or the *'magic medium',* represent the primordial ocean in which all creatures are immersed and find their nourishment. The liquid environment in which the child is immersed when he is still in his mother's womb is reminiscent of these primordial waters. We live in cosmic immensity, like fish in the sea. If we are not conscious of it, it is because our psychic pores are obstructed by impurities. Purification is therefore the first work to be undertaken in order to open these psychic pores, to free this network of etheric channels which exist throughout our being. It is then that we will be assuaged and vivified by this spiritual water which will envelop us from every direction. **(MARCH 13, 2005)**

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)**

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)**

Since human beings are creatures too, they are linked with all that, like them, has been created in the universe. In other words, each and every one of us has invisible, etheric links with stones, plants, animals and all visible and invisible creatures. You will ask how and why this is, but it is not a question of how or why. It is simply a fact that every particle of dust, every cell, every electron in the universe is linked with the entire universe by its vibrations. We may not be aware of it and it may not seem like it, but nothing or no-one is a separate entity; there is no such thing as separateness, disjuncture is an illusion. The whole world of our being is permanently linked with the entire cosmos. **(MARCH 27, 2002)**

Each thing has a duplicate on the etheric plane. And what ever you do is also done in duplicate; the original of your action goes away, but it leaves an imprint within you: a trace, a memory, a signature. If you have done good to someone, this good is gone, it has left you; but within you, on the etheric plane, remains an imprint of the same nature, which supports and reinforces you. And if you have done wrong, this wrong leaves you also, but an exact copy of the same nature remains, which continues to ravage and annihilate you.
See what happens, for example. When a man commits a crime. Why is he always pursued, even years later, by memories, pictures that come back and do not leave him alone? And yet his action is past, there is no visible trace of it; his mind could be at rest. Yes, but the duplicate remains and is responsible for the obsessions and images he cannot get rid of, and for the accusations of his conscience. He will free himself from these only when he corrects the situation. **(APRIL 24, 2001)**

God exists everywhere in the universe, yet He is different from this universe He has created. To shed light on this idea, let us use an image: that of a snail for example. The snail has a soft, flaccid body, while its shell is hard. At first glance, it would seem that the snail has nothing in common with its shell, but it is the snail who secreted it. Little by little it grows larger because the snail's etheric body penetrates the shell's minuscule interstices and moves the particles of matter apart. The snail is distinct from its shell, but it is the snail who has secreted the shell and who enlarges it.
This image helps us to understand the relationship between God and the universe. God is not the universe, but He has created it as a fluidic emanation of Himself, which has subsequently condensed from worlds, constellations, galaxies. In order to make the universe evolve God tirelessly continues to impregnate it with His life. So this universe which is alive changes, thanks to God's life, but God is an entity distinct from it. God is everywhere in the universe, but He is not the universe: they are not one and the same. **(APRIL 29, 2000)**

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)**

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The astral body, which in human beings is the seat of emotions, of passions, first reveals itself at the beginning of puberty. Before this is the etheric body that is active, and this ensures the growth and proper development of the child's physical body. The child continues to grow and develop during these years, thanks to the etheric body which has not yet been hampered by the manifestations of the astral body. We often hear parents refer to the '*awkward age*' or an 'adolescent crisis' to explain the changes they see in their children. These changes are brought on by the awakening of the astral body, which is the source of all these chaotic emotional displays: flashes of anger, feelings of repulsion, mood swings, and so on. These are all exuberant expressions of the astral body which eclipse the activity of the etheric body, and soon the adolescent stops growing.
It is cosmic intelligence that desires the development of the astral body because, despite of the troubles it may temporary cause, it will prove to be a source of riches later in life. It is true, however, that the innocence and candor of childhood stem from the fact that the astral body is not yet developed in them. And this explains the words of Jesus: *'If you do not become as children, you will not enter the Kingdom of God.'* Children may enter the Kingdom of God because they do not possess an astral body agitate by passions. But Jesus did not object to human beings becoming adults; he simply wanted them to master their astral bodies, whose desires and demands block their entrance to the Kingdom of God – this world of purity, of crystalline clarity. **(May 25, 2000)**

Initiatic science tells us that the ideal human being, the perfect human being, the human being as Cosmic Intelligence has created him in his workshops, is like the sun. This means that everything which emanates from him is of the same quintessence as the light of the sun, but in an etheric state. Therefore, the closer a human being comes to perfection, the more his emanations resemble light. Like light, they are propagated throughout space, and those who have developed their sensitivity receive them and benefit from them. If man practices taking the sun as his model, this same force, this same solar energy will actually emanate from his brain, his eyes, his mouth, his hands, and his entire body. And like the light, it will extend its blessings not only to other human beings, but to animals, plants, and stones - to the whole of nature.
(Juli 5, 2003)

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)**

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 rise 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)**

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)**

As soon as you leave a town or city, you are surrounded by nature. Whether you go into the woods, up mountains, to lakes or to the seaside, if you wish to demonstrate that you are children of God who aspire to a more subtle and luminous life, you must show that you are aware of the etheric creatures who live there. Approach them with respect and reverence; begin by greeting them, and tell them of your friendship and love. Awed by your attitude, these creatures who perceive you from afar will begin to pour their blessings on you, in the form of peace, light and pure energy. You will feel bathed and enveloped in the love and wonderment of these spiritual beings, and when you return to the valleys, to the towns, you will bring with you all these riches, new ideas that are vast and profound – revelations. **(AUGUST 17, 2004)**

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)**

Schematically it can be said that the human being consists of a material principle, the physical body, and a subtle principle, the spirit. But as the history of religion reveals, people have rarely understood what place they should accord to each. For some, only the spirit mattered, and they neglected their body to the point that they eventually wasted away. But, if the body is despicable to this extent, and only the spirit counts, why does man come down to earth? God should keep him on high, in the ethereal regions of space. If he descends to incarnate on earth, it means he has to work to do there with his body.
The mission of the spirit is to take on a physical body and come down to work on the earth, to impregnate the earth with its qualities, thereby transforming it into a magnificent garden where

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God and his angels will come to walk. When Jesus said: '*Thy will be done on earth as it is in heaven*', he too was praying that the splendours of the spirit incarnate in matter.
(September 17, 2005)

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)**

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)**

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)**

Imagine you are on a beach by the sea. There, you stir the water with a small stick, creating swirls. Little by little, twigs, scraps of paper and corks begin to circle round. And soon, if you continue, small boats, then large ships, and finally the entire world begins to turn in the circle. The etheric ocean in which we are immersed is similar to this liquid ocean, and if we practise and persevere, by means of thought we can stir the entire world.
Strive, therefore, to understand the few principles on which the spiritual life is based, in order to become conductors of the divine world, workers in the field of the Lord. By means of thought, maintain this inner movement unfailingly until all the particles of your being are mobilized in the realization of this luminous work you have undertaken – a work not only on yourself, but on all the creatures of the earth, and even beyond, on the entire universe. **(November 11, 2005)**

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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)

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)**

In initiatic science, fire is considered the most powerful means of entering into communication with the spiritual world, because it represents the frontier between the physical and etheric planes. If, before beginning a work of any importance, initiates customarily light a candle, it is because they know that fire will introduce them to the subtle regions where their thoughts and their voices will be heard and where they will find the conditions for achieving their goals. All true magi have a very powerful bond with fire. Even though religion has gradually lost the meaning of these initiatic practices, the tradition of lighting candles or lamps in churches continues; this proves that human beings unconsciously preserve the ancient knowledge that the presence of fire promises fulfilment. **(December 24, 2004)**

What does it mean to live an intense life? People who live an intense life can travel at the speed of light, and even faster, because whereas it is true that in the physical plane light travels fastest, in the etheric plane, astral plane and mental plane we can reach far greater speeds. Indeed, with our thought, with our spirit, we are capable of traveling at speeds of millions of kilometers per second. The light from the sun takes eight minutes to reach the earth, whereas thought can project itself instantly to the most distant point in space. The spirit travels much faster than light, but in the physical plane, light is the example we must follow, because it is light that teaches us to intensify the movement of life within us. **(December 29, 2002)**

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Book 63: Trust

You can make plans, you can set goals, but life is such that you can never count on anything, not on events and even less on human beings. And it is useless to bemoan the fact: it is so. You will say that you need to count on your parents, on your friends, on your colleagues. That is true, but you must know that sometimes they will think of you, but more often than not they will forget you, because they have their own worries and their own preoccupations. So, do not count so much on their love and fidelity and understand that it is within yourself that you must establish something stable. Yes, it is time to begin to know the nature of things and to understand what you should do to avoid one disappointment after another. Since you need love in order to be happy, since you feel it is love that makes you blossom, that inspires you, and since you want your love to last for eternity, well then, love, but do not wait to be loved. If those you love return your love and your trust, so much the better, give thanks to Heaven, but do not count on it. On this condition alone will you always be independent and master of the situation. **(JANUARY 7, 2003)**

We continually meet people who complain that they have been deceived, taken advantage of and disappointed by others. Why is this? Because they have not yet understood that the ability of others to meet their expectations depends on who they are, on their experiences in life and the lessons they have drawn from them. You must reflect on this matter and study it well. If you yourself do not know how to choose people you can trust, who will make good partners and whose advice you can count on, do not be surprised when you meet with disappointment. Do you feel betrayed and cheated? But these people you trusted were well intentioned: they simply acted according to their own abilities and possibilities, and it is not their fault if they failed to fulfill your expectations. It is up to you to be clearheaded, to think carefully before placing all your hopes in others. **(JANUARY 20, 2003)**

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)

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 behavior. 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)**

Every human being who has achieved a certain psychological maturity and is capable of looking after his material needs can and in fact must gradually free himself from the tutelage of his parents in order to lead an autonomous life. But to gain spiritual maturity is not as easy and requires much more time. The person who wishes to develop spiritually also has a need for parents: he must have confidence in all the beings who have preceded him on the path of light. These beings have bequeathed him a vast knowledge which is the fruit of age-old experiences, and now it is up to him to receive their advice and imitate them. That is why Jesus said: '*Unless you become like children, you will never enter the Kingdom of Heaven*'. **(FEBRUARY 18, 2004)**

Philosophers, writers and artists have a duty to reflect on the effects their works may have on others, because even if human justice does not hold them accountable, divine justice will. One day, when they arrive in the other world, they will be shown the damage they have done. However they may protest their innocence, the reply will be: '*No, these people have suffered because of you: you have introduced confusion into their minds and their hearts, you have encouraged them to engage in risky experiments, without warning them of the dangers they run. You are guilty, and you will be punished.*' Each one of you must take care to use your gifts to enlighten others, to awaken in them love, confidence in life and the desire to improve themselves. Otherwise, know that not only will you be punished, but that in your next incarnation you will be deprived of your gifts. **(FEBRUARY 27, 2003)**

Human beings place too much confidence in their intellect. They think it is an expert counselor, 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-centered 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)**

A spiritual master is a being who possesses great psychic powers, but these powers do not allow him to act at all times, in every location, under any condition, and with just anyone.
A verse of the Gospels says that, when passing through Nazareth, Jesus did not perform many miracles because of the skepticism of its inhabitants. Even though he possessed great powers, he did not reveal them before people who were not open or trusting. And to the man who requested healing for himself or for his child, he replied: '*According to your faith, may it be to you*', or, '*Your faith has made you well*'. Of course, those who are ignorant will say that Jesus was self-centered and vain, and this is why he agreed to help only those who had blind faith in him. No, the true explanation is that faith and doubt can be compared to chemical elements: faith is made of subtle elements which favor fulfillment, and doubt is made of elements that oppose it. **(MARCH 31, 2004)**

Book 63: Trust

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 analyze 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)**

The only way to rightfully resolve your relationships with others is to constantly keep in mind the concept of the two natures: lower and higher. Trust only the divine nature both in yourself and in others. A human being is like a bank in which you deposit capital. So be vigilant, make sure first of all that the 'bank' you are addressing is solid and reliable, or you will risk losing everything. And since you too are a bank, strive to be a trustworthy one. It is not merely a question of whether or not you can trust others; ask yourself if they too can trust you, and do your best to merit this trust. It is this above all that must concern you. **(April 27, 2004)**

Innumerable entities in the divine world are busy preparing the conditions for our success and happiness, but we do not want to recognize 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 realized, 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)**

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)**

We must have confidence in those beings who have advanced further along the path of evolution than we have, in the initiates and the great masters, for we need their instruction and guidance. We must not be afraid that they will abuse their authority by taking away our freedom, because they have no wish to hold onto us. Their only aim is to put us in contact with a world

which we could not readily access on our own. Currents of pure energy circulate through them; they are like springs which can quench our thirst until we are able to drink directly from the Cosmic Source.
Just as good parents know that they must not hold onto their children, a spiritual master knows that his sole purpose is to prepare his disciples for their divine parents, that is to say, for the parents of their soul and spirit: the Universal Soul and Cosmic Spirit. **(MAY 2, 2004)**

Try to be faithful to your ideal; otherwise you will lose the confidence of the luminous spirits of the invisible world. They watch you, and if they see that you are not being faithful to that ideal, they will no longer respect, appreciate or help you. *'But is that so serious?'* you may ask.
Yes, because as soon as you rely only on your own resources, you cannot accomplish much. You may like a change: there is nothing wrong with working at something one day and pursuing another activity the next. What we must not do is to change our inner direction and abandon the path of light. We can diversify outwardly, as long as we maintain unity within. **(MAY 3, 1998)**

Scientists present themselves as models of objectivity: they only make pronouncements about what they know. So, how is it that regarding certain questions of a spiritual nature, which they have neither studied nor researched, they take positions for or against? They consider themselves the universal experts, and with their limited views, they are leading humanity astray.
When an explorer travels to the other end of the earth and then recounts his experience of certain country, a certain mountain, or a certain animal, people believe him. But they refuse to believe those who have gone to visit regions of a different kind, to the regions of the spirit, and have returned to recount their journeys. Explorer and ethnologists could very well lie, and yet we believe them, but when it concerns the explorers of the invisible world, no one has confidence in them. Why? Well, one day there will be some surprises, because official science will be obliged to affirm all the truths of initiatic science. **(MAY 13, 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 paralyze 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)**

It is said that God humbles the proud and elevates those who are humble. All those who rely only on themselves under the pretext that they have some intellectual powers are, in reality, arrogant: they rely too much on their limited brains, so the Lord cuts them down in size by taking away some of their capabilities. Whereas those who do not have this absolute confidence in themselves and say to the Lord: '*You alone have light and knowledge. Enter inside me, Lord, inspire me*!' - it is they who are truly humble. This humility makes them more clear-headed and more intelligent, and the mysteries of the universe begin to be revealed to them.
Pride is a fault of the intellect. Those who rely too much on their way of seeing and understanding are arrogant. They never consider the possibility of another point of view, or think

they could be mistaken. Oh no! They are perfect. Well, that attitude is extremely detrimental, because over the years it diminishes their mental capacity and ossifies their thinking. **(JUNE 21, 1999)**

How can we help others bring out the best in themselves? By demonstrating that we trust them. For example, you notice that someone is not dealing with you honestly: he smiles at you and congratulates you, but he criticizes you unjustly behind your back. If you want to resolve this problem in a harmonious way, continue to show that you trust him, as if you suspected nothing. Even when feigned, trust can have very beneficial effects. You will say that this is putting on an act, but that depends on what we call an act. I myself call it 'education'. It is a matter of addressing the noble part of a person, unbeknownst to him, and leading him to an awareness of his responsibilities and duties. This is not a question of lying to him, of betraying him or doing him harm; on the contrary, it is a matter of helping to awaken his true nature, his divine nature, by giving him the conditions in which to manifest it. It is not putting on an act. In order to do this, however, you must have worked on yourself over a long period of time; you must have learned to control yourself, so that you do not allow yourself to give in to the instinctive reactions of anger, retaliation and wounded pride. **(JUNE 29, 2004)**

To seek pleasure is a normal tendency in every human being - we all know that.
However, should we rely confidently and without question on this natural impulse that urges us to satisfy all our instinctive desires? Some people enjoy eating or drinking to excess, others delight in fighting each other, stealing, vandalizing, or seducing women. The rich variety of nature makes all these occupations pleasurable in some way. But this tendency to indulge in pleasure cannot be condoned unless it is directed and controlled by the presence of wisdom and reason. The basic impulse is permissible, but never such manifestations; it must not be allowed to run free and out of control.
All desires are, in fact, wonderful forces; there is nothing bad in them. It is only when the guiding words of wisdom are absent that these instincts may turn destructive. **(JULY 5, 1998)**

So many people declare themselves rationalists, but what place do they actually give to reason? When one sees how they give reign to their instincts and passions in their everyday lives, one wonders where this reason is hiding. And yet they accept these inferior impulses; they even seem to find them quite natural. Whereas the superior impulses inspired by faith in a sublime Entity who created Heaven and earth, the feelings of trust, gratitude, love, and adoration for that Being, they view as ridiculous.
Reason is very useful when it comes to ordering the inner self. Let us say that it must do our housework...Yes, it must clean the house, not empty it. When you do housework, you move furniture and other objects in order to vacuum or dust, but then you put them back where they belong; you do not throw them out of the window. And within yourselves as well, if you call on reason to do your housework, it is not to rid you of genuine religious sentiments, but, to throw out your false beliefs once and for all and allow the feelings of respect and adoration to manifest in their entire splendor. **(AUGUST 19, 2003)**

In the face of certain failures, you might tell yourself: *'I am incompetent, weak, poor, and stupid. I am worthless.'* Very well, you may well be stupid and incompetent, and all the rest, but it is dangerous for you to dwell on it. When you experience a period of this kind, show a little intelligence and make efforts to think: *'All right, I am worthless! I know it. But there are rich, beautiful, and wise beings in the world, and I am going to unite with them by means of thought in order to benefit from their qualities and virtues.*' Also, try to recall all the wonderful moments of peace, light, and inspiration that you have already experienced, for once you have experienced

them, they cannot be wiped out. Cling to those moments, and little by little, courage and faith will return to you. **(SEPTEMBER 6, 2003)**

Men and women are in the habit of declaring their love without realizing that such behavior is intertwined with an element of self-interest, of selfishness. They do everything they can to attract, win over and make a captive of the person whom they are addressing, writing or declaiming as poetically as possible with carefully chosen gestures, words and intonation – and the charmed, touched and delighted addressee ends up being won over.
When love has to be expressed, its purpose is to win over the loved one whilst at the same time preventing another from taking this person away. It is therefore selfishness and lack of faith in the power of love that guides human beings. Since they do not have the true love that works wonders, they rush to express their love by crude means, speaking, writing or gesturing, in order to imprison the person they love. And if they claim that it is the power of their feelings that makes them act in this way, it is really their weakness, passion and sensuality they are emphasizing even more strongly. A true master does not express his love: There is no need, because you can feel his love – it radiates. **(OCTOBER 4, 1999)**

What is more ordinary than washing one's hands? Actually, nothing is ordinary, nothing is insignificant, as long as you do it consciously. The water you come in contact with is the material expression of invisible water which circulates throughout the universe and, through your contact with water, you can communicate with this cosmic water and ask it to purify you. You can also entrust it with your thoughts, your feelings and your highest desires both for yourself and for the whole world.
Some of you will protest: 'But that is awful, you are asking us to behave like pagans!' No, this is no more pagan than praying before a statue or a holy picture. When you address water, it is not because you consider it an all-powerful divinity who will grant your prayers, but because it is a support for your inner work, and a support which is much more effective because it is alive – alive with the life of God Himself. The same thing holds true for earth, air and fire.
(SEPTEMBER 30, 2004)

If I did not believe that you were inhabited by the Divinity, that you are divinities, I perhaps would have become discouraged and abandoned everything long ago. It is for the Divinity that dwells within you that I continue, and that I adopt towards certain people an attitude for which others, who are well intentioned, reproach me. They say: 'But why do you not see this person as he really is? You receive him and you trust him. Be careful, for he will create problems for you.' Yes, but I know what I am doing, and it is they who do not know. I know that by acting in this way I can awaken this person's desire to improve. If he does not improve, too bad! I use this pedagogical method consciously, and I know the risks I am taking. It is a shame, of course, if nothing good comes of it, but I am neither upset nor discouraged. **(OCTOBER 2, 2004)**

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)**

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 centimeters wide, and then one of sixty centimeters 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 practice – 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)

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

Whatever faults you may have committed, nothing can stop you from returning to the path of salvation, if that is what you really desire. Tell yourself that heaven has more confidence in a person who has erred and repented than in someone who is blameless. Why? Because someone who has never made a mistake is liable to stupid errors. He lacks experience and is therefore not yet dependable; he can blunder blindly into difficult situations, sooner or later meeting his downfall. Whereas somebody who has suffered in the devil's clutches will resolve to escape in order to fulfill the will of God. Providing he manages to extricate himself, heaven will be glad of his services, saying, '*At last! Here is someone we can be sure of!*' Of course, that does not mean that you can indulge in all sorts of wild behavior with the idea that you will then be better able to advance, because it may then take centuries to sort yourselves out. Anyway, all of you have made quite enough mistakes as it is, so now is the time to learn wisdom and offer your services to heaven. **(NOVEMBER 29, 1998)**

When you work within the limits of your capabilities and gifts, you are likely to succeed and that success will bring you increased confidence. But if you launch out on some vast undertaking, you run the risk of failure and your confidence will diminish. Would you like your confidence to become stronger? If you would, instead of trying to move a mountain, begin by picking up pebbles, one by one. If you work at this every day you will gradually gain the strength to move a whole mountain. Of course, this metaphor needs interpretation.

BOOK 63: TRUST

It is a human failing to want to plunge with far too much haste into huge ventures, but this is a mistake. We must begin with little things. Supposing you are a singer: to make your debut, you would not apply to sing at the Metropolitan Opera House, because you would be booed off the stage and would only end your career in some backwater, singing to an audience of a few gawking bystander. You would do best to choose a chicken coop as your concert hall and sing to an audience of hens, and then, if the chicken stop pecking to listen to your songs, you will know that you are talented and will one day be capable of recitals in some lovely opera house.

(DECEMBER 8, 1998)

Book 63: Trust

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Book 64: Why it is worth to be honest

Every living being is inextricably linked, however diverse their natural habitat may be. Whether or not we are conscious of this fact, we are linked with every being inferior to us, as we are with all those who are superior. There is a living hierarchy in nature, and it is this hierarchy, this link uniting us with all the higher beings, which gives us the potential to rise higher. However, remember that we are also powerfully attached to all the beings which exist below us - animals, plants and stones. If our thoughts, feelings and actions are honest and pure, we are able to receive all the beneficial forces pouring down from heaven through this unbroken chain of living beings. This divine outpouring does not stop when it reaches us - it flows through us, streaming through the whole chain to the lower animal, vegetable and mineral realms. This is how, when we live in a state of harmony, we can exert a valuable influence everywhere, not only on everybody around us, but also on our brothers and sisters - the animals, plants and stones.

(JANUARY 8, 1999)

Someone says: 'I understand, I understand …' OK, but if he has really understood something, he must manifest it, he must realize it. For the majority of people, however, there is a whole world between understanding and realization. They understand that they must be honest, sincere, indulgent, altruistic … and for them that is enough; how they then conduct themselves is another matter! Well, you must know that true understanding is never separate from realization. If you do not succeed in manifesting what you claim to have understood, you have not really understood. If you had understood, you would have realized it. The initiates teach that to know is to be able. If you cannot do something, then you do not yet know it. Therefore, make efforts to acquire the elements lacking in your understanding so you can achieve its realization.

(JANUARY 13, 2003)

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)**

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 emphasizing 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)**

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)**

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)**

One hears on every side, 'This can't be. Things have to change.' What are these changes? Always the same desperate struggles for power, money, and honours - they follow on each other's heels. No, there will be real change only when each person works to become more honest, more noble, more self-controlled: in other words, to become good examples. But that does not interest people. What is the point of improving oneself? They do not want to know; they only want to satisfy their selfish whims.
You may say, 'Very well, but if we must do what you suggest and try so hard to improve, to become good examples, we shall be left behind, ignored and unrecognized, at the bottom of the social scale, because that is how society treats one nowadays.' On what basis do you jump to such conclusions? If you become a true wellspring, a sun, people will come to you and force you to lead them, even against your wishes, even if you refuse. If that has not already happened, it is because you do not yet deserve it, because you are not yet ready. **(MARCH 7, 1998)**

You know at least one person, living or dead, who has demonstrated great wisdom, who has a superior understanding of things. Well, each time the occasion arises, say to yourself: 'My reaction is thus and so, but how would he or she react in my place?' And then, thanks to this mental exchange between yourself and that person, you will adjust and rectify your position.
Human beings have an instinctive tendency to compare themselves with others, but usually they do so to point out how much better, more honest or more intelligent they are than someone else. Are such comparisons fruitful? Not really.

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It is not with ordinary, mediocre people that you should compare yourself, but with those who are more advanced. And history is full of examples of superior beings who, if we study their lives and their philosophy, can give us a true yardstick by which to measure ourselves. If we want to evolve, it is with them that we should compare ourselves. **(March 17, 2003)**
Always cherish the highest possible ideal. Never tell yourself that it is beyond you, that it is too difficult; never give up! Even though your ideal may be inaccessible, impossible to attain, you must continue to nourish and foster it. It is precisely because it is totally inaccessible that life is so marvellous! Things that are easily attainable are not worth much. Throw yourself whole-heartedly into an enterprise which you know in advance is too great, too lofty to achieve. Yes, it is this that will stimulate you, revive your enthusiasm and bring poetry into your life. If you limit yourself to goals that are easily accessible your enthusiasm will wane. Psychologists have never given sufficient thought to this question. You may think that it has nothing to do with psychology, but it has; this is true psychology. So stop wondering whether you are capable or incapable. Set to work to create divine life in and around yourself. **(March 25, 1995)**

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)**

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)**

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)**

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)**

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)**

Suppose a man accuses his wife of being unfaithful to him when in fact it is not true at all. She protests her innocence but he is not convinced. Obsessed by jealousy he constantly upbraids her, demands to know where she has been, whom she has talked to, why she looked at so-and-so like that, and so on and so forth. All kinds of little details seem to him to prove her faithlessness. What will be the result of all this? To her own amazement the wife, who has never even thought of deceiving her husband, will end by doing so. But how could she let herself commit adultery? She does not understand it at all! The truth is that it was her own husband who pushed her into it. By constantly harping on adultery he created conditions on the astral plane that were conducive to it. If his wife succumbed it was because he had done all that was needed to ensure that the facts correspond to his words. This example shows how human beings are so often the unwitting creators of their own misfortunes. It is important to know that when you unjustly accuse someone of vice, cruelty, infidelity or dishonesty you are actually pushing them in that direction. **(APRIL 25, 1995)**

You always demand wisdom, kindness and honesty-perfection in fact-of others, but what about yourself? You never question the rightness of your own behaviour. There are not many perfect people in the world because everybody reasons in the same way. They all expect others to be perfect while they themselves can stay as they are! If you are not convinced that this is so I suggest you listen to the radio and television and read the papers: you will see that everybody criticizes and condemns others while asserting their own righteousness. And the same can be said of your day to day contacts with others. But in an initiatic school the situation is reversed.

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Here we learn that the thing that matters is to deal with oneself, with one's own faults and failings and mistakes, and to leave other people in peace. **(April 29, 1995)**

Can we, or should we continue to love a being who, at a given moment, adopts dishonest and unworthy attitudes and behavior? Many men and women have had to ask themselves this question. Of course, our love for others always produces certain beneficial effects for them on the subtle planes, and ultimately it can influence them. On the other hand, it is not advisable to remain close to someone who has taken a bad direction, and is becoming a public danger. What is important, above all, is to love, to love in purity and in light. And if you feel that a certain man or woman no longer merits your love, there are so many beings on the earth who do, whether you know them or not! It is essential that you never stop loving, that your spring continues to flow. It does not matter where it flows; what is important is that it flows, and that its water is pure. **(May 6, 2003)**

When Jesus said: '*My Heavenly Father works and I work with Him'*, he was at the same time inviting all human beings to work for the coming of the Kingdom of God. Because, as I have told you before, what matters most is the nature of the activity to which you consecrate yourself. From the moment you decide to participate in this gigantic, noble and divine work, and to put all your strength and energy into it, you enter into a new order of things and live as a true son or daughter of God.
In the spiritual life, it is very important to know in whose service you are working, and in what activity your are spending your energy. Without realizing it, those who participate in dishonest enterprises become impregnated with the impure elements they handle, and in the end they destroy everything good within themselves. You must participate in a heavenly, grandiose endeavor. Whether or not it is realized, whether or not people understand or follow you is not important. What is essential is that you are doing a work on yourself that is beneficial: everything within you improves, and it is you who wins. **(May 9, 2003)**

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)**

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)**

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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)**

So many people enjoy delving into the lives of others in order to find a few hidden faults which they can talk about wherever they go. Their faces belie doubt and distrust, and their suspicious glances see dishonesty and betrayal even where there are none. Tell me, what is the point of this behaviour? Not only do these people sow discord, but they become so disagreeable! With their sombre expressions, they themselves begin to look like criminals. Yes, that is what is extraordinary: those who are so distrustful and who imagine themselves models of justice and honesty finally manifest on their own faces traces of the defects and vices they are so busy detecting in others. On the other hand, look at the face of those who seek to discover people's hidden qualities and virtues: gradually, they come to reflect the light of divine splendour.
(May 26, 2004)

How can we help others bring out the best in themselves? By demonstrating that we trust them. For example, you notice that someone is not dealing with you honestly: he smiles at you and congratulates you, but he criticizes you unjustly behind your back. If you want to resolve this problem in a harmonious way, continue to show that you trust him, as if you suspected nothing. Even when feigned, trust can have very beneficial effects. You will say that this is putting on an act, but that depends on what we call an act. I myself call it 'education'. It is a matter of addressing the noble part of a person, unbeknownst to him, and leading him to an awareness of his responsibilities and duties. This is not a question of lying to him, of betraying him or doing him harm; on the contrary, it is a matter of helping to awaken his true nature, his divine nature, by giving him the conditions in which to manifest it. It is not putting on an act. In order to do this, however, you must have worked on yourself over a long period of time; you must have learned to control yourself, so that you do not allow yourself to give in to the instinctive reactions of anger, retaliation and wounded pride. **(June 29, 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)

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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)**

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)**

Even if someone has truly hurt you, you should never say: 'I was mistaken about that person; I trusted him and he has been unfaithful, dishonest and untrustworthy to me. From now on he is my enemy, and I will fight him and get my revenge.' You were mistaken about the character of this person and you have been wounded, it is true. But by adopting such a hostile attitude, you are committing an even greater error, and the damage you will suffer will be even more serious. Not only do negative sentiments and the desire for revenge disturb your inner harmony, but you will also lose this person forever. Yes, he has behaved badly, but if you yourself know how to act, if you give him the chance to realise and rectify his mistake, with time he will perhaps become a true friend. **(August 19, 2004)**

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)**

Heaven is there, wide open and ready to pour out its blessings but, in order to receive them, we must have prepared something within ourselves, through our love, our disinterestedness, our patience and our fidelity. All these virtues are fruits which we produce as offerings to the Lord. In return, when we need to ask Him for a favour, we are heard. Like those who have accumulated capital and have put money in the bank, we can at least ask for the interest. You will tell me that this is not a very poetic image, and what is more, that money deposited in banks has not always

been honestly acquired. I know this all too well, but at least this image is clear. If human beings were more open to the truths of the spiritual life, which is true poetry, it would be unnecessary to use such prosaic examples to make them understand. **(AUGUST 28, 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, 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)**

For centuries the Church has continually stressed that the human being is a sinner, conceived in sin and born in sin. This idea has been propagated with such emphasis that it has prevented people from improving, weakening their faith and their desire to correct the situation. Of course, there is some truth in it. People are conceived in sin, because parents pass on a congenital nature that is already defective. Consider the conditions in which some children are conceived: if light, purity and true love were not present, some faults will already have been transmitted to the child. But to insist that ever since Adam and Eve the original sin must necessarily be passed on from generation to generation? No. If human beings find light, if they do their best to cultivate goodness, honesty, justice and wisdom, the fact that Adam and Eve may have sinned is not important, because transformation and change is possible in everything.
It is absolutely unacceptable to instil ideas into people that keep them forever held down in guilt, with no hope of any improvement. We are sinners – that is understood – but we are not obliged to stay in that state for all eternity. We must keep progressing until we become perfect.
(SEPTEMBER 13, 1998)

There are fanatics in every religion who not only claim to see the Creator's reputation attacked everywhere they look, but who imagine that it is their mission to defend Him. As if God were so weak that He needed to be defended! Well, this is what they believe. And so they condemn, persecute, and massacre people who are often superior to themselves. If they were honest, they would ask God's opinion, and they would hear God, who is love, reply: 'Do not concern yourself with this, it is not your affair. If they really wish to attack me, they will destroy themselves, and that will be sufficient punishment. Leave them alone. Or you too will offend Me.' When we truly wish to defend the Creator, we must manifest patience and love, as He does. **(SEPTEMBER 15, 2003)**

Just because you have chosen the path of good and light does not mean that right away your problems will be solved, that all difficulties will disappear and your road will be free and clear. Do not delude yourselves: as long as you have debts to pay for all the transgressions you have committed in the near or distant past, you will meet with difficulties and suffering. It is only after you have honestly acquitted yourself of your debts that the path will be clear before you. So, when you are confronted with trials, neither rebel nor succumb to discouragement. Instead, do your best to surmount them. Know that they are necessary and must not prevent you from continuing on the path of good and light, and from building your future. **(SEPTEMBER 20, 2003)**

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Of course, human beings are not perfect and it would be silly to think otherwise, but ceaseless criticism is not a good way of getting them to improve.
The question is, are you trying to help or merely giving vent to irritation and exasperation? Helping people needs real educational skill and this means appealing to all that is best in them by letting them know that you recognize their good qualities (and everybody has at least one!). In this way, their self-esteem will improve, they will try not to let you down and thus your desire to help will have succeeded. Do not delude yourselves that you can help people by continually stressing their imperfections of inadequacies, by telling them they are lying, incompetent or dishonest, because they will stop even trying to improve. After all, why should they make an effort, since you have already formed such a bad opinion of them? **(October 5, 1998)**

Are there many adults who are truly concerned about helping young people become clear-sighted, balanced and strong? No, a great many of them are on the lookout for that which can seduce children and adolescents whose instincts and desires are awakening, and they hasten to satisfy their every whim! It begins with toys and then continues with all sorts of objects or activities which are completely useless or even harmful. Young people would themselves have no idea of such things unless they saw them displayed everywhere in shop windows and promoted by advertising.
These people are guilty of leading young people into error. First of all, they elicit material needs in the young which they cannot satisfy, which not only lead to frustration, but to the desire to obtain dishonestly what they cannot obtain honestly. Then, by trying to convince them that they absolutely need these objects and activities in order to feel well and happy, they turn them away from the true search for happiness and the meaning of life. These people should not be surprised if one day they have to suffer from the criminal behaviour which they have helped to create and nurture. **(October 8, 2004)**

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)**

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 practise what you preach. **(October 18, 2003)**

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 should never forget that your inner states do not concern you alone; they also influence others around you. If you are impure – 'impure' meaning unfair, dishonest, jealous, selfish, greedy, etc. – then your emanations soil other people. It is obvious that you want to do good, but you must know that you can do good only if you have first rid yourself of impurities. That is all ... and it is an absolute. If you really want to help humanity, you must first purify yourself. Even if you speak to no one, even if you meet no one, thanks to your purity, that is your unselfishness and abnegation, you contribute to the purification of the atmosphere on the whole earth. Yes, just by your presence. But if you are impure, you contribute to poisoning the whole world. And in this case it is useless to brag about wanting to do good. **(OCTOBER 21, 2001)**

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)**

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)**

So long as you need to believe that the people you love belong to you, you will come up against great conflicts. The time will eventually come when you will be obliged to accept that they do not belong to you, and then you will suffer, or you will make them suffer. The man who imagines that his wife belongs to him does not think that she already existed well before he knew her, and that she will exist well after him. Before him, in other incarnations, she had other husbands, and he also had other wives. Moreover, if they had been together forever, problems would never arise between them; but since they are often in conflict, this proves that there is no truly solid bond

between them, and that perhaps they are even meeting for the first time. So, there is no point in them deluding or tormenting themselves; men and women must realise that they are colleagues, that they must work as best they can and be honest, and that is all. And if they succeed in forming a good relationship with each other, they may find themselves together again in another life. **(NOVEMBER 17, 2003)**

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, encyclopedia-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)**

No other human failing gives rise to so much disappointment and misfortune as the stubborn defense of certain beliefs and points of view without testing their validity. People persist in thinking they are right, even when all sorts of events in their daily lives prove the opposite. How can they put up with such contradictions? It is the events of life, not your own imagination, tastes, or preferences that should show you whether or not your view of things is correct. I have given you all the criteria you need to see this clearly, and the most important is this one: before reaching a decision on any matter whatsoever, try to identify what it is in yourself that urges you to take one direction rather than another. Are your motives honest and disinterested? If not, watch out, because you are exposing yourself to great disillusionment. **(DECEMBER 3, 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)**

Because they themselves are dishonest, sly and malicious, many people cannot believe that there is such a thing as an honest, sincere and good person. Yes, they judge others according to their own natures and that is why they are always suspicious. Those, however, who are noble and unselfish find it difficult to see malice, betrayal or treachery because they also see others according to their own qualities. People can only see through their own eyes and what their eyes see is formed by their own thoughts, feelings, desires and inclinations. If you meet someone who talks only about another's faults, be aware that in fact these faults belong to the speaker

himself: because if he were noble, good, honest and had love, above all, he would also see those same qualities reflected in others. **(DECEMBER 14, 1999)**

Book 64: Why it is worth to be honest

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Encyclopedia Initiatic Science

Book 65: What could be said about Kissing?

All day long people meet and exchange greetings, but they greet each other automatically, without thought or love. Even in families, even couples, kiss and hug – '*Goodbye! Goodbye, darling!*' – but they act out of habit; their gestures are empty and meaningless. We need to know how to give something vivifying and uplifting to the people we embrace.
Most human beings still do not know how to embrace another, or when to do so. When a man is upset and unhappy, he takes his wife in his arms for consolation, thus passing his distress and despondency on to her. Men and women communicate continually with each other, but what do these exchanges contain? God only knows – or maybe it is the devil who can judge best! Of course, it is not forbidden to kiss someone, on the contrary; but in order to communicate eternal life to your partner, you need to know how and when to do so. **(MARCH 26, 1998)**

Whether you are pure or impure is not revealed by a gesture or an action, but rather by the intention, the idea, the feeling or desire that lies behind that gesture or action. To be pure is to be able, in whatever you do, to rise within yourself and capture the most subtle, light-imbued elements imaginable. If your relationships with people are not inspired by this high ideal, even if you restrict yourself to a few caresses and kisses on the pretext of guarding your purity, you will still be acting out of impurity, and the effect will be the same as if you had indulged in an orgy. Any contact or communication that has a self-centred motive, and not a spiritual, divine aim, produces the same impurity. But if your one sincere desire is to help, enlighten and sanctify the person you love, then that desire purifies both you and your loved one. **(MARCH 19, 1998)**

How do human beings come to the part of the family to which they belong? Let us look at the birth of children. When a child is born into a family, he may in a previous incarnation already have had a relationship of some kind with the people who are now his parents. If the child is a boy, he may have been a lover, a fiancé or a husband to theperson who is now his mother. The same with a daughter and her father; they experienced a certain form of love in the past and now, in order to evolve, they must love each other in a different way. If a man and a woman feel a sexual attraction for each other in this life, it may well be that they will come back to love each other as parents and child. Once again they will kiss each other, but their kisses will be those of mother (or father) and child.
And it may also be that, in a previous incarnation, people who harmed others must now welcome these very same persons into their family as their children so that they may make amends. Be they parents, children, brothers or sisters, the reasons for a certain group of people to be together as one family in this life are infinite and each case has its own individual explanation. **(FEBRUARY 2, 2002)**

By accepting to die on the cross, Jesus made a sacrifice, and we must meditate on this in order to measure the grandeur of it, and to link ourselves to it through thought. But in the new life which the Christ is now proposing, it is not recommended that we dwell on the suffering of the cross, because the Christ also manifests through beauty, joy and light.
In the new society, it is thoughts of the glory of Christ that must nourish our inner life. God rejoices that we no longer kiss the ground and kneel beside graves, because He has a more glorious future in store for us. And if there are dead to be tended to, it is not those in the

cemeteries, but those buried deep inside us: our old habits and our old misconceptions. These are the dead we must seek out and be done with! When we succeed in this, we too will enter into the glory of Christ. **(MARCH 9, 2004)**

What is the power of a holy image? Not only do the faithful pray, sing, kneel and burn candles before statues and icons, they kiss them, adorn them with flowers and carry them in procession. In plaster, wood, cloth or marble, the image is there, mute and fixed, and believers ask it to save them. They have faith in it, and it is true that they obtain certain results. Why is this? Is it the image that acts? No, it is the intensity of the psychic energy projected by the faithful. This energy accumulates around the image, which becomes a conductor and transmits their prayers and supplications. By way of the image, which is only an intermediary, their requests rise all the way to heaven, because of the intensity of their faith. It is they who do everything, not the image, which only does something for them if they have faith. **(MARCH 15, 2006)**

You have seen smokers in the street. Sometimes one of them has not match and no lighter and goes to a passer-by who is smoking and asks for a light: then they put their cigarettes end to end, and the first goes away pleased, thanking the other ... Now, do you know why men and women feel the urge to kiss? To light their fire from one another. They bring their lips close together as smokers bring their cigarettes end to end to light their fire. Sometimes it catches, sometimes not. And when fire catches, it may not only consume them and everything they possess within themselves, but also ravage their surroundings. To love one another is to take and give light, but this act requires much caution and great knowledge. **(MAY 12, 2001)**

Let us say you have met a person for whom you feel sympathy, friendship and even love ... and these sentiments are reciprocated. If you want them to last, you must learn to temper their manifestations. A lack of moderation is always fatal, even in the best circumstances. Of course, we are immediately tempted to give free rein to our affections, letters, meetings, gifts, kisses and so on. But it is too much. Right away we have indigestion, as if we have eaten too much, and at the first opportunity we reject each other. To sustain harmonious relationships throughout our lives with those we appreciate, those we love, we must be measured; otherwise, even with the best people in the world, they cannot last. These are psychological subtleties you must understand in order to safeguard good relations. **(MAY 23, 2003)**

Most people experience very strong sensations when they eat, drink, make love, etc., but put those same people to watch the sunrise, and they are incapable of feeling anything except boredom. Why? Because the lower nature, which has them too much under its influence, reacts only to the coarsest sensations, so these people are left untouched by the wonderful subtlety of the sun's rays. A characteristic of a disciple who has set out on the path of evolution is a sensitivity to the sun's rays, a feeling that they speak to him, and bring him lucidity, clarity, peace and joy. The sun's rays are capable of plunging our hearts and souls into a state of rapture, but it is up to us to raise our level of consciousness and to immerse ourselves in this rapture.

(JUNE 10, 1998)

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!

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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)**

Love between human beings can often be compared to a stove whose smoke is constantly blackening their inner being. When this stove is in use, they keep the windows closed, there's no air, they then doze off and lose their vitality. And then the sun – spiritual love – starts to shine and they open the windows very wide, pure air comes in and they revive! So, try not to rely too much on your stove – that is, your passions, instincts and lusts – for they keep the windows of your soul closed, they prevent air from coming in, they oppose what is most alive within you. Do not fear that a life modeled on moderation and reason will bore you to death. No! The day you feel the gentle touch of divine wisdom and love, you yourself will notice that the satisfactions inspired by passion, so important to you before, will gradually mean nothing to you. Your inner home will become luminous and pure and you will experience true joy. **(August 25, 2001)**

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)**

Sight, hearing, smell, taste, and touch...our five senses connect us to the world around us. Consider the fact that we can hear sounds from a distance and see things at an even greater distance, but to feel and touch things we must get closer and closer to them, and to taste them we must even put them in our mouth. So the five senses can be classified. Hearing and sight leave human beings freer, while smell, touch, and taste tend to ensnare them, because they require them to come closer to objects and other beings.
But it is often the case that the higher senses - sight and hearing - lead people to the lower senses. Yes, eyes and ears try their utmost to sign contracts with the nose, the mouth, and the hands! A man marvels at the beauty of a woman, at the sound of her voice...Will he be satisfied merely to look at her and listen to her? He will not rest until he can get closer to her and breathe her perfume, caress her, and embrace her. But a spiritualist knows that he can break this contract, that if at times he resists approaching people and things in order to feel, taste, and touch them, he will make greater contact with their subtle being by means of his ears and eyes, and he will be freer. **(October 2, 2003)**

He who embarks on initiatic tuition seeking to gain knowledge that will give him power, money and glory, exposes himself to grave danger. What he does not realize is that he is playing the

sorcerer's apprentice with the powers of the mind and the soul, and that he will release formidable forces, even within his own body, which he will soon no longer be able to control. We have in the past seen people who have devoted themselves to occult science and who have ended up in trouble, to everyone's surprise. For years these people portrayed an image of wisdom and spirituality: All that concerned them was meditation, thought and study. And then one day, as if an uncontrollable force had taken hold of them, they succumbed to senseless acts of debauchery and violence: The few successes they had achieved had completely turned their heads. What they should have realized, however, is that the more you seek to elevate yourself, the more you must demand of yourself, becoming yet more disinterested and even more humble. **(OCTOBER 5, 1999)**

All day every day people meet and greet one another, but they greet one another mechanically, distant and indifferent – even within families and between couples. For instance, husband and wife kiss one another goodbye: 'Bye darling ... see you later honey!' But their kiss is empty. They kiss out of habit. Such kisses are not worth anything. You need to be able to give something to the person you kiss in order to invigorate and revive your loved one. Human beings still do not know what it is to kiss or how and when they should kiss. A husband will seek comfort by hugging and kissing his wife when he is sad or unhappy, and in doing so he passes on his sadness and dejection to his wife. Men and women continually make exchanges, but what do these exchanges consist of? Only God knows or rather the devils knows. It is not forbidden to kiss someone, on the contrary, but you must know how and when to kiss in order to impart eternal life. **(OCTOBER 7, 1999)**

You want to live in Heaven, but do you have any idea what Heaven really is?
Probably not and this is why you must prepare yourselves, because otherwise, when you arrive up there you are bound to complain: 'But there are no cigarettes, no bars, not even a discotheque ... I could use a cigarette and a drink. Besides, I have some old scores to settle with my enemies ... and I feel like making love to some pretty women. So now I should like to go down again!' You see, if you want to live in Heavenly regions, you must not have so many crude desires. That is why not everybody is ready to live in Heaven. In fact, even if they were forced to move there, they would not stay. A longing to live divinely is not enough: You must learn to adapt your ways to a divine life. So every day try to draw you closer to Heaven by means of prayer and meditation, gaining control of your lower nature, and in this way you will go very far, so far that eventually you will be able to live in the blessed regions of the divine world.
(OCTOBER 14, 1998)

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Encyclopedia Initiatic Science

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At one time or another you have met a man or a woman who has inspired in you a deep feeling of affection. Did you notice the transformations that this feeling alone produced within you? Suddenly you began to think and behave differently, not only towards this person, but with everyone around you. Even your relationship with nature and objects changed. So many things that you did not see or feel before begin to reveal themselves to you, encouraging you to undertake new activities! Because love is a force and this force acts on you. It influences your mind, your will, and even your body and it opens up great possibilities for you. Love is like the fuel in your car: if your tank is full, you can go a long way, but if it is empty, how far can you go? And if love is missing, where can you go? **(JANUARY 5, 2004)**

The Gospels say, *'For truly I tell you, 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...*' Of course, this is symbolic. Jesus never thought that people would be able to move mountains from one place to another, because those mountains are quite happy where they are. So, do not concern yourselves with moving mountains around; let them be. Nature has placed them with great precision, to act as transmitters for special currents and radiations. The mountains Jesus refers to are situated elsewhere-in the intellect, the heart and the will. We neglect these mountains of darkness, egoism and laziness and want to attack the lovely, innocent mountains created by God! Did Jesus move mountains around? No, he didn't bother himself with such things; instead, he shifted the mountains, kingdoms, and whole continents which exist in the minds and hearts of human beings. **(JANUARY 7, 1998)**

'*The kingdom of heaven is like yeast that a woman took and mixed with three measures of flour, until all of it was leavened*.' In the Kingdom of God, which Jesus predicted would be realized on earth, it is human beings that must become the yeast. If they work to become spiritual yeast, their very presence and all that they emanate will influence the whole world. It all depends on the intensity of their light and their love, and on the strength of their conviction. However, before beginning this work, it is essential to have a teaching, a sound philosophical foundation, and methods of working.
Now, each one of you must understand the necessity for a new way of life, a wider comprehension of existence, and must nourish and support this idea with unselfish love and an iron will. If you do this, you will bring blessings to the whole world. **(JANUARY 11, 1998)**

How many people who lack wisdom and experience imagine they can assume great responsibilities and qualify as authorities! And when they fail, they think they are victims, that the others did not know how to appreciate them, understand them or support them in their undertaking. Well, this is the worst kind of attitude. A person who is unsuccessful with others must understand that he is not yet ready to realize his ambitions. Even if he is knowledgeable or has a strong will, this is not enough. When he ought to have acted with understanding and attention, he was perhaps closed, hard and stubborn. When he ought to have been diplomatic and self-controlled, he was perhaps awkward and impatient. Therefore, instead of making the whole world responsible for his failures, he should develop some humility and accept the fact

that he has much to learn. It is only from this moment on that success and positive results will be possible for him. **(JANUARY 16, 2003)**

When we accept the idea of reincarnation, we begin to understand that there is a reason for all that happens in life. It is not by chance that we are born into a particular country and into such-and-such a family, that we possess certain qualities and have varying situations to cope with. Everything has its cause, more or less remote, in a previous existence. Of course, this knowledge will influence our reactions, because when we understand that everything has a reason, we stop revolting against trials and setbacks. We know that these tests are the result of laws broken in previous incarnations, and we accept them, without accusing someone else of being the cause of our unhappiness.
Finally, belief in reincarnation stimulates people to reinforce their will-power. They set to work to repair their past errors and also to avoid reprehensible acts, which they know will lead to suffering. They work hard to create a future filled with light. **(JANUARY 17, 1998)**

To channel water, you dig ditches; to light your house, you install electric wires; and to receive radio and television programmes, you need equipment with circuits that will transmit sound and images. I could give you countless such examples to help you understand that human beings must also inscribe something in themselves. They must create circuits and channels, in order to capture divine energies and allow them to circulate! How can people think that God's wisdom, love and willpower will find a path in them if they have prepared nothing, if they have not prepared the way? This path is etched by our actions, but also, of course, by the thoughts and feelings which anticipate these actions. If nothing is prepared, the divine energies which circulate in space will not flow to us, they will go elsewhere. **(JANUARY 27, 2004)**

We hear people everywhere complain that the world is not better than it ever has been, that conditions do not improve and so on. But why do they wait for others to begin the work of improving the world? Why do they not begin it themselves? They expect others to make this effort; but others do just what they do: they wait for others to begin the work ... and this can go on forever. You will say that faced with the immensity of the tasks to be done, you feel discouraged. Well, on the contrary, you must remain courageous, because it is in doing so that you show yourself to be praiseworthy. In pleasant circumstances it is too easy to believe in good and to realize it: everything is simple and agreeable. It is in difficult times that it is important to commit oneself and to persevere, without allowing oneself to be influenced by the conditions. You must learn to count on the powers of spirit: this is the sign of the true spiritualist. Despite bad conditions, despite the storms, spiritualists always try to awaken the powers of the will, of good and of light. **(JANUARY 28, 2003)**

Initiatic science teaches us 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, our understanding of life will always be incomplete. Science, religion and art form a unity, thanks to which people 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 your thoughts become your feelings and, finally, your actions. **(JANUARY 28, 1998)**

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It is dangerous to attempt to enter the spiritual world without first purifying ourselves, because in that realm much is beyond the capacity of the intellect: to a much greater extent it encompasses the totality of the human being and our most intimate, innermost motivating forces, and that is why we need to be extremely careful. To work with the soul and the spirit is to work with the two fundamental principles of creation, and therefore to be in touch with the most powerful entities and currents in the universe. If the inner paths are blocked, and if these currents encounter impurities, they burn everything in their path. This is a terrible fire, which can produce the very worst mental, emotional, and even physical disturbances - unbridled sensuality and mental unbalance - and physiological upsets of the heart and brain. Those who aspire to regions of light and divine love must be inspired by the highest ideal, by the sole desire to become perfect, and to serve the will of God. **(January 30, 1999)**

Whatever you may say, it is your behaviour which proves whether or not you have faith. By your behaviour you demonstrate whether your faith is sustained by your love, your intelligence, your knowledge and your willpower. To believe in God is to know one is a son or daughter of God, and to strive to live in accordance with this relationship. A child of God knows not only that he is heir to the qualities and powers of his heavenly Father and Mother, but that he must do everything possible to develop them and thus become master of his destiny. Every action that is not inspired by true wisdom and love produces toxic matter in a human being which prevents the manifestation of his divinity. One who knows that God is his Father has only to clear and purify the space between this Father and himself. **(February 2, 2004)**

Because initiation in the past was reserved for an elite, a moral elite, many people imagine that extraordinary mysteries were revealed to them. No, initiation was reserved only for a few, not because it involved secrets which the masses must not be told, but because those who received these revelations possessed certain qualities which enabled them to truly benefit from them. Spiritual truths enrich only those with the intelligence to understand how to use them, whose hearts truly yearn for them, and above all, who have the will and tenacity to persevere in the work. To others they are of no use, and they can even be harmful. Therefore, it is not what is revealed in an initiatic school that is important, but what you yourself will do with these truths.
(February 2, 2003)

It requires considerable effort to awaken those inner powers that have been numbed and deadened by centuries of inertia and stagnation. If you cling to this inertia you will never get anywhere: no inner doors will open, no inner forces will be activated, no life will stir in the depths of your psyche. Will-power is the only thing that can overcome this inertia. You must concentrate, meditate, pray and do the exercises I give you. Our teaching offers you the most effective means to overcome the inertia of a heart and mind held fast in the grip of the cold and darkness. You must keep trying to add something more to your existence, something warmer and more luminous. You should work mentally to communicate subtle vibrations even to inanimate objects, so that they may pass on these benefits and stimulate all those who approach them. **(February 4, 1995)**

It is natural to appreciate men and women for the gifts they possess. Whether they are writers, artists, scientists or even athletes, one cannot but marvel at their talents and sometimes even their genius. But is this any reason to neglect their moral qualities? Are they good, fair, honest and generous? Often this consideration is secondary and it is only talent that people notice. It is talent that everyone tries to cultivate, since it is for this that people are so highly esteemed. This is why the earth is now populated with capable, talented people. It is incredible, there are

swarms of them, but why are all these abilities, all these talents, all these geniuses unable to save the world? On the contrary, it could even be said that they are contributing to its destruction. We often hear people say: 'Ah! He is so gifted, he has so many abilities that he can be forgiven everything!' Well, this is very bad reasoning. Someone who is particularly favoured by nature must, on the contrary, make great efforts to uphold, to crown his gifts and talents with moral qualities. Otherwise, instead of becoming what he should be, a benefactor of humanity, he behaves like a thief. **(FEBRUARY 8, 2003)**

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 escend 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)**

There are several reasons why disciples may not make progress: one is that they indulge in many activities that have nothing to do with their spiritual advancement, imagining that these activities will not distract them from the heights they aim to reach. Not so. In reality, if you allow yourself to dabble in this and that, without bothering to examine the quality of these experiences, when you want to rise to a higher state of awareness, you find yourself tied down and unable to extricate yourself. Of course, if you do not have a high ideal or the desire to become a magnificent being, of benefit both to yourselves and to others, you may do whatever you wish. Why deprive yourselves? But if you nourish a very elevated spiritual ideal, you are obliged to be very cautious and very vigilant, choosing activities which do not conflict with your ideal. **(FEBRUARY 11, 1998)**

You say you want to be happy? Then work. True happiness lies in work, but obviously in work of a higher order that that wich allows people to earn a living for themselves or their family. This work is necessary, but it is not enough. In order to be happy, men and women must learn to work with thought, feeling, imagination and will-power, in order to prepare in the invisible the coming of a world of peace, harmony and light. It is in this work that you will find fulfilment and whatever the circumstances may be, this work will always be there for you. Upheavals in society may deprive you of all your usual activities, but you can do this inner work everywhere, even in the most difficult conditions, even in the other world. Because no one can take your intelligence, your heart or your will from you; these are the only true riches you can always count on.
(FEBRUARY 22, 2003)

Angels and archangels never use violence in dealing with human beings. They never force themselves on you or try to enter you without being invited. Devils on the other hand force themselves on human beings and cling like limpets.
If you want angels to come and visit you you have to invite them. Tell them, '*Come! This house is mine and I beg you to come and dwell in it and make it yours*.' When the spirits of light sense that you are eager to have them as your guests they have no hesitation in entering. Indeed, they can sometimes act very forcefully : if a house is tenanted by devils they are quite capable of

attacking them and driving them out. But they will only do this if the owner send them an invitation, otherwise they will not enter. They respect his will. **(FEBRUARY 27, 1995)**

If you cannot resist those inner impulses that torture you, it is because you have not developed enough love for the higher world of beauty, order and light. Your own will power is not enough. In order to resist these whims, we need the help of heaven to protect us. This protection and help will only come if you really love perfection. If you do not love perfection strongly enough, you will certainly fall again into the snares of the astral world.
So, if I see someone who boasts that he has conquered his temptations, but who does not love the sublime world, I can predict his future: 'He will succumb, because he has no friend or associate to help him.' First of all, you must love the heavenly beings and invite them to come and be with you and in you. Then, because of these high and powerful allies, all your undesirable habits will begin to submit to their authority. **(MARCH 13, 1998)**

Every day we must concentrate on the divine Principle, attracting It to us so It may dwell in us. The truth is that the divine Principle has always been part of us, but we remain separated from It by layer upon layer of impurities of our disorderly and selfish way of life. All these impurities are a barrier that prevents God's love and blessings from reaching us, and stops our consciousness from rising toward Him. In the Gospels Jesus says: 'If a man will keep my words, my Father and I will come to Him and make our home with Him.' Only when we submit to God's rules, act according to His will, and agree to obey His orders, will the divine Prinicple make Its home in us, and manifest though us. **(MARCH 15, 1999)**

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

Work at arming yourselves with patience and love, for one day you will see your most cherished wishes come true. When will that be? It should not concern you, because it is not up to us to set a time limit to our spiritual work and exertions, and we must never do so. If you are ill, do not insist: 'I want to be cured tomorrow!' Rather say: '*Dear God, time does not matter, I accept your will, I am at your bidding. All I ask is to learn to know You and love You, and I'll wait as long as You think fit for the rest.*' If we do this we shall triumph over time. But never issue orders to the Lord by setting Him a deadline for your achievement. **(MARCH 21, 1999)**

Concentration is a manifestation of the will in the various dimensions of our existence. When you are listening to music or to a lecture your attention is centred in your ears. When you read it is centred in your eyes. When you are running or jumping or throwing a javelin it is centred in your arms or legs. Depending on your choice of activity you marshall all your strength and energy and attention in one area of your body. Similarly when you are at war you marshall all your forces and guns in certain stategic locations.

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Nature uses concentration to advance its work (it concentrates vital juices, substances, rays and waves). Concentration is an accumulation of material within a narrow space and its purpose is to crystalize and give form to a project or wish. This is why, if we want to materialize an idea, we must learn to concentrate. **(March 28, 1995)**

So many people are crushed because they feel they have been betrayed. They exclaim repeatedly: 'But how is it possible? He promised me…. She gave me her word ….' It is true, they were promised a great deal, but they should not have been so gullible! Most men and women, like children, make promises that they genuinely believe they can keep. When they give their word they are sincere and are convinced they will do what they say. But they do not know themselves, they do not know how weak and limited they are and, when the time comes, they lose their nerve, or forget. This is normal, and you must know in advance that this is possible. You must never ask human beings to do something that may be beyond their capacity because, even with the best intentions in the world, they may not be able to live up to your expectations.
(April 1, 2004)

According to the alchemists, the preparation of the philosophers' stone must begin when the Sun enters the constellation of Aries and the Moon enters that of Taurus. Why? Because the Sun is exalted in Aries, and the Moon is exalted in Taurus. The sign that follows, Gemini, is ruled by Mercury. Now the symbol of Mercury is formed, from top to bottom, by the crescent of the Moon, the disc of the Sun and the plus + which is the sign for addition. Therefore the symbol of Mercury expresses the union of the Sun and the Moon.
Mercury is the child of the Sun and the Moon; it is the philosophers' stone. This philosophers' stone that the alchemists seek is, in reality, a symbol of the transformation of man. The alchemist works with the Sun and the Moon, that is to say, with the two principles of the will and the imagination; and thanks to this work he eventually transforms himself, becoming like the Sun and the Moon, radiant and pure. **(April 5, 2003)**

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)**

Before concerning yourself with improvements in your outer life, make big efforts to know and accept the truths that will improve your inner life.
Whatever you may gain from outside will never satisfy you, because only the personal effort of will-power, thought, and imagination can bring you fulfilment. Besides, as you well know, what you achieve for yourself brings great satisfaction, whereas anything you receive without working for it, even money, does not bring happiness. Yes, we know this, but we continue to wait for everything to come from somewhere else, and that is why we feel empty and unsatisfied. Therefore, whatever you may possess, however much you may receive, never abandon your inner work. Keep it up, right to the last moment. **(April 8, 1998)**

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Sometimes, while in the mountains, we see on the edge of a precipice a tree whose trunk whose trunk and branches are oddly twisted. This tree has had to withstand bad weather and the struggle is reflected in its trunk and branches. In the same way, in life we meet people whose faces are tortured and asymmetrical, but what gifts, what talents! This proves that they too have had to endure very difficult conditions, which they have overcome. But in order to do so, they have often developed their mind and will to the detriment of certain qualities of the heart, and these efforts, these tensions, have eventually deformed their faces. Beauty in human beings speaks more of the qualities of their heart than of their intellectual faculties or their will. This is why very beautiful people are often predestined to be victims. Because beauty, true beauty, has a much greater affinity with goodness than with intelligence, they often lack adequate means to defend themselves against the desires their beauty arouses in others.

(April 9, 2003)

We owe everything to nature. She gives us all the elements that form our bodies, all the sustenance necessary to keep us alive water, food, air to breathe, the light and heat of the sun - all the essential materials for our clothes, houses, tools, and so on. Human beings are proud of their ingenuity, but are they conscious that all the materials used to manufacture their instruments, appliances, and even works of art, are provided by nature?
Nature provides us with everything. But everything we take from nature is noted. We have incurred these debts with nature, and we must liquidate them. But how can we do so? With a payment called respect, gratitude, love, and the will to study everything written in the great book of nature. Paying means to give something in exchange, and we can do this with all that is good in our hearts, our intelligence, our souls and spirits. We are limited on the physical plane, and nature does not insist that we return all the food, water or air we have taken. But on the spiritual plane our possibilities are infinite, and it is on that level that we can repay a hundredfold all that nature has given us. **(April 9, 1999)**

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)**

There are people who go around telling everyone that God speaks to them, or if it is not God, it is an angel, a prophet or a saint. Obviously, we can say whatever we like, but there are irrefutable criteria for recognising whether the voice we think we are hearing truly comes from heaven, or if it is simply wild imaginings. First of all, we must be able to distinguish clearly the correct path to follow, and to walk steadfastly on this path. Then, we must become more and more open to others, so that we are able to understand them, to love them and help them, and in doing so to experience that true dilation of the heart which moves us to give thanks to God at every moment. Finally, we must have free will, so that we are unfettered in the accomplishment of everything that is just, good and beautiful. Anyone who meets these three conditions can hope that the voice he hears does, in fact, come from heaven. But to tell everyone about it is unnecessary. **(May 11, 2004)**

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If the Lord Himself came in person to talk to human beings, seeing as His words would in no way correspond to their opinions and desires, how many would listen to Him? Most people would reply: 'No, no, Lord. You are wrong and I am right. Listen to me ...' And God would have to listen patiently to their explanations, justifications and demands, which is generally what people's prayers amount to anyway, don't they? God is there to pay attention to their opinions and desires, and if any answer is expected of Him, it is only: 'Yes, of course, my child. You are right. I will immediately give you everything you want.'
In fact, God smiles and waits for His capricious and demanding children to understand that they must ask only one thing: to know His will that they might establish His Kingdom on earth.
(May 14, 2003)

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)**

Some people, after reading a few esoteric booklets which they more or less understand, think they are capable of opening a school and instructing their own disciples. Are they really capable of enlightening people and helping them to change? I do not think so, because to change others, one must first change oneself. A young girl falls in love with an alcoholic and marries him, convinced that she will help him give up his addiction. The motive to save someone is very good, but how is she going to do so? Does she know enough about his problem? No, and it is not surprising that instead of saving him, she, too, will begin to drink heavily.
There are many people who believe they will save humanity, no matter what state they are in themselves. They do not ask themselves, '*Do I have the knowledge, the love, the light, the purity and the will power?*' According to them, they are equal to the task. They exist, they are there, and they think this is all that is necessary. Unfortunately, this is not the case, and they always make a mess of it. **(May 25, 1998)**

It is said in the Gospels: 'For you are the temple of the living God.' Yes, a human being who has reinforced his will, purified his heart, enlightened his mind, expanded his soul and sanctified his spirit has become a true temple. His physical body is itself a temple, and he can invite God to come and dwell in it. Unfortunately, most human beings do not take care of their temple; they continually damage it by using it to satisfy their instincts and to seek out pleasure. The body is no longer a temple but a stable, or a barn, similar to the Temple of Jerusalem where the merchants brought all kinds of animals and fowl to be sold. Everyone considered this to be normal except Jesus, who made a whip of cords and drove out all who were buying and selling, saying: 'Take these things away; you shall not make my Father's house a house of trade.'
So, do not imitate the sellers in the temple; do not turn your body into a den of animals, or it will not be God who comes to dwell there, but inferior entities, the undesirables who like to feed on impure matter. And with such tenants, how do you think you are going to feel? **(May 30, 2004)**

Why are human beings afraid of sacrifice? Why do they reject the idea of sacrifice? Because they have the impression they will lose something. Since most often it is for others that we must

make sacrifices, they imagine that the others will gain something at their expense. No, it is just the opposite and, by thinking in this way, they cut themselves off from the source of life and joy. For those who agree to make sacrifices with goodwill and love, all obstacles fall away, and they feel as if they are enfolded in an ocean of light and transported on its waves. If only human beings were to change their mental attitude, they would discover that each gesture, each action, each step they take for others can strengthen them, vitalize them and make them happy. **(JUNE 6, 2004)**

For somebody who keeps abreast of current events the subjects I deal with in my books may seem to have no relationship to what is going on in the world. If you think this it shows that you have not understood the first thing. What I am giving you is the basis of everything: the methods, means and keys which enable you to understand and resolve all of life's problems. What good would it be for me to talk about current events? Too many people do so without ever offering a solution! I leave others to deal with events while I deal with the essentials, the underlying things that will be valid for all eternity. Human beings have a physical body, a will, a heart, an intellect, a soul and a spirit, and they find themselves eternally faced with the same problems: how to think, feel, behave, love and create - how to deal with these unchanging elements. This is the only thing that matters. **(JUNE 11, 1995)**

It is not given to many to understand the language of flowers, trees, birds, and so on. But you can all speak to them, and to rocks, lakes, rivers and mountains as well. The things you create on the subtle planes-not only by your words, but also by your thoughts, feelings, desires and gestures - are a language. In fact this is the only veritable language, for the words of this language are recorded and etched into the archives of the universe and one day they produce results. You must continue to 'talk' therefore, continue to create. The only thing you need to concern yourself about is to make your words luminous and divine, because then nature is obliged to fulfil its role and give them concrete reality on the physical plane. For nature is subject to the divine Word. **(JUNE 12, 1995)**

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)**

Get into the habit of glancing into yourself several times a day to see what is going on. This practice will enable you gradually to control all your cells, and one day you will sense that they are all working in obedience to your will. You know how firemen and police rush to the scene when there is a fire or other disaster, to put out the blaze, rebuild a bridge, clear the roads, and so on. On the physical plane people find it normal to repair the damage as quickly as possible. It is only on the inner plane that they leave debris lying about because they do not know what to do about it. You must look into yourself three times, ten times, twenty times a day to see what needs to be put right or mended and then do it without delay. If you let things slide in the hope that they will take care of themselves you will have to wait for years. In fact it is more than likely that they will never take care of themselves. **(JUNE 16, 1995)**

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How often do you meet people who, without being forced by circumstances, decide to work? It is an innate tendency of human beings to avoid effort and to unload their tasks onto others, be they human beings, animals, or machines. Today, of course, with our technical progress, they especially look to machines to do their work. As a result, some of their faculties become dulled, their will in particular. Those who want to become equal to every situation must make a habit of striving. Even if these days we can acquire many things without effort, we must resist succumbing to this climate of ease. Otherwise, what will be the result? We will be outwardly fulfilled, and that is all. Inwardly, we will have nothing; we will be lost. It is their efforts which keep human beings on their feet and full of life. **(June 18, 2003)**

Every door in your house needs to be opened with its own particular key, and because the same key does not open all doors, you need to find the correct one for each. In our psychic life, also, different keys are needed to open up doors to the spirit, soul, intellect, heart and will. You must find them and know how to use them. The three most important keys are love, wisdom and truth. Love opens the heart, wisdom opens the intellect, and truth opens the will. Try these different keys when you have a problem. If you do not succeed with the first, try the second, and if the second does not work, try the third. If you know the correct way to use them, one of these keys will solve your problem. **(June 21, 1998)**

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)**

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)**

Everything in existence attracts a little dust or grime in the course of time. A house, however special and beautiful it may be, always ends up being invaded by dust and cobwebs if it is not cleaned regularly. The same applies to our body, which must be cleaned and purified in order to ensure that no dust or cobwebs of any kind oppose the work of the higher entities, who bring the life of the divine world to us. That is why we must regularly, every day even, think not only of clearing our stomachs, our lungs and our brains, but also our heart, our will and our intellect, of all the elements that cause decay and prevent us from vibrating in harmony with celestial realms. **(July 1, 1999)**

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Each of our thoughts, feelings and desires has the property of attracting matching elements from space. Thus good thoughts, feelings and desires, when they are sustained by a firm intention, attract particles of pure, eternal, incorruptible matter. If a disciple works to draw such particles into himself every day they will fill every nook and cranny of his being and drive out all the old, sickly particles. In this way his physical, etheric, astral and mental bodies' will be completely renewed. Also, as every particle of matter is linked to a corresponding force, the purer the matter the more intensely it vibrates and attracts forces which correspond to that purity. In other words, when you replace the old, worn-out particles of your organism with newer, purer particles, you draw heavenly currents and forces into yourself. **(July 6, 1995)**

Some young people, captivated by adventure, want to travel to faraway countries to live amongst the indigenous population because, they say, they feel restricted, undermined and let down by western society, the 'consumer' society.
What is their true objective, however? Do they really want to care for people, help them to feed themselves, and teach them? Or are they just looking for adventure? In the first case this experience could be interesting, useful and beneficial, both for them and for others. In the second instance, however, they will do no good to others, and they themselves will gain nothing since their objective is not a disinterested one – in fact quite the contrary – so they will return impoverished and disappointed. In reality very few people are able to reach a deep understanding of peoples with a very different mentality from theirs, and so bring them effective aid. We can make ourselves useful wherever we are – we do not have to go to the outer end of the world. **(July 8, 1999)**

So many people mistake their own will for the divine will! An idea, a passing desire, a conviction propels them in one direction or another and they are convinced they are carrying out the will of God! As if it were that easy! And as if God had to appeal to all these highly imperfect instruments in order to make His wishes known! To know the will of God and to become an instrument of this will, you must work tirelessly to free yourself of your weaknesses and limitations, because human beings can only enter into relationship with those entities and forces which correspond to their inner lives. This explains why many, thinking they are doing the will of God, are in fact serving entities of darkness. **(July 12, 2004)**

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)**

A human being is like a monarch whose kingdom-his inner life-is the theatre of constant insurrections and civil war. He is often tossed this way and that by the contradictory claims of his subjects whose rebelliousness torments him and makes him unhappy. In order to recover our

inner peace, harmony and happiness we have to pacify and domesticate the cells of our bodies, just as we have domesticated dogs, cats and horses, or as a lion-tamer subdues lions, tigers, panthers and performing bears in a circus. Why should we not do the same with our cells? If animals, even fierce beasts of prey, can be subdued and trained surely we can train our own wild animals, our cells, and get them to pull together constructively? Of course this requires a great deal of work, great will-power, and above all great love. You need strength, patience and love to capture them and train them to become your faithful servants. **(JULY 16, 1995)**

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)**

The act of suicide is a grave offence against the life that God has given us. I am not referring to those completely exceptional circumstances which lead certain people to end their lives in order to save other human beings. I am talking about all those cases in which men and women, by committing suicide, reveal that they did not know how to put to use all that the Creator has placed in their intellect, their heart, and their will. He who has a good understanding of things knows that a higher world exists, that it is inhabited by a multitude of wise and loving creatures, and that our task is to study this world which has left its imprint on the physical world. He understands that feelings and desires are so powerful that, with patience and tenacity, he can realize his highest wishes. Finally, he realizes he can consider every difficulty as a means of exercising and demonstrating his will. Never will such a person decide voluntarily to end his life. Even misery, deprivation, sickness and solitude will not be able to defeat him. It is he who will triumph. **(AUGUST 7, 2003)**

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 reat of their lifes 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)

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)

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)**

If you want to understand the question of truth you must begin by studying man's psychic structure, which rests on three main factors: the intellect, which enables us to think; the heart, which enables us to feel emotions; and the will which, when stimulated by the heart and the intellect, enables us to act. The ideal of the intellect is to manifest wisdom, the ideal of the heart is to manifest love, and the ideal of the resulting act of the will is to manifest truth. This means that insofar as the thoughts of your intellect strive for wisdom, and the feelings of your heart strive for love, you abide in truth. And there you have the secret of truth. It is very simple. Truth has been defined in so many ways that the whole question has become hopelessly confused. 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. **(SEPTEMBER 1, 1995)**

He who aspires to being a spiritual master must fulfil at least three conditions. First, he must possess essential knowledge. Not the knowledge of what human beings have written, created or taught, but the knowledge of what is essential in the view of cosmic intelligence. Secondly, he must be determined to dominate, master and control his whole being. As long as he is incapable of pacifying and controlling every movement of his inner being it would be grotesque to calll him a master. Nature does not recognize the diplomas of human beings. It awards its own diplomas, but only to those who possess the essential science and who have learned self-mastery. Thirdly, he must know that his science and his self-mastery is to be used for one purpose only: to manifest the qualities and virtues of love for the benefit of the whole world. **(SEPTEMBER 4, 1995)**

Every joy and happiness has to be paid for in one way or another. It is only when you are in Heaven, for good and all, that you will have nothing more to pay; you will be living in the ocean, whom do you pay? But as soon as you leave the ocean, every tiniest drop must be paid for. You must have experienced this many times. After joy, pain always follows. You even expect it and when you have been very happy, something tells you that a sorrow is lying in wait. Many people are frightened when they experience great happiness. You can never be completely free from the troubles of the outside world, but you can protect yourselves inwardly. Your only sure protection is your connection with Heaven. When you are linked with Heaven, submitting to divine will, all you do is at one with the divine, and thus, spiritually, your debts are paid in full. Does God owe anything to anybody? No, everything belongs to God and if you live in God, everything belongs to you also. **(SEPTEMBER 11, 1998)**

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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 five virtues of kindness, justice, love, wisdom and truth are necessary to the harmonious development of man. There is a link between these virtues and the human organism, and true science lies in understanding this link, for a successful inner life depends on this understanding. Kindness is linked to the legs, justice to the hands, love to the mouth, wisdom to the ears, and truth to the eyes. Truth belongs to the spirit, love to the soul, wisdom to the mind, kindness to the heart, and justice to the will. **(October 4, 1995)**

You would like to resist certain temptations because you sense that, if you fail to do so, you will be drawn into disastrous experiences. But often, despite your desire, you do not succeed in controlling yourself, and you succumb. Why? Because you have not developed within yourself a love for something more beautiful, something noble which could counter your instincts. It is this love within you that will take up the fight and enable you to succeed. Willpower alone is not enough for the struggle, because sooner or later it will capitulate. It is not sufficient to say: 'I will not allow myself to be carried away, I will resist!' In order to resist what pulls you down, you must be helped by a force that projects you to a higher world: a high ideal. **(October 5, 2004)**

Why belong to a brotherhood, to a spiritual collectivity? There are many reasons, one of them being that a spiritual community gives its members the best conditions in which to transform themselves and to advance. Even if those who remain alone wish to improve themselves, they do not always have the will to make the effort, whereas it is easier in a collectivity because they are stimulated and supported. Yes, our models and our surroundings have an enormous influence on us. How many people, whether through debauchery, alcohol, drugs or crime, have done stupid things which they would not have done on their own? If we admit that a collectivity has the power to lead people into wrong-doing, why not accept that it can be equally powerful in leading them towards good? **(November 2, 2004)**

Instead of providing humanity with comfort and firearms, pandering to human instincts of laziness and aggression, science must orient its researches in another direction. Are scientists happy and satisfied now that they have provided us with increasingly efficient ways to destroy ourselves? As human beings move towards total self-destruction, they are also losing their physical stamina and mental faculties, because of all the devices that relieve them of any effort. It seems as though progress was being made, but in reality our will-power and our spiritual faculties are diminishing. As a result, thoughtful people, and even scientists, have begun to question whether all this technical progress is really helping humanity. Of course we should not try to stop progress, as the instinct which prompts human beings to research must be given a different direction. Never stop searching, never cease gaining an ever deeper knowledge of the

mysteries of the natural world, but simply orient this work differently, toward the heights, towards the spirit. **(NOVEMBER 5, 1998)**

Most people devote their days to the satisfaction of their desires and the realization of their ambitions. Do they ever question the nature of all these designs and projects? Do they ever think to turn to Heaven and ask: *'O luminous spirits, are we in harmony with your plans? What is your opinion? What do you have in mind for us? Where and how must we work to accomplish your will?*' Very few ask themselves these questions. Nothing, however, is more important for a human being than to ask the entities of the invisible world to enable him one day to carry out the projects of heaven. Because at that very moment, his whole life changes: he is no longer guided by his whims, his weaknesses, and his blindness. In his efforts to know divine will, he puts himself on a different track; he takes a direction which corresponds to God's plans, and he begins to live the true life! **(NOVEMBER 6, 2004)**

Human beings are absorbed in all manner of projects, but to what end? It is very, very rare that their efforts are directed toward becoming a servant of God, a conductor of light. It would be easy to provide them with the means to do so, but far more difficult to make this ideal the goal of their aspirations. Even God cannot give them this desire: This deep longing has to come from the person himself, because nobody else can desire in his stead, just as nobody else can feel hungry and eat on his behalf. A master can give you all the necessary nourishment, metaphysically speaking, but you are the one who must eat it, because he cannot eat for you. If a master eats on your behalf, he will get 'fatter' and you will get 'thinner'! A master gives you knowledge, but the will-power to accept and apply it must come from you. When the knowledge of your master and your own good will work together, the results will be astonishing.
(NOVEMBER 8, 1998)

It is important to learn to work with the different phases of the moon. During the waxing moon, the physical and psychic energies that nature has deposited in the human being help him to manifest as a conscious, active, and self-willed being. Then, during the fourteen days of the waning moon, his energies tend to withdraw in order to nourish his roots, that is to say his stomach and sexual organs. His appetite and sensuality increase during this period, but his mental activity tends to diminish.
Since these alternations exist, we should know how to use them. For example, it is better not to begin new enterprises during the waning moon, because there is the risk that they will fail or meet with great obstacles. But whatever the phases of the moon, you can use them to do psychic work. For example, during the period of the waning moon, you can work on certain weaknesses, certain faults that you wish to get rid of, repeating: 'As the moon wanes in the sky, in the same way may such and such a weakness within me decrease and disappear.' And conversely, during the period of the waxing moon, you can concentrate on the qualities that you wish either to reinforce or to acquire. **(NOVEMBER 9, 2003)**

When action is necessary, a wise man begins by reflecting on every aspect of the problem he must solve. Next, he calls on love, meaning, his interest in the required task and his desire to accomplish it. Finally, he begins working to make his project successful. So, once a wise person has thought over his plan thoroughly and well, he strengthens and vivifies it with his love and, finally, he achieves a successful result through a will of iron. Unfortunately, most human beings proceed from back to front, abruptly throwing themselves into action before studying the project, and then, of course, running into difficulties. Suffering and complaining, they begin to reflect on the reasons for their setbacks. But it is too late. They should have reflected to start with.

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(December 2, 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)**

'*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)**

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Encyclopedia Initiatic Science

Book 68: Pride and Vanity & Dissatisfaction

Pride and vanity are generally linked, *but there are differences between the two of which we must be aware.*

Vanity shows itself good, kind and generous; *it goes everywhere so that it may be seen, it does good so that it may be noticed, it is helpful so that it may be appreciated. But there is not doubt that it is often harmful to those who manifest it, because it destroys them.*

Pride*, on the other hand, is of no use at all, neither to the individual nor to those around them, because it pushes people to become harsh and contemptuous. A person who is driven by pride wants to be appreciated and respected without doing anything for anyone else.* ***Satisfied with the good opinion they have of themselves****, they do not go and parade themselves to the world, they want the world to come to them and discover them. And* ***when they find that people neither respect them nor approve of them, that they are not seen as a superior being, they close up and become morose****.*

With a person who is ***vain*** *there is at least some light; it may be somewhat hazy, but at least they are doing something to make it shine. The person driven by* ***pride*** *is gloomy, dark, without any light. They are under the influence of Saturn whereas the vain are more under the influence of Jupiter.*

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.

Pride is considered to be a fault and humility a virtue, but the spiritualist must find a perfect balance between pride and exaggerated humility. He should not stay totally in the background under the pretext of humility, as he will become dull, colorless and stupid. But it is not desirable either that he be too conceited on the pretext that he follows a spiritual teaching, as not only will he become ridiculous, but also fanatical and wicked. To be moderate is one of the most difficult tasks in the world. Even in initiatic schools of the past, very few disciples avoided giving way to pride or exaggerated humility – which is so often nothing but hidden pride! So be careful not to fall into the same trap. You must know how to be dressed like a king while remaining a humble servant.

Book 68: Pride and Vanity & Dissatisfaction

True Christianity basically concerns a work with the mind: prayer, meditation and contemplation. Unfortunately, it has been a long time since Christians had the ideal of Jesus; instead they adopted the ideal of the Church. They have neglected the great truths and most important dictates of the Gospels, and what took their place? Jesus said: 'Be perfect as your Father who is in Heaven is perfect.' These few words are amongst the most essential ever spoken about the divine predestination of man.

Does the Church really worry about that? No. And if someone is inspired by the spirit of the Gospels and decides to work at coming closer to the perfection of the Heavenly Father, there will always be priests and ministers who will say, 'What arrogance! It's insane!' Of course ... the teaching of Jesus about perfection leads to pride and insanity! According to them, a person must be humble and reasonable: go to mass on Sunday, take a few drops of holy water, mumble some prayers, receive the host and give away a few pennies. And if that person goes home still as nasty and dishonest as ever, it does not matter. Well, unfortunately, the best proof that this understanding of the Gospels is inadequate is that people are not becoming better beings.

Nothing creates so many conflicts among human beings as disagreements about ideas. People are ready to accept one another's weaknesses and defects, but as soon as their political, philosophical or religious ideas diverge and oppose each other, it is war! How many people are capable of sacrificing their blood or that of others simply so their opinions may triumph! Study history: how many exceptional beings have been despised or even persecuted by their contemporaries for the sole reason that they differed in their points of view. Their heads were chopped off as if they were common thieves, with no consideration for their wisdom and moral worth. It is pride that blinds human beings to the virtues of a person whose opinion they want to attack. Pride incites people to rise up against one another, whereas humility, a state in which we recognize that we are not the only ones in the right, restores harmony.

Pride makes human beings poor, and humility brings them wealth. Yes, see how a proud person behaves - he is self-inflated and puffed up - whereas a humble person has emptied himself. It is precisely this emptiness that attracts plenitude, because as soon as there is a vacant space, a force rushes in to fill it. One must be humble to attract God, because God cannot enter those who are already full: they have to be empty before he can enter. If you say, 'I am stupid and You are wisdom, I am poor and You are riches, I am weak and You are power,' you are already creating space inside yourselves, and God will hurry to fill that space. Whereas if you take pride in your own virtues and abilities, you will never be visited by God. He will say, 'Well, since you are so pleased with yourself, stay as you are - you have no need of me.

Certain revelations in the Gospels can be considered dangerous, because the meaning of Jesus' words is not easy to understand for people who lack true initiatic understanding. 'Be perfect as your Heavenly Father is perfect', or 'You are gods', or again, 'He who believes in me, the works that I do he will do also; and greater works than these will he do.' How are we to understand these words which present man in such a sublime light? These revelations have been written down, copied, and printed for centuries, and the task of the Church was to explain them in order to prepare human beings for their realization. But instead, the Church put them aside: to explain to human beings that they are gods, that they can reach the perfection of their celestial Father, would turn them into monsters of pride! Well, it is very charitable of the Church to want to protect human beings from pride ... as if they had not found many other ways of becoming proud! When we do not explain to human beings the principles on which to base their faith, they eventually declare that they have no need of God and claim to sceptics or atheists. What would you call that? Humility or pride?

It is said that God humbles the proud and elevates those who are humble. All those who rely only on themselves under the pretext that they have some intellectual powers are, in reality, arrogant: they rely too much on their limited brains, so the Lord cuts them down in size by taking away some of their capabilities. Whereas those who do not have this absolute confidence in themselves and say to the Lord: 'You alone have light and knowledge. Enter inside me, Lord, inspire me!' - it is they who are truly humble. This humility makes them more clear-headed and more intelligent, and the mysteries of the universe begin to be revealed to them.

Pride is a fault of the intellect. Those who rely too much on their way of seeing and understanding are arrogant. They never consider the possibility of another point of view, or think they could be mistaken. Oh no! They are perfect. Well, that attitude is extremely detrimental, because over the years it diminishes their mental capacity and ossifies their thinking.

There are people who decide to do away with themselves rather than face up to trials and suffering; they do not know that, in fact, the consequences of this action will lead to much harder ordeal. Nobody has the right to decide when he will die, because if he does, he is a deserter and will have to pay with further suffering. If people try to enter Heaven before their time, they will be told to go away because there is no room for them, and they will be obliged to wander in the lower astral plane for as long as they were destined to live on earth. Someone who decides to commit suicide demonstrates a seriously flawed frame of mind. First, it shows that he is ignorant: he does not understand the reasoning behind the trials he must experience. Next, he is proud: he thinks he knows better than Heaven what he deserves. Finally, he is weak: he cannot put up with difficulties. Now it is clear: someone who commits suicide is ignorant, proud and weak. In addition, he has abandoned his given role in life and this displeases the divine world. Heaven cannot respect somebody who does away with himself, because in doing so, he places himself above the Lord of all destiny and must, in consequence, submit to great suffering.

Those who demand their freedom and believe they are not bound to respect any law cause the doors of divine world to close before them, and one day the earth's doors will close before them as well.

Someone will say: 'But I bow neither before God nor human beings, and no doors have closed to me; I am received everywhere.'

This is because you are blind, my friend; you cannot see that the doors on high are already closed to you, and that those below will close to you as well. This will take some time, of course, because consequences do not appear immediately. First, a kind of decree

is voted on in the world above, but a certain amount of time elapses before it is put into effect below.

With their theories about freedom, people who accept neither moral nor spiritual authority close themselves to everything that could help them, and they are adrift without compass or protection. They do not see the physical and psychic dangers that threaten them, and they lead one another to destruction.

To be humble is to look up to those who are much more advanced than oneself. Looking at them we are led instinctively to compare ourselves to them, and when we see how small we are we begin to feel humble. But we must not be content simply to stand and look at them. We too must go forward. True humility should urge us on to perfection, for it is when we imitate those who are more advanced that we start to make progress. It is when we want to be as perfect as the Lord that we are truly humble. Some people say that, on the contrary, this is pride, but they are

wrong. How could Jesus, who insisted so much on humility, urge human beings to be proud by telling them, 'Be perfect as your heavenly Father is perfect?' No. Think about it. It is when your ideal is to become perfect as God is perfect that you will begin to grow in true humility.

Human beings do not seem to be aware that their attitude toward the divine world determines their destiny. Instead of bowing before the grandeur of God and glorifying Him, they are adopting increasingly careless and disrespectful behaviours which thwart His plans and introduce chaos in His creation. Man's worst enemy is pride; it is this self-important and arrogant attitude which leads him to his downfall. If he wants to save himself, he must learn to regard creation as sacred, to vibrate like the Aeolian harp with each breath of wind, with each current from heaven, to commune with the universe, with the Universal Soul and with the Cosmic Spirit. During this exchange, energies from the higher world work on him: elements of the greatest purity flow into his soul, while the dark elements leave and are absorbed in immensity.

So many murky layers lie between our ordinary consciousness and our divine consciousness! This is why our most important work is to apply the methods that will enable us to break up the deposits within us, the slag which blocks the manifestation of wisdom, strength and divine love in us. The alchemists of the past sought the universal solvent. Why? Because they wanted to dissolve the dark matter within them, the negative instigator and dangerous conductor which blocks our union with God. And do you want to know what the best solvent is? Humility. But this solvent acts effectively only if we know why and how we must be humble; it is not by diminishing and disparaging ourselves without discernment. When it is misunderstood, humility can cause as much harm as pride. True humility enables us to dissolve our lower nature in order to identify with the Divinity.

Someone who is truly directed by a high ideal is never discouraged. The mere presence within him of this high ideal that feeds and guides him makes him happy. He knows, he feels that he is walking on the right path, that nothing will ever hinder his progress, and this is enough for him – even if he takes some wrong steps on this path, which is inevitable. Because to decide to walk on the right path does not mean we are able to continue without stumbling. At the slightest mistake, at the slightest stumble, many lament: 'Oh! I will never succeed, I am stupid, incapable, weak and despicable.' These are the reactions of misplaced dignity, wounded pride. So, even if you make mistakes, even if you go down, do not stop; get up again and go forward, despite your weaknesses, your falls, your failures and mistakes.

Without reflection, without having first studied the matter, most people are in the habit of pronouncing judgements such as: 'In my opinion, this is false… in my view, this is stupid.' The poor things do not see what dangers they are exposing themselves to. On what grounds do they say 'in my opinion'? As if this 'me' possessed the absolute truth. What pride, what presumption! Good Lord, they should demonstrate a little more modesty! When they know what has been said and achieved by others who surpass them, when they have studied the same things and have had the same experiences, then yes, they will have the right to say 'in my opinion', and not before. Of course, we cannot prevent people from saying 'in my opinion'; everyone says it. But, in doing so, it is they who classify themselves as presumptuous and ignorant.

The disciple must take measures in order to ensure that his lower nature does not get the better of his divine nature. When he succeeds in a particular area, he must tell himself: 'It is not I who deserve the credit, but You, Lord,' otherwise he risks falling into the trap of arrogance. When you

receive praise or you are being congratulated, be on your guard, do not allow yourself to become swollen-headed, but keep saying to yourself: 'It is not I who deserve the glory, but You, Lord.' Other people often unintentionally set you traps, and you could take their compliments so seriously that you become arrogant and pretentious, which poses a threat to your personal evolution. You must work for the glory of God, and if you are praised, transfer this praise on to Him: That is how your impersonal, disinterested side can develop. Heaven appraises you according to your attitude in order to know in whose name you work. Nothing is more important for a disciple's true glory than glorifying the Lord.

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.

You always demand wisdom, kindness and honesty-perfection in fact-of others, but what about yourself? You never question the rightness of your own behaviour.

There are not many perfect people in the world because everybody reasons in the same way. They all expect others to be perfect while they themselves can stay as they are!

If you are not convinced that this is so I suggest you listen to the radio and television and read the papers: you will see that everybody criticizes and condemns others while asserting their own righteousness. And the same can be said of your day to day contacts with others.

But in an initiatic school the situation is reversed. Here we learn that the thing that matters is to deal with oneself, with one's own faults and failings and mistakes, and to leave other people in peace.

Dissatisfaction … is this another (hidden) aspect of pride?

Towards our heavenly parents, life … the LORD?

… because you are convinced that you deserve more than you have right now? More whatever it might be?

Here you get some thoughts to reflect on and I do hope that they motivate you to reflect upon … that they might help you changing your mind and opinion.

Have in mind, that it is said that earthly living is a school in which we have to develop talents, virtues and qualities, we are unable to develop in other circumstances!

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Observe yourself and notice that you always tend to identify with your physical body: you act as though its needs, its satisfactions and dissatisfactions were your needs, satisfactions and dissatisfactions. Your physical body is nothing more than your vehicle. Because human beings confuse themselves with what they are not, they have such difficulty finding themselves, and they put themselves in jeopardy. The physical body is perishable, and, if you identify with it, you perish with it. Whereas, if you identify with your immortal spirit, you become a spark, a flame; you free yourself from your earthly weight and succeed in overcoming all difficulties.

Human beings do themselves a great deal of harm by identifying with matter, which is corruptible and ephemeral, instead of identifying with the spirit, which is unchanging and eternal. The physical body is only an instrument which has been given to us so we can live on earth, while our spirit, which leaves the body at the moment of death, continues its journey in the infinite.

To remain for long in the grip of negative thoughts, emotions and feelings is dangerous for our psychic equilibrium.

Of course, life does not have only good surprises in store for us, and no one can avoid feelings of disappointment, dejection, and irritation at one time or another. But when this occurs, strive to do everything possible to rescue yourself quickly from this state, or you will end up bound hand and foot, completely overwhelmed.

Take advantage of the window of time in which you can still easily extricate yourself.

You cannot free yourself by staying put and struggling, because you are not equal to it.

Since struggling in the dark has never made the light shine forth, you must leave.

So that unhappiness, jealousy, bitterness or anger do not get the upper hand and destroy you, try at once to call up those thoughts and feelings which will project you into the light, into love and peace. In this way you will be saved.

During the course of the day, you see nothing wrong in expressing discontent or irritation for any number of reasons, some more valid than others.

Don't you realize that with all these negative states your life ebbs away and you enter a current of death?

Yes, the first stage of death is discontent, for if you do not take precautions discontent becomes sorrow, and sorrow turns to suffering. This suffering, which at first touches only the psychic plane, eventually reaches the physical plane. One day it becomes illness, and illness gradually leads to death.

There are obviously many stages between discontent and death, but in time one leads inevitably to the other.

Contentment, on the other hand, puts you in the current of life.

Those who are content are full of gratitude towards heaven and live in peace. This peace gives them strength, strength brings them fulfilment, and they begin to taste eternal life.

We sometimes feel that immensity is our soul's true homeland, and this feeling is not an illusion; it originates in our psychic structure.

That is why those who refuse to take the needs of their soul into consideration will always feel a sort of dissatisfaction deep inside. Even if they have wealth, honour, success and glory, they will

always sense something is lacking. And it's useless to try to deny or repress this feeling, for it exists to force us to walk along the path that will lead us to the source of light.

We are unable to see, hear, touch, explain or reach God. And yet we are filled with the irresistible need to set out in search of him.

It is God himself who has placed this need within us, so that we never stop advancing. For that's what really matters: to never stop.

The day humans learn to weigh life's small contradictions against all the good that fate has generously dealt them, they will feel nothing but gratitude. Until then they will continue to torment themselves, comparing the so-called 'little' they possess with everything that those they see as more privileged possess.

Well, these comparisons are invidious.

If you must make comparisons between yourself and others, why not see all the advantages you have, when so many human beings in the world have to suffer persecution, wars, epidemics and famine?

Ingratitude and constant discontentment are signs of a lack of intelligence.

Why do so many people see only reasons for unhappiness, wherever they look, instead of realizing that heaven showers them with blessings?

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You can work for many hours with love, and feel no fatigue.

But work for only a few moments in a state of discontent, anger or rebellion, and everything inside will become blocked, and you will feel exhausted.

You must learn the efficacy and power of love. Everything you do, you must do with love or not at all.

Whatever you do without love wears you out and drains you, so you should expect to run out of energy. The result of working without love has the same effect as a dose of poison.

You say there are some things you dislike, but that it is your duty to do them.

Agreed that you do not enjoy everything you have to do, but try nevertheless to work with love. It is up to you.

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.

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Words are a two-edged weapon, able to enlighten, help and liberate, as well as to destroy and massacre.

Often when people have destroyed someone with reproach and recriminations they claim to have done so, 'For that person's good. He needed to hear it. I was only being honest.' In truth, however, such people need to express their irritation or dissatisfaction and they use 'a person's own good' and 'honesty' as a pretext.

Why can they only be honest under the influence of anger?

They may give all the reasons they like, but people cannot have a good influence on others by means of words until their motivation is truly disinterested and spiritual.

Many artists, whether painters, musicians, novelists or playwrights, have destroyed some of their works in fits of depression, even though these may have been of great merit.

That is a pity, because in doing so they deprived the whole world of their masterpieces and harmed themselves as well.

Why did they do this? Because they were concentrating too much on themselves, on their own difficulties and problems. Not knowing how to extricate themselves from this self-centered attitude, they failed to connect with all the goodness and beauty in people and nature.

Only this could have prevented them from destroying their works in a fit of dissatisfaction.

A truly spiritual person is not satisfied with himself, but he finds happiness in the works of God and marvels at those who serve Him, and in this way he remedies the sorrow caused by his own imperfections.

Wherever you go you meet people who are dissatisfied.

And where does this dissatisfaction come from? From the fact they have not understood they need to have a high ideal, a divine idea to illuminate and purify their inner atmosphere.

So, whatever they do, they end up suffocated, imprisoned. Even on holiday, even in the best possible surroundings, in the mountains, at the seaside, they remain in the same deplorable state. Yes, even away from their office, their workshop, their factory, they continue to feel unhappy and lifeless.

Why? Because inwardly they have cut the connection with Heaven.

As soon as the connection with Heaven is cut nothing material can bring comfort; they will continue to suffer what ever they do.

Of course it would be foolish to claim that the life of factory-workers for instance is a bed of roses, and that society is not riddled with injustices which must be put right. But that is a different issue.

If you consider carefully you will see that even if major improvements are made on a material level, the same dissatisfaction – or worse – will persist because without the connection with Heaven people will always find a reason to be unhappy and complain.

Just look at the number of material problems which have been resolved over the years, yet people do not think themselves any happier or more satisfied.

Proof that they are still lacking something.

Ahm … does this go hand in hand also with superficiality and arrogance?

Did you ever think about that? If these two vices do have a relationship with pride?

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Remember: how much work would you have saved, how much time, if you had done what you needed to do with more care and more attention?

… if you would have listen more carefully!?

or … if you would have read with more care!?

…

Arrogance and superficially … lack of care … let us have a closer look on these two attitudes!

Why does love fail to bring human beings the happiness and fulfilment they expect?
Because they are not aware of everything that comes into play the moment they meet.
A man and woman are introduced to each other: they discover they have certain things in common, and after a while, they decide to live together. They believe that in doing so they will fill the void they feel within them.
No, because this attraction that propels them towards one another is not a superficial need that is easily satisfied but the manifestation of a cosmic phenomenon that relates first of all to their soul and spirit.
That is why, before a man and woman come together on the physical level, they must first meet on high in the divine world, in the world of light.
It is this condition that must be fulfilled in order for them to find plenitude; this plenitude which will produce creations of astounding beauty in every part of their being.

Most human beings find life monotonous and empty. Because their understanding of reality is too narrow and superficial.
They judge people and things according to what they see on the surface, and they imagine that this is sufficient for everyday life.
You only have to see the attitude of men and women towards each other: When they have lived together for a while they think that there is nothing more to discover in each other, and for this very reason they fail to discover anything new and become bored with each other.
But the cause of their boredom is in themselves, not in the other.
They have closed themselves to the currents of life and are now incapable of perceiving the subtler dimensions of other beings, of communicating with their soul or spirit.
Human beings are alive; nature too is alive; but if we want to be in touch with that life we have to refine our faculties of perception.

Even if they enjoy their job, people's professional activities only affect them superficially.
All the powers bestowed on them by the Creator cannot be awakened by working in an office, in a factory, in a shop, or doing research work in a laboratory or teaching children, unless they work with their thought, feeling and will to give their activities a deeper meaning, touching the roots of their being.
So, from now on make sure your activities work towards one and the same goal and make this goal perfection, your perfection.
You will then activate within you powers that will transform you to depth of your being.
Make up your mind to begin this work, the only truly useful work, and try to enjoy it to the point where not a day goes by without you feeling that through your activities you have been able to actuate beneficial forces within you and all around you.

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Jesus came to tell human beings that God is their Father. But instead of reflecting and looking into themselves to find traces of that divine filiation, they limit themselves to a superficial, childish interpretation of Jesus' words.
God is their Father?
But, this is extraordinary! If our Father is all-powerful and overflowing with love, we can ask everything of Him!
So they behave like spoiled, capricious, demanding children, convinced that God will always be understanding and indulgent, whatever they do.
They will approach Him, covered with mud, and will only have to say: 'Dear God, I have been wading in the swamps, but I believe in You. Forgive me, for I know that You are kind and merciful', and God will enfold them in His embrace.
No, a few words and pious sentiments are not enough.
God will send them away, telling them to first clean themselves up.

To have faith means to carry out experiments every day which allow us to feel the reality of the divine world. For faith, too, must be nourished.
It is nourished progressively as we become conscious of the riches God has deposited in everything around us: the earth, water, air and light, and as we strive to work with them.
What good is it to recite that we 'believe in God, creator of heaven and earth' if we fail to use this heaven and this earth to help reinforce our faith in him?
We are unconscious, negligent and superficial, we sever our ties with the source of life, and then we say: 'Nothing has meaning, there is no God.'
In fact, if you simply learned to eat and breathe consciously, this meaning would reveal itself to you, and you would feel the divine presence. When you have carried out certain experiments, you will be compelled to feel within you and around you the presence of this divine Being, the Creator of the universe.

Think of life, how it bursts forth, how it flows, how it quenches the thirst of the universe and all its creatures, how it moves through you.
By means of this sensation, this way of understanding life, you will truly enter into relationship with God, your Creator, your Father. Until then you can only have conceptions of him that are false, because they are superficial.
Search for God within you, in this life he gave to you. Do not be satisfied with what others have said about his existence or non-existence.
Otherwise you will spend your time weighing the pros and cons, asking yourself questions.
One day you will believe, another day you will doubt… and in this way you achieve nothing.
Discover the life that springs forth and flows within you, and you will no longer ask questions about the existence of God.

In the form of myths, all religions reveal in some way the divine origin of humankind. At some point in history, however, the conviction that certain races or categories of people were inferior found its way into some of these religions, and they began to exclude or oppress them.
Jesus was so exceptional because he came to proclaim that whatever their race, culture or social status, all human beings are essentially equal before God.

The inequities they manifest are only superficial and fleeting: their physical, intellectual, moral and spiritual qualities, the events of their lives, everything which, one way or another, makes some of them seem privileged and others not, represents only a moment in their evolution.
Human beings are brothers and sisters by way of the life they share, by way of the divine life which flows in them. This divine life makes them brothers and sisters of all creation as well."

Social status, diplomas, bank account, house, clothes, jewellery… These are what people focus on most in order to impress others.
This is an extremely superficial attitude and obviously not one to be recommended, and yet it is a reflection of what takes place in the spiritual realm.
There, those who are richer, more beautiful, nobler and stronger than others in the domain of virtues earn the attention and care of heaven.
But humans have forgotten this notion of nobility and spiritual wealth. They have maintained criteria that are exclusively material, unaware that the forms in the world below reflect those in the world on high.
By attaching themselves to physical appearances alone, they have forgotten that all wealth, beauty, grandeur and power of a material nature are pale reflections of an infinitely superior world which they must strive to attain. "

Despite the fact that they encounter each other every day, human beings have no more than a superficial view of one another.
They focus on what they see, and often what they see is not all that wonderful. They forget that beyond this appearance there is also a soul and a spirit, and, even if this soul and spirit rarely manifest, they are there and always have the potential to appear and express themselves.
Once again I must remind you that having such a superficial regard for people is no proof of intelligence.
A sage, who knows that men and women are sons and daughters of God, dwells on this idea and approaches all beings with this in mind.
In doing so he becomes a creator, for he develops the divine aspect in everyone he meets, and he takes joy in this.
Believe me, the best way to treat others is to discover their qualities, virtues and spiritual riches and to concentrate on them.

Humans do not really see the riches of the world around them.
Why not?
Because they have a materialistic, and therefore superficial, view of it: they only look at how they can make use of scientific discoveries for their own satisfaction. And for precisely the same reasons, they are unaware of how they could make the most of their own body.
Our lungs, heart, ears, eyes, hands, liver, feet and so on are great riches, which most people do not know how to use.
Driven by forces they are unable to control and which they are not even conscious of, they amble aimlessly here and there, swinging their arms and legs, listening to this, looking at that, chewing away at whatever they've put in their mouth.
Materialistic philosophy has obscured their vision to such an extent they no longer have any notion of what true life is. It's time they understood how to make use of the resources of nature and of their own body in order to grow in spiritual stature.

If humans had not understood the advantages of organizing themselves into societies, they would still be spending their days in the forests looking for food. As soon as they saw how useful it was to come together to pool several arms and legs, they benefited from this new situation, and now everybody is at the service of everyone else and can benefit from everything.
In reality, however, humans have resolved the problem of collective life only superficially.
Externally, they may live organized into societies, but inside themselves they have remained isolated, separate, aggressive and hostile towards one another.
This is why work still needs to be done inwardly, spiritually, if human beings are to succeed in forming a true ideal society, a universal brotherhood on earth. Then they will have attained the sublime consciousness of unity and will live in plenitude.

… so, dear Reader,

I hope I gave you enough examples to have answered the question I asked at the beginning:

Do you agree with me that Superficiality *is nothing else than another form of expression of* Pride and Vanity*?*

If human beings – every one of us, me inclusive – is less proud and superficial … couldn't we be a real blessing for the whole world?

What do you think?

Could that be a reason to change mind and attitude?

Try to understand me, and not only will you cease to be astonished when I tell you that I look for the divinity which lives in every man and every woman, but you will try to do as I do. It is by behaving in this way that we show our respect for the works of God.

Because I admire the wisdom of the Lord, I sense something infinitely beautiful and precious in every being which deserves to be considered and loved.

Too bad if some of you make fun of my attitude and think that I live in a world of illusion! On the contrary, I know that I live in the true faith which rests in eternal truths. One of these truths is that God created man in His image.

So, by seeking the divinity in each man and in each woman, not only do we show the Lord our faith and our love, but we also intensify His presence within us.

Book 68: Pride and Vanity & Dissatisfaction

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Publisher Love(+)Wisdom(=)Truth

Encyclopedia Initiatic Science

Book 70: The Power of Thought

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Book 10: The Power of Thought - Working with Thoughts

Publisher Love(+)Wisdom(=)Truth

Thoughts for the First Day of The New Year

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)**

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)**

Today people gather all over the world to celebrate the first day of the year. In what state of mind do they gather? What idea or projects do they have in mind? Are many of them conscious that the most essential work Heaven requires us to do is to participate in the coming of the Kingdom of God and His righteousness on earth?
I have talked to you so many times about this important work! Try not to let your thoughts wander, always bring them back in one direction: justice and peace in the world. Even if we are not numerous, forces and energies emanating from us will accumulate in the divine reservoir and one day will give results. When? That should not be a preoccupation. We gather to ask for the Kingdom of God. Suppose our thoughts and desires do not succeed in attracting the Kingdom of God for the whole earth, it will at least come and dwell within us. It will be given to us because we will have worked for it. We have nothing to lose if we work for a high ideal.
(JANUARY 1, 2001)

You do not know all that your love can do for you, and you are satisfied to focus it only on a few earthly creatures. Obviously it is not wrong to direct your gaze, your thoughts and your feelings toward human beings, but this is very limited, and you cannot even be sure they will benefit from it. So, as often as possible, think of sending a smile, a look, a feeling of love to all the luminous creatures in space, saying to them: 'Oh, you who live in immensity, I love you, I understand you, I am in harmony with you.' Perhaps no one on earth will notice that something was sent into the

cosmos, but these entities will receive it, rejoice and send this love back to you a hundred-fold. This is true exchange, true communion. It is fusion with the universal soul. **(JANUARY 2, 2003)**

HOW TO THINK

WHILE DOING THE HOUSEWORK

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)**

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

Put an handkerchief into a perfumed box, then take it out some time later, and it will have absorbed the perfume. Your thoughts, just like that handkerchief, are impregnated by the emanations of all your usual preoccupations. So if you concern yourself with unpleasant matters, do not be surprised if what you emanate is equally foul-smelling. I am not joking: this is an immutable law. Pay attetion, therefore, to the books you read, the films or plays you see, and to any conversations you may have, because they will always produce a result. Try to choose only profound and enlightening subjects, even if they are still rather beyond your present capacity to understand. If you do this, the results will be wonderful, because there exists within you an omniscient being who knows everything, and who, one day, will help you to understand all that is still beyond your comprehension. **(DECEMBER 18, 1998)**

Human beings have an extraordinary instrument at their disposal: They have been given thought; but they do not use it. Instead they are content with moaning about all the things they lack. You need beauty, poetry, silence, smiles, kind looks, and kind words? Well, instead of complaining about the fact that people are not giving you these, you should come to realize that you can create them instantly through thought. You will say: 'But there's nothing; I can't see anything.' Of course, if you wait to see them materialized, it will probably take centuries. But they

exist in the mental plane. And this is the reality you should hold on to. Imagine a hypnotist gives you a piece of paper, saying: 'Here is a rose. Smell it.' You will go into raptures over the wonderful fragrance of this rose. You have captured his thought and his thought, together with the words he has used, has already created the rose in the subtle plane. He has succeeded in projecting your consciousness to the subtle plane and you smell the rose with your psychic sense of smell. So, why not use this method on yourself to extricate yourself from your negative states? **(SEPTEMBER 12, 2002)**

To make changes, both within yourself and throughout the whole world, you must scale the highest peak of your interior mountains. This interior summit is your causal body, and it is to this zenith that you must raise yourselves to articulate your requests and desires. Here your wishes will become impregnated by the matter of these high regions, which is purer, more subtle and consequently more powerful than any other. In this way you will be empowered to transform yourselves and also to bring real changes to the whole world. **(SEPTEMBER 12, 1998)**

In the same way as you can turn the knob on the dial of your radio and pick out the programme you want to listen to – music or the news, etc. – you can also tune in inwardly to the station of your choice. If, by mistake, you get on to the wrong wavelength, you may hear screeches and wailing and a horrible din, but then, all you have to do is to change immediately to a different wavelength: by your thought and imagination, push the right button – nothing easier – and you will find yourself tuned in to Heaven. This is what you are doing when you pray, you are tuning in to the shortest and most rapid vibrations which put you in touch with the Lord, and it is in this way that you modify the movement and vibrations of every particle of your being. To pray is to trigger a positive, luminous, divine movement within you. **(NOVEMBER 1, 1988)**

The true creator of a dwelling is the architect, he who draws up the plans. Even before it exists as a visible, tangible reality it exists in someone's mind. It only remains to be built, that is to be given form with the aid of all kinds of materials. Creation precedes formation and it takes place high up in the invisible world, on the mental plane.
The creation of the world took only an instant; it was the formation that took time. It was with formation that time came into being. This is why we speak of the six days of creation, but these six days are symbolic; they represent the time of formation. Creation on the other hand is instantaneous. It belongs to the realm of eternity. **(SEPTEMBER 12, 1995)**

Thought is invisible, but it is material. Yes, every one of our thoughts is made of material that is extremely subtle and has the ability to travel through space at a speed greater that the speed of light. It is therefore possible to use it to travel in the universe, to travel to the sun, to the stars, to unite with the celestial entities, draw strength and light from them and receive revelations. The day you will get your thought used to doing this work, you will feel that you are truly beginning to live your existence as a cosmic citizen. **(SEPTEMBER 24, 2002)**

If human beings were not so inaccessible, so self-centred, they would become conscious of an invisible world inhabited by beings who live near them and mingle with them. Yes, it is through your thoughts and feelings that you attract these creatures. You must understand that whether you are alone in the midst of nature or in your room, you are never really alone; these entities share in every moment of your life. Human beings who work for the good are accompanied by luminous entities which rejoice with them and, often without their knowledge, give them glimpses

of the solutions to their problems in times of difficulty. But if people make an effort to be conscious of these presences, they will benefit from them even more. **(SEPTEMBER 27, 2003)**

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. **(SEPTEMBER 26, 2002)**

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)

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)**

An escalator begins to carry you up or down the moment you step the foot on the first step, you break through a beam of light and this simple action causes the huge escalator, weighing many tons, to move.
The same thing takes place inside us: Each of our thoughts and feelings cuts through a beam of light somewhere, setting various appliances in motion within us. And are you then surprised that this inner state that caused the descending motion of your escalator. If you think that your thoughts and feelings are unimportant, you are wrong: Every inner state propels us either

upwards or downwards. So pay attention, be vigilant and carefully watch over all your thoughts and feelings. **(OCTOBER 3, 1998)**

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)**

You are always dwelling on past mistakes and sufferings but, instead, try to look to the future. Think that you are a son or daughter of God and that your destiny is to come ever closer to your celestial Father, to manifest His qualities. Imagine this extraordinary state of blossoming, joy and fulfillment, and already you will be able to taste your destiny, you will have made it real.
When you are faced with an experience you dread – sitting an exam, undergoing surgery, appearing before a court – you worry for several days beforehand wondering how it will work out. And when you think you are about to meet your loved one, you can already feel the joy. So, if thought can make you anticipate the very near future with pleasure or otherwise, then why not the far distant future, also? The power of imagination is a reality and all disciples must learn to use it to speed up their evolution. **(OCTOBER 17, 1999)**

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)**

Thought can only be powerful if it is concentrated. If you allow thought to drift, to wander, to roam, it becomes weak and useless. Concentration is vital in spiritual life and you should practise it tirelessly for many years. Life is littered with examples of how effective concentration can be. You may for instance, just for fun, have concentrated sun rays on to a magnifying glass to set light to a piece of paper. So learn to transpose this phenomenon to the psychic sphere and you will come to understand that once thought is concentrated on a single point and is kept there sufficiently long, it can 'set light' to materials in the emotional, mental and spiritual worlds.

Book 10: The Power of Thought - Working with Thoughts

(November 1, 2000)

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)**

Without the mind, without thought, feeling is blind. And so, even if it is driven by the best intentions, it inadvertently ends in disaster. Yes, indeed, even good feeling can only bring sorrow and pain if it is not guided and enlightened by thought. Whereas if thought begins to guide and enlighten feeling, then even bad feeling can be transformed and do good, because thought is above everything. Heaven has given each one of us a divine cord, a ladder with which we can elevate ourselves to the higher regions. And this ladder is thought. **(November 20, 2000)**

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)**

Through our thoughts and our feelings we have the ability to act on our behaviour and conversely, with our behaviour we can act on our psychic life. Let us suppose that you had been forced to live for some time in an atmosphere full of noise, disorder and futility and you did not have the time or the inclination to meditate, pray or gather your thoughts, with the effect that these conditions have furthered the manifestations of your ordinary tendencies and this is already being reflected on your entire behaviour. You must then reverse the situation, saying: 'With willpower, with certain gestures, with certain acts, I shall call upon the light and love that will then once again flow within me and I shall find inspiration again.' And as you do so, you will gradually feel the same good inner states you had in the past, the same fulfilment return.
(December 11, 2002)

Thought is an effective instrument for repairing damage on the psychic plane, but not for curing disorders in the physical body. Even if the results are not immediate, someone who knows how to work with thought can succeed in overcoming grief, doubts, and anxieties. But to be able to influence the physical body is quite another matter. For this you have to be capable of materialising your thought, and this requires exceptional powers and great knowledge. Thought can affect matter only if it is highly concentrated and condensed. So many people come to tell

me that they have tried to heal themselves through concentration and visualisation but have achieved nothing. Well, of course! Before you are able to heal through the powers of thought, you must work for a very long time on the intermediaries between the mental and the physical planes. And in the meantime, you have to accept the fact that physical illnesses can be treated effectively only by physical means. **(SEPTEMBER 8, 2003)**

On the physical plane, matter is heavy, dense, opaque and difficult to shape. Special tools are needed to cut and mould wood, iron or stone for example. On the psychic plane, on the other hand, matter readily takes whatever form you want it to; you only have to set your mind to work. Man does not know this and he cannot see it, but his thoughts are constantly making and modelling all kinds of forms. The only thing is that psychic matter is so subtle that although it is present here, on the physical plane it does not have the power to touch or change the physical matter. Before it can affect objects or living beings it has to be condensed. And this is possible: If a person works at his mental creations for a long time, and even adds some particles of his own matter to them, he can clothe his thought-forms in physical matter. **(SEPTEMBER 9, 1987)**

Think about the way some people are affected by the sudden announcement of a tragic or a wonderfully happy event. They can be completely bowled over by the strength of their emotions. And yet what is a piece of news? How can something so immaterial be strong enough to make them physically or mentally ill or even kill them ... or on the contrary produce a miraculous cure?
A woman who has been paralysed for years wakes in the night to find her house on fire. The shock of realizing that her baby, who is asleep in the next room, is in danger of being burned alive makes her leap from her bed and rush to the rescue. It is the power of her love that restores the contact between her nervous system and her muscles. This is a very rare occurrence of course, but it has happened. Why does nobody study such phenomena? You will say that they are not new. You may be right, but has anyone ever studied them sufficiently closely to see how they can be used to remedy certain physical or psychic ills?
(SEPTEMBER 11, 1995)

Suppose you have an icon or a holy picture at home: morning and evening you light a candle, you pray and ask it to protect you. But what do you really believe? It is not the icon that will protect you, because an icon is nothing more than a lifeless object. What will protect you is the state induced within you by your prayer and meditation, the effects of which remain imprinted in you and guide you in the way of light, love, and peace. You are the only one who can really do something for yourself, thanks to your inner ties with heaven. Statues or holy pictures are only a point of departure, a prop. **(SEPTEMBER 13, 2003)**

Be it in the physical, moral or intellectual plane, all human beings arrive on earth with shortcomings, disabilities even. These shortcomings and disabilities may vary in severity, but they always have the same cause, which is that in their previous lives, these human beings have led unreasonable existences. All their mistakes have accumulated, condensed, solidified like growths and now they are faced with matter that resists. So, what can be done? Well, they can use the process in reverse, in other words make these growth dissolve by subjecting them to the fire of the spirit in order to create something altogether purer and more harmonious.
If you want to transform, remodel your temperament, your tendencies, your habits, your heredity even, you must call upon the celestial fire. Once you have attracted this fire within you, you will maintain it so that it dissolves your matter and they by using your thought you will work relentlessly to make new creations within you. **(SEPTEMBER 27, 2002)**

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)**

Whatever state or conditions you find yourself in, make sure you never accept inertia. Even if you are exhausted, disabled, ill, try at least to make a gesture or take one step. And if it is truly impossible for you to make the slightest physical movement, you still have the ability to use your thought to imagine you are moving around and being active as before. You will say that if you are reduced to such a state, thought is of no great help. Well, you are mistaken. Working with thought, working with imagination prepares the ground, digs a furrow and so creates the right conditions for activity to return. **(OCTOBER 27, 2002)**

The characteristics of its physical, psychic, and spiritual life give each creature specific vibrations and a specific wavelength which put it automatically in contact with entities and currents in space that share those vibrations. This explains the relationships between human beings and the forces of nature. Through his thoughts, feelings, and actions, a person creates an affinity with the regions and entities with the same wavelengths as his own, and through the force of attraction, they must sooner or later meet each other.
Initiatic science provides all human beings with the keys they need to create the future they wish for. It is the quality of their thoughts, feelings, and desires that leads man to hell or, on the contrary, to the pure and luminous regions of the divine world. **OCTOBER 28, 2003)**

However holy a place may be, however pure and luminous the imprints left on its walls and floors or on the objects in it, all that purity can be destroyed by the coming and going of people who, because of the blackness of their thoughts and feelings, carry obscure entities with them wherever they go. When these entities of darkness appear, celestial spirits leave, and the work of sanctification has to be done all over again from the beginning. This is why initiates have always protected sanctuaries and the sacred objects they contained, so that the divine currents and entities within them should not be attacked by hostile forces. But once the initiates have left these sanctuaries and they have been taken over by others, their sacredness is gradually lost. On the physical plane, the imprints left by the initiates can no longer be perceived; but they can still be found elsewhere, on the subtler level of the etheric and causal planes and this is where they must be sought, in those luminous regions which the Psalms call the 'Land of the Living'.
(SEPTEMBER 1, 1987)

Human beings have got into the habit of busying their intellect to such a disorganized way that they are no longer in control of their thoughts. And it is this utterly disorganized, cacophonous

thinking that prevents them from elevating themselves beyond the astral and mental planes and sense Heaven.
If we want to taste the realities of the spiritual world we must learn to stop our thought process. The wise men of India claimed that the intellect is the assassin of reality. And this is true: Our intellect allows us to obtain a great deal of information superficially, but we will never get to know the reality, the quintessence. It is the heart which has been granted the capacity to penetrate reality. However, to initiates the heart is not the physical heart, nor even feeling. When they speak of 'the intelligence of the heart', what they actually mean is the soul, and it is the soul alone that has the capacity to feel the deep reality of things. **(OCTOBER 15, 1999)**

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)**

HOW WE CREATE
OUR FUTURE

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)**

We are all inhabited by 'workmen', and as we cross from wakefulness into sleep, these workmen move into action, using everything within us – materials and energy – for constructive or destructive purposes. This is why you must be vigilant as you go to bed, avoiding all states of irritation and discouragement, because these states of mind are entities which not only destroy all the good you have acquired during the day, but which also prepare disagreeable conditions for the following day. So, take care to conjure up at least one light-filled thought, one inspiring image, one tender feeling of love before you go to sleep, and you will wake up the following morning feeling purified and restored. **(NOVEMBER 25, 1998)**

For most people thinking of the future means wondering what their life will be like in ten, twenty or maybe fifty years 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, imagine 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)**

Why is it that some people's perception, lucidity and clarity of mind increase with age and even with old-age, and in others they decrease? Because the first have from very early on acquired the habit of connecting, bonding with Cosmic Intelligence, they believe in it, they open themselves up to it, they love it, and little by little, it reveals itself to them because it is attracted by this love. Whereas the others, who do not acknowledge any Intelligence in the universe, close off the path of true understanding. They are focussed on their sole intelligence, and because this intelligence is limited, it dries up after a while. People who refuse to acknowledge Cosmic Intelligence, who repudiate it, limit their mental faculties. So everyone has a choice: the path taken by all the materialist scientists and philosophers, or the path of the initiates, of the great masters who receive revelations every day because they continually draw from the infinite ocean of Cosmic Intelligence**.** **(DECEMBER 18, 2002)**

HOW TO THINK

WHILE EATING

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)**

WORKING WITH THOUGHTS

We talk about the power of thought, but thought only has true power in its own region, on the causal plane, that is to say on the higher mental plane. The further thought strays from these heights, the weaker it becomes. Of course, in order to face the problems of everyday life with which they are confronted, human beings cannot maintain their thought in these higher regions. They must allow it to descend and to dress itself in thick and coarse garments. Clothed in this way, thought becomes almost unrecognisable and loses its power. As soon as it descends to the level of the intellect (the lower mental plane) and the heart (the astral plane), it becomes heavy and dull and no longer has the same power of penetration. If you want your thought to recover its true power, its ability to meditate and to unite you with Heaven, make every effort to rise to the causal plane. **(AUGUST 31, 2003)**

People who look for a master in order to become his disciple are often somewhat misguided in their quest because what they have failed to realize is that they themselves determine their spiritual growth, their evolution, to a far greater extent than their master. What will make them evolve is the quality of their ideal, thoughts and feelings. The master is only a means. Those who think their spiritual growth would have been more rapid if they had had a better, greater master are mistaken. Indeed, they might have had to overcome greater trials. And do not imagine that you can become a saint simply by associating with saintly beings. You may find quite the reverse to be true.
Of course meeting a wise and loving master is a wonderful thing, but never forget that you are the determining factor. Begin therefore by improving you emotions and thoughts, by nurturing the highest ideal, in the knowledge that sooner or later you will succeed in attracting those celestial and terrestrial creatures who correspond to your ideal. **(JANUARY 7, 2002)**

Observe yourself: Are you really happy when you obtain all you have wished for? Are you truly satisfied? No. And what conclusion can you draw from this? It is this: You must foster desires which cannot be realized, because it is these desires which will always bring you happiness. And how can this be explained? By this fact: Our thoughts and desires give us infinite possibilities, because there are no limitations in the world of the soul and the spirit. If people feel limited, it is because they have imposed restrictions on themselves. So you must foster dreams that cannot come true and thanks to your spiritual life, your thoughts and desires will become so pure and luminous they will ascend high into space where they will come into contact with beings and elements which correspond exactly to their own nature. Little by little you will attract these beings and elements to you, and you will live in joy forever. **(JANUARY 8, 2000)**

The essential preoccupation of your existence should be the nature of the forces you unleash through your thoughts and feelings. This is why you should strive to devote at least a few minutes each day to an activity which links your thoughts to the most sublime realities. Choose an activity that forces you to take in and retain the most beautiful images, the most elevated states of consciousness. Consider this occupation the most important part of your day, bearing in mind that your future and your salvation depend on it. Even if you do not see beneficial results immediately, keep at it and one day these benefits will reveal themselves: gradually you will feel yourself inhabited by something very great and very pure. Whatever may happen to you, this presence within will bring you light, joy and peace. **(JANUARY 12, 2000)**

Book 10: The Power of Thought - Working with Thoughts

The thoughts, feelings and desires of human beings all pour into the invisible world where they activate either benevolent or maleficent currents. But because very few people are taught about this, there are four or five billion individuals on the earth who, every day, ceaselessly and unconsciously trigger destructive forces. If we try to enlighten them, they are wide-eyed in astonishment and ask what we are talking about: if thoughts and feelings cannot be seen or touched, how can they influence events? Well, in fact, they do.
The inner life, the life of thought is essential for building our future and that of humanity. That is why the first thing we learn in an initiatic school is to watch over our thoughts, our feelings and our desires. We learn to assess their objectives and their direction so that we can unite with the beneficial forces of nature. In doing so, we work on our own evolution and that of the whole world. **(JANUARY 13, 2004)**

Of course life is full of difficulties and pitfalls, but we must not forget that Heaven sent us to earth neither deprived nor unarmed, but, on the contrary, full of possibilities to cope with everything in our lives. When we arrive on earth, we have a head, heart, stomach, arms, legs and five senses, etc. ... We are fully equipped and armed physically to face the material world, and we are also equipped psychically to face everything. We use our limbs and organs on the physical plane, and we can also use our thoughts, feelings, will-power and imagination. So get used to seeing things this way, and use your powers, otherwise the day will come when you really need them and they will be of no use, because they will have become rusty old tools. **(FEBRUARY 2, 2001)**

Your salvation lies in our ability to recognize your divine lineage, to become conscious that God is within you, that He lives in you and that you can therefore identify with Him. But of course this exercise requires that you take certain precautions. First of all, your consciousness that the Divinity dwells within you must be accomplished by the same consciousness that the Divinity lives in all human beings as well. Under these conditions, you will remain humble, simple, amiable and open to others.
What is more, in doing this exercise of identification, do not begin to think that you are God Himself. Instead, make efforts to sense that it is not you who exist, but that God alone exists and that He exists within you only in so far as your ceaseless efforts enable Him to manifest through your thoughts, your feelings and your acts. **(FEBRUARY 3, 2003)**

Nothing is more difficult than to control your train of thought. This is why meditation is a particularly tricky exercise, which should not be undertaken carelessly, without knowing certain methods. Suppose you want to catch a horse that has bolted; if you go and simply block its path, it will knock you over. It is far better to run beside it and then try to grap it by the mane or hold it back by its head-collar. Well, the same goes for thought in order to concentrate on one particular subject, not only will you never succeed, but if you persist in your attempts to stop it, you will block it altogether. Before you can begin to concentrate your mind you must subdue the runaway horse within you. And before you can subdue it you must begin by trying not to confront it. Begin by allowing the horse to run freely for a few moments and then, when you feel it is time to put an end to all its gambolling and it begins to trust you, jump onto its back and drive it on in the direction you have chosen to ride. **(FEBRUARY 5, 2002)**

While human beings already possess enormous resources on the physical plane, their greatest potential lies on the emotional, mental and spiritual planes. They are obviously unaware of this, because they have never been trained, so they do not know how to use this potential. So many people merely panic and feel sorry for themselves over the slightest upset in their lives. They

never ask themselves if there might be something in their thoughts, in their spirit which might remedy the situation. No, they begin racing about and tearing their hair out; they resort to medication and even weaponry. In similar circumstances spiritual people – in other words those who have understood that the spirit is the one true force – begin by concentrating, by collecting their thoughts, by uniting themselves with the invisible world in order to receive the light, because it is light that reveals the best methods to use, the best way to behave. And in this way a spiritual person soon becomes decisive, serene and master of the situation. Then, of course, he may seek help on the material plane, but first of all he focuses on more subtle means. How can you expect to settle matters if you lose all self-control? **(FEBRUARY 11, 2000)**

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)**

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)**

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)**

Sometimes you live moments that are like blessings from heaven. Preciously guard your impressions of these moments, and know that true happiness lies in your constant attention to beautiful things, in your sensitivity to everything divine. When you feel that the spirit, the light has

visited you, do not be careless; do not allow these impressions to be erased immediately by thoughts of something else. Reflect on them for a long time so that they penetrate deeply within you. They will thus leave their traces on your soul forever, and these traces will never cease to inspire you. You must make a habit of this: instead of always allowing your negative states, your disappointments and animosities to weigh you down, instead of feeding and reinforcing them, put them aside and concentrate on all the things in your life that are good, pure and luminous.

(MARCH 7, 2004)

People use the pretext of love to justify all their behaviour. Once they say they 'love' someone that is it; it never occurs to them to examine the nature of this love. From the moment the feeling of love has befallen them, they have to succumb to it. Even reason is forsaken and the intellect is silenced. The intellect has no say in the matter once the heart has launched itself into love. The heart says: 'Be quiet. I'm talking, love is talking, and what do you have to add to that?' The truth is that if emotion and thought work together, love would manifest itself in more beautiful forms and colours.

The less a person has progressed along the path of evolution, the more they succumb to the demand of love without considering whether it is disinterested (i.e. not based of self-interest), pure or useful. Once love is there, there is no more room for thinking. And of course this is why the world is filled with novels, plays and films telling the all-too-often disastrous stories of people who are in love.

(MARCH 8, 2002)

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)

Even if in some respects human beings are autonomous creatures, they live in the universal organism, they are part of it, they are a cell in this gigantic body, the body of universe, which the Cabbala refers to as Adam Kadmon, cosmic man. Whatever they do, they can never detach themselves from this body because it gives them life and all the elements they need to subsist, i.e. food, water, air and light. And if human beings cut themselves off from this reality with their consciousness, they will still continue to live physically, but this attitude will deprive them of the support all the luminous entities that inhabit this cosmic organism can give them. If you want to know the true life, seek on a daily basis to bring yourself in harmony with the universe and those who inhabit its various regions. Even if you do not know where they are, you can make contact with them though thought.

(MARCH 11, 2002)

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, 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)**

Generally speaking, we can say that the consciousness of a human being is a reflection of his or her preoccupations. If people continually feed their lower nature, which is crude, primitive and animal, their consciousness or awareness will become narrow and dark, and only gargoyles will be reflected on to it. Whereas if they strive to give expression to their higher nature, then the thoughts, emotions and sensations projected on to their consciousness will be of divine quintessence. To broaden and enlighten their consciousness, people must provide their higher nature - which is all knowing, all powerful and all loving - with the best conditions for it to manifest, as consciousness is only a consequence of all of all the psychic (emotional, mental and spiritual) activities of human beings. It is like a screen on to which the images from our inner world are projected. Therefore, we must act on the film, in other words- on our own lives- so that our lives may become divine projections on the screen of our consciousness. **(MARCH 14, 2000)**

Many people spend their time emitting feelings and thoughts of anger, hatred and revenge, and they do not even think that these thoughts might cause damage in the world! It is not even as though it would benefit their affairs! Exactly the opposite, in fact: they poison themselves. So what should they do? They should forget all their sorrows, torments and irritations, and just remember that they are in the light and propagate that light.
All human beings have the same powers to create with their mind; the difference is that some use these powers for evil, others for good. Yes, do not think some are gifted or privileged whereas others are deprived: the same seeds, the same materials were deposited in everyone. So, why give in to negative impulses? Everyone should try to put order in their thoughts and feelings twenty times a day, thirty times, fifty times... and everyone should try to react only by radiating light. **(MARCH 16, 2001)**

Those who are dishonest, unjust, and malicious cannot believe that honest, just and good people exist, because they judge the entire world in relation to themselves. This is why they are always critical and suspicious. And inversely, those who possess great moral qualities hardly notice the faults of those around them, because they see others through the qualities they themselves possess. We can only see through our own eyes, and it is we who condition our eyes by means of our thoughts and feelings. If you meet someone who only talks of another's faults, realize they are first talking about himself (or herself), because he (or she) has those very same faults. If we are noble, good, honest and, above all, loving, we would find all these good qualities in others as well. **(MARCH 17, 2000)**

It is thanks to women and their constant quest for beauty, that there is still some beauty in the faces and bodies of human beings, for it is women who transmit beauty to their children. However, they must learn to steer this aspiration in the right direction and, instead of looking for beauty only on the physical plane, they must seek it also on the plane of the soul and spirit. A woman may use all the 'tricks of the trade' to look beautiful for a few hours, and succeed in

getting the invitation she was hankering after, or even in catching a husband, but if she never adds an element of eternal beauty to her physical charms, she will only do herself harm. The best method, therefore, is to work to obtain inner beauty by cultivating luminous thoughts and generous feelings, which will gradually be reflected in the physical body. **(MARCH 18, 1988)**

Don't make the mistake of thinking that a Sage is incapable of being upset or troubled by his feelings or emotions. On the contrary, certain cosmic forces or enemies bent on harming him sometimes stir up raging storms and tornadoes in his emotions. But he has methods that help him to avoid being swept away by his inner turmoil: instead of accepting it and doing nothing to change it, he immediately starts to concentrate and meditate so as to restore order in himself. This is what distinguishes a sage from an ordinary human being!
And this is why I am always telling you that the mental factor, thought, must have first place in your lives. As soon as you feel sad or troubled, call on thought to come to your aid. Unfortunately, when it comes to getting in a state of excitement, nervous tension or worry, your powers of thought are always ready to contribute! But when it comes to restoring peace and light, you don't know how to use them to help you. So, set to work and practise! Are you worried or in pain? Call on thought: make sure that it is present within you, for it knows how to harmonize and set everything to rights. **(MARCH 19, 1988)**

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)**

We think we know water because we use it every day; we drink it, we wash with it and we cook with it. Water is the materialization of the cosmic fluid that fills space, and we can use thought to enter into contact with this fluid and cleanse ourselves upon this contact. But first we must come to realize that by coming into contact with physical water, we touch an element of a spiritual nature. Try, therefore, to wash using measured, harmonious movements so that your mind may free itself, your thought disengage and so set about its work. Concentrate on the water, think how cool it is, how clear, how pure and you will soon become aware that it touches within you unknown regions where it initiates a process of transformation. Not only will you feel lighter and purer, but your heart and your intellect will be nourished by new, more subtle and enlivening elements. Physical water contains same elements and powers as spiritual water, you just need to learn to awaken them in order to receive them. **(MARCH 21, 2002)**

To become true creators, people must call on certain faculties within themselves in order to contact the world of the soul and the spirit, the sources of strength, light and beauty.
It is important to know what conditions are favorable for inspiration, because inspiration does not visit us by chance. You remark that you have experienced inspiration in rather unlikely

situations, places or postures. Yes, this can happen: you are peeling potatoes, bending down to pick something up or tying your shoelaces, when suddenly a feeling flows through you, an image comes into your mind and you know you have had a revelation. On the other hand, you can set up all the material conditions that are ideal for inspiration to visit, and nothing comes to you at all. Inspiration does not necessarily come because you are sitting in the lotus position with your eyes closed, surrounded by clouds of incense. Those are not the conditions I am talking about. The first prerequisite necessary for inspiration is your way of life: you will never find inspiration if you do not watch over the purity of your thoughts, your feelings and your actions.

(MARCH 27, 2000)

Thought has an important role to play in our efforts to perfect ourselves. So, those who wish to become wiser, stronger and more fraternal must set aside time to wish for and visualise these qualities. Imagine yourselves surrounded by light, sending your love across the whole world, and withstanding all difficulties and temptations. Little by little the images you form of these qualities will take on life. They will influence you, they will transform you as they work to attract the necessary elements from the universe and to establish them in your entire being. Of course, a good deal of time and work are necessary before any result is achieved. But the day this result presents itself, you can doubt no longer: you feel a living entity above you which protects you, instructs you, purifies you, enlightens you, and in difficult situations gives you the support you need. You must begin by forming something ideal in the world of the spirit, because this perfection will then gradually descend into your psychic matter where it will be realised.

(MARCH 28, 2003)

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)

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. **(MARCH 31, 2002)**

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)**

Every day disciples must remain awake and vigilant in order to monitor the thoughts feelings which run through them. And this is not so easy. Just observe yourself: there are moments when you are busy cooking, repairing something or driving the car, and on the face of it you are focused on the task at hand. But in reality, part of you is deeply immersed in negative thoughts and feelings, and this may go on for hours without your realizing it. This is where you must learn to become vigilant, so that you are able to intervene at any moment in your inner life. The first step towards freedom, towards true power, is to develop the habit of glancing within to see where you are and to remedy the situation as best you can in the circumstances, by attempting to put positive forces in motion. **(APRIL 5, 2000)**

The ideal of a disciple is to resemble the Word of God more and more closely. To do this lie has to learn to purify, vivify, harmonise and strengthen the Word within himself, and this is a science in itself. The first rule lie must observe is to keep a close watch on his words, and to achieve this lie has to begin by being conscious of all his thoughts and feelings, and to tell himself, 'I must not let myself go; I must be fully in control of myself so that my Word may be effective, constructive and divine.'
If you do this, the day will come when you will be able to speak to the spirits of nature. When they see that you are patiently and sincerely cultivating the art of keeping a watch on your words, that you look on words as a form of divine energy, they will begin to listen to what you say and start to take care of you and to answer your prayers. **(APRIL 5, 1988)**

In our daily activities, we can find the four states of matter: solid, liquid, gaseous and igneous, which correspond to the four elements – earth, water, air and fire. The solid state corresponds to actions, the liquid state, to feelings, the gaseous state, to thoughts and the igneous, etheric state, to activities of the soul and spirit. To each of these states, which are linked to the four elements, correspond symbolically a specific trial in human life: earthquakes correspond to the solid state; hurricanes and storms, to the gaseous state, and fires and lightening, to the igneous state. Reflect on this, and you will discover that our psychic life goes through similar trials. To be

able to face these, we must work to fortify our will, purify our heart, enlighten our intellect and sanctify our soul and spirit. **(APRIL 6, 2001)**

True freedom is an inner state created by a certain quality of thought and feeling. It is obviously desirable to have freedom of movement on the physical plane as well, but you must consider this freedom to be of secondary importance. The only freedom worth aspiring to is inner freedom. What is the use of going freely wherever you want if you carry within you thoughts and feelings that poison you, fetter you and which will one day confine you to bed? What kind of freedom would you talk about then? You must therefore not be so intent on gaining physical freedom, because often it provides you with all the opportunities to stray and be lured into a snare. Instead, seek wisdom, love, truth, justice and goodness, and wherever you are and whatever the conditions, you will be free. **(APRIL 8, 2000)**

By accepting to die on the cross, Jesus made a sacrifice, and we must meditate on this in order to measure the grandeur of it, and to link ourselves to it through thought. But in the new life which the Christ is now proposing, it is not recommended that we dwell on the suffering of the cross, because the Christ also manifests through beauty, joy and light.
In the new society, it is thoughts of the glory of Christ that must nourish our inner life. God rejoices that we no longer kiss the ground and kneel beside graves, because He has a more glorious future in store for us. And if there are dead to be tended to, it is not those in the cemeteries, but those buried deep inside us: our old habits and our old misconceptions. These are the dead we must seek out and be done with! When we succeed in this, we too will enter into the glory of Christ. **(APRIL 9, 2004)**

It is not bad to wish for the realisation of your desires, provided you never neglect the moral side of the question. You can desire to be rich, but instead of thinking about how you will use this wealth for your sole satisfaction, rather think about the way you will help those in need. You can desire beauty, but not that beauty which shatters hearts and leads people to despair or crime: concentrate on the beauty which inspires spiritual thoughts and feelings, which frees human beings, releases them from hell and projects them towards heaven.
The trouble with human beings is that they fail to consider morality in their projects. Even when they enter a spiritual teaching, they continue to look for material success that will satisfy their covetousness. Well, no: in a spiritual teaching one learns to give priority to morality.
(APRIL 10, 2001)

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 Brotherhood of Light 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)**

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)**

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

Your faults and failings are like imprints, stereotypes printed or recorded on your being, and whatever you do, they are always there, urging you to act in the same, negative ways. You can struggle against them all your life long, therefore, and never be victorious. If you don't know how to fight them, they will always get the better of you. If you want to overcome a weakness you must prepare a different stereotype by adopting a different attitude and acquiring new habits: new thoughts, feelings and gestures. In this way you cut a new recording. This does not mean that your old stereotype has been rubbed out. No, it can never be rubbed out; it is simply covered up by the new one. As long as you are faithful to the new ways, the old pattern will remain buried, but as soon as you start getting careless it will come up to the surface again.
(APRIL 15, 1988)

When you have an important decision to make, you may sometimes be troubled, because too many conflicting things boil within you: you feel pushed in one direction, then in another, then in a third, and so on. In the midst of this confusion you cannot see clearly. Therefore this is not the time for you to make a choice, because all the conditions are there for you to make mistakes. It is better to let some time go by, to let things quieten down and calm yourself. It is only in the silence of thoughts and feelings that you will receive the answer from your higher self, your spirit. This silence is the source of clarity, transparency, certainty, and you need this silence to take the right decisions. **(APRIL 16, 2001)**

If you come to me complaining of a headache, I reply: 'Well, it is simple, just change your head. Put another one in its place.' You look at me dumbfounded and wonder whether I am mocking you. No, I am serious: you must change your head, in other words change your ideas and thoughts, and your head will feel better.

Others come and tell me they no longer know where they are, that they are losing their mind. Of course, they still have their physical head on their shoulders, but they have mislaid their spiritual head, this guiding principle that thinks, reasons, and balances everything within them. Well, they too must look for a new head.
All these people, the ones with the headache and the ones who have lost their mind, must not accept this situation passively; they must begin to look for a new head. **(APRIL 18, 2000)**

Thought is a living being. Made up of subtle materials, it is a living, active being in the region where it dwells, and because human beings fail to recognize it, they are deluged by problems and trials. They fail to see, they do not sense that their thought is at work, building up or destroying, and so they allow themselves to think anything, they indulge in all kinds of thoughts and then they are surprised at what happens to them. Thought is a living reality, which is why you must watch yourself to ensure that you project only the best thoughts, thoughts filled with love, goodness, light and harmony. This is where true knowledge begins, in the awareness that thought is a reality. Indeed, all the thoughts we form are a reality, however weak or insignificant they may be. **(APRIL 19, 2002)**

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, you 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)

Someone is very unfair to you and is so bad that you cannot help hating him. You never stop pondering all the wrongs he has done you and the means to get your own back. This is almost all you can think of. Well, this is dangerous because you are destroying yourself. So here is what you must do. Tell yourself, 'It's true, this person is hateful, but to be so nasty, the poor guy must be very miserable. He must have lived in very bad conditions. So instead of wanting to take revenge on him, and since I am more privileged, I must help by sending him only good thoughts and feelings.' Gradually, understanding and compassion come to work, and you start to forgive him; and in this way you free yourself. Do it at least for yourself, to get rid of the weight of hatred, and you will be relieved and calmed. **(APRIL 20, 2001)**

The Kingdom of God is first and foremost a state of consciousness, a way of living and working. That is why it cannot be realised on the physical plane until it is first realised in our thoughts. Once realised in our thoughts it will descend into the heart, into our feelings, and it is then that it can finally be expressed in our actions. For such is the order of manifestation in matter: thought – feeling – action. One day the Kingdom of God will manifest tangibly on earth, but first it must enter the thoughts and feelings of humanity. And we can see that the process has already begun. Thousands of people in the world – actually many more than you think – nourish within

themselves the ideal and love of the Kingdom of God. And in some of them, in their conduct and their way of life, the Kingdom of God has in fact already been achieved. **(APRIL 23, 2004)**

Why is God presented as someone who watches human beings day and night and jots down in a little notebook all the faults they are openly or secretly committing? In fact, the Lord is not concerned with the faults of human beings; He spends His time at banquets where nectar and ambrosia flow in abundance, and all the angels rejoice with Him in the midst of music and song. So, you will ask, what happens when we make mistakes? If human beings have invented recording machines, it is because similar machines already exist in nature, and thus in themselves as well. "Machines" exist within them which record their thoughts, feelings, and actions. When they transgress certain limits, in whatever realm it may be, a mechanism is set in motion and they lose something, either on the physical, the emotional, or the mental plane. This is our punishment; it is not God who punishes us. On the contrary, God is always ready to receive us at heaven's banquets. **(APRIL 23, 2003)**

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 them, the guilty must make amends. **(APRIL 25, 2000)**

You have all had the experience of visiting a large department store and riding the automatic escalators. When you approach the escalator it is still, but as soon as you place your foot on the first step it immediately goes into operation and transports you to a higher or lower floor. How does this work? By placing your foot on the step you simply cut a beam of light, and this is sufficient to trigger mechanisms that activate this huge escalator and all of its weight.
The same process exists in our inner life. Every thought, every feeling that runs through us cuts a beam somewhere, and certain mechanisms within us begin to operate. And if instead of rising you begin to hurtle towards hell, it is because your thoughts and feelings have set off the downward escalators. Do not imagine you can nurture any thought and feeling movements are triggered which will ultimately project you either towards the heights or down to the depths.
(APRIL 28, 2000)

From dawn until dusk, people's everyday lives consist of a continuous chain of activities and preoccupations, which project them towards the periphery of their being. This means that at the close of the day they realize they have forgotten what is most important. How many times have you found yourself in this situation? Well, in order to break the chain, remember several times a day to stop and remain for a few minutes in silence; an intense silence, however, one that is alive, a silence in which your soul and spirit are able to address the Creator. By regularly exercising your faculty of concentration in this way you will succeed in escaping, for a few

moments at least, the problems everyday life brings and this faculty will remain an acquisition to be used whenever a difficult moment arises. You will then realize how useful it is to be able to release yourself completely from your worries in order to direct your thoughts towards the divine world. **(APRIL 29, 2002)**

Thought, which is made up of extremely subtle matter, has the capacity to travel through space at a velocity greater than the speed of light. Those who have learned to concentrate their thoughts can travel to the sun; they can unite themselves with the spirits of light that inhabit space and draw from them all that is essential for divine life.
Someone my say: 'How many times have I attempted to do this work with thought, but to no avail!' The fact that you have had no results does not prove that what I tell you is wrong. Because of thickness of the matter around you, you are unable to feel the results, but they are there, they are real. You neither sense nor see them, and you think there are none. But yes, they are there, and if you continue your efforts gradually you will feel a path opening up before you and a connection re-established. And one day you will only need to concentrate for a few moments on these regions of light in order to feel the blessings of heaven showering down all around you. **(APRIL 30, 2000)**

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)

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)**

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

allow sickness and death to penetrate insidiously into them. Human beings have so many things to learn and understand in order to regain their power over matter, over the four elements!

(MAY 5, 2001)

You may, as you are walking down the street, come by a place where a dishonest deed or even a crime is being committed. If, at that particular moment, you happen to find yourself in a negative inner state, you are in fact in harmony with the vibrations produced by such deeds and you are influenced by them. You may then be pushed into doing wrong yourself, without actually realizing it is because of the fluidic emanations you picked up as you walked by. This is why it is so important for you to watch the quality of your inner states, because it is the only effective way to protect you from dark influences. And do not rely on amulets, talismans or any other kind of trinket that is being sold on every street corner nowadays. It is down to you; you have to work on your thoughts and feelings so that you may attract only fragrances of purity and light.

(May 7, 2002)

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)

To live the spiritual life is first and foremost to experiment with the power of thought. If you do not obtain great results, it is because you are not faithful to the work undertaken: what you have built with one hand, you destroy with the other. Let us suppose that you have decided to work on harmony, on the harmony of your gestures, your words and your entire being. If you have not learned self-mastery, your chaotic thoughts and desires will continue to take hold of you and will gradually destroy your good work.

In order to obtain lasting results, you must work in an intelligent, organised and methodical way. Perhaps you will not achieve great transformations in this incarnation, but you will obtain them in the next. You ask: 'And why not in this one?' Because you have not worked in this way in a previous incarnation. We do not obtain great spiritual achievements in a few months or even a few years, but must persevere with our efforts over several incarnations. Therefore, understand that you must set to work seriously in this lifetime in order to have good results in the next.

(MAY 8, 2004)

You must become conscious of all the transformations that can be produced in the world thanks to your work on harmony. In countless homes, cities and countries, you can inspire many people who want to get out of the confusion they are plunged into! You cannot see it now, but if you have to do this work, it is not only because you yourself are beginning to taste the delights of the Kingdom of God, but mostly because, by your thoughts, feelings and actions, you are sending currents of very powerful and luminous forces throughout the world and all the way to the stars. Gradually all human beings will be led to transform themselves and live in harmony, happiness and peace.

(MAY 8, 2001)

Every fault we commit in our thoughts, feelings or actions drives away spiritual entities from within us, because it creates a disharmony which they cannot bear. Inferior spirits are quite comfortable with it, but the higher spirits leave us. Lead a disordered life for a few days and you will find that Heaven's workers have abandoned you, and that you cannot regain your peace, your buoyancy, or your inspiration. You must know that your understanding of this truth will determine your future: it is your attitude which repulses or attracts luminous spirits. It is entirely up to you whether or not the most highly evolved spirits come and dwell in your heart and soul. At this moment, you will become master of yourself and you will take possession of your true human face. Your light will shine out into cosmic space, all the way to the stars, transmitting the subtlest vibrations to plants and heavenly bodies. Accept this truth and you will possess the powerful key to fulfilment. **(MAY 9, 2004)**

Imagine you have two bottles filled with perfume: as receptacles they are separate, but the fragrances that escape from them rise up and mix. What is the purpose of this imagery? Well, human beings can be compared to bottles of perfume, in that their bodies are separate but with their thoughts and feelings they are able to meet with other human beings and even with entities from the invisible world all over the universe. Only, we do not simply meet with anyone we like; we can only reach the souls and spirits in the visible and invisible worlds that correspond to what we are ourselves, because it is just a phenomenon of resonance that is at work here. The purpose, therefore, of prayer, meditation and all spiritual exercises is that they help us to elevate our inner self and as we do so, by the power of affinity, we meet with ever purer and ever more luminous creatures in space. **(MAY 9, 2002)**

Whatever improvements you can bring to your material conditions, until you decide to do some work within yourself, after a moment of satisfaction you will fall back into the same state of void, dissatisfaction and revolt. Psychic failings have no cure on the physical plane, you can accumulate everything you want: remedies, wealth, powers ... ad infinitum. But if you are not in a suitable state of mind, you will never really be contented, you will never be able to find a meaning to your life. On the contrary, you will end up being saturated and disgusted with all that you have accumulated. It is in your soul, your thoughts, your vision of the world and your way of thinking that you must change things, so that your life may be filled more and more with beauty and meaning**.** **(MAY 9, 2001)**

Many people believe that wanting to do good in whatever circumstance is proof of stupidity. To them, people who endeavor to fend for themselves, even if this is at the expense of others, or seek revenge on those who have harmed them are the intelligent ones. Well, they are wrong in this, because in reality good represents the fruits of humankind. Humankind came on earth to give fruit. These fruits are the luminous thoughts, warm feelings, noble actions, and the joy, beauty and peace they bring to others. We must get up every morning with the thought of doing good. The seeds that God has implanted in our soul will then begin to come out, they will become confident and very soon they will begin to produce flowers and fruits. **(MAY 11, 2002)**

Instead of dwelling on your faults, which are the result of bad habits acquired in previous incarnations, it is better to concern yourself with what you can built for the future. Tell yourself: 'Now I am going to create something new,' and every day, with unwavering faith, with absolute conviction, work towards this end. This means, to take all the elements God has given you – imagination, thought, and feeling – and by means of concentration, project the most beautiful images within yourself. See yourself surrounded by music, by light, by the sun's rays. See

yourself in the perfection of form with qualities, gifts and virtues: goodness, generosity, the ability to support others, to help them, to enlighten them. Since everything is recorded, seek to record all that is best, and one day this luminous, perfect creation will outshine all the deficiencies and imperfections of the past. **(MAY 11, 2000)**

Never, under any circumstances, resign yourself to becoming worn down and demoralized. Strive to adopt the state of wonder, dilatation and lightness that gives you wings. Birds instinctively know that in order to fly they must spread their wings. So why it is that birds have discovered this secret and human beings remain bogged down, becoming more tense and sluggish by the day, burying themselves deeper and deeper? Obviously because they are not as intelligent as birds. You will say: 'I feel strange; I don't feel like doing anything any more. – Well, it's because you have not learnt to spread your wings, that's all. – But what are you talking about, spreading my wings? I'm a university professor, I teach at some of the greatest universities in the world. – That may well be so, but your wings are folded back. Or else someone has clipped them: it could be that inwardly you have let someone clip your wings.' If you want to feel free, released, learn to foster thoughts and feelings that will give you wings. **(MAY 12, 2002)**

How many of you have gotten into the habit of taking note of the truths that could help you? While reading books, listening to people talking, you suddenly feel that a certain thought touches you and could bring a solution to your problems. But instead of paying attention to it, you are careless, absent-minded, and you let everything fade away. That is why when the moment comes to face trials, you do not remember that, on several occasions, you have received weapons to overcome them. Well yes, some will hear or read four or five times truths that could save them, but they do not make a note of them, they forget them: it is as if they had never read or heard anything. And they are always struggling with the same problems. To get somewhere in life, on must have a method of work. **(MAY 13, 2001)**

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)**

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 behaviours, 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)**

Even if they enjoy their job, people's professional activities only affect them superficially. All the powers bestowed on them by the Creator cannot be awakened by working in an office, in a factory, in a shop, or doing research work in a laboratory or teaching children, unless they work with their thought, feeling and will to give their activities a deeper meaning, touching the roots of their being. So, from now on make sure your activities work towards one and the same goal and make this goal perfection, your perfection. You will then activate within you powers that will transform you to depth of your being. Make up your mind to begin this work, the only truly useful work, and try to enjoy it to the point where not a day goes by without you feeling that through your activities you have been able to actuate beneficial forces within you and all around you**.**
(MAY 17, 2002)

Just because human beings do not see the invisible world does not mean that it is not there. This world is populated with entities, and it is through their thoughts and feelings that we enter into relationship with these beings and attract them. As long as people are not conscious that they can attract or repulse both luminous and evil spirits by means of their thoughts and feelings, they will continually be assailed by evil forces. Yes, you must take this reality seriously. Evil entities exist within and around us, and human beings who give themselves over to negative, chaotic thoughts and feelings finally attract them and become their victims. Learn to nourish harmonious thoughts and feelings within you so that you attract magnificent creatures. You do not see them, but their presence will manifest in you: you will feel yourself at peace, bathed in light, as if you embraced the whole of creation. And once you have experienced this, you will no longer be able to doubt. **(MAY 18, 2003)**

You must improve yourself in order to improve your seeds. You will say, 'But what seeds?' Your thoughts and feelings. Each of your thoughts and feelings is a seed in which your qualities and faults are reflected, and every day you sow them left and right wherever you go. On the astral and mental planes, there are soils where all these seeds fall; one day when you visit these regions – as you will be obliged to visit them for they are within you – you will ask, 'How is it that thistles and thorns are pricking me?' And you will be told that they are your plants, you are the one who sowed them. 'And what about these roses, lilacs, lilies? ...' It will also be explained to you that they too are your work: the good thoughts and feelings that you spread around you. Therefore be careful about your seeds. **(MAY 18, 2001)**

People say: 'I only believe in what I see.' This merely proves that these people are not thinking clearly, because, what are they engaged in day and night? In their own thoughts and feelings and the thoughts and feelings of others. And can they see these thoughts and feelings? No. So why is it that they are such a reality to these people? A man and a woman love each other; they can not see their love, they cannot touch it, but because of it they are ready to move Heaven and earth. And what about soul and the conscience? Who has seen them? When a person's fate is decided in a court of law with words evoking the soul and the conscience, it is done in the name of something no-one has ever seen and whose existence we call in question. Is this being realistic?
Human beings believe in invisible, impalpable things throughout their lives, but they refuse to admit it. They think, they feel, they love, they suffer, they cry, always for reasons that cannot

been seen, but in the meantime they insist they believe only in what they see. What a contradiction! **(MAY 20, 2002)**

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)**

In whatever state you find yourself, even the most dire, be courageous, because a great inheritance, a divine legacy awaits you. If you have not yet taken possession of it, it is because you are still a minor. It is not possible to know exactly when, but it is certain that you will receive your inheritance when you have reached adulthood. It may be in twenty or thirty years time, or perhaps in another incarnation. You will say: 'But how will they find me? I will be living in a different country, and will have a different nationality.' You can change anything you want: the celestial entities will always find you. Therefore, every day, think about this divine heritage, and this thought alone will act most favorable on you. All earthly possessions that are held out to human beings will never satisfy the immensity of their desires. A wife, a house, a little garden, a car ... what are they? Even when people have acquired them all, they are still dissatisfied. Immensity, infinity and eternity, this is our true heritage, the only one capable of fulfilling our heart's desire. **(MAY 27, 2003)**

In order to control a force that has already been unlashed you must return to the source of the activity. For example, the best way to bring down a rebellion is to capture the person on the top, the leader. Because it is he who inspires the others, who pushes them onward, and as long as he is with them, as long as he is free, they will continue their activities. But once their leader is overpowered they no longer have the spirit to persevere in their rebellion.
So before you throw yourself against an inner enemy – be it a feeling, a passion, or a desire that torments you – which will only reinforce it, you must collect your thoughts and find out from where this enemy draws its strength. By withdrawing into yourself in this way you awaken powers capable of controlling your enemy. Yes, simply through your efforts to understand yourself, you attract help from the spiritual world, and the enemy finally surrenders its arms.
(MAY 28, 2000)

As soon as you realize you are going down the wrong path by giving in to certain temptations, change course and quickly distance yourself from the dark regions into which you have strayed. Understand that your entire future is determined by the regions towards which you travel.
Religious teaching says that God punishes us when we do wrong and rewards us for the good things we do. But this is just a way of presenting things. In reality, God does not punish us and he does not reward us either. We ourselves choose to go to a particular inner region, through our thoughts, our feelings and our actions. We then either have to suffer, or we benefit from the splendid conditions in these regions. And there is an enormous difference between going to the regions of light and going to those of darkness. **(MAY 29, 2002)**

You determine your future every day, every hour and even every second. Do you have a good thought, a good feeling? This sets you instantly on the path of light. But a few minutes later a selfish, unjust thought, or a feeling of jealousy about an incident or a person goes through you; your orientation changes, and you veer to the side of darkness. And even if on the physical plane, no change can be seen – as these thoughts and feelings do not have time to materialize – something has changed in the higher regions, in the direction you are taking. When a switchman activates a gear lever, the train changes tracks. Well, that is what a human being does every day, sometimes a hundred or a thousand times a day. Since everything is recorded, each of these changes is recorded also, but they do not produce anything permanent on the physical plane because the neutralize each other. Do you want to be permanently turned toward light? Then make sure your orientation remains unchanged and hold on to it without faltering.

(MAY 30, 2001)

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

A spiritualist must begin by realizing unity within himself: unity in his thoughts, his feelings, and his actions.
There is a story about a mole, an eagle and fish who became partners in an effort to transport a heavy load together. But what happened? The eagle flapped his wings to take flight, the fish wanted to dive into the water, and the mole tried to go underground. Obviously, pulled in these different directions, the load remained where it was! Well, this is what happens to the majority of human beings: we might say that within them there is a mole, an eagle and a fish, all forever pulling in opposite directions. When our thoughts, our feelings and our actions are harmonized and directed towards a high ideal, when there is no longer any opposition between them, then, only then, can we consider that we are on the path of true spirituality. **(JUNE 6, 2003)**

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)**

If you know how to observe nature, you will see that it continuously offers us ways to solve our problems. For example, how does an oyster make a pearl? First of all, a grain of sand falls into its shell, and this grain of sand is a problem, an irritant. 'Oh', says the oyster, 'how can I get rid of this? It is scratching me, it irritates me, what can I do?' It begins to think, it concentrates, it meditates! And one day it begins to secrete a special substance that envelops this irritating grain of sand in such a way that it becomes smooth, velvety and polished. And when it has succeeded, it is happy and says to itself: 'I have overcome a difficulty, I have transformed it!' This is the lesson of the pearl oyster: it teaches you that by means of thought you can envelop your worries and frustrations in a luminous, iridescent substance, and in doing so you amass extraordinary riches within you. True spiritualists are those who know how to work on their problems and turn them into precious pearls. **(JUNE 7, 2004)**

'Let it be done for you according to your faith' said Jesus. In order to understand these words correctly, you should begin by replacing the word 'faith' with the word 'attitude'. Yes. 'Let it be done for you according to your attitude', which means the way in which you value and relate to people and things.
People and things exist in and of themselves, and events are what they are, but neither one nor the other, however beneficial they may be, can truly help or enrich us unless we contribute a factor of our own: our consciousness, our thoughts and feelings, in other words, our respect and appreciation. This attitude engages elements from another dimension; they come to envelop with their spiritual emanations all the good things we receive, and in doing so enhance their effectiveness. **(JUNE 7, 2003)**

There are all manner of books about occult science that suggest practices for gaining access to the invisible world, but do not take up these suggestions, because you will find yourself venturing on dangerous ground. If, one day, you would like to leave your body, to have an out-of-body experience, here is an exercise that is quite harmless. Some mornings, when the sky is grey or misty, you may feel sleepy, so instead of trying to concentrate and meditate (which would anyway be useless in such conditions), try to still your thoughts completely. Allow your soul to extend throughout space, imagining that it rejoins the universal soul, melting into and fusing with it; then, when your soul returns, it will bring back impressions of all it has contemplated. But have no illusions: the quality of all you see depends on you, on the nature and quality of your desires, feelings and thoughts. So, if you wish to be in contact with the invisible world, begin by purifying your own inner world. **(JUNE 7, 1998)**

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)**

Book 70: The Power of Thought - Working with Thoughts

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)**

The aim of the different practices advocated by religions all over the world – fasting, ablutions, prayer, etc. – is to prepare human beings to be more clearly receptive to divine messages and energies. In reality, of course, it is not the act of fasting or going on a retreat which is, in itself, important. What matters is to set out a work of elimination and self-purification: in other words, refining thoughts, feelings and actions. Unless you are committed to doing this work, however, it would be better to leave spirituality well alone, because otherwise you could become a danger to yourself, and put others at risk. If all prejudices and lower inclinations have not been eradicated, to consider oneself a messenger of Heaven, or a divine instrument, is the most disastrous of all ways of thinking. This explains how people can become a torment to their families, or even butcher their own people. Only someone who is truly pure and disinterested can claim to be a messenger from Heaven. **(June 8, 1999)**

It is useless to long for great spiritual realizations if you have not yet managed to stop the loud and muddled course of your thoughts and feelings, for they prevent you from establishing within yourself the true silence, which mends, calms and harmonizes ... When you have achieved this silence, you imperceptibly communicate a rhythm, a charm to everything you do. You move around, you touch objects; it is as if everything in you were only dance and music. This harmonious movement, which is transmitted to all the cells in your body, not only does you good, but also does good to all the persons around you: they feel lighter, released, enlightened, and they then feel the urge to make some efforts to rediscover these sensations they experienced in your presence. **(June 9, 2001)**

When you are suffering, hold the thought that one day you will consider this experience a blessing, and this thought will be doubly useful to you. In the first place, it corresponds to reality (this painful experience of the moment will ultimately benefit you), and it is always advisable to hold this truth present in your mind. Also, when you formulate this thought, it helps you detach from what you are going through and, in doing so, you rise above it and are better able to cope with the ordeal. This is the power of thought: it helps us to distance ourselves from the misfortune we are undergoing. **(June 10, 2004)**

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)**

Human beings are peculiar: they imagine that by merely kneeling down in a church or temple and reciting a few prayers, they will experience the presence of God. No, they cannot sense the presence of God unless they do some inner cleansing. Just as the light of the sun cannot shine through a window covered with dust or soot, so the divine presence cannot penetrate those who have not rid themselves of their impurities. There is always work to be done in this respect. This is why, every day, morning and evening, you must think about this purification. By analyzing your inner states, your thoughts and feelings, by striving to master them and to guide them in the direction of good, you will become like a transparent crystal through which the light of Heaven can shine. It is then that you will feel the presence of the Creator. **(JUNE 11, 2003)**

When you are concerned to help, console and relieve someone, your thoughts, just like little angels, fly around him to give him assistance. What a pity that neither the person who sends these thoughts nor the one who receives them sees them! However it is better not to see everything that goes on in the invisible world. Why? Because human beings, who are not able to nourish good thoughts and feelings for any length of time – still less control them when they are bad – destroy and assassinate each other with their thoughts. And then ... what a sight! A woman like to get rid of her husband, and a husband, of his wife. Of course, they do not dare to fulfill their desire, but still ... how many times have they formed with their thoughts little murderers for the execution of their project! If human beings knew the secrets of materialization of thought, you can be sure that they would use it more often for evil than for good. Fortunately, cosmic intelligence, which is very wise, hides all these secrets from them! **(JUNE 11, 2001)**

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)**

People's concept of happiness is always more or less linked to possessions: money, a house, a car, a job, friends, a wife, children and so on. They are unhappy until they are able to acquire these and if one day they lose them, it is a disaster. Once you manage to discover what true happiness is you understand that in reality it is not determined by objects, possessions or other human beings, because it comes from up above. You are happy without even knowing why. This happiness is a state of consciousness that never leaves you. Even life's trials and tribulations cannot trouble you because of the very fact that you do not depend on any external, material condition.

You will only be able to attain this happiness by using your thought to immerse yourself in the ocean of universal harmony. You will feel that this happiness is an intrinsic part of you, as

natural as breathing: breathing in, breathing out ... breathing in, breathing out ... Indeed, true happiness is like the soul breathing. **(JUNE 16, 2002)**

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)**

What is a war? It is an imbalance on the scales of life. Yes, men and countries have put all their grudges, ambitions and greed on one tray of this scales, and nothing to counterbalance them on the other tray. Then there comes a time when the disproportion is such that violence prevails. It is impossible to prevent misunderstandings and hostilities between individuals and nations, but if at the same time there were enough people who could re-establish the balance through their thoughts, feelings and prayers, then evil would at least be neutralized, and the negative tray of the scales would not tilt to the point where war would break out. Once hostilities are triggered, what do people do? Ministers, ambassadors, heads of states meet and bring the problem before the U.N., etc. Of course, this is not pointless, but it is a bit late.
Initiatic science teaches that before a war is declared on the physical plane, it has already been declared up above on the psychic plane; those that wage war on each other are the egregores – the collective entities of the countries. People do not believe enough in the power of thought and feelings. There is an accumulation of so many misunderstandings, so many grudges, so much hatred on the psychic plane that, one day, actions are bound to follow. Actions are always the consequence of thoughts and feelings. **(JUNE 18, 2001)**

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)**

When you feel a physical or psychic malaise, do not try to get rid of it by resorting right away to medication. First, consider that in giving you this illness, nature is pressing you to do a work on the spiritual plane. Therefore, you must meditate, pray, and unite with the light, putting this discomfort aside for a moment.
I am not suggesting that you can cure all your pains by means of thought. But instead of always choosing the easy way to rid yourself of the smallest annoyances, through external means such as tablets, pills, and so on, try first of all to call on a spiritual element. Try working with light, love,

harmony, and purity. Then, not only might you free yourself from this little inconvenience, but your whole being will benefit from it, because the work you do in this way affects not only one particular condition within you, but your whole physical and psychic organism. **(JUNE 20, 2003)**

How we consider people and things makes all the difference. If your consciousness is enlightened, each one of your thoughts can be the point of departure for magnificent achievements. If not, you reject the riches which nature and human beings have to offer, and you neither understand, nor gain anything.
Just look at how human beings live alongside one another: they pass by each other with no more awareness of the other's presence than if they were pieces of wood. See how they bump into each other! To talk to them, then, about the relationship they must develop with nature is to expect far too much of them. They believe they are the only beings who are truly alive and intelligent in the universe and, in order to demonstrate this life and this intelligence, what do they do? They restrict themselves, they become sombre and suppress everything within themselves! It is in their consciousness that changes must be made. **(JUNE 22, 2004)**

Human beings are so accustomed to working superficially that it is now very difficult to convey an idea of what it means to work with thought, and of the extraordinary possibilities this work yields, which no other activity can provide. Take this example: when iron or copper are extracted from ore, tons and tons of ore are needed to obtain a certain quantity of metal. What is left is the gangue, or earth, which must be disposed of. In the same way, to obtain a few liters of rose essence, wagon-loads of petals are necessary. But a liter of this rose essence is so precious that it is worth a fortune.
And what is the purpose of these analogies? They serve to help you understand that generally speaking our work consists in moving tons of gangue, the crudest of materials, whereas the mind allows us to extract the quintessence from it. As long as you are unable to work thought to control your energies and direct them toward higher regions, everything you obtain will only resemble wagon-loads of ore, which burdens you needlessly. This state will continue until such time as you learn to extract its quintessence. **(JUNE 23, 2000)**

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)**

Thought is the result of a joint action of the intellect – the masculine principle, and the heart – the feminine principle. Thought is the child of the intellect, but it must also be the child of the heart from which it receives sweetness and tenderness. Such a child will bring blessings to all.
We are very prolific: we ceaselessly create thoughts. But we send them into space without bothering to know whether they will be useful or harmful, whether they are capable of freeing us and others, or the contrary. Thus, we are unconsciously preparing for the moment when all the beings affected by these thoughts arrive and demand compensation for the damage produced. Every thought we send out is impregnated with our magnetism, our fluidic emanations, our

scent, and inevitably it will one day return to us. And then there will either be tears and gnashing of teeth, or rejoicing and celebration. **(JUNE 26, 2000)**

So many people foster in themselves a perpetual state of indecisiveness! When someone says: 'No, I do not believe that', he at least demonstrates a kind of conviction. But if you are never sure of anything, you continually allow yourself to be tossed this way and that. One day you go in one direction, the next day in another and, when the moment comes to act, you always call the venture into question: 'Is it right for me to become involved? Should I not be doing something else?' It is deplorable! We can ask ourselves questions, we can hesitate; yes, it is even very useful to do so, but this must not go on for an entire lifetime. There comes a moment when we must acquire certainty, make a decision, and act on it. Doubt disperses our energies and troubles our thoughts and feelings. And once our thoughts and feelings are troubled, our will becomes weak, and it is impossible to produce the efforts necessary for action. **(JUNE 30, 2004)**

You can use your thought to act on your physical body and cure certain disorders and deficiencies, but of course this requires considerable preliminary work because the cells of your body will not obey you unless you have learnt self-mastery. Your cells must see you as a leader, a master, before they submit to your commands. It has often been remarked upon how yogis, in the forests of India, are able to meditate for hours without the wildcats that roam the area doing them any harm. This is because the animals sense that these yogis are beings who have self-possession, true strength, and they respect them. Every creature has been inscribed with a sense of spiritual hierarchy. Even wildcats are capable of sensing your degree of evolution, and so your cells all the more so. They are like tiny intelligent animals, and if you want to assert yourself before them you must begin by bringing your thoughts and feelings under control.
(JULY 1, 2002)

Try to forget all the things you lack. How can you feel lonely, impoverished or humiliated when you have the opportunity of using your thoughts to embrace the whole universe and unite with all the luminous entities that live therein? No one can take away these treasures from you. What does it take to make you understand that you live in affluence and that you can also help others with this abundance? Learn to be generous, give your wealth and even your material wealth if you can. Otherwise you will spend your time trembling, fearing to lose it, and will end up forgetting the existence of unhappy and needy people. Go ahead, distribute! You will not be afraid anymore if some public shares go down or some currency devaluates, etc., while your good deed will be inscribed up above in the Book of Life; and one day it will come back to you in an enhanced form. **(AUGUST 1, 2001)**

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)**

Fate does not let itself be moved by pity, but it is never cruel; it is fair, that is all. To make this question more easily understandable, let us take the image of a pair of scales. Let us say all the misdeeds you commit will accumulate on one of the two trays, and all the good you do will weigh on the other tray. So when the moment comes to pay for the transgressions committed, your good thoughts, feelings and actions will intervene on your behalf so that the dept will be less heavy. This means that you should never abandon yourself to fatalism. So not say, 'Since my fate is such and such, there is nothing I can do, I have to put up with it.' No! And never forget this: fate does not ask for the suffocation and extinction of the spirit. On the contrary, fate is there to force us to awaken the spirit within us and work with it so that we may shape a better future for ourselves. **(AUGUST 5, 2001)**

The human body, both that of men and that of women, is a synopsis of the universe. The disciple must not only use it for his own pleasure, but must know how to regard it, respect it, how to wonder at it, and above all to make it a starting point for uniting with the sublime world on high.
The initiate of the past, who possessed true knowledge of mankind, linked the different organs and parts of the body to the celestial constellations: the head to **Aries**, the neck to **Taurus**, the arms to **Gemini**, the stomach to **Cancer**, the heart to **Leo**, the kidneys to **Libra**, the genitals to **Scorpio**, the thighs to **Sagittarius**, the knees to **Capricorn**, the calves to **Aquarius** and the feet to **Pisces**. Practice linking your body to the great cosmic bodies through thought. Then, when Mother Nature – Isis – sees your efforts and your good will, she will say: 'This person is attentive, he loves me, he respects me, I shall reveal myself to him.' And so the great Goddess will gradually uncover herself to you. **(AUGUST 6, 2000)**

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)**

We can own the sky and the Earth. Yes, we can own the entire universe, but we can only do so inwardly. Why should we own it outwardly, materially? What would we do with all those seas, forests, mountains and stars?
Imagine a very rich man who owns a park full of all that is beautiful in the world – flowers, trees, birds, fountains, waterfalls – but his business forces him to rush around from one place to another, all over the world. He spends his time in planes or in meetings at his offices. He never has time to walk in his park, and on the rare occasions when he does cross it he is so absorbed in his thoughts that he does not see the park. And then there is a poet who comes to this same park everyday. He is very poor, but he finds happiness in the song of the birds, the color and scent of the flowers, the music of the water, and he writes wonderful poetry. So, who does this park belong to? I would say to the poet. And as for the other, the owner, he just pays the taxes.
(AUGUST 7, 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)**

Does one ever think of marvelling and giving thanks to Heaven for the existence of millions of men and women on earth endowed with the best qualities, the greatest talents? Just imagine all these men and women whom you have not had the change to meet yet; think about them and be delighted with the sole thought that they exist, and that one day you will be able to know them, talk to them and admire them. Yes, learn to be thrilled with the existence of countless men and women, and not only with the person who is by your side. Most of you will reply that they prefer to possess one woman or one man. Of course, I understand; unfortunately no woman can combine the total qualities of all women; neither can one man possess the total qualities of all men. But if you think of all men and women on earth, you feel truly enriched. **(AUGUST 8, 2001)**

'In the beginning was the Word.' Many difficulties and much suffering could be avoided if people knew how to put this into practice. You wonder how such an abstract thought that seems so difficult to understand can be applied to everyday life? It remains abstract and obscure precisely because you do not try to make use of it. So, begin now to accompany every action you make with the Word. Take the example of simple, everyday tasks. When you wash your windows, instead of letting your thoughts wander all over the place, become conscious of your gestures and say, 'As I wash this window, may my heart be washed and transparent!' Do the same thing when you sweep the floor, when you wash the dishes, when you dust. It is not necessary to say this aloud, of course, especially if someone is listening. The most important thing is to be conscious, which means to concentrate your thoughts (and thought automatically implies words) on all you do. In this way you become a true creator. **(AUGUST 8, 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)

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)**

Meditation has become fashionable lately. More and more people meditate, or so it would seem. But what can such meditation without any preparation bring them? How can they meditate if they do not have a high ideal, if they have not relinquished their whims, their debauched living, their disordered thoughts and desires, their wine and their tobacco? They say they meditate. And what is the subject of their meditation? Money, power, a man or woman they might seduce? They cannot meditate on celestial subjects because they do not have an ideal with which to tear themselves away from ordinary, animal life and to pull them up to Heaven. Be quite clear on this: you cannot meditate unless you have conquered certain weaknesses and understood certain truths. And not only are you not able to, it is even dangerous to try. **(AUGUST 13, 2000)**

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. **(AUGUST 14, 2004)**

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

The instinct of possession is not reprehensible in itself. People who want to possess something are right in wanting to do so. Nature has given them that right. Their physical body, for instance, belongs to them and it is best if they keep it for themselves. They may of course use their body to make all kinds of exchanges – words, looks, smiles, greetings, help – but they cannot give their body. Look at the tree: it keeps its roots, its trunks, its branches, but it distributes its flowers, its fruit. This is how nature has organized things. And an initiate, who has understood this lesson of nature, does exactly like the tree, in that he preserves his roots, his trunk and his branches, symbolically speaking, but widely distributes his flowers and his fruit, in other words

his thoughts, his feelings, his words, his light and his strength. An you too should learn what is alright to give and what you should keep. **(AUGUST 18, 2002)**

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)**

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)**

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, modelled, 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)**

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)**

When an idea comes to you and you feel it is a good one, you are delighted: this idea has thus descended to the realm of feeling. But in order for it to be complete, you must bring it down to the physical realm, that is to say, you must express it, realise it. This is the normal process. Are painters, musicians, or poets content to keep their works in their heads and in their hearts? No, they realise them, they carry them out. So, why in other domains must we be satisfied with thought and feeling? In the realm of spirituality and religion, we must also realise. For many people, religion remains in their head or in their heart, and when they have to act, their actions are contradictory to their thoughts and feelings. Well, they have not understood how Cosmic Intelligence has designed the human being. First of all, he must have a sound idea, then wish for it, and finally set to work on its realisation, making certain that it is in keeping with his thoughts and feelings. **(AUGUST 22, 2003)**

There are several ways to penetrate the spiritual world. Meditation, together with prayer, is one of the most accessible. Meditation, however, implies preparation. If you start to meditate without having first achieved an internal discipline, in other words having achieved control over your thoughts, your feelings and your desires, you will err into the lower regions of the astral plane, disturbing layers of darkness inhabited by entities who are often hostile to human beings. That is how you fall prey to hallucinations bearing no relation to the object of your meditation. Before meditating you should therefore start by putting your mental, emotional and psychic being in order, otherwise even an exercise as useful and beneficial as meditation can become dangerous. **(AUGUST 22, 1999)**

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)**

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

(AUGUST 26, 2003)

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.

(AUGUST 26, 2002)

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 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 initiatic 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.

(AUGUST 27, 2001)

Your whole future is in the life you lead today, in the direction you orient your thoughts and feelings and in the activities for which your energies are used. If you are vigilant, you will clear the way; conversely, if you are careless, you will encumber it with all kinds of useless and even harmful things that will hamper your proper development.

All of yesterday prepared today and everything today prepares tomorrow. So then, here is the secret: many times a day, stop a moment to reflect: 'Let's see how I'm using my energies... in what direction do I orient them.' And demonstrate at last that you have acquired some wisdom and learned to be thrifty. In this way, you will be able to tackle tomorrow in better conditions.

(AUGUST 28, 2001)

One of the principal characteristics of human beings is their curiosity. Human beings want to know everything about life and they encourage each other to carry out the bravest of experiments. They do not ask themselves where these experiments will lead, or what problems and sufferings they will encounter, because they embarked on these experiments with neither care nor thought. And then they are caught in a trap, rather like a fly – flies are such curious creatures – who wants to know what that web is over there, so beautifully spun. It does not realize of course that this web is attached to a cunning creature, a spider, who has been watching and waiting for a long time. And as the fly comes to meet with the spider, it perishes.
So, instead of going out and smelling, feeling, tasting, listening to and looking at anything under the pretext of knowing everything, in order not to get lost people should begin by identifying the location of all the spiders' webs, all the traps set for them. **(AUGUST 28, 2000)**

To see an enterprise through, we first need love because, in each enterprise, we meet obstacles, difficulties and only love allows us to overcome them. Without love we might get discouraged and let everything go. Once the first difficulties have been dealt with and have been defeated by love, then is the time for thought and wisdom.
Love thus prepares the ground for wisdom. If love is weak or lacking, then wisdom will lack conditions for its expression. When you love something, you want to study it, to know it, and this is how your love encourages you to explore the ground. And when you love someone, you also want to understand him and have a good relationship with him. Love gives you the conditions for understanding and that is why we can say that if you have no love, you will gain no wisdom.

(AUGUST 30, 2001)

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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Prenatal Education, Spiritual Electroplating

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

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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.'
3. Truth is Hidden in the Eyes
4. Wisdom is Hidden in the Ears
5. Love is Hidden in the Mouth
6. Love, Wisdom and Truth
7. The Master of the Universal White Brotherhood - Peter Deunov
8. The Living Chain of the Universal White Brotherhood.

Summary

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

1844

Publisher Love(+)Wisdom(=)Truth

Book 10: The Power of Thought - Working with Thoughts

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 10: The Power of Thought - Working with Thoughts

'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

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 10: The Power of Thought - Working with Thoughts

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

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."

- 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

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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.

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 70: The Power of Thought - Working with Thoughts

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.'

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

Table of contents

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.

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 70: The Power of Thought - Working with Thoughts

1810

Publisher Love(+)Wisdom(=)Truth