

# *Timeless Wisdom for Everyday Life*

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***“My desire is to explain to you, as simply as possible, truths on which you can base your lives, truths which can help you to improve your lives ...”***

*Omraan Mikhael Aivanhov*

## *Keyword for life:*

*“Life is our most precious possession.*

*Let your material life be consistent with your spiritual life.*

*Dedicate your life to a sublime.*

*Our daily life purpose a matter that must be transformed by the spirit.*

*Ensure a good future by the way you live today.”*

*Omraan Mikhael Aivanhov*

## *Foreword*

This book describes the deeply moving itinerary of an exceptional human being, Omraam Mikhael Aivanhov, a man who offered simple but infinitely effective methods to deal with the difficulties of everyday life. Omraan a loving wise man who devoted his whole life to the divine and was so full of courage and determination to share his light with as many human beings as possible, whatever the obstacles.

***This book has great hope and great power. It inspires in readers a desire to surpass them and shows them that all is possible.*** Every year, hundreds of thousands of readers from every cultural background discover his published talks. ([www.prosveta.com](http://www.prosveta.com))

Mr. Aivanhov, endowed as he was with exceptional charisma and remarkable gifts as an educator, is certainly the most distinguished representative of Solar spirituality of the 20th century.

Omraam Mikhael Aivanhov methods respond to our own deep-felt need to love better, to know more, to live healthy lives as members of the truly fraternal human family for which he worked all his life.

*“True understanding is like a spring, always refreshed, always renewed and enchanted. True knowledge is always full of wonder. You must not be content to cultivate this attitude towards nature alone, but towards human beings as well, for not only will you make unimagined discoveries, but you will become far more attractive and interesting to others.”*

## *A Remarkable Man*

*Omraam Mikhael Aivanhov(1900-1986)*  
*www.prosveta.com – www.fbu.org*

Omraam, like many great leaders, had a humble beginning. He was born prematurely on a very cold winter night in a drafty farmhouse in Serbtzi, Macedonia. His mother had the village priest baptize him within a day because she feared he would not live long. She named him Mikhael. Now, the priest who baptized him had a reputation for being a tea totaler, except for communion wine. But when he baptized Mikhael, the light that descended was so powerful that he felt like celebrating, and during the party afterwards, he got a little drunk.

He told people that he saw a vision of Mikhael's future and prophesied that he would do a great work for God. France has the rooster as its emblem, and that is where Mikhael traveled to from Bulgaria, a Balkan country. Also the rooster is associated with the rising sun and vigilance, both of which are important concepts in his teachings. The eagle also represents the lofty sun a fitting symbol for Mikhael, who boldly soared in the diension of Spirit, close to the source of all light. If you read any of Omraam's books you'll find that they're full of imagery and easy to understand. Mikhael came to France in 1937.

His mother, Dolia Aivanhov never yelled at him or forced him to do anything. Instead, she patiently explained his options and what consequences they would bring and left it up to him to decide which course to take. Mikhael had a profound love and respect for his mother and for all women and saw in them hope for a better world through prenatal education.

He said “*A mother can accomplish great miracles because she holds the key to the forces of life.*” His mother died in 1973 at the age of 97. His father was also an important influence during his formative years, but he died of pneumonia when Mikhael was only seven. Other people who helped shape his character were his grandmother and a wise old man, also named Mikhael, who would tell stories.

Mikhael said of him “He would tell me fantastic tales of battles between the forces of good and evil, the powers of light and darkness, and good always triumphed over evil in the end. Ever since, I have felt that by means of these tales this old man and my grandmother gave me an impetus towards the good and the light, and gave my heart a yearning to see the triumph of light over darkness.” Mikhael realized that the moral lessons he imbibed through these stories were more character forming than anything he later learned from books. “Childhood,” he noted, “determines the whole of one's life.

”He soon found a spiritual Master, Peter Deunov. One of the first things he asked Deunov was how best to connect with God during meditation. Deunov told him “Work with light, for light is the expression of divine splendor. You must concentrate on light, immerse yourself in light and rejoice in light. It is by means of light that we can communicate with God.”

Deunov was a remarkable man. He came to America in 1888 and received a doctorate in Theology from Boston University in 1893. He returned to Bulgaria and was offered a ministry, but rejected it in favor of spending four years in seclusion doing spiritual work. On March 7, 1897, Deunov became known as the Master Beinsa Douno, which means *The One Who Brings in the Good through the Word*. Mikhael also experienced a similar initiation when he traveled to India in 1960 and became known as the master Omraam. In 1918, Deunov established the School of the Universal White Brotherhood.

The White referred to the white spiritual light that imbued the auras of its members. Some of the spiritual exercises of this school were prayer, music, deep breathing, sungazing, and paneurhythmy (dance). For twenty years Mikhael studied under Deunov. At the same time he studied at the University of Sophia, concentrating on psychology, philosophy and the natural sciences. During the 1930s, he held a professorship at a university and subsequently became a college principal. In 1937, Deunov seeing the rise of fascist and communist regimes, decided to export his teachings to Western Europe.

Out of 40,000 disciples, he chose Mikhael to take his teachings to France. So on July 22, 1937, during the Universal Exposition, Mikhael arrived in Paris with only a handful of French disciples to help him. For ten years he worked hard to spread Deunov's teachings and in 1947, he created the French chapter of the Universal White Brotherhood. After

Deunov died in 1944, Bulgaria was taken over by the Soviet Union, Deunov's estate in Sophia became part of the Soviet embassy and the Universal White Brotherhood of Bulgaria was infiltrated by Communists who turned it into a political group.

They sent 47 members to Paris to do the same with Mikhael's group, but he firmly resisted. In order to get Mikhael out of the way, the communists used a hypnotist by the name of Cherenzi Lind to discredit him. Lind hypnotized several young ladies into believing Mikhael had raped them. Based on their false testimony, he was arrested, held in prison for several months and convicted on July 3, 1948 after a hasty trial. An appeal was filed but he was sentenced to four years in prison.

He was released after two years because of his impeccable behavior. His fellow inmates appreciated the spiritual help they received from his example and the advice he had given them, and called him their “angel.” In 1962 his case was reopened and his name cleared. In the summer of 1953, the first convention of the Brotherhood was held at the Bonfin near Frejus.

It was attended by all those who, in spite of the difficulties of the past five years, remained true to Brother Michael. The Bonfin is still the international headquarters of the Universal White Brotherhood and people from all over the world attend conferences there. A tradition which Brother Mikhael began and which people continue at the Bonfin and other centers today is the sunrise meditation.

***This is a very powerful meditation it is worth getting up early for - Mikhael told his students, “Learn to bathe in this river, in this immense flood of morning, for this is your true bath, a bath of light, the only one which can truly wash and purify you.”***

***”Mikhael said that prana or the life force is most concentrated 20 minutes before and 20 minutes after sunrise. Also, I have learned from other sources the predawn hour is most conducive to meditation because of the interaction between the photons of light from the sun, the Earth's magnetic field and our personal aura or electromagnetic field.”***

The place where everyone gathered to meditate was a large rock outcropping overlooking the Mediterranean. Mikhael said that it was one of the places that the great adept, Apollonius visited in his travels. Researching the life of Apollonius, I discovered that Southern France was indeed one of the places he went to, and that wherever he went he hid special talismans in the earth.

These talismans created a positive forcefield to attract spiritual people and good events. I

suspect one of these talismans is at the rock. However, Mikhael said that working directly with the sun through prayer and contemplation was much more powerful than any talismanic magic. In 1956, Mikhael gave a lecture in the city of Nice, not far from the Bonfin.

After the lecture, an Indian man approached him and told him that his master Babaji had heard about him and would like to meet him. To be granted an audience with Babaji is a great honor reserved only for those who are pure of heart and selfless. Mikhael wasn't able to leave for India until February 11, 1959.

While in India, he visited numerous ashrams, sacred sites and met spiritual leaders. He was welcomed by several famous Hindu and Buddhist sages as an accomplished master from Europe. One master said he was the re-embodiment of Vyasa, who simplified the Vedas just as Mikhael simplified esoteric Christianity. Another adept hailed him as a "solar rishi. And the master who gave Richard Alpert the name Baba Ram Dass gave Mikhael his spiritual name, Omraam. Finally he met the bodhisattva, Babaji, who in 1992 gave his blessings to another teacher sunazing Hira Ratan Manek.

A bodhisattva is a being of high attainment who has such great compassion for suffering humanity that he has taken a vow to not ascend back to God until everyone is enlightened. So Babaji's been around for a long time. When someone meets Babaji he is transformed, and Omraam was no exception. Actually his transformation was more dramatic because of the many other masters he met who gave him their blessings and the many days he spent meditating in sacred places.

On his return from India, his whole being radiating a new aura of authority, much like Moses did when he came down from the mountain. In a lecture soon afterwards he spoke about his new name: "The name Omraam combines the two processes of solve and coagula. 'Om' dissolves all things, rendering them subtle and fine. It is the sound that disintegrates all that is negative. It corresponds to the solve of initiatic science, which returns things to their source by transforming them into light. The vibrations of 'Raam' have the power to condense and coagulate divine realities and make them tangible.

***"I am leading you to the sun so that you can take him as your model. He is the most perfect Teacher. The true education is that in order to warm others one has to be warm oneself, in order to illuminate others one has to be luminous ; in order to vivify others one has to be vibrantly alive. A true teacher must emanate the qualities he wants to teach others. He should be a contagious, stimulating and irresistible example!"***

***“On the physical, material level, the sun is the door, the link and the medium thanks to which we can make contact with the Lord... Through the sun, we work with God Himself... If you want to create a bond between you and the Sun, you have to look at him in all consciousness.***

***If you do that there will be a communication of vibrations between the Sun and you in which forms and colors, a whole new world, will be born... The sun is an intelligence, a life, a living light. And when you understand that, all of a sudden he begins to speak to you... Try asking him a question and you will see that he will answer you.”***

This message is basically the same as that of all the masters and cosmic beings who taught the mysteries of the sun – and that is: become a sun of god.

***“When I meditated, I tried to perceive the universe as an immense symphony. One day I felt myself being transported very far into space, and suddenly I heard the entire universe singing. No human music can compare to what I heard... This music cannot be heard with the physical ears, only with the soul and spirit... This experience that I had so early in my life has remained sealed in my soul and has inspired me always to seek harmony everywhere.”***

In the course of more than 5 000 talks he explores human nature in its environment, whether in a personal, familial, social or planetary context. The man whom we call “Master” – in the oriental sense of the word, referring to his personal mastery and his teaching ability – tells us:

***“What I hope to give you through this teaching is some notions of life, of yourself, of how you are structured, of how you relate to the universe as a whole and, consequently, of the kind of relationship you should have with each other and with the universe which is Life, if you want to drink from the springs of divine life.”***

His main objective is to help human beings to recapture their spiritual dimension (which he refers to as their higher or divine nature), to perfect and strengthen themselves and find fulfillment in the world in which they live. He says, also:

***“I have applied my efforts especially to shedding light on one subject in particular: the two natures within every human being, their higher nature and their lower nature, because herein lies the key to the solution of all problems.”***

The inner, individual work, however, must be seen within a broader, more universal view: it opens our consciousness to the fact that we are citizens of the cosmos, members of one great human family, one universal brotherhood. We are all sons and daughters of

the same creator. Very specifically, the teaching of the Master Omraam Mikhaël Aïvanhov invites us to participate in the realization of a new Golden Age on Earth.

Throughout the world, innumerable men and women have found the path to inner fulfillment, thanks to his shining presence and to his teachings. The ideal of the Omraam Mikhaël Aïvanhov movement is to teach human beings to work not only for themselves but for the entire world...

***“My desire is to explain to you, as simply as possible, truths on which you can base your lives, truths which can help you to improve your lives ....”***

”For the human organism to work well and to be in good health, the cells within must work in harmony, with selflessness and not just for themselves: “ the stomach must not digest for itself alone, the heart must not beat for itself and so forth but for the well being of the whole body and the entire being ...”

“The Creator has sown seeds in the soul, spirit, mind and physical body of every human being: the seeds of gifts and virtues, of Magic powers and of all heaven's splendors, and only the light and warmth of the sun are capable of awakening these seeds and making them grow. The day man understands this and decides to draw nearer to the spiritual sun, all the seeds lying dormant in him will begin to sprout and grow and produce flowers and fruit.”

“Many people believe that what really matters is what a Master says, the wisdom he transmits. They think that if he says nothing they learn nothing. But even if a Master does not say a word, what emanates from him communicates something of his light and strength to you.”

“I have known the mystical way: The heart, feelings, sensations and love. I have known the spiritual way: Study and knowledge. I have also followed the way of concrete realization through work and exercise of the will. I have tried these three ways one after the other, and in each I have achieved results. And yet, I do not want to follow one or the other: I want all three.”

***"You will understand what love truly is when you stop thinking of it as a feeling. To love is not to have a feeling for someone but to live in love and do everything with love - speak, walk, eat, breathe, study with love... Love arises when we have brought all our organs, cells and faculties into a state of harmony, so that they vibrate in unison in light and peace. So love is a permanent state of consciousness. Those who have attained this state of consciousness feel their whole being imbued with divine fluids, and everything they do is a melody."***

## *Daily Readings*

### *from Omraam Mikhaël Aïvanhov*

*November 29*

"While it is not easy to reach higher states of harmony, peace or joy, it's not the hardest thing to do either; the hardest thing is to know how to preserve them. We allow them to fade, either through lack of awareness or negligence, and we even forget we have experienced them. You will say you can't remain still for hours on end with your eyes closed, engaged in keeping the same inner harmony and light. Of course, other activities await you, and they're certain to be more prosaic ones. But while you are dealing with these various tasks, you can certainly see to it that you don't descend to lower levels of consciousness, and you can watch over this spiritual state as if carrying something precious: now and then you'll look to check it is still there, intact and radiant."

*November 30*

"If you happen to feel lonely and forsaken, it's simply because you have allowed yourself to be enclosed in too narrow a circle. So, alter slightly the orientation or direction of your interests and activities; you will draw currents and entities from the universe that will come and support you and light your way. I will give you a method: widen the circle of your mental activity, and if your focus until now has been just yourself or your family – or even if you are a mayor, or a high-ranking civil servant, or a minister or even the prime minister – widen the circle of your preoccupations still further. Yes, widen it to infinity; embrace the solar system, the whole cosmos. You will no longer feel so small, miserable, abandoned and neglected, for you will have become an asset to humanity, a true creator."

*December 1*

"The universe is governed by principles; these principles can be likened to the numbers 0 to 9, which make up every numerical combination. Principles, like the first ten numbers, are given once and for all, but no one can predict the countless combinations they can produce, as these are infinite. And that is what we have to learn and accept: the new combinations, the new forms engendered over time by the principles, which, themselves, are eternal. In every realm, movement is the law of life. It is therefore a big mistake for religions to want to maintain forms forever. Only principles are eternal, and forms – even those of a religion – have to evolve."



## *December 2*

"It's so touching to see the efforts young children make when they're learning to walk! They stagger, fall over, pick themselves up, fall over once more, but they always get up again... Whereas, when elderly people fall over, they have to wait to be helped to their feet, and when they've been helped up, they may have to be taken to hospital. What lesson can we draw from these two examples? Children and elderly people are symbolic of the two attitudes people can adopt in the way they lead their life. So many people who have decided to work on improving themselves give up the first time they fail, saying, 'That's it, I won't try a second time.' Well, they have the character, soul, thoughts and feelings of an old person; they will not enter the kingdom of God, for the kingdom of God is for children. Jesus said so: 'Unless you... become like children, you will never enter the kingdom of heaven.' It's worth making the effort thousands of times if necessary and, however much you fall, it's worth picking yourself up again to carry on walking."

## *December 3*

"The intellect is the faculty that enables human beings to know matter and, thereby, also to affect it. That is why they apply themselves to cultivating the intellect and why there are so many educated, capable and clever people in the world. That's fine, but the further human beings travel along that path, the more ways they acquire of controlling others, of dominating and enslaving them. You only have to look at the way they behave. Why is this the case? Because the teaching children and students receive in schools and universities does not address their heart or their soul, much less their spirit; it addresses only their intellect, and they use this learning in the service of their lower nature, which then manifests as selfishness, ambition and jealousy. None of the knowledge young people receive enables them to work on mastering their lower nature; they are given weapons without being given the ideal of self-improvement, so of course they use them to satisfy their grossest appetites."

## *December 4*

"What is destiny? It is an implacable chain of causes and consequences. But only biological, instinctive life is completely ruled by destiny. Therefore all those who identify with their physical body, whose main goal in life is to seek pleasure, comfort and material possessions are unable to escape the laws of destiny. Whereas those who are conscious of being spirit first and foremost, who seek to express the primacy of the spirit in all they do, so as to leave behind traces of light, love and nobleness on earth, increasingly become master of their own destiny. So, that's clear; on the subject of freedom, there's not much to discuss or ask oneself: only those who strive daily to put the spirit first will escape the grip of destiny and become truly free."

### *December 5*

"Children are more spontaneously drawn to things that will hurt them or make them ill than to those that will be good for them. And many so-called spiritual people are like that, too! They'll decide, under the influence of some book, to embark on dangerous practices: hypnosis, spiritualism, delving into reincarnation... If you want to have experiences of that sort and remain safe from danger, you need to be under the guidance of very high entities, and these entities only agree to guide those who have done an inner work of purification and self-mastery. They will not bother with the first foolhardy or greedy person that comes along wanting to venture into the invisible world to satisfy their curiosity or their desires. Others, having read or heard something about the kundalini force Indian yogis learn to awaken, immediately decide to awaken the force themselves, without realizing all the preliminary work required. But what will they do with it then? They'll just get burnt. Yes, indeed, for the ignorant or the unaware, psychic adventures are always risky, very risky. So don't be in a hurry, begin by purifying yourself and achieving mastery, study hard, and one day all these experiences will become possible for you."

### *December 6*

"Of the four elements, fire is surely the one that exerts the greatest power of fascination over human beings. When they see dancing flames, they instinctively hold their hands out to them as if they feel there is something they can capture. Why? You may say, it's nature that impels them to act this way. Yes, of course, but there is a deeper reason for this impulse. We have centres at the ends of our fingers that are very sensitive on account of the great many sense cells they contain. It has even been observed that people's sensitivity can be measured, among other things, by the small mound at the tips of their fingers. So when we stretch out our hands to the fire, the sensitive centres in our fingertips are activated: they sense heat, as well as other subtle elements, and transmit them to our body. So, not only is our body warmed but our solar plexus is influenced for the good."

### *December 7*

"The existence of evil is one of the main subjects of inquiry for philosophers, and for thousands of years the faithful of all religions have begged, 'Lord God, annihilate evil!' But the Lord scratches his head, smiles even, saying to himself, 'Poor things! Once they learn to deal with evil, they'll stop begging me.' But until that day comes, there will still be much praying! Of course, we should pray, but what we should be asking is, 'Lord God, show me how you created the world, how you see things... Give me the insight, the wisdom to understand how I, like you, can be above evil. Teach me how to place it in the service of good, so that I may achieve great things.' Those who reason this way

understand that evil has a positive part to play in the universe. You may say you were taught differently. Possibly so, but what you were taught was incomplete; it is good and true for children, but the reality is quite different. The whole of creation is proof that evil is essential to the cosmic economy."

*December 8*

"Throughout the universe we see the two powers of life and death in action. But in reality, the only true power is life, for nothing exists outside of life. Death is contained within life; it is merely a shift to another plane, a change of form, of clothing, time away to fulfill a new mission, an alteration in one's state of consciousness. When life is transformed, it does not mean it has ended. Life and death work hand in hand for evolution. Death is only an illusion. We have all been through what we call death so many times! And there we are, alive again... Never-ending life, unbounded life, is all there is."

*December 9*

"A thief slipping through a crowd, looking for something to steal, is almost clairvoyant. They sense, as if with antennae, which people are watchful, awake, and which are half-asleep. The clue for them is light, for a watchful person radiates a kind of brightness, and so it won't be that person the thief attacks. They're on the lookout for those who are dozing with their eyes open, and they seize their purse or their bag without them even noticing, so immersed are they in a kind of inner murkiness. In the same way, harmful entities from the invisible world will not attack those in whom they sense light, for they know they will be spotted and warded off. So, be careful; if you wish to be safe from all kinds of thieves, always keep a light shining within you."

*December 10*

"The Father, the Son and the Holy Spirit make up what Christians call the Holy Trinity. So there is no mention of a feminine principle. This can't help but make you wonder. When you hear 'the Father, the Son...' – terms that bring the family to mind – how can you not be surprised that the third member of the family is the Holy Spirit? And what kind of family has no mother? The Cabbalists are right when they teach that God has a spouse, the Shekhinah. Christians should start thinking about this and accept the existence of this cosmic principle, the feminine part of the creative Principle. The Being known as God, represented by Christianity as a masculine force, is in fact masculine and feminine. For creation to take place, there has to be polarization, that is, the presence of both a masculine and a feminine principle. In order to manifest, God has to be masculine and feminine at the same time. That is what was taught in the Orphic initiations: 'God is male and female.'"

### *December 11*

"So many are ready to fight, even die, for freedom! But as soon as they are free, their only thought is to bind themselves hand and foot, to chain themselves up. Yes, sadly, that's how it is. It's as if freedom weighed heavy on them, and they don't know what to do with it. What can you do when you are free? They get bored, so to keep themselves amused they land themselves in impossible situations, and it's goodbye freedom! As long as human beings do not have true light, their freedom will induce them to do utterly foolish things. How often have we seen this! Freedom, which is the best thing there is, can under certain circumstances become the worst. Then it would be better if they actually were tied up a bit. Of course, you should seek to be free, but only in order to elevate yourself, to strengthen and enlighten yourself, and to spread goodness around you. That is true freedom."

### *December 12*

"The story goes that three yogis who were seeking perfection had gone to meditate in the forest. A man who was passing by, finding the first yogi in his path, hit him. The yogi stood up and hit him back twice! Perfection was still a long way off for that one, and we're not told whether he returned to his meditation. Continuing on his way, the man met the second yogi and hit him too. This yogi got up to hit him back but suddenly checked himself and sat down again. He, at least, had learned mastery over himself! As for the third yogi, he received the blow without even noticing and continued to meditate peacefully. The lesson is easy to draw: the first yogi still belonged to the category of ordinary human beings who say they're retaliating because it's only fair but, unfortunately, get carried away to the point of being unfair themselves. The second was one of those people who have learned to control themselves, because they have reflected on the consequences of their actions; they tell themselves, 'It's not worth it, it'll only create more confusion.' As for the third one, he was already so advanced that he didn't even feel the blow."

### *December 13*

"Roots, trunk and branches are all that's left of a tree in winter, when the spring flowers and leaves and the summer fruits have fallen. It is the densest parts, then, that survive and remain permanently, all year long, while the subtler, more delicate elements only appear periodically. Yes, another year comes, and with it new leaves, flowers and fruit. If we didn't know the laws that govern nature, we might worry at the sight of all those black, naked trees. But these laws are known to us all, and everyone awaits the coming spring to witness the rebirth of plant life. I'll give you an analogy: what do the tree's flowers, leaves and fruit correspond to in human life? To the flashes of inspiration that visit us from time to time, as our soul and spirit manifest themselves. Inspiration comes

and goes, and when it leaves us we must not become discouraged. Since our soul and our spirit have already produced flowers and fruit, they will flower and bring forth fruit again. All we have to do is work and prepare the conditions for these flowers and fruits to be ever more beautiful, fragrant and sweet-tasting."

#### *December 14*

"In this day and age, the world is teeming with specialists. Of course, specialization is useful and necessary, but before specializing it is preferable to have a view of the whole. If you begin by exploring a small parcel of terrain, you'll reason and classify things wrongly, because you won't know anything about the whole to which it belongs; whereas, if you've gained an overview, you can allow yourself to focus in on a particular spot without the risk of making a mistake. Life is too short to make a detailed study of every domain, so the method used by the initiates of first considering the whole, although it does not yield such precise knowledge, does at least give an overall impression that's true to reality. And if they later decide to concentrate on a particular subject, they acquire a much deeper knowledge of it than a specialist, who has no notion of the whole. The knowledge they have of the whole, of oneness, sheds light for them on any tiny particle that's been isolated from the whole: they are able to know precisely where it belongs."

#### *December 15*

"Without being aware of it, every day you are reproducing the two great cosmic processes of descent into matter and the return to spirit, of incarnation and discarnation, of birth and death. When you get dressed in the morning, you start by slipping on the lightest garment, a vest or a shirt... and you move on to thicker and thicker garments, until you get to a coat if you're going out into the cold. In the same way, to incarnate on earth, you entered bodies of increasing density: the mental, the astral, the etheric, and finally the physical. And when you undress at night to go to bed, it's the reverse process: you take off each of these layers one by one. In the same way, one day you will free yourself from your different bodies to return to the other world. Everything that involves clothing and covering symbolizes incarnation into matter. We dress to descend, and we undress to rise and return to the realm of the spirit. To remove one's clothes is to pass through the opaque world of appearances to discover the reality of the spirit."

#### *December 16*

"There is always a way to escape your inner discomfort: you can go to another level. Let's take an example. You are feeling upset and discouraged, it feels as if everyone and everything that happens is against you. And then you fall asleep. When you wake up a

few moments later, you feel as if something has changed. What happened? As you went to sleep, you went to another level; you escaped, and the 'enemies' pursuing you weren't able to follow you. There is always a place where you can take refuge, and you would be spared much suffering if you knew how to go to another level. Think about it. Instead of sinking into negative states as if they were quicksands, react immediately. As soon as you feel sad or discouraged, try to go to a place where you can elude these feelings. If the torments are in your mind, go into your heart. If you are being hounded in both heart and mind, rise up to the soul. If you are even being pursued in your soul, take refuge in your spirit. Nothing can reach you there."

### *December 17*

"It's amazing how many people feel they have the right to deceive others, to treat them inconsiderately or use them for their own ambitions or interests, without thinking that they too are beings worthy of consideration and respect! They don't take other people into account, so it should be no surprise to them when these people, who have felt put down and belittled for too long, eventually retaliate. Someone may wonder, 'Why do people avoid me? Why don't people like me?' without realizing they themselves have done everything to make it happen. They look at others or address them with coldness and contempt, they keep the truth from them or tell them downright lies, yet, amazingly, they see themselves as lovable!... So, it's up to each one of us to take a good look at ourselves and become aware there is a law of justice that has to be taken into account in our own interest. If we behave honestly and with integrity and respect, others will give us their trust, which is to our own advantage."

### *December 18*

Human beings have been seeking an ideal model for society for thousands of years, and if they cannot find it, it is because they don't know where or how to look for it. To discover it, they need to turn their attention to a place where perfect order reigns, namely, to the sun. Not to the physical sun, of course, but to the world of harmony, purity and light it symbolizes. True organization is not just something external. Good outer organization is necessary, of course, but there is a limit to what it can do; furthermore, it's of no use if the spirit does not animate it. Take human beings, for example, with their limbs, their organs, and all their systems – respiratory, digestive, circulatory, nervous, and so on... What extraordinary organization! But then, how is it that for all that organization they are so weak and vulnerable? Because it's not enough: a higher, spiritual organization has to enter this physical organization, to give it life and strength."

### *December 19*

"We usually associate tears with sadness, but, actually, any emotion can cause tears. There are tears of sadness, of anger, of rage, of vexation, and there are also tears of joy and wonder. Poetry, painting or music can bring tears to our eyes, but so can certain kinds of human behaviour, if they are particularly fine and noble. Inasmuch as tears can relieve us of inner tension, whatever its cause, they are useful. But of course, tears of joy and wonder are the most beneficial. So do not wipe those away with the back of your hand, but collect them on a clean tissue and preserve them with care, for they hold great power. Tears of vexation, sadness or anger you can let dry, as all they are is a little salt water, but preserve the tears rent from the depths of your soul."

### *December 20*

"Why do you waste your life running after acquisitions that aren't as important as life itself? If your inner life were your first concern, so that you wanted to protect it and keep it as pure as possible, you would have more and more possibilities for making your best wishes come true. It is precisely this illumined, enlightened, intense life that can give you everything. Just because you have received life, you believe you can do anything with it... Well, you can't! When you have spent years working to satisfy your ambitions, one day you will find you are so worn out, so disillusioned, that if you set what you have achieved against what you have lost, you will realize you have lost nearly everything in order to gain very little. Is there any sense in that? From now on, strive to work solely to make your life beautiful, to purify it and sanctify it. Only pure, harmonious and intense life can reach the subtle regions of space where those currents and entities dwell that will come to help and inspire you."

### *December 21*

"Jesus said, 'For everyman shall be salted by fire'. What is the connection between salt and fire? Fire is a symbol for the spirit, as is salt. Salt, like fire, burns. But fire exists in different forms and therefore produces different sorts of burning. Fire is synonymous with life, but it is also synonymous with suffering and death. Fire sustains life but also has the power to destroy it, and it destroys it utterly. The same is true of salt: though it is strongly connected to the origins of life, it also has the power to destroy life. Salt, like fire, can therefore bring death as it can bring life. Thus, when Jesus says, 'Everyman shall be salted by fire', it means that no one can escape salt and fire. But those who have welcomed the spirit in and worked with it will be salted by the fire of life, whereas those who have rebelled against the spirit will be salted by the fire of suffering and death. No one can escape this law."

## *December 22*

"We have two guides along life's paths: wisdom and love. We must learn to work according to the laws of wisdom and the ways of love. Wisdom and love can be compared to the hands of a clock: wisdom is the little hand that marks the hours, and love is the big hand that shows the minutes. Thanks to wisdom, we choose a direction, a program to fulfill that's valid for all time. But to be able to fulfill it, we must adopt the ways of love, that is, live each minute with joy and enthusiasm, without ever losing our impetus. That way we can reconcile the program for the day with the one for eternity. Wisdom shows us which direction to take, and the heart keeps us moving."

## *December 23*

"The Christian festivals are mostly only a relic of ancient pagan festivals in another form and with another meaning. As the time for each festival approaches, we organize festivities: we gather food together, and we prepare decorations, new outfits and even fancy dress. But spiritual people see a festival not as an opportunity to eat, drink, wear different clothes and have fun, but as something quite different. They endeavor to seek out energies from the subtle realms that will renew or enliven their heart and their soul. And they also know that the entities of light come to draw, from that atmosphere of joyful, beneficial exchange, elements they can later use to further their work all over the world. If you wish to help them with this work, share with them your joy, all the spiritual riches you acquire from a festival, so that others may benefit from them. That joy, those riches, will then come back to you further increased."

## *December 24*

"Holy images can be helpful to you, provided you know how to regard them. You may pray before representations of Christ, the Virgin Mary or saints, but it's not these you should be addressing; they won't answer you or grant your wishes. The images are merely intermediaries or, if you like, ladders enabling you to gain access to these higher beings. In the same way, a temple or a church is a ladder, since its sacred space affords you the right conditions for contemplation, for finding in yourself the means of rejoining the heavenly regions where you receive inspiration and salvation. That is what true science is: it doesn't destroy anything, it teaches you how to regard holy images and places of worship. And if a highly spiritual being gives you an object they have blessed, accept it with gratitude, for it is a talisman. But don't imagine the talisman is all-powerful in itself. No, use it to try to rise higher, to go further and connect with the cosmic power with which it is imbued; only then will the object work its effect on you."



## *December 25*

"Before leaving his disciples, Jesus said, 'Now I am going to him who sent me. I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth.' His words mean that the Spirit alone can give us a true understanding of his teaching. We should therefore meditate on the message of the Gospels, in order to exalt its essence within us, immersing ourselves in it while connecting to the heavenly entities. The day we are able to experience the great truths contained in the Gospels as living and effective realities, our whole inner being becomes purified, enlightened and renewed by them. For those vibrations coming from the world of the soul and of the spirit are experienced by our whole being, and then something that was dormant within us awakens and begins to stir. Even if learned people often criticize the style of the Gospel texts, these texts can be seen as currents of power able to awaken our soul to a new life. This is what is called the second birth, the birth of the Christ."

## *December 26*

"Mountains are huge aeriels that put earth in touch with heaven: they serve as a link between earth and heaven, which is why water that comes down from high mountains is charged with power from heaven. Through their peaks mountains pick up heavenly forces and energies that manifest as great whirlwinds or powerful, luminous waves. Because of the presence of these currents of energies, nature spirits, which are highly evolved, often visit mountain peaks: they bathe in these waves to strengthen and renew themselves, then they're on their way again to pursue their work around the world."

## *December 27*

"For most people, truth is something seemingly inaccessible they should be seeking beyond the stars, but is truth really that difficult to find?... Isn't it rather that they don't know what they should be seeking or how to seek it, or that they want to be able to justify all their weaknesses? For those who honestly seek truth, it's not that difficult to find. Are we meant to believe that the Creator, cosmic Intelligence (call it what you wish), placed human beings in a situation where they would never find their way? Granted, they don't possess the revelation of absolute Truth; anyone making such a claim is mistaken. But that they should be incapable of knowing a truth that could guide them every day of their life – no, that's not possible, and no one can be forgiven for not finding it."

### *December 28*

"If you want joy to never leave you, seek to live in the soul and spirit; they alone have the power to project you into infinite space and eternity. Then, even if you are stricken by misfortune, even if you are suffering, you will still feel joy. Suffering and joy... You may say it's not possible to experience two such contradictory states at the same time. But it is. Why? Because human beings are made up of two natures: their lower nature, which always experiences pain at the slightest upset, the slightest obstacle, the slightest loss, and their higher nature, which lives in eternal light and eternal bliss. If you can observe what is happening to you from the point of view of your higher nature, you will come to consider sadness and grief as a kind of mud, a fertile silt, which the trees and flowers of your inner garden need for their growth."

### *December 29*

"In many traditions the blacksmith's craft is given a symbolic significance. But what I find particularly interesting are the correspondences to be found between that craft and certain processes of the inner life. When a blacksmith wants to work a piece of iron, he begins by heating it, and then he beats it into shape. Until the piece of iron has been heated, you can beat it all you like, it will resist or even break. This phenomenon shows it is only through warmth, through love – the warmth of the heart – that beings can be truly educated. All those who rely too heavily on the mind to the detriment of the values of the heart still need to be educated, and they have to endure the fire of suffering as part of that education. They wonder why they feel they are being burnt and beaten... Well, it's heaven that is heating them and beating them; by putting them through such trials, it is seeking to give them a divine form.

### *December 30*

"Those who endeavor, day by day, to be in tune with divine laws are preparing the best conditions for their other lives in this world or the next, for they are forming a relationship with the most evolved entities and intelligences, which will then come and settle within them; they attract the entities, create a partnership with them and work with them. And so, later, when these people leave the earth, when their physical body disintegrates and all the particles that make it up go back to the four elements, they will find themselves in the next world in the company of those entities they attracted to themselves. Without knowing it, and without yet knowing all the friends who will be part of it, each one of you is working towards forming the society you will inhabit in the next world. And there you have the explanation for what religions have named hell, purgatory and paradise."

### *December 31*

"It can happen that suddenly, without any prior warning, you feel flooded with light; all of a sudden your consciousness experiences a great upward shift to the level of super consciousness, and you are dazzled by the vastness and beauty in which your higher Self dwells... Unfortunately, this state doesn't last, and you're back to your everyday life with the same worries and the same weaknesses; you feel as if you're in darkness, hemmed in, cut off from your higher Self, your divine Self, like a fragment separated from the Whole... Then, once again, you experience more light, an illumination, but this too doesn't last. But do not be discouraged, keep working, keep making efforts. One day, finally, after all the ups and downs, after all the veering between light and darkness, the light will no longer leave you, you will have crossed to the other shore, and you will be saved for good."

### *January 1*

"Think of the moment you wake up in the morning as the most important moment of your day. Why? Because the rest of your day depends on it, and the rest of your life depends on this day.

Jesus knew this and said, 'Do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.' Yes, do not worry about tomorrow, provided that you think about today, about really living today; otherwise, you will spend each tomorrow repairing the consequences of the mistakes you made the previous day. All those who have concerned themselves with their future while neglecting the present twenty-four hours have left gaps everywhere in their life, and they are back again on earth to put things right, to make amends and suffer. If you can just live twenty-four hours well, you prepare the twenty-four hours to come, you have nothing to put right, and the schedule ahead of you is easy to carry out: the ground has been cleared, there is no congestion, and so life becomes easy. But most importantly, start by living the first moments of the day well, so as to prepare the hours that follow."

### *January 2*

"If life, light and celestial currents are to come through, you have to make way for them. This law is pointed up by everything in nature. Why are gems so valued? Because they let the light through... And if nature has succeeded in doing such magnificent work on certain minerals, in refining, purifying and coloring them, turning them into the marvels we admire today - crystals, diamonds, sapphires, emeralds, topazes, rubies, and so on - why would human beings not be capable of doing the same work within themselves? What are prayer and meditation? Precisely those activities that allow humans to purify and illumine everything within their heart and soul, until one day they become as limpid

as a gemstone. Then, the Lord, who appreciates gemstones very much, will set them in his crown. It is an image, of course, but it corresponds absolutely to a reality."

### *January 3*

"Whenever we come together for our fraternal meetings, it is as if every one of us had brought a fruit from their garden, their field, their soul, and the atmosphere is filled with delightful emanations we can all savour. So, instead of having to make do, symbolically speaking, with the radishes, tomatoes or swedes they grow at home, everybody has some of everything, because there are nice beings who bring apples, plums, pears, and so on, that is, patience, gentleness, strength, health, love, tenderness, purity, intelligence, faith, hope - enough, in fact, for a feast! This is the true reason for a spiritual brotherhood. As long as you stay alone at home you live in poverty, whereas in a spiritual brotherhood you find abundance, for, there, heaven distributes its riches through each one of you."

### *January 4*

"We cannot find anything externally that we have not first found internally; this is a law. Yes, because whatever we encounter externally that we have not already discovered internally we will pass by without seeing. The more you discover beauty within, the more you will discover it around you. No doubt you are thinking, 'If I don't see it, it's obviously not there.' You are mistaken, it is there, and if you do not see it, it is because there are organs of perception within you that are not yet sufficiently developed. Start by seeking glimpses of beauty within, and you will see it outwardly as well, for the external, objective world is merely a reflection of your inner world, of your subjective world. Whether you are looking for beauty, love or wisdom, it is almost pointless doing so externally if you have not already begun to discover it within yourself."

### *January 5*

"We are told in Genesis that humans were created in the image of God. This means they are inhabited by a higher soul, which touches heaven and is an emanation of God himself. And so their existence only takes on meaning when they come into contact with this immortal soul, which is light, harmony and power. It is through your higher soul that you can commune with the Creator and with the universe he created, because this soul itself is a quintessence of the universe. And if you think of it, if you turn to it more often, if you connect with it, if you speak to it and identify with it, you begin to understand what your true self is. Your consciousness is then heightened, and its vibrations become more intense, until one day it dissolves into the consciousness of this sublime Soul, and you become one with God."

### *January 6*

"Life is only possible because of the existence of opposites. You will find this law to be true in every domain. For example, the abundance and variety of riches appearing on the surface of our planet arise from the fact that its surface is not flat but has different levels, from high peaks to the great depths of the earth and sea. The wonderful diversity of climates, flora, fauna, and so on, which to some extent gives rise to the diversity of civilizations, is due to the uneven surface of the earth. Neither should human beings be leveled out. Why? So that there can be fruitful exchanges and a free flow between them. The only point they must have in common is a high ideal, the desire to always progress in love and light. Let them be as different as possible in every other way! Their life is made rich and beautiful by those very differences."

### *January 7*

"You may have made mistakes and suffered a great deal... Forget your mistakes and your trials, and strive to project yourself into the future. Think of yourself as a son or daughter of God, predestined to move ever closer to the state of perfection of your heavenly Father. Imagine this extraordinary state of blossoming, of joy, of plenitude, and already you will taste it, you will be living it and it will have become a reality for you. If you have to face a difficult situation, such as taking an examination, undergoing an operation, appearing in court, you begin to worry about it several days beforehand, wondering how it is going to turn out, already painfully anticipating these moments... And when you think you are going to meet the one you love, again you anticipate the moment, and you already feel joyful. So, since thought can project you into the near future, why not into the distant future? The power of thought is a reality, and disciples must learn to make use of it to speed up their evolution."

### *January 8*

"You meet someone and immediately feel an attraction. This person is like a vase, filled with a precious essence that plunges you into a state of wonder; they inspire you, broaden your horizons and reveal to you the beauty of heaven and earth. Thank the Lord for having met this person, rejoice, and if you want to have this joy last a long time yet, try not to immediately want to become close to them physically; keep some distance. Enjoy each beautiful meeting you have as a moment of grace, let yourself be enlightened, vivified and strengthened by their presence. If you really take notice of this advice and try to apply it, your life will never be short of happy encounters, and because you will know how to appreciate them you will truly know what love is."

### *January 9*

"Initiatic Science sees prayer as the meeting of our soul with the cosmic Spirit and of our spirit with the universal Soul. It is this meeting that gives our prayer its power. Anyone who thinks prayer is about addressing their demands to the Lord, as in 'I need money, I need a house... I want to get married... Get rid of my enemies', is not only unlikely to have their prayers answered but, more importantly, will never discover the true dimensions of their deeper being. The meaning of prayer, as of all spiritual exercise, is to bring about the meeting between something in us and an entity in the universe that's of the same nature but complementary to it. This results in a kind of crossover, which is religion's greatest secret: the (feminine) human soul seeks the (masculine) divine Spirit and the (masculine) human spirit seeks the (feminine) universal Soul. Our soul is fertilized by the cosmic Spirit, and our spirit fertilizes the universal Soul. It is due to this crossover that we become creators in the spiritual world; this is what prayer really is. "

### *January 10*

"Freedom can only be understood when associated with the idea of hierarchy. If you find yourself on the bottom rung of the ladder, what freedom can you have? Are animals free? Are plants? Are stones?... Even among humans, few are free: they are driven, influenced by others, by humans or by entities from the invisible world, because inside themselves they are very base; they are not the ones who decide. To win our freedom, we must rise higher and higher, all the way to the Lord. By seeking to reach the peak we become free. In this sense, we can say that only the Lord is free. No other creature is free; even the archangels are immersed in the soul of the Lord and receive his influence. They are free by means of the Lord's freedom, but not free in relation to the Lord. Only the Lord is free, and to the extent that they draw close to the Lord creatures are free by means of his freedom, not otherwise."

### *January 11*

"No human being on earth is free from suffering. You need to know, however, that there is suffering that is useful, beneficial, and other suffering that is needless and even harmful. Needless suffering is the kind we bring upon ourselves by transgressing the laws of honesty, justice, kindness, wisdom and love, and it does not deserve compassion. Useful suffering is experienced by those who love others and sincerely wish to help them: each day they have to wring something from their heart, to strip away their selfishness, their personal point of view. For in order to help others, it is not enough to come forward with good intentions and good feelings; a whole work of inner adjustment is needed. This requires making sacrifices; it is difficult and painful but so very beneficial!"

### *January 12*

"The philosopher's stone, the elixir of immortal life, the universal panacea, the magic mirror and the magic wand are five symbols for the work disciples must carry out in order to be worthy of receiving initiation. When they turn their selfish, petty thoughts and feelings into generous and disinterested ones, they are preparing the philosopher's stone, which transmutes base metals into gold. When they regenerate the cells in their body by living a pure life, they are distilling the elixir of immortal life. When they spread light and warmth around them, they are working with the universal panacea. When they have learned to project themselves up to the most elevated regions of the spiritual world, they receive messages from space, and objects and beings are reflected in their soul as in a magic mirror. Finally, when they have gained full mastery over themselves, they acquire the magic wand, which bestows all powers. "

### *January 13*

"We will never really know what a human being is as long as we overlook this truth: everything that exists in the universe, from stones and plants right up to the archangels and to God, exists also within humans. This is why the universe is called the macrocosm (big world) and the human being the microcosm (small world). Humans are infinitely small, the universe is infinitely great, but numerous correspondences exist between the infinitely small and the infinitely great. Every organ in our physical body, as well as our psychic and spiritual bodies, has an affinity with a region of the cosmos. Obviously, we shouldn't think of the cosmos as possessing organs like our own, but in essence there is an absolute correspondence between our organs and those of the cosmos. Through the law of affinity, therefore, we can reach centres and forces in space that correspond to certain centres and forces in us, and when this happens we know what it means to take part in cosmic life."

### *January 14*

"Do those who say they aspire to live in heaven know what heaven is really like? They certainly do not. This is why they should prepare for it; otherwise when they arrive up there, they will say, 'But there are no cigarettes here, there's no pub, no night club... and I feel like a cigarette, I feel like a drink, I've got scores to settle with my enemies, I'd like to kiss some pretty women... I want to go back down.' To be able to live in the sublime regions, you mustn't have so many gross needs. And so, in spite of what we might imagine, not everybody is ready to live in heaven. Even if one day it were decided that humans should move en masse to the celestial regions, how many would be able to stay there? Aspiring to the divine life is not enough; you need to learn to adapt to it. So, as much as you can, try to draw closer to heaven by praying, meditating and mastering

your lower tendencies, and maybe one day you will be ready to live permanently in the hallowed regions of the divine world."

*January 15*

"In the book of Proverbs, Wisdom begins to speak and says, 'When the Eternal drew a circle on the face of the deep, I was there'. What does this circle represent? It represents the limits God drew to create the world, and in that sense we can say that, in order to create, he set himself boundaries. To set oneself boundaries means to enclose oneself in a universe that functions and evolves according to its own laws. It means ignoring what exists outside, beyond this universe. The laws of life that science studies are nothing other than the limits God imposed on himself for his creation. These limits are what give matter its structure, form, outline and cohesion. A world not contained within limits would be unstable and could not survive, for inside these limits all matter is in movement and seeks only to escape. God drew a circle as a container for his own substance. The circle is a magical line. In its centre, God placed the nucleus of creation, and his work began."

*January 16*

"Try to become aware that you have at your disposal faculties far superior to the mind, whose use as an instrument is only good for studying and exploring matter. But even in daily life it is not the best guide, for not only does it have a limited perception of reality, but also, most importantly, behind everything it decides to undertake there is a hidden motive, a selfish, calculated interest that will always end up causing disturbances. Those who are led by their mind regret making a sacrifice or a generous gesture the moment they have made it; they think they were foolish to listen to the advice of their heart or their soul. Nor is the mind able to imagine how brotherhood between all people can be achieved, how the earth can become one family and the whole world live in peace and harmony. It is not able to gain enough height to discover the true remedies, the true solutions. What it thinks up, what it puts forward from its incomplete and egocentric viewpoint is always flawed and will solve nothing in the long run. Solutions exist for all problems facing humankind, but in order to find them we must also appeal to the heart, the soul and the spirit."

*January 17*

"The elements that make up our body and everything that keeps us alive - water, food, the air we breathe, the light and warmth of the sun, the materials we make our clothes from, our houses, our tools, and so on - we owe it all to nature. Some people can be very proud of their talents and their ingenuity, and rightly so, but where do they source the materials they need for making their instruments and machines or even their works of art? From nature. Nature gives us everything. But somewhere details are kept of what



we take. These are debts we incur from nature, and we must settle them. How? With a currency called respect, gratitude, love and the willingness to study everything written in nature's great book. Paying means giving something in exchange, and all the good our heart, our intelligence, our soul and our spirit are capable of producing can be considered payment. On the physical plane we are limited, and nature will not ask us to give back the food, water, air or sunrays we have enjoyed, but the spiritual plane presents us with infinite possibilities, so that we can repay even a hundredfold what nature has given us."

*January 18*

"Very young children, even newborn babies, are not just little bodies. This is why those who look after them must consider their soul and their spirit. If they do this, they will soon feel they are attracting blessings from the child's guardian angel. For each child has an angel at their side to take care of them, which wants them to be elevated souls. But often its task is met with great difficulties, because the child is exposed to all kinds of chaotic influences on the part of unaware adults. Guardian angels keep a close watch over children but are very restricted on the physical plane. This is why they are so happy when they see at least one person close to a child who considers their soul, who shows them the path of goodness and light and surrounds them with harmonious influences, and it rewards this person by sending them rays of joy.

*January 19*

"There are people who are daring who count on the fear they inspire in others to enable them to carry out their projects. This is why those who are daring greatly appreciate those who are fearful, for although they will certainly be of no help to them in their hazardous or harmful undertakings, they will at least not disturb them, since they will carefully step out of their way. Heaven does not appreciate the fearful, because they are like cracked jugs that don't hold anything: when faced with difficulties, with obstacles, they forget their beliefs and are capable of the greatest cowardice. Heaven seeks audacious, fearless beings who, once they have encountered the light, place themselves in its service and face every obstacle they may encounter, both from outside and from within."

*January 20*

"A study of the sephirotic tree, the Tree of Life, affords a very clear view of the spiritual work there is to be done and is a method that can accompany you throughout your life. Follow it, and your thoughts will stop wandering aimlessly, and as you succeed in moving forward along this path blessings will be showered upon you. Returning often to the sephirotic tree switches on new lights each time, not only bringing you insight but

also purifying, strengthening, vivifying and embellishing you. Maybe you will never understand this sacred figure perfectly and succeed even less in achieving the virtues and powers it represents, but it will act as the representation of an ideal world and always have an uplifting effect on your being."

### *January 21*

"Be careful not to make grand statements; do not commit yourself lightly. Why? Because you will provoke the invisible world, and then you will have great difficulty in not going back on your decisions or in honoring your commitments, or you may not even succeed at all. A man swears that he will never marry... Then, a little while later, he meets a woman; she is the last possible person to make him happy, but he's crazy about her; he marries, and that's when all his troubles begin. People who are too sure of themselves provoke certain entities in the invisible world, which then want to put them to the test to see what they are capable of and teach them a lesson. How many people are forced to admit that they have ended up doing the opposite of what they had solemnly sworn or promised! There are countries where it is the custom for people to touch wood after saying certain words. This custom may seem like superstition, but it is very meaningful: it shows that people are aware that when they speak they provoke invisible entities, and they make this gesture to ward off fate."

### *January 22*

"Earthly existence is only appearance and illusion. This is why, when faced with difficulties and tests, you should tell yourself, 'This isn't really happening to me, it's happening to someone else... I don't know who, but anyway it isn't me. I'm invulnerable, I'm only an onlooker.' Take the example of an actor in the theatre. Every evening, he performs in a play where his mortal enemy pours poison into his glass, and he dies. But if you were to meet him after the show in the pub on the corner, you would see him having a quiet drink with his assassin, not a bit worried that he may have poured poison into his glass again. So, why do we not understand that, allowing for differences, the same comedies are being played out in daily life? Instead of taking certain unpleasant situations so seriously, tell yourself, 'Oh well! It's just a play, and when it's over I'll see things differently.' If you get used to reasoning like this, you will no longer be so affected by the unpleasant situations you have to endure."

### *January 23*

"Good and evil - a difficult subject on which to reach conclusions, because, on earth, more often than not, nothing is either wholly good or wholly bad; even the best things

come with certain disadvantages. Let's just take the arrival of spring. From one point of view, it's wonderful; the light and warmth makes everything open up. But then the bugs also come out: wasps, flies, caterpillars, greenfly, mosquitoes... Let's take technical progress: is it a good or an evil? Any amount of discoveries, which initially brought about tremendous improvements, end up causing catastrophes, because humans are not capable of being cautious and far-sighted and of weighing up the possible consequences! No need to give endless examples; you can see for yourself every day. So, whatever events or conditions you face, there are precautions to be taken. The best things turn out badly for those who are ignorant, because they are not ready to deal with them. Whereas for those who are wise, who know how to work, it is the opposite: they make progress amid the greatest difficulties."

*January 24*

"We are linked to higher beings than ourselves: angels, archangels, all the way to God himself. But we are also linked to those below us: animals, plants and stones. You will have a better understanding of what this connection is if you look at the way the ascending current and the descending current circulate inside a tree-trunk: the ascending current carries the raw sap up to the leaves, where it is transformed into elaborated sap, while the descending current carries the elaborated sap, which feeds the tree. In the cosmic tree, human beings are situated along the path of these two currents, which pass through them, and they have to learn to work consciously with them. When they are able to attract the wisdom, light and love of heaven, they transmit these to beings that are beneath them and connected to them, right down to the minerals. Then these forces rise back up from the minerals to the higher realms of creation along another circulation current, passing again through human beings. Those who consciously link in to this living chain of beings are inhabited by joy, light and peace."

*January 25*

"Very small children have no concerns other than getting fed and playing with the things around them, and as soon as they feel in the least frustrated they shout and cry. Children are selfish little monsters; yes, but at that age it's natural, and parents know that they cannot ask anything more of them. But children grow up, and if they keep up the same behavior they are scolded, even lightly smacked, because they must stop relating everything to themselves. Later, they will become adults and experience the need to be part of a couple and have children of their own, and they will understand the need to make sacrifices. Why has Cosmic Intelligence made things this way? So that by having to deal with beings other than themselves (a husband or wife and children, in the first place), humans go beyond their limitations. But how many people have understood the lesson Cosmic Intelligence wants to give them? How many are capable of truly

forgetting themselves and showing sincere, disinterested concern for their wife, husband or children?"

*January 26*

"All day long people meet and greet each other, but they do so mechanically, without awareness, even in families or between couples. For instance: a husband or wife leaves the house to go to work. 'Goodbye, darling; goodbye, sweetheart...' and they kiss. But their kiss is empty! They do it out of habit. As that's the case, why kiss? It's ridiculous. You must know how to give something to the person you kiss, something to enliven them, to instill new life into them. Or again, when a husband is upset and unhappy, he will go to kiss his wife to be comforted, and he gives her his sadness and discouragement. Men and women are constantly exchanging with one another, but what are these exchanges? God only knows - or the devils, more likely! No one is forbidding you to kiss; on the contrary, but you have to know how and when to kiss so that you communicate eternal life."

*January 27*

"Never complain because you think you are dogged by fate. And don't imagine either that with an easy, smooth life you would be any happier. No, with an easy, smooth life, you would only stagnate. If you want to make progress and be of use, you need to consider things differently. Question nature, and see the answers she gives you. Suppose you want to climb a mountain. Would you be able to reach the top if the mountain were smooth? No, there would be nowhere for you to grip hold of, and you would slip. It is the rough surface that enables you to hoist yourself to the top. How many times have I told you this! Throughout the universe Cosmic Intelligence leaves clues, signs to help us find our way, to show us how to move forward, how to work. But those who have never learned how to decipher these do not discover anything; they just suffer and complain."

*January 28*

"From the point of view of anatomy and physiology, the human brain represents the pinnacle of organization. But this does not mean that all human beings have a truly organized psychic activity, since we can see their thoughts and feelings are continually confused, contradictory and conflicting. And is society organized? On the face of it, yes, everything functions well: water, electricity, gas, cars, trains, the postal service, the police, the hospitals and so on. But this is only a mechanical organization, because the harmony that is integral to the notion of organization does not yet exist. In reality, the word 'organization' can only apply to the divine world, where everything functions without conflict or dissonance. On earth, when people speak of perfect organization, of the organized brain or organized society, they only mean physical, material organization;

in the psychic or spiritual domain, disorder is often still present."

*January 29*

"When the time comes you have set aside for prayer or meditation, your mind is often on other things. Then, when you have to attend to business, you say to yourself, 'Ah, I feel I should go and be with myself', and again you are distracted and do your work badly. Observe yourself: you will see how often your state of mind is not in tune with what you are doing. When you are preparing your meal, doing the washing up or driving your car, it is not the time to be thinking of meditating. You have to be present in whatever you are doing, because there is a time for everything. Otherwise, whether you are engaged in spiritual work, intellectual work, physical work or even recreation, there is no time left for anything, because your mind is never where it should be, and you are never properly anywhere."

*January 30*

"If, in spite of your efforts to follow a spiritual teaching, you encounter all kinds of obstacles and difficulties on your way, do not be discouraged. The reason for this is that the mistakes you made in past incarnations follow you into this one. So, now, the best way to make progress is to place a divine idea in your mind and do everything possible to make it a reality. For example, take Jesus' words in the Lord's prayer: 'Your will be done, on earth as it is in heaven'. The earth is also each one of you, not only your physical body but your psychic bodies, and if you have as your ideal the wish to introduce the splendour and perfection of heaven into your daily life, you will leave harmonious and beneficial waves wherever you go, and you will be recognized as a son or daughter of God. The heavenly beings of the invisible world will come close and support you, and then you will be able to free yourself from the distant past. So, instead of being discouraged, you should work twice as hard to get rid of your rags and clothe yourself in the robe of glory, your body of resurrection."

*January 31*

"It sometimes happens that great spirits, turning their gaze towards earth, will go before the lords of destiny, the twenty-four elders, and say, 'Although I am free to stay here and enjoy all the splendours of heaven forever, grant me permission to go below and help all those suffering human beings.' And the lords allow them to go below. But once below, they are subjected to the limitations of the physical plane: the cold, hunger, tiredness, illness and death. Their spirit comes from a great height, but once they have agreed to come down into matter they must be subject to its laws. Of course, thanks to the power of their spirit, they have a greater ability to face the trials of earthly life than ordinary

humans. But the physical world is still the physical world, and spirits, however great, that decide to incarnate into matter must constantly fight to master it and to find again within themselves the freedom they possessed above."

### *February 1*

"Such damage is caused in social life by the deplorable tendency of newspapers, the radio and television to always find something to criticize in others! What pleasure can there be in focusing so much on things that are ridiculous, stupid or depraved? Why would they want to dig around in people's private life to uncover embarrassing details and then spread them all over the public arena? The wise try to have a different attitude. They are not blind; actually, they have no illusions, and they do not allow themselves to be misled, but they believe what matters most in others are their qualities and virtues. So these are what they focus on, and in so doing they reinforce the good in others and in themselves."

### *February 2*

"What answer do you give someone who asks whether they should live a life of chastity and continence? That it all depends on their deeper nature and on their goal in life. Continence can have very good results, but also very bad ones: it can make some people hysterical, tense or ill and others, on the contrary, strong, balanced and in good health. Are those who give free rein to their sexual instincts right to do so? Certainly - if nothing means more to them in life than pleasure and they are unable to do without it, then they are right. But for those who have true spiritual aspirations, it is different: if they do not learn to master sexual energy, they will never be able to realize their aspirations, and they will always feel dissatisfied. So, as far as sexuality is concerned, nothing is good or bad in itself, but it becomes good or bad according to a person's ideals and deepest aspirations."

### *February 3*

"Think each day of thanking heaven, until you feel that everything that happens to you is for your good. From now on, say 'Thank you, Lord, thank you, Lord...' Give thanks for the things you have and for those you do not have, for the things that delight you and for those that make you suffer. In this way you will keep the flame alive within you. It is a law you should be familiar with: nothing can resist gratitude. You will say, 'But how can anyone give thanks when they are unhappy, ill or poverty-stricken? I'll never be able to!' Yes, you can, and this is the greatest secret: even when you are unhappy, try to find a reason to give thanks. If you are poor or ill, give thanks, give thanks, and rejoice when you see others who are rich, in good health and prosperous, and you'll see... It won't be long before certain doors open and blessings begin to be showered upon you."

#### *February 4*

"On the first day of creation, God said, 'Let there be light!' If we compare this phrase to the beginning of the Gospel of St John: In the beginning was the Word, and the Word was with God, and the Word was God', we make this essential discovery: that light is the substance which the divine Word, the firstborn of God, caused to appear and become the matter of creation. You will say that when you look at stones, plants, animals and even human beings, you really cannot see that they are made of light. Yes, because the light within them has condensed to such an extent that it has become opaque. And if matter and light are usually seen as opposites, it is because people are unaware that what they call matter is actually condensed light."

#### *February 5*

"When you want to buy something in a shop, you have to offer something in exchange for what you want. If you will not pay, the shop will refuse to give you anything. In nature, in the spiritual world, everything happens exactly the same way as in the shops on earth: in order to receive, you must first give. God says, 'If you want me to answer your prayers, give me your heart.' And what do you answer? 'But, Lord, I can't, I've already given it away: I have a wife and children (or an adorable mistress). I no longer have a heart to give.' The reason why your prayers are not answered is that you always think you will be able to receive without giving anything in exchange. No, it's impossible. To obtain heaven's blessings, we must give at least part of our love, our conscious attention, our time and the efforts we make each day."

#### *February 6*

"Suicide - solves none of our problems in the spiritual world Doing away with yourself is not the best way of avoiding challenges and suffering, because things are actually even worse afterwards. Nobody has the right to decide on their own death; it is a desertion, which has to be paid for with further suffering. There is no place above for those who want to leave; they will not be welcomed: they have to wander in the lower regions of the astral plane for as much time as they had left to live on earth. The attitude of those who decide to put an end to their days reveals great failings in them. Firstly, they are ignorant, since they do not see the purpose of the trials they have to undergo. Next, they are conceited, since they think they know better than heaven the conditions they deserve. Lastly, they are weak, since they cannot bear difficulties. So we have ignorance, conceit and weakness. And heaven is displeased, because they have abandoned their post. Heaven cannot have regard for those who make the decision to do away with themselves, because they are placing themselves above the lords of all

destiny, and they will later have to undergo great suffering."

### *February 7*

"The Creator put fire, air, water, earth and food at the disposal of humans. But what is their state when they are eating, or drinking or breathing? For example, when they breathe in air, do they ask themselves what elements will be permeating this air by the time they breathe it out? Of course, it will be stale air. But it won't be as stale if the person is good, generous and full of love, whereas the air that leaves a wicked person's lungs contaminates everything on its way out. We are responsible for what we leave of ourselves in the matter that passes through our body and is then eliminated, whether it is air, water or food. We return it to nature, which transforms it and reuses it for its work. Disciples who want to play a conscious part in nature's work take care to return matter to nature without polluting it with the miasmas of their psychic life."

### *February 8*

"I do not preach renunciation of the world and life in society and devotion of all one's time to meditation and prayer. Other teachings have done so, and they had their reasons. But the goal of the Teaching of the Universal Brotherhood is a different one; its task is a different task. It is not about winning over a few people and bringing them onto a purely spiritual, mystical path. Our teaching aims to reach the whole world, to involve the whole world, and the whole world cannot be involved in a path which is only for the few. And since the goal of the Teaching is different, so are its methods. It is desirable for all men and women to be able to work, to start a family and express themselves as social beings, but at the same time they need also to have a discipline and methods to improve their family and social life. So many of them are still at the stage where launching into the spiritual life can cause their affairs to collapse, while dealing with their affairs can ruin their spiritual life. No - you must have both; you have to bring both together."

### *February 9*

"The spirits of darkness have been depicted with horns, a forked tail and all the cauldrons of hell, but this is not how they present themselves to humans, for it is not in their interest to frighten them. Actually, they worm their way into them in the form of enticing promises that all their desires will be satisfied. And they persist until the poor naive creatures fall into their snares like overripe fruit. The way they are able to impose themselves is by promising power, pleasure and money. As for the spirits of light, they say, 'By listening to us, you may not obtain glory or riches, because it is the prince of this world who possesses those. But we have something else to give you: light, peace,



knowledge and, above all, life, abundant life. Do you want to come with us?" If you are enlightened, if you are truly discerning, you listen to the voice of the heavenly spirits; otherwise, of course, you fall into the snares of the dark spirits."

### *February 10*

"What is it that makes humans leave their house to go and visit their family or friends, or to go window-shopping or for a walk in the park or in the country? It is quite simply their need to make exchanges with other human beings and with nature, because these exchanges are absolutely necessary and essential to life. 'But,' you will say, 'what about ascetics, hermits, who withdraw from the world to the desert or to caves - do they no longer make exchanges?' They do, they put an end to one kind of exchange in favour of another kind, in order to open their soul and their spirit to subtler influences. As soon as you close yourself to one influence, you automatically open up to another. If you no longer want to see or hear anything on the physical plane, you experience another form of seeing, another form of hearing. You receive new impressions from the worlds of the soul and the spirit. Exchanges are the very foundation of life, and those who learn how to make exchanges on the spiritual plane know true life."

### *February 11*

"Much time and, above all, hard work are necessary before you can obtain results in the spiritual life. Look at how many millions of years it takes for stones to become plants, how many millions of years for plants to become animals, and then for animals, how many millions of years to become humans. Obviously, as you move through the realms, that time decreases: it takes stones an enormous amount of time, less time for plants, less again for animals, and even less for humans to become super humans or angels, because abilities and faculties increase with each realm. Even with this decrease in time, it will still take hundreds of thousands of years before humans can become like angels, but if you consciously set to work, you can shorten that time."

### *February 12*

"An astrological chart generally only takes into account the time of a child's birth on the physical plane. But that is not enough, because the destiny of a creature cannot be predicted from those indications alone. The time of conception is also needed, because that is when the child starts coming into the world, and also the time of their second birth, that is, the time when the enlightened being is renewed and enters onto the divine plane, the time when its consciousness becomes super - consciousness, Christ-consciousness. Although it is better to choose a time that is favorable in the heavens for

the conception of a child on earth, it is not necessary to study astrology to determine the time of their second birth. If a person lives according to the laws of love, wisdom and purity, that is enough for them to be born a second time, to enter the new life, the kingdom of God."

*February 13*

"Patience has never been a well-practiced virtue, and nowadays it is practiced less and less. The way people understand life and need everything to go faster and faster leads them to consider patience an impediment and patient people to be dim, lifeless or sluggish. Yes, really, that is what people in the cut and thrust of action or business say about those who are patient. Capable people have to appear eager for a challenge, eager for success: they have to overtake their competitors, they have to get there first, without any concern for the damage they might cause on the way. But they do damage to themselves, as well; such tension, such haste can only have harmful consequences: agitation, feverishness, irritability, and so on. A Bulgarian proverb says that only those who can wait until the last minute are saved. Therefore, exercise patience. How? Start by sincerely wishing to acquire this quality."

*February 14*

"True changes cannot come from the base, only from the top. This is why, if we are to produce changes in ourselves and in the world, we must reach the highest peak of our inner mountains. And what is this peak within us? Our causal body. This is how high we must rise to formulate our requests and our wishes, so that they become imbued with the matter from those realms, which is the subtlest, the purest and, therefore, the most powerful. Once imbued with this matter, the requests can be carried out and bring great changes in us and in the world. "

*February 15*

"Being able to eat, clothe oneself, have a place to live, earn money, marry and have one or two children - such are most human beings' concerns. Everything revolves around their own gratification and personal well-being. From time to time, of course, they do something for society, but on the whole they work to benefit themselves. And yet, whether they like it or not, they are part of a collectivity, and if a revolution, a riot or a war broke out in this collectivity, their personal property could not be safe. So, even when they have well and truly settled their own affairs, actually they are never settled, because some inconvenience or other can always arise out of the collectivity and ruin everything. History is full of such examples! So many important people, who were so powerful and rich it seemed nothing could touch them, have ended up losing everything, even their life, when there has been social unrest. And so it is up to each person to think

how they can contribute to improving collective life. It is the only way to be safe. Because only the collective life, which includes every individual, can guarantee safety and abundance. “

*February 16*

"You only have to walk down the street to see that our present civilization is founded primarily on the needs of the physical body. Of course, we have to take care of our body, but if we are content to satisfy it while forgetting the existence of the soul and the spirit, these will grow weak and wither away through lack of nourishment. Many humans no longer show evidence of their soul or spirit - only of their body feeding, moving around and gesticulating. The physical body is vulnerable, perishable, so of what good is a philosophy founded on the needs of something so fragile? Such a philosophy is not only wrong but dangerous. By depriving human beings of what they need most - a life founded on the stable, immutable, eternal principle of the spirit - it will lead to their destruction."

*February 17*

"The spoken word gives human beings such power! They need only speak to obtain results comparable to those obtained by any other material means: they can build or destroy, they can bring together or divide, they can restore peace or start a war, they can heal or bring about death. The power of the spoken word comes from the fact that it is produced by the mouth, where both principles - the masculine (the tongue) and the feminine (the two lips) - work together to create a child (the spoken word). According to tradition, when the primitive androgyne was split in two, in symbolic terms it could be said that the woman kept the lips, the feminine principle, and the man the tongue, the masculine principle. This is why, in order to find their original power, they now endlessly seek each other so that they can be united. Yes, this is the distant origin of the impulse that causes men and women to seek each other out. In spite of the fact that this search often takes the form of pleasure and distraction, its deeper meaning is to return to the oneness of the Word, the oneness of the creative principle, which is male and female."

*February 18*

"So many people think that being free means not depending on anything or anyone. Poor things, they do not know the dangers they face: as there is nothing in their mind or their soul that is fulfilling, there are empty spaces everywhere inside them, where all that is negative and dark is ready to rush in. Yes, they were hoping to be free, but what actually happens is that they end up being completely overwhelmed by other forces of which they are unaware. How often have we seen this! All those who do not have a divine idea in their heads the devil finds work for - all kinds of nonsense, extravagances and

dangerous ventures with their trail of consequences... Yes, because they were 'free', or so they thought! We must make a commitment to heaven; it is only when we are fully occupied with it, caught up with it, that we are safe and really free. We must be very clear about this: only in our commitment and submission to heaven will we find freedom."

### *February 19*

"The spiritual life implies controlling our feelings and thoughts. But to achieve this, we must start by watching every little gesture we make in daily life. In this way we gradually acquire psychic abilities, which will then allow us to control more powerful currents. You will say you do not see the connection. Well, that is precisely where the mistake lies: as long as you have not learned control in the minute details of daily life, you will not be able to master anger, contempt, covetousness, disgust or the need for revenge. If you just paid attention to the way you speak, you would realize that you are not even able to control your hands: you wave them about, you scratch yourself, you fiddle with your buttons... Start by learning to keep your hands still. How do you expect to control powers that are beyond you, when you fail to even control your hands?"

### *February 20*

"In a passage from Revelations, St John mentions four living beings surrounding the throne of God. These four living beings, each with six wings and full of eyes, the Christian tradition calls seraphim. Day and night they ceaselessly repeat: 'Holy, holy, holy, the Lord God the Almighty, who was and is and is to come!'. If the seraphim, at the top of the angelic hierarchy, ceaselessly proclaim God's holiness, it is because the word 'holy' best characterizes the essence of the Divinity. But it has been so often used merely to describe men or women who demonstrate a few virtues such as patience, kindness and forgiveness that its true meaning has been lost. To better understand the meaning of 'holiness', we can turn to the Slavic languages. In Bulgarian, for example, the words svet, 'holy', and svetost, 'holiness', have the same root as the word for light, svetlina. Holiness is thus a quality of light. In that sense, we can say that only God is truly holy, because he is pure light. This is what the seraphim repeat, and it is why holiness is also inscribed in their name, which in Hebrew is Hayoth haKodesh, 'animals of holiness' (where 'animals' is obviously taken to mean 'living beings')."

### *February 21*

"We use lead to screen out certain harmful vibrations, but gold's protective power is far superior to that of lead, and it, too, could be used to make screens which would receive, and even amplify, only favorable influences. Yes, imagine a very small cell lined with

gold leaf, which you could use for meditation, in order to do work that would benefit you and the whole world. It would be worth trying such an experiment, but as the cost of the installation would be exorbitant it is obviously out of the question, for the time being, anyway. So, in the meantime, let us at least be aware of the gold we already possess, so that we can work with it. For we also have gold in our physical body. Yes, our blood contains gold, and this gold gives us energy for work and, therefore, for acquiring wealth. And it also keeps us safe from disease, because it emits a type of vibration that prevents germs and viruses from invading us. Furthermore, in another form, gold illuminates our consciousness; with this gold we receive wisdom, and we penetrate the secrets of nature. No doubt, it is useful to amass gold in our coffers, but it is so much more useful and essential to increase the gold in ourselves!"

### *February 22*

"There are people who seem perfectly respectable, who never break a human law, for they are much too afraid of being caught and convicted, but who have no fear when it comes to transgressing divine laws. And yet, divine laws are actually much more terrible than human laws. If you are crafty and smart enough, or just lucky, you can always escape human laws, whereas nobody has ever been able to escape divine laws.

Beyond human beings and their limited intelligence there exists another intelligence, watching and recording us, and this is why criminals are always found out and punished, for somewhere they always unknowingly leave a trace. Even a thought or a feeling leaves traces. A man may go somewhere and do nothing wrong, but if he indulges in criminal thoughts and desires while he is there, these register in the subtle world, and the law - divine law - will pursue him. Soon, these criminal thoughts and desires will have harmful consequences in one way or another in his psychic life and even in his physical life."

### *February 23*

"You wish to listen to a concert, or a play or the news: you turn the control on your radio until you find the station broadcasting the concert, the play or the news. In the same way, on your inner radio, it is possible for you to choose the program you want to hear. But capturing the wavelengths of the spiritual world requires a whole training; otherwise, when you expect to receive melodies from heaven, what you will hear are the cries and din of hell. If that happens, do not stay there and do nothing, quickly change the wavelength; use thought, use imagination, to tune in to another station. What is prayer? It is turning the control to the shortest and fastest wavelengths, which put us in touch with the divine world."

### *February 24*

"Human beings are free to decide whether they want to descend to become more like animals, plants and stones, or to take the upward path, leading up through the angelic hierarchies to the Creator. In order to rise, they must find those activities that will enable them to replace the coarse, dull particles of their physical, astral and mental bodies with increasingly luminous and pure particles. Those who indulge in a life of ease, idleness and stagnation draw ever closer to instinctive, vegetative or mineral life and petrify, whereas, if they put greater spiritual intensity into their thoughts, feelings and actions, they move into another realm, they enter another dimension of space, where they discover a form of life hitherto unknown to them: they feel in touch with love and light at all times. "

### *February 25*

"Symbolically, the father represents the head of the family, and so in principle everything revolves around him. He is the one responsible for keeping the family together. If the family members are not connected to the head, not in harmony with it, or if the head goes away or is not up to its task, everything breaks down, and the family collapses. It is the same with a country: if the head does not play its part or disappears, there is havoc. Even bandits, even animals have understood this, and they look for a head to lead them. Then, why have so-called intelligent people not understood that in the spiritual life, too, a head, a master, is necessary, in fact essential? Whether this master is alive or dead, he is the head that maintains the unity of their inner life."

### *February 26*

"It is possible to enter the spiritual world by several routes. Meditation is one of them, but it requires preparation. Those who start meditating without having acquired a certain inner discipline, that is, control over their thoughts, feelings and desires, begin by wandering in the lower regions of the astral plane, and on their way they stir up all kinds of dark layers inhabited by entities often hostile to humans. What they experience then is known as delirium or phantasmagoria, but not meditation. So before practicing meditation, you should first put your psychic being in order; otherwise, even this most useful and profitable of exercises can become very dangerous."

### *February 27*

"Justice is not a virtue humans practice spontaneously, which is why when Moses emphasized this virtue he greatly served their progress. Later, Jesus came to teach them love and forgiveness. But should it stop there? No, there is still a further stage to be

reached, because forgiveness does not actually solve every problem. If somebody comes and attacks you, are you not allowed to be stronger than them, to seize them by the waist and lift them up and say, 'Well, do you want me to throw you to the ground?' But you don't throw them; you gently place them back on their feet. And they will have understood. Obviously, this is symbolic. What I mean is that you have to be stronger than your enemies and immobilize them with a gesture, a word or a glance. You do not mistreat them; you even help them by giving them a splendid lesson.

To obtain this spiritual power, you must pray, meditate and exercise, taking the sun as your model. Who then can touch you without being burned by the contact with your heat and your light? Enemies will stay away; they will no longer dare to come near you. In the presence of spiritual power, we always have to capitulate. After justice, after love and forgiveness, human beings still have to win true power."

### *February 28*

"Silence is generally defined as the absence of noise and agitation. No, true silence is much more than an absence of noise; it is even above the spoken word, above music. It is a world of light, a powerful centre, the wellspring of all creation. Silence is the true expression of God. Immerse yourself in it, and endeavor to stop your thoughts. You will then feel pervaded by such harmony that God may even start speaking to you. For God will only allow us to hear his voice where there is silence and harmony."

### *March 1*

"Any amount of accidents and misfortunes befall humans, because they do not see the risks they run when they make certain decisions or launch into certain ventures! They calmly go ahead without any insight or foresight, throwing themselves straight into difficulties. If they had known to develop their inner eye, sometimes known as the third eye, it would have warned them, for this eye is like a radar: it sends out waves, which come back to warn us of the obstacles showing up on our path.

But in most people this radar has broken down, because the disorderly life they lead prevents it from working properly. It is true that there are instances when this spiritual eye, even if developed, does not warn us: when certain events are decided beforehand by the twenty-four elders, the lords of destiny, and must come to pass. Even if we see or feel them coming, we cannot avoid them, and they must be faced in the light of Initiatic Science. But if this is not the case and we have been able to prepare the right conditions for it, generally this spiritual eye is there to warn and guide us."

### *March 2*

"Tree is found in most spiritual traditions as a symbol for the universe. All creatures have a role to play on this tree, anywhere from the roots to the fruits, including the trunk, the branches, the leaves and the flowers. Everything that exists, all activities, all realms find their place on the tree of life. At different times of the year, the leaves, flowers and fruits fall from the tree; they decompose and become humus, which is gradually absorbed by the roots. It is the same with beings. When human beings die, they return to the primeval earth, but soon they reappear in some part of the tree. Nothing is lost, beings are forever disappearing and reappearing on the cosmic The tree of life. "

### *March 3*

"It is necessary for parents and teachers to be firm with children; otherwise, the children will take advantage of their indulgence or weakness, and it won't be their fault. If nobody shows a child there are rules to be respected, if from a very young age a child is under the impression they can bend everything to their whims, how do you expect them to obey the great laws of nature later on? They will not obey, which is only natural.

They will want to confront everything, break everything, lose themselves even, anything rather than give in. Because that is how they have been brought up, so they are not the ones to blame. Parents, therefore, need to be vigilant and not want to spare their children all the little lessons likely to set them thinking. They will cry a little, they will be comforted, but they will have understood, and for the rest of their life they will know there are laws to be respected."

### *March 4*

"Because the human being is seen as a single body, the physical body, they are generally thought to be inhabited by a single entity, and yet daily life continually proves otherwise. Completely different entities take turns in expressing themselves, and this is why humans can appear in turn intelligent and stupid, benevolent and cruel, generous and miserly, modest and conceited, and so on. This mixture of disparate elements making up each human being remains an enigma even for philosophers and psychologists. And yet, it can be very simply explained by the fact that human beings themselves have attracted these different entities in this life or in past lives. So you should not be surprised when you see someone who expresses contradictory tendencies or reactions. And as far as you are concerned, you must carefully observe yourself, so that you can tell each time which entity is speaking or acting through you. Just because, at certain times, you are capable of acting with kindness or wisdom, it doesn't mean you are impeccable all the rest of the time and that others must always give you their approval. "



### *March 5*

"Our sense organs - our skin, eyes, ears, nose, and soon connect us with the physical world. Those who neglect to make use of them are extremely limited in what they are able to do. What is true for the physical plane is also true for the spiritual plane: anyone who has not developed the organs that are meant to bring them into contact with the spiritual world has no means of knowing that world or of doing their work. Unfortunately, this is the case for the majority of humans: they have not yet developed these organs, and since they have not seen or felt anything of the spiritual world they believe they are entitled to say it does not exist. Scientific equipment has shown for a long time now that there are countless sound and light vibrations beyond our perception, and that is something nobody dares deny. Why then deny the reality of the spiritual world without having sought to study it? Human beings are limited in their perceptions but how much more so in their reasoning! It is time they decided to go beyond their limits, as denying the existence of what they cannot see with their eyes or hear with their physical ears can only hold back their evolution."

### *March 6*

"Cosmic Intelligence is patient, but we cannot rebel against its laws with impunity; the time is bound to come when we will be destroyed. 'Cosmic Intelligence is really cruel,' you will say, 'if it destroys the creatures that resist it.' No, Cosmic Intelligence is not cruel; it has never intended to destroy anybody. But if, through ignorance or ill will, people clash with the order it has established, the forces they confront are so powerful they will be knocked down. If some poor devil believed he could stand up to a whole army, he would soon be felled. And if a bird crashes several times into a window pane and falls senseless to the ground, it is not the glass that is to blame. Humans act with as little foresight as that bird: they fight against the divine laws, against the splendor of the universe, without suspecting that what awaits them is their undoing. It is not Cosmic Intelligence, not God, destroying them but they themselves, because they thought they could resist powers greater than themselves."

### *March 7*

"Regal power has the sceptre and orb for insignia. Whenever we see someone represented with a sceptre in their right hand and an orb in their left, we know they are royalty. But what do we know of the deeper significance of these two objects? And do monarchs themselves really know of it? The sceptre is generally considered to symbolize authority and the orb the areas over which this authority is exercised. There is, actually, a further meaning. The sceptre and the orb represent the activity of the two

principles, the masculine and the feminine. The masculine principle is always symbolized by a straight line (a sceptre, a caduceus, a spear, a sword, a pillar, a tree) and by the right hand. And the feminine principle is symbolized by a curved line (any hollow or rounded object – a sphere, a vase, a bowl, also a chasm or a cave) and by the left hand. Holding the sceptre and the orb signifies an understanding of the two principles and knowledge of how to work with them."

#### *March 8*

"Life can be defined as the result of the exchanges we make with the whole of nature. Life is made up only of exchanges. The most obvious expressions of this are eating and breathing - if these exchanges are prevented from taking place, weakness, illness and death will follow. But The Exchanges we need in order to live are not limited to eating and breathing. Or, to be more precise, they also consist in eating and breathing in all the different regions of the universe, so that our subtle bodies - the enteric, astral, mental, causal, buddhic and atmic bodies - are also nourished. When you understand how you can find food in the universe to suit your various bodies, your life will feel like an immense symphony. But you must first start by re-establishing communications, so that the currents of energy can circulate between you and the universe, and this can only be achieved by working with thought.

#### *March 9*

"We are told that a disciple who had long meditated on the immensity of God and was unable to conceive of it went to see his master and asked him, 'What makes God so great?' The master answered, 'God is great, because he also cares for the smallest things.' From this statement we may conclude that all those who look down on the humble, the poor, the unhappy and the ignorant will never attain true greatness. When Jesus let the sick, the destitute, sinners and even prostitutes come to him, or when he took children in his arms, he showed that he knew this law. Those who want to frequent only the rich, the knowledgeable and the powerful and who consider everyone else beneath them will never know the greatness of God."

#### *March 10*

"Human beings exist at the boundary between the higher and lower worlds. The Christian religion has expressed this idea through the image of a guardian angel seated on their right side and a demon seated on their left. The angel advises and enlightens humans, while the demon, for its part, wants to lead them into error so that they become its victims. Although this is rather simply put, it does correspond to a reality. These two worlds, the higher and the lower, between which human beings are situated, correspond to their lower and higher natures. According to their degree of evolution, they give

supremacy to one or the other, and so they meet with either the spirits of darkness or the spirits of light. Some people say they don't believe in the entities of the invisible world. Whether they believe in them or not make no difference: their lower nature and their higher nature exist, and it is impossible not to tell which one is being expressed. It is up to each of us to decide which influence we allow."

### *March 11*

"It is characteristic of philosophers, artists and even some scientists to live in their inner world more than in the outerworld. But since they cannot always control the inner world, many get swept along onto dangerous paths and into dead ends, where they lose themselves, because they do not have a true philosophy to show them the way. They always say, 'In my opinion, this... In my opinion, that... I think that...' And some, who think of themselves as great creators and innovators, are merely anarchists, since they rebel against nature's immutable laws. There exists an eternal philosophy, which has been passed down by initiates through the ages. And our work, here, is to come ever closer to this philosophy. It does not mean that we must no longer express ourselves in our own way. We can express ourselves, be original, unique even, but at the same time as we study and apply the philosophy of the initiates."

### *March 12*

"If you have not eaten for twenty-four or forty-eight hours and you are given a piece of fruit, the moment you taste it you begin to receive energies - your thinking clears, your feelings warm up. Where can this energy have come from? Even before food reaches your stomach to be digested, in fact as soon as it is in contact with your mouth, your nervous system is already being nourished. But are there any scientists who bother to study the subtle side of nutrition? Everyone is amazed when physicists reveal that splitting the atom, an infinitely small particle of matter, can produce enough energy to operate powerful machines. But that a similar phenomenon may take place in relation to nutrition, where we ourselves are on a daily basis both agent and beneficiary - who cares about that? That a bit of matter we take in is enough to fill our entire being with pure energies is of no interest to anyone, and, anyway, people don't even believe it. But tell me, why would human beings, who are created in the image of God, accomplish less than nuclear physics researchers?"

### *March 13*

"We are told that under the reign of the ottoman sultan Mehmet II, known as 'the Conqueror', there was a famous warrior who had won twenty-two victories against enemy armies. It was at a time when fighting was done with swords, and so, one day, the

sultan asked for this all-victorious sword to be brought to him, as he thought it must possess exceptional qualities. So the sword was brought to him. He took it, turned it one way, turned it the other way... But it was a completely ordinary sword, and the sultan, disappointed, returned it, saying he had no use for such an ordinary weapon. When the hero who had emerged victorious from so many battles learned of the sultan's reaction, he exclaimed, 'But he saw only the sword, he didn't see my arm.

It is my arm that won the victories'. I, too, give you a sword, which is to say, effective spiritual methods, that is, effective provided you apply them. Even a tiny knife can work wonders if we practise handling it every day, and a single match can set a whole city ablaze. With some seemingly unimpressive method, one can also do an immense work: it is all in the arm, that is, in the will."

*March 14*

"Human beings are all so different! But this difference does not come from their spirits being different; no, all spirits are flames. Just as drops of spray from the sea have the same qualities and properties due to their common origin, so all spirits are sparks sprung from the bosom of the Lord and are the same as him. Spirits are therefore identical, but, since leaving the bosom of the Lord, they have had to follow different routes and cross different regions because of having different missions to fulfil. So they have each lived their own adventures and taken in their own impressions and knowledge. Their experience differs, but in their essence, their quintessence, their sublime nature, they are identical."

*March 15*

"Don't imagine that heaven will be so thrilled to see you become a member of a Church or another spiritual movement that it will come to make life easy for you and spare you trials. No, whether you are spiritual or materialistic, you will come up against life's difficulties. But continue on your way, knowing that the trials you will have to face will purify you and strengthen you, because you will have learned to view them differently.

By accepting a spiritual teaching, the poor do not become rich, the ignorant erudite, the sick healthy, the weak strong, and the spurned or the unknown do not receive honour and glory. There, you have been warned! And there may even come a time when you feel even worse than before. Why? Because the first thing this new life does as it starts to circulate in you is get busy cleaning, and then, what a commotion! As desirable as it is for you to decide to give a better direction to your life, you should be aware beforehand that this decision will produce upheavals in you. Otherwise, you will not understand what is happening to you, and you will return to your old life and have to start all over again."

### *March 16*

"Over the past century, science and technology and, therefore, medical science and technology have made immense progress. But however much they have progressed, if humans are not reasonable, if they do not respect certain laws, one way or another they will become ill, suffer and make others suffer. How many people, even among believers, have been filled with indignation at the cruelty of the Old Testament God, who is said to punish not only those who have transgressed the laws but also four generations of their descendants! Well, this God is no other than nature. For nature is not outside of God, not separate from God. God is a father, but he is also a strict mother, who sets her children limits they should not exceed. If they do, we say that nature punishes them, but that is not really the case; by transgressing the laws, they have left the enclosed space where they were sheltered and protected, thus creating bad conditions for themselves, as well as for all those who depend on them. And even if medicine has made huge progress, it is powerless when it comes to those who persist in transgressing the laws."

### *March 17*

"Those who stand out for their intellectual, artistic, mediumistic or other abilities are said to be gifted. What is a gift? It is a spiritual entity which has entered a person to help them and work through them. Of course, psychologists will never admit that talents and abilities are entities living in humans. And yet, the proof that it is not these people themselves who do these wonderful things but others through them is that they can lose this gift. This has happened to many people: they have lost it through living disorderly lives. If you wish to attract higher entities that will show themselves in you in the form of qualities or talents, you must bring light, harmony and peace into yourself. These are the essential conditions for attracting these entities. They are there waiting, and when they see beings who have been able to prepare a dwelling-place worthy of them, with what joy they enter them to enrich them and bring them beauty and do the same for others, too, through them!"

### *March 18*

"It is quite pointless arguing about whether or not God exists! It is quite simple, actually. For the non-believer, it is true, God does not exist, for it depends on us whether things exist or not. When you are asleep, even if all the treasures of the world are heaped around you, since you are not aware of them it is as if they didn't exist. That is the way almost all humans are, deep in sleep, the sleep of unawareness. Only the initiates, because they are truly awakened beings, see the splendours all around them and delight in them. Everyone else has the same riches around them and within them, but they are unaware of it. So it all depends on one's state of consciousness. When you are awake,

certain things become a reality, but when you fall asleep they are erased. It is the same with God: if you are asleep, you do not feel him, and you say he does not exist. But if you wake up, you will feel that God is there, alive within you and around you."

### *March 19*

"Prayers, fasting, ablutions and so on, in fact all the practices recommended by religions throughout the world, serve to prepare people to receive the currents and messages from heaven correctly. Actually, the main thing is not the practices themselves but the willingness to undertake an inner work of self-examination and purification so as to improve one's thoughts, feelings and behaviour. Those who are not determined to carry out this work would do better to leave spirituality alone; otherwise they will become a danger to themselves and others. As long as we have not rid ourselves of certain prejudices and bias, there is nothing more dangerous than religious practices: they give those who do them the illusion that they are messengers, instruments of heaven. Thus we have seen people become torturers of their family or even of their people. Only those who have worked to become selfless and loving toward others are able to hear and pass on messages from heaven."

### *March 20*

"You know the parable of the feast in the Gospels. A rich man was giving a great feast, to which many were invited. But, when the time came, they all let him know they could not accept his invitation: one had bought oxen and had to try them out, another had bought some land he had to visit, a third had just married, and so on. The rich man was very angry and ordered his servants to seek out all the beggars, the lame and the blind in town and bring them to the hall where the feast was being held. And so a whole crowd of wretches turned up to eat and drink, and so on, because the others, the 'elect', were not free. This is more or less what happens in the world: very few among the elite are free to devote themselves to divine work, so that heaven has to make do with the collaboration of those who have the least to offer."

### *March 21*

"Even if you were offered all the treasures in the world, in order to really benefit from them you would have to know how to use them; otherwise, you would remain inwardly as poor as if you had nothing. Imagine you are brought to a table covered with the most delicious dishes: even then, you have at the very least to make the effort to stretch out your hand, take the food, bring it to your mouth and chew it. Whatever you are given, it is always up to you to make the physical, emotional and intellectual effort that will really make it yours. Who wouldn't like to find some extraordinary method that gave

results in no time! Well, no, it is the opposite: in the spiritual life you need only very simple methods and a lot of time. That is how it is. To acquire light, peace, love and strength, you need only make a few gestures, take a few deep breaths or say a formula or a prayer to gradually feel yourself entering the rhythm of cosmic harmony. Then, nature will say to you, 'I recognize these words, these gestures: they harmonize with what is most beautiful and luminous in me. Here, I give you my blessings.'"

### *March 22*

"Special attention should be given to handshakes, kisses or any other expression of friendship when meeting another person. Otherwise, it is not only pointless but even harmful, as this form of unawareness in human relationships has negative effects on the psyche for all involved. If you give outward signs of affection to someone without engaging your mind or soul, something is lost to you as the giver as well as to the receiver. This something of course cannot be measured, but what is essential to our joy and our blossoming can never be measured. And so a glance, a silent moment, a smile in which the soul is expressed can give much more than any more concrete expression or any gift."

### *March 23*

"There are several ways of adapting, some of which are not so wonderful. For disciples, adapting means opening up, and tactful, sensing which words to say and when to say them, knowing when to act and, finally, finding the right attitude. But while keeping an open mind, they must give nothing away of their ideal and never compromise their spiritual principles of honesty, uprightness and integrity. Adapting in this sense depends on the disciple's strength of character, on the subtlety of their intelligence. Showing flexibility and understanding while remaining firm and unshakeable in one's convictions is a difficult balance to find. But it is necessary to work on it. Even if they are cut into pieces, a true servant of God will remain unshakeable in their love and their faith."

### *March 24*

"If you put a handkerchief in a scented box and take it out a while later, it also will be scented. Well, you should know that it is the same with your psychic life: it becomes steeped in the emanations of all the subjects you are usually immersed in. And if they are sickening subjects, don't be surprised if one day you give off the same emanations. Do not take what I am telling you lightly; these are laws you should know and be able to apply. Be careful therefore with the books you read, the films and the shows you watch and the conversations you take part in, for none of it remains without consequence. Make the effort to become interested in deep, educative subjects; even if for the time

being they are beyond your comprehension, one day you will understand. There is within you an omniscient being who will gradually make clear to you what you do not yet understand. “

*March 25*

"Even when you live in the presence of a great master, it is difficult to understand him or even feel the nature of his presence, the life that is his, because the vibrations of spiritual life elude usual human perception: humans are out of their depths, because they have not developed the centres that would enable them to receive these subtle vibrations. An initiate's vibrations reach only those beings who have developed their higher bodies (the causal, buddhic and atmic bodies). Why? Because these vibrations pass through the physical, etheric, astral and mental bodies without leaving the slightest trace; they make only the higher bodies vibrate. They can be compared to electric currents, which pass through walls without leaving a trace, whereas a missile cannot go through without making a hole. So let that be clear to you: no matter how many spiritual works you read or how many great masters you meet, it will be of no use so long as you have not worked on your spiritual bodies. "

*March 26*

"If you approach the sun consciously, wishing to become like it, you will eventually receive something of its life, its warmth and its light. And if you want friends, well, you should also know that the sun will teach you the best way to attract them. Wouldn't you seek out someone in whose presence you felt more alive, warmer and clearer in yourself? On the other hand, you would avoid someone cold, dull and lifeless, or, if you had to spend time with them, you would do everything to protect yourself by closing up in their presence. Look at flowers: they close at night, while in the day they open up to the sun. Yes, this is a language. The flowers are speaking to us; they are saying, 'You can only open hearts and souls by spreading light and warmth.' But who understands them?"

*March 27*

"When humans have trials to undergo, when they suffer, that is when they question themselves most about God - does he exist, what is his will, but, especially, will he come to their aid? And many complain that they receive neither answers nor help. Why? Because they are asking themselves these questions as if God were a Being completely outside of them. When they understand that God lives within them, they will maintain their connection with him through all their trials, and they will feel that he is giving them direction, enlightenment and support. Those who are suffering often feel very lonely, abandoned by everyone. Then why must they also lose, through their own neglect and ignorance, the only true help and comfort they can receive? This help and this



comfort are to be found in the presence of God within them. And when they pray, they are addressing not only the Creator of heaven and earth, a Being so distant they cannot even imagine him, but also a power living in them, with which they should never lose contact."

### *March 28*

"You would like your words to be able to penetrate human souls and lead them onto the path of good... Know, then, that they must be imbued with the luminous matter of your aura. As long as you allow shadows to hang around in your aura, you will not be persuasive. You often meet people who are amazed at not being able to convince others of the need to be good, generous, honest, just and pure. They have the arguments, they express themselves well - why do people not listen to them? Because they do not deeply live what they are saying, and others feel their words sound hollow. And that is because they are not filled with the subtle matter of the aura, which is the quintessence of what a person experiences and puts to the test in the deepest part of themselves. Those who want to be convincing and persuasive must live their life in accordance with what they say; then the power of their words will be communicated to others."

### *March 29*

"Those who wish to know which path to follow in order to reach the spiritual world will find great illumination in the sephirotic tree, for the sephirotic tree, which is a representation of the different regions of the universe, also represents the various psychic realms in a human being. Starting at the bottom, the first sephirah is Malkuth, which represents the physical plane, the earth. On leaving Malkuth, you leave the physical plane and enter the psychic plane, Yesod, the region of the moon. Yesod is the beginning of psychic life and thus represents a progression when compared with Malkuth. But the psychic life is made up at first of misty regions, of vague, indeterminate forms in which you can become lost. This is the lower part of Yesod, which has not yet been visited by the light of Tiphareth, the sun. You should not delay in this area but go beyond it, until you discover the world of light, the world of the spirit, because that is where true spiritual life and true work begin."

### *March 30*

"What does the heart seek? It needs neither knowledge nor powers. It aspires to happiness, the happiness it experiences as expansion and can only find in warmth, that is, in love. It is there, in love, that the heart becomes animated and is revitalized. And so it seeks that warmth everywhere, in all beings, while the cold kills it. You can offer the heart all the riches, all the powers and even all the secrets of the universe, and it will say,

'No, that is not what I need, give me love. I want to be loved, but above all I want to love!' So, know that with love all your wishes will come true, because that love will awaken all the divine seeds in your heart and be food for them."

### *March 31*

"Christians know that the communion bread and wine represent the body and the blood of Christ, but few of them have looked into these symbols, which correspond to the two great cosmic principles - the masculine (bread) and the feminine (wine) - at work in all regions of the universe. Bread and wine are two solar symbols. We must look beyond the bread and wine of the Last Supper and see the sun's two properties of light and warmth, which bring about life. The light of the sun is wisdom, and its warmth is love.

That is what Jesus was implying when he said, 'Those who eat my flesh and drink my blood have eternal life.' Therefore we must eat the body of Christ - wisdom - and drink his blood - love - in order to be transformed. It is so important to go deeper into the meaning of the images and rites presented to us by religions!

The day Christians become accustomed to taking communion each morning with that great host, the rising sun, and with the wine of its warmth, they will experience eternal life. For the sun is alive."

### *April 1*

"Jesus came to earth and shed his blood for the salvation of humanity - this is what Christians state. Yes, Jesus is 'the Saviour' but not in the way they understand it. For if they were truly saved, why are human beings, Christians included, still just as weak, selfish and mean? Why do they destroy themselves and their fellow beings? Jesus' sacrifice, therefore, has a wholly different meaning. At the time when Jesus came into incarnation, the psychic pathway from earth to heaven was obstructed.

All the shameful deeds, all the criminal thoughts and feelings, all the raging passions of earlier generations had caused a host of monstrous creatures to thrive on the astral plane, preventing all but a few exceptional human beings from making spiritual progress. And so Jesus sacrificed himself to clear the way; by shedding his blood, he satisfied the appetite of all those monsters, and it is an infinitely greater sacrifice than we can imagine. From that time on, the path was open for all. But each individual has to make the effort to walk along it. The path is free, but it is up to us to travel it if we are to be saved."

### *April 2*

"Take care with every word you say, because one of the four elements in nature - earth, water, air or fire - is always waiting for a chance to clothe what you are expressing in matter. Often this happens quite a distance from the person who provided the seeds, but it inevitably happens. Just as the wind carries seeds and sows them a long way away, your words fly off and produce negative or positive effects somewhere in space. So, make a habit of speaking lovingly to the flowers, birds and trees, to the animals and to human beings, for it is a divine habit. Those who are able to say words that bring warmth, life and inspiration and kindle the sacred fire have a magic wand in their mouth."

### *April 3*

"In order to live on the physical plane, human beings must receive all they need from the outside; they couldn't live without the elements provided by water, air, the sun and the earth. They are creatures, and all creatures, in fact all of creation, has to take in from outside what it needs to remain alive. The Creator alone is exempt from this law. He needs nothing outside of himself, since he is life. The Creator has left a particle of himself within each creature - a spark, a spirit of the same nature as himself - and thanks to that spirit living within them each creature can also become a creator.

Rather than always expecting everything to come from the outside, human beings have the power to act inwardly by means of their thinking, their will and their spirit. By doing so they can capture the elements they need to nourish themselves physically and, above all, psychically. That is why the teaching of initiates has always been the teaching of the creative spirit, and those who acknowledge this teaching will always be strong and independent, for they will rise above the conditions imposed upon them by destiny."

### *April 4*

"You try hard to meditate and pray, and you have the feeling it is all for nothing or next to nothing. But it is quite simply that you think you can rise without first leaving your old, thick, coarse clothing behind, symbolically speaking. Under such conditions, what can you expect your soul to receive? Neither the light nor heaven's answers or blessings are able to reach you; they cannot get through that shell. In order to receive answers from heaven, you must appear before it in light, transparent clothing, that is, work first at ridding yourself of greed, self-interest, wrong thinking and pettiness. Once you have achieved this, the moment you close your eyes to connect with heaven you will feel its blessings flowing towards you."

### *April 5*

"An initiatic school... It is time people had a better idea of what it really is or, at least, what it should be. Too many still imagine it is where they will attain clairvoyance, magical powers and all sorts of paranormal faculties that will allow them to satisfy their need for the weird and wonderful or perhaps just their desires and ambitions.

Well, no, the real reason for an initiatic school is that it trains people to work ceaselessly to bring about the kingdom of God on earth, that is, brotherhood among human beings. Those who are determined to undertake this work do not need to do magic or be clairvoyant or possess exceptional powers; they need only become wiser, purer, more disinterested and better able to control themselves."

### *April 6*

"Every joy, every happiness, has to be paid for one way or another. Only when you have returned to the cosmic ocean for good will you have nothing further to pay. When you are immersed in that ocean, who is there to pay? But if you come out of it, you have to pay for the slightest drop. You will have seen this so many times! After joy always comes sorrow. And you even come to expect it - when you have experienced great happiness, something tells you sorrow is lying in wait.

Many people are fearful when they are very happy, and with good reason. But while we can never wholly avoid trouble from the outside world, at least we can protect ourselves inwardly. And the only truly effective protection is our connection with heaven. When you are connected with heaven and surrender to its will, you are one with it, and then you have nothing left to pay inwardly. Does God owe anybody anything? No, everything belongs to him, and if you live in God everything will belong to you, too."

### *April 7*

"For us, the mind and the heart are two essential faculties, but they can never give us a true understanding of life. To gain this true understanding, you have to develop a third faculty, intuition, which is both understanding and sensing. But mind you don't confuse intuition with clairvoyance, which is a lower faculty than intuition. Why? Because clairvoyance does not go beyond the objective perception of the astral and mental planes. And so it is possible to see forms or entities from the astral and mental planes without understanding anything of what you are seeing. With intuition, on the other hand, you may see nothing, but you understand things as if you were seeing them a hundred times better, for you are experiencing them. "

### *April 8*

"You meet up with someone for a chat or a meal together, or to discuss a possible job: more often than not you start by shaking hands, and so you create a connection. One hand represents the masculine, emissive principle and the other, the feminine, receptive. If you both make this gesture consciously, each hand plays its part, and the result is an active harmony. Two people who shake hands show they wish to understand each other, to agree to walk the same path. Yes, provided that, symbolically, the energy of one hand is positive, the other negative. When both hands (that is, both people) are active and positive, they can only come into conflict. When both hands (again, both people) are passive, they will do nothing. The act of shaking hands always implies the wish to bring about ordered activity - it means 'I want to try having exchanges with you; let's see if we can work together.' But how many people come together with no concern about understanding the language of hands! They should not be surprised if their undertaking ends in failure."

### *April 9*

"Which people are the most mistrustful? Those who are dishonest, cunning and wicked. They can't believe there are honest, sincere and good people. They judge others by their own values, and that is why they are always suspicious. As for those who are noble and unselfish, it is difficult for them to see wickedness, betrayal and treachery, for they too see others through the prism of their own qualities. Human beings can only see through their own eyes, and they fashion what they see with their own thoughts, feelings, desires and tendencies. When you meet people who talk only of others' faults, know that on the whole they are telling you about themselves, for, if they were noble, kind, honest and, above all, loving, they would find all these good qualities in others, too."

### *April 10*

"By meditating on minerals, crystals and precious stones and fathoming the secrets of their geometric structure, we approach true science, the science of principles. And one day we will be able to visit the bowels of the earth to see how nature spirits work on the whole mineral world. We will visit its building sites, where billions of intelligent entities are doing their very best to reproduce heaven's beauty and perfection on earth. In fact, even the most precious of minerals can never exactly reflect that heavenly beauty, which cannot be equalled. The physical world can hardly be compared with the divine world, but at least it can sometimes give us an image of it. Precious stones, all those wonders the earth offers us, are so many reflections of the divine world: they remind us in a way of the purity, transparency and clarity of heaven."

### *April 11*

"Over thousands of years, any number of civilizations and religions have disappeared. If they were unable to stand the test of time, it is because the values they bore were inadequate for the creation of new life: they had become crystallized and fossilized, and spirit came to sweep away those ancient obsolete forms. So, don't pay attention to what is in ruin; don't go searching for rubble in the belief that it can provide you with inspiration for your inner life. Many spiritual seekers would like to go back to ancient initiations and revive them. This is a mistake. You shouldn't reawaken past mysteries, for even from a spiritual point of view there is a danger in wanting to bring back to life what is already dead. Rather than being preoccupied with the past, reach out to the future, for your future is the present for the higher beings who watch over you. And so, by being receptive to what these beings can give you, you speed up your evolution. "

### *April 12*

"Many people imagine that, because they have decided to follow a spiritual teaching, all their problems will quickly be solved, and they will soon be able to live a quiet, serene life. Well, no, it isn't that easy. To solve our problems, we have to set ourselves specific inner tasks, a programme to be achieved, and this takes time. But as soon as you set yourself a task to complete, even if you don't entirely succeed, at least a mark is engraved somewhere, and the forces of your subconscious begin to flow through the channels you have carved out. If, on the other hand, you don't inscribe anything in the depth of your psyche, your whole life will go by, and you will achieve nothing. When rain falls, the water follows exactly the furrows that have been cut. So you must prepare the ground, prepare the channels so that new life can flow within you. "

### *April 13*

"At night, while you sleep, your conscious awareness is reduced, and so you are more exposed and vulnerable. This is why you must pay particular attention to your state of mind when you fall asleep. The dark entities need materials and energy for their work, and they find them in human beings, particularly when they are asleep. Why? It's very simple: during the daytime humans are swamped by their activities, so they make use of their own energies, but during the night when they are asleep their energies become available. There are many people who will never accept that there are evil entities able to come and draw strength from them while they sleep. Well, if they don't accept it, that's their affair. But all those who wish to progress on the path of evolution must accept the existence of these entities and the need for shielding themselves from their wrongdoings. This is why, before going to sleep, they ask to be protected by the spirits of light."

*April 14*

"Alchemists work mainly with three substances: sulphur, mercury and salt. But these are not the sulphur, mercury and salt we know, and alchemists explain their origin in the following way: sulphur was formed by fire acting on air, mercury by air acting on water, and salt by water acting on earth. Sulphur corresponds to the masculine, outgoing principle; mercury to the feminine, receptive principle, and salt is the result of their union - their child. Each is represented geometrically: sulphur by a triangle and cross, mercury by a moon and cross, and salt by a cross in a circle.

Sulphur, mercury and salt are also symbols for the three worlds - the spiritual, psychic and physical. Sulphur is the symbol for the spirit, mercury for the soul, and salt for the physical body. When you possess the knowledge of these three substances - sulphur, mercury and salt - and also of the four elements - fire, air, water and earth - you will know the principles of true alchemical science. "

*April 15*

"Each morning as you wake up, tell yourself that there is nothing more important than living today well. In a way, the past is always alive and is still affecting your present, but you don't have to allow it to take over. It is the present you must empower, so that it can control the past and even bring it down in order to change it. When the past was the present, it was all-powerful. Now that it is the past, it is subject to the present, and the present now has its say. The past is gone, and the future is still to come. It is up to the present to impose its will, so that it may transform the past and give direction to the future."

*April 16*

"A promise is like a signature; it binds you until you have fulfilled what you promised. And not just the promises you made before heaven; even the ones you make down here to human beings must be kept. If you leave this world without having had time to achieve what you committed to, you will have to come back to keep your promise.

Not even God himself will release you from this promise; only the person to whom you made it can do so. A man promises a woman that he will marry her... He may find out one day that he's not cut out for marriage but rather for serving the Lord. Well, he must get the woman to agree to release him from his promise, and if she refuses there is no point in his turning to the Lord, for he will answer, 'Since you promised, I can do nothing. I know you wish to serve me, but you have plenty of time. First get married. You can also serve me while you are married.'"

*April 17*

"Artists are creators and produce works, and that's wonderful! But it isn't enough; they must also be concerned with what they themselves emanate. True art consists in making one's life and one's whole being a work of art, in which everything will be poetry, music and light - a harmony of colour, form and movement. And the art of the future will consist in helping human beings understand how they can rediscover their original face, the face of the Divinity. Much time, effort and work will be needed to reach that point.

But you should not let the issue of time stop you, for although people's worldly creations do not belong to them - they have to give them up at the time of death - the work they have undertaken to do on themselves lives on forever."

*April 18*

"The sun is called 'the light of the universe', for it lights up the world, and it is thanks to its light that we can see. When the sun is not shining on us, we need other sources of light: electric light-bulbs, candles, torches, lighthouses, and so on. Objects, therefore, are only visible to the extent that a light is shining on them and lighting them up; this law applies to the physical world and to the spiritual world, too.

But in the spiritual world, there is no light to switch on, the way we switch on the stair light or bedroom light, and if we want to see, it is up to us to shine a light. The reason why so few people are able to see on the spiritual plane is that they wait for objects to be lit up, when it is up to them to shine the rays that will allow them to see. "

*April 19*

"Some of the most fervent materialists, realizing they can make use of telepathy, clairvoyance, clairaudience, dowsing and psychometry to serve their own interests, start exploring that whole area, which they call 'parapsychology'. If it can give them powers and allow them to make money, they will adopt any number of theories they have previously considered nonsense. So they take on board any knowledge from Initiatic Science that can serve their purposes and leave aside any that doesn't bring in profit.

But to make use of initiatic truths as a means of improving one's affairs or gaining ascendancy over others is highly immoral, and those who do so will be punished by divine justice. Initiatic knowledge should only be used to aid and comfort others and to spread light and peace in the world. Those who use it in this way will have their names written in the book of life and receive the blessings of heaven."



*April 20*

"Human beings are not always so very closed to others; they would really like to understand them and help them - so why do they find it so difficult? Because, in spite of this, they remain too self-absorbed. It is as if they were blinded by the veil of their lower nature, which is selfish and self-centred and prevents them from perceiving what is happening in the heads and hearts of those around them. Even their love doesn't allow them to see through this veil. And sometimes they are quite taken aback when they suddenly discover their wife, husband, children or friends behaving differently - they hadn't seen or felt anything coming! Only those who have brought their lower nature under control and are able to disregard its points of view or its preferences are capable of really understanding others."

*April 21*

" 'A declaration of love'... A lot could be said about that expression. Men and women are in the habit of declaring their love for each other, unaware that an element of self-interest, of selfishness, creeps in when they act in this way. They want to attract, win over and capture the person they are addressing. They write or speak to them in the most poetic way possible, choosing appropriate gestures, words and tone of voice, in the hope that the person will be charmed, touched and delighted and eventually won over. Too often the love expressed aims to win over and keep the loved one for oneself; from that time on no one else is allowed to come near. So, it is really selfishness and a lack of faith in the power of love that direct human beings. As they don't possess the true love that performs wonders, they are keen to show their love through concrete means - through speaking, writing or gesturing - as a way of imprisoning their beloved. And while they may claim that the strength of their feeling compels them to act in this way, they are in fact admitting to their own weakness. Those inhabited by true love don't express it; it isn't necessary, for such love can be felt - it radiates from them."

*April 22*

"Psychic balance is one of the most precious and most difficult qualities to acquire, for it is the result of two contradictory motions. You see some people talking, walking and busying themselves as if nothing were any effort for them, and you may think they are balanced, but no, actually they are stagnating. Day in, day out, they are always the same as ever, showing the same impassive face, replaying yesterday's actions, repeating yesterday's words, and so on. That is not the kind of balance that will make them evolve. A certain imbalance is necessary for our progress, provided we remain watchful and are able to put things right when the pans of the scales begin to register too great a difference in level. Balance consists therefore in still allowing some inner fluctuation to

take place. The day both sides are perfectly in balance, you cannot call it balance anymore but death. Life is found in the measured fluctuations of the scales."

#### *April 23*

"Harmonious social life can only be founded on fair exchanges, and these can be summed up in two words: give and take. On the material plane, the issue is clear for everyone; we all know what a fair exchange is. But that isn't really enough, for the law of exchange concerns all realms of existence. Someone can say, 'I am an honest person, I pay my taxes, I pay my employees, I don't swindle my customers.' That's fine, but how do they behave towards their parents, their husband or wife, their children? It is so much easier to be honest and fair on the material plane than on the psychic! You even see people giving all manner of outer displays of honesty, the better to hide the dishonest way they relate to others intellectually and emotionally. They succeed in deceiving others (and then, not always), but they do not deceive divine justice, whose definitions of giving and taking are not the same as those of human justice."

#### *April 24*

"Even if you find yourself in the worst psychic and material conditions, don't let yourself become weaker by thinking how easy it is for evil, in any of its forms, to affect you. If you always feel weak, vulnerable and without protection, then, yes, you really are exposed. But if you work inwardly to connect with heavenly entities and with the light, and if you lead an honest, pure life, you will feel that some essential part of you remains safe in spite of everything. You will say, 'But I feel certain people are constantly projecting bad thoughts onto me.' Well, those bad thoughts will come back to them in the end, for what they are doing exposes them to the law of backlash. Evil cannot find a way into people who are occupied by the Lord and the angels; it is thrown off at once and falls back on the head of the person who sent it out. Hold on to this truth, and straightaway you will feel safe."

#### *April 25*

"The soul's incarnation is a process of descent into matter, during which it forgets what it has experienced above; this is why, when it arrives on earth, the soul no longer has much awareness of the commitments it made to heaven before coming down. But the years go by... As time passes, feelings, impressions, certain thoughts and aspirations pass through the soul, at first fleetingly, then more and more precisely. This is experienced as a tendency to seek out certain activities or to consider a particular profession. This is what is known as a vocation. Those who have this feeling of being called to carry out a particular task or fulfil a particular duty should not hesitate. They may not explicitly tell

themselves they have a previously agreed mission to fulfil, but heaven sees to it that they feel in their element in that one situation. And whatever the difficulties they encounter on the way, they must not change direction."

### *April 26*

"The whole of the created universe, every manifestation of life and of nature, is the work of the two principles, the masculine and the feminine. And these two principles are a reflection, a repetition of the two divine creative principles: the heavenly Father and the divine Mother. In fact, even the heavenly Father and the divine Mother are not God himself: they are to be understood as two poles of the one principle, the Absolute, the Non-manifest, which the Cabbalah calls Aïn Soph Aur, 'light without limit'. It is said that human beings were created in the image of God, that is, in the image of these two principles: each person herefore possesses a masculine and a feminine part.

Depending on whether it's a man or a woman, one part is visible and the other hidden, but the one we don't see is still present. Every woman is a woman in her physical body but has the masculine principle within her. And similarly, every man is a man in his physical body but has the feminine principle within him. If you know this law of polarity, and if you know how to use the two principles - the masculine and the feminine, the emissive and the receptive, the positive and the negative - you can solve all of life's problems."

### *April 27*

"Why do so many people cling to this existence? Because they don't know that their life does not end with what we call death. In fact, they will commit any crime to survive. This is how they contract karmic debts they will one day have to pay. The disciples of an initiatic school, however, have a different attitude. Sometimes they think, 'What a pain life on earth is - you're restricted, ridiculed, assaulted, tormented and crushed.' But they also know they are there to do a work and make up for their past mistakes.

So they agree to it, believing that when they have finished this work they will be able to experience freedom in space. That is what people on a spiritual path know to be true, and it is why they are convinced there is something they have to do on earth, even if they know that the true life is elsewhere. As long as they haven't settled everything, as long as they haven't finished the work heaven gave them, nothing else matters to them. They don't ask themselves whether they would rather live or die; they only want to finish their work. But as soon as it is done, how happy they are to leave, because they know the earth is not worth clinging on to."

### *April 28*

"This is something you ought to know: no matter who you are or what you do, you will be subjected to trials. So, rather than being surprised every time, as if it were news to you, and making everybody else, the Lord included, responsible for your difficulties, you need to reflect, to meditate, and you will understand the positive aspect of your trials. Many qualities cannot be developed if you haven't gone through a certain amount of suffering, if you haven't experienced failure, illness or even the enmity of other human beings. Yes, this is why I'll say to you that often our enemies are friends in disguise, because they oblige us to strive and progress. Jesus said, 'Love your enemies,' and many people find this commandment not only impossible to achieve but absurd: how can we love people who hurt us? It's impossible! But it is possible, when we discover they are friends in disguise and that providence has sent them to oblige us to make progress on the path towards mastery and freedom."

### *April 29*

"You are forever searching for new things to learn, new things to see and hear. That's not a bad thing, but you should also make a habit of spending a few moments each day connecting to the divine world, for what you acquire by doing so you can take with you wherever you go, even into the other world; nothing can take it away from you. Everything you find in books - all the knowledge you can acquire - will never really be yours; when you leave this earth, you will have to leave it behind, and when you come back you will have to start learning again. When we reincarnate, we each bring back only what we have truly achieved and experienced in our other lives. Everything else will have been taken away from us, because it didn't belong to us: we had taken it from others. Of course, for the short time we are on earth, thanks to those 'loans', we take advantage of what the earth has to offer: compliments, ovations, the plaudits of people who are not very enlightened. But when we leave, there we are, poor and naked again, and we return to earth poor and naked."

### *April 30*

"Suppose you carry out a difficult task, or you are highly successful, or you emerge victorious from a difficult episode. Try not to bask in glory, but say instead, 'It is you who deserve the credit, Lord, not me'; otherwise, you risk falling into the trap of pride. And when you receive praise or congratulations, be careful; don't be in a hurry to have such a good opinion of yourself, but tell yourself over and over again, 'Lord, the glory is all yours, not mine.' Often, other people unwittingly and unintentionally set traps for you: you take their praise so seriously that you become conceited; you think you have

already arrived, and this is dangerous for your evolution. You should work for the glory of God and reassign to him any praise you may receive; this is how the impersonal, selfless side of your being can develop. Heaven judges you according to this attitude in order to determine who you are working for. For a disciple, true glory is found in glorifying the Lord."

*May 1*

"In the society we live in, not to know how to read and write is unthinkable. Even with cooking, it is assumed you know what is written on a tin of food, for example, and that you can also decipher a recipe in a book. Not to mention the complications for anyone who can't read the name of a street or underground station! But this doesn't mean that humanity could not have progressed without being able to write. Reading and writing may represent great advantages, but the importance given to pieces of paper also has many drawbacks: we rely on them alone, they are all that counts, and we are incapable of seeing beyond them. If a piece of paper says you are guilty even though you are innocent, no one will be able to see the innocence that's written all over you. They read the piece of paper, and you are blamed; they point the finger at you and put you in prison. Nowadays, human beings are nothing, and pieces of paper are all-powerful!"

*May 2*

"Even though there are all kinds of writings encouraging the public to embark upon psychic experiences, do not do so. Do not try to make contact with the beyond until you have acquired mastery over your thoughts and desires. That is the only kind of mastery that can make you strong and protect you from danger. For you should know this: the risks you run in the psychic world are as numerous and formidable as those of the physical world, if not more so. If you are neither informed nor practised, you will be vulnerable, and your only recourse will be to search around for someone to free you from your anxieties and your obsessions. So many people who claim to be on a spiritual path end up being the victims of entities and forces they have unwisely provoked! They feel they are being pursued by monsters, they experience all the torments of hell, and of course they don't know how this could have happened to them. And yet it's simple: through seeking to enter the astral world out of curiosity, an attraction for the fantastic or a desire to acquire powers, they have attracted entities that really make their life hell. For that is what hell is - the lower astral world. "

*May 2*

"Human beings need physical, substantial nourishment to keep them alive. But in the invisible world, there are creatures that live only on fragrance, colour and sound. Many

people will no doubt find it difficult to accept that beyond the mineral, vegetable, animal and human realms there are regions inhabited by beings their eyes cannot see, different from anything they can know. But actually the whole universe is full of the most extraordinary creatures, which beings with highly developed psychic abilities have been able to encounter, and these creatures really do feed on light, colour, fragrance and sound. For us humans, light, colour, sound and fragrances cannot be considered as really substantial foods. But for these entities, formed as they are of very subtle matter, they represent not only forces and powers but also food."

### *May 3*

"We do not have the power to destroy the evil within us. The only way to make it disappear is to offer it up as food to good spirits. Tarot card number 14 shows an angel decanting a liquid from an urn made of silver (a metal associated with the moon) into an urn made of gold (a metal associated with the sun). The initiates who devised the Tarot cards invested this symbol with the idea of a transfusion of the lower self, symbolized by the moon, into the higher self, symbolized by the sun. For that transfusion to be possible, the lower self must be absorbed, in a way, by the higher self. This, then, is the task of intelligent disciples: to master the chaotic energies of their lower nature in order to place them in the service of their higher self. This is the only way to conquer evil."

### *May 4*

"When there is nothing obliging them to respond, to make an effort, human beings tend to let themselves go. They need difficulties and trials, and then they rally and mobilize their energies to put the situation right. And when they have succeeded, that's it - they let themselves go again and fall back into laziness. Well, it's a mistake to adjust your behaviour to changes in the outside world. You should always keep on working, whatever else is happening, because work must always be your priority. Conditions improve, and difficulties work themselves out. That's all very well, but it's no reason for slowing down your activity. On the contrary, you should learn to use these conditions by devoting more time to working with your mind and building your inner being."

### *May 5*

"Do human beings have free will, or are they subject to destiny? This question has been discussed for thousands of years. It is a mistake to think that all individuals are subject to the same laws. Those who, like the animals, only follow their purely instinctual impulses are inevitably subject to the laws of fate; it is their own nature that creates their fate. Those, on the other hand, who have acquired mastery over their instincts and their

passions elude fate and enter the realm of providence, of grace, where they experience light and freedom. Don't think that everyone can be free or that everyone has to submit to an inexorable destiny. No, freedom is dependent on each person's degree of evolution. According to how they think, feel and act, human beings fall into the clutches of fate or draw to themselves the blessings of providence. So in certain spheres they are fettered, subject to destiny, while in others they elude destiny and are free... until the day comes when their freedom will be complete."

*May 6*

"When you consider someone your enemy and you hate them, you often think how convenient it would be if they were to disappear. Obviously, you don't go as far as killing them, because people don't decide lightly to commit murder - it's too risky. But you think about their death and wish for it... Well, if that is the case, you should know that you may become responsible for the death of someone else somewhere in the world. Yes, thoughts, feelings and wishes travel and can influence people elsewhere, some distance away, which are thinking in the same way and would also like to get rid of an enemy. If they have a stronger desire for revenge, or if they have less of a will to resist their criminal instinct, one day they will get carried away by an impulse, a strong current - some influence they don't understand- and they will commit murder.

It is crucial to be aware of this truth. We are not aware of what becomes of our states of mind as they travel through space, but one day we all return to the other world, where we will be presented with the consequences of our thoughts, our feelings and our desires. And then, those who thought themselves beyond reproach may well be aghast when they see they have been the cause of so much damage. "

*May 7*

"The soul has a need for space; in the vastness of space it is able to breathe, to expand and rejoice. If you restrict the soul, it is stifled, and it withers and languishes. And that is what happens to human beings who allow them to become absorbed by all the material details of daily life without taking any time to dive into the vastness of space. For the soul suffers from having had to accept the restrictions of a body. A child that is born is a soul restricting itself, and this restriction is essential in order to allow manifestation. But at the time of death, the soul returns to the vastness of space. Life is made up of these two processes, restriction and expansion, and to lead a balanced life you must know how to apply them to your existence: you enter your innermost being to connector the universe, to the universal Soul; then you come back into restricted state to work. But don't stay restricted for too long, or you will get bored and suffer. Remember to open yourself up to the vastness of space."

