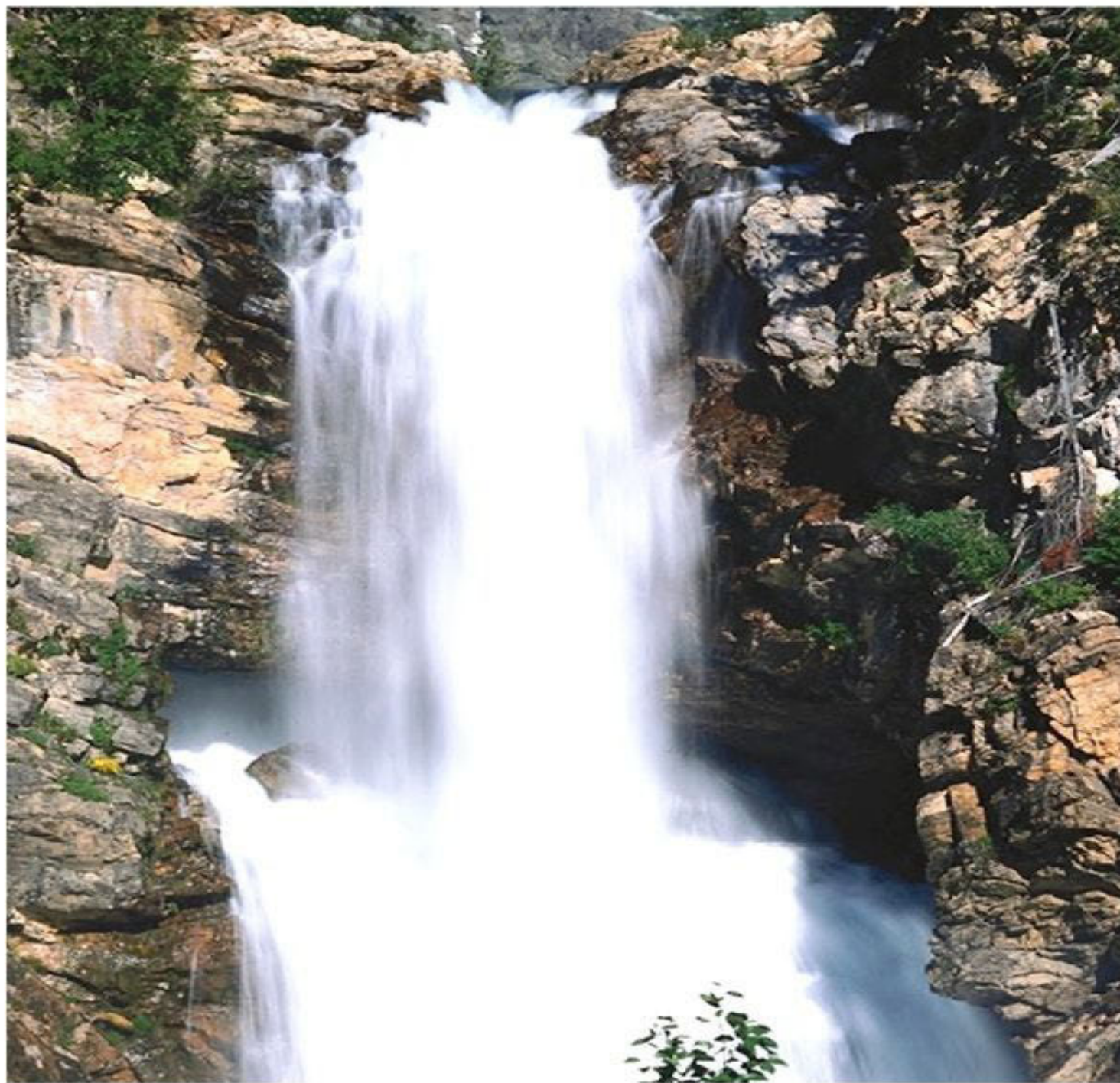


Omraam Mikhaël Aïvanhov

Drinking the Elixir of Immortal Life



P R O S V E T A

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of
Immortal Life**

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Readers are asked to note that Omraam Mikhaël Aïvanhov's teaching was exclusively oral. This volume includes passages from several different lectures all dealing with the same theme.

The elixir of long life

Like all creatures and all created things, human beings die, and from the beginning they have considered their mortal condition as being inferior: why were they not immortal like the gods? And what gave the gods their immortality? For the ancient Greeks, it was the nectar and the ambrosia by which they were nourished during everlasting feasts... And similar narratives can be found in the Indian, Celtic religions, etc.

Even when they no longer believed in the gods of mythology, the quest for a potion of immortality continued to preoccupy humans. Perhaps they didn't quite believe that they could become immortal, but at least they hoped that this potion would prolong their life, and that is why they named it 'elixir of long life'. Throughout the centuries, alchemists, magi, astrologers sought the secrets of how it was made: which ingredients to use, which forces of nature to capture, which planetary influences to respect. Some of them were charlatans, fools, and I won't enumerate the recipes they gave to prepare this potion which could contain dew, wine, blood, sap from certain plants and other unappetizing liquids! But there were also great scientists who were the precursors of physicists, chemists, doctors and modern researchers.

According to the alchemists, the elixir of long life has the property of freeing all the canals in the body so that the vital energies can circulate freely, as blockages in the innumerable canals and vessels through which liquids and fluids circulate through the body lead to decay, illness and death. You will ask: 'But does this elixir really exist?' We can always make a few effective potions to purify the body and facilitate the circulation of liquids that flow through it. But I will tell you that is not what interests me.

What interests me is to know that this elixir is dispersed everywhere in nature: in the earth, in vegetation, in the oceans, rivers, mountains, in the air we breathe and especially in the rays of the sun, and that is where we must look for it. I don't really believe in a liquid that suddenly gives longevity to whoever drinks a few mouthfuls. On the other hand, I think we can collect this elixir by learning to utilise, with wisdom and love, everything the Creator has put at our disposal in nature.

Even if humans have to strive to stay alive and in good health for as long as possible, their vocation is not to remain indefinitely on the earth; at some time or other, they pass away, they leave their physical body. We say they die, but in reality they carry on living; in their spirit they are alive, and so in order to feed their spirit they must seek this elixir, the elixir of immortal life.

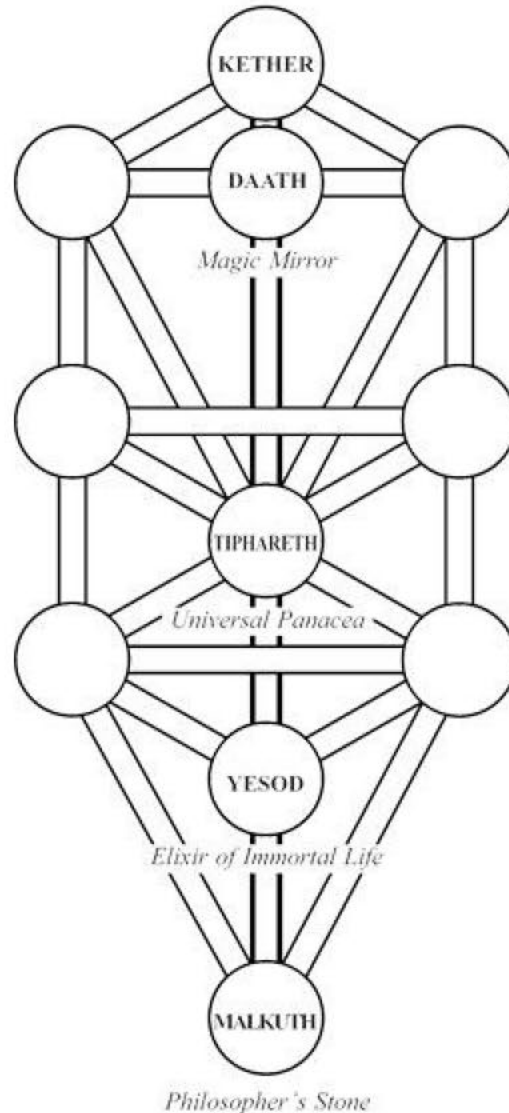
Yes, because the elixir of long life is one thing and the elixir of immortal life is another. You must not confuse everything. If humans seek immortality, it's because deep inside their intuition senses that they really are immortal. But they are immortal in their spirit, not in their physical body.

To be conscious of immortality, as of eternity, is for human beings a conquest of the spiritual life. But in reality there is no real separation between their physical life and their spiritual life: at any time, they can give a vaster dimension, a more elevated significance, to their daily activities, and that is how, little by little, they learn to drink from the springs of eternal life.

Iesod, the sephira of pure life

On the central pillar of the sephirothic Tree or Tree of Life, the cabbalists place the sephiroth Kether, Daath, Tiphareth, Iesod and Malkouth. Each sephira is associated with a symbolic object: Kether with the magic wand, Daath with the magic mirror, Tiphareth with the universal panacea, Iesod with the elixir of immortal life and Malkouth with the philosopher's stone.

Caduceus of Hermes



Philosopher's Stone

The Central Pillar

So, the elixir of immortal life is associated with Iesod. Why? Because Iesod is the sephira of pure life, and immortality is linked to purity.

But how do humans understand purity? How do they consider it? Say this word and you can be sure that it will be misinterpreted. Tell someone that they must work on purity, they will immediately think that you want to

deprive them of some things, in particular, deprivations in the sexual area, as not only do people generally confuse purity and chastity, but also chastity and continence.

In reality, chastity does not really concern the physical plane: it is a virtue of the heart and soul, and we can encounter it in men and women who are fathers and mothers of numerous children, whereas 'impurity' is found in some others who claim to flee the temptations of the flesh like the plague. It is obvious that purity extends to the sexual field too, but when I speak of purity, I especially mean that of thoughts and feelings. For it is first of all in people's thoughts and feelings that licentiousness arises, which then produces disorder in sexual behaviour.

But whatever explanations I give, I know that the majority of people have made up their minds to exclude purity from their preoccupations. In order to justify themselves they will make the excuse that purity means narrow-mindedness, limitation, fanaticism and even exclusion... that in the name of purity (purity of lifestyle, purity of blood, purity of race, purity of an ideology or religion) people have been persecuted, massacred, burned. Yes, it is true, but some dreadful acts have been committed in the name of love as well: does this stop them from still saying the word love and continuing to love? Under the pretext that purity misunderstood has pushed fanatics to commit crimes, must we continue to wallow in filth?

So *Iesod* is the sephira of pure life. The word *Iesod* in Hebrew means foundation, base. And so, what is the role of a base? It supports the whole building.

In order to understand purity, we must thus consider it as the foundation of our physical, emotional and mental lives. On the physical plane, it is the base of our health; on the emotional plane, it creates the conditions to receive and manifest love, and on the mental plane the conditions to receive and manifest wisdom.

All the practices recommended by our Teaching have only one aim, to make us more alive by freeing all our circulatory canals. That is what resurrection truly is. Resuscitating means opening the passages in every region of our being to divine life, for the characteristic of life is not to remain inert, but to penetrate and circulate everywhere in order to renew everything.

Blood, the bearer of life

Everyone knows the inconveniences caused by blocked canals, dirty windows, and badly cleaned lenses in glasses. But very few are conscious of harbouring the same disturbances, firstly in their physical body, but also in their heart and mind: thoughts, feelings, desires that, like dust or waste, block their spiritual canals, preventing divine life from reaching them and penetrating them.

For the physical body, the purity of the blood is an essential condition for health. In the first instance, blood is just a red liquid, but even if they do not scientifically know its composition and functions, all humans know it is a synonym for life. It circulates in our body through a multitude of arteries, veins, capillaries and, from our head down to our feet, it irrigates the whole of our body. It receives the nutritional materials coming from the digestion of food and it gathers up useless waste. It is made up of red globules that transport oxygen from the lungs to all cells of the body and brings carbon dioxide back to the lungs, and of white globules which destroy by absorption microbes and other harmful bodies.

So blood is the essential liquid that is the bearer of life. But there is life and life: there is a healthy, powerful, flowing life and there is an anaemic, sickly life, poisoned by all sorts of toxic elements that human beings put into themselves, because they don't know how to consider these two essential activities: breathing and eating. So, if you want immortal life to flow in you one day, you must start by concentrating on respiration and nutrition.

Respiration

It is said in Genesis that *‘God breathed into his nostrils the breath of life, and man became a living being.’* Obviously, it is an image, but it merits consideration. So human life would have started with a breath, breath given by God, and we sustain this breath through breathing movements: inhale... exhale... inhale... exhale...

But life is not in the air itself, nor in the act of breathing. It comes from an element superior to air and for which air is a food: fire. The function of air is to sustain fire. Life is like a fire that burns in the heart, and the lungs are the bellows that continuously sustain that fire. So the origin, the prime cause of life is fire; and air, its brother, sustains and vivifies it. Then, one day, with the last breath, the fire is extinguished: the last sigh extinguishes the fire.

It is therefore worth reflecting on this process of respiration so as to purify and intensify the life within us.

Most people breathe too fast, without giving the pure air time to descend deep into their lungs in order to replace the polluted air. We must breathe slowly, deeply, and even sometimes hold the air in for a few seconds before releasing it. Why? So as to masticate it. For the lungs know how to masticate air just as the mouth knows how to masticate food. Each inhalation is like a ‘mouthful’ of new energies. If we exhale it too soon, the lungs don’t have the time to assimilate it sufficiently so that the organism may benefit from these energies.

Those who have understood the profound significance of respiration gradually feel their own breathing melt into the breath of God. For God breathes too, but obviously his inhalations and exhalations last for billions and billions of years: he exhales and one world appears, he inhales and this world disappears. Through men and women, God breathes faster, but in the cosmos his breaths are extremely long. So, the more our breaths are long and deep, the more we draw close to the breath of God.

The science of respiration has been particularly developed in India for thousands of years, often with very complicated techniques. But you are not Indian yogis and I do not recommend that you experiment with these techniques. If you are not moderate, you are at risk of becoming unbalanced and of harming your health, as has already happened to many of those who threw themselves imprudently into doing some exercises.

The breathing exercises we practise in the Brotherhood are very simple. Here they are:

1. Begin by closing the left nostril with the middle finger of the right hand, and breathe in deeply through the right nostril to the count of 4.
2. Hold your breath to the count of 16.
3. Close your right nostril with the thumb of your right hand, and breathe out through the left nostril to the count of 8.
4. Keeping the thumb of your right hand on your right nostril, breathe in through the left nostril to the count of 4.
5. Hold your breath to the count of 16.
6. With the middle finger of your right hand closing the left nostril, breathe out through the right nostril to the count of 8.

Repeat the exercise 6 times for each nostril.

When you can do this exercise easily, you can double the counts to 8, 32, 16. But I don't recommend you go any further, and most of all do not ever force it. The breathing exercises must be done gently.

While breathing in, observe the position of your spinal column so as to keep it as straight as possible. The position of the spinal column is very important for the circulation of the currents.

The breathing exercises are purification exercises. Blood circulates through all our organs, where it deposits oxygen from the air and picks up the waste; then it goes into the lungs to be purified. So, if each day you consciously do your breathing exercises, you will manage to purify your organism more and more. And when I say consciously, it means you must accompany your breathing by working with your thoughts, thanks to which you will attract currents and particles from the higher world so as to awaken the powers buried in the depths of your being.

The best time to do the breathing exercises is very early in the morning, at the sunrise. The ideal would then be to do them in nature so as to benefit from the purer air, because from the air we can collect this very precious quintessence that Indian yogis call *prana*.

Prana is a life energy which is spread everywhere in the earth, in water, in air, in fire; but it is mainly carried by the rays of the sun, and very early in the morning it is at its most abundant. We can compare prana to the water that comes down from the highest mountains into a river, transporting all the nutritive elements for the fish that live in it, as well as for all the creatures

living on its banks. Prana is a river of life that comes from the sun to us and enters us through our nostrils and all the pores of our skin.

When we watch the sunrise in the morning, we are trying to receive this living water that circulates in the universe so that it will purify, strengthen and vivify us. Each particle of this prana is like a crystalline droplet, a small suspended luminous sphere filled with a spiritual essence. And through breathing, we absorb a few of these drops of light.

By consciously passing air through our nostrils, we activate in our body certain subtle centres that work to extract this quintessence. Once collected, this quintessence begins to circulate; it's like a fire that runs along the nerve branches situated on either side of the spinal column. In the same way that blood circulates through our veins, arteries and capillaries, this very subtle fluid, prana, circulates through our nervous system. It is a food that increases our vitality, balance and lucidity. So, not only our physical health, but also the acquisition of spiritual faculties, the awakening of the chakras, depend on the way we breathe.

Nutrition

Vegetarianism

The topic of food diets is worth consideration, as we must know how to choose what we eat. However, more and more books deal with this topic, but what particularly interests me is the way we eat. That is why I will not talk to you about the science of diet. I will tell you only that I advise vegetarianism and healthy food: avoid alcohol, products treated with chemicals and any kind of excess. For some time now, doctors in the West have been expressing concern about people eating too much sugar, too much salt, too much fat. We must be careful and moderate, that is all. That is why I do not approve either of those who claim we should eat only cereals, or only fruit, or only raw vegetables, and never drink a drop of wine, tea or coffee. No, that is excessive.

Let's now go back to the question of vegetarianism. Nowadays, people, and especially Westerners, would be able to nourish themselves without massacring great quantities of innocent animals. By breeding animals to eat, they not only show how cruel they are, but they are also harming themselves.

The difference between the meat diet and the vegetarian one resides in the amount of solar rays it contains. Fruit and vegetables are so impregnated with sunlight that it could be said they are a condensation of light. When we eat a fruit or a vegetable, we absorb indirectly some sunlight and this light leaves very little waste in us. Whereas meat is rather poor in sunlight, which is why it putrefies quickly; moreover nothing that putrefies quickly is good for health. Many doctors now acknowledge the benefits of vegetarianism.

The harmfulness of meat has yet another cause. When animals are taken to the abattoir, they sense the danger, they are afraid and they panic. This fear upsets the functioning of their glands, which then secrete a toxin that people absorb while eating it.

Finally, you must know that animals have a soul; although it is not like that of human beings, this soul exists, and those who have eaten the flesh of an animal allow its soul to penetrate them too; for with the flesh they also absorb the blood, and blood is the vehicle of the soul, you must know this. Besides, the soul of an animal, however nice and gentle it may be, remains an animal soul, that is a soul which is inferior to the human soul. You will say there are humans who are worse than the most ferocious animals. Yes, I

know it only too well, but that is another question: in so far as an entity has descended into the body of a human being, it has received a human soul and it belongs to a certain realm of evolution. Here, I'm just explaining that if you eat meat, the presence of the animal soul in you will manifest itself as a will opposing your own, and so it impedes your evolution. The case of fish is different, and vegetarians are advised to eat fish.

But vegetarianism and the healthiest, best quality foods will never stop humans from being evil, vicious and wanting to devastate the whole world. Food is only a means. What is most important is the psychic life; the fact of eating this or that food comes second. So, only those who have decided to work on themselves can find the elements in food that will contribute to the nourishment of their inner life.

Nutrition considered as yoga

How many people complain about the accelerated rhythm of life, air pollution, food contaminated by toxic products! And it is true there's much to complain about. But it is also important to understand that many anomalies arise from the state they are in at mealtimes, and the conditions in which they eat. That is where many things need to be corrected. Healthy nutrition does not solely depend on the quality of food: the way we consider food, the inner state in which we eat are essential. That is why I have often said that nutrition must be considered a yoga.

Eating means introducing into our organism materials that will help build not only our physical body, but also our subtle bodies. So, it is particularly important to carry out this act we repeat every day, several times a day, in a state of peace and harmony by eating in silence: not only not speaking, but also paying attention not to make any noise with cutlery.

But not making any noise and being quiet is not enough, for even in being quiet we can eat with the same inner attitude as if we hadn't stopped chatting: we ruminate on worries, resentments, and so we are not working well on ourselves. Silence is a requirement for preparing the ground for inner work, for meditation on the infinite goodness of God, who has put so many benefits into food.

Food consists of forces, materials, that come not only from the earth, but from the sun and the whole universe. They come to us filled with cosmic life, and it is important to receive the food with the consciousness that they will form the substance of our physical and psychic bodies. So, we must be very vigilant, particularly as this food, impregnated with universal life, also

impregnates our words, our feelings and our thoughts. Those who eat in a state of irritation, while reviewing all the reasons they have for being in a bad mood with one person or another, do not know that they are impregnating the food with poisonous particles and that, by absorbing them, they are poisoning themselves.

Yes, a meal can be considered as a yoga exercise. We must be conscious, awake, respectful and full of love and gratitude towards food. Then, the whole organism is ready to receive it in such a perfect way that it, in turn, opens up to us and offers us its subtlest energies, these solar rays, of which it is the condensation.

In taking food, in touching it, think of impregnating it with your love, speak to it inwardly; say, 'You, who carry God's life, I love you, I appreciate you, I know the riches you contain. I have a whole family to feed: millions and millions of inhabitants in me, my cells. So, be kind, give them this life.' If you get into the habit of speaking to food silently in this way, it will be transformed into energy and light, as you have been able to commune with the quintessence of God himself.

In order to receive all food's benefits, we must try to extract from it elements of light and eternity, and here, thought has a role to play. A thought, which is such an extremely penetrating ray, can penetrate the heart of matter in order to release the subtlest energies from it and send them to all our centres, which then make sure it is distributed. Only the intense vibrations of light oppose the processes of illness and death, dislocation, fermentation and disintegration. When light triumphs in us, we will become immortal. That is why it is so important that through food we learn to eat and drink light with the absolute conviction that we are receiving divine life.

The rules of nutrition applied to psychic life

We can compare the heart and the mind to organisms that human beings constantly feed, exactly as they feed their physical body. Depending on the quality of their feelings and thoughts, they strengthen or weaken these organisms. So, in order to understand correctly this virtue called purity, we can use the same criteria as for nutrition. The correspondences, the laws are the same.

Those who eat and drink without discernment or moderation introduce into their organism elements that can cause indigestion, nausea, diarrhea, stomach burns or even poisoning. In the same way, those who do not pay attention to the quality of the feelings, thoughts and desires on which they are

nourished expose themselves to the same problems. Then, contrary to what many believe, the sages who place such importance on purity are not fanatical puritans: they have simply noticed that, whatever form impurities take, they create disturbances in them. And if you know how to observe yourself, you will notice the same things.

When you feel psychological discomfort, you have absorbed impure elements, and by 'impure' you must understand quite simply what cannot be assimilated by the organism. Impurities are harmful substances as they cannot be assimilated or digested, and their presence in the psychological organism provokes disturbance.

You know that for us to eat something it is not enough that the products are edible; we have to take some precautions first. Most of the time, we must wash them; from vegetables and fruit we remove the stone, the pips, the skin or the shell, and from cheese, the rind; fish are gutted and scaled, and when you eat them, you must remove the bones. Reflect, there is almost no food we can absorb just as we find it. Even if we take all possible precautions, food is never perfectly pure. So, how does the body react?

In the same way that at the borders of all countries, customs officers inspect cars and luggage to check that travellers are not entering with illegal products or objects, in human beings too there is a particular type of customs officer who examines food and eliminates everything that does not become part of the constitution of the organism. They sort things. Moreover, it often happens that through negligence, lack of awareness, or bad will, people block the work of these customs officers, the entities in charge of this sorting process, and so they let harmful elements pass through that start accumulating: scientifically speaking, let's say they weaken their immune system.

Well, thoughts and feelings are also a kind of food, and they can be more or less well absorbed and digested according to their degree of purity. That is why this selection we make for our physical food, we must also do for our psychic food so as to eliminate from it indigestible elements. Human beings eat bread, fruit, vegetables, fish and meat, etc. Well, in the realm of thoughts and feelings, the same varieties and the same qualities of food exist, from fresh fruit just plucked from the tree to fermented game meat!

So, before accepting them, study well each thought, each feeling, each desire that comes to you. Ask yourself where they come from and what they are going to bring you. If you feel that they contain doubtful elements, try to

get rid of them. Yes, I know, it's difficult and human beings seem rarely bothered about this. They swallow any thought, they delight in any feeling, without wondering what results they produce. They don't differentiate between them. Well, precisely, they must learn to discern these differences, because it is with these materials they build their psychic being.

You will say, 'But how can we choose our thoughts and feelings? How do we know if they are pure or impure?' It is very easy. Personal and selfish thoughts and feelings cannot be pure. All feelings and thoughts relating only to our own interest without bringing something useful and good to others are impure. It is therefore easy to classify them: greed, jealousy, anger, sensuality, the taste for power, etc., bring impurities. Whereas thoughts and feelings that push us to do only what is good and useful for others: generosity, patience, abnegation, fairness, kindness, sacrifice, etc., these thoughts and feelings are pure.

So, from now on, you have a criterion and it is very simple. Of course, just because the criterion is simple does not mean that purity is so easy to achieve. However, you must at least start to understand what it consists of; then, you must love it, desire it with all the fibres of your being; and finally try to achieve it, as it is this work on purity that will give you the elixir of immortal life.

The spoken word: 'It is not what goes into the mouth that defiles a person...'

Working on purity means being careful with everything you allow into you: food, drinks and air for the physical body, but also thoughts and feelings for the psychic body.

Yet, there is one thing that comes out of men and women's mouths which, according to its nature, can make them pure or impure, and this thing is the spoken word.

That is the reason why Jesus said, *'It is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles'*. And he explains further: *'whatever goes into the mouth enters the stomach and goes out into the sewer. But what comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander'*.

Speech is just a breath, but as far as words have the power to project externally what human beings carry within them, they give it consistency, make it a reality. In order to minimize the nastiness of some words, people often say, 'They are empty words'. But, if human beings were clairvoyant, they would see, like in fairy tales, large frogs, snakes, scorpions coming out of people's mouths. Yes, like in fairy tales, pearls and precious stones come out of the mouth of those who express the beauties of their heart and soul, and frogs, snakes, scorpions from the mouth of wicked people. So, how would they not be sullied by the spittle or venom of these creepy crawlies?

Materially, on the level of realization, human beings are limited. They would like to do so many things, but they cannot! And if speech is a terrible weapon, it is because consciously or unconsciously people use it to get results impossible to obtain otherwise. It is not so easy to ruin someone, wreck their career, eliminate or destroy their family, and even if it's feasible, you risk being caught and sentenced. But you can easily throw words around... How many tragedies have been caused by a few words, spoken or written, that someone purposely hurled at a time when they knew they would create the greatest damage! And nowadays, through the phone, the press, radio, television, etc., the possibilities of using words are countless...

In reality, people are not always aware of speaking nastily. Most of the time, they chat, without realizing what they are saying or even why they say it. They do not control their thoughts or feelings, and they talk and talk...

They do not think of the path their words will follow or of the damage they can create, and they think it does not matter. On the contrary, it is very serious. That is why, Jesus also said, *‘On the day of judgment you will have to give an account for every careless word you utter, for by your words you will be justified, and by your words you will be condemned.’*

So, from now on, try to avoid criticizing and gossiping, especially when you are not sure of the facts you are talking about. And even if you are obliged to mention the behaviour of a person who really has behaved badly, do not forget, as a pedagogical measure, to end your conversation by mentioning one of their qualities. They must have at least one! Anyway, highlighting people’s faults has never helped to correct them, so understand that with criticism, even if it is justified, you often only add something negative to what is already negative. Yes, if you want to act as a conscious and responsible being, when you have been obliged to say negative words about someone, try at least to end on some positive ones.

I know that I am asking you to do something very difficult, because in order to control your words, you must start by controlling your thoughts and feelings, which is even more difficult. But why not experiment and say to yourself, ‘From now on, I will watch myself... I will no longer systematically criticize so and so, but I will try to see their positive sides... Then, instead of being negligent, I will be more attentive so that my words are used for the good... And, instead of passing by without showing any interest, I will think to stop and say some sympathetic and encouraging words.’

Yes, these are exercises to be done consciously. Speaking is an art that you must cultivate, for speech is a divine energy given to human beings, and they must endeavour to use it only with a divine aim.

The solar plexus, reservoir of energies

Our psychic body is in constant communication with our physical body; this communication takes place through nerve centres with extremely complicated networks, the main one being the solar plexus.

You suddenly receive some very bad news and you are gripped with great anxiety... These emotions have immediate repercussions on your physical body: you begin to feel your solar plexus contracting and becoming empty, your legs scarcely function, and you can hardly move. Great joy, on the other hand, gives you the impression that your solar plexus is expanding, you feel full of energy, ready to confront anything.

How many times have you experienced such things! But it is not enough to note that, in some circumstances, you feel empty and in others you feel re-energized. You must know that you have a work to do to ensure that your solar plexus is always the reservoir of vital energies, the spring from which you can at any time draw the energy you need to continue walking on the path of light.

I will give you a few methods.

You are at home. Lie down on a bed, put both your hands on your solar plexus, and connect yourself to the earth, the sun, the stars, and imagine you are receiving energies from the whole universe.

You can also learn to work with water. As often as conditions allow, stop to look at and listen to a flowing spring, waterfall or fountain. Concentrate on the water, imagine it running through you, taking away all that is unhealthy and obscure in you and flooding you with new life. Sometimes, dipping your hands in a container filled with water or letting tap water run over them is enough. The main thing is the work you do with your thoughts, in the knowledge that your hands are conduits for all the currents of energy criss-crossing space. At the end of our arms, our hands play the role of antennae: through them we receive the influences of the outside world, and through them we project the emanations released by our psychic states. By concentrating on water, we rid ourselves of everything that is worn out and receive currents of pure life.

But what I am telling you about the hands is equally true for the feet. Because they are located at the lower extremity of our body, they too act as antennae, receiving and sending. When you feel demagnetized or troubled, pour hot water in a basin, put your feet in it and wash them with a lot of care,

imagining everything that burdens and overshadows you being expelled into the water.

I can give you additional exercises to do with trees. A tree is a reservoir of energies coming from the earth and the sun. And we too can pick up these energies which are constantly moving through it from its roots to the extremity of its branches,.

You are in a garden or a forest. Choose the largest, most beautiful tree, and lean your back against it, placing your left hand behind your back, your palm against the trunk, and your right hand on your solar plexus. Concentrate on the tree and ask it to give you some of its strength... You receive this strength through your left hand, and through your right hand you pour it into your solar plexus. It is a kind of energy transfusion, as if the tree is giving you some of its sap. When you feel recharged, thank it and continue on your way.

Instead of trying to prepare the elixir of long life that the alchemists talk about (which some of them spent fortunes on, ruining their health for no result whatsoever), it is preferable to go and see trees and also to talk to them. But in order to be understood by them, you must at least be conscious that they are intelligent, living beings and love them. Thanks to this understanding and this love, you establish a harmony, a subtle communion with them, and you feel this relationship regenerating you and bringing you joy.

Now, you must know these methods will only bear fruit if you also practise controlling your thoughts and feelings. Nothing troubles the correct functioning of the solar plexus as much as greed, jealousy, anger, possessive love and all passionate states. Try then to accept only harmonious thoughts and feelings that will give you strength, peace and joy. And when you feel you have reached this state, put your right hand on your solar plexus and fill it silently with that strength, peace and joy.

The source of pure life: silence

By freeing human beings from the most tiresome and demanding physical tasks, the invention of ever improved machines and devices gives them every condition for expanding, enriching their inner life. But instead of that, they can be seen running around, struggling and exhausting themselves. It would seem they feel obliged to adopt the same pace as their machines. And why? Because they have to produce more and more in order to sell more and more, and they have to buy more and more. It is necessary for the economy, it seems...

In the interest of the economy, it is considered normal to overwhelm and subjugate people. In this way the economy becomes more and more prosperous and flourishing, whilst human beings become exhausted, harassed, and collapse: their nervous system is worn out, and not only their nervous system, but their heart, stomach and lungs suffer too. For all this accelerated activity, production and consumption generate pollution, poisoning the atmosphere, the seas, the forests, water, the earth and food... Well then, tell me, what is the sense of that 'economy' if it spoils, wastes, dirties and destroys?

If you do not want to be swept along by these devastating currents, you must try to re-establish balance and find the means to recharge yourself with pure energy.

In order to recharge, the first thing to do is learn to stop. Yes, from time to time, during the day, pause for a moment, stop running, moving, speaking and even thinking. Otherwise, it is like leaving all your water, gas and electricity taps on: soon there is nothing left, all the energy has gone. Immobility, silence, serve to fill the reservoirs. So, as soon as you can, stop, stay still, become quiet inside, close your eyes and link to the source of life and light. A few moments later, you will feel regenerated, not only physically, but also psychically and even spiritually.

If sometimes you cannot get your spiritual mechanisms to function, it is because you do not give them the necessary energies to work, and you only receive these energies if you connect to the region of silence. But how many of you have really understood what silence is and how to achieve it? True silence is not just an absence of noise. True silence is higher than wisdom, higher than music; it is the most powerful world, the centre from which all

creations burst forth. So, going into silence is an activity beyond the five senses, beyond feeling and even thought. Those who reach this region of silence swim in an ocean of light. They live true, intense, abundant life.

Some people have sometimes experienced such a silence after big changes, huge suffering, cruel losses, as if the shock they suffered projected them beyond themselves, to where the entity Initiatic Science has named 'the Silent One' watches, forever vigilant and impassive.

But do not wait to experience extreme suffering before discovering what silence is; there are other wonderful experiences you can have, like for example contemplating the stars in the sky. Each time you get the opportunity, immerse yourself in the silence of the night and watch the stars. Imagine yourself leaving the earth, its quarrels, its tragedies, and that you become a citizen of the sky. Gradually, as you ascend in space, you will feel lighter, freer, and while meditating on the wisdom which created these worlds and on the beings who reflect it, you feel your soul unfurl very subtle antennae that allow it to communicate with them and to drink at the source of pure life.

By meditating on the infinite, on eternity, you begin to enter the region of silence: you feel you are gliding above everything, that nothing can touch you anymore, no heartbreak, no sadness, no loss, because another consciousness is awakening in you.

Contemplate the stars, as you drink in the peace which is gently descending from the sky. Link to each one of them, and each one, as a living and intelligent soul, will speak to you. Try then to find a star with which you feel a particular affinity, link to it, imagine you are going towards it or it is coming to speak to you... Stars are inhabited by highly evolved souls. By listening to their voices, little by little you will feel enlightened, calmer and... alive!

All the great initiates received instruction from contemplating the night sky: their souls communed with the stars, and these centres of inexhaustible energy sent them messages, which they then transmitted to other human beings. Already at a young age, I was trying to read the stars like letters from sacred scripture never fully deciphered. It takes a long time before we start receiving their revelations. And I feel that it is only now that I finally understand what they were whispering to me long ago, in the silence of the night.

When you have succeeded in achieving inner silence, try to maintain it, otherwise what is the purpose of so much effort, if you immediately lose the benefit of it? The aim of spiritual life is not to try from time to time to re-establish the link with the world of silence and light and then forget about it all and allow yourself to be dragged again into the turmoil and din of life so that you then have to begin again the next day. This makes no sense. On the contrary, the silence that you succeeded in achieving must remain with you all day and imperceptibly transmit a rhythm, a grace, to everything you do. You move, you touch objects, and this harmonious movement is transmitted to all the cells of your body.

Achieving inner silence is an indicator of a being's evolution. And not only does this silence open the doors of illumination for them, but they themselves become a source of blessings for all those around them.

The water of life

Water is the vital fluid of the earth; it is one of the essential conditions for the life of stones, plants, animals and human beings. The proof: when scientists claim there is no life on other planets, the reason they give is the absence of water. But do people really appreciate water? Yes, instinctively, unconsciously. but they must now value water consciously, so that it becomes a powerful factor for their psychic life.

Sometimes you go for walks near waterfalls and rivers, you drink water from springs, you swim in lakes, in the sea, and that is very good, but there will not be the least change in you as long as you do not know how to truly make contact with water, how to speak to it and link with it.

If you live in a big town, you will no doubt say that you do not have the opportunity every day to go and be with water in nature. That's true, but don't you have water at home? Fill a cup with water: even this small amount represents all the waters of the earth, for symbolically, magically, just a drop of water is enough to connect yourself to all the rivers, lakes and oceans. And so, you concentrate on the water in this full cup, you greet it so that it becomes even more alive and vibrant; you tell it how much you admire it and how beautiful you find it, and you ask it to give you its clarity, its transparency. Then you touch it, you let it run over your hands so that you are immersed in its purifying emanations.

And since, of the four elements, water is the one which mingles the most intimately with our body, by drinking it you can also establish contact with the living forces of the universe and absorb the elements it contains. But for this, you must drink it slowly, and be conscious that what you are absorbing is fluid that waters and feeds all creatures.

This is new for you, isn't it? No doubt no one has ever told you how to drink water so that inside you it becomes the elixir of immortal life and communicates its qualities to you.

And how many times a day you have the opportunity to make contact with water to wash your hands, your face or your whole body! Washing is rightly considered to be part of civilized behaviour. But it is not enough, as you can be washed and clean physically while remaining inwardly as dirty as if you had never taken a single bath in your life. Moreover, if water washes us on the physical plane, on the spiritual plane it possesses exactly the same properties. The water we know and use every day is only the materialization

of the cosmic fluid that fills space, and through thought we can make contact with it. The first condition for this work of purification is that we wash ourselves with the awareness that, through water, it is possible to touch an element of a spiritual nature.

While washing, concentrate on the water, its clearness, its innocence, and soon you will feel it touching unknown regions within you and bringing about great changes there. Not only will you feel lighter, purr, but your heart and mind will be fed with new, more subtle and life-enhancing elements. Physical water contains all the elements and forces of spiritual water, which is the true water; all you have to do is learn to awaken them and receive them.

Even if this is just one of the most mundane everyday actions, do not underestimate it. Like eating, sleeping and breathing, washing must be considered as a sacred act which can liberate our soul. The exercises, the methods I give you, aim at helping you to discover water inwardly for, as I told you, physical water is only a reflection by means of which we can link ourselves to the true water. And we must look for this true water inside ourselves; we must discover the springs of living water that flow in the depths of our being. It takes time, it is difficult of course, but persevere, for water is the mother of life. Meditate for a long time on this idea, and while watching water or touching it, say to it, 'O, you who feed all creatures, reveal to me the secrets of immortal life.'

The region of eternal spring

Every day we must be vigilant, attentive, in order to add something new, purer, to our life. Then, little by little, we will feel the same phenomena taking place inside us as when, in springtime, the earth receives more light and warmth from the sun and all the seeds which have been sown start opening up. All this vegetation we see being born and reborn in the spring is an image of the phenomena that can occur in our physical life, and above all in our psychic life, if we make the effort to understand what true life really is.

When spring returns each year, try to benefit from the conditions which are given to you to draw again and again from this new and fresh life, and then continue all year to maintain this life in you. Then, the following year, begin again... This way, when you leave the earth, you will be more alive than when you arrived on it. For death is in fact just a change of form, and it is up to us to ensure that each new form is filled with a quintessence that is always richer and more precious.

There is a spiritual region in all human beings where eternal spring reigns, where the sun is always shining, the birds are always singing, and the air is always filled with the scent of flowers. On the physical plane, of course, it is impossible for us to avoid the alternation of the seasons and happy or unhappy events, but through thought we are given every possibility to raise ourselves to this region of eternal spring.

To live in eternal spring means always being expressive, luminous, radiant, bursting with life, so that eventually we are able to give water to all creatures, to quench their thirst and make them fertile. You will say, 'But it is not possible to live permanently in springtime. We cannot avoid winter, fatigue, grief, illness, old age'. Yes, it is possible. But in order to rise above all these changes, to glide above the clouds and fly in the light, you must accept the philosophy of pure, gushing life, the philosophy of kindness, generosity and disinterested love.

Spring is characterized by a rise in energy. So, as long as you allow your energies to flag, in other words, as long as you use them for coarse, trivial activities, you will be living in winter, and even if you are able to give all the possible scientific definitions about spring, in reality you will not know it. Remember that well: as long as you concentrate your energies and your love on prosaic concerns, you will remain in winter, with the cold, darkness and all movement halted. You are thinking this is a bizarre way of speaking about

spring and winter? Nevertheless, it is simple: in winter, energy goes down to the roots, and in the spring it rises to the top.

So, understand that the same phenomenon happens in your inner life, and set to work, without asking yourself how long it will take to install this eternal spring in you: little by little, you will feel the springs bursting forth, the grass growing, the flowers blossoming and the birds singing in the trees.

‘They ate fire and drank light’

The light we see originates from the sun. But what is the sun? Its rays, which science presents just as a flux of photons, transport throughout space not only the necessary elements for the life and growth of plants, animals and human beings, but also much subtler particles that we can pick up for our spiritual development.

When it alights on an object or any being, each ray of the sun gives something. Even stones need this life they receive from the sun. For stones, although inanimate, are alive. This life is obviously more perceptible in plants, which grow and multiply thanks to sunlight. In animals, the sun’s rays are transformed not only into vitality, but also into sensitivity. Yes, it is thanks to the rays of the sun that animals begin to feel sensations like pain and wellbeing, but also something which resembles sorrow, joy and even feelings of affection.

Finally, in human beings, the rays of the sun become intelligence, reason, for beginning with the human realm light is almost fully taken in to manifest as thought. The spirit which speaks to you through a man or woman’s mouth is an emanation of solar light. In human beings, it is light that thinks, talks, sings and creates. Progressively, as the light finds its way into them, it appears in the form of intelligence, love, beauty, nobility and strength...

Only the sun’s rays are capable of maintaining and feeding the spirit in us, but only if we learn to receive them, to open ourselves to them with all our heart and all our soul. I know it is difficult for you to accept that light is more than a physical vibration, that it is a living entity. But it is because you are closed to this idea that you cannot receive all the sun’s blessings. So, try to arrange your life so that the light takes greater and greater precedence in it.

Why do we go in the morning to contemplate the sunrise? In order to take in its rays in the same way we take in food, water and air. Then, we can speak to them and say, ‘O luminous rays, enter us, chase away these clouds from us, as only you have the power to act on them.’ And the rays penetrate us through tiny channels, producing more intense vibrations throughout our entire being. They can obviously penetrate us without our knowing, but if we are aware, attentive, if we fill ourselves with the light and warmth of the sun in the conviction that something is growing and developing within us, we will gradually feel animated by a new vibration.

In the sacred book of the ancient Persians, the *Zend Avesta*, it is said that Zarathustra one day asked the god Ahoura Mazda how the first humans fed

themselves. And Ahoura Mazda answered, 'They ate fire and drank light'. So, why should we not also learn to eat fire and drink light in order to refind the perfection of the first humans and become immortal?