

**OMRAAM MIKHAËL AÏVANHOV**  
**THOUGHTS OF A SPIRITUAL TEACHER**

**WORKING**  
**WITH**  
**LIGHT**

**EDITION HEAVEN ON EARTH**

## WORKING WITH LIGHT

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

Conception and Realisation:

**Benjamin Christ**

Montreal, April 2005

## WORKING WITH LIGHT

Human beings eat, drink and breathe and in doing so they are in contact with the elements of earth, water and air and are nourished by them. But what do they do with the fourth element, the igneous element which we know as fire, as light? Nothing much. They do not know how to nourish themselves with light and yet it is even more vital to them than air.

Man must absorb light in order to nourish his brain. Yes, the brain too wants to eat and light is its food. It is that which awakens certain faculties and enables us to penetrate the divine world. You will say that by eating, drinking and breathing we nourish our whole body, including the brain. Yes, but so long as we are satisfied to nourish our brain only with solid, liquid and gaseous particles, which are not the elements it most needs, we will remain very limited in our understanding.

Tradition has it that one day Zarathustra asked the God Ahura Mazda how first man nourished himself and Ahura Mazda replied: *'He ate fire and drank light.'*

**(JANUARY 6, 2003)**

It is not sufficient to have a moment of inspiration, of light here and there to give meaning to your life; you must also learn to make that moment last so that it becomes a permanent and stable state of consciousness, which purifies, organizes and rebuilds everything within you. You might say, 'But what you're asking is impossible. We can't maintain sacred states in life indefinitely.' Yes, apparently, you are right, I know; I live in the same world as you and I know how it is. But I also know that the disciple of light never loses his faith in the power of the spirit, he never lets himself be turned from his path, whatever may happen: fatigue, discouragement, sorrows, misfortunes. On the contrary, he hangs on to all the great and beautiful experiences that have given him, in a few privileged moments, the true meaning of life.

**(JANUARY 6, 2001)**

Where does the power of a word come from? It does not come from the spoken word itself, but from the energy, the quintessence with which it is impregnated. This quintessence is found in the aura of all beings. The power of a magus, of a theurgist, comes from his ability to impregnate the words he pronounces with light, with the light of his aura which is rich, intense and pure. The word is the repository of a force, and the more the word is impregnated with this creative element — the light — the greater its power. It is not just anyone who can pronounce magical words that will produce great effects. Only a true magus, by the power of his aura alone, without straining his voice or gesturing, is able to pronounce a few words which can command the forces of nature and attract higher beings. It is not the spoken word which created the world, but the Divine Word. Speech is the means used by the Divine Word to implement the work of creation. The Divine Word is the first element God put into action, and it is by means of the spoken word that this Divine Word is able to express itself.

**(JANUARY 8, 2005)**

You have no doubt noticed how the same problem can seem bearable at certain times and unbearable at others, depending on the state you are in. What conclusions can you draw from this? That you should not concern yourself so much with what comes from the outside, but you should find the way to strengthen yourself inwardly. Otherwise the slightest setback could take on excessive proportions, as we have just said. Light is a most wonderful thing, but if you have slightly sore eyes, light becomes uncomfortable. If your stomach or your liver are diseased or do not function properly, the best food in the world will be indigestible to you. When someone shakes you warmly by the hand or gives you an

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

## WORKING WITH LIGHT

affectionate pat on the back you will cry out in pain if you are crippled with rheumatism. And in the same way, a visit from your dearest friends will cause you distress, because if a person has a diseased heart, soul or body, even the best and most beautiful things will cause them pain. If, on the other hand, you are strong and in good health, a crust of bread, a punch or a rude word will seem delicious to you and you will overcome your problems without even noticing them.

(JANUARY 8, 2002)

We can never stress enough to human beings the importance of creating focal points of light and peace to neutralize the dark, chaotic currents circulating in space. It is time they learnt how cosmic forces work. Physics show us how to calculate the result of two forces; this same law is not only on the physical plane. If a few thousand people work sincerely for the good of humanity on one side and on the other side, billions of others are only concerned with their own affairs, are selfish, jealous, vengeful, how do you expect good and peace to win over? Just as in physics, events in the world can only be the result of opposing forces.

You might say, 'But there are more that a few thousands wishing for the triumph of good!' Yes, but so weakly, so half-heartedly! What they really want is to get up in the morning and find peace, abundance and happiness at their door, without having done anything to produce them. Humans wish for peace, that is true – at least a majority. But when will they ever understand that their own greed, selfishness, narrow-mindedness and passivity will bring only war?

(JANUARY 11, 2001)

You do not know the power of a spiritual collectivity or what it can do in the world. An example will help you to understand. Electrical engineers can build accumulators capable of supplying whole regions of a country with electricity, and a spiritual collectivity is like a tremendously powerful accumulator: it can supply the energy required to project light to tremendous distances. This is because a human brain is a veritable battery. You need only to link many brains together and plug them in to a divine idea and they will project currents and vibrations that will be received by a multitude of other brains in the world. At the moment you come together to pray and sing and meditate, but without really being aware of the immense possibilities these activities give you to do something for the good of all mankind. It is time now to become conscious of this and to work together so that the light of God's Kingdom may come to the greatest possible number of brains on earth.

(JANUARY 11, 1995)

Breathing is not simply this process through which living beings absorb and expel air. Breathing also allows us to inhale and exhale light. Practice this exercise: inhale as you focus your mind on attracting light and then exhale concentrating on projecting this light onto your organs and your cells. Inhale again, in the same way and exhale. Very soon you will begin to sense the beneficial effect of this exercise; you will feel relaxed, at peace.

And once you have attracted light towards you, once you have inhaled it, you can imagine you are exhaling it to bestow it upon the entire world. This second exercise should of course only be undertaken when you have practiced the first many times and have replaced many of your dull and sickly particles with particles of light. You must first feel that this work of transformation and purification is beginning to bear fruit before you can begin to give to others this light you have received within you. This work with light is also symbolized in the Hebrew letter Aleph. Aleph is the initiate who takes the celestial light, divine life, to give it to humankind.

(JANUARY 13, 2002)

## WORKING WITH LIGHT

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

# SUMMARY

CHAPTER 1: THE SUN AND THE LIGHT

CHAPTER 2: LIGHT AND NUTRITION

CHAPTER 3: LIGHT AND DARKNESS

CHAPTER 4: THE ANGELS AND LIGHT

CHAPTER 5: THE MEDITATION ON LIGHT

CHAPTER 6: THE LIGHT AND HEAVEN

CHAPTER 7: THE LIGHT OF INITIATIC SCIENCE

CHAPTER 8: LOVE AND LIGHT

## THE SUN AND THE LIGHT

As human beings gradually moved further and further away from the centre, from the Source, things became more and more complicated until the situation reached the hopeless tangle that we see today. Yes, as soon as one begins to deviate, to move away from the light, to break the law, everything becomes more difficult.

Let me illustrate this: in summer the sun shines, the air is warm and life is very simple. But then winter comes, and things become more complicated: we need heaters, supplies of coal or oil, more clothes, lighting, and so on. Then too, with the fog and snow of winter, communications are more difficult and accidents are more frequent. In other words, when light and heat are lacking things become more complicated.

Once human beings understand that they must turn their steps towards the sun and light, towards the Lord, everything will become clear, simple and easy again. Not all at once, of course; it will take years: but it is the only way. (JANUARY 30, 1988)

The Sephirothic Tree is a graphic description of the different regions of the universe. It also represents every area of the human psyche, and helps us understand the path we have to follow to attain the invisible world. From the bottom, Malkouth is the first sephira – representing the physical plane to enter the psychic plane – Yesod, the region of the moon. Yesod marks the beginning of all psychic life, and is a degree more advanced than Malkouth. We reach the first stage of psychic life on the lower level of Yesod, which the light of Tiphareth – the sun – has not yet been able to penetrate. This is a region of mists and vague indeterminate forms, and we must pass through this region very quickly and go higher, to the world of light and reason – the world of the spirit. Here, our real work begins. (FEBRUARY 7, 1999)

The best image of God is the sun, dispenser of life, light and warmth. Only the life, light and warmth of the sun can give us a true idea of what power, wisdom and divine love really are. It is up to us now to enter into a relationship with this power, this wisdom and this love, and we can do so by means of our hope, our love and our faith.

I will give you an exercise. Slowly recite the following prayer, concentrating on every word: *'Lord, I love your wisdom, I believe in your love, I have hope in your power.'*

*'Lord, I love your wisdom...' Our heart is full of warmth and fervour, but it lacks discernment and measure. For this reason it must seek wisdom.*

*'I believe in your love...' We need to believe in love, and because God's love is the foundation of the universe, it is in him and him alone that we can believe absolutely.*

*'I have hope in your power...' We can count only on God's omnipotence, because it alone is stable and immutable.* (MARCH 18, 2005)

When you look at the sun, the centre of our solar system, try to find the centre in you, the centre of universal love: your spirit - almighty, wise and omniscient - and draw nearer to it every day! If you remain disconnected from the centre, you will be shaken around, at the mercy of disorganized and conflicting currents. Of course, you will tell me that your daily tasks force you to leave the centre to go to your activities at the periphery. Yes, but moving away from the centre, when necessary, does not mean cutting the link with the centre. On the contrary, the more activities we have in the world - the periphery - the stronger should

## WORKING WITH LIGHT

be the link with the centre, with the spirit. It is from this centre that come the energy, light and peace we need to manage our affairs efficiently. **(MARCH 26, 2001)**

Even the best responsibilities can be overwhelming if you are not quite capable of assuming them. If your brain is not prepared to withstand the weight of knowledge, it will give way beneath it. Therefore, instead of constantly wishing for knowledge, wish for light, because light is not heavy: it is above knowledge, and it brings you knowledge as well. As the sun shines on objects, in the same way, the rays of light that you, yourself, project with your spirit, light up objects of the invisible world. This is how you can progressively explore the psychic world, while also giving the brain time to become stronger. Whereas, if the brain suddenly has to receive a great quantity of facts, it will collapse, just as a floor would collapse if it had too much weight on it. **(MARCH 27, 2001)**

Human beings are so unaccustomed to using the spiritual faculties given to them by the Creator that, even at the sunrise, they do not know what to do. After a few minutes they become bored; they are tired of looking at this brilliant ball in the sky. And so they go away to busy themselves with things that are more tangible, things they consider more important! What is even more extraordinary is that so many people who happen to see the sun rise by chance recognise it as one of life's most beautiful sights, and yet they make no effort to repeat the experience. Yes, how many people are impelled to get up and greet the dawn, to welcome this light into their hearts and souls so that the whole day will be as luminous and pure? **(MARCH 28, 2004)**

It is said in the Zend-Avesta that when Zoroaster asked the god Ahura-Mazda how primordial man fed himself, he answered that he ate fire and drank light. So why do we not learn to eat fire and drink light too to return to the perfection of primordial man? You will say it is not possible. Yes it is possible.

When you are watching the sun rise, wait, watchful and attentive, for the first ray and as soon as the first ray appears, concentrate on absorbing it, swallowing it. So instead of simply watching the sunrise, you are drinking it, you are eating it, and you imagine that this living light spreads through all the cells of your organs, purifying them, strengthening them and enlivening them. This exercise not only helps you concentrate, but you will feel your entire being quiver and illuminate because you are truly absorbing light. **(MARCH 30, 2002)**

When the sun permeates the earth with its rays the earth is clothed in flowers and fruit. All living creatures are nourished thanks to this penetration of the earth by the sun.

It is worth meditating on this great mystery, for we can learn to work mentally so that the sun's rays penetrate our being in the same way as food, air and water. When you are conscious that the light of the sun can vivify you, you become open to it: thousands of inner doors open to let in its life-giving rays. In this way not only will you improve your health but you will also purify your feelings and clarify your thoughts.

Imagine yourself collecting these rich, potent, living rays in your brain cells, and above all in your solar plexus, for the solar plexus is a reservoir in which you can store up etheric particles and from which you can draw them out when you need them. **(APRIL 2, 1995)**

Even if those who preach Christianity strive to remember the precept given by Jesus: 'Love your enemies', in reality there are very few capable of applying it. The majority do not even know how to love their friends, so how can they love their enemies? It is so difficult! In



## WORKING WITH LIGHT

order to succeed in doing so, we must link ourselves with a being who manifests this commandment fully: the sun. Watch, and you will see that however human beings behave, the sun continues to send them its light and warmth, to nourish and vivify them.

If you want to understand the highest moral code, you will find it in the sun, and only there. And since the sun represents the spirit within you, when looking at it, force yourself to rise to those regions within you where you feel that nothing can touch you. Because it is only from here that, whatever happens to you, you can continue to send out your light and your love. **(APRIL 3, 2003)**

There have always been exceptional people who have served as examples to others through their goodness, their generosity, their intelligence or their integrity. Perfection however is another matter. Perfection in human beings implies the ideal development of their intellect, their heart and their willpower, and this is very rare. We meet remarkably intelligent and learned people who have no love for others, or those who are full of love but have no willpower, and so on. Throughout life we see beings who are totally remarkable in certain respects but who are greatly lacking in others. This is why, if you want an image of perfection, you must turn to the sun. By its light the sun reveals to us that it is all knowing; its warmth speaks to us of its inexhaustible love and the life it brings to the universe is the outpouring of its omnipotence. **(APRIL 7, 2000)**

For millions of years the sun has illuminated and warmed the earth, and he has done so without bothering who delights in these rays, or who contemplates them with gratitude, and who sleeps on underground. He is neither offended nor angry that people have not even realized they owe their lives to him. This is of no interest to him, and he continues to shine, giving them his blessings.

And like the sun, there are people who send their light and love through space, never bothering to know whether others benefit or not. They are happy, fulfilled, and find all their pleasure in distributing their riches throughout the universe. They have understood that the greatest happiness is to do what the sun feels and lives: to shine, enlighten and warm.

**(MAY 13, 2000)**

You say you love the sun, that you need the sun. But when do you go and see it and expose yourself to its rays? You can discover the splendor and meaning of the sun in the mornings, at it rises.

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

As each ray of the sun falls on objects and beings, it brings them something. Even inanimate stones are alive and need the life they receive from the sun. This life is even more visible in plants that grow and reproduce, thanks to solar light. In animals, the sun's

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

## WORKING WITH LIGHT

rays transform themselves not only into energy, but also into sensitivity. Yes, because of these rays, animals begin to feel suffering and well-being, but also something resembling sadness and joy. Lastly, in human being, the sun's rays transform themselves into intelligence, for, from the human kingdom upwards, the receptivity is sufficient for light to express itself as thought. The spirit that speaks through man's mouth is an emanation of solar light. It is the light that thinks, talks, sings and creates. As light works its way into the human soul, it is reflected in the form of intelligence, love, beauty, nobleness and strength.

(JUNE 2, 2001)

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

(JUNE 11, 2003)

Do not say you have no means of knowing if things are right inwardly, because you actually have a criterion by which to measure your inner state and this criterion is light. When you meditate or you are in a highly spiritual state, you can sometimes feel that everything in you becomes luminous, as if lamps had been lit, as if a sun were shining within. You even feel this light shining through your face, your hands, the whole of your body. Why? Because as soon as you elevate yourself towards the higher levels of goodness, generosity, gentleness and purity, light generates within you, you feel it, you see it and everything lights up. Whereas if you give into lower states of consciousness, you do not even have a look in the mirror, you physically feel the darkness on your face. So, never forget the criterion of light.

(OCTOBER 20, 2002)

In the beginning, at the commencement of everything that exists, there was light. And this light is the Christ, the solar spirit. The spirit of the Christ first manifests in the sephirah Chokmah, the highest glory, the Word, without which, as Saint John the Divine says in his Gospel, 'nothing was made that was made'. Then the spirit of Christ manifests under another aspect in the sephirah Tipheret, the sun.

When you go to watch the sun rise each morning, as you link with it, imagine that it is with its spirit that you unite; yes, the spirit of the sun is none other than the spirit of Christ, an emanation of the Godhead. Open yourselves up to the sun: it is not enough just to be there and gaze at it. To have total contact with the quintessence of its light, your spirit must link with it and enter into it. As soon as you plunge into that world of light, a few particles of light penetrate within you and you receive revelations of divine splendour.

(NOVEMBER 13, 1998)

## LIGHT AND NUTRITION

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

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

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

## LIGHT AND DARKNESS

Whatever the time, wherever you are, you must give priority to the light. When you awaken during the night and want to get up, isn't your first gesture to turn on the light? You know

Can '*Prenatal and Perinatal Education*' as well as '*Spiritual Electroplating*' change the world into a better one where peace and justice reign? – Please do not hesitate to ask Benjamin for further information: [BENJAMIN.CHRIST@GMAIL.COM](mailto:BENJAMIN.CHRIST@GMAIL.COM)

## WORKING WITH LIGHT

that if you venture into the darkness you will bump into the furniture, break things and hurt yourself. Why then have you not understood the importance of light in the conduct of your inner life? You advance in the dark, and then you are surprised when you are unable to orientate yourself and you stumble into things right and left.

You must seek the light, concentrate on it, place it above all the treasures of the earth and even endeavour to drink it, to eat it. Whenever you have a moment, close your eyes and visualize this light which permeates the entire universe and is the source of all blessings.

**(JANUARY 04, 2005)**

You must try to be constantly aware of exactly what is going on inside you. You should be able not only to discern the nature of every desire, feeling or thought that enters your mind, but also to see whether they come from your higher or your lower nature, and even to recognise their colour, their scent and the entities that correspond to them. For everything is determined and classified; everything that takes place in our consciousness is a reflection either of the world above or of the world below. That which we call consciousness, can be the unconscious, the subconscious, consciousness, self-consciousness or the super-conscious: it all depends on what is projecting itself onto the screen of our consciousness. The manifestations of darkness are an expression of the subconscious, whereas the manifestations of light are expressions of the super-conscious. Our consciousness is a neutral zone in which both good and bad can express themselves, and our first duty is to try to distinguish between the good and the bad. **(MARCH 11, 1988)**

Suppose you are attending the concert of a virtuoso – a pianist for example. He offers his audience his talent, his inspiration and the fruit of long hours of work. But if this audience is totally unaware of his work, if they are noisy or merely inattentive, the pianist senses it, and even if he is the greatest virtuoso in the world he is unable to produce his greatest genius, because there is no communication between him and the audience.

But what if this same pianist looks out into the audience and discovers just one look of wonder and delight? He then begins to play for this look, perhaps not knowing whether it belongs to a man or a woman. He plays for that light shining there in the darkness of the hall, and he becomes a genius. In some way or other, human beings need to sense an echo to their acts, to their words. If there is no reciprocity, then exchange is no longer possible. And exchange is the law of life.

**(APRIL 13, 2000)**

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

**(MAY 1, 2003)**

When we have very lofty and spiritual aspirations we trigger a reaction from our lower nature, which tries to stir up other forces to counteract our aspirations and force us to abandon them. But when a disciple is vigilant and in the habit of analysing himself these tricks of his lower nature fail to achieve their goal, because while he is working and meditating and building on the spiritual plane he calls on invisible beings who come and watch over him and protect him. The emblem of Freemasonry – the primitive form of which

## WORKING WITH LIGHT

was based on true science – depicts a mason at work with a towel in one hand and a sword in the other. This is the symbol of a disciple: whilst he is working with the towel another being within him, a being symbolized by the sword, is keeping watch and casting rays of light all around so that his enemies cannot slip in under cover of darkness and destroy all his good work. **(MAY 19, 1995)**

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

The principle of light and the principle of darkness co-exist in the world in an eternal struggle with each other. If you belong to darkness the light will attack you and if you belong to the light then you will be attacked by darkness. Be aware of this and be prepared to put up resistance and defend yourself. But then be careful, because you cannot defend yourself any which way. Only defend yourself with light. Because if you react with darkness – hatred, cruelty and violence – it means you accept to descend into a region where these hostile forces confront each other, tear each other apart, and you become gloomy and weak. The invisible world leads us into temptation of wanting to react using the same methods as our enemies, to show them we are stronger than they are. But enemies can also be a blessing if their presence stimulates us to greater efforts to respond with this superior weapon – light. **(OCTOBER 18, 2000)**

Many people are not afraid of devils and the darkness of hell, but they are terrified of the light. That is quite understandable: they feel deep within themselves that they still need to live in an inferior way so they instinctively flee a light which has the power to illuminate their lives, showing up their dull, mediocre, and even criminal behaviour. They do not want to be rid of their bad habits and do not tolerate anything which could spotlight the fact that these habits are faulty. People who want to make no effort to improve themselves close their eyes, stop their ears and convince themselves they are fine as they are. Those who fear the light do not quite know why, but instinctively they feel there is something to fear. Only those who sincerely seek to progress and transform themselves look for this light, which emphasizes all that needs to be improved, and shows how to put these improvements into practice. **(NOVEMBER 17, 1999)**

Whenever light is absent, darkness is present; wherever health is absent, sickness is present; wherever intelligence is absent, folly and stupidity are present. And the same is true for anything else you can think of. The presence of something always implies the absence of another. These are such basic, obvious truths. But you still have not acquired the faculty of using all the events of your everyday lives in order to draw conclusions for other planes of existence. And now let me tell you that the best and most important activity

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

## WORKING WITH LIGHT

for a disciple is to work to obtain the presence of the Lord within himself and never to lose it again! Of course, it may not be the Lord Himself who comes, but He will at least send some angels, His representatives, to dwell in you and transform everything within you.

(NOVEMBER 19, 1987)

When I look inwardly, at the Brotherhood, I can sense that those who have not wavered, who are still treading the path of light, are present; I can feel their presence. Whereas I no longer feel the presence of those who have not remained faithful: they are absent, and that is a very good sign! When a disciple stops coming to his Master, the Master does not have to ask why, he knows already: something is holding him back. And what is it that is preventing him from being present in the chamber of light? Whatever it is, it is neither goodness nor purity nor divine love! Of course, I am not talking of physical presence; I am talking about spiritual presence. Yes, there are all kinds of gatherings going on in the other world, and I know that those who are absent have been held back by their desires and passions, or by entities of darkness who have chained and imprisoned them. Whereas those who are true and faithful are present through their spiritual entity.

(NOVEMBER 22, 1987)

## THE ANGELS AND LIGHT

Light is the true nourishment for our inner life. Think of light every day; concentrate on it and imagine that it envelops you and penetrates you. Then, not only will you feel protected and sheltered from every harmful influence, but you will attract the beneficial powers of the cosmos. You will attract angels who will come to participate in your work and support you in your efforts. Imagine light bursting forth from you, spreading throughout space and penetrating the consciousness of all beings. No exercises are more effective or more powerful than those with the light. It is with light that you build your inner being.

(JANUARY 4, 2004)

Suppose you are a government employee, civil servant; in this role you are protected by the government and cannot be attacked without being defended by this authority which watches over you. In the same way, those who put themselves at the service of Heaven, who seek to work for the divine cause, become employee of this sublime organization. Angels protect them and souls throughout the world are obliged to help them and take care of them so, because they are members of the great universal family, their lives become magnificent. Well then, decide to enter into the service of Heaven, to realize the Kingdom of God and its Justice on earth, and thus a veil of protection will be cast over you and invisible beings will walk by your side, endowing you with their light and their blessings.

(JANUARY 6, 2000)

Angels and archangels never use violence in dealing with human beings. They never force themselves on you or try to enter you without being invited. Devils on the other hand force themselves on human beings and cling like limpets.

If you want angels to come and visit you you have to invite them. Tell them, 'Come! This house is mine and I beg you to come and dwell in it and make it yours.' When the spirits of light sense that you are eager to have them as your guests they have no hesitation in entering. Indeed, they can sometimes act very forcefully : if a house is tenanted by devils



## WORKING WITH LIGHT

they are quite capable of attacking them and driving them out. But they will only do this if the owner send them an invitation, otherwise they will not enter. They respect his will.

**(FEBRUARY 27, 1995)**

All of us are visited by spirits of light, or of darkness, for we supply sustenance for either light, or darkness. The spirits we attract are either divine or diabolical, according to how we live our lives and what ideals we aspire to. So we must set ourselves a considerable programme of work, fashioning our own matter to attract spirits of light and making ourselves a dwelling place of the Divinity. If we want the Spirit to descend into us we must dedicate ourselves to Heaven, saying: 'O heavenly angels, archangels and divinities, servants of almighty God and the divine Mother, take me, and everything I possess, so that the Kingdom of God may come on earth and the Golden Age reign amongst all peoples.' Until we dedicate ourselves to Heaven we remain uncommitted and ignorant of which master we serve. If this is so, we are of no use to anyone, least of all to ourselves.

**(MARCH 6, 1999)**

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

**(APRIL 10, 1999)**

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

**(APRIL 22, 2004)**

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

**(MAY 10, 1999)**

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

## WORKING WITH LIGHT

Today, the custom of lighting nightlights or candles in the house has been lost, unless the electricity is cut, in which case people do so in an irritated and grumbling manner. Whatever the circumstances, lighting a candle should be considered a sacred act by which we enter into contact with the four elements. Yes, the candle itself, which is solid, represents the earth element. We light it, and we see fire. Then, gradually, the candle melts and the liquid wax begins to fill the hollow at the base of the flame. As for air, it is all pervasive, because it is indispensable to fire: deprived of air, the fire goes out, and even if the air cannot be seen, its presence can be perceived in the subtle oscillations of the flame.

So, when you light a candle, be conscious that you are in the presence of the four principles of matter and that you can work with them by linking yourself to the four great Angels which govern them: the Angel of Fire, the Angel of Air, the Angel of Water, and the Angel of Earth.

(DECEMBER 24, 2003)

## THE MEDITATION ON LIGHT

Meditation can be compared to the mastication of food. When we put food into our mouths and chew it, our salivary glands go to work and we absorb the subtlest energies of this food through our tongues. Meditation is also a kind of mastication, a chewing of thoughts, by means of which we can absorb and be nourished by the quintessence of the spiritual world. Obviously, when we speak of meditation we are referring to matters of a spiritual nature.

Meditate therefore on light as a protective force, as a means of understanding, as an access to the divine world. Meditate on love as a source of joy, richness and beauty for everyone. Meditate on truth, which leads to freedom.

(JANUARY 9, 2000)

One of the best spiritual exercises is to meditate on light. Leave aside all your other preoccupations and concentrate on light, as if your life depended on it. You may imagine this light as a being colored, but it is preferable to picture it as a being white, because white is the synthesis of all the other colors. White brings together the omnipotence of violet, the peace and truth of blue, the wealth and eternal youth of green, the wisdom and knowledge of yellow, the health and vigor of orange and the strength and dynamism of red.

Once you are really able to concentrate on light, once you feel it as a living, vibrating, quivering entity where all is peace and fulfillment, you will begin to become aware that it is also music, this cosmic music we call the music of the spheres, the song of all that exists in the universe, and you will breathe in the fragrances that emanate from it. There is no work more worthy and powerful than your work with light.

(JANUARY 10, 2002)

You can only unite with the infinitely great if you first touch the infinitely small. So, in order to unite with God you must begin by focusing on the cells of the body. If you think about your cells every day, about how to purify them, how to strengthen them, to illuminate them, you will gradually begin to feel that you are touching the Divinity, who is purity, strength and light itself.

One day a disciple asked his master after a meditation on the immensity of God – something he had found difficult to conceive – why God was so great. And the master replied: ‘God is great because He concerns Himself with the smallest things.’ This implies that those who are not prepared to concern themselves with the most humble people in life



## WORKING WITH LIGHT

– i.e. the poor, the needy, the illiterate – will never be great. When Jesus visited the poor, the sick and even the prostitutes, or when he sat children on his knee, he showed he knew this law. People who only seek the company of the rich, powerful and educated, and who refuse contact with the lowly, will never come to know the greatness of God.

**(FEBRUARY 4, 1998)**

Imagine you have just finished a long, deep meditation in which you sent light and love to the entire world, and now you go out for a walk in the streets. When you return, you are under the impression you have done nothing much at all on your walk, but this is where you are wrong. If you were clairvoyant you would see all the good your presence did for the people you met along your way, but you were unaware of this. Some who had evil plans have now abandoned them; others who were harassed and discouraged have found peace again and the will to live.

Always remain conscious that by means of a pure, noble and enlightened life you can lead all creatures along the right path. Even if what you are doing seems to have no effect, remember that there is always someone nearby who is roused from a sleeping state, and stirs, and is encouraged and quickened as you pass by.

**(MARCH 12, 2000)**

Prayer, meditation and ecstasy are forms of nourishment; through them we partake of the heavenly Ambrosia, the food of immortality. This is not material food but, for alchemists, it also exists on the physical plane: it is what they call the Elixir of Everlasting Life. Yes, you can say that it exists on the physical plane, for it is distributed by the sun throughout the length and breadth of nature. And this is why we attend the sunrise every morning in the Spring and Summer: to receive some particles of that quintessence of life, that Ambrosia that pours out from the sun into the whole universe, and nourishes all creatures, from rocks, plants and animals to men. Other living creatures receive these particles quite unconsciously, but man must learn to harvest them consciously from this fiery fluid, the light of the sun.

**(MARCH 17, 1988)**

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

**(APRIL 5, 1999)**

During the meditations get into the habit of concentrating on divine light so as to attract it and introduce it within you: it will gradually replace all the old, soiled and worn-out elements with new particles of the greatest purity. And once you have this light, then you must train yourself to send it out to the whole world in order to help human beings.

Many people believe they are justified in giving way to a life of selfishness and mediocrity, pretexting that they have no special talents or qualities. No, nobody can be justified in doing this. Even if you are the most deprived being, the least gifted in every way, you can do this work with the light. In doing it, you achieve something more important and more

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

## WORKING WITH LIGHT

useful than anything anyone – even with great abilities in other fields – could ever achieve. Even the most deprived being can acquire this superior state of consciousness: working to attract light and send it to all human brothers. (MAY 6, 2001)

There are events which people cannot avoid because everything written in their destiny must take place, so in this sense they are not free. If we live reasonably we are granted only one freedom: we are permitted to pay our karmic debts in some way other than previously decreed. For example, suppose we are to be gravely ill and laid low for some time: this illness is a debt that has to be paid for some past transgression. But the debt can be paid in a different way by undertaking some serious spiritual work of prayer and meditation. Therefore, when our illness comes it will be less serious, since part of our debts has already been paid with our work of light and love, and we shall be out of action for only a few days. Our spiritual efforts have strengthened our organism. The same principle applies to all trials of life. The moment we encounter a difficulty caused by some planetary aspect, or the transit of some planet through our astrological chart, if we have already done serious spiritual work, accumulating ‘money’ – forces and energies – towards the settlement of our debts, we can confront our trials in the best possible conditions.

(MAY 8, 1999)

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

(JUNE 1, 1998)

## THE LIGHT AND HEAVEN

The more you link yourself to the divine Source, the more you attract entities who come to help and support you. In this way you become strong and radiant; you become master of yourself and possess the powerful key to self-realisation. Therefore, be fearful above all else of negative behaviour which distances these divine workers from you, because every mistake drives away these invisible friends by producing unpleasant odours which they cannot tolerate. Instead, put God in first place; pray and meditate in order to link yourself to Him, and His Heavenly workers will pour the waters of the river of life over you and will illuminate you with their radiance. Open your soul to these rays of light and you will see before you a sublime world peopled with beings of extraordinary splendour.

(JANUARY 3, 2004)

*‘Be perfect as your Father who is in Heaven is perfect.’* Jesus summed up the quintessence of religion in this sentence. Since God is so far away from mankind, one wonders how Jesus could have given such a far-fetched ideal: to be perfect as God Himself! On the physical plane, you can be contented with trivial things, and be thankful for each one of them, but on the spiritual plane, you must never be content; you must be

## WORKING WITH LIGHT

ambitious, insatiable and reach for the highest ideal, for the most inaccessible: perfection! You must ask for all celestial gifts. Yes, you can ask for 100% ... to obtain at least 1%! Ask for light to be in your thoughts, feelings, actions and physical body. The word 'light' summarizes and condenses all that is purest, most powerful, most beautiful and most sublime: God Himself. **(JANUARY 7, 2001)**

Turn your face toward Heaven and you will receive light and strength; but turn your back on it and you will lose everything. The law is implacable. And if it is said in the Holy Books that God is just, it is because the authors knew this law.

Attitude is a magic force. What happens to us is only the result of what we have attracted by our attitude, which has the power to trigger beneficial or harmful currents in the universe. Several times a day, therefore, you must remember to turn toward the divine world, to harmonize with it until you are able to activate your spiritual centres instantly, and rays, sounds and colours burst forth from you. Your thoughts, feelings and actions will become the reflection of what already exists on high in the Heavens, as precious and as beautiful. And the luminous entities who inhabit these regions will recognize themselves in this being who has understood the meaning of his life on earth. **(JANUARY 27, 2005)**

When you feel as if you are being invaded by certain forces, by entities that devastate your inner garden, plunder riches and extinguish your light, it is because you do not know how to unite yourself with Heaven. You complain that you don't know what is going on inside you; you feel troubled, besieged. And to extricate yourself from the state you see your doctor, you seek out distractions, but all this completely fails to rid you of these dark and evil beings. The only way to escape them is by making contact with the entities of celestial regions by opening your heart, your intellect, your soul and your spirit to them. In this way you are able to receive their light and their blessings, and be purified and nourished by them. Inferior creatures can no longer advance against the powerful currents flowing from the realms of Heaven, and they are driven back. **(FEBRUARY 3, 2000)**

Sometimes you live moments that are like blessings from Heaven. Preciously guard your impressions of these moments, and know that true happiness lies in your constant attention to beautiful things, in your sensitivity to everything divine. When you feel that the spirit, the light has visited you, do not be careless; do not allow these impressions to be erased immediately by thoughts of something else. Reflect on them for a long time so that they penetrate deeply within you. They will thus leave their traces on your soul forever, and these traces will never cease to inspire you. You must make a habit of this: instead of always allowing your negative states, your disappointments and animosities to weigh you down, instead of feeding and reinforcing them, put them aside and concentrate on all the things in your life that are good, pure and luminous. **(MARCH 7, 2004)**

Even if we think we have been deprived of material advantages, we should still be able to rejoice and glorify the Lord : *'O Lord God, You are so good and so wise. You have saved me from the burden of worries and demands on my time that I would have had to endure if I had owned factories, banks or businesses. Instead, I have every opportunity to spend time thinking about You. I don't feel I am especially deserving or virtuous, because I am only satisfying my own needs, but all the same, I am so very grateful ...'* Just look at all those company chiefs and managing directors, forever stressed, forever rushing and agonizing over their business, teetering on the brink of nervous breakdown. Whilst you,

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

## WORKING WITH LIGHT

without property, or stocks and shares, or safe-deposit on the bank, with just the bare minimum livelihood – what freedom you enjoy ! For once, try to see your situation for what it really is and understand why you have been denied certain opportunities. When you resolve to examine this carefully, an inner light will shine on the situation, showing you that what you thought were hardships are actually blessings – and you will give thanks to Heaven. **(MARCH 13, 1999)**

It is never easy to shake off negative moods. Let us suppose that you are assailed by feelings of maliciousness, jealousy and bitterness and, however you try to get rid of them, you do not succeed. What should you do? Begin by calmly watching them, by observing all these negative forces and entities, their manifestations and their tricks. In doing so, you have already set yourself above them, and this is what happens: sensing the presence of someone watching and analyzing them, they are uncomfortable, because they do not like being found out. And if, in this moment, you are linked to Heaven, it is as if you were projecting a few rays of light on them, and they begin to disperse, because light chases them away. They can return, of course, and they certainly will; but again you will observe them and project a few beams of light on them, until at last you manage to get rid of them forever. Yes, because your position above them will be permanent. **(MARCH 17, 2004)**

It is no use hoping that a time will come when scientific progress enables man to live indefinitely in his physical body, for that body is composed of elements which must necessarily return to the earth from which they came. Only in his body of light can man live eternally, for light is immortal. Man's body of light is composed of extremely pure elements whose intense vibrations withstand the attack of disease, death, dislocation, putrefaction and disintegration. Light vibrates with such intensity that it sustains and nurtures life, and when it triumphs in man it makes him immortal, not in his physical body, but in his body of glory.

The disciples of this new teaching understand the importance of light. They know that every day, with tireless patience, they need to eat and drink light in the absolute conviction that it is light that gives them the new life, the power and splendour of Heaven.

**(APRIL 17, 1995)**

Thought, which is made up of extremely subtle matter, has the capacity to travel through space at a velocity greater than the speed of light. Those who have learned to concentrate their thoughts can travel to the sun; they can unite themselves with the spirits of light that inhabit space and draw from them all that is essential for divine life.

Someone may say: 'How many times have I attempted to do this work with thought, but to no avail!' The fact that you have had no results does not prove that what I tell you is wrong. Because of thickness of the matter around you, you are unable to feel the results, but they are there, they are real. You neither sense nor see them, and you think there are none. But yes, they are there, and if you continue your efforts gradually you will feel a path opening up before you and a connection re-established. And one day you will only need to concentrate for a few moments on these regions of light in order to feel the blessings of Heaven showering down all around you. **(APRIL 30, 2000)**

Every fault we commit in our thoughts, feelings or actions drives away spiritual entities from within us, because it creates a disharmony which they cannot bear. Inferior spirits are quite comfortable with it, but the higher spirits leave us. Lead a disordered life for a few

## WORKING WITH LIGHT

days and you will find that Heaven's workers have abandoned you, and that you cannot regain your peace, your buoyancy, or your inspiration. You must know that your understanding of this truth will determine your future: it is your attitude which repulses or attracts luminous spirits. It is entirely up to you whether or not the most highly evolved spirits come and dwell in your heart and soul. At this moment, you will become master of yourself and you will take possession of your true human face. Your light will shine out into cosmic space, all the way to the stars, transmitting the subtlest vibrations to plants and Heavenly bodies. Accept this truth and you will possess the powerful key to fulfilment.

**(MAY 9, 2004)**

Some people take on the role of spiritual guide without realising that they lack the necessary faculties and qualities of wisdom, love, purity, disinterestedness and patience. They do not know how dangerous it is to shoulder this overwhelming task if they have not received Heaven's approval. To take on the responsibility of a spiritual guide, you must first receive a diploma. Yes, we too receive diplomas in the spiritual world. The luminous spirits who sent us to earth observe and assess us, and if they see someone who has successfully passed the exams which life has imposed on him, they give him a diploma, which in turn gives him the right to teach. And where is this diploma? It is certainly not a piece of paper that can be destroyed: it is like a seal printed on a person's face and body, an integral part of the person himself, and it shows that he has been successful in his spiritual work. Other human beings perhaps do not see it, but all the spirits of nature, all the spirits of light see it from afar, and they hasten to help him with his task.

**(MAY 18, 2004)**

True clairvoyance is that which enables someone to see the reality of the spiritual world: That is, to sense and understand the subtlest elements in nature and the human soul. There is another kind of clairvoyance, which gives a vision of past or future events or of astral spirits, and this clairvoyance is nothing very special. Everyone or nearly everybody, can acquire this type of clairvoyance through specific exercises or drugs, but these methods will not take them far and may even be very dangerous for the psyche. You should try to attain only the sort of clairvoyance that can transform you into a crystal prism, through which the light of Heaven shines. This is the clairvoyance that Jesus was speaking about when he said, *'Happy are the pure in heart, for they shall see God.'*

**(OCTOBER 13, 1998)**

A noise wakes you up in the night: The phone rings, something falls, someone knocks at the door. Do you immediately jump out of bed in the dark? No, because you know it is risky. The first thing you do before you take action is to turn on the light so you can see. Well, you must realize that you must also first turn on the light before anything you may do, whatever it may be and whatever the circumstance, so you can see what you are doing. And to turn on the light means you must concentrate, you must collect your thoughts and seek help from Heaven so as to know the best course of action. Without this light you are lost: You explore every avenue, you have a go at every possible venture, but all is in vain. Never forget the essential: to turn on the light, because the light will help you avoid incurring a great deal of damage and wasting much time.

**(NOVEMBER 4, 1999)**

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

## THE LIGHT OF INITIATIC SCIENCE

Until you have the light of initiatic science, it is obvious that you can find yourself faultless and perfect. But as soon as you receive this light, you do not feel so proud. You are forced to admit that you are not quite up to scratch: You see that you have wasted a lot of time and energy in all kinds of useless and harmful activities. Sometimes you are even so horrified that you only want to go back into darkness. Well, you had better not! No, stay in the light; the light is still preferable. It is better to see yourself dirty and ugly than to be blind about yourself, for it is the only way to want to transform yourself. 'Yes, but we will suffer!' Too bad, it is better to suffer a little and remain in the light. Hiding from reality has never done anything any good.

(OCTOBER 23, 2001)

In order to transcend the limits of his consciousness, the disciple of initiatic science must learn to project himself to great heights, to the sublime Being who embraces and nourishes every creature. The disciple seeks to know how this Being envisions man's destiny, what plans He has in mind for his own evolution, both in the near and the distant future. It is in striving to draw closer and closer to this immense, luminous and perfect Being that the disciple is able to surpass himself. A work takes place within him, in his subconscious, in his consciousness and in his super consciousness and what he then feels and experiences is indescribable. This practice is one of the most beneficial for the disciple: by devoting himself to it every day, he is able to distance himself from his limited ego and dissolve into this ocean of light within is God. It is here that he finds the true measure of knowledge, fulfillment and freedom.

(JANUARY 5, 2003)

Let us suppose that a man has a certain load to transport. It is a very heavy load, and he is barely able to lift it off the ground. But it so happens that you are there, and that you are strong; you take the load on to your back, and off you go. This is fine, but on subsequent days this man will other loads to carry, and since you will not always be there to help him, how will he manage?

Let us now suppose that you have a secret that enables you to carry heavy burdens more easily, and even to carry them in a spirit of joy. You reveal your secret to the man, and for the rest of his life he is able to cope all by himself.

Is it not better, therefore, to help people by showing them the way to manage by themselves? Of course, this is way far the best method. And this is way is the wisdom of initiatic science because, in every one of life's circumstances, this light gives a solution.

(MARCH 28, 2000)

Human beings court misfortune because they do not see the dangers awaiting them if they make such and such a decision, or launch into such and such an enterprise. They set out so happily, blindly unforeseeing, and throw themselves head first into difficulties. If only they had known how to develop their inner vision they would have been warned, because their inner sight, known as the third eye, is like radar, sending out waves that return with warning of obstacles along the way. But most people live such disorderly lives that this radar cannot function correctly.



## WORKING WITH LIGHT

Sometimes it happens that this spiritual eye, however well developed it may be, does not give us due warning. The Twenty Four Elders, the Lords of our destiny, may have decreed that certain events are necessary, so these events must take place. Even though we may sense or see forthcoming trials, we cannot avoid them, and must cope with them with the light – the knowledge and methods – of initiatic science. But normally this spiritual eye is present to warn and to guide us, but it can only do so if we have prepared the conditions in which it can function well. **(APRIL 12, 1999)**

## LOVE AND LIGHT

There is no point in coming to our meetings if you do not do so in order to work for an idea: the establishment of the Kingdom of God and His righteousness on earth, and a spirit of brotherhood in the hearts and souls of all human beings. Every time you come here to sing and pray and meditate together you amass treasures for distribution to the whole wide world.

You must not think that we are alone. Thousands and thousands of invisible beings are working with us producing waves and currents and carrying great whirlwinds of powerful forces to the brains of all those throughout the world who are ready to receive them.

Our work is to awaken the consciousness of all human beings, and if we persevere, one day millions of human beings will join us. No other activity can fully satisfy us. Fulfilment lies only in this work of spreading love and light throughout the world. **(JANUARY 2, 1995)**

Let us suppose that you have been unfortunate enough to swallow some poison. The poison has devastating effects on your body, but as soon as the doctor gives you a powerful antidote you are saved. Because the antidote restores you to your normal state, its effects seem less dramatic to you than those of the poison, which had stuck you down. But the antidote is just as powerful; more powerful even because it overcame the poison. And in the same way counterpoison annihilates poison, love eradicates hatred, light eradicates darkness and good eradicates evil.

Good is as powerful and formidable as evil, but because we find good agreeable, we find its presence normal and devote all our attention to evil. But if you go and ask evil what it thinks of good, it will say: 'Oh, good is terrible! The beatings I've had!' Ask the dark spirits what happens when a spirit of light comes by: they scream and take fright. And because you have not seen this you do not give it another thought. To understand the power of good you need to ask evil. **(JANUARY 9, 2002)**

Every man is a representative of the heavenly Father, the cosmic Spirit; and every woman is a representative of the divine Mother, the universal Soul. Yes, all the human beings around you, men or women, represent a divine principle: either the masculine or the feminine principle. Whatever their shortcomings and imperfections, therefore, surround them with light and love, imagine them in light and love. By considering them in this way you will influence them, and through them you will receive love and light in return. **(JANUARY 15, 2003)**

To channel water, you dig ditches; to light your house, you install electric wires; and to receive radio and television programmes, you need equipment with circuits that will transmit sound and images. I could give you countless such examples to help you

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

## WORKING WITH LIGHT

understand that human beings must also inscribe something in themselves. They must create circuits and channels, in order to capture divine energies and allow them to circulate! How can people think that God's wisdom, love and willpower will find a path in them if they have prepared nothing, if they have not prepared the way? This path is etched by our actions, but also, of course, by the thoughts and feelings which anticipate these actions. If nothing is prepared, the divine energies which circulate in space will not flow to us, they will go elsewhere.

**(JANUARY 27, 2004)**

When you write or speak you are combining letters and words and, in doing so, you are creating. You can create JOY, trust, love and light in others, or you can create grief, darkness, illness or despair. In the second case, what you are creating is not really writing or speech, but scribbling and gibberish. True evolution is a question of learning to use words, writing, forms and images for a divine purpose; in other words, of using the elements of the Word to create only what is good and beautiful and just. He who works consciously to achieve this is collaborating in the work of God and, sooner or later, he will be taken on as one of God's workers. For creation is not yet complete. The Creator's work continues and He needs workmen to bring him a little sand here or a little plaster there. 'Is that all?', you ask. Yes, that's all, and there is no reason to take offence: it is certainly not we who will be picked to do the most important jobs! But, however lowly our task, it is always glorious to have a share in this divine work.

**(JANUARY 31, 1988)**

People know what poetry is, of course, but only the poetry found in books, not in their lives. In their lives, most people are cold, stiff, dull, prosaic and unimaginative; nothing subtle emanates from them. They leave poetry to the poets who write it, and even if they read a few verses now and then, they do not lead poetic lives. In the future, a new concept of art will teach them to live day and night in poetry, in other words to manifest something luminous, warm, expressive and subtle. It is then that others will begin to love them.

Human beings are extraordinary. They need to be loved, they need good relationships with one another, but they seem to do everything possible to repel each other by remaining closed, gloomy and ponderous. How can anyone so unpleasant be loved? To be loved, you must learn to live a poetic life so you can bring warmth and light to others.

**(FEBRUARY 13, 2005)**

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

**(FEBRUARY 21, 1998)**

The majority of human beings are walking corpses, inwardly, they are cold and unloving, no light or warmth emanates from them, and they think that this is the way to get on in life! How wrong they are, poor things! If they really want to succeed they are going to have to learn to be alive! And the only way to do this is to love. You can practice loving: it is not difficult. Here is an exercise you can do: choose a moment when you are alone, raise your



## WORKING WITH LIGHT

arm with your hand outstretched, and project your love out to the universe, to the stars, Angels and Archangels, saying: 'I love you, I love you, I love you. I want to live in harmony with you!' If you get into the habit of emanating something intense and vibrant in this way, you will become a fountainhead, a sun. Human beings think that they have to hide behind a wooden, sinister expression, devoid of love or kindness. They don't realise how destructive this attitude is. Just because some imbecile made an icy, unreceptive façade fashionable, everyone hastens to imitate him, as though he had found the crowning point, the acme of evolution. No, if you want to be truly alive, if you want your face and eyes to express life, you have to learn to emanate love. **(MARCH 10, 1988)**

Master Peter Deunov gave us the following rule, '*Use kindness as the basis of your life, justice as balance, wisdom as limit, love as delight and truth as light.*' If we reflect on this precept, we will find its meaning extremely instructive and useful. Kindness is the only solid basis on which to build a structure. If kindness does not support the structure, even if it is beautiful and intelligent, it will fall apart. Justice is a quality of balance; to be just – as shown by a scales – is to know how to keep things in balance at all times: not accentuating only one tray, but making sure a little is added on one side while a little is subtracted from the other. Wisdom is a limit, a boundary that can protect us from external and internal enemies, which threaten us. Love gives us a taste for things. Even if we have riches, knowledge and fame, life, nevertheless, would seem tasteless without love! Truth is the light that illuminates our path and enables us to move ahead without risk of losing our way. **(MARCH 11, 2001)**

Those who have chosen darkness always fear light. That is why the elite, such as great spiritual masters, initiates - who work for the evolution of humanity - are always persecuted. Since the two principles of good and evil constantly battle in the world, one who works for the light inevitably provokes forces of darkness. By their word, even by their sole presence, initiates inevitably touch the personal, self-centered and dark interests of people who then counter-attack with all the means at their disposal.

When a great spiritual master comes down to earth to help human beings, he knows beforehand he will be exposed to all kinds of hostile demonstrations from humans - hatred, slander and persecutions - which are intended to prevent the work that it is the master's mission to accomplish. But he never lets himself be discouraged. He continues to work and to shed his love on human beings, even if they are wicked, unconscious, and ungrateful. **(MARCH 19, 2001)**

It is their lower natures that motivate people to seek money, to satisfy their greed, their need to dominate others or to exact revenge. Our higher nature does not crave money, it needs only light, freedom, heavenly splendour and infinity - and money cannot provide these.

It is true that money is necessary for material life: you need a house and adequate furnishings. But for the soul, the spirit or the mind, money is useless. Neither gold nor silver have ever driven away inner darkness.

If you seek money and not light - that is to say the knowledge of initiatic science, an expanded consciousness, a love of God and all creatures - it is obvious that you are controlled by your lower nature. And if you love light, it shows that you already possess gold in the spiritual realm and, that thanks to this gold, you can buy health, beauty, power, wisdom, love and freedom. **(MARCH 23, 2000)**

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

## WORKING WITH LIGHT

The Blessed Trinity is represented on the central Pillar of the Sephirotic Tree: the Father in Kether, the Son in Tiphareth and the Holy Spirit in Yesod. The Father is Life, the Son is Light and Yesod is Love. Each Sephirah corresponds, also, to a part of man's body, and Yesod corresponds to the genital organs. The Holy Spirit is connected to love in many ways, and when we say that Jesus was 'conceived of the Holy Spirit', it means that he was conceived in an absolutely pure state of consciousness. Why was it the Archangel Gabriel who announced this conception to Mary? Why was he chosen, rather than any other Archangel to bear the good news? Because it is the Archangel Gabriel who rules the region of Yesod. When you study the Cabbalah it becomes very clear. Gabriel's visit speaks for itself and becomes meaningful once you know the virtues and functions of the different regions.

**(MARCH 25, 1998)**

When the priest consecrates the host and cup during mass he is repeating the very solemn moment of the last supper Jesus took with his disciples, in which he took the bread, gave thanks and gave it to them with the words: '*This is my body that is for you.*' He then took the cup, and after giving thanks, he gave it to them and said: '*This cup is the new covenant in my blood ... Those who eat my flesh and drink my blood have eternal life.*' If we are to understand the meaning of these words we must understand that the bread and the wine - made from wheat and grapes - represent the masculine and the feminine principle, which lie at the origin of creation. And bread that becomes the flesh of Christ and the wine that becomes his blood are solar symbols. In the Cosmic plane, the flesh and the blood of Christ are represented by the light and heat of the sun, which create life. In the spiritual plane, the flesh and the blood of Christ are wisdom and love. So what Jesus meant was this: '*Those who eat my flesh – wisdom – and drink my blood – love – have eternal life.*'

**(MARCH 28, 2002)**

Sound, speech and music have the property of affecting matter in such a way as to fashion and model it and give it form. This is the creativity of the word. But it is only in those whose word is filled with meaning and love, the Magi, that it is truly creative. Magi are beings who possess immense science, but their science is vivified by their great love and warmth. When a Magus speaks, his words are brimfull of the light and warmth that emanates from him who utters them, and this is why they have the power to fulfil themselves in physical reality. And our words, too, if we want their effects to be felt throughout the whole world, the whole of creation, in both the visible and invisible worlds, if we want them to set in motion men and Angels, Archangels, spirits and the elements, must be overflowing with intelligence and light, but also with love, the fullness of love.

**(MARCH 31, 1988)**

Whatever your suffering and difficulties, do not complain about them to others and do not appear discouraged. On the contrary, try to make the light shine within you. Yes, the worse the situation is, the more you must make the light shine. And do you know what will happen as a result? This light will attract people from every direction, and they will say: 'We would like to offer you something. What do you need?' You will even have an overabundance of these services they want to offer you, simply because of your light. People believe that their misfortunes can touch the hearts of others, so they talk about and even exaggerate them in the hope of gaining help and relief. Not at all! Those who are burdened with these tales have only one desire: to flee. Yes, unfortunately it is so: in these cases, it is rare that anyone listens, for only beauty, light and love attract human beings. Therefore, the worse the problem is, the more radiant and joyful you must become.

**(APRIL 13, 2004)**

## WORKING WITH LIGHT

Silence is where the deepest feelings and emotions are expressed, which is why only the people who truly love each other know what silence is. The strength of their feelings brings them inexpressible fulfilment and they live a life of the greatest intensity without there being any needs for words. Unfortunately, more often than not, love does not last. People are unable to make it last and so, the silence that comes to reign between them is one of indifference, estrangement, or even hatred. Why? Because their love for each other was selfish and limited. They focussed solely on each other the best they possessed and in so doing, rapidly exhausted their inner riches. If you want your love to last you must see to it that you renew yourself by seeking to acquire new riches, new beauty and new light every day. **(APRIL 13, 2002)**

Why do we watch the sunrise? Why do we concentrate on it? In order to learn to mobilise all our thoughts, all our desires, and all our energies, and to direct them toward the realization of the highest ideal. A person who works to unify the many chaotic forces that pull him in every direction and to project them in a single, luminous and salutary direction becomes such a powerful centre that his presence, like the sun, is able to radiate through space. Yes, he who manages to control the tendencies of his lower nature can spread these blessings over the whole of humanity, and he becomes a sun. He lives in such freedom that he expands the field of his consciousness to include the entire human race, to which he sends the abundance of light and love that pour forth from him.

**(APRIL 16, 2004)**

You cannot lose what you truly possess. You can lose only what does not really belong to you, what has not become fully a part of yourself. At one moment you believe, and the next you doubt; at one moment you are enlightened, and the next you are in darkness; at one moment you love, and the next you love no longer. This means that neither faith, nor light, nor love belong to you. For them to belong to you, you yourself have to become faith, light and love. Jesus was able to say: 'I am the light of the world', because he identified with light. He did not say that the light was in him or with him, but that he was the light. There is an entire science in these words which we must meditate on and put into practice in every aspect of our inner life. We can lose many things that belong to us on the physical plane. But that which is in us, that which has penetrated us, fused with our being and become flesh and blood in us, cannot be lost.

**(APRIL 17, 2003)**

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

**(APRIL 18, 2001)**

You have seen smokers in the street. Sometimes one of them has not match and no lighter and goes to a passer-by who is smoking and asks for a light: then they put their cigarettes end to end, and the first goes away pleased, thanking the other ... Now, do you know why men and women feel the urge to kiss? To light their fire from one another. They bring their lips close together as smokers bring their cigarettes end to end to light their fire.

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

## WORKING WITH LIGHT

Sometimes it catches, sometimes not. And when fire catches, it may not only consume them and everything they possess within themselves, but also ravage their surroundings. To love one another is to take and give light, but this act requires much caution and great knowledge.  
**(MAY 12, 2001)**

Which places on earth first see the sunrise on the horizon: abysses, precipices or high mountain summits? Of course, you will say that it is the summits. And at night, it is also the summits that see the sunset for longer. So then why can you not interpret this phenomenon? Why is it that in life you think initiates are mistaken and the masses are right? Do you suppose, then, that the Lord revealed himself to all kinds of people without consciousness or morality, and deprived of light the initiates who live in purity, wisdom, love and the greatest abnegation? How is it that you are not aware of the lack of logic in this reasoning? In reality, initiates are the first to be enlightened, the first to be in unison with light, the first to discover subtle truths. As for those who stay on too low a level, only God knows when they will be enlightened ...  
**(MAY 16, 2001)**

When a man's desire finds expression through his lower nature, his instincts demand only his own gratification, with no thought for the feelings of his partner. He is hungry and thirsty, and merely needs to satisfy his appetite. But if his love is expressed through his higher nature, it will emanate beauty, light and nobility, because that love demands and desires nothing other than to give, enlighten and help. This, then, is true love. However, most women would prefer passion and desire: this makes them happy, because the poor things think that an expression of such great intensity must indicate everlasting love. Although a woman seeks only love that will endure, often she is too blind to realize that a sensual look signifies love that will not last, a love as violent as fire in a pile of hay, extinguished as quickly as it caught alight. Why are such women so lacking in discernment?  
**(JUNE 11, 1998)**

You do not always have the material means to do as much good as you would like and this makes you sad. Well, be aware that at least you are not completely powerless. You meet a beggar in the street. You give him a small amount of money because you cannot give him any more, but you can help him in another way. You can use the power of your mind. So, walk on a little further and then stop, focus on your mind and project your wish to do something for this man to all the passers-by. What you are not able to give yourself, others will give instead and you will have a share in this gift. It does not necessarily have to be you who gives, for you to do good. Your love can manifest itself through others. And remember this whenever you want to help someone but you do not have the material resources to do so. What counts is that you generate good thoughts within yourself which others will then make real.  
**(OCTOBER 3, 2000)**

Do not insist on fighting your bad instincts by yourself, because not only do you risk of not winning, you will grow weaker in the process. Yes, because you are battling against yourself and this division makes you even more vulnerable. It is very dangerous to fight yourself. Not only do you never really win against this inner enemy, but you end up destroying yourself. The moral and religious teachings that never cease to preach the relentless struggle against evil in man do not know true psychology. We must learn to win, to overcome, yes, but without fighting. How? By asking other forces to fight in our stead and these other forces can only be luminous forces which we foster thanks to our love for

## WORKING WITH LIGHT

all that is beautiful, great and divine. So, instead of launching a direct attack on our instincts and finding ourselves either floored or terribly unhappy because we have had to relinquish some of the satisfactions we need, we call upon luminous forces, who will overpower them with ease.

(OCTOBER 18, 2002)

Each individual thinks he knows exactly what he wants from life. One wants money, another fame, another pleasure. There are so many possibilities to choose from: justice, happiness, love and many more, and everybody is seeking something. But have you often heard someone declaring, 'I need light ... I must have light'? No, because for most human beings light is unimportant and they cannot see what happens when it is absent. And this is just the trouble, for a lack of light has very grave consequences; all the trials and tribulations of mankind come from the lack of light. He who lacks light is exposed to the greatest possible privations.

(OCTOBER 31, 1987)

## FURTHER THOUGHTS ON LIGHT

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

(JANUARY 23, 2004)

It is true that singing is a form of expression that increasingly appeals to young people. Unfortunately there are too many singers whose music projects disharmonious waves onto their audience, which make these listeners regress to chaotic states. Where are those who use their singing voice to inspire an audience to embrace a new life devoted to beauty and light?

People who want to sing must come to realize the role they want to play in awakening all the souls in the world and must therefore first learn to use their thought to work on their vocal cords. Let me give you an example of an exercise that may prove beneficial to such singers: imagine yourself surrounded by a bright light as you perform before a huge crowd and through your voice powerful, subtle energies are emitted which penetrate and move the souls of everyone in the audience. Their heart opens up, their mind becomes enlightened and they decide henceforth to work for the greater good. If singers practice this exercise for months, years, then one day their voice will awaken only human beings' higher nature, their divine nature. Those artists will be considered the benefactors of humankind.

(JANUARY 26, 2002)

Human existence can be compared to a journey through a forest or the ascent of a great mountain. What efforts we must make, what dangers we must confront before we arrive at the goal! And if we undertake this journey or this ascent in darkness, great is the risk of losing our way, of being ambushed, or of falling to the bottom of a precipice. In darkness, not only are we truly exposed to danger, but the greatest danger is the fear that we create

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

## WORKING WITH LIGHT

ourselves, not knowing what to make of the noises and the shadowy forms we see stirring around us.

To be afraid is to give power to that which we fear, to prepare the conditions it needs in order to do us harm. Symbolically, this is the life of human beings when they do not possess true knowledge, the knowledge which must accompany them like a light and give them security and peace. Once they have this light, even if they have ordeals to pass through, they will see things as they are and will walk in peace. **(JANUARY 28, 2004)**

Jesus said: *'In everything, do to others as you would have them do to you.'* In other words, do not always leave it to others to make the first move. If you want to be loved, love! If you want others to give to you, give! And if you want to be enlightened, begin by giving light to someone who has less than you, because at that very moment someone else who has more light than you will give you his. Yes, this is a law. By helping others, you attract a visible or invisible being that will come to help you. Make an effort to support and encourage someone, and you will see that the divine will, a divine power, will come to reinforce you. **(FEBRUARY 5, 2005)**

Both noise and silence are languages. Silence is the language of perfection, while noise is the expression of something imperfect, of an anomaly, of an instinctive, disordered life which needs to be mastered and developed. For example, children are noisy because they are overflowing with energy and vitality. On the contrary, old people are silent. You will say, of course, that they are silent because their energy has diminished and because noise tires them. There is some truth in this, but it may also be that they have evolved, that they have gone deeper into themselves, and that it is their spirit which encourages them to be silent. In order to review their life, to reflect on it and to draw lessons from it, they need this silence in which a work of detachment, simplification and synthesis can be carried out. The pursuit of silence is an inner process which leads human beings towards the light and a true understanding of things. **(FEBRUARY 6, 2004)**

In the new culture that is on its way, human beings will learn to nourish themselves with light. There is nothing to be surprised about in this: it is within the natural order of things. Every other form of nourishment leaves wastes which accumulate and end by poisoning our organism. Only light leaves no waste, for it is absolutely pure. When you hum wood or coal in a stove, you have to clear out the ash and cinders before you can light it again, next morning. Similarly with our physical bodies: if you do not get rid of the waste products left over from what you eat and drink, they will kill you. Illness is caused by certain waste products that have never been evacuated. Yes, illness can be defined as the effects of matter which the body has been unable to get rid of. Whereas health is the result of an exchange that is so rapid and so subtle that no impure wastes are left behind. When you have learned to absorb light, that pure quintessence that flows from the sun, you will feel your health improving, your intelligence becoming more limpid, your heart overflowing and your will becoming stronger. **(FEBRUARY 6, 1988)**

Most people fail to understand that they will find the meaning of life only when they put themselves in the service of the highest ideal. Why? Because to them the word 'ideal' represents something abstract. They do not realize that an ideal is a living reality, an organized world in which a multitude of luminous entities is at work. And when these creatures see you want to join them in building a world of harmony and light they become



## WORKING WITH LIGHT

your friends and they shower you with all their kindness. Even if you do not ask for anything, even if you expect nothing, you feel you have been given everything. This is what working towards a high ideal brings. **(FEBRUARY 7, 2002)**

While human beings already possess enormous resources on the physical plane, their greatest potential lies on the emotional, mental and spiritual planes. They are obviously unaware of this, because they have never been trained, so they do not know how to use this potential. So many people merely panic and feel sorry for themselves over the slightest upset in their lives. They never ask themselves if there might be something in their thoughts, in their spirit which might remedy the situation. No, they begin racing about and tearing their hair out; they resort to medication and even weaponry. In similar circumstances spiritual people – in other words those who have understood that the spirit is the one true force – begin by concentrating, by collecting their thoughts, by uniting themselves with the invisible world in order to receive the light, because it is light that reveals the best methods to use, the best way to behave. And in this way a spiritual person soon becomes decisive, serene and master of the situation. Then, of course, he may seek help on the material plane, but first of all he focuses on more subtle means. How can you expect to settle matters if you lose all self-control? **(FEBRUARY 11, 2000)**

It is true that many things in our society need to be corrected, but these changes must not be accomplished through violence. True changes are never achieved by means of violence, which always gives rise to evils worse than those it claims to be fighting. How then can we transform society? By our way of life. If we first change ourselves, we can influence the entire world. This is what the Universal White Brotherhood teaches us. It gives us all the principles, all the methods, so that by working on ourselves we will one day be living proof that it is possible to create a better society. Humanity has the potential to become a brotherhood, a family, but in order for this to happen, a certain number of people must begin to set an example and gain recognition. Yes, gain recognition, but without violence: we must command attention solely through nobility, greatness, light and beauty. Those who are not capable of gaining recognition in this way should not aspire to transform society. **(FEBRUARY 12, 2005)**

High up in the mountains live entities that are extremely luminous and powerful. They are attracted by the exceptional purity that reigns at these altitudes. But it is no good climbing three or four thousands meters in order to come into contact with these entities, because they only reveal themselves to those who have embarked on the path of light with all their heart and their soul. Very few people are capable of making the most of the favourable conditions the mountains offer them to aid their spiritual evolution. They climb these mountains simply for fun, to be able subsequently to boast about their exploits, to make a noise. They do not sense the presence of all the entities inhabiting these regions and have no respect for them. And so the mountain, sensitive and intelligent as it is, closes itself to them. There may even come a time when these entities will leave the mountains because they are so bothered by these 'human' animals who pollute everything. So you, at least, try to behave in such a way that they feel you appreciate their presence and their work. **(FEBRUARY 14, 2002)**

So many people go to clairvoyants, mediums or exorcists to find solutions to their problems of health or of the heart, or to be exorcized or released from a spell. They do nothing to

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

## WORKING WITH LIGHT

become stronger and solve their own problems. They always rely on someone else to do it for them. But even if another person did manage to solve their problems they themselves are so defenceless that they would soon be in the same state again. As long as people continue to expect others to heal, console and reassure them, they will remain ignorant, weak and vulnerable.

Even if a very great spiritual master healed and protected you it would only be for a little while, for ultimately everything depends on you. If you want his help to endure you must learn to use the light and the keys he gives you, for then it will be you yourself, your own soul and spirit, that do the work.  
**(FEBRUARY 14, 1995)**

One day someone had asked a question which Master Peter Deunov answered, saying that the degree of evolution of a being is recognized by the intensity of light that emanates from him. I was still very young then and did not possess those criteria, and this answer struck me so much that I made it the basis of my life. During my life, I too found out that beings could be evaluated according to their light. Of course, this light is not visible on the physical plane, but can be felt in the look in the eye, the expression of the face and the harmony in the gestures. This light does not depend on intellectual faculties or on education, as it is a manifestation of divine life in man. And man must never tire of searching for this light.  
**(FEBRUARY 17, 2001)**

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

The most effective method for connecting oneself with God is to concentrate on the light. God is not light. He is much more than light, and we cannot know Him even imagine Him. But in Genesis, it is said that on the first day God created light. Why? So He could use it to create the substance of the universe. Light is therefore the first divine emanation, containing all the qualities and all the virtues of God, and that is why we can know God only through light.

So here is an exercise you can do: every day, several times a day, concentrate on the light, imagine that you rest in it, that you melt into it, that you are impregnated with its substance. Visualize the entire universe bathed in this light. And gradually you will feel that this light brings you peace, harmony and strength.  
**(FEBRUARY 23, 2003)**

Physical objects can be seen because rays of light fall on them and make them visible. Without light we would see nothing. This helps us to understand that if there is a world that is invisible to us, it is because we are incapable of projecting rays of light on to the entities and objects in that world so that we can see them. If initiates are capable of seeing so many things that are invisible to others it is because they know how to project light on to



## WORKING WITH LIGHT

them. This is why you should make up your minds to work with light, so as to learn to project rays that will enable you to see the subtle realities of the spiritual world.

**(FEBRUARY 24, 1995)**

The Bible tells us: 'Be sober, be vigilant -, because your adversary the devil walks about like a roaring lion, seeking whom he may devour.' For a disciple, this means that he must observe and analyze himself, and learn to recognize the thoughts and feelings that roam through him, welcoming the good ones and rejecting the bad ones, and that he must take all necessary precautions. For it is no good thinking that we can walk through life completely immune to the dangers of the psychic world. The war between good and evil, light and darkness, life and death has been going on since the beginning of time, and it is up to a disciple to keep his eyes open and be aware of what is going on inside him, and to recognize the nature of the forces that manifest themselves in him and the direction they are trying to make him take.

**(FEBRUARY 25, 1988)**

A divine aspiration, a flame, dwells in all of you and, although it may be weak, you have the power to feed it so that it becomes an enormous blaze. When you begin to feel this flame burning within you, take care not to expose it to every passing breeze that could extinguish it. In other words, carefully choose the people you frequent, the literature you read, and the entertainment you watch. Choose nourishment which is good for your heart, your mind and your spirit – nourishment which strengthens you inwardly. When you have become truly strong, you will be able to confront anything; the same conditions or encounters that would have destroyed you before will now enhance your light and your peace. When a flame has been given sufficient fuel to become a blaze, the wind can no longer extinguish it. On the contrary, it can only fuel it.

**(MARCH 1, 2004)**

You are prepared to run here and there seeking help and remedies for your inner malaise, and yet you never take recourse in the light, this light in which you are immersed. Yes, when you feel tired, discouraged and disappointed, try to think of the light, this light which impregnates the entire universe. Concentrate on it and imagine that it circulates within you; not only will it purify your psychic organism, but, to some degree, your physical organism as well. As a result you will feel soothed, regenerated and, as you recover, your taste of life, capable of taking up your activities once again. The most effective method for taking in this light is to give thanks to God and to bless His name. That is why you must get into the habit of repeating several times a day: 'Thank you, thank you, Lord, thank you for life, thank you for the light. May your name be blessed throughout eternity.'

**(MARCH 2, 2003)**

When you see a dark cloud shadowing a person's face you must not jump to the conclusion that he is animated by evil thoughts or designs. No, if you are not in possession of all the facts, your judgment will be false. It may not be the person himself who is in darkness: someone else may be throwing a shadow over his face. Similarly, if a person's face seems to radiate light, it may be because someone else is playing with mirrors and flashing light onto him. It is not necessarily he who has created that light: some other being is playing a beam of light onto his face, and when that being goes away, his light will also disappear. If you want to understand what people's facial expressions mean, you have to be capable of seeing beyond appearances.

**(MARCH 4, 1988)**

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

## WORKING WITH LIGHT

When a disciple follows the teaching of a spiritual master, this teaching does not speak solely to the conscious part of his being. Even at night while he is sleeping, the true disciple goes to join his master with his astral body and continues to be instructed by him. He reads the most sacred books in the libraries of the universe and attends the most magnificent ceremonies. Although his mind is not yet prepared to remember such events, he may retain certain impressions which create such a sensation of peace and light in his heart that when he awakens the next morning he wonders: 'Where was I last night? What I saw was so beautiful!' It is important to understand that sleep becomes something sacred when you enter into it with the intention of going off to be instructed in these spiritual schools, for it is there that you receive true initiation. **(MARCH 7, 2005)**

To be silent is, in a way, to make a void within yourself. And in this void, you live to the full. Yes, because, in reality, a void does not exist. If you remove water from a container, air goes in, if you remove the air, ether will go in, and so on. Each time you try to make a void, one kind of matter is replaced by a more subtle matter. In the same way, when you manage to be silent, that is, when you chase away the din of thoughts, feelings and inferior desires, then the light of the spirit bursts in, and at that moment you have a clear vision of things: you know! **(MARCH 9, 2001)**

Because human beings have come to consider the forces of evil as invincible adversaries, they are constantly torn in different directions and unable to re-establish the inner unity which gives them the strength and ability to master every situation. You will say: 'But what can we do? Here we are, caught between the forces of good and evil.' First of all, realise that you will have this problem to contend with as long as you live on earth. Here is a method for dealing with it: you must learn to respond to the forces of evil. To those entities who want to trap you in their nets, but you must never respond with violence because this only makes them stronger. So when you feel them approaching, in the form of temptation, or negative thoughts or feelings, do not attack them. Tell them you are delighted they have come, welcome them, turn on the lights, lightening all your inner lamps. The visitors will flee because they are ugly, badly dressed and do not want to be seen. Yes, it is only by means of the light within that you can respond to the spirits of evil. Do not fight them, just carry the light, and thanks to this light you will make steady progress every day along the road to inner unity. **(MARCH 9, 2000)**

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

## WORKING WITH LIGHT

Many people spend their time emitting feelings and thoughts of anger, hatred and revenge, and they do not even think that these thoughts might cause damage in the world! It is not even as though it would benefit their affairs! Exactly the opposite, in fact: they poison themselves. So what should they do? They should forget all their sorrows, torments and irritations, and just remember that they are in the light and propagate that light.

All human beings have the same powers to create with their mind; the difference is that some use these powers for evil, others for good. Yes, do not think some are gifted or privileged whereas others are deprived: the same seeds, the same materials were deposited in everyone. So, why give in to negative impulses? Everyone should try to put order in their thoughts and feelings twenty times a day, thirty times, fifty times... and everyone should try to react only by radiating light. **(MARCH 16, 2001)**

Suppose a family argument has just erupted: what theatre, what cacophony! Then suddenly a friend who is appreciated and respected by everyone appears at the door... Immediately everyone makes an effort to put on a good face. They even look kindly at one another so the friend will not notice they were in the midst of a crisis.

You certainly have experienced this, haven't you? And why not draw conclusions from this for your inner life? When turmoil erupts within you, if you begin to pray with great fervour, you may find that everything suddenly becomes calm and you find peace and joy again. Why is this? Because a friend came to visit you, and in his presence, all the other inhabitants within you, afraid of appearing rude, calmed down. And if you entreat your friend with even greater resolve and fervour never to go away again, to stay and live permanently within you, to take up residence in the centre of your being, at that very moment, peace and light will come and reign in you forever. **(MARCH 20, 2005)**

When we are at the foot of a mountain, our horizon is limited, but when we climb to the top, we can see a great distance and discover an enormous expanse of land around us. Mountains with their bases and summits exist also in us, symbolically. The base is represented by our mind and heart, always busy with schemes which limit and cloud our vision and mislead us. Even if these schemes seem to succeed for a time, it is unlikely that, in the long run, the results will correspond to our aspirations. The summit is the spirit which can see everything exactly as it is and at a great distance, the spirit which guides us and reinforces our convictions. The spirit tells us what is going to happen - and it is always right. In the clear light of the summit, there is no place for uncertainty and errors.

**(MARCH 29, 2003)**

The true, total, final resurrection of human beings does not happen all at once, but gradually. When you light a candle you know that you are capable of setting the whole world on fire, for you already have a flame. Similarly, when you light just one cell in your heart or brain, you can consider that your whole being is alight, for even if the other cells of your body are not on fire, they will be one day. The final resurrection implies that many other resurrections have gone before it. So, you must restore at least one cell to life, for it will then light the one next to it, and so on, until your whole body is illuminated.

**(APRIL 3, 1988)**

You aspire to beauty and light, and you are unhappy because you sense that inwardly you are not managing to extricate yourself from life's difficulties and mediocrities. But whose fault is that? Why do you allow yourself to become obsessed by material preoccupations? I

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

## WORKING WITH LIGHT

am not suggesting abandoning everything, simply being able, for a moment at least, to put it all aside, to set it all down as you would with a load you are carrying. Look at how, for instance, the man carrying the supplies during an expedition in the mountains sets down his load from time to time so that he may catch his breath. He sits down, he has something to eat, he has a drink, and then he picks up his load and is on his way again. Could you not do the same? Every now and then, set your worries aside for an hour or two – you can rest assured that they will still be there when you return; there are never many volunteers to carry other people's loads. So, put down your load with confidence and unite with the divine world so that the beauty and light to which you aspire never leave you.

(APRIL 7, 2002)

It is not always easy to concentrate your mind in prayer and unite with God. Do not become discouraged and impatient, however. Instead, try to use the following method: imagine, far away in space, a living, vibrating centre emitting rays of light radiating in all directions to nourish the celestial entities and the many creatures in the universe. This image will direct your thoughts towards the place where the divine presence manifests itself most intensely and your prayer will be heard. The great masters and all initiates are in constant contact with this centre of light and their thoughts generate a power in the invisible with which we can associate ourselves so that we may feel in communion with the Lord.

(APRIL 9, 2002)

Even if your astrological chart shows a lot of bad aspects, you must not see this as an absolute predestination. It is essential to realize that the human spirit is above an astrological chart, above the stars and planets and their influence, above Karma, above everything. The spirit is free and all-powerful. Whatever destiny the stars have decreed for you, there is one thing that you must know: far above destiny, in a higher, sublime, inaccessible region, reigns your spirit; and destiny can do nothing to injure your spirit.

Of course, the only sure way to escape destiny, is to pay your Karma and, while paying it, to continue to work and create; for to be born 'under an unlucky star' is no reason for remaining forever stupid and lazy and inactive! You have a debt to pay that is true, but that debt represents a mere second compared to eternity. You must not let one short moment of time overshadow the light of the spirit. Whatever happens, you must always be convinced that within you live a spark that no one and nothing can ever extinguish or even darken.

(APRIL 16, 1988)

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

(APRIL 19, 2002)

When you feel a psychological malaise concentrate on it mentally and infuse light and warmth into it. In this way the particles of your astral and mental bodies will be harmonized and you will soon feel better. Human beings do not know how powerful thought can be!

## WORKING WITH LIGHT

You must learn to use it to combat negative elements by concentrating it so that it penetrates your psychic organism. This is one of the most important laws of spiritual life and if you put it into practice you will see how effective it is. If you have never had any success in our attempts to use the extraordinary power of thought it is because you have never practiced enough. **(APRIL 27, 1995)**

You should do your spiritual work and let it commend you to others, not impose yourself on them. Your work will speak for you. You must continue to work until the end ... falls down working but never give up. It is not degrading to fall. The sole honor is to die faithful to one's post, like the captain on his ship. Since you must inevitably die one day, you might as well die the right way! You must sacrifice everything for work, and work will give you the rest; if it is well done, even fame will come your way without your asking for it. This is what you must understand. Those who look only for money or fame without concerning themselves about the way they do their work are going to encounter terrible disappointments. You will obtain true wealth and fame only if you honestly do your work with the light and for the light. **(APRIL 30, 2001)**

In one drop of blood an initiate can discover the quintessence of matter, the principles of the four elements: earth, water, air and fire.

Blood represents the life that circulates in the universe. If we know how to consider it, we come to sense that, within us, it is blood which most resembles light. Blood is life, *'and the life is the light of all people'*, says St John at the beginning of his Gospel. This light is the very substance that God first called upon when creating the world, saying, *'Let there be light!'*, and it is this light which is condensed in our blood. So we must be vigilant and treat with the greatest respect this blood which is a condensation of light, of divine life. And in the same way that blood always returns to the heart, our life must return to the heart of the universe: to the Creator. **(MAY 1, 2004)**

When you question people about their faith, a great many will tell you that they believe in 'someone' or 'something', but they are unable to say exactly whom or what. Their intuition tells them that they once knew and experienced something, and occasionally, like a brief flash of light from the depth of time, that knowledge and those experiences rise to the surface of their consciousness. They do not know why this impression is so compelling, but they cannot doubt its reality.

At one moment or another in their lives, human beings sense that they are linked to a higher, mysterious world which has left its mark within them. The difference between them is that some let this feeling fade without attempting to examine it more closely or reflect on what it might mean, whereas for others it is the starting point of an inner quest that leads them to the Divinity. **(MAY 4, 2003)**

You cannot escape or bypass divine laws. That is why it is useless to consult astrologers, as some do, so as to be warned of losses or accidents to which you are exposed. What ever you do, you will not avoid anything: you cannot escape fate with trickeries. The only thing you can do is work with the light so that, when trials come, you can better put up with them.

You know, for example, that a serious disease is coming; well, by leading a reasonable life, purifying and reinforcing your body, you prepare the weapons to fight it off. You will not be able to avoid this disease, but the day it breaks out, you will be able to minimize its

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

## WORKING WITH LIGHT

ravages. This law applies in every domain: the efforts you make to reinforce and purify yourself will always enable you to face hardships in the best conditions. **(MAY 10, 2001)**

Every year in May, in the night of Full-Moon, there is the celebration of Wessak in the Himalaya. They remember at this time – symbolically – the birth of Buddha.

Some initiate are able to take part with their physical bodies, others with their astral bodies because they are able to leave their bodies. But everyone of you has also the possibility to participate at least with his mind. During this ceremony the brothers of light will get in contact with the divine entities to attract the cosmic powers and to spread these currents and vibrations of highest spirituality all over the cosmos.

If you want to join this assembly with all these initiates you have to prepare yourselves. You should not wear any metallic objects at your body because metal is not leading these currents which will come from the spiritual regions during this ceremony. But the only, most important condition to participate is harmony: be vigilant against every negative thought, every bad feeling against anyone. Get into a good inner attitude which allows you to come in contact with the initiates so that your wish to receive the blessings they distribute to all children of God will come true. **(MAY 14, 1995)**

When you become indifferent to a friend of whom you were once very fond, you are likely to think it is because your friend has changed in some way. In fact, it is perhaps you who have lost capacity to appreciate him or her.

Often, a disciple's attitude to his master can change in the same way. When a disciple is sincere and motivated by a desire to perfect himself, he sees the light and wisdom of his master. But if he becomes lazy and abandons his spiritual exercises, turning to other interests, he will no longer see his master in the same light. We must therefore be wise in order to understand the reason for apparent changes around us. Very often we claim that other people have changed, but first of all we must analyze ourselves, and then perhaps we shall discover that it was within us, after all, that the changes took place.

**(MAY 19, 1998)**

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

What will be the new life? Imagine you go out in the morning to go to work and on your way you meet dozens of people who each greet you with a look that is full of joy, light and love. This is what the new life will be. For now, unfortunately, the reality is quite the reverse and so many of the people we meet in the street give us sad, inexpressive or even hostile looks that we feel demagnetized. One wonders how these people behave with their families and how they can live with themselves. Why are we so reluctant to smile, to give a friendly look, to do anything that might give joy or inspire trust? What do we lose out on by



## WORKING WITH LIGHT

giving something of ourselves from time to time? The day human beings will know what riches they possess and how to distribute them, that will be the beginning of the new life.

(MAY 27, 2002)

Light is the quintessence of the universe. In the morning at sunrise we can intensify the living light within us thanks to the prana in the air. Prana is an energy, a life force which permeates the whole of nature – earth, water, air and fire – but which is present most abundantly in the sun's rays, and by breathing we can capture it and draw it into ourselves. Each particle of prana is like a drop of crystal-clear water, a tiny floating sphere filled with light. When our prayer is sincere and we are concentrating on the sun, with every breath we draw in we absorb some of these minute spheres, these subtle particles, and in this way we reinforce our physical and psychic organism.

(MAY 28, 1995)

You are looking at a balloon on a string. It strains to rise into the sky, but it is tied to the ground. Like this balloon, we too have something within us which aspire to rise, to fly away, but which is restrained by its bonds. We must try to loosen these bonds, so that this profound, eternal aspiration, which is engraved in the depths of our soul, this yearning to fly to the immensity of light and peace from whence we came, may be fulfilled. It is from this memory of a distant and lost homeland – a memory often vague and confused – that we draw our faith, for we bear within us, in the depths of our unconscious, an indelible trace of a far distant past when we dwelt in the bosom of the Eternal.

(MAY 29, 2003)

As soon as you realize you are going down the wrong path by giving in to certain temptations, change course and quickly distance yourself from the dark regions into which you have strayed. Understand that your entire future is determined by the regions towards which you travel.

Religious teaching says that God punishes us when we do wrong and rewards us for the good things we do. But this is just a way of presenting things. In reality, God does not punish us and he does not reward us either. We ourselves choose to go to a particular inner region, through our thoughts, our feelings and our actions. We then either have to suffer, or we benefit from the splendid conditions in these regions. And there is an enormous difference between going to the regions of light and going to those of darkness.

(MAY 29, 2002)

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

(MAY 31, 2001)

Why are human beings afraid of sacrifice? Why do they reject the idea of sacrifice? Because they have the impression they will lose something. Since most often it is for others that we must make sacrifices, they imagine that the others will gain something at their expense. No, it is just the opposite and, by thinking in this way, they cut themselves off from the source of life and joy.

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

## WORKING WITH LIGHT

For those who agree to make sacrifices with goodwill and love, all obstacles fall away, and they feel as if they are enfolded in an ocean of light and transported on its waves. If only human beings were to change their mental attitude, they would discover that each gesture, each action, each step they take for others can strengthen them, vitalize them and make them happy.  
(JUNE 6, 2004)

While youth and beauty last an actress or singer knows success. But what happens later? More often than not she will be forgotten and a younger, prettier star will take her place. However bitterly she inveighs against this apparent injustice there is nothing she can do to change it. She should have been prepared for it. She should have known that the public is ruthlessly fickle. Every star fades and is replaced in its affections unless they possess a secret. And what is this secret? It is to know how to renew the life within. If you are capable of radiating new life every day, a life of love, light and purity, no one will want to put anyone else in your place even when you are three hundred years old! No one ever thinks of replacing the sun. We replace all kinds of things and all kinds of people but no one has yet succeeded in taking the place of the sun. Husbands get rid of one wife and put another in her place. And vice versa. You will say, 'Yes, but that is because he was not earning enough money, or because he had a broken nose!' No, the real reason is that he had allowed his life to stagnate. No one wants to replace those who radiate life, because life is the one thing we most need.  
(JUNE 9, 1995)

Before throwing yourself into a project, whatever it may be, try to raise high into the world of light and ask what you are to do. The reply will come to you in the form of a thought, a feeling, or a symbolic figure. If the reply is clear, you can act on it. If you feel hesitant, confused, anxious, or ambiguous, it is because you are not yet ready for the enterprise and there are obstacles blocking your path. So, put it off to the next day and ask the question again, and do nothing until the road is free and clear. Your heart and your mind are screens on which entities of the invisible world project their replies. So, before making a decision, observe your screens, and if the images they reflect to you are obscure, do not take any action. The spirits of wisdom are working constantly throughout the world. Instead of deciding to realize your own project at any cost, therefore ask these beings whether the divine world, which knows exactly what you need, might not have better plans in mind for you.  
(JUNE 14, 2003)

In itself, every object is neutral. But whatever the object, man has the power to influence it by means of thought in order to make it work for good or for evil, and this is called magic. A magus is someone who is able to infuse objects with properties and powers they did not already have. A white magus extracts elements from his own quintessence and introduces them into certain objects, thus transforming them into talismans, which are bearers of every blessing. As for black magic, it is best not to talk about it. As for you, you must concern yourself with magic only as a means of doing a useful work every day using your thoughts. Everywhere you go, strive through your thoughts to introduce particles of light that you have wrested from your heart and soul into every object you touch. In doing so, you will create sacred spaces in the invisible world which will influence all creatures in a beneficial way.  
(JUNE 15, 2003)

It is the law of the earth that everything is contaminated in one way or another, and we are continuously exposed to impurities, whatever our physical or psychic activities. Eating,



## WORKING WITH LIGHT

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

Although light is diffused throughout the universe and penetrates all that exists, man cannot see it because he is not sufficiently developed spiritually to perceive something so subtle. By concentrating frequently on this light, however, he refines his powers of perception to the point where not only does he begin to sense it, but he actually attracts it to himself and it begins to transform him. When you meditate, get into the habit of leaving aside all your worries and concerns and concentrate on spiritual light. In this way you will draw it into yourself, and all the worn out particles of your body will gradually be replaced by new, pure, luminous particles. When you do this exercise you are working for your own salvation, for your own immortality. You must never stop looking for the light that can restore you to a state of perfect harmony. **(OCTOBER 27, 1995)**

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

Human beings seek love, wealth and glory, but what they are really searching for in all this is God, because in reality nothing or nobody can bring them joy except God. Yes, in one way or another people are always looking for the Divinity; they always yearn to return to the source to find again their provenance, their original life immersed in paradise. Unfortunately the poor souls are not enlightened so they walk many a muddy road and squelch around in the mud, bogging them down inextricably; and who knows when they will reach their goal? Since God has put a small particle of his quintessence in every thing and in every being, we can find Him everywhere. However, since most people disperse themselves here there and everywhere, they will need billions of years in their search for God. The straight road to God must pass along the paths of purity and light. **(NOVEMBER 9, 1999)**

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

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

## WORKING WITH LIGHT

entrance into a specific region, we need the colour in our aura that will open the door to that region. If, for example, you have yellow in your aura, you will gain entry to the libraries of nature and you will have all secrets revealed to you.

Blue will take you into the realm of music, and red will give access to the region in which you can draw upon the quintessence of vitality. The deciding factor for permission to enter the invisible world is, therefore, the aura, and you are allowed access to the regions corresponding to the colours it contains. **(NOVEMBER 20, 1998)**

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

# APPENDIX: BOOKS

## – BIBLIOGRAPHY –

### *Prenatal Education, Spiritual Electroplating*

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

\* \* \*

## EDITION HEAVEN ON EARTH

(ALL ADOBE-FILES)

## THOUGHTS OF A SPIRITUAL TEACHER

### OMRAAM MIKHAËL AÏVANHOV:

- |                                                |                                                 |
|------------------------------------------------|-------------------------------------------------|
| ➤ A correct understanding of Good and Evil (F) | ➤ Education – <i>Guidelines for Parents</i> (F) |
| ➤ A new Light on Prayer                        | ➤ Explanations on Heredity                      |
| ➤ A new Understanding of Health                | ➤ Guidelines for Spiritual Work                 |
| ➤ A Servant of God                             | ➤ How to master Habits (F)                      |
| ➤ Angels & the Tree of Life (F)                | ➤ How to surpass Karma & Predestination         |
| ➤ Becoming a Spiritual Disciple (F)            | ➤ How to work with Talismans                    |
| ➤ Christ, Christians & Christianity (F)        | ➤ Interpretations of the Gospel                 |

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

## WORKING WITH LIGHT

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

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

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

\* \* \*

# EDITION PROSVETA

# OMRAAM MIKHAËL AÏVANHOV

(AVAILABLE IN EVERY GOOD BOOKSHOP)

## - COMPLETE WORKS -

### THE SECOND BIRTH

#### Table of contents

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

#### Summary

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

Two thousand years ago, in Palestine, Jesus gave us the key to all spiritual work, when he said, Unless a man be born of water and the Spirit, he cannot enter into the Kingdom of God. Today, the Master Omaam Mikhaël Aïvanhov interprets these words for our benefit. The water Jesus speaks of is Love; the Spirit, fire, is Wisdom, and Love and Wisdom unite to give birth to Truth which is the new life. In his commentary, the Master Omraam Mikhaël Aïvanhov shows how these three virtues of Love, Wisdom and Truth, correspond to man's psychic structure composed of heart, mind and will. Explaining that our physical bodies mirror our psychic being, he shows how Cosmic Intelligence has inscribed the secret of love in our mouths, that of wisdom in our ears and that of truth in our eyes.

This volume, which is the first of a series, sets out the essential foundations of Omraam Mikhaël Aïvanhov's Teaching and reveals the vast scope of his thought in which Holy Scripture, esoteric symbolism and the sciences of man and of nature meet and complete each other in one all-embracing synthesis.

### SPIRITUAL ALCHEMY

44

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

## WORKING WITH LIGHT

### Table of contents

- |                                                |                                        |
|------------------------------------------------|----------------------------------------|
| 1. Gentleness and Humility                     | 7. The Feet and the Solar Plexus       |
| 2. 'Except Ye Die Ye Shall Not Live'           | 8. The Parable of the Tares            |
| 3. Living in Conscious Reciprocity with Nature | 9. Spiritual Alchemy                   |
| 4. The Unjust Steward                          | 10. Spiritual Galvanoplasty            |
| 5. Lay Up for Yourselves Treasures             | 11. The Mother's Role During Gestation |
| 6. The Miracle of the Loaves and Fishes        |                                        |

### Summary

True Alchemy does not consist in the spectacular transmutation of base metals into gold, but in the spiritual transmutation of man's own matter. Grains of sand are transformed into pearls; summer seeds twisted, blackened vine-stocks burst into leaf and bow beneath the weight of their grapes; caterpillars are metamorphosed into butterflies; galvanoplasty transforms a drab piece of base metal into a golden ornament... All these different ways of transforming things are familiar to us but we have never studied them sufficiently closely to realize that they contain the secret of our own inner metamorphosis. If a tree, for instance, is capable of transforming the raw mineral nutrients it draws from the soil into the sugarsap which enables it to produce flowers and fruits, why should man not do likewise ? Why should we not be capable of transforming the raw juices of our instincts and passions so that they produce a rich harvest of flowers and fruit, in the form of vitality in our physical bodies, love and joy in our hearts and understanding and wisdom in our minds ?

### LIFE FORCE

#### Table of contents

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 1. Life                               | 7. Unwanted Guests            |
| 2. Character and Temperament          | 8. The Strength of the Spirit |
| 3. Good and Evil                      | 9. Sacrifice                  |
| 4. Pitting Oneself Against the Dragon | 10. A High Ideal              |
| 5. Presence and Absence               | 11. Peace.                    |
| 6. Thoughts are Living Entities       |                               |

### Summary

Human beings come and go, work and play, and busy themselves with all kinds of things, never realizing that their life is growing dim and dirty because they do nothing to protect it. They think that the life they have received is theirs to dispose of, and that they have a right to use it for pleasure or become rich, learned or renowned, as they please. So they draw on their reserves without restraint until, one day, they find themselves utterly spent and obliged to abandon all their activities. It is completely senseless to behave like that for, once we have wasted our supply of life, we have no other resources to fall back on.

The Sages have always said that the only thing that is essential is life itself, and that we must protect, purify and sanctify it and eliminate whatever may hinder or prevent it from developing. And, if we do so, life will give us everything else: health, strength, power, intelligence and beauty - every thing ! The highest form of magic, the highest form of White Magic is to lead a pure, luminous life."

### HARMONY

#### Table of contents

- |                                                       |                                                |
|-------------------------------------------------------|------------------------------------------------|
| 1. Harmony                                            | 7. Meditation                                  |
| 2. Medical Science Must be Based on Initiatic Science | 8. The Human Intellect and Cosmic Intelligence |
| 3. The Future of Medicine                             | 9. The Solar Plexus and the Brain              |
| 4. A Disciple Must Develop His Spiritual Senses       | 10. The Hara Centre                            |
| 5. What Can We Learn From a House ?                   | 11. The Initiatic Heart                        |
| 6. How Thought is Materialized on the Physical Plane  | 12. The Aura.                                  |

### Summary

"Meditate on harmony, love it, long for it so as to introduce it into your every gesture, every look, every word. Let the word "harmony" impregnate you; keep it within you as a kind of pitch pipe, and when you are feeling worried or upset, take it out and listen to it and do nothing until your whole being is in tune with it once more. In the morning, when you wake, remember to begin your day by tuning yourself to the world of universal harmony... When you enter a house let your first thought be: "May peace and harmony reign in this house".

### THE MYSTERIES OF YESOD The bases of spiritual life

#### Table of contents

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

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

## WORKING WITH LIGHT

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

### Summary

Yesod, the ninth Sephirah on the cabbalistic Tree of Life, is the symbol of a pure life. Taking purity as the basis of his spiritual teaching (Yesod means 'base' in Hebrew), Omraam Mikhaël Aïvanhiov renews in our times the sense and significance of the ancient Initiations enriched by his own innumerable discoveries. He has personally practised and experimented at length with the rules and exercises he proposes for our use ; their purpose is to liberate man and awaken in every fibre of his being the vital, harmonious forces of Divine life.

### THE SPLENDOUR OF TIPHARETH

#### Table of contents

1. Surya-yoga - The Sun, Centre of our Universe
2. Obtaining Etheric Elements from the Sun When We Gaze at the Sun Our Soul Begins to Resemble it
3. Our Higher Self Dwells in the Sun
4. The Creator Sows Seeds in Us and the Sun Makes Them Grow  
The Sun Reflects the Blessed Trinity
5. Every Creature Has a Home - The Seven Beads of the Rosary
6. The Master and the Seven-bead Rosary  
Every Creature Needs to Own and Protect its Dwelling Place - The Aura
7. The Heliocentric Point of View
8. Love as the Sun Loves
9. A Master Must be Like the Sun and Remain at the Centre  
Some Prayers to Say at Sunrise
10. Rise Above the Clouds - The Sephirah Tiphareth
11. The Spirits of the Seven Lights

### Summary

When we focus our attention on the sun, the centre of our universe, we draw closer to our own centre, our higher self, the sun within; we melt into it and begin to resemble it more and more.

But to focus our attention on the sun also means to learn to mobilize all our, thoughts, desires, and energies, and put them to work in the service of the highest ideal. He who works to unify the chaotic multitude of inner forces that constantly threaten to tear him apart, and launch them in the pursuit of one, luminous, beneficial goal, becomes a powerful focal point, capable of radiating in every direction. Believe me, a human being who masters the tendencies of his lower nature can benefit the whole of mankind. He becomes as radiant as the sun. His freedom is such that his consciousness embraces the whole human race as he pours out the superabundance of light and love that dwell within him.

The world needs more and more human beings capable of dedicating themselves to this work with the sun, for only love and light are capable of transforming humanity.

### THE KEY to the Problems of Existence

#### Table of contents

1. The Personality
2. Jnana-yoga
3. Giving and Taking
4. Evil is Limited, Good is Limitless
5. Eternal Happiness
6. Fermentation
7. Which Life ?
8. The Image of the Tree - The Individuality Must Consume The Personality
9. Working on the Personality
10. The Personality Keeps You from Reflecting the Sun

### Summary

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

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

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



## WORKING WITH LIGHT

This book shows us that our 'personality', that inner force of which we are all aware and which so often leads us astray, can be a precious ally rather than an enemy. Instead of waging a losing battle against our lower nature, we can learn to control and use it to elevate ourselves. In doing so we gradually discover the existence of a higher psychic power within us, our 'individuality', which is above all contingencies and conflicts and is capable of using them to create inner harmony and true fraternal bonds.

### COSMIC MORAL LAWS

#### Table of contents

- |                                                 |                                                                              |
|-------------------------------------------------|------------------------------------------------------------------------------|
| 1. 'As You Sow, So Shall You Reap'              | 13. Why Look for Models in the World Above                                   |
| 2. The Importance of Choice - Work not Pleasure | 14. Man Creates in the Invisible World by Means of his Thoughts and Feelings |
| 3. Creative Activity as a Means of Evolution    | 15. We must not Sever the Link Between the World Below and the World Above   |
| 4. Justice                                      | 16. If You Are Light You Will Seek the Company of Light                      |
| 5. The Law of Affinity : Peace                  | 17. Duplicates - New Recordings                                              |
| 6. The Law of Affinity : True Religion          | 18. Morality Comes into its Own in the World Above                           |
| 7. The Laws of Nature and Moral Law             | 19. Example ist the Best Teacher                                             |
| 8. Reincarnation                                | 20. Turn the Other Cheek.                                                    |
| 9. Don't Stop Half-Way                          |                                                                              |
| 10. Know How to Use Your Energies               |                                                                              |
| 11. How to Distil the Quintessence              |                                                                              |
| 12. The Moral Law Exemplified in a Spring       |                                                                              |

#### Summary

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

### A NEW EARTH Methods, exercises, formulas, prayers

#### Table of contents

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

#### Summary

A great many people today feel the need for some practical methods that will help them to grow spiritually. A New Earth responds to that need. It contains a number of simple, effective, spiritual exercises taken from the thousands of lectures given by the Master Omraam Mikhaël Aïvanhov over a period of nearly fifty years. Some concern our everyday life: nutrition, breathing, hygiene, purification, and our relationships with nature and other human beings. Others touch on questions that are more directly spiritual: meditation and prayer, the development of our psychic centres, or chakras, the aura, the body of glory, and so on. All these methods grow out of that immense body of knowledge known as initiatic science, the principal goal of which is the advent of the 'new heaven and the new earth' announced in scripture.

### LOVE AND SEXUALITY

#### Table of contents

- |                                                                                            |                                                          |
|--------------------------------------------------------------------------------------------|----------------------------------------------------------|
| 1. The Masculine and Feminine Principles<br>The Love of God, the Love of Others, Self Love | 9. From Yesod to Kether : The Path of Sexual Sublimation |
| 2. Taking the Bull by the Horns - The Caduceus of Mercury                                  | 10. The Spiritual Screen                                 |
| 3. The Serpent -Isis Unveiled                                                              | 11. Nourishment and Love                                 |
| 4. The Power of the Dragon                                                                 | 12. Woman's Role in the New Culture                      |
| 5. Spirit and Matter - The Sexual Organs                                                   | 13. The Initiatic Meaning of Nudity                      |
| 6. Manifestations of the Masculine and Feminine Principles                                 | 14. Exchanges and Relationships                          |
| 7. Jealousy                                                                                | 15. Wealth and Poverty                                   |
| 8. The Twelve Doors of Man                                                                 | 16. To Love is the Work of the Disciple                  |
|                                                                                            | 17. Love in the Universe                                 |
|                                                                                            | 18. A Wider Concept of Marriage I                        |
|                                                                                            | 19. The Twin-Soul                                        |

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

## WORKING WITH LIGHT

- 20. Everything Depends on Your Point of View
- 21. A Wider Concept of Marriage II and III
- 22. Analysis and Synthesis
- 23. Like the Sun, Love Brings Order to Life
- 24. Mother Love
- 25. The Meaning of Renunciation

### Summary

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

## LOVE AND SEXUALITY

### Table of contents

- 1. A Question of Attitude
- 2. True Marriage
- 3. The Sun is the Source of Love
- 4. The Goal of Love is Light
- 5. The Manifestations of the Masculine and Feminine Principles
- 6. Master or Mistress ?
- 7. Vestal Virgins ; the New Eve
- 8. Materialism, Idealism and Sexuality - 'On Earth as in Heaven'
- 9. Heart and Mind ; the Universal White Brotherhood
- 10. Seek the Soul and the Spirit
- 11. Restoring Love to its Pristine Purity
- 12. Love Transforms Matter
- 13. Love and Identification
- 14. The Task of a Disciple

- 26. The Bonds of Love
- 27. Youth and the Problem of Love - The New Currents
- Marriage - Why Self-Control - The Need for a Guide
- Give Your Love to God First.

- 15. Open Yourself to Others and They Will Love You
- 16. Tantra-Yoga
- 17. Emptiness and Fullness : the Holy Grail
- 18. Love is Everywhere
- 19. Look for Love at its Source
- 20. Know How to Use Your Powers of Love
- 21. A Broader Concept of Marriage, Part IV
- 22. It Rises from Earth and Descends from Heaven
- 23. The Secret of Happiness is in an Expanded Consciousness
- 24. 'Whatever you Bind on Earth'
- 25. Love God so as to Love Your Neighbour Better
- 26. Live Lovingly
- 27. Our Only Weapons: Love and Light
- 28. Never Stop Loving
- 29. Towards a Broader Concept of the Family.

### Summary

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

## KNOW THYSELF: JNANA YOGA

### Table of contents

- 1. 'Know Thyself'
- 2. The Synoptic Table
- 3. Spirit and Matter
- 4. The Soul
- 5. Sacrifice

### Summary

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

## KNOW THYSELF: JNANA YOGA

### Table of contents

- 6. Food for the Soul and the Spirit
- 7. Consciousness
- 8. The Higher Self
- 9. Truth
- 10. Freedom.

1. Beauty
2. Spiritual Work
3. The Power of Thought
4. Knowledge: Heart and Mind
5. The Causal Plane
6. Concentration, Meditation, Contemplation and Identification

7. Prayer
8. Love
9. The Will
10. Art and Music
11. Physical Gestures
12. Respiration.

### **Summary**

Know thyself! All science and all wisdom lies in knowing oneself, in finding oneself, in the fusion of one's lower self with one's higher self. The symbol of the initiate who has succeeded in finding himself is the serpent with its tail in its mouth. A serpent forms a straight or wavy line, and a line is limited. But the serpent with its tail in its mouth forms a circle and a circle represents the infinite, the limitless, the eternal. He who succeeds in becoming a circle enters a world without limitations where the 'above' and the 'below' are no longer separated, because all the powers and all the riches and virtues of the true, higher self have been infused into the lower self. The higher and the lower become one and man becomes a divinity.

## **A NEW DAWN: Society and Politics in the Light of Initiatic Science (I)**

### **Table of contents**

1. The Age of Aquarius
2. The Dawn of Universal Brotherhood
3. Youth and Revolution
4. Communism and Capitalism

5. True Economics
6. Wealth
7. Aristocracy and Democracy
8. Politics in the Light of Initiatic Science.

### **Summary**

Man was built by Cosmic Intelligence in such a way that he can fulfil himself and attain his full stature only by maintaining ties with a higher world from which he receives light and strength. When human beings rely exclusively on their own limited intellect they deprive themselves of true understanding, and it is this lack that is the cause of all their disastrous mistakes. When men are motivated only by a lust for material possessions and power and act in total disregard for the plans of Cosmic Intelligence, they stir up layers of the physical and psychic atmosphere and arouse formidable forces whose fury is turned against them. The Age of Aquarius will soon be upon us and the tremendous upheavals accompanying it will oblige human beings to understand the reality of the invisible world and the laws that govern it. But the beauty, splendour and harmony of the new life that will emerge from these upheavals will be beyond anything imagined by man. All those who have been secretly working for the coming of the Kingdom of God throughout the world will join forces and work together, and the bastions of ignorance, materialism and despotism will crumble and collapse. This I tell you. And it will be: nothing can prevent the coming of the new era, the new Golden Age."

## **NEW DAWN: Society and Politics in the Light of Initiatic Science (II)**

### **Table of contents**

1. Forms and Principles
2. The Religion of Christ
3. The Idea of a Pan-World

4. The Cosmic Body
5. The Kingdom of God and His Righteousness
6. The New Jerusalem.

### **Summary**

Man as conceived by Cosmic Intelligence is such that if he is to be fulfilled, he must connect himself with the light and power of the Higher World. If not, if he puts all his trust in his own limited faculties, he will be unable to see ahead and in his blindness he will make drastic errors in all domains. If he puts his faith in technology, trade and material development, sooner or later he will fail, for if his action is based on the desire to control the world regardless of the plan and purpose of Cosmic Intelligence it will stir up the psychic and physical layers of the atmosphere, and hostile forces will turn against him in their fury. The Age of Aquarius is now coming in and it will cause great upheavals and cataclysms all over the world, after which those who survive will have a better understanding of the Laws. The splendour and harmonious beauty of the new life that is in store for mankind surpasses the imagination. People who have been secretly working for the Kingdom of God will find each other and combine their new-found extraordinary powers to bring down the fortresses of ignorance, materialism and despotism. I tell you this now, and it will be as I say, for nothing can prevent the coming of the new era, the Golden Age.

## **ON THE ART OF TEACHING from the Initiatic Point of View (III)**

### **Table of contents**

1. Spiritual Work
2. On Responsibility
3. On Building the New Life
4. On the Living Knowledge

5. On Perfection
6. On the Reality of the Invisible World
7. On Participation in the Work of the Universal White Brotherhood.

### **SUMMARY**

Parents and teachers have every material means at their disposal for the proper education of children, but they still lack the means of regenerating humanity. This is what the Teaching of the Universal White Brotherhood brings us: the means parents need to bring healthy, gifted children into the world, the means educators need to turn them into men and women ready to work for the good of society. But these methods can only be applied by adults who have already changed their patterns of behaviour in such a way as to be living examples for their young charges.

### **LIFE AND WORK IN AN INITIATIC SCHOOL**

#### **Table of contents**

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

#### **Summary**

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

### **THE FRUITS OF THE TREE OF LIFE The Cabbalistic Tradition**

#### **Table of contents**

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

#### **Summary**

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

## **- EDITION IZVOR -**

### **P0201AN : Toward a Solar Civilization**

#### **Table of contents**

1. The Sun, Initiator of Civilization
2. Surya Yoga
3. Seeking the Centre
4. The Sun our Provider
5. The Solar Plexus

6. Man is Made in the Image of the Sun
7. The Spirits of the Seven Lights
8. The Sun as our Model
9. The True Solar Religion.

#### **Summary**

Although we may know about heliocentricity from the point of view of astronomy, we are still far from having exhausted all its possibilities in the biological, psychological, cultural and spiritual spheres. The sun exists within each one of us and, if allowed to, can manifest its presence by awakening our consciousness to a global view of human problems.

#### **P0202AN : Man, Master of his Destiny**

##### **Table of contents**

- |                                                |                               |
|------------------------------------------------|-------------------------------|
| 1. The Law of Cause and Effect                 | 5. The Law of Correspondences |
| 2. You will Separate the Subtle from the Gross | 6. Natural and Moral Law      |
| 3. Evolution and Creation                      | 7. Nature's Records           |
| 4. Two Justices: Human and Divine              | 8. Reincarnation              |

#### **Summary**

Why is one born in a particular country and a particular family? Why is one healthy, rich, illustrious and powerful, or on the contrary poor, handicapped and miserable? Even those who think they are entirely free must put up with their fate because of their ignorance of the laws which govern the invisible world. The reply to these questions not only helps the disciple to unravel the tangled threads of his life, it also gives him the tools he must have in order to become master of his own destiny.

#### **P0203AN : Education Begins Before Birth**

##### **Table of contents**

- |                                           |                                            |
|-------------------------------------------|--------------------------------------------|
| 1. The First Priority: Educating Parents  | 7. Never Let Your Children be Idle         |
| 2. Education Begins before Birth          | 8. Prepare Your Children for Adult Life    |
| 3. A Blueprint for the Future of Mankind  | 9. Protect Your Children's Sense of Wonder |
| 4. Don't Neglect Your Children            | 10. Love without Weakness                  |
| 5. A New Understanding of a Mother's Love | 11. Education versus Instruction           |
| 6. The Magic Word                         |                                            |

#### **Summary**

Is it possible for education to begin before birth? Yes. Because true education is primarily subconscious. A child is not a little animal which you can start training as soon as it is old enough. A mother can have a beneficial influence on her child in the womb through the harmony of her thoughts, acts and feelings. And this pre-natal influence must be faithfully continued once the baby is born, for, as all parents should realize, a tiny baby is highly sensitive to its environment. Ultimately, it is by example that parents and pedagogues should accomplish their educational mission

#### **P0204AN : The Yoga of Nutrition**

##### **Table of contents**

- |                                                |                                                                       |
|------------------------------------------------|-----------------------------------------------------------------------|
| 1. Eating: An Act which Concerns the Whole Man | 7. Fasting: I - Means of Purification. II - Another Form of Nutrition |
| 2. Hrana-Yoga                                  | 8. Communion                                                          |
| 3. Food: A Love-Letter from God                | 9. The Meaning of the Blessing                                        |
| 4. Choosing Your Food                          | 10. The Spirit Transforms Matter                                      |
| 5. Vegetarianism                               | 11. The Law of Symbiosis.                                             |
| 6. The Ethics of Eating                        |                                                                       |

#### **Summary**

This is not a dietary book. Omraam Mikhaël Aïvanhov teaches that our attitude towards our food and the way we eat is far more important than what, or how much we eat. He replaces our ordinary ideas of everyday eating with the true mystical significance of nutrition. In this way we can learn to extract from our physical food all the subtle elements necessary for true health and fulfilment.

#### **P0205AN : Sexual Force or the Winged Dragon**

##### **Table of contents**

- |                                                                    |                                                        |
|--------------------------------------------------------------------|--------------------------------------------------------|
| 1. The Winged Dragon                                               | 6. Love without Waiting to be Loved                    |
| 2. Love and Sexuality                                              | 7. Love is Everywhere in the Universe                  |
| 3. The Sexual Force is Essential for Life on Earth                 | 8. Spiritual Love is a Higher Way of Feeding Ourselves |
| 4. Pleasure: / I - Do not Seek Pleasure for it Will Impoverish You | 9. A High Ideal Transforms Sexual Energy               |
| 4. Pleasure: / II - Replace Pleasure with Work                     | 10. Open Your Love to a Higher Path                    |
| 5. The Dangers of Tantric Yoga                                     |                                                        |

#### **Summary**

## WORKING WITH LIGHT

The dragon is not pure fiction: it is the symbol of our instinctive, primitive forces and is common to all mythologies as well as to early Christian iconography. The great challenge of the spiritual life is to conquer, tame and use those forces to reach the highest summits of the spirit.

### P0206AN : A Philosophy of Universality

#### Table of contents

- |                                            |                                                   |
|--------------------------------------------|---------------------------------------------------|
| 1. What is a Sect?                         | 6. The Great Universal White Brotherhood          |
| 2. No Church is Eternal                    | 7. For a Universal Notion of the Family           |
| 3. The Spirit Behind the Form              | 8. Brotherhood, a Higher State of Consciousness   |
| 4. The Advent of the Church of St. John    | 9. The Annual Conventions at the Bonfin           |
| 5. The Foundations of a Universal Religion | 10. The Universal Dimension of All Our Activities |

#### Summary

It is not enough to create associations dedicated to universality. As long as each one of the members has not devoted his or her life to universality, these organizations are powerless. Universal consciousness is the fruit of patient learning and practice, for which Omraam Mikhaël Aïvanhov gives us the basic elements in this book

### P0206AN : A Philosophy of Universality

#### Table of contents

- |                                            |                                                   |
|--------------------------------------------|---------------------------------------------------|
| 1. What is a Sect?                         | 6. The Great Universal White Brotherhood          |
| 2. No Church is Eternal                    | 7. For a Universal Notion of the Family           |
| 3. The Spirit Behind the Form              | 8. Brotherhood, a Higher State of Consciousness   |
| 4. The Advent of the Church of St. John    | 9. The Annual Conventions at the Bonfin           |
| 5. The Foundations of a Universal Religion | 10. The Universal Dimension of All Our Activities |

#### Summary

It is not enough to create associations dedicated to universality. As long as each one of the members has not devoted his or her life to universality, these organizations are powerless. Universal consciousness is the fruit of patient learning and practice, for which Omraam Mikhaël Aïvanhov gives us the basic elements in this book

### P0207AN : What is a Spiritual Master ?

#### Table of contents

- |                                                           |                                              |
|-----------------------------------------------------------|----------------------------------------------|
| 1. How to Recognize a True Spiritual Master               | 6. A Master is a Mirror Reflecting the Truth |
| 2. The Necessity for a Spiritual Master                   | 7. A Master is There Only to Give Light      |
| 3. The Sorcerer's Apprentice                              | 8. The Disciple and His Master               |
| 4. The Exotic Should not be Confused with Spirituality    | 9. The Universal Dimension of a Master       |
| 5. Learn How to Balance the Material and Spiritual Worlds | 10. The Magical Presence of a Master         |
|                                                           | 11. Identification                           |
|                                                           | 12. 'Except Ye Become as Little Children...' |

#### Summary

It is not enough to create associations dedicated to universality. As long as each one of the members has not devoted his or her life to universality, these organizations are powerless. Universal consciousness is the fruit of patient learning and practice, for which Omraam Mikhaël Aïvanhov gives us the basic elements in this book

### P0208AN : The Egregor of the Dove or the Reign of Peace

#### Table of contents

- |                                            |                                             |
|--------------------------------------------|---------------------------------------------|
| 1. Towards a Better Understanding of Peace | 6. Communism and Capitalism                 |
| 2. The Advantages of Unity amongst Nations | 7. Towards a New Understanding of Economics |
| 3. Aristocracy and Democracy               | 8. What Every Politician Should Know        |
| 4. About Money                             | 9. The Kingdom of God                       |
| 5. The Distribution of Wealth              |                                             |

#### Summary

Everyone agrees that peace is essential. And yet they continually feed the fires of conflict within their own hearts and in society, in politics and economics. As long as we do not master our own disordered thoughts and feelings, we cannot hope to create durable peace around us. When peace reigns within us then, and then only, can we truly contribute to peace in the world.

### P0209AN : Christmas and Easter in the Initiatic Tradition

#### Table of contents

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

#### Summary

The fact that the Feasts of Christmas and Easter coincide with the winter solstice and the spring equinox is evidence of their cosmic significance. So we learn that the human being, who is part of the universe,



## WORKING WITH LIGHT

participates intimately in the natural process of gestation and blossoming. These two feasts are two different ways of celebrating the regeneration of men and women and their birth into the spiritual world.

### **P0210AN : The Tree of the Knowledge of Good and Evil**

#### **Table of contents**

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

#### **Summary**

The solution of the question of evil lies in knowing the methods of how to work with it and to use its power. What-ever its origin, evil is an inner and outer reality which con-fronts us daily and which we have to learn to deal with. To attack it head-on is not only useless but dangerous: the odds are too heavily against us. So we have to learn the methods to use in order to gain the upper hand and transform evil into good.

### **P0211AN : Freedom, the Spirit Triumphant**

#### **Table of contents**

- |                                  |                                         |
|----------------------------------|-----------------------------------------|
| 1. Man's Psychic Structure       | 6. True Freedom: a Consecration of Self |
| 2. Mind over Matter              | 7. Freedom through Self-Limitation      |
| 3. Fate and Freedom              | 8. Anarchy and Freedom                  |
| 4. Freedom through Death         | 9. The Notion of Hierarchy              |
| 5. Sharing in the Freedom of God | 10. The Synarchy With                   |

#### **Summary**

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

### **P0212AN : Light is a Living Spirit**

#### **Table of contents**

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

#### **Summary**

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

### **P0213AN : Man's Two Natures, Human and Divine**

#### **Table of contents**

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

#### **Summary**

Man is that ambiguous creature placed by evolution on the borderline between the animal kingdom and the Kingdom of God. His nature is twofold and if he is to continue to evolve it is important that he become aware of his inherent ambivalence. If the Scriptures declare, 'Ye are gods', it is in order to remind men that hidden deep within them lies that sublime essence that they have to learn to manifest. Omraam Mikhaël Aïvanhov gives us the methods we need to manifest ourselves as the gods we really are... and of which we are still unaware.

### **P0214AN : Hope for the World : Spiritual Galvanoplasty**

#### **Table of contents**

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 1. What is Spiritual Galvanoplasty? | 2. Reflections of the Two Principles |
|-------------------------------------|--------------------------------------|

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

## WORKING WITH LIGHT

3. Marriages Made in Heaven
4. Love Freely Given
5. Love on the Lower Plane
6. Love on the Higher Plane
7. Love's Goal is Light
8. The Solar Nature of Sexual Energy

9. Mankind Transformed
10. The Original Experiment and the New One
11. Replenish the Earth!
12. Woman's place
13. The Cosmic Child

### Summary

There are two fundamental principles in the universe which are reflected in every single manifestation of nature and of life: they are the masculine and feminine principles. The whole of creation is the result of the concerted work of these two principles which are replicas of the two creative principles of the cosmos: the Heavenly Father and the Divine Mother, of which men and women are also the reflection. The two principles must work in conjunction: alone, each one is barren. Spiritual galvanoplasty is an application in the spiritual life of this science of the two principles."

### P0215AN : The True Meaning of Christ's Teaching

#### Table of contents

- |                                                                     |                                                                      |
|---------------------------------------------------------------------|----------------------------------------------------------------------|
| 1. 'Our Father Which Art in Heaven'                                 | 6. 'He That Eateth My Flesh and Drinketh My Blood Hath Eternal Life' |
| 2. 'My Father and I Are One'                                        | 7. 'Father, Forgive Them, For They Know Not What They Do'            |
| 3. 'Be Ye Perfect, Even as Your Father Who is in Heaven is Perfect' | 8. 'Unto Him that Smiteth Thee on the One Cheek...'                  |
| 4. 'Seek Ye First the Kingdom of God and His Justice'               | 9. 'Watch and Pray'.                                                 |
| 5. 'On Earth as it is in Heaven'                                    |                                                                      |

### Summary

The whole of Christ's teaching is summed up in the prayer he gave us: the Lord's Prayer. Omraam Mikhaël Aïvanhov demonstrates and explains this. Nature, in her own wonderful way, has condensed a tree's entire potential into one tiny seed. Jesus did the same. He took his whole Teaching, and condensed it into a prayer to his Father, in the hope that this seed would take root in our souls, be nurtured by them and grow into its full potential : the massive fruitful tree of Initiatic Science, the true Teaching of Christ.

### P0216AN : The Living Book of Nature

#### Table of contents

- |                                   |                                                                          |
|-----------------------------------|--------------------------------------------------------------------------|
| 1. The Living Book of Nature      | 8. Building a House                                                      |
| 2. Day and Night                  | 9. Red and White                                                         |
| 3. Spring Water or Stagnant Water | 10. The River of Life                                                    |
| 4. Marriage, a Universal Symbol   | 11. The New Jerusalem - Perfect Man. I - The Gates. II - The Foundations |
| 5. Distilling the Quintessence    | 12. Learning to Read and Write.                                          |
| 6. The Power of Fire              |                                                                          |
| 7. The Naked Truth                |                                                                          |

### Summary

'In Initiatic Science, to read means to be able to decipher the subtle and hidden side of objects and creatures, to interpret the symbols and signs placed everywhere by Cosmic Intelligence in the great book of the universe. To write means to leave one's imprint on this great book, to act upon stones, plants, animals and men through the magic force of one's spirit.

### P0217AN : New Light on the Gospels

#### Table of contents

- |                                                        |                                                                          |
|--------------------------------------------------------|--------------------------------------------------------------------------|
| 1. 'Men do not Put New Wine into Old Bottles'          | 7. The Calming of the Storm                                              |
| 2. 'Except Ye Become as Little Children'               | 8. The First Shall Be Last                                               |
| 3. The Unjust Stewart                                  | 9. The Parable of the Five Wise and the Five Foolish Virgins             |
| 4. 'Lay up for Yourselves Treasures in Heaven'         | 10. 'This is Life Eternal, that they Might Know Thee the Only True God'. |
| 5. The Strait Gate                                     |                                                                          |
| 6. 'Let Him Which is on the Housetop not Come Down...' |                                                                          |

### Summary

Omraam Mikhaël Aïvanhov interprets all these familiar tales, whether real or symbolic, told by the Gospels. He strips them of their restrictive, purely anecdotal character, and reveals their underlying, psychological and spiritual realities. Suddenly it becomes clear that they are always relevant to our own inner lives, where the forces of materialism and spirituality confront and come to terms with each other.

### P0218AN : The Symbolic Language of Geometrical Figures

#### Table of contents

- |                          |               |
|--------------------------|---------------|
| 1. Geometrical Symbolism | 2. The Circle |
|--------------------------|---------------|

## WORKING WITH LIGHT

3. The Triangle
4. The Pentagram
5. The Pyramid

6. The Cross
7. The Quadrature of the Circle

### Summary

'Geometrical figures are, as it were, the framework or skeleton of reality but although they are reduced to the bare bones they are by no means dead, for they represent living realities in man and the universe. And this is why, in order to interpret them, we have to breathe the life of the spirit into them: they will mean nothing to us if we are content to study them only as they occur outside ourselves.

### P0219AN : Man's Subtle Bodies and Centres

#### Table of contents

1. Human Evolution and the Development of the Spiritual Organs
2. The Aura
3. The Solar Plexus
4. The Hara Centre

5. Kundalini Force
6. The Chakras: The Chakra System
  - I. - The Chakra System
  - II. Ajna and Sahasrara.

### Summary

'However much we cultivate and refine our five senses they will always be severely limited in scope for they belong to the physical plane: they will never be capable of exploring any reality above or beyond the physical. In order to experience other, new sensations, we must call into play those other, subtler organs and centres which we all possess.

### P0220AN : The Zodiac, Key to Man and to the Universe

#### Table of contents

1. The Enclosure of the Zodiac
2. The Zodiac and the Forming of Man
3. The Planetary Cycle of Hours and Days
4. The Cross of Destiny
5. The Axes of Aries-Libra and Taurus-Scorpio
6. The Virgo-Pisces Axis

7. The Leo-Aquarius Axis
8. The Fire and Water Triangles
9. The Philosophers' Stone : the Sun, the Moon and Mercury
10. The Twelve Tribes of Israel and the Twelve Labours of Hercules in Relation to the Zodiac.

### Summary

The constellations and planets are the hieroglyphs, the sacred letters which reveal, to those who know how to decipher them, how mankind and the world were created, how they evolve hand in hand and how their inner structure is identical. Every human being who becomes aware of his kinship with the universe begins to feel the need to cultivate his inner life in order to rediscover, within himself, that cosmic plenitude symbolized to perfection by the circle of the zodiac

### P0221AN : True Alchemy or the Quest for Perfection

#### Table of contents

1. Spiritual Alchemy
2. The Human Tree
3. Character and Temperament
4. Our Heritage from the Animal Kingdom
5. Fear
6. Stereotypes

7. Grafting
8. The Use of Energy
9. Sacrifice, the Transmutation of Matter
10. Vainglory and Divine Glory
11. Pride and Humility
12. The Sublimation of Sexual Energy

### Summary

'Don't battle against your weaknesses and vices for it is they who will win: instead, learn to make them work for you. You find it perfectly normal to use natural, physical forces so why be astonished at the idea of using your own primitive forces! Once you know the rules of spiritual alchemy you will be able to transform and use the negative forces that exist in such abundance within you.

### P0222AN : Man's Psychic Life : Elements and Structures

#### Table of contents

1. Know Thyself
2. The Synoptic Table
3. Several Souls and Several Bodies
4. Heart, Mind, Soul and Spirit
5. The Apprenticeship of the Will
6. Body, Soul and Spirit
7. Outer Knowledge and Inner Knowledge

8. From Intellect to Intelligence
9. True Illumination
10. The Causal Body
11. Consciousness
12. The Subconscious
13. The Higher Self.

### Summary

'In order to give a clear idea of human anatomy one is obliged to have recourse to a series of different plates each of which illustrates one of the systems of the human body: the skeleton, the muscular system, the

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

## WORKING WITH LIGHT

circulatory system, the nervous system, etc. Similarly, when an Initiate wants to study one or other aspect of man's psychic structure, he applies the same method as an anatomist: he uses different diagrams or outlines according to which aspect he is studying.'

### **P0223AN : Creation: Artistic and Spiritual**

#### **Table of contents**

- |                                      |                                         |
|--------------------------------------|-----------------------------------------|
| 1. Art, Science and Religion         | 7. How to Listen to Music               |
| 2. The Divine Sources of Inspiration | 8. The Magic Power of a Gesture         |
| 3. The Work of the Imagination       | 9. Beauty                               |
| 4. Prose and Poetry                  | 10. Idealization as a Means of Creation |
| 5. The Human Voice                   | 11. A Living Masterpiece                |
| 6. Choral Singing                    | 12. Building the Temple                 |

#### **Summary**

The laws of true artistic creation are identical with the laws of spiritual creation. The creative work of an artist is exactly the same work of inner regeneration as that undertaken by one who is striving for spiritual perfection. Just as an artist uses paint and canvas, clay or bronze to create a work of art, so a spiritual person uses the raw materials of his or her own being in striving towards inner perfection.

### **P0224AN : The Powers of Thought**

#### **Table of contents**

- |                                                 |                                    |
|-------------------------------------------------|------------------------------------|
| 1. The Reality of Spiritual Work                | 8. Rules for Spiritual Work        |
| 2. Thinking the Future                          | 9. Thoughts as Weapons             |
| 3. Psychic Pollution                            | 10. The Power of Concentration     |
| 4. Thoughts are Living Beings                   | 11. Meditation                     |
| 5. How Thought Produces Material Results        | 12. Creative Prayer                |
| 6. Striking a Balance between Matter and Spirit | 13. Reaching for the Unattainable. |
| 7. The Strength of the Spirit                   |                                    |

#### **Summary**

'Every one of our thoughts is pregnant with the power of the spirit which brought it into being, that power is constantly at work. Knowing this, each one of you has the possibility of becoming a benefactor of mankind; by projecting your thoughts into the farthest reaches of space, you can send out messages of light to help, comfort, enlighten and heal others. He who undertakes this work knowingly and deliberately, gradually penetrates into the mysterious arcana of divine creation.'

### **P0225AN : Harmony and Health**

#### **Table of contents**

- |                                          |                                                |
|------------------------------------------|------------------------------------------------|
| 1. Life Comes First                      | I. The Effects of Respiration on Health        |
| 2. The World of Harmony                  | II. How to Melt into the Harmony of the Cosmos |
| 3. Harmony and Health                    | 7. Nutrition on the Different Planes           |
| 4. The Spiritual Foundations of Medicine | 8. How to Become Tireless                      |
| 5. Respiration and Nutrition             | 9. Cultivate an Attitude of Contentment.       |
| 6. Respiration:                          |                                                |

#### **Summary**

'If you are ill, it's because you harbour disorder within yourself: you have nourished certain thoughts, feelings and attitudes that have finally affected your health. The best weapon against illness is harmony. Night and day think about synchronizing yourself with the whole of life - limitless life, cosmic life.'

### **P0226AN : The Book of Divine Magic**

#### **Table of contents**

- |                                               |                                              |
|-----------------------------------------------|----------------------------------------------|
| 1. The Danger of the Current Revival of Magic | 10. We All Work Magic                        |
| 2. The Magic Circle of the Aura               | 11. The Three Great Laws of Magic            |
| 3. The Magic Wand                             | 12. The Hand                                 |
| 4. The Magic Word                             | 13. The Power of a Glance                    |
| 5. Talismans                                  | 14. The Magical Power of Trust               |
| 6. Is Thirteen an Unlucky Number              | 15. Love, the Only True Magic                |
| 7. The Moon                                   | 16. Never Look for Revenge                   |
| 8. Working with Nature Spirits                | 17. The Exorcism and Consecration of Objects |
| 9. Flowers and Perfumes                       | 18. Protect Your Dwelling Place.             |

#### **Summary**

'True magic, divine magic, lies in using all one's faculties, all one's knowledge, toward realizing the Kingdom of God on earth. Very few magi have reached the high level where the only ideal is to work in the Light for the Light. Those who manage to do so are the true benefactors of humanity.'

## WORKING WITH LIGHT

### P0227AN : Golden Rules for Everyday Life

#### Table of contents

- |                                                                    |                                                          |
|--------------------------------------------------------------------|----------------------------------------------------------|
| 1. Life: our most precious possession                              | 8. Love makes us tireless                                |
| 2. Let your material life be consistent with your spiritual life   | 9. Technical progress frees man for spiritual work       |
| 3. Dedicate your life to a sublime goal                            | 10. Furnishing your inner dwelling                       |
| 4. Our daily life: a matter that must be transformed by the spirit | 11. The outer world is a reflection of your inner world  |
| 5. Nutrition as Yoga                                               | 12. Make sure of a good future by the way you live today |
| 6. Respiration                                                     | 13. Live in the fullness of the present                  |
| 7. How to recuperate energy                                        | 14. The importance of beginnings... etc.                 |

#### Summary

Nothing is more difficult than to put the spirit where it rightfully belongs in our lives: in first place. In fact, except in the case of a few great saints or mystics, the attempt to do so has usually ended in failure, discouragement and even mental breakdown. In his role as a spiritual teacher, Omraam Mikhaël Aïvanhov takes care not to provoke any such rupture with the realities of life by showing us how everyday actions and events can be the foundation of a genuine spirituality.

### P0228AN : Looking into the Invisible Intuition, Clairvoyance, Dreams

#### Table of contents

- |                                                                          |                                               |
|--------------------------------------------------------------------------|-----------------------------------------------|
| 1. The Visible and the Invisible                                         | 10. The Spiritual Eye                         |
| 2. The Limited Vision of the Intellect, The Infinite Vision of Intuition | 11. To See God                                |
| 3. The Entrance to the Invisible World: From Yesod to Tiphareth          | 12. The True Magic Mirror: The Universal Soul |
| 4. Clairvoyance: Activity and Receptivity                                | 13. Dream and Reality                         |
| 5. Should We Consult Clairvoyants ?                                      | 14. Sleep, an Image of Death                  |
| 6. Love and Your Eyes Will be Opened                                     | 15. Protect Yourself While You Are Asleep     |
| 7. Messages From Heaven                                                  | 16. Astral Projection While Asleep            |
| 8. Visible and Invisible Light: Svetlina and Videlina                    | 17. Physical and Psychic Havens               |
| 9. The Higher Degrees of Clairvoyance                                    | 18. The Sources of Inspiration                |
|                                                                          | 19. Sensation is Preferable to Vision.        |

#### Summary

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

### P0229AN : The Path of Silence

#### Table of contents

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

#### Summary

'The silence that concerns us here is not the silence of inertia; it is the stillness of a work of great intensity that is taking place in a climate of perfect harmony. Nor is it emptiness or absence; it is plenitude, a fullness comparable to that experienced by two human beings who love each other very deeply and share something that cannot be expressed in words or gestures. Silence is a quality of the inner life'

### P0230AN : The Book of Revelations: A Commentary

#### Table of contents

- |                                                                      |                                                              |
|----------------------------------------------------------------------|--------------------------------------------------------------|
| 1. The Island of Patmos                                              | 6. Letter to the Church in Laodicea                          |
| 2. Introduction to the Book of Revelations                           | 7. The Twenty-Four Elders and the Four Holy Living Creatures |
| 3. Melchizedek and Initiation into the Mystery of the Two Principles | 8. The Scroll and the Lamb                                   |
| 4. Letters to the Church in Ephesus and Smyrna                       | 9. The Hundred and Forty-Four Thousand Servants of God       |
| 5. Letter to the Church in Pergamos                                  |                                                              |

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

## WORKING WITH LIGHT

10. The Woman and the Dragon
11. The Archangel Mikhaël Casts Out the Dragon
12. The Dragon Spews Water at the Woman
13. The Beast from the Sea and the Beast from the Land

14. The Wedding Feast of the Lamb
15. The Dragon is Bound for a Thousand Years
16. The New Heaven and the New Earth
17. The Heavenly City.

### Summary

'Many people find the Book of Revelations very obscure and difficult to interpret. It is true that for those who do not possess the key to it, it is obscure but for those who do possess the key it is extremely clear. Once one knows the hidden meaning of the numbers and symbols, all the elements that seem to be totally unrelated can be brought together and used to shed light on each other, and the result is an extraordinarily logical whole'.

### P0231AN : The Seeds of Happiness

#### Table of contents

- |                                         |                                                |
|-----------------------------------------|------------------------------------------------|
| 1. Happiness: A Gift to be Cultivated   | 12. The Spirit is Above the Laws of Fate       |
| 2. Happiness is not Pleasure            | 13. Look for Happiness on a Higher Level       |
| 3. Happiness is Found in Work           | 14. The Quest for Happiness is a Quest for God |
| 4. A Philosophy of Effort               | 15. No Happiness for Egoists                   |
| 5. Light Makes for Happiness            | 16. Give Without Expecting Anything in Return  |
| 6. The Meaning of Life                  | 17. Love Without Asking to be Loved in Return  |
| 7. Peace and Happiness                  | 18. Our Enemies are Good for Us                |
| 8. If You want to be Happy, Be Alive    | 19. The Garden of Souls and Spirits            |
| 9. Rise Above your Circumstances        | 20. Fusion on the Higher Planes                |
| 10. Develop a Sensitivity to the Divine | 21. We are the Artisans of Our Own Future.     |
| 11. The Land of Canaan                  |                                                |

### Summary

Human beings come into the world with certain aspirations; they need to love and be loved: they need to know, and they need to create. It is the fulfilment of these aspirations that they call happiness. Before they can fulfil their aspirations, however, they need to add something more to the baggage they bring with them; it is not enough to want something in order to obtain it. Happiness is like a talent that has to be cultivated. If you don't cultivate it, it will never amount to anything.

### P0232AN : The Mysteries of Fire and Water

#### Table of contents

- |                                                   |                                         |
|---------------------------------------------------|-----------------------------------------|
| 1. The Two Principles of Creation, Water and Fire | 11. The Cycle of Water: Reincarnation   |
| 2. The Secret of Combustion                       | 12. The Cycle of Water: Love and Wisdom |
| 3. Water, the Matrix of Life                      | 13. A Candle Flame                      |
| 4. Civilization, a Product of Water               | 14. How to Light and Tend Fire          |
| 5. The Living Chain of Sun, Earth and Water       | 15. Water, the Universal Medium         |
| 6. A Blacksmith Works with Fire                   | 16. The Magic Mirror                    |
| 7. Water is Born of Mountains                     | 17. Trees of Light                      |
| 8. Physical and Spiritual Water                   | 18. The Coming of the Holy Spirit       |
| 9. Feeding the Flame                              | 19. A Treasury of Pictures              |
| 10. The Essential Role of Fire                    |                                         |

### Summary

'Our psychic life is shaped and moulded every day by the forces and influences we allow to enter and impregnate us. This is why it is essential to have a store of lovely pictures that we can conjure up in our minds often, pictures that are with us day and night, so that our thoughts may be constantly in touch with all that is most elevated, pure and sacred. And what is more beautiful, more poetic or more full of meaning than water and fire, and the different forms in which they appear to us? You can fill your whole life with these pictures, and absorb them until they impregnate every cell of your body.'

### P0233AN : Youth: Creators of the Future

#### Table of contents

- |                                                     |                                                 |
|-----------------------------------------------------|-------------------------------------------------|
| 1. Youth, a World in Gestation                      | 10. The Divine World, Our Own Inner World       |
| 2. The Foundation Stone of Life: Faith in a Creator | 11. Did you Choose Your Own Family?             |
| 3. A Sense of the Sacred                            | 12. Benefit From the Experience of Older People |
| 4. The Voice of our Higher Nature                   | 13. Compare Yourself to Those Who Are Greater   |
| 5. Choosing the Right Direction                     | 14. The Will Must be Sustained by Love          |
| 6. Knowledge Cannot Give Meaning to Life            | 15. Never Admit Defeat                          |
| 7. Character Counts for More than Knowledge         | 16. Never Give Way to Despair                   |
| 8. Learning to Handle Success and Failure           | 17. Artists of the Future                       |
| 9. Recognize the Aspirations of Soul and Spirit     | 18. Sexual Freedom                              |



## WORKING WITH LIGHT

### 19. Preserve the Poetry of Your Love

### 20. Members of One Universal Family (I) (II).

#### Summary

'If we remember that there is a correspondence between the life of a human being and that of nature, we can say that a young person's formative years can be compared to the period when the earth itself was being formed. At that time, no organized form of life was possible on earth, for it was nothing but a seething mass of molten matter constantly racked by volcanic eruptions... Nothing solid can be built on such unstable ground, and this means that before they can become a hospitable environment for plants, animals and human beings, symbolically speaking, young people have to introduce an element of moderation, control and harmony into their lives. It is this that constitutes the transition from youth to adulthood: the transition from an unorganized, chaotic, unstable life to a life that is rich and full and beneficial both to oneself and to others.'

#### P0234AN : Truth: Fruit of Wisdom and Love

##### Table of contents

- |                                                   |                                              |
|---------------------------------------------------|----------------------------------------------|
| 1. The Quest for Truth                            | 10. There is no Arguing about Tastes         |
| 2. Truth, the Child of Wisdom and Love            | 11. Reality: Objective and Subjective        |
| 3. Wisdom and Love; Light and Warmth              | 12. The Primacy of Subjective Reality        |
| 4. The Love of a Disciple; the Wisdom of a Master | 13. Scientific Progress v. Moral Progress    |
| 5. Truth, the Kernel of Life                      | 14. Scientific Truth and the Truth of Life   |
| 6. 'I am the Way, the Truth and the Life'         | 15. A Fresh View of Reality                  |
| 7. The Blue Ray of Truth                          | 16. Dreams and Reality                       |
| 8. Three Levels of Truth                          | 17. Truth Transcends Good and Evil           |
| 9. Be Faithful to the Truth                       | 18. 'The Truth shall Make you Free'(I) (II). |

#### Summary

'Truth has been defined in so many different ways that the whole question has become hopelessly involved. The fact is that one cannot define truth, for it does not exist as such. Only wisdom and love exist... It is your love and wisdom that will show you truth.'

#### P0235AN : "In Spirit and in Truth"

##### Table of contents

- |                                              |                                              |
|----------------------------------------------|----------------------------------------------|
| 1. The Framework of the Universe             | 10. The Perfume of Eden                      |
| 2. The Divine Office of Weights and Measures | 11. 'In Spirit and in Truth'                 |
| 3. The Link with the Centre                  | 12. An Image Can Be a Support for Prayer     |
| 4. Reaching for the Top                      | 13. The Spirit is not Held Captive in Relics |
| 5. From Multiplicity to Unity                | 14. Speak to the Spirit of Those You Love    |
| 6. Building the Edifice                      | 15. The Sun, the Quintessence of Religion    |
| 7. Contemplating the Truth: Isis Unveiled    | 16. The Truth of the Sun is in Giving        |
| 8. Garment of Light                          | 17. The Kingdom of God is Within.            |
| 9. The Skin                                  |                                              |

#### Summary

'Imagine how the faithful of all the world's religions would feel if they were told one day that there would be no more churches or temples. That every external manifestation of religion would disappear. That the time had come to worship God in spirit and in truth. They would feel utterly lost, as though they had nothing to hold on to any more. Only those who are exceptionally highly evolved are capable of finding within their own soul the sanctuary in which to communicate with the Lord. Of course, such an expansion of consciousness is highly desirable. Those who achieve it are free to work without restrictions to build a future for themselves as sons and daughters of God.'

#### P0236AN : Angels and other Mysteries of The Tree of Life

##### Table of contents

- |                                                      |                                                                |
|------------------------------------------------------|----------------------------------------------------------------|
| 1. From Man to God, the Notion of Hierarchy          | 12. Malkuth, Yesod, Hod, Tiphareth, Archangels and Seasons     |
| 2. Introduction to the Sephirotic Tree of Life       | 13. The Sephirotic Tree, Symbol of Synarchic Order             |
| 3. The Angelic Hierarchies                           | 14. Yesod, Foundation of the Spiritual Life                    |
| 4. The Names of God                                  | 15. Binah:                                                     |
| 5. The Sephiroth of the Central Pillar               | I The Laws of Destiny                                          |
| 6. Ain Soph Aur, Unlimited Light                     | II The Realm of Stability                                      |
| 7. Light, the Substance of the Universe              | 16. Chokmah, the Creative Word                                 |
| 8. 'When God Drew a Circle on the Face of the Deep'  | 17. Yesod, Tiphareth, Kether, the Sublimation of Sexual Energy |
| 9. The Kingdom of God is like a Mustard Seed         | 18. The Prayer of Solomon.                                     |
| 10. The Cosmic Family and the Mystery of the Trinity |                                                                |
| 11. The Body of Adam Kadmon                          |                                                                |

#### Summary

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

## WORKING WITH LIGHT

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

### P0237AN : Cosmic Balance - The Secret of Polarity

#### Table of contents

- |                                                        |                                                         |
|--------------------------------------------------------|---------------------------------------------------------|
| 1. Cosmic Balance and the Number Two                   | 10. Iona, Principle of Life - Horeb, Principle of Death |
| 2. Oscillation of the Scales                           |                                                         |
| 3. One and Zero                                        | 11. The Triad Kether-Chesed-Geburah - Sceptre and       |
| 4. The Role of The Masculine and The Feminine -        | Orb Mind and Heart - A Straight Line and a Curved       |
| Adam and Eve : Spirit and Matter Adam and Eve :        | Line                                                    |
| Wisdom and Love - The Mental and Astral Planes -       | 12. The Law of Exchange                                 |
| Man and Woman                                          | 13. The Key and the Lock                                |
| 5. God Transcends Good and Evil                        | 14. The Work of the Spirit on Matter - The Holy Grail   |
| 6. The White Head and the Black Head                   |                                                         |
| 7. Alternation and Antagonism - The Law of             | 15. Union of the Ego with the Physical Body             |
| Opposites                                              | 16. The Sacrament of the Eucharist                      |
| 8. 'To Work the Miracles of One Thing' - The Figure of | 17. The Androgynes of Myth                              |
| Eight and the Cross                                    | 18. Union with the Universal Soul and the Cosmic        |
| 9. The Caduceus of Hermes - The Astral Serpent         | Spirit.                                                 |

#### Summary

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

### P0238AN : The Faith that Moves Mountains

#### Table of contents

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

#### Summary

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

We can move a mountain, but only if we do not rush at it, thinking to move it in one go. We can move a mountain, but only if we are ready to move it stone by stone. Every stone we move - that is, every time we succeed in something, however small, increases your faith ; we begin to feel that we are stronger and more stalwart, more in control of the situation. And then one day, if we look back at the progress we have made and find that half the work is already done, it is just possible that our faith will have become so strong that we can move the rest in one go.

### P0239AN : Love Greater Than Faith

#### Table of contents

- |                                                     |                                              |
|-----------------------------------------------------|----------------------------------------------|
| 1 - The uncertainties of modern man                 | 4 - "Your faith has made you well"           |
| 2 - Destructive doubt : unification and bifurcation | 5 - Let it be done for you according to your |
| 3 - Constructive doubt                              | appreciation                                 |

## WORKING WITH LIGHT

6 - Only your actions witness to our faith  
7 - Never abandon your faith in good  
8 - "Unless you become like children"

9 - "The greatest of these is love"  
10 - Base your trust on vigilance  
11 - "As I have loved you"

### Summary

"When you decide to embrace a religion or a spiritual philosophy and to put its principles into practice in your life, not only will you encounter difficulties with yourself because of the efforts required of you, but you will also have difficulties with others who will not necessarily understand how and why you have changed. Well, it is the way you handle these difficulties which reveal the quality, the authenticity of your faith. You must not say, for example, 'I'm going to change my life completely, and I don't care what the family thinks. That is not my problem.' Oh but it is your problem, because your spiritual life will depend on how you resolve it. Try, as far as possible, not to make others suffer, and of course, you must not abandon them. Remember that love is always greater than faith."

### B0301AN : THE NEW YEAR

#### Summary

The Cabbalah tells us that the New Year is influenced by the stars. The birth of a new year is like the birth of a child: it is the beginning of a life that will last just twelve months. When a child is born one can draw up a horoscope based on the date and time of birth and thus foresee the principal events of the child's life. And we can do the same for the birth of a new year; in fact you should know that the first day of the year determines the first month, the second day, the second month, the third day the third month and so on. So you must try to live, think, feel and behave as well as possible, at least during the first twelve days, so as to ensure an intelligent, luminous start to the year and thus influence and determine it favourably.

### B0302AN : MEDITATION

#### Summary

Never forget that it is by your meditations that you allow your inner Self to express itself and reach its full flowering. This is the means by which you can release this mysterious, subtle being so that it can gaze on all that exists in infinite space and then reproduce it on the physical plane. Of course, we are practically never conscious of the realities that this being gazes on, but if we continue to do these exercises regularly and often, little by little they will reach our consciousness and constitute an inner treasure that will always be with us.

### B0303AN : RESPIRATION Spiritual Dimensions and Practical Applications

#### Summary

Inhalation, exhalation... inhalation, exhalation... The ebb and flow of our breathing is the key to all the rhythms of the universe. When you become conscious of this movement within you, you enter into the movement of cosmic harmony in which you are immersed; little by little you will feel that your breathing melts into the breathing of God.

### B0304AN : DEATH AND THE LIFE BEYOND

#### Summary

Let the dead live in peace. Don't cling to your family and friends, don't let your sorrow at their departure hold them down and, above all, don't try to communicate with them by calling them back. This only troubles them and prevents them from breaking free. Pray for them, send them your love, think of them becoming freer and freer and rising higher and higher towards the light. If you really love them, be sure that you will be with them again one day. That is the truth. How many times have I already told you this: where your heart is, there you will be one day.

### D0005AN : The Gypsy Queen (Children Library)

#### Summary

Within each one of us lives a king or a queen, and this king and queen are eager to achieve great things in life. The story of young King Bojil and the Gypsy girl who became his Queen, lead us into the glorious adventure of love on the path of freedom and human brotherhood.

The young readers will find here, presented with an enchanting lightness of touch, some essential aspects of their own quest for great things. - A delightful reminder of wisdom tales of all regions of the world.

All ages

### CD5009AN : THE SEED

#### Summary

"A seed is nothing either than a living being who ceaselessly calls upon the forces and materials of the cosmos so as to be able to accomplish its task. And its task is to resemble the tree that produced it. The Creator put into the seed the vocation to resemble its father, the tree ; that's why, once planted - unless it's defective - all of its work will go in the direction of this vocation, taking from among the elements which surround it those which suit it, relinquishing the others, and it's in this way that it will come to express all the tendencies indicated in the diagram which it carries within it.

Can '*Prenatal and Perinatal Education*' as well as '*Spiritual Electroplating*' change the world into a better one where peace and justice reign? – Please do not hesitate to ask Benjamin for further information: [BENJAMIN.CHRIST@GMAIL.COM](mailto:BENJAMIN.CHRIST@GMAIL.COM)

## WORKING WITH LIGHT

It is the same thing for man. Since God created man in His image, he has the possibility, by developing himself correctly, of becoming like his Heavenly Father."

### **K2510AN : The Laws of Reincarnation**

#### **Summary**

'Belief in reincarnation is one of the cornerstones of morality. As long as human beings are unaware that the law of cause and effect is operative from one incarnation to the next, no amount of sermonizing will persuade them to change their ways. But once they know that the difficulties and trials they encounter in life are the direct result of faults committed in a previous life, not only can they accept them as just, but they start to work for good so as to be sure that their future incarnations will be better.'

### **V4605AN : The activity of the soul and spirit... How can we modify our destiny ?**

#### **Summary**

You have been given every possible means with which to create your own future.

When you strive to put your physical body, and also your heart and mind, at the service of your soul and spirit of all that is most noble and exalted you set the seal of the Godhead on your every act and on each of your words.

And this work of self-transformation will produce other transformations throughout the world, and even to the far-distant stars... For everything is linked.

### **V4606AN : How can we purify our physical body despite the pollution ...**

#### **Summary**

Pollution has become one of the greatest curses of our times. It is becoming increasingly difficult to find healthy food and clean air. But human beings are capable of neutralizing external poisons. If they live in harmony, if they forge a bond with light, their inner forces react and reject even physical impurities. In this way their organism defends itself.

### **"You Are Gods" - Synthesis, Vol. I**

Omraam Mikhaël Aïvanhov

*"Jesus was the most revolutionary of God's messengers. He was the first to defy all the ancient customs and his audacity in claiming that he was the son of God and that all human beings are equally sons and daughters of God was expiated on the cross. The insistence with which Jesus accentuated man's divine filiation offended and irritated the scribes and Pharisees to the point that they attempted one day to stone him. But Jesus said to them: 'I have shown you many good works from the Father. For which of these are you going to stone me?' The Jews answered, 'It is not for a good work that we are going to stone you, but for blasphemy, because you, though only a human being, are making yourself God.' And then Jesus reminded them of the verse in the Psalms: 'Is it not written in your law, "I said, You are gods"'?"*