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human beings? When you feel like crying, tell yourself, 'Very well, I'll let you cry; in fact, here's a handkerchief all ready for you, wait a minute or two, and I will cry.' Then you apply your mind to finding a solution, and you may be sure that you will find it. When you are tired 9. If they are noble and understanding, they may release you but, if they refuse, you will have to go through with it. Simply that, if we wrap our difficulties and all the things that annoy us in a soft, luminous, apalescent matter, we shall be very rich indeed. From now on, stop rebelling against your wife or husband, your employer or the government, etc., and start rebelling against yourself, for your real enemies are within. Instead of moping in a corner and waiting for some love and attention from others, take the initiative, go out to them. Isn't it more to your advantage to improve the place you never leave, the place in which you spend all your days and nights? But, if you concentrate on the Lord, if you love him, aware that he is immensity, that he is a boundless ocean of light and life, little by little your consciousness will expand and become more luminous, and divine life will begin to flow within you. The behaviour of some parents is so extraordinary that one wonders if they really love their children. What hope is there for me? But don't you know that you will come back to earth again as a baby, to begin a new life, enriched by all your past experiences, and that all your hopes will live again? Self-knowledge is indispensable to success. If you don't know yourself well, if you are not lucid about your strengths and weaknesses, your qualities and defects, you will never succeed in what you undertake and, especially, you will never be able to live harmoniously with other people; your ignorance will inevitably lead to complications, conflict and quarrels. Look at all the faculties that human beings possess and ask yourself what they use them for. Why? All the rest can be taken from you; only your work will be yours for ever. If so, it shows how little you understand things. The first thing to do, therefore, is to study yourself and learn how you react. 27. You have to develop both the spiritual and the material aspects of your lives, to be in the world while, at the same time, living a heavenly life. Use your sympathies to bolster your courage and your antipathies to become stronger. A spontaneous sympathy or antipathy for certain people is a perfectly natural feeling that is experienced even by the sages. 41. Prosveta S.A. - B.P.12 - 83601 Fréjus CEDEX (France) ISSN 0763-2738 ISBN 978-2-85566-833-8 Published simultaneously printed www.prosveta.com (email protected) Readers are asked to note that Omraam Mikhaël Aïvanhov's teaching was exclusively oral. If you want to keep your friends, hide your troubles from them; don't talk about them, don't complain. You must realize that speech is an extremely powerful, active force and that what you say to children can inhibit and frighten them and do lasting damage. Add just one element to it and it would no longer be a diamond. Of course, there is no absolute law against leaving your job, your friends or, even, your family, if you have fulfilled all your obligations to them. This is the world that belongs to you: wherever you go, you take it with you and you can always rely on it, whereas the outer world is always liable to disappoint you. In some countries, people are in the habit of touching wood when they say certain things, as though to ward off an evil spell. It is not a sight to gladden your heart. This shows that they have never understood why our brains are in the highest part of our bodies. With every effort, every exercise, life takes on a different colour, a different flavour. 70. 'Well, what should we do instead?' you will ask. 15. Children sense that they are little and weak and need to feel the protective presence of an infallible authority. If the answer is perfectly clear, you can go ahead; but if you are hesitant or apprehensive, or if something still seems unclear or contradictory, it means that there are obstacles or enemies in your way. But what is all that worth? A man finds his family disagreeable, his job too taxing and the people around him boring, and makes up his mind to abandon them. The important thing in nutrition is not the food itself but the energy, the quintessence, it contains, for in this quintessence is life. But, also, the spiritual methods of concentration and prayer. That is to say: love; in spite of everything, never stop the flow of love. You must realize that this is a very serious matter for, if you slander someone and take away his good name or cast a slur on his honour, the consequences may be very detrimental to him and to his evolution, and heaven will hold you responsible. Everything you undertake in your personal and social life will be in danger of coming to grief if it is not based on a lucid appreciation of your character and abilities. The outer world is a reflection of your inner world. You must realize that you can never find something outside yourself that you have not already found within. Gratitude: the key to happiness. You come to me and complain, 'Oh, how unhappy I am!' 'I see that, but have you said 'thank you', 'today?' 'Thank you?' Of course, it is much easier to say something than to do it, and some people think that, once they have promised something, they can forget about it: why should they keep their word? People find it perfectly natural to repair physical damage immediately but, when it comes to the inner world, they don't know what to do; they look on without reacting as the destruction continues. Look for the good and the beauty in all human beings, particularly in those who have contributed, by their genius and their virtues, to the evolution of mankind. If you want to have a beneficial influence on human beings, you must get in touch with the sun, every day, and ask it for new particles that you can then pass on to those around you. But forgiveness does not put an end to the matter; it releases the victim of wrong-doing but it does not release the perpetrator. Know who to love, therefore. 58. Because water and air offer resistance. A vital contact with nature. Our hands are a means of communication with other human beings and they can also be a means of communication with nature. yes, of course; everybody is interested in that, but impersonal, spiritual love is the last thing they think about. In this way, thanks to your habit of looking at yourself with lucidity, you will be in a position to make constant progress. The circulation of love 90. After every effort, every exercise of the mind, life takes on a different colour and a different flavour.). There is a key for every problem. Suppose that, yesterday, you managed to find a solution to one problem and then, today, another one arises: you will almost certainly not be able to use the solution you used yesterday, for each different problem demands a different solution. The person may forgive you but it is not the role of the law to forgive you; it will pursue you until you make full reparation. Now, let's translate that: someone who truly loves his husband or wife, his children or his friends, is capable of abandoning them, from time to time, to go 'abroad', that is to say, to the divine world, where he amasses a fortune, and then, when he returns, he has presents for all of them. Tell yourself, 'I'm going to rebuild and repair everything,' and then, every day, with unshakable faith and absolute conviction, work towards that goal. 'What?' you exclaim, 'You expect me to thank heaven when I'm unhappy and ill and have no money?' Yes, this is the great secret: even when we are unhappy we have to find a reason to be grateful. The power of a disinterested word. So many people, having demolished someone with their criticism and censure, justify their behaviour by saying, 'I only said it for his good; I wanted to help him. I was only being sincere.' It would be truer to say that they had felt the need to express their irritation or displeasure; sincerity is no more than a pretext. To be sure, you will probably say, 'I didn't really mean it... This is the only way to be sure that the law will acquit you. You must learn to relax, and not just once or twice a day; that is not enough. 10. 66. Crossing the desert 94. Accept your failures 31. If you learned to give priority to life, if you took care to treasure and protect it and keep it in a state of perfect integrity and purity, you would have far more opportunity to fulfil all your wishes, for when life is enlightened, illuminated and intense it gives us all the rest. If they make no effort to do this it means that they don't really love them. Become like a spring of water. Pure water wells up in a continuous stream from a natural spring and, even if people try to pollute it by throwing rubbish into it, it continually cleanses itself and washes all the dirt away. You have to realize that it is going to be like that all your life. You are not always looking at, listening to, touching or tasting things on the outside, but you are always with yourself, in your inner world, and you have never learned to make use of all its wealth. Sow a seed and all the laws of the universe will contribute to making it grow. 44. It will be all over: those entities will never come to you again; they will never look at you or smile or say a word to you again; they will never make the slightest gesture towards you again. If you want people to come to you, you must be capable of giving something. That is not spiritually. 43. Revenge is an ancient, prehistoric method which solves nothing; on the contrary, it only complicates things and increases our karmic debt. Say, 'Thank you Lord, thank you. The method of a smile. When you are out of sorts, perhaps because you have let yourself get slack, someone has offended you or you have had some bad news, there is a marvellous method available to you, and that is to use the power of a smile. By giving in to greed or other weaknesses, by transgressing certain laws. Come back tomorrow and we'll give you our answer then.' When you eat, you are happy, you would like it to go on for ever. It is possible that, when this happens, you will sense intuitively that they have seen your enemies and will want to put them off. Then, say just one word with love, make a gesture with love, send out a loving thought. Try this method and you will wonder why you have never used it before. Instead of letting your worries devour you or bothering others with them, sit down quietly and begin by taking a few deep breaths. It is senseless to behave like that, for in losing your life you lose everything. What is it that the Seraphim sing before the throne of God? Music as an aid to spiritual work. Learn to use music in your inner work; it will help you to fulfil all your noblest desires. And then you complain, 'I'm all confused. Of course, you will say that it is not always possible to stretch out in this way. You must not look at him with anger or hostility or any other negative feeling, because he will soon forget a spanking but he will never forget your expression when looking at him. 6. The real enemy is within 72. That is because they don't realize that the tail always follows the head. Be watchful, therefore, and never forget that it is only at the beginning that you have any power. They raise their arm in greeting or shake hands. This is why the world today is full of people who are remarkably gifted and talented. The remedy will be very costly and may well cause further damage. You must do so ten, fifteen, twenty times a day. What end do they serve? Don't say, 'Yes, but I'll be dead by then; it won't happen in my time,' for, in saying that, you will be refusing all that is truly beautiful; you will be refusing to understand the true meaning of life. As soon as you do so you will feel yourself becoming inwardly more symmetrical and harmonious: many dark, obscure elements will leave you, simply because you have made up your mind to greet living nature and her creatures. Is what you say disjointed or exaggerated? Even when they love someone, this veil prevents them from seeing them clearly; the result is that they are often astonished when they are suddenly aware of an unexpected transformation in their husband or wife, children or friends: they simply had not seen it coming. Never forget that you have a magnificent garden within you and that you can distribute your flowers and fruits to everyone you meet. 52. The function of initiation is to teach man to enter into himself in order to find true wealth, true strength and the true support he needs. If you love someone who is selfish, vulgar, dishonest and spiteful, his faults will eventually work their way into you and you will end by resembling him. Accept your failures. If someone sees that he is not capable of manifesting the qualities that he has been working at, he must not give way to discouragement or revolt. Suppose that you are woken up in the middle of the night by a noise; something has perhaps fallen over and broken, or a burglar has broken in to the house... Don't they come into it? Indeed they do: it is through prayer and meditation that you acquire the subtler, purer elements that enable you to give your activities this new dimension. Apologies are not enough; we have to make good our mistakes 52. The secret of true psychology. The reason why people are so lacking in psychology is that they are too wrapped up in themselves. What can I do to get rid of it? So the oyster begins to reflect: it concentrates and meditates and asks for guidance until, one day, it realizes that it will never be able to get rid of the grain of sand but that it can wrap it up in such a way that it will be smooth, and shiny and velvety. The essential thing is life itself, and you must protect, purify and strengthen it and reject whatever hampers or inhibits it, because it is thanks to life that you will obtain health, beauty, power, intelligence, love and true wealth. When you accumulate an assortment of too many different elements, it is only normal to find yourself swamped in contradictions. A great many people marry simply because they are bored with living alone and, then, when they have children, they find themselves in inextricable difficulties. Even if your efforts are not crowned with success; even if you seem to get no results, it doesn't matter: at least you have been working. Your efforts are more important than the results 30. You can only help others if you go to God for what they need 89. They possessed some black ink, and it is from that black ink that they produced the most beautiful colours. They think, 'In a few years I'll be married; we'll have children - a whole brood of them - and a cosy little house; and it will be good to sit in front of the house in the evening and smoke a pipe and watch the cows - or the trains - go by.' 79. 85. Avoid expressing your dissatisfaction 39. 46. You say, 'I'm terribly angry with So-and-so; I'm really going to let him have it...' Well, do as you please, but it is you who will be the first victim of your anger. And now, let's interpret this: a spiritual man is one who has furnished his inner world with such care that nothing is missing. But who ever thinks about love? They want you to appreciate their love and generosity. No, they were certainly there, but you haven't seen them because you have not developed them sufficiently within yourself. By focusing on the good, he attracts and amplifies its forces both in himself and in others. Suppose you have been good to someone, you have helped and supported him, and then, one day, you discover that he did not deserve all that you have done for him. Most people imagine that their misfortunes happen all at once, out of the blue, but that is false: they have prepared them themselves; they have opened their doors and invited them in. You should be aware of this, for the day you begin to be too self-satisfied and proud of your success, as though all the merit belonged to you, these friends will fade away and you will lose that talent or virtue. Life puts all kinds of temptations in your way and if you have not acquired sufficient self-control to resist them you will end by regretting that you have weakened and defiled yourself. He who abandons himself to pleasures, emotions and passions squanders his capital - his life - because all those things have to be paid for, and he pays for them with his life. He must be humble in the face of failure, otherwise it means that he is not reasoning correctly, and this is always because his lower nature has managed to slip in when conditions were right. How can anyone take pleasure in the company of those who never open their mouths without criticizing and poisoning the atmosphere with their complaints and recriminations? That is what they are there for. To be sure, a lot of people think of the future, but what kind of future? Live in the fullness of the present. Some people live constantly in the past, their own past. The materialization may actually occur a long way from he who produced the seed, but you can be sure that it will always occur. This is why it is indispensable to pause, from time to time, and to look back over your life and analyse the direction it has taken and the activities that absorb your time and attention. This spiritual work is your only wealth, the only thing that can truly be said to belong to you. He has the courage to leave them, for a time, and go to a foreign country to earn some money, whereas someone who does not love his family so unselfishly will not have the courage to leave them. 93. Nothing is more important than to know how to love. 63. You must get into the habit of giving, of giving that which is most beneficial to others. I see 'The Yoga of Nutrition'. Collection Iavor, No. 204, which discusses this question at length. Some people never stop calling them names: 'clumsy oaf,' 'dunce' or 'idiot,' and, as children are very suggestible, they are hypnotized by such treatment and really do become stupid and clumsy. 5. Only those who keep their eyes open possess the intelligence of the inner life and can no longer fall a prey to every alien force or entity. They realize that you are neither intelligent nor strong and they try to avoid you. They are not worried about your faults and failings; in fact, they know all about them and even find excuses for you, saying, 'They're in such a sorry state, poor creatures; we must do something to help them.' But, if they see that you don't appreciate their presence, they leave you alone.

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