

Gabriel's 21 Days

Excerpts from the book: The Archangel Gabriel: A Biography

The celebration held in January 2005 was the second one. Everything was prepared according to the Archangel Gabriel's wishes.

During the first celebration, the Archangel truly wished to manifest his body in a tangible way and also to lay the foundations for his new manifestation on earth. This time, he came to impart a teaching, to offer the person who approaches his body precise guidance enabling him to embark on the path of ascent towards the Source.

Participants were invited to form the cup, the pure chalice, to receive this gift as an offering and as the tangible presence of a higher world.

One of the highlights of this celebration was the Archangel's revelation of a discipline for entering into conscious communication with one's soul.

After Gabriel's Psalm 17 was recited.....

At the end of the celebration, Olivier Manitara asked for further clarification before undertaking this 21-day retreat himself in the Essene village of Terra Nova, near the temple and the Archangel's spring.

He said that he undertook this retreat to honor the Archangel:

Father Gabriel, you have spoken to us about the inner lake and the 21-day method. Do you have any further details to share with me so that I may teach this method to my students?

The Archangel Gabriel replied:

First, a complete detachment is required for 21 days. During those 21 days, the student must focus on the inner lake. Through this concentration, he will eventually reach the bottom of that lake and discover the void that calls forth the infinite, space. Thus, he will prepare himself for sleep so that during the night (or during the day), his soul may come to speak to him. It will do so as if through a mirror, reflecting his face at

the bottom of the inner lake. For this to work, the practitioner must reach the bottom of this lake. He can do so by entering into silence, by detaching himself from the world, and through focused concentration.

Olivier Manitaro remarked:

Father, 21 days away from the world is not easy in our modern age...

The Archangel Gabriel replied:

It is also difficult to encounter one's soul, and modern man, being imprisoned by the world, he cannot make contact with the infinite. Everything that surrounds him constantly confines him to a body-oriented focus, and because of this, the encounter cannot take place.

Exercise: “The Vision of the Soul”

Around the same time, the Archangel also imparted this teaching about the lake and the soul:

Water is an element that surrounds the earth, present even in its depths, but which also exists in the sky in the form of clouds.

A lake, for its part, can be representative of the eye. If you observe the human eye, you will see that it is filled with water. Through it, it is the soul that we can contemplate. It is its reflection.

If a person goes to the center of a lake, he and the lake will form a sort of eye. He should feel as if he were at the center of that eye, immersed in the water that surrounds the pupil. If a man or a woman stands there, at the center of a lake, and one observes the scene from the sky, it will appear as the representation of an eye. This will symbolize both the eye of the soul, but also the one that contemplates the world of men, the earthly world.

If you cultivate this concept that you are the eye of the world—that is, that you are capable of bringing the vision of the soul into the world and to bring the vision of the world into the soul—you will step into the perfect role of the universal eye. So, perform this ritual: enter a lake as if entering a circle and place yourself at its center, feeling as though you are the pupil of an eye. Feel yourself filled with vastness, with

humanity, which will speak to you of the soul, of its world. You will be able to express through your words and gestures the vision of the soul, the gaze of the eye, and transform them into actions. Enter into this conception and you will have an infinite, vast, and immense vision of the mysteries of water among other things. Develop a universal understanding.

Through man, the gaze of the Divine can be expressed in the world. And the world of man can also be expressed in a sphere far more vast and expansive than its own. He who accomplishes this strengthens, purifies, and ennoble the world of men, of the earth, and the intermediate plane that exists between the divine world and the world of man. The soul belongs to this intermediate plane.

Olivier Manitaro asked:

Father Gabriel, how does one physically present oneself to your sacred source?

The Archangel Gabriel replied:

Using a jar or another container, you must take a little water that flows from the fountain, wash your feet and hands outside the spring, while asking me to accept your presence in this place. It is also necessary to splash water on your face and especially behind the nape of your neck.

Then, before entering the consecrated water, it is good to make offerings to me and also to honor all the beings who live around the spring and are there to protect, maintain, and preserve the sacredness of the place. It is good to offer fruits or vegetables that will be eaten physically and subtly [on the etheric plane] by these beings.

After that, pour a few drops of natural perfume into the water to nourish the subtle beings or water spirits that dwell within it. Finally, as an offering dedicated to beauty, respect, and good intentions, it is recommended to place flower petals on the water. Once this entire ritual is complete, one may place one's feet in the sacred spring while offering a prayer, to summon within oneself beautiful thoughts and virtues, and to offer all of this to me and to God. In this way, inner work will be accomplished by the one who wishes to approach the spring. He or she will thus be able to ennoble his or her thoughts, harmonize them with divine thoughts, and awaken within himself or herself an attitude of veneration toward my kingdom.

From that point on, the person standing before me may offer a prayer for himself, for those around him, or for all of humanity.

I will be pleased with this approach. It will not be merely a request, an opportunity to receive, but rather a sharing, an exchange, a communication.

