

Gospel of Archangel Gabriel



1 The secret of the 3 Worlds.

1. Gabriel, eternal Father of water and of the fecundation of Light, I want to speak to man like a shower that comes down and cleanses him. I also want to speak to him like the Light that comes to incarnate on the physical plane.
2. Below the divine world, there are 3 worlds: the spiritual world, the auric world, the physical world.
3. To receive me in a right way, men must meditate on these 3 worlds and apply 3 processes of the sacred preparation that opens the doors of the alliance.
4. The first process corresponds to the spiritual world. It consists in man getting out of himself and through his mind, his heart and the energy of his will rising towards the divine heights, towards the eternal light, towards purity. He must not only look for what is outside of him, but also above him, in the world of principles, of archetypes. His orientation must be alive and active in that direction. Through that orientation, man opens the door so he can invite the One who must come.
5. The second process corresponds to the auric-etheric sphere that surrounds man. It is the place of the subtle exchanges between all the visible and invisible worlds close to human life. This sphere must be cleansed by the etheric water in order for it to be clear and pure. What surrounds man in all the subtle layers of his being must be purified in full awareness. In this way, after going into the auric sphere of man, the light of the divine world will surround him and fecundate him, just like the soul of a child incarnating into a body goes through the amniotic fluid.
6. The third process corresponds to the physical sphere. Man must be present in his body and keep himself in an awakened, perfectly focused, controlled and aware state. In this way the pure and transparent cup that can be filled with the divine presence becomes real; the physical body becomes the perfect instrument, the receptacle allowing the birth of the Light in the reality of the earth.
7. The auric world is the intermediate plane between the divine world and the world of man. Know that the water that lives in your aura is never neutral, but always carries something. It fecundates man like a bee fecundates a flower.
8. Forcefully, ask yourself the question “What water fecundates me?”
9. In its essence, water is pure and light. It flows down from one waterfall to another, but under the influence of an outside force, it can become dark, muddy and carry impenetrable things, stones, like blood clots obstructing the veins.
10. The heart is a place of exchange between an invisible world and a visible world.

2 Approach the divine World.

1. Man must be consecrated.
2. The world of man does not have the same criteria and the same concepts as the divine world. That is why the man who wants to approach the divine world must be consecrated.
3. Everything that a man lives in his heart, in his consciousness, in his moods is recorded on him and reveals who he is, like in a display window through which one can see what is offered inside.
4. The spiritualists, those who aspire to walk the path of the Light are no exception to the rule: they are display windows. When looking at them, one can see that they want to approach the divine world with their own aspirations, their desires, their visions.
5. The divine world does not understand man and often does not even perceive him.
6. The man who is not truly himself cannot be seen by the world of the Light, for what is pretence in the world of man does not even appear in the divine world. No, the divine world does not see the clothing, the jewels, the outside appearance; it does not perceive anything that is illusion in man and can consider only what is true.
7. That is the reason why man must be consecrated. He must have an alliance with a divine element through which the beings living in the divine world can establish contact with him. Without this, man does not carry any symbols, any seals on him; he is plunged into the sphere of unconsciousness and ignorance.
8. The man who does not have a divine association does not know who he is connected to. He cannot have exchanges with the divine world, for the language of man is only hieroglyphs. Interpreters are necessary before beings of Light can understand what man desires. The alliances that man can establish play this role of interpreters and intermediaries between the world of man and the divine world.
9. Man must be consciously consecrated through an alliance with principles, ideas, beings that, through their own being, will be his voice.
10. The man who looks at a plant cannot understand what it says. However, if the plant is consecrated to beauty, to fragrances, to colours, to divine principles, man will then be able to understand its inner life, its objectives.
11. The divine world acts in the same way with man. The divine world cannot understand man if he is not consecrated and united with intermediary principles.

3 Healing Relationships with Warmth and exchange

1. I came at midday to start carrying out the work. I approached the little statue you have consecrated to me and I felt it was cold, not because of the material, but because of the relation that there is between man and man, between man and the divine.
2. Relationship, exchange is a fundamental base for healing man.
3. If healing is not possible, man will no longer be able to evolve in a healthy and harmonious way.
4. The relationship of one man to another must be a pure water, not naive, but alive, filled with wisdom and positive action.
5. The healer must create a positive fluid that circulates between men. In this way the earth can also be healed.
6. The man who is distrustful, blocked, passive in his relationship with the other generates disease for generations and generations. Robotic, synthetic beings will establish themselves more and more in the life of man and take his health into their hands.
7. In all his relationships, whether it is with himself, another or the divine, man must always be active, alive, conscious. He must not be constantly distrustful, suspicious, defensive, looking for judgement or criticism about himself in the eyes of the other. All this is the first illness of man. It generates beings for whom relationships will be based on non-communication.
8. In all simplicity, I would like to feel a warm and living body, a resonance and not coldness, this coldness that lives in the relationship of man towards the other, and of man towards the divine.

4 Be considerate and active

1. Like a mother, man must be considerate; he must think and act for 2.
2. Man must serve and be active.
3. To serve while sitting, while sleeping on your chair is not an attitude that heals and brings warmth and love.
4. Warmth and love do not come by chance; it is man who attracts them by creating the right conditions.
5. If man is ill, it is not the fault of the divine, it is his own fault.
6. Relationships can bring warmth and life. For this, man must be in an impersonal and pure state. He must be active like a mother who cares for all the needs of her child, who wants him to be well and that nothing happens to him. It is exactly this attitude that man must acquire for the new Child who is going to come into the world through the Essene school. He must also cultivate this attitude towards the Father, who brings life, and towards all the beings that, each day, offer happiness to man, support him and protect him from the difficulties that he can meet.
7. Be considerate and active so that I sense in the body of this new school something like eyes that look at me, an attention directed on me, a breath that approaches me to feel my presence. For the moment, it is not yet what resonates in this body and in the inner speech of man.
8. May each pupil meditate on this teaching, for it is precious for one who aspires to make the Light come down into a body to make it live on earth.

5 Unite to Act concretely.

1. For centuries and centuries, the sages have perpetuated this knowledge of the magical chain. Its secret is that any man who wants to accomplish something on the physical plane - concrete realizations, healing - always has to act in association with others.
2. When he is alone, man can only prepare the way for the one who, finally, will carry out. But when man is united with others, he has creative power on earth.
3. The lone man is the one who draws the path. The community chain is what can walk on the path to bring about the realization. The manifestation is always accomplished by the echo and the power of these 2 principles of individuality and collectivity.
4. You who have gathered in a circle of Light around this Essene school and my son, you who aspire and work, I say to you: get together, be united! Do not leave anyone alone in his corner, trying to carry out whatever it may be. At best, this would only send an impulse or draw a path.
5. Do not waste your time wanting things that you will not achieve.
6. If you want to become powerful and creative, have the awareness of being 2: either man achieves with man, or he achieves with the divine world made conscious and present.
7. Many men think that a project can be realized simply because they wish it. To wish is only a first step, it is not the final step of accomplishment, of concrete realization.

6 Live like a tree.

1. From a symbolic and magical point of view, man is like a tree. Often he is not aware of this likeness and is content to live only in the roots of his being, totally ignoring his higher part.
2. Man does not even notice that by living only in the roots he is always annoyed by rodents and that he must constantly change his path, which ultimately makes him ill at ease in life. He is unhappy because he has not seen that inside him there are a trunk, branches, leaves, flowers and fruits.
3. On earth, become tall like a tree. A tree is majestic, strong, resistant; it welcomes all the phenomena of life.
4. When a bird comes to land on its branches, when it sings in its leaves, eats its fruits, makes a nest in it, the tree is in an inner state of happiness. It is the opposite of what it lives when it is only in the roots, where the least stranger upsets it, perturbs it.
5. Man, you who are like a tree, look inside yourself and discover all the greatness and beauty that exist there. Do not look only at the roots that are specific to man, but also focus on the highest part of your being and experience it.
6. Man is aware that he exists because he has a tradition, ancestors, but he is much more than that: he is the majesty that appears in the Light.
7. I ask you to welcome me with the higher part of the tree of your being, the one that is big, vast, that gives fruits and welcomes the others joyfully. I do not want to be welcomed in a tree that cares only for its roots, feels bothered by the least little stranger, that constantly changes its path because of the least little stone.
8. If you put yourself in the height of the tree, you will live in immensity, you will see what a perfect world can carry.
9. May the Angels look at you and consider you as wonderful and great.

7 The World of the Moon, the Stars and the Faeries.

1. There are 2 worlds: the world of the sun and that of the moon.
2. Man lives with the world of the sun, where everything is apparent, obvious, visible, concrete. However there is another world, which is that of the moon, the stars and the faeries. This world is connected to the sleep of man; it is a world where one must always search beyond things.
3. When you look at a star, you see only an appearance, but what attracts you is the light in it. The same goes for the moon and the faery.
4. Man is used to understanding things according to the forms. Finally, he understands them only if the light is dimmed by an opacity, like when he looks at a flower, an animal, a man.
5. I can pass through this mystery of the night that makes the crystallized and pure light of a world appear. Some will say that it is the reflection of the sun; I will say that it is the divine world celebrating, that the divine beings are playing and making jokes, and that, through these star holes, they approach man in his sleep to awaken in him perceptions on which he will not be able to put opacity, that he will not be able to lock up in definite forms.
6. Therefore, through sleep, man must prepare to enter this world of celebration, this world where there are no concepts, but where there is much amazement.
7. Man needs to prepare before going to sleep and also remain aware during his sleep. Like someone curious, he must try to look through the window of the stars and of the moon to discover what these beings are doing in the land of celebration.
8. If, by this method, man manages to draw the attention of an Angel, of an Archangel or of a Divinity to himself, then these will agree to pass through the window to approach him, and come and bring the light of mystery into his thoughts, his feelings, all the parts of his body.
9. This is how, at night, it can be much easier for me to commune with the soul of those who, all day long, send me thoughts and wishes, and say words to me. But their world is too opaque for them to grasp the subtlety.
10. It is difficult to ask a man to catch the light in his hand, for he does not believe he can do it. To do it, he needs an opaque support, like a candle or a lamp; then he is reassured, he knows that the light is there.
11. I wish for man to rise towards the Source again, for him to enter into the place of creation, into the imaginary land, for him to become a soul again, new and light, able to understand the quite simple message of life that circulates from one world to another.

8 Life is a celebration.

1. Life is a celebration.
2. When you are in the sacred posture of meditation, when you are sitting consciously on the Mother and you establish a deep communion between Her and your body, open the eye of your soul, observe the quality of the water that animates you from the outside and the inside.
3. Awaken and purify yourself.
4. Let your body go into the great communion with the Mother, where it finally finds its happiness, its fulfillment, its harmony.
5. Let the water of your life come to a stop and become calm.
6. Silently observe and lead all the forces, influences and intelligences towards the perfection of the Light. In this way, the higher worlds will be attracted into you and will come share with you the celebration, the feast of the life that is beautiful, useful, creator of benefits and abundance.
7. If a Divinity, an Archangel, an Angel, a teacher can come to earth, it is never through the contribution of a single being. The body has to be in harmony with the wisdom of the Mother. The will, feelings and thought have to be in communion with the great tradition of the Light. Then man stands in the house of his body and of his consciousness united with the universal; he breathes in the great harmony, carries the great family of those who live with the infinite light in his heart. His house is well built, his life is well organized and he can invite into himself many guests, distinguished guests, great thoughts, the memory of the sages and their blessed works.
8. One who organizes his body and his life in such a way to carry the universality of the Light inside him will be loved by the divine world. The beings living in the higher worlds will be attracted by such a man and will come inside him to share the treasures of wisdom and bring the gifts of the spirit into the world of man.
9. Do not forget that you are not alone on earth.
10. You are not just an isolated body and consciousness. Your body and your consciousness breathe in the universe, and it is through this permanent exchange that you can find your fulfillment, your path, your plenitude.
11. Do not close up in yourself. Learn to open to what is pure, to what clarifies you through the practice of sitting meditation, concentrating on the omnipresence of the Mother and Her wisdom, through the Essene teaching. In these moments of calm, silence, awakening and careful observation, learn to live and to realize the simplicity of what you are, of what you would like to be and be clear about what you are looking for.
12. Simplify yourself. Remove what is unnecessary and make the essential appear.

13. Do not try to elucidate the too difficult questions that your structure cannot bear for the moment. Go forwards one step at a time, being content with the nourishment that you can digest and assimilate. In this way you will grow in wisdom and strength.
14. Let love and happiness guide you and build you.
15. In your meditation, open your being to greatness and beauty. Let what is the smallest and the closest to you touch you, talk to you, strengthen you. Invite everything that is good, pure and true to take part in your ascension, in your communion.
16. Be an impersonal, universal, transparent being: a being in which several beings of Light are invited to live in simplicity, in sharing, in an alliance.
17. If through your body you invite all the wisdom of the earth to sing, dance and take part in your rising, you will become big like the sky and the stars.
18. Simplicity is a virtue making up the essence of the Angels. It is a virtue that opens on purity, transparency and union with the other in the universal. Water is simple, true and transparent, and yet it connects the worlds, bringing them the original message of life.
19. Angelicalness will come into you if you know how to welcome the being of simplicity while your body is seated in the posture of meditation and communes with the Mother. If simplicity inhabits your body, if your consciousness is open to greatness and beauty, the Angel, the messenger will be happy to approach you and bring you the gift of the presence of Light.
20. The joy of Gabriel is to share this living simplicity in the people gathered in communion and sharing to welcome the omnipresence of a higher and divine world in life. Be blessed if you can do this individually and collectively. You are then the blessing of the earth, for you know how to create the earth and open a space for the Gods, a temple, a house, so that the Word becomes flesh and lives with you in joy and celebration.
21. Work this basis because it is the foundation for a higher intelligence to touch your life with its magical wand and transform what is negative into a positive force that will make you go forwards and meet the sun.
22. See how simple everything is, and let this simplicity guide you and flow in you like clear water that sings and dances and that nothing can stop.
23. Look around you and in you and stay united with the source of the spirit and focused on the lake of your heart. You will then understand that every one carries a message, an influence, a heaven and an earth. Hear the message and take in only what structures you, nourishes you, instructs you and makes you advance.
24. Find your inner path and follow it.

25. Do not start a path of discipline if you have not found your inner path first, if you have not communed with the Source, if you have not heard our songs. For without that, your discipline will be a dead letter, a whitewashed tomb.
26. Find your inner path and the Source will awaken you. You will know how to read the message of the birds, of the stars, of the sky and of all other creatures, whatever the language they use.
27. You must be the perfect meditator, one who puts his body in the posture of communion with the Mother, one who stays in perfect stillness like the statue of a God, one who is in the calm and harmony of living nature, inhabited by a transparent consciousness, listening to the universal and not judgemental, detached from the illusions of the shadow. Gabriel will then come into you through the Angels.
28. I will speak to you through the simplicity of the Light and of the water that flows from the primal spring.
29. The simplicity of water is beyond all the concepts that structure and imprison man.
30. Man has imprisoned water and immobilized it by his ways of seeing; he no longer has access to true water in its primal purity.
31. If you know how to be simple, silent and calm up to the point of liberating the water in you to let it be such as it is in its divine origin, I will come with simplicity. I will talk to you through the virtue that you carry.
32. Be like that when you join the congregation around my spring, in my temple, in my aura and my presence.
33. Be one single soul to welcome me, one with all those who surround you, one with the Mother in you, one with the stones, the plants, the animals and the best of humanity.
34. Be like the child who looks around him to model his body, his life, his thoughts, his destiny, his way of understanding the world. Study this wisdom so that it becomes consciousness and action inside you.
35. Choose your parents. Choose the earth that you will settle on and that will nourish you. Choose the heaven that will protect you, inspire you and welcome your being at your death. Choose the masters who will teach you, guide you and make you see the world with the eyes of eternal wisdom, and not with the eyes of man and his dead conception that imprisons and leads towards slavery.
36. A big thank you to all the pure, ardent and sincere souls that join in the work of the Essene school.
37. To all those who sleep, I say: awaken and take your destiny back in your hands. Your first work is the mastery and good organization of your house so that the universal can flow there and the higher worlds can visit it. In this way they will bring the presents of the eternal and immortal light.

9 Commit.

1. Commit.
2. Commit, not with your feet and hands, but with what is not visible. Commit with what brings power into you.
3. In general, man talks about commitment while moving one foot forwards to show that he is ready for action, or else he commits with his hand to show that he can create things on earth. But who is he addressing? Only the surface of things.
4. If man wants to realize something on earth, he has to commit with what is subtle inside him. Then the energy that will emanate from him will touch the inside of the things to contact or to communicate.
5. The man who believes himself committed by his feet and his hands only commits at the surface of a visible world. He will never know depth, meditation, the surpassing of oneself, that is, when his senses are made capable of capturing, receiving and analyzing everything that can happen in life, in all the worlds.
6. Do not commit like a soldier who decides to follow orders because he himself cannot have an inner conviction.
7. Do not accept what the world asks you to do. Accept what your inner conviction transmits to you. For the capacity to associate with the dove as much as with the serpent lives in every man. Even if you do not believe it, it is what you do throughout your life.
8. The body of man is filled with light and also with darkness, and the balance is perfect. Why does he choose the darkness? Because he looks with his senses turned outwards; because the outer forms reassure him; because in this way he thinks he can be active and control his life.
9. Find the other side of all that and return inside yourselves.
10. Try to touch the inside of things and do not be prisoners of the dogmatic principles, for the water of life has to flow and be constantly renewed. Information that you receive is good at one moment, and is not at another, or at least it is not as useful.
11. Commit to your inner life taking the upper hand on your outer life, and do not believe that in this you will be weaker in the world. Understand that when 2 men meet, what they look for in the other is strength, the Light, clarity. Why does the world not understand this?
12. Find in commitment what brings a just and clear life, and above all an active and productive life.

10 When the Creature Becomes a Creator.

1. "Creature" means "creator."
2. Like an oyster that creates a white pearl from a grain of sand in its mouth, if man activates all the possibilities, all the attributes and the advantages inside him so that he manages to produce, he is a creator on earth.
3. If man is deprived of this creative power, it is because he does not live in the conditions adapted to its manifestation. Man ingests, swallows, digests the sand, but in the end he rejects it. He makes nothing out of it, whereas he is a creator on earth.
4. You, man who seek to have a perfect life or a semblance of a perfect life, do not accept everything that you hear without transforming it into pearls; transform what you see into wisdom, for then greatness and awe appear in front of the divine world.
5. Let each thing in your life be the driving force of the act of creation.
6. Lead each thought and each object towards perfection, perfection of the form, perfection of the idea. Arrange your life so that this can be done easily, so that it becomes natural in you.
7. Man on earth does not need to suffer. If he suffers, it is because he does not understand that he is the creator of his life and the world that he lives in.
8. You, creature, become a creator!
9. Find the conditions that allow man to become a creator through everything that the masters and the initiates have brought. Discover the path that they propose to you, be attentive to the enigmas, awaken through all the hieroglyphs put on your path.
10. Then you will become a creator, not in pain, but in joy and love.

11 Live in Harmony with the Universe.

1. Man lives in a life cycle. He is connected to seasons, to systems, to influences. Thought, for example, breathes according to influences; it is not the same in August or in December.
2. One who lives outside these cycles, of the rhythms of nature loses forces that are found inside him, a communion with the divine, a sensitivity, a clairvoyance, subtlety of the soul.
3. The man who wants to use all the means for a good realization has to know how to recognize the influences that manifest themselves through the different periods of the year.
4. Work on what needs to be carried out in function of the seasons and influences. Use your mind and body in harmony with the cosmos; in this way you will be part of the perfect creation that the Father has generated for us.
5. If the Father gave us seasons, influences, it is for the good breathing of man, for man cannot breathe in the same way all the time.

12 In Spirit and in Truth.

1. My incarnation is now established. I will now be present in a certain way on earth through this consecrated statue.
2. Your work will have allowed putting a seed of awakening of the awareness of an inner path and life in the earth of humanity. Then one day man will turn towards himself and he will meet the One who, since the dawn of time, speaks to him.
3. I would like that, from time to time, the work that was done to be carried out around this statue. Let divine words be spoken, let songs, dances and ceremonies be celebrated so that the Light is always fed by the strength of the community of the awakened men and women.
4. Man, united with God, let our bond be not an ephemeral bond! Let our communal life in the Covenant bear its fruits! Let man find his dignity again! Let love be in all your hearts, all your homes, all your relationships! In this way, humanity will be able to start healing.
5. Man, you who speak of Light, be an example of Light in your acts and in your life.
6. The work that was done is a blessing for the people of men.
7. When the Covenant is sealed with the 4 Archangels, the seal of the divine world will have taken place on earth. For the time being, it is the mark of the Beast that is predominant.
8. So, light in your eyes, love and warmth in your hearts, consciousness and activity in your life.
9. Let our union be sealed in spirit and in truth!

13 Live in your Body, and not for your Body.

1. Man needs to make the difference between a man living in a body and another living for his body.
2. One who wants to go towards a conscious life in agreement with his convictions and his inner life must above all be aware that he is living in a body and not living for his body.
3. In order to carry out his inner life successfully and reach its completion, man has to be wilful, determined, courageous, full of ardour, for it is up to him to create the conditions so that his life in a body is in harmony with the divine.
4. Build your life yourself, otherwise, inevitably, the outer circumstances will direct it for you. Who will create your conditions, your ambience, your divine thoughts, if it is not you, through your awakened will, your courage, your commitments and your convictions?
5. Remember this key all day long and all your life: you live in a body that is only a part of you.
6. Remember that you are not there only to keep your body alive, for in this you would disappear like the water that returns to the ocean or the dust that falls back onto the earth.
7. Cultivate the awakened will, courage in your commitment and power to create the conditions; in this way you create your life, your alliances, your contact with the divine world.

14 Know what you want and organize your life.

1. If man wants to realize the inner life that he is aiming towards, he has to get things into perspective. He really needs to know what he wants, himself, as a man living in a body, and what the inner life of his soul wants.
2. Man prays, meditates, pleads, humiliates himself in front of the divine world while asking for sacred protection, blessing and inspiration, for he does not want to find himself like an orphan in the world of men. But in reality, his weakness is in the answer he is able to receive; in return he expects only things that comfort him and go in the direction he himself has set. Deep down, he is afraid the divine world will ask him to make life choices and be faithful to the light that is inside him.
3. If your conviction and your path are really to live with the divine, make every effort, organize your life, make your own choices. Do not make concessions because of objectives that you would think you have for your everyday life. Have the attitude of one who organizes everything for the coming of an important person.
4. Often man errs by believing that first he has to arrange his outer affairs because if the feelings, thoughts and desires are stronger in his divine life, then he has to implement everything to realize it.
5. If man wants to save his material life to the detriment of the light of his soul, the divine world will distance itself from him, let him live his experiences and wait until he is ready to act and create all the conditions and circumstances to invite the Light to share his house.
6. Look well inside you and be clear about what you want.
7. If you are sure about what you want, use all the powers that a man can have in his ability to think, organize and act so that the divine being is able to meet man in a body. Do this for you, but also for the good of all beings, whether they are men or belong to other kingdoms, to other hierarchies.
8. You must always go towards the divine while carrying the idea of universal brotherhood inside you. Go in this direction and your whole spiritual, material and sentimental life will organize itself because if all is well in your inner life, all will be well in your outer life.
9. Do not stay in the abstraction of wanting, of waiting for opportunities to turn towards the divine. Every day, let the seed inside you grow, and above all, do not necessarily conform to what you are told, but model yourself to welcome the purest, the greatest, what wants the good for you, what wants you to be a man in all beauty and greatness.

15 Trust your heart.

1. I will give this law for the man who wants to walk with God: trust what your heart can receive and give.
2. At the present time, whether it is in the material plane as in the spiritual plane, man does not want to let his heart speak because he is afraid of being hurt. Why does he not have confidence in trust his heart and let what comes from the heart speak and act?
3. To believe that the negative forces can get hold of your heart is an error. The power of the negative forces is limited to the feelings that emanate from the heart, but is not love a gift from God? Does not love allow man to meet beings, share his life with children, friends, the divine world, a family?
4. Trust your heart, let it act, and do not break it out of fear it gets broken.
5. Your heart is strong because it is united with God. It does not belong to you as a man; it is an organ that is lent to you by the divine world to go towards others, to go towards God and finally to accept that there are other beings that live on earth and in other worlds.
6. Have confidence in yourself.
7. Do not refrain yourself in your desires, in your impulses of the heart.
8. Know that the Angels will speak to you only in your heart, that the Archangels can come and visit you through a mental structure, but that the true teaching, that of the divine world, of all the hierarchies of our Father Mother, comes through the heart. So, open your heart, not in an intellectual or structured way, but open it.
9. Trust what you live and what you see, for nothing will happen to you if you are blessed by the Gods.
10. To be blessed by the divine, it is enough to offer it a place in your heart so that it inspires you, protects you and shares its life with you.
11. Be confident. Open your heart and let it grow inside you like a flower that is first a seed, but that, in a very short time, can show you all its beauty, its fragrance, its strength and much more than that.

16 Be aware of your healing power.

1. The man who wants to walk with God needs to develop the clear awareness and subtle knowledge of the multiple exchanges that can exist between humans or with the animals, plants, minerals and even with the Angels. These exchanges exist in several worlds, in several planes of existence and can unite all these worlds together: the physical-auric world, the spiritual world and the divine world.
2. If man does not manage to find a balance in life, it is always because there is an interference around him or around the other that generates a perturbation and prevents a harmonious circulation of energy through the exchange. The cause of all the discords and diseases is found in such an interference.
3. The divine world experienced within is the point of balance between all the exchanges in all the worlds.
4. You who seek wisdom, the union with God, be aware of your healing power on the relations existing between beings.
5. Awaken and heal all the relations uniting all the planes of your being and your existence. Then, heal the relations between beings.
6. Each time you want to communicate or meet a being, first of all you must cleanse the relationship, purify the spiritual water that is found between you and the other, between you and living nature, between you and the divine world by the magical act. Whether you know the nature of this relation or not, purify it by the magical water of your soul. In this way, you will accomplish the work that the spiritual world does at night, during the sleep of men.
7. Those who are initiated to the magic of water acquire the power to consciously start this process of purification.
8. Many are those who teach methods to communicate with the beings of nature. Yet, the real work to be done has no other goal than to heal the subtle and magical relations existing between the beings and between the worlds.
9. Be a healer. Take your responsibility of medicine man as this existed among the Amerindians. Heal the relations between you and the other; in this way you will communicate purely with the other and God will be present in your relation, be it with yourself, a human being, an animal, a plant, a stone, an Angel, an Archangel, the Father or the Mother of the world. In this way, you will be able to raise yourself towards the heights, your water will be clear, your revelations and inspirations will be high and gracious. Go in this direction and you will find the perfect path, without hazards, that will lead you to the inexhaustible spring, the one that gives water to all beings in goodness, abundance and love.
10. Awaken your healing power and you will succeed in your wishes. What is fragile, delicate, vulnerable in you will then be inaccessible to the dark forces, to the impure colourings that may taint the water of your being.

17 The method of the 21 days.

1. I give this teaching for those who will really commit to try out what I am going to propose.
2. If the beings living in the divine world look at the life of men, they do not understand why men are in a hurry.
3. Men run after something without really knowing what.
4. Why does the dog turn in circles to catch its tail? Did it not understand that its tail is a part of itself? Men are like that; they run after something, try to catch it, but they have not understood that what they are looking for lives inside them.
5. Men run to pray, to eat, to live, but in this they will never be able to meet their soul. The soul is found in the place of rest, of silence, of calm, and it is up to man to create the circumstances to be able to meet it.
6. One who really wants to live with his soul has to make the effort to live in a peaceful way. He must stop the whirlpool of his life, of his thoughts, of his feelings to sit down and take the time to observe everything that manifests itself in him. He must clearly discern the things that work and those that do not work, look at them not according to the criteria of his personal me, but according to the point of view of the objective that he wants to reach, that is, how to live with his soul. He will have to do this for 21 days. He will have to stop the whirlpool of his life to look at the unknown world that is inside him.
7. When this is done, he will have to enter into this world regularly, in different circumstances of his outer life after each meditation, prayer, word, after a walk in nature, in order to consult his soul and ask for its advice, its light, its point of view. One who wants to know his soul will have to, for 21 days, create the special place inside him where he will be able to meet it.
8. This place is a small lake in which the soul can come at night to leave the heavenly dew. On waking up, man goes across this lake and the dew sticks on his face. This is symbolic and means that if man does not prepare this place inside him, his soul will never be able to come and put something of itself there.
9. To meet his soul, it is necessary for man to create this lake inside him and ask, before going to sleep, that on waking up he can cross it in order to be able to bring back with him the message of his soul.
10. Only this method allows the soul to approach the man incarnated in a physical body, teach him and make him journey in worlds outside the world of man.
11. I wish you plenitude, gentleness, calm, but also an exceptionally awakened concentration.

18 The man of happenstance and the man of opportunity.

1. Man is an extraordinarily beautiful and extraordinarily complex being. He has everything to realize his objectives but prefers to let a certain happenstance take over his legs and direct his steps. What complexity in him is at the root of this attitude?
2. In reality, man needs to be on the lookout for all opportunities. A being speaks of Light, a smile passes in front of you, a thought inspires you, be present, know what it is you want and do not let happenstance seize all these opportunities and direct them. On the contrary, among those you come across, choose one and consciously develop it.
3. It is true that not all men have inspiration; so awaken, be aware, attentive and choose the opportunity. Take, for example, a thought, a word and beautify it, interest the others, strengthen it. In this way, it will grow and, as for any thing that is created, the love and the victory will return to the founder, the procreator.
4. Be a being who continuously generates the light, but do not be in this principle of chance occurrence, for then, inevitably, you will end up in happenstance and, when you enter the other world, you will still be in happenstance. All your life, your projects, your wishes will be happenstance.
5. In all circumstances of your life, be vigilant and choose opportunity. In it, develop your activity, your dynamism so that everything you carry in you as aspirations can in this way be put into action and find the path of prosperous and fruitful realization on the physical plane.
6. Choose the man you want to be: a man of happenstance or of opportunity.

19 The Art of Mastering the Light and the Darkness.

1. There are 2 forces in the world, 2 forces in man: the light and the darkness.
2. Man needs to know where to situate himself between these 2 forces. He must not be animated by these forces, but animate them while knowing how to stand outside of their zone of influence. Man must know that these forces are alive, acting, and be sufficiently awakened and clear inside him to be able to master them and use them.
3. If he is an intermediary who associates the forces to what they correspond to, man does not become negative by using the dark forces. However he must not let the dark forces enter into his life, above all not into his inner life. He can and must use them to smooth out the path and ensure that some elements allow structuring the world of the Light. If man is not the master of these forces, they will become the masters of his life.
4. To think in Light is to act for the Light.
5. To think in unconsciousness is to act for the darkness.
6. To be passive in front of life is to offer a space for the darkness to come and act in man.
7. The teaching is: do not be afraid of the fact that there are 2 forces in you. On the contrary, understand that each one has its power and that, through your power of man, you need to put them in their respective places so as to be able to find all the elements, all the pieces of the puzzle assembled to manage to constitute the man of Light.

20 Taste the fruit to know its flavour.

1. Look at all those civilizations, all those traditions, all those beings who have left traces of their passage. Life is a continuity and you live in the house that someone else built, very often you walk in the steps that another took on the path before you.
2. There has to be a resonance between what you carry in the deepest part of you and what you find in your life as conditions of existence. Then you will know your path, the tradition that you need to follow in order to fulfill yourself.
3. Know that in the world something corresponds to you. This is what you need to find.
4. Do not be content with the appearances, but enter into the depths.
5. If you really want to find out who you are, what you have to do, what your aptitudes are, your true projects, then, do not be the one who contents himself with looking at the orange, its beauty, its colour, but be courageous: tear the veil, remove its peel and taste the fruit.
6. In the deepest part of him, man feels in affinity with those beings of the past who constantly offered humanity paths and directions. Yes, through all these tracks left behind, a life tickles man so that he awakens.
7. An inner life is capable of creating sometimes painful circumstances so that man becomes aware of the divine life at the heart of his being.
8. Be intelligent, aware. Understand that the suffering of those beings who came in the past was not to live with the divine, but to transmit the greatness, the purity of the teaching of the Light to men, to speak to them about the taste of the orange.
9. Do not be like the majority of men who satisfy themselves with an understanding, a colour, a smell, shapes or fragrances. Be courageous and intrepid so as to defy all your limitations, to triumph over the test of the appearances, force yourself if need be, but finally share in the experience of the Light by you also tasting the fruit.
10. No being on earth will transmit to you the real taste of the fruit. Only your own senses will allow you to taste its flavour, to grasp the sweetness or even the bitterness of what a divine life can be. Tasting the fruit yourself will not only make you discover and appreciate a whole world, but more than that, it will inspire your whole life, and will even inspire others by what emanates from you, the perfume of your life.
11. Awaken audacity, bravery, courage, and go and taste the fruit to discover and experience the presence of your soul and of the Angels in you.

21 Do not be afraid to lose by giving.

1. Be generous, filled beings. Do not approach the earth, the others, the angelic world, the divine world while being empty.
2. Be full, fill the atmosphere of the world that surrounds you with the beautiful thoughts of your soul, the most positive inspirations and wishes.
3. Be ready for action and do not be afraid to lose by giving.
4. Be generous, giving and kind.
5. Love is great, love is pure, love multiplies itself, for one who is truly inside love does not lose what he gives. On the contrary, it becomes bigger and bigger.
6. Generosity is a gift one must cultivate to approach God, to be like Him.
7. The beings of the divine world give to man and to all the worlds without really looking at their qualities and their flaws. Their foremost quality is to give so that all beings awaken, become great and responsible. You yourselves, adopt this divine model and become full beings, filled, inside love, ready to give to awaken the divine in everything.
8. May strength and abundance flow from you towards all beings.
9. Be water that generously quenches thirst without counting and not a trickle that would even have trouble to refresh a man, leaving him thirsty.
10. May the full life surround you, give you wings, awaken you.
11. May love triumph over poverty.
12. Let the great aspirations, let the generous beings put themselves forwards and not be afraid to go towards the other to offer without necessarily wanting a return.
13. Always have this attitude of being filled, full, positive. Then the divine world, the Angels, the Archangels and everything that makes up the divine hierarchy will fill you, for you are ready to receive if you know how to give.

22 The importance of the work on self.

1. Some men want to be in relation with the divine world, whether through an inner inspiration or because they do not find a resonance to what they sense in the outside world. Yet, they do not give themselves all the necessary elements to reach their goal.
2. The main weakness of the man who wants to approach the divine is not knowing himself. He often looks for himself in an unconscious way, but he lets other beings direct his life. This is an error that most often leads him to his ruin.
3. When he meets a being that he thinks is superior, man behaves as if he does not know himself and seeks revelations about his own identity in the eyes of this other. This is unfortunately not a good method.
4. By always looking for himself on the outside, man will never be able to taste what he really is, what are his affinities, his alliances, his real state of being and the meaning of his life with his inner senses.
5. Man, you who go towards God to know yourself, know that one who is not yet sure of himself must conform to the rules, to the laws, to the principles that were given by the sages, the guides and the masters.
6. If it is said to man that by living unconsciously he can catch this or that disease, why does he do it, why does he abandon the wisdom of the prophets? Because he prefers to try to avoid the inevitable effort, the work on self.
7. Put into practice the commandments of the prophets, of the masters, of the beings who know; they will enable you to acquire subtle inner senses that you did not have until then. Then you will have the means to perceive who you really are by yourself.
8. If a master shows you a path of discipline and of detachment, do you think that it is by a mere ideology or belief? No, he shows you a proven path so that your body becomes subtler, more receptive, finer; in this way you can listen, hear and taste another language: the one of your soul. If man does not put this discipline, this art of living into practice, not only will he never know himself, but moreover, he will remain a stranger for the divine world.
9. Only one who knows himself can approach the divine world. So, start on your path. Enter the Teaching by the practice of the discipline, by making efforts on yourself.
10. Do not think that if you are in a school of mysteries, surrounded by beings who work in the Light, you are excused from the discipline. On the contrary, stay in the energy and the rhythm of the work on yourself, in experimentation; you will live by yourself, and not through the intermediary of the others, what the divine world wants to tell you; you will stop listening to what the divine world said to others and you will start to put into practice what it expects from you and from your life.

11. Know that the message of the divine world is individual; it cannot be identical from one being to the other.
12. Be in rapport, in an intimate relationship with the divine world.

23 Welcome the Divine into your life.

1. If you are really trying to work on yourself, if you want to enter the divine world and make it come into your life, know that you need to have a calm inner attitude and a great respect towards everything that can purely come from God.
2. Do not be in the abstraction of a far away idealistic world. Know that beyond the appearances, your life is filled up with a sacred world that is found beyond everything that one can define with shapes, words, sounds, colours. Yet this world is as real and present as the world of man.
3. The trap is that most of the spiritualists or the beings who have a true inner quest believe in a divine world, but in the end are unaware of all of it in their daily life.
4. If you want to know a rich, stable and settled inner life, this divine life has to be a part of your material life.
5. Tell yourself that if you have such energies, such thoughts, such feelings, it does not really come from you, but from a living, existing world, able to grow and also to weaken.
6. We, the divine world, we say to man: believe in us as strongly as you believe in your progeny, in your children.
7. Never place what is great and beautiful into an abstraction.
8. You will never be able to taste or live what you make abstract, and you will end up not even knowing it.
9. The divine world must never be made abstract, for otherwise it becomes weak in the life of man.
10. Man is on earth to live the alliance with the divine world in the reality of mastery and of his concrete life.
11. Peace comes from another world, that is sure, and if man wants to know it, he has to associate with it and do everything possible in his life to incarnate it, to make it a body. Then he will know peace because he will have created all the conditions to live with it.
12. This wisdom is primordial and, without it, man goes from weakness to weakness, he uses up all the strengths that are in him without being able to reach stable, strong and luminous plenitude and achievement.
13. Know that we, the divine world, we exist. We are near you, men, and very often we inspire you and wish to conclude a concrete alliance with you. So, do not put us into an abstraction.
14. May men open their houses, draw open the curtains on their windows, and we will come like suns bringing warmth to comfort them, instruct them, offer them a filled, full life, strength and inspiration to concretely achieve what they came on earth for.

24 Let love surround you.

1. Love men, love the divine world, love everything existing in the eyes of men, for love opens the heart and teaches man.
2. Love is a door that not only allows you to open up to what is great, but also to purify many things inside you. I do not speak of the love of the idiot and the materialist; it is not negative, but man must not base himself on it to construct his life.
3. One must love the mystery and everything that is great. One must love everything that enables man to open up, to make his being get bigger, to travel in space, into the infinite. One must also take the small things into account.
4. Love is a gift and, if you have it, you must develop it, cultivate it like a small seed that only asks to blossom, that needs to be protected, guided, directed.
5. Love is the language that can unite man with the divine world. Therefore, let it not be an abstraction, a vision, a hope, but may it truly and really be part of your life. May it become as alive for you as what you eat or drink.
6. This love is small like a child. It only asks to develop, to grow inside you and in everything that surrounds you.
7. If you are filled with love, everything becomes greater, vaster, and takes on a sacred meaning.
8. If a thought comes with love, it brings a very broad vision.
9. Love dilates man, makes him bigger, more available and open.
10. Cultivate love inside you. Spread it around, make it grow and taste an experience of love every day.
11. Let your heart dilate towards beauty and greatness; in this way, what will come out of you will be nourishment for all beings and also for you, for your soul, your higher being, one with God. This will nourish what brings happiness and joy inside you.
12. Blessings upon you.
13. Let love surround you.

25 Approach the Divine through respect for its sacred laws.

1. I want to talk to man like a fountain of pure water that comes down from the divine world to touch him, awaken him, fill him and cleanse him in all his centres.
2. The man who aspires to live the experience of meeting the great light inside him has to learn to make the water of clear consciousness flow through his centres, from the subtlest to the coarsest.
3. The spirituality that flows from the divine world is pure and clear water, intelligent and sensitive. Make this water flow in everything that is alive inside you as thoughts, moods, wants, works.
4. Let each one of your senses become a gushing spring of water-Light that quenches the thirst of the worlds and slips into all the fecundating exchanges to give birth to wisdom and love in all circumstances. In this way the mirror will also place itself in you and it will reflect your true being.
5. My water is a mirror in front of which it is impossible to hide.
6. Discover the divine through the observation of yourself and of the world.
7. I come through a covenant of Light with an incarnated master within a school of mysteries, for I want to get closer to students who have the foundations of discipline and understand the absolute necessity for respect and the sense of the sacred.
8. Entering into a temple is a science and an art that must be motivated by a will committed to impersonal service.
9. Approach the other while wanting to understand him and help him. In this way you will be like water that, in its purest essence, wants to act for the good of the divine in all beings.
10. Respect is the foundation of any positive approach of the divine presence in you and in the other.
11. In a school of mysteries, the first offering to God must be the respect of discipline.
12. If you approach my spring, my presence, the magical water of your aura and of your inner life must be pure, clear and conscious.
13. Your aura corresponds to all the fluids that surround you and direct your life.
14. Your inner life encompasses your thoughts, your attitudes, your behaviour.
15. Your consciousness must be awakened so that all the activities of your body are in harmony and your aura is free from any opposite influence.
16. Through the mastery of your physical activity and the purity of your aura, you will be able to harmonize with the third sphere, which is my presence in the living and intelligent water.

17. Know that what you are brought to live in my temple, you can experience it afterwards in your daily life for, in truth, it is my water that, behind the appearances, directs all the movements of life.
18. Through respect for the discipline and its clear understanding, the appropriate ambiance can be brought into the temple and my body of manifestation can be woven with the purest ether substances.
19. Understand that when I am present in the temple, I can speak to you directly and also act on you and reveal the secret of intimacy with the Light to you.
20. A master is a temple of God and a fountain of Light on earth, but the whole secret is in the way that you approach him, how you think about him, what atmosphere you prepare for him.
21. There is a whole teaching and a whole secret there that, for 2 years, have been inscribed into all those who have communed soul to soul with my spring. I want for you now to meditate on this secret and apply it in this school through my son. It is time for you to understand that he is the temple, that he is the Light in the temple and that he is also the spring that flows from the divine world to quench the thirst of the whole world in the eternal presence. You can see it or not, essentially it depends on your degree of awakening and on your way of getting ready to approach the Light.
22. Know that for each thing, there are rules that have to be applied. One who calls the divine world without respecting the rules of this world only offends it.
23. The true temple is man himself, and the spring is life and the Light, which flow from the world of the spirit into man to permanently rejuvenate life and carry it forwards.
24. Applying the discipline allows revealing the divine. First it appears in a correctly consecrated outer temple, then in a master in the centre of his school and finally, in you.
25. My spring is the Light, which comes to incarnate itself in the physical world through man.
26. Know that you have come into the world so that the living light takes on a face, hands and feet in you. Of course, you can be the mask of lies, the action of the thief of light and the path of death, but you can also be the light of the Father that looks, hears, speaks and constructs His kingdom on earth. For this, you have to be committed, consecrated in the School and respect your vows in front of the covenant of Light.
27. I bring the gift of receptivity to the divine through the sacred space of silence and of magical work to this school.
28. Through your practice of certain physical, breathing and concentration exercises and also of a magic of Light, I will make the essence of your inner activity appear on the mirror of your consciousness and your sensitivity. Then you will be able to encounter your soul environment. By purifying it, you will be able to communicate with your bigger soul, weave connections with it and commit on

the path of liberation, the path of a life bigger than that of the physical body and of its mortal activities and concerns.

26 Be pure to receive the Light.

1. If in your life you experience a sensation of joy, of peace, of happiness, of clarity and if it becomes a light of understanding that lights up your life, learn to keep this inside you as long as possible, to live with it, to cultivate it. And when you come into my temple, offer to the magical water of the atmosphere this sensation brought up to clarity. Do not let the slightest annoyance steal from you all that is subtle and beautiful in you.
2. Above all, be pure and impersonal in what you offer to the masters, Angels, Archangels and Gods. By offering the Light, you reinforce it in you.
3. The first offering is respect for the Teaching, that is, the right application of discipline.
4. Do not feel guilty: be simply clear with yourself, simple, and approach the Light with humility and the will to accomplish the best.
5. The first teaching of water is purity. It is not only about the purity of man, his intention, his heart and his vision, but also the purity of the divine world in man.
6. Put purity as the foundation of your approach to my source of Light.
7. Think about receptivity. Think about what fecundates you in life.
8. Without purity in receptivity, nothing true can be obtained.
9. Let your receptivity be pure and all the rest will be fecundated and filled by the union of this purity with the divine world. Pure, your exchanges; pure, your sensations; pure, your understandings. Then you will discover my presence in you as the source of the new birth in the fecundation and creativity of Light.
10. In the atmosphere of my temple, feel open, subtle, gentle, silent, and do your best to feed yourself with Light. Keep in you the finest sensations and cultivate them in your daily life in order to root them in your consciousness. These memories will feed my presence in you and purify the water of the lake of your soul.
11. I am the river of life inside you and it is the way you approach me that determines your destiny. One who cultivates indifference will receive indifference. One who cultivates love for the Teaching will be surrounded by love.
12. Be happy to have feet, hands, eyes, a mouth, to live in a so wonderful body that can capture my light and manifest it on earth.

27 How to awaken your soul in the spring of Gabriel.

1. Approach my spring with consciousness and discipline.
2. Gather together in contemplation, respect, subtlety around my magical presence.
3. In my temple, honour the pure and transparent water that offers itself for the good of those who love the Father and think of Him in life.
4. Perceive through my spring the magical water that fills the ethers and makes your soul live in all its subtleties.
5. Today, what is missing for men is the ability to put their attention on something true and simple as a spring and to discover in it a greatness and depth that nourish their souls.
6. It is through discipline and work that man will awaken his consciousness and perceive his soul as an essential foundation of his life that he has to take into account.
7. When your soul shares your life, it will show you what is good for you and open for you the path that nourishes the inner light. It will also cleanse you of everything that is superfluous.
8. Make an offering of your wrong thoughts, of your sensitivity, and through your discipline, raise yourself above the coarse, unconscious world to weave, between your community and my presence, a relationship of respect, of shared love, of enlightening wisdom, conducive to celebrate the covenant of Light concluded by my son and his circle of priests.
9. The water gushing from the spring shows you the way of another subtler water, which can give birth to a freshness inside you and open the way to another, broader, more spiritual perception of life. If you do not understand this path, your inner earth will be dry and no flower will be able to take root in it. Your life will be limited to your physical body and nothing else will be able to speak to you, to awaken you, to fill you, to fecundate you. Your life will be infertile from the divine and from its spouse, your soul. Your soul will be like a puddle of stagnant water used as a den for mosquito larvae. Have you ever perceived the mosquitoes in the thoughts or words of men?
10. It is through my spring that you will awaken your soul. It will give birth to the inspiration that opens the doors of higher thought and sensitivity inside you.
11. Only a living soul can present itself in front of the world of the innate light and be fecundated by it.
12. Every man in incarnation on earth has a soul in potential. Whether this soul awakens and lives depends on the place where it breathes. If it associates with the ethers that only make the body and the visible world live, it remains a possibility. If it unites with the divine worlds, it meets its other half and grows in the Light. It is my giving birth that activates itself in it.

13. The water that flows on the earth shows the reality of the subtle world. What would the earth be without water? What would your body, your life, your consciousness be without soul?
14. Separate inside you your body from what lives in it and refine your consciousness. Then you will taste my water, which will show you the way to the other shore.
15. There is a world inside you that you do not know. You call it the “kingdom of dreams,” for all that you perceive from it are some extinguished images and sensations. Yet this world is as real as yours, and even more, and it ardently wishes to unite with you to quench your thirst, to fill you, to feed you, to fecundate you with its overabundant life.
16. Consciously approach the spring and carefully collect the water of the Teaching. Then I will become a spring of living water inside you that will delight your soul and open for you the door giving onto the other reality of your being. I will give you the confidence to accept what you are and to put it into action, with strength and determination, in your life so that your body is a fertile valley, covered with tasty fruit and all the riches and wonders of the earth.

28 Gratitude, the key to alchemy.

1. Be a considerate being in front of life.
2. Cultivate inside you respect for life and gratitude for seeing it expressed through so many colours, smells, shapes, sounds, and perceptions, sensations, understandings, organs inside you.
3. Behind each manifestation of life that appears to you are beings, worlds that, when they meet you, also want to discover universes and exchange with them.
4. Be aware, pay attention to exchanges.
5. You receive life under a great number of forms and you too can transmit it in light and beauty. Therefore, be considerate in front of the life that comes towards you. Welcome it with gratitude and a harmonious relationship, and try to transform the negative, the unconscious into gold and increase the positive. You will be like those alchemists of long ago who knew, through their active intelligence, how to transform all the lower forces into wealth, royalty, immortality of the consciousness. In this way nothing was lost and even the dark side was invited to take part in the work of a greater light. May it be the same for you, may everything become useful to realize your ideal of perfection.
6. To live unconsciously is to become an irresponsible machine.
7. To awaken all your senses of perception to life and lead it all towards a higher communion is to enter on the path of the being who constantly renews himself.
8. Each of your organs is a marvel, a laboratory capable of sublimating all the influences that come towards you and lead them towards the perfection of the covenant of Light. All nature speaks to you of this sublimation of energies. It is respect for life and the Angel of gratitude that will open the doors of this knowledge. Then it is all life that will nourish your soul, which itself will turn towards the eternal light of the divine spirit.
9. Every day, make the water-Light of your soul grow until it fills all your acts from the ocean of wisdom that bathes the beings and the worlds.

29 Let the Water of joy that makes everything grow gush out.

1. Go towards God with joy.
2. If you think of God, be joyful.
3. There is a deep joy that fills the soul with wonders, with happiness, with intensity; it is the premonition of the divine world hidden inside you and also around you.
4. Enter inside and find your beautiful and pure soul. Commune with it deeply in a loving complicity. It is alive from me and it has many things to tell you about your life. It wants to show you what you can do to be happier, more harmonious, in accordance with yourself and with the greatest inside you. It wants to show you that it also lives in the other, that it is not separate from the deep life in the other. By living in the purest of the other, you will enter into the light of true knowledge.
5. The flower that opens to the new life of the sun is called joy. This joy that vibrates from the cosmos fills its being because it has tasted the treasure of the contemplation of the Light. Joy goes to the end of its roots and there it fills the earth. In this way other beings can enter into bliss and take part in the life of the sun.
6. Perfect joy is to feel yourself as one and at the same time, to be with the all.
7. If you think of God, be joyful. Do not make it, let it come naturally.
8. The divine world is a world of joy. An intense, serene and deep joy runs through it.
9. Dig a hole in the earth of your body and let the water of joy gush out and show you the path of life. Where there was only a desert, a luxuriant world will appear. Joy generates all forms of existence. So, do not be sad, but think about what is divine and you will see other possibilities appear to make beauty flourish.
10. What is important is not what you live, but how you live it. Live joyfully.
11. Think of the divine world and strengthen this thought. Fill it with feeling and offer it a will in your world so that it can take on a body in your life.
12. Joy is a gushing out, but it is also peace, serenity, depth, study, magical work. It is my water-Light that vivifies all the worlds and brings them freshness and the element that makes any activity divine.
13. The water of life has come out of love.
14. Love was born in the eye of God when He contemplated the darkness enclosed in obscurity. Sadness entered the heart, which brought forth love; then life sprang forth from love to bring joy to the darkness and open a path towards the Light for it. The darkness started to move, but instead of walking towards new

life at every moment, it awakened greed and tried to immobilize life. This is how death was born, which the darkness called its “love.”

15. If the darkness finds the secret of joy, it will discover the kingdom of divine love, which is without boundaries.
16. Be joyful to be with me.
17. Welcome me with the offering of the joy that comes from your pure intention to love life and delight in it.
18. Listen to my water and perceive the joy that sings and jumps.
19. Joy. Joy. Joy.
20. My first impulse towards you is joy.

30 Become a light in the Light.

1. God is a light in the Light. Approach Him gradually, cautiously, otherwise you will be dazzled and your vision will be distorted.
2. In the world of man, only knowledge that can be assimilated is useful. Find in it a base that you can lean on.
3. If you understand something, strive to realize it before passing on to the next stage.
4. In everything, be patient and stabilize your steps.
5. From patience is born calm; from calm, the feeling of eternity.
6. For the Light to live inside you, you have to remake your body, organ after organ.
7. Understand that the Light does not really belong to man; it is simply transmitted to him so that he assimilates it and learns to live and work with it.
8. It is by sharing the Light with others that it can truly grow.
9. If true knowledge comes to you and clarifies you, understand that beforehand it circulated through thousands and thousands of beings to be made accessible and you are able to assimilate it. This knowledge grows little by little and feeds itself on all harmonious or disharmonious encounters it can have. If you taste this truth, you will be surprised and your whole life will change.
10. If the tradition of the Children of the Light talks about the fall of the Angels, it is only to reveal this secret of collective life and the circulation of thoughts and energies through the big body of God.
11. Some thoughts of Light, while meeting certain men, were demagnetized, for they were poorly assimilated. They created organs that repelled the Light.
12. You who are a pupil of the Light, be vigilant and welcome the high thoughts and noble feelings with hospitality, manners and patience.
13. Strengthen what is beautiful and true.
14. Do not abandon the school of God on earth, but be a faithful and sincere pupil.
15. Become active, committed, put your gifts at the service of what you believe to be true.
16. Do not give your strength to one who criticizes, destroys, to one who only looks for the flaw to weaken what is great and pure.
17. Carry what you can carry and make the Light grow in your life in order to be a source of joy for all those who will feed themselves on you.
18. If you carry a light, you make all the lights grow. Then, you too, you become a light in the Light.

31 Welcome and honour the Father through the masters of men.

1. Honour the masters, for they are the pearls of Light on the necklace of Gabriel. Each master incarnated on earth is a jewel in the ethereal world. The Light is rooted in them. In this way what, in the beginning, came from the Father is able to live in the world
2. The masters are the fathers of humanity, they are the face and presence of the Father on earth.
3. Those who perceive the presence of the Father in the master and who honour Him within their love and friendship are the Children of the Light.
4. Those who welcome and organize the Teaching around a master are called the faithful and the genuine, the courageous and the valiant.
5. Often, in the world of men, a master can be insignificant and scorned, but know that in the world of God, he is a sacred mountain, a tree of life, a source of plenitude.
6. If you offend a master, you put out one of your eyes.
7. One who betrays a master really destroys his body.
8. Who is the one who cuts the necklace of Gabriel? Who is the one who chases the divine world from the earth?
9. Open your 2 eyes and look at the world in 2 aspects: that of the sun and that of the moon. Finally, look with the eye of your heart and the intelligence of your soul.
10. Grasp the drop of knowledge that came out from the ocean of God and contemplate what is precious in man and in life, what is eternal and leads all beings into perfection.
11. Bless the masters, for they are the fathers of your souls and they bring on earth the structure of Light of the divine world. They are the rays of the sun of the suns that came to fecundate the earth with the seed of Light. They are the door between 2 worlds.
12. By loving the masters on the outside, you will awaken the divine inside, and the Father of all fathers will send you His drop of Light, which is the elixir of life. One who drinks that drop will awaken from life to life, until he too becomes a pearl of Light on the necklace of the cosmic man of Gabriel.

32 Man is the inverted reflection of nature.

1. If you really aspire to know what can receive the great light inside you, you have to learn to clearly discern what belongs to death from what connects you to the current of life.
2. Death is what you know, and life is what you have to discover.
3. Death comes towards you through nature as a downwards current to invigorate your body.
4. Life is a germ hidden inside you that has to enter an upwards spiral to vivify the divine spirit.
5. If you are afraid, it is because death holds you.
6. If you are alert and courageous, standing ready to welcome the divine that comes without definition to nourish what is not yet born in you, it is life that calls you.
7. Life is a journey from which you do not come back, for you must always go forwards. This is the difficult condition of man during his passage on earth.
8. On earth, you see my water flow from the high mountains towards the ocean, but in your inner life you have, through an effort of will and consciousness, to make it gush from the ocean of your soul towards the ethers of Light. Of course, your body needs to be maintained too, but only to support the spirit, for inside man the spring has to flow towards the heights. Then everything is right, for what, in nature, flows downwards has, in man, to gush upwards. And what evaporates upwards in nature has to go down like a heavenly cloud to sanctify the body of man become the house of the living God. Meditate on, study, understand this secret and apply it in your life. Then you will become a son, a daughter of the Father of water. Everywhere you go, you will be the blessing of the Light and the victory of love. Everything around you will be pure and clear and your breath will be inhabited by the Angels. No harm will come out of you, for your acts will be a caress for all beings and also justice in front of the Father.

33 Do you know the true face of your soul?

1. The soul is the water of heaven, the water of God. Behind all the waters, whether they are spiritual or material, stands the living soul.
2. What is confusing, from the point of view of the divine world, is the capacity of men to change their philosophy, their way of thinking in a single day. In a single hour, man can change his face several times. He goes from a grimacing face to another, harmonious one, in a few minutes.
3. Man has a multitude of faces for all facets of his being, but behind all his masks, inside, in the hidden, stands the true luminous face of the soul. This face incarnates the cosmic principle of the beauty that works constantly in all the worlds to maintain harmony. This face is the magical mirror that the Gods look in.
4. The soul is the spouse of God, the place where man meets his Father, his Mother and understands that his family lives inside him. In this way the world of beauty can fecundate all the worlds.
5. No beauty comes from the dust that returns to dust. The soul, on the other hand, gathers the dust and reflects the divine beauty.
6. Without the active principle of beauty that protects them, men would become ugly, because everything they live would unconsciously register on their faces.
7. It is the face of your soul that keeps you and protects your harmony.
8. Every day, you have to try to contemplate the face of your soul through all your faces.
9. Wash your face with pure water and, consciously, try to awaken the beauty of your soul and let it show through your face.
10. The genuineness of the soul that shows through the face of dust is the key to beauty and self-knowledge.
11. All beauty comes from the quality of the spiritual water that shines through the form.
12. By finding the true face of your soul, you will give a face to the Light in the world of men.

34 Only a school of God can receive and transmit the elixir of Divine life.

1. Man looks for happiness and wants to know the beauty of the Light, but let him not go further than human intelligence, for only the divine can know the divine¹.
2. If man is a God, he can approach the Gods. But if he is a man, let him stay in his world.
3. What is good for a God becomes negative for a man and vice versa.
4. If you want to approach the divine world while remaining a man, go through a school of God; it will be an intermediary, a transformer of energy for you.
5. The laws of electricity can teach you these secrets: if you put a higher voltage than a device can handle, you will not get the desired effect. God is a fire of love that can become all-consuming for one who is not ready for divine love.
6. In your life, perhaps you wish to get certain things, but know that if you do not have them, maybe it is because you cannot taste them, carry them. If you end up getting what you wanted, it is because you knew how to create a space inside you that allows you to receive it.
7. Apply this law of life to your sacred quest: create inside you the space that will allow the divine world to place the elixir of life in it. This elixir will allow you to generate a divine body in your human body that will live and grow through all your lives, up to perfection. This elixir can only be given by the divine world.
8. The work of man is to prepare the pure cup, the sacred space that we can fill with our presence, with our essence.
9. A school of God is a sacred space for the divine world. This understanding is the key that you are missing in the path of your evolution to continue walking. If you become clear about this, you will have expelled from you an element that slows down your progress.
10. Practice feeling what magical awareness, magical speech, magical gesture and intention are within a school of God dedicated to impersonal service for the good of all beings.
11. It is through the implementation of divine magic that the sacred space of the temple can be created. Then all the forces and all the beings of nature will also come to create this space inside you so that this school, through my son, brings the elixir of life as the seed of the Father on earth.
12. I offer you a direction, a purpose, a mission. Blessed are those who will hear me and start working. On them, the blessing of Gabriel, from life to life.

35 The creative and magical forces hidden behind all sounds.

1. Listen to the music of the world and, on the wings of sound, fly towards the ethereal worlds to nourish the Light inside you.
2. Know how to use everything the Father has put into you as abilities to give birth to the beautiful light that, it too, will fecundate the world with its music.
3. Develop a musical sense that will tell you what is cacophony, what destroys the beauty and harmony inside you. Stay away from such sounds because they are the incarnation of those who have taken the darkness as home.
4. Find the melodious sounds of wisdom and love that can give to all your activities a dimension that brings the fullness of life. Sound is a powerful means of generating creative images and making them powerful and active inside you. In this way new patterns of thought and life can enter into you and provide a new orientation to all your organs.
5. Know that you can awaken and draw to you everything you lack to be happy in life by the power of the music of your soul in communion with the universal soul.
6. In all circumstances, be aware of the influences that aspire to come fecundate your soul and learn to receive what seems right to you and to repel what will give birth to disorder and weakness inside you.
7. Do not neglect the power of sound, for it is a bearer of soul, of living images, of information, of constructive or destructive forces.
8. Through sound, you can receive, but also give, bless, consecrate.
9. It is by cultivating certain sounds that you will be able to bring your dearest wishes to fulfillment.
10. A large part of the creative power of speech is hidden in the secrets of sound and its different vibratory modulations.
11. Through certain sounds, you can rise towards the Father or make a mystery concrete.
12. Know that everything in water is music and that the body of man is the ideal instrument on which the world of the Light or the dark world like to play to give birth to worlds. Then, you too, become a musician of life and develop a sense of harmony and a sound that carries light and greatness inside you.
13. Know that one who sings and dances in his life becomes like the water Light. No one can catch him; he becomes uncatchable.

36 The 4 stages of the man-tree and the secret of destiny.

1. There are the roots, there is the tree and there are the fruit. These are the 3 stages that man has to go through to rise towards the worlds of the Light. Man rises through the roots of the will, goes through the trunk and the branches of the feelings to reach the fruit of thought.
2. Thought is a fruit of the human tree.
3. Through his thought, man has to meet the thought of the Gods, which is the teaching of the Light. Then, this cosmic thought opens the soul of the Gods to him, which is the sacred ether of the temple. Then he encounters the will of the Gods. Any man who walks towards the Father must inevitably go through these 3 stages. And there is a fourth, which is hidden and mysterious.
4. The 3 stages of the tree are connected to the world of man and his activities. The fourth stage is connected to the world where causes are generated, where destiny is written. In this hidden world, the earth of men is sown without them knowing. It is a fundamental, divine, but also tenebrous secret, for certain men, through their initiations, have acquired this power. Teach your students¹ this secret, for some of them will be able to understand it and start walking towards the sacred service of the Light and of the presence of the Father.
5. Every man coming into this world has to become a tree and acquire the ability to sow life. At a high level, man must be able to become a perpetual sower of the earth, without men knowing which tree the seeds come from.
6. The Child of the Light sows with the seeds of God. The one of the darkness sows with the seeds of Satan.
7. Awaken and understand this fourth stage of the man-tree, for in this way you will actively take part in the birth of the future humanity of Light. But remember that before attaining this sowing of the causal world, you have to work your way through the first 3 stages and consolidate them.
8. I wish for the Essenes to carry this teaching and deepen it.

37 You will find on the outside what lives on the inside of you.

1. The truth is in the eye of the one who looks.
2. If your vision nourishes human beliefs and concepts, you are plunged into the realm of appearances and deceiving lights.
3. If, through the light of your eye, you have the inner experience that unifies all worlds in all levels of existence, that reveals to you the subtle presence of an intelligence encompassing all the lights and leading them towards a secret and grand goal, nothing is foreign to you anymore, neither in you nor in the world: everything bathes in the light of the knowledge that is without boundaries. It is good for men to live knowing that such an experience of the truth is possible.
4. The truth shows you that everything you see on the outside is connected with the inner life of your soul. Therefore you cannot see something you do not carry within you. This is the secret of the invisible worlds: they are invisible only for those who cannot perceive them. For example, one who cultivates lying inside him will not perceive the truth around him. Yet, the truth is.
5. Know that everything you find on the outside is a reflection of what lives inside you. Such is the truth that reveals to you who you are. If, in your soul, you live love and beauty, you will end up by finding them outside of you. Of course, they will not necessarily be as you will have imagined them.
6. Know that the divine world exists and that it aspires to approach man in the revelation of the truth.
7. Open a sacred space in your soul so that we can manifest ourselves and live with you. It is important that this space is pure and for this, you have to accept yourself such as you are, without any lies, not by looking down at you, but by directing your eye into the thought of the divine world.
8. On earth, the Father has allowed man to contemplate the immensity of the starry sky. This is to show him that he can attain this grandeur.
9. The water that is in you is a mirror placed between above and below. And depending on your way of looking, you can make the mud or the stars grow bigger.
10. Awaken and consider that all the forms, the colours, all the sounds, the smells, the perceptions of the world, there are a hidden spring and river.
11. In the same way, perceive inside you all the springs and all the rivers hidden behind your thoughts, your moods, your life orientations.
12. Behind every word are a spring and a river of destiny.
13. The truth is revealed through the union of all rivers in the ocean of the omnipresent divine consciousness.
14. The spring is always love. Through all springs, perceive the kingdom of love.

15. The river is always connected with wisdom. Through all the paths of destiny, perceive the school of wisdom.
16. In the ocean of your sensitivity and your consciousness, let truth be revealed, let your soul talk to you about your divine origin. This is the place where all the rivers and all the springs unite and find their fulfillment in the deep calm that enables the soul to reveal the truth of the divine world.

38 Let the Water of life flow through you.

1. In life, if you believe that something is right, apply it and try to live it, taste it and put it into action throughout your being. In this way you will make my water flow inside you and you will be able to know the flower of free inner happiness. But above all, remain vigilant, do not confuse what is right, because it is eternally true and keeps the cosmic order, and what is the justification of all the lower inclinations.
2. Roots have their usefulness, but they must not monopolize the creative energy, for the goal is the flower and, through it, the manifestation of the beauty of the eternal Father in all worlds.
3. Nothing positive can be born from stagnant water. It accumulates through all the blockages, all the unmanifested, unexperienced, unapplied thoughts.
4. To think in one way and live in another prevents my water from flowing. Then the river of your life is no longer fed, your soul is cut off from the Source and your world has no colour, no fragrance, no real orientation.
5. If you believe in something, live it with purity, with beauty, with simplicity.
6. Simplicity is a path that can lead you towards the Source and reconnect you with the water of life that flows in you, that sings and dances.
7. If you let the others direct your life and put concepts into you that are foreign to your nature, you will be like a puddle without consistency, without originality, without gushing.
8. If you find the source of your being in the depths of your meditation and express it through all the organs of your body and soul, you will taste the splendour of being simple, true, unified and standing in the divine world, one with it.
9. One who is in harmony with the life that flows inside him is not separated from the divine. At every step, the teaching of the eternal wisdom is justified in him, in his thoughts, his senses, his actions.
10. Above all, do not complicate life, for the Teaching is simple. Look for the most beautiful, the purest in you and in your soul, and express it, use it quite simply.
11. Stay vigilant in front of one who wants to fecundate you with ugliness, falsehood, what is fabricated.
12. Be what you are on high and live it divinely.

39 Let your eye be the place of fecundation and giving birth to the Light.

1. The eye is a path for man.
2. Like a mountain lake, the eye can receive living light, but it can also become a spring that fecundates the valley.
3. The eye is like a woman, who can be fecundated, but who can also fecundate the world by offering it a child.
4. The Light is the fecundation of the divine world.
5. If you decide to meditate on this teaching, you have to discover who fecundates you through the lake of your eye.
6. Know that your path of destiny is born from the fecundation of your eye.
7. Every man has an eye and also a path, but it is by uniting the visions that the big sacred rivers in which the Gods can live are born.
8. It has always been around big rivers that the most imposing civilizations were born. Unite your eyes and souls to bring forth a stream of pure water that will renew the world in the Light.
9. Do not let yourselves be distracted; rather, learn to focus your eye on the divine world to welcome its fecundation of Light down into your heart, your belly, your hands and your feet.
10. Let the seed of the beautiful light set your whole kingdom in motion so that the true life of the spirit forms a body in your body. This will be the body of the new life on earth for man. It will be the answer to those who want the life of the spirit to end.
11. Be aware that at the level of your eyes there is a river and that everything you contemplate is found in its water. Your feet follow the current of this river. At times, it is dried up or polluted.
12. Keeping pure the connection with the spring and the water of your soul has to be your major concern. That is why the Children of the Light, since time immemorial, have taught the discipline that is naturally born from discernment.
13. By uniting your eyes with other eyes, you will create a great vision capable of directing the world towards another obviousness.
14. It is clear that if tomorrow a river appears in the desert of the world, a great culture will emerge.
15. Unite around this school and this teaching with the eyes of love and Light, and generate in the world a powerful current of everything that flows from it.

40 Prepare the coming of the future master of the Essene nation.

1. Through fire, the Essene Nation was opened, recognized and blessed.
2. Fire is the one that purifies and brings everything into the being-truth. In it, there is no place for what is false and impure. This is the seal that the Essene Nation has received from the Father of fire and you have to strive to be faithful to it and activate it in your lives.
3. In my turn, I bless the Essene Nation and affix the seal of my alliance to it: water that will never be stagnant.
4. It is necessary that this people is never stagnant, that in its soul, it is like water that flows and does not allow itself to be tainted and fecundated by the banks that it passes in front of. Let this people be faithful to its divine source, let it always remain the same, always with new inspirations, new ways of being so that the Children of the Light never go to sleep. It is on this condition that I will come and will live in the Essene Nation.
5. It is forbidden to mix the teachings. Only the wisdom of the inspirer of the School must and can be carried out. The other teachings, currents, vibrations that work in the world must never be mixed with this school and the Essene Nation.
6. The Essene Nation will also be the foundation of the being who will form the future civilization.
7. In several years, a child will come among this people who will be trained in this school and who will become, with great purity, a successor of the current master of the Essene Nation.
8. Know that there will be no place for impurity. Only true and pure beings can be active in this school, which is the heart of the Essene Nation.
9. This school must not, through its lack of inspiration, become an organ that no longer drains the water or the blood in the body.
10. Imagine that this school is the guardian of a placenta and the amniotic liquid in which the Child of the Light bathes is impregnated with all the songs, dances, meditations, prayers and activities of all the students. All this is transformed into food for the Child of the Light who is already present Gospel of and trying to appear. Then, be aware that the structure of the Essene school is only a placenta and that the amniotic fluid, the water that animates this school, is formed by your work and by the result of everything beautiful and true that you undertake.
11. There will come a being who, once mature, will reveal himself and there will be only one school on earth that will be worthy of purity. This will be the Essene Nation, which will carry the torch of the conscious and living covenant with the divine world.

41 how to live and work with the pure forces of the sun.

1. Every day, the sun rises, offers its light to the world, which resuscitates from it. It does not ask itself if men are worthy of the present it gives them. No, because the sun is faithful to what it is and that it naturally sows life with its energy, its light, its soul.
2. Like the sun, man rises and starting in the morning asks himself questions: "Am I perfect? Am I imperfect? What must I do and what must I not do?" Most often, man is content to live only in the world of man, while he should draw his inspiration from the heart of the kingdom of the sun and strive to be like it.
3. Thanks to the model of the sun, man can really know who he is and where he is at in his evolution. If he is far from the sun, he needs to associate with it, weave a conscious connection with it.
4. The ancient tradition of the Children of the Light says that bad dreams and dark thoughts are dissolved in the morning when man presents himself in front of the rising sun.
5. The Teaching also speaks of the power of water, which has the capacity to remove all negative beings that could graft themselves on the body during the night. This science is true, it is based on a genuine knowledge of the connections uniting the material world with the more subtle, magical, spiritual and divine worlds.
6. Never forget that the physical world is connected to bigger and more subtle worlds. Know how to draw the practical consequences that can improve your daily life.
7. In the morning, let your first thought be consciously directed towards the sun, for it is the one that awakens the world, that awakens you to earthly life. The awakener must always be honoured first, because it is the one that brings you life. Present yourself in front of the sun and open your whole being to its loving presence in order to purify and clear away all the things accumulated by your life in your thoughts, your feelings and your will. Then, awaken the earth of your clearest consciousness and let yourself be fecundated by its rays of light and by the pure beings and intelligences that inhabit it.
8. The sun must be the first to fecundate you and to sow your day. Never let the unconscious and passive forces and intelligences of the world come in the morning to fill up your life with their projects, their wishes, their suggestions. This is a sacred and valid law for all men of the earth. Whether you are a Child of the Light living in an Essene Village or an ordinary man immersed in the infernal whirlwind of the world, you have to apply this law.
9. Nothing can remove the reality of the inner life of man: whether he accepts it or rejects it, this life is active.
10. The awakening determines the quality of your inner life and that is why it is necessary to go consciously towards the sun to receive its light. Then, you need to wash your body to purify the energies that animate your daily life on earth. No one

can do it for you. If you do not do it, it is the world that will come into you and take possession of your inner and outer life.

11. Do not think you can do this work for a week and then stop. A seed can take 7 years to germinate, and a body is reconstructed in 7 years. It is during 7 years that you have to purify your life and your body and sow it with what you want to see blossom in your earthly and spiritual future. Such are the secrets of sowing the soil of your destiny.
12. Remember: the sun is your guide, your master on the path, but it can also be the representation of a sacred teaching transmitted within an initiatory school. This is what makes it so that you can get up every morning and you too work to put a light into action in the world of man. It will go join the sun while beautifying the earth. This is the secret of the individual work and of the beautiful and rich community life in the midst of the Essene Nation. This nation is a human sun living on earth and yet connected to the divine sun.

42 Are you a mole, a fish or an eagle? the secret of the 3 Worlds.

1. The world of men resembles the one of moles, which constantly have to dig the earth to advance only in a narrow and closed world. All their lives, humans only know limitation.
2. The world of searchers and spiritualists is similar to that of fish living in the ocean, with greater space and fluidity, but that still remain limited.
3. You have to seek to be an eagle living in the infinite space and having the freedom to fly above everything.
4. The great problem of contemporary men is that they mix all worlds. They want to bring the spiritual world into the material world. They want to bring the entire ocean into their small underground gallery.
5. In reality, the body is in one world, the soul in another, and the spirit in a third. Of course, they can and must communicate, but they must not mix completely.
6. It is necessary to give the body what belongs to it and what it needs.
7. The essential in man is what is invisible in the body and belongs to another world, that of the inner life.
8. Thoughts, feelings, desires are not physical, even if they are linked to the body. In their essence, they do not feed on the world of the body. Their source flows from the higher world of the soul.
9. In his inner life, man has to raise towards divine food.
10. The illusion of spiritualists is that they go into the world of the soul with the needs and wishes of their bodies. By this method, they inevitably associate with fallen angels, for it is them who grant the wishes of men placing their bodies before their soul and divine spirit. These angels aspire to steal the soul so that the body finds eternity and is in this way an outcome of their own existence. This leads not only to the loss of the inner life of man, but also to the loss of the body. The latter is cut off from the magical world of life to be immersed in the world of death, which has only the appearance of true life.
11. In truth, man must raise and ennoble all his senses towards the divine world in order to associate with the Angels of Light, who do not lead the body towards death, but towards the body of Light capable of carrying God in eternity.
12. Your physical body has to be nourished by physical elements. Choose them among the purest and most sacred, while knowing that the important thing is not visible but lives in you. It is this element that has to be awakened and elevated towards the high regions.
13. You have to look for the eternity of the soul and not that of the body.
14. When you have understood that material life is only turned towards the body, you will have grasped the true secret, the true purpose of the earthly incarnation.

15. Incarnation is only temporary, it is not eternal. Only what lives inside you can be awakened and raised up to embracing eternity, even to unite with the divine and acquire immortality. It is only this that will remain and lead you towards the ultimate outcome: to be a pure chalice for Christ instead of filling this chalice with wishes of eternity and pleasures for an ephemeral body.

43 How to attract the attention of the divine World.

1. In the eyes of the divine worlds, men are on earth like symbols, living and acting hieroglyphs.
2. The divine world looks at man according to what appears from him as emanations and writings in the subtle worlds. He sees the potential that man has within him based on what he has accumulated from his past lives and experiences, what he has worked on, the alliances he has sealed, the seeds that can spring from him.
3. If man carries in him a treasure for the divine world, great possibilities of realization and service, then the latter is interested in him.
4. If man has not developed any ability, any wealth, the world of the Light is not interested in him, does not even see him. Such a man who has nothing beautiful in him may try to call the divine world, he will have very few results. This is why, in all epochs, it is the masters who have served as awakened intermediaries with the invisible worlds and the higher divine kingdoms.
5. One who has and can develop even more will naturally have the full attention of the divine world. Why? Because he appears to the divine world, like a flower or a tree that come out of the ground and appear to man. This tree, this flower are writings that man knows how to read.
6. One who has nothing must make sure to acquire inner treasures to attract the loving attention of the divine world.
7. Every day of your life, strongly and consciously activate your thoughts, feelings and actions to feed a divine hieroglyph, a sacred symbol that is a reservoir of energy for the glory of the divine world on earth. A master, a school of God, the Essene Nation form such reservoirs, for they are divine writings purely consecrated and activated on earth.
8. Understand that if the divine world looks at you, it is because there is something in you to look at that corresponds to it, that attracts its attention.
9. In the world of man, it is certain thoughts, feelings, a behaviour or external signs of wealth, prestige or glory that attract attention. The divine world has no interest in all these things that, for it, belong to the kingdom of death.
10. What attracts the divine world is eternity in you, a drop of authentic wisdom, capable of reflecting the absolute, pure and large love, clarity. If such a treasure is alive in you, the divine world sees that you can become a partner and unite with it more or less consciously. Then you can really unite with it and feel it living inside you through your thoughts, words, movements or actions.
11. When the divine world unites with a man incarnated on earth, this being becomes the receptacle and servant of the divine in an earthly body. We can then speak of him as the cup of the grail. The man is no longer really himself, he is half divine in the body of a man. He is a demi-God, a man God. His thoughts,

words and gestures are no longer the same in their subtle essence and origin. They manifest themselves in the world of man but have their source in the kingdom of higher consciousness. The man thinks and acts in light, which gives him the power to realize in this world, which is unfortunately in decline and in which the ordinary man will find less and less strength to feed the flame of the Eternal inside him.

12. Think every day in light and connect yourself with a divine work in action on earth in order to make your life what you wish to see being consciously realized.

44 Like in a hot air balloon, drop ballast to fly towards the higher Worlds.

1. Often, men complain that they cannot live divine life on a daily basis, do not see the Angels, do not speak consciously with the Archangels. To see or hear the subtle worlds is not proof that a man is more evolved than others. He simply opened or received organs that allow access to more ethereal worlds.
2. The real problem of humans is that they want to live something in a “higher” world without necessarily wanting to give up or abandon something else in the “lower” worlds. Quite often, they desperately attach themselves to earthly life while aspiring to another life, a divine life. They want to ascend towards God, but they only use their energy to keep their mortal goods, their physical alliances and everything that is related to the life of the earthly and mortal man. As long as man keeps such reasoning, he cannot really rise and taste the divine world.
3. Like in a hot air balloon, you have to drop ballast to know the flight towards the higher worlds.
4. You have to stop striving to keep things in your life that limit you, make you narrow and make you a slave to what is ephemeral and mortal.
5. If you have to develop a will, give energy and start a work, it is not to preserve and reinforce the dark influences that live around you and connect you with what keeps you from breathing. Above all, it is to ensure that the divine world, the Archangels, the Angels and the sphere of the consecrated masters can come closer to you, inspire you and nourish what is sacred and eternal in you.
6. Of course, it is good to want to solve the problems of material life, but it is precisely by awakening the greatest in oneself that all areas and planes of existence will be touched.
7. Look at you: you are always trying to keep what imprisons you in the physical plane. What do you really gain in such an attitude? Look at the alliances you make, the material connections you are afraid of losing, the fear you have of the look of others, of not being in line with what society thinks. As long as you cultivate such a behaviour, you will not manage to live in the divine world. You will be able to feel it at certain moments, but every time, at the slightest problem, all the influences accumulated by your earthly connections will bring you back and plunge you again into the world of men, preventing you from dropping ballast and ascending towards the higher regions of the spirit.
8. Of course, it is not a question of abandoning earthly life and physical ties, but rather to lighten yourself while giving the body just what it needs to be happy and, for the rest, directing everything towards the highest. It is a state of mind and an organized art of living that will allow you to be truly happy on earth through simplicity, and to live in the company of the Angels, Archangels and Gods for the victory of the masters.

9. Know that in the world of man, you will gain nothing and ultimately you will only find death.

45 Are you born an Essene or do you become one?

1. It is not because you work on yourself and apply the sacred and eternal rules of the school of God in your life that you are an Essene. Of course, discipline is indispensable and the application of the commandments of the holy law of the Father is fundamental, but being an Essene is above all a state of being of man.
2. In an ancient language, "Essene" means "human being," "man thought out and willed by God."
3. The true man is an Essene. In this state of being, the mind and body are united and nourished by the divine world.
4. One who is fecundated by the Light can bring it into the world.
5. Lead your students, the Essenes, towards this state of being in which they will see and taste for themselves the truth and freedom of being an ideal and genuine man. If they cannot go into this inner place, they will neither be able to understand nor be. It is an inner journey towards a sacred place where man is honoured by the whole universe as Son of God, Daughter of the Light, mother of the worlds.
6. If you really want to create the Essene Nation, you will have to build temples in which men will come to raise their entire beings into this state of being. Such an undertaking is a marvel, it is a noble path, a great work that has the blessing of the divine world.
7. For 7 years, a man naturally rebuilds his body, his cells, his nervous system, but he also renews the basic food of his subtle centres. A man who does not walk on a path of Light and does not enter the temples of the Essene Nation is automatically fecundated and nourished by the world. According to this physiological law, it takes a man 7 years to have solid foundations for the Light.
8. When you let something dark into you, if it is small, it takes you 7 days to remove it, but if it is big, it takes you 7 years.
9. What you do or let be done in the physical plane has repercussions in the other bodies of your being up to your soul.
10. Do not think that to eat an animal is meaningless, for what is physical is the support of invisible intelligences. These intelligences enter into your subtle bodies through the physical body.
11. If a man eats animal flesh, it will take him 7 years to remove this fecundation, 7 years of abstinence, of purification. Then, once again, his body will be able to function in the light, completely remade.
12. Outside the Essene Nation, the organs are naturally nourished by the world, by the physical body, by death. This is why the first 7 years of Essene life are dedicated to complete purification. During these 7 years, everything that is done by man is neither light nor shadow. Even if the intention is sincere, if purity is present inside, the organs have been formed by the world, this is a reality. After 7

years of intensive and daily work on oneself, nourished in the temples of the Essene Nation, man has a new body, his organs know how to capture new food capable of feeding another body of Light inside him. Of course, men who have already worked on themselves can achieve it before. These are sacred laws that you have to know.

13. After 7 years of purification, the student begins to have a powerful creative light action. When it comes to the victory of the Light, what he thinks becomes reality almost instantly.
14. After 14 years of discipline, the student is truly an Essene. His body, his senses are nourished by the divine light. Heavenly intelligences have come to place writings all around his body and on each of his organs, for he showed his determination and willingness to honour the Gods in his daily life. He is then protected and no longer belongs to the world of unconscious darkness and death. At the end of 14 years, he has truly formed a powerful and living Essene who is capable, through his thought, speech, all his senses and his will, of giving birth to the Light on earth, of making it live and appear in the world of men, of constructing temples, animating them, of speaking, acting, creating.
15. The Essene state of being is that in which man stands in front of his Father and his Mother, all his subtle bodies regenerated, to carry out a work of Light.
16. You who seek the Light, do not delay, do not wait until you have the ideal conditions to set to work and engage in the Round of Archangels and the Essene Nation because the life of man is limited in time, and time is something precious for man. Do not wait for the hypothetical right time, but take your life in hand today.
17. Train yourselves and become true Essenes, that is, the Light on earth, hope for your animal, plant, mineral brothers and sisters, your human friends and above all, for the glory of the masters and the divine world.

46 The secret of the rod of God, an essential key for going through trials.

1. To take care of God is to be upright.
2. Man is a verticality, man is the rod of God, the column of Light.
3. The magus holds a rod in his hand to connect with the higher world; he holds man in his hand, for man is verticality on earth.
4. If you want to walk in the Light, do not be afraid of the rod, do not be afraid to be corrected, do not be afraid to suffer for what is true.
5. Do not complain when you see the rod and it comes close to you, for if you are not upright, but the divine world loves you, it will come with the rod to correct you, to get you back on your feet, to tell you to take care of the divine.
6. The divine must be put before you, such is the uprightness of man.
7. If the divine world has placed a hope in you, be certain that it will not let you go astray, and that each time you go horizontal to fall asleep, it will come and hit you. Accept this, accept the trial, look with the eyes of your heart, and understand the hidden wisdom that holds the rod.
8. If you are on the path of taking care of God, no harm will come to you.
9. What you call bad is in truth good, for the one who holds the rod is kindness, love, wisdom, it is the beings of the Light who come to transmit a message to you. If you understand the message, you rejoice and correct yourself. If you do not accept the message, you persist and will suffer.
10. How many beings in life stay passive for months, for years? They are as if asleep in their minds, souls, bodies; it is a disease. They live this because the rod does not make them think. They lament their fate, do not understand what is happening to them, but in reality, the rod is an open door towards divine wisdom and knowledge.
11. If tomorrow you no longer receive the rod and are allowed to live as an errant soul for years, it is because the divine world does not consider your life important. So, when the rod comes, it is true that it is not always easy, but accept it and correct yourself, open yourself up to the great wisdom, for if this happens, it is because you interest the divine world. Something shows you that you have to look up, raise your consciousness and understand the mistakes you make or let happen.
12. The rod of Light leads towards wisdom, erratic life leads to death. So, instead of lamenting your fate, thinking that God is abandoning you, that He does not give you strength, pull yourself together, get up, stand up, for the divine world acclaims those who rise up and comforts them.

13. If the one who is plunged into distress, and who moreover laments and lets himself sink into stupidity, does not awaken, he will stay unhappy until death. Neither Gods nor men will come to help him.
14. In its essence, man is verticality, a pillar and he must assume his mistakes, his misconduct, he must repair and heal them. He must not, unintelligently, give his life to beings who will do whatever with it, like animals subjected to ignorant and cruel men.
15. Be happy that the rod of Light is in your life; do not turn against it, simply straighten your head and turn your look upwards. You will see that the divine beings are kindness and love and that if they come to correct you, it is because wisdom has to inhabit your life.
16. If you make mistakes in your life, in your thoughts, your feelings, your will, if you let yourself go, if you put your mortal life before the Teaching, know that all these apparently insignificant little mistakes will eventually accumulate over time to generate a big catastrophe. You will find yourself in slavery, with your feet and hands tied, unable to make decisions and living a destiny opposite to what you think and believe to be true.
17. Correct yourself, repair your faults, overcome the trials of the Initiation, show that you are a Child of the Light and the divine world will rejoice in you. It will say: "He passed through all the trials, and he kept his light, his hope, and he grew in wisdom."
18. Do you think that the world of man is the only life and the only world that exist? It is not your true homeland, but you have forgotten it, and something inside you reminds you of it. It is the sacred treasure of your soul that speaks to you of eternity, greatness and beauty.
19. Take courage, live for God if such is your will, correct yourself for Him, take care of Him, and give Him glory and victory. Then your acts, your genuineness and the strength you are able to put to work for the high ideas you carry will appear as a living symbol that the divine world will be able to read and take into account.
20. Do not be afraid to be corrected; stand straight in front of the Light.

47 Impersonality is the key to happiness.

1. When a man thinks, speaks or acts, there is almost always a personal interest that animates him. He thinks to calculate, he speaks to convince, he acts to put the opposing intelligence to sleep or to sow seeds. Of course, he acts with the view to succeed in his material or spiritual life, but deep down, he forgets that the fact of thinking, speaking and acting has its source in the divine world.
2. It is very rare to meet an awakened man who has succeeded in being truly impersonal, dedicated to the divine world because he is fully aware of the origin of human thought, speech and creative activity.
3. If humanity continues to live unaware of the origin of its motivations and to use the gifts of God for the small arrangements of its limited and ephemeral person, it will see a field of brambles created in front of it that entities will ask it to cross.
4. Only the divine intelligence and will must be put into action in the thought, speech and gesture of man.
5. When you think, when you speak and act, you have to be identical to a spring of pure water that quenches your thirst, heals, relieves from the heat, that is a place of meditation to nourish the soul and bring the spirit to life.
6. As long as man acts with the interests of the false personality, especially when he is consumed by pride, fear, lack of trust in God omnipresent, he generates a field of thorns in his future life that he will have to cross.
7. If a man lives through an ordeal, it is because he has moved away from God, from the Source.
8. Man has to go impersonally towards the divine.
9. At their source, thought, speech and activity are impersonal.
10. By living for the Light, you will not lose anything, you will not abdicate your life of man. On the contrary, your body will rejoice to meet the master, the limitless within it. This will be balance for it. The body will understand the will and desire of the master, it will awaken in the direction of the Light and happily engage in it.
11. Know that man is unhappy because he invites a multitude of masters inside his body that come, at their convenience, to inspire his actions and attitudes.
12. There must not be several masters in your body, but only one: the master of Light. The body will then be happy to carry out all the teachings of this master.
13. If you invite into you various persons who can become masters for your body, it will get lost, following one, one day, and after, the other. Your actions will then

be senseless: one day, they will be directed by one orientation, and the next day, by another.

14. Sort among all the masters that act inside you, and impose the master of the Light on all the activities of your body: a single orientation in all your thoughts and words. Then the body will understand the message, and the master will grow inside you; you will construct a body of mastery in your body that will open the doors to a future of Light for you.
15. Only one orientation in all your activities: to make the impersonal and pure light triumph, to give victory to it, to make it live on earth through a body consciously prepared and built for the glory of the Most High. Then you will see: the Most High is you, and what is below can be like what is above, if you want it. In this way you will meet your true eternal being, you will live in happiness and perfection.

48 Associate with a Master and all your wishes of light will be fulfilled.

1. You, men, you have the aspiration to work for the Light, but ultimately, being poor in your inner senses, you are blind to the spirit and move forwards without perceiving the result of your meditations, your prayers, your creative actions.
2. By not perceiving the subtle worlds, you do not gain the strength of commitment. You have the faith, the wish, the conviction for this to be true, but you fumble your way forwards.
3. What I can give you as advice is to associate with a master in your lives, to have an incarnated representative on earth who is a symbol of the divine worlds. Direct your prayers, meditations and works as if you were an extension of this master: in this way you will see your path take on meaning, and no energy will be stolen or lost.
4. A master knows where he is going, what he is doing, and what he wants to see appear. By being carriers of organs of his body, you will be fully associated with the work he does on earth. Be his extension as he is the extension of the divine and you will see your works take shape. You will see that your prayers, your meditations will appear as a path of life, as a diagram on which you can walk, knowing exactly where you are going. This does not mean that you will have direct contact with the worlds of Angels, Archangels or Gods, but that all the energies and work you have put into action will be put to good use and nothing will be lost.
5. To awaken your subtle centres, to give form to your inner being, you can pray to the Gods, Archangels and Angels. Ask them to inspire you, to give you strength and clarity, to make you live in love and wisdom.
6. What you do, as for example working on yourselves, prayer and magical acts, offer it to this master, who will put it into action and make it into something divine. In this way you will no longer move forwards blindly. Not only will you participate in a divine work, but you will be the founders of something great on earth, and you will be able to enjoy it in daily life.

49 Re-establish the magical connection that unites you with Nature.

1. You who look for peace, purity and true contact with the higher and subtle worlds, get close to nature. Get close to the trees, seek the sun, marvel in front of the sea, breathe and increase your inner life in front of the mountain. Weave a conscious connection with nature, which only asks to establish contact with you, share your life, help you rise towards the highest.
2. Nature is alive. It is filled with beings and intelligences that aspire to encounter man in what is subtle, gentle and respectful. These beings know that if man nourishes the higher levels of his being, they too will be able to rise through him and gain a divine life. Do not neglect and scorn these friends that are around you and in you. Respect them, do not harm them with your unconscious behaviour, your bad thoughts and your changing moods.
3. Look at nature and see it as your friend. Think that it seeks a loving relationship with you. Do not be part of the unconscious system that is destroying everything with technology, invading the world and spreading death. Try to stay very simple and find what is true in it.
4. Make your life a balance, a harmony between the world of living nature, the world of man and the divine world.
5. Be just. Take what you need to live, and be aware that surplus is not useful, especially if it is done to the detriment of nature.
6. Do not accumulate unnecessary things, for otherwise you would make your life and destiny heavier.
7. Do not pray to the Gods for petty material problems. Go towards the divine world to honour it, give it strength, make it live in greatness and beauty. Of course, the exchange will take place and you will gain a balance in your material life, but first of all, come closer to the divine world to sanctify it. In this way you will cultivate what is great and royal in you. You will heal the world of man from the lie of technology, and you will re-establish the dialogue and exchange with the world of nature, peopled by intelligent and living beings.
8. Harmony has to live and reign between all the worlds.

50 Give a concrete body of manifestation to the Angels.

1. The seekers of the Light suffer from being in the world of men such as it is today; they have the impression there is no place for them. They tirelessly seek to live in another world. I say to you: this is an illusion. Do you sincerely believe that you will find plenitude or fulfillment in a world that is not yours?
2. If you were put in the world of Angels, you would not find your place in it and you would suffer because your body has not been shaped by wisdom. You would see appear all around you and in you the infinite immensity where everything is possible at every moment.
3. In the world of men, it is possible to rely on what is limited, while the limitless reigns in the angelic world. No discernment, no stability is possible for the awareness and senses of man.
4. Of course, you have to love the world of Angels, but inside you, in your world, so as to nourish what is angelic and can live in it. In this way the beauty of the divine world appears, for man carries out his task and makes the covenant of the worlds of the Light live.
5. Get your inspiration from the angelic world, but be aware that it is not your world; it is a world that can live inside you, in the part that is pure and divine. Then, develop this part of your being by connecting with the Angels through the Round of Archangels. Nourish the Angels inside you, but do not try to steal their food.
6. On this earth, you will find your place by being active to make the light that does not come from the world live. You have to realize, organize, make what a sacred invisible thought is appear to show the thought to the eyes of everyone and live it in the reality of forms.
7. A body is something complete, finite, organized. It is the same for the spiritual children that man has to give birth to on earth. They need to be bodies organized to live on earth while incarnating the splendour of the higher worlds and the covenant of Light.
8. Associate with the world of wisdom. Wisdom will clarify you and show you what is good and what is not, in the world of men as well as in the one of Angels. Then, get on with working, creating, realizing, and giving a body to everything that is divine and wants to live in a body.
9. The Angel of Truth wants to have a body. This body first has to pass through you, men, for only you have the power to realize it physically.
10. Be aware of the covenant of Light in all the worlds, and then act harmoniously for the victory of the divine, where you are. Then you will be happy, alive and strong, for you will have found your true place and your cosmic usefulness. Life will flow from you, and your hands will be powerful to sculpt matter and reveal the splendour of divine thought through a perfectly constituted body.

51 Become a pillar of the Divine World and it will raise you.

1. Spiritualists try to go towards the higher worlds. They present themselves in front of the masters, the Angels and the Divinities while saying to them: "I want to carry the Light in life." The divine world answers: "I make you a pillar for you to carry me in your life and set me on earth so that I am stable to support the work of all heaven." Then, most of the time, the spiritualists answer: "I cannot. Yes, I want to carry the Light on earth, but not such a heavy weight because for me the Light is caring, a light life, not work and a work to be done. How can I carry such weight and stabilize it on earth, while my life is already dedicated to a material, mortal work, and I am actually hoping that heaven will help me, comfort me?" Then the beings who serve the divine world and carry it give a small mission to the spiritualists so that they leave happy and satisfied. Know that these beings will never do anything great in their lives for the glory of the divine world.
2. What the divine world wants are men or women who can carry a weight, apparently very heavy, additional to that of their daily lives, only out of love for what is true and just. Those who are able to commit to carry such a weight realize that instead of making their lives heavier, it really and effectively lightens them.
3. One who says yes to God, to His beauty is blessed, and wherever he goes, beings accompany him and help him. He is never alone.
4. Before presenting yourself in front of the divine world or its representatives, you need to know who you are and what you are capable of doing. It is necessary to have bases in the teaching of the masters, to be strong, stable, impersonal and above all, to have settled your daily and material life. Without this, how can you hope to become pillars and stabilize the divine world on the physical plane?
5. Let the spiritualists hear this message: work relentlessly on yourselves, following the directives and teaching of the genuine master incarnated on earth and representing the divine world. In this teaching, construct your own bases and your own body of Light inside your body. Be stable and solid so that you can carry what you have never dared or imagined to receive and carry on earth.
6. One who commits and becomes a pillar of the Light to the point of setting it down on earth will see his name written in the book of eternity. He will have the possibility to take his name back at each incarnation and know who he is, without having to go through all the trials again and settle certain debts.

52 Offer the Light only to those who wish to share it.

1. Be generous in your lives: offer your genuine and pure wisdom and knowledge to those who ask for it. Offer the light of your souls to the person who suffers in front of you. Do this with purity, as an offering to God. Do not cultivate what is confused and evil in the gift of yourselves for the good of the other. Do not divert the forces and intelligences at work. Do not do this as pride, as superiority, but be pure and true. Abstain from evil, be humble, and put your lives into the hands of the One who is the true light in action and the life that sustains all beings.
2. Be generous, always be in the active pole of life.
3. Do not be passive beings who are fecundated by whoever and whatever.
4. Always be active, but do not be like the tempting serpents that make use of everything so that man falls and is captured by the abyss.
5. Do not accentuate the negative side and do not feed yourselves on it, like those who feel satisfaction by belittling others. Of course, this is not always conscious, and that is why you must be vigilant if you want to protect the water of your Father Gabriel.
6. Do not accept the beings who, in you, aspire to feed themselves on stagnant water, excrement, inferior things, everything that the divine does not wish to share with man.
7. Do not open yourselves to others in this polluted world; remain closed in front of the intelligence of the dead world that aspires to steal the Light to dirty it. Always keep the door closed with the key in your hands. However, share with others while being active and remaining in the soul of the School and the Essene Nation. There you will be protected; there you will be in your place; you will stand respectful for my living water.
8. Make what is pure and true grow. Enlighten, heal, relieve, help, increase the strength and influence of the Essene Nation, but never be those who contribute with their words, intentions, looks, attitudes to the perdition of a being. The opposite would be an offence to God. It is forbidden for the Children of the Light.
9. Be always willing to give the key to your door to God and to the beings who inhabit the divine world. Invite only those who can share the same meal, the one of the beautiful light, of wisdom, love and mutual support, to this sacred place.

53 I have been able to enter all the waters of the World.

1. Be blessed and protected.
2. The work that you carry out and offer to the Light makes the Angels, Archangels and Divinities wonderfully happy to share with you and receive your most beautiful thoughts, your most noble feelings, your purity of heart. It is a pleasure for us. Our eyes are on you, a hope is reborn in the higher worlds.
3. We wish that you take care of this school, that you make the Essene Nation grow, that all this magnificent work takes on more and more concrete, living and active forms. Be more and more numerous to carry the Round of Archangels and share these moments of Light.
4. To those who are present in my temple, I say: your lives will be lighter, but also more active. You will be less and less passive, for you have to individually lay the foundations in your lives so that the Light takes a tangible place in it.
5. The labour in this school will be intense and hard during this year, but the harvest and successes will be exceptional, very rich. Those who will commit for a work of Light will see their lives soften and their problems alleviated. Those who only seek to solve their personal problems and the difficulties of their physical lives will find themselves increasingly unstable and troubled.
6. Let the light of the Essene Nation pass before the darkness and you will be victorious.
7. Trust in the wisdom of the Teaching and in the message it brings you and that you understand.
8. Put what you understand into action, and do not let the passivity of the world act on you. Be active and you will be blessed, and I will be there around you.
9. Thanks to your work, I have been able to enter all the waters of the world. Everywhere I have reactivated my kingdom, I have spoken to the peoples and the inhabitants of water, I have put my seals back in them and I presented the nascent Essene Nation.
10. All the beings that live in water will recognize you if you approach them with purity and love. Approach water, springs, rivers, lakes, oceans and bless the water and its inhabitants in the name of Gabriel and of the Essene Nation. In this way you will receive the blessing of its inhabitants; they will offer you their presents and help you on your way. When you approach water, I will be there through all these beings and I will speak to you through them if you want it.
11. I will help you and relieve you in all circumstances of your lives, but remember: you must not be passive and let yourselves be carried away by the world of death, but be active for the light of the spirit and for your souls.
12. I will stand in the Essene Villages, at my springs and temples. I will give my son a discipline to approach me with purity and respect. Then you will have direct access to the world of Gabriel in the kingdom of God.

13. Know that the covenant we have is active and powerful.
14. The Essene Nation, I accept it and I bless it. I give it living water, living soul, not immobilized. I give it the power of magic and offer it a placenta that will see the birth of the Light on earth.
15. Know that you have been chosen and that you are the ones who have to give a body to the Light on earth. Everything you will undertake for the victory of the divine will be directed towards this placenta and nothing will be lost anymore. No one will be able to steal your words and thoughts from you. All your light will go towards the goal of a life consecrated to making God appear in a body on earth.
16. Blessing of Gabriel for all his children.
17. Strength and support in your lives.
18. Recognition and gratitude from the divine world.

54 Only Virtues will lead you towards the Angels.

1. You will be satisfied with your lives when you go all the way with the values, the wishes, the thoughts you carry within you.
2. Practice a work method to the end; then you will know for yourselves if it suits you or not.
3. Do not try to forage around, trying to make an amalgam of all the things that might interest you. It is important to take one thing and bring it to a conclusion.
4. Go towards the Angels, but without invoking them with the names that could have been given to them because spirituality today has distorted everything and taken away the purity, splendour, greatness, pure innocence of this world. Do not give them distorting names; see the virtues through them.
5. Work the virtues in you and you will know what an Angel is because the virtue will live in your being and, in doing so, it will be you, and you will have direct contact with the Angels.
6. Do not go out to find the world of Angels outside of you, through the intermediary of beings who want to “channel” certain worlds or give you external methods that will not awaken the inner centres. Really work on yourselves. Something from outside can help you or lead you on the path, but as for the virtue it will live directly inside you and be one with you.
7. Rehabilitate, heal this world of Angels. Let it be pure through your own purity and your own sincerity.
8. Do not trample this world of Angels, and do not limit it to the world of the men who always want to depreciate everything, to take away the sacred, the beautiful, the splendour and the immensity.
9. Know that a virtue can transport man; it can be a step or a springboard towards an authentic divine world.
10. Remember this: carry a virtue in you. Start by working on it every day for a week or a month, by praying, meditating, filling yourselves with it, acting according to it. Then you will meet the Angel who corresponds to it and you will be able to have a direct, pure and real communication with what you are, you.
11. The supreme is to commit to the Round of Archangels because in this way you will have the unconditional support of the family of masters, Angels, Archangels and of the divine world.
12. Beauty has to enter the world and the sacred must not be neglected.
13. You must not limit your conception of intelligence to the world of men: no wisdom lives there; only the divine world is filled with it.
14. It is not for the divine world to respond to your call by narrowing itself to suit your human conception. It is up to you, men, to go towards it.

15. The Essene Nation has to grow, and the virtues of Gabriel have to live on earth, for water is all around you and in you. Purity, healing, beauty have to permeate this water. It is not darkness, mental and material pollution that have to live there!
16. Work on the virtues.
17. Consider water as something sacred, for the little gesture you can do can have considerable importance. Do not neglect it.
18. Small actions done consciously are more important than a big one done unconsciously.

55 Transform your destiny by preparing your entry into the new year.

1. To those who really work for my coming and so that one day my true being is known in the world of men, I say: know that I am the new year, that I am the beginning, that I carry the mystery of birth.
2. By approaching me at this end of the year, make an effort to remove from your lives what is heavy, what weighs you down.
3. I will help you to transform what clutters your lives and also to give birth to everything that is beautiful and that you have carried all year long through the practice of the Round of Archangels.
4. There is nothing more beautiful than to live with an Angel and give birth to him in your life through words, gestures, intentions, looks, a work.
5. If, at the beginning of the year, you made commitments, formulated wishes, you must now make them concrete by coming closer to my presence, for I will open for you - those who want it - a new start in life, a real new year within the Round of Archangels.
6. The beginning of this new year will be for you a definitive decision that will orient your lives. Those who want to will be able to open this door with my blessing.
7. Be pure when you come, as clear as possible. I will then allow you to say the magic words opening the doors of destiny and the future.
8. The coming year is the one of the choice, of the path to take, of the soul place to visit. Get ready to make a decision for yourselves and your lives.
9. When the child is there, there is no question of choice: a new world is already living with you.
10. You, the Essenes, you are conscious. When your children come into the world, you consecrate them so that their lives are blessed in the Light and their path protected from the countless traps and dangers.
11. To consecrate a child is to open up a special destiny for him.
12. To those who are no longer children, who have begun their lives and are on a path, I say: clean up your past and your present through the Essene baptism of Gabriel and enter into a new life direction. Make the right decision and commit the rest of your life to a work in accordance with your soul.
13. To those who are already engaged in the Round of Archangels and who have worked for the kingdom of the Father, I say: start the year consciously; as you come closer to my presence, take the first step of the change of life.
14. You who really wish to open a sacred space in your hearts for my coming into your world, I ask you to open the path drawn in front of men, animals, plants,

stones, the Mother and the Father. Let this path be honourable! Do not make this decision collectively. Let each one of you awaken in consciousness individually and personally commit through this first step of the new year.

15. Know that a commitment is a great protection.
16. Those who are not committed are the wandering, lost, distressed souls. They cling to everything and anything, for they no longer have their own existence, their own inner light.
17. To commit for a noble cause and keep your commitment is to ignite the light of your soul inside you.
18. If you do not begin to fulfill your commitment, you will be confused, troubled and will not find your real place in the worlds you will go through. You will be like a man who has one foot on the ground and another in the void.
19. In life, take the time to nourish what you want and then start to carry it out.
20. The sage is prudent, he wishes for little things in order to lead everything towards perfection, one step after another.
21. Let the one who aspires to know a grand life speak big wishes and engage in great works for the victory of the Light. Then his life will change during the year.
22. The illusion will be lifted on lying, on what is hidden so that everything is clear within the Essene Nation, which enters the path of the light of the divine world.
23. This is what I ask you to do as you approach my temple.
24. Finish what is underway in order to approach the new year consciously and available for the Light.

56 Only the Mother and the reality of your acts will lead you towards the Divine World.

1. Men think that the divine world is truth, love, goodness . . . and it is an absolute truth. But they live in a great illusion, for contrary to what they think, the divine world is only like this for those who are themselves true, genuine, available and at the service of the divine world.
2. Which man would like to approach a higher world without putting himself entirely at its service and without offering all his abilities to make goodness and wisdom triumph?
3. In their illusion, men think that the divine world does not see them exactly as they are, while only men do not really see men. They spend a large part of their time hiding from themselves and from others. They talk about God and live as if God did not exist. They are all filled with nice words and dress themselves with their words, making a garment of their philosophies, thinking that it is enough to say “God” for the divine world to be with them. They are convinced that in any case, whatever they do, they will be blessed because God is love. This is ignorance.
4. Know that everything that man hides exists, lives and is seen in other worlds.
5. When a man wants to approach the higher states of existence, those who people these worlds ask all the kingdoms “lower” than man - the rocks, plants, animals, the souls of children, the spirits of nature - what they think of him and how they consider him. This is how the latter is looked at and weighed.
6. Do not think that you are not seen and you can hide. Of course, you can fool yourself and others. But other worlds look at you and have a much longer memory than you imagine.
7. The divine world does not approach a man until the beings who people the worlds above and below him have recognized in him his true identity: that of a conscious being, and therefore at the service of the divine world.
8. You, man who turn towards the Father while thinking that the Divinity will accept your weakness and your lying of man, know that this is a great illusion and a fatal trap.
9. Even the most humble, the poorest, the weakest can bow before the divine world with purity, truth, gratitude and offer what he has to the light of a higher wisdom. When a man has lost this ability, he has lost everything. He then has to go all the way to the end of his madness.
10. True life is based on a law: that of the spirit that wants you to be what you think, what you feel, what you implement, what you invite into you as invisible beings and worlds.
11. One who invites lying inevitably becomes a false being, void, nothingness, death.

12. Do not think that by turning towards the divine world, it will necessarily accept what you are.
13. Above all you have to prepare yourself in the school of wisdom, meditation, awakening, observation and study of what you really are.
14. You have to polish the mirror of your being and accept the true being, not only in front of the eyes of the worlds you do not see, but also in front of all the worlds that are visible to you.
15. The beings of the visible and invisible nature will speak for you and will stand as guarantors or not. Only they can be your true partners in your divine ascension, for they are one with the Mother.
16. Do not think that the path will carry you and the door will open simply because you know certain secrets, because you act, make gestures or even because you pray in a certain way according to some knowledge. Such magic works for a time in the human world, but it will never really go any further.
17. You are what you do.
18. What you really are, you will find it again through your alliance.
19. Today, man is inhabited and surrounded by disturbed, depressive, sad, mean beings with a large number of counter-virtues. Such is his alliance. Meanwhile, he talks about God, about beautiful realizations . . . What an illusion! Where are glory and beauty? To act in this way is to weaken the experience and truth of an ascending world.
20. Man, you who are really trying to enter a true and pure path, awaken in the temple of Gabriel and radically transform all the bad seeds that you carry inside you. Accept to become a virgin earth again to be reconstructed with new seeds. Demolish and reconstruct yourself, in accordance with the Mother, with authentic stones that you will have produced with your consciousness, your heart, your hands. You will be happy and rich in your work, your works, your life. In this way you will build a building that will remain from life to life, from incarnation to incarnation and that maybe will even enter eternity.
21. When entering the temple of Gabriel, you have the choice: live with the divine world or live in ideas that you make of it, in beliefs that you animate.

57 Through the blue Ether of the sky, discover the sacred space of peace and unity.

1. The one you call “the Virgin” was a daughter of Gabriel. The blue mantle she wore on her shoulders was that of Gabriel. I will give this mantle to the Round of Archangels, which will become a virgin soil capable of giving birth to the Light on earth. Then, like the Virgin, you will see a new intelligence be born in your midst that will enter the world of men through the Essene Nation.
2. If you look at the earth, you see that it is peopled by many individuals, forces, creatures and influences. Everyone has to live in this immensity of differences, faces, opinions and orientations that go in every possible and imaginable direction. In the midst of all this, it is essential that man knows there is a place where everyone can meet and thereby know the same language, the same interest, the same form: it is the blue sky that surrounds the earth and shows him the way to the heights and to subtlety.
3. Through all the forms existing in the world of men, the earth shows you the way to union with the common higher consciousness.
4. If you learn to come together and unite in this higher state of being that the blue ether of the sky shows you, your differences will become your wealth and not your confusion and your loss.
5. Of course, the man who cannot read the living language of nature will say that he does not understand the other, that this other one is not like him, he thinks differently, he does not have the same values and this is not good. Between saying that and going to war against another form of existence there is a short step. Through this down-to-earth attitude, man closes in on himself. He does not cultivate an interest in the discovery of another form of existence and does not try to raise himself and unite in the place that can be called the “space of peace.”
6. The space of peace is a sacred space manifested by the blue veil that surrounds the earth: a place of unity and sharing. In that space there are neither differences, nor appearances, nor languages of confusion, nor delimited forms, nor boundaries. It is the place of union. The only interest that can exist there is the welcome in a space where everything is settled, where no one tries to be looked at, to differentiate himself, even in an accomplished work. Whatever is undertaken in this space, everything converges towards unity. The whole earth is bathed and carried by this space that is part of its higher being. The blue of the sky invites you to look for what brings you closer together and not what alienates you.
7. Man lives where he wants to live, it is his choice, his life. He can live in confusion or in the great peace unifying all the paths towards a common higher consciousness.

8. The divine world does not live in the bones, flesh or blood of man, but in a higher, more subtle world. And it is up to man to rise towards the divine world in order to meet it.
9. If man wants to live with the divine world, his life must be consecrated. It is through this consecration that he can meet the divine world where it is and this higher world can come down into the world of man to leave its imprint.
10. If a man carries an Angel consciously and his life is dedicated to this, the only function he has to perform is to open the earth to the Angel so that the latter may acquire an appearance, a life in the world of man in a powerful and right way.
11. In the past, these were oaths and commitments that, through the different religions, have opened paths. But today, it is the very essence of life that must feed the world of man and leave traces of the divine world through the lives of men.
12. If a man has committed to the Round of Archangels, no matter where he lives, under what conditions he lives, inside him, in his look, words, thoughts, feelings, nothing can stop him from being unified with the virtue of the Angel who connects him with the great veil of the blue sky. Man then becomes an Angel bearer, half-man, half-Angel, and he will finally have to orient himself to become an Angel down to the physical plane, that is, a true Essene who makes heaven live on earth. This is the path of the Round of Archangels.
13. Just because all these worlds in which you live are different in their interests and orientations does not mean they are far from you, for they like you can find yourselves in the same place of peace. This perspective makes the innate language appear revealing the great wisdom that fills all the worlds and unites them in the perfection of the divine world.
14. Do not differentiate yourself by looking at the other. Instead, try to find this place outside the world called the place of peace. It carries the blue veil and makes a perfect, harmonious earth possible.

58 Reconcile with your Mother by re-establishing the universal language.

1. Your prayers, your wishes, your purest and greatest desires sometimes reach the higher worlds as a subtle matter. But most of the time, this material attenuates and transforms itself into a kind of echo empty of substance.
2. You need to develop constancy and continuity of consciousness.
3. You need to understand that She who can really give substance to everything that is the inner light in you is your Mother. She lives around you, She is your stability, She forms you a body. She is your vehicle through different worlds and in this, She enables you to acquire the language that is capable of crossing through all worlds and of translating your prayer, your language of life in a right way.
4. Find and renew connections of consciousness and harmony with your Mother, with all those that live in living nature and everything that forms the world of the Mother.
5. By carrying in your heart a loving attention towards the different forms of existence that make up the kingdom of the Mother, you will acquire the right language.
6. Know that the Essenes, by virtue of the heredity of their millenary tradition, naturally possess this particularity of acquiring the universal language, which can be translated from world to world without losing its meaning and value.
7. In the human world alone, there are many languages in order to understand each other and even several levels of understanding in a single language. Know that there are other languages to speak with the Mother, stones, plants, animals, Angels, Archangels, Gods and the Father. You need to study all these languages, but above all you have to understand that only the Mother can guide you towards this science.
8. The Mother is able to translate and interpret the language of man who shares his life with Her consciously and truthfully in all the worlds. She wants to live the life of man in a spirit of sharing and love. But man, in a passive or unconscious way, is fulfilling the prophecy of the destruction of humanity.
9. The earth suffers from the passivity and lack of conscious activity of man. It sees itself living a destiny programmed by forces and intelligences that are not those of the Father of the Light. And all this because of human inactivity and unconsciousness.
10. Man lets the will of an obscure world act and touch the Mother with his own consent, assistance and help. What is the meaning of this language?
11. You, Essene, get up. Take your life in hand and act powerfully so that your Mother is happy and healed of everything that is happening between you and Her.

12. The conflicts between the different worlds living in man and the Mother are a reality. But before trying to solve them, the first step is to become capable of protecting what is divine in you, to have a material for travelling in these worlds, to grow in consciousness and to become stronger and stronger in order to act effectively.
13. You, the Essenes, contribute to ensuring that the pollution of the earth is illuminated by a new day and that in your nation the respect for the Mother, the search for Her balance are daily and conscious acts, connected with your origin as Essenes, your tradition and your mission on earth. Implement what you are and make it known. Do not be interested only in the physical aspect, which affects the interests of the human world, but cultivate above all the inner aspect.
14. Before something is physical, it always lives in other worlds. It is an absolute law, which means that the subtle worlds precede the dense worlds, manifested in the visible. So, before earth, water, air or fire were polluted in the physical world, the principle of pollution lived and acted already in another world. Be aware of this.
15. If you want to bear this worthy name of Essene, you have to consciously raise your lives and your sensitivities towards a pure and sincere relationship with the Mother. You must no longer let yourselves be invaded and possessed by the misleading appearances of the relations with the world of men, with the sterile world they allowed to be made and in which they now live in slavery, increasingly blinded by their unconsciousness.

59 Connect your life with the magical virtues of the Essene Nation flag.

1. There is a wisdom that man can only understand when he is in the arms of his Mother.
2. The Essene Villages must be the arms of the Mother for man on earth. They must be comfort, safe havens, places of truth.
3. In these villages, men must be able to approach the spring that carries the teaching of Gabriel. It is this spring that brings nature to life.
4. When man remains for a long time in the cradle of nature, with his senses awake, open to the rhythms of nature, under the great blue or starry sky, his soul begins to speak to him: water is no longer just water; the butterfly, the flower become doors opening on other dimensions of existence. Man knows then that the flower, the flowing water, the butterfly are great. He knows that all these manifestations of nature speak to him of something else, of another world that itself carries other worlds. Man becomes a traveller of the worlds and a creator.
5. If the Mother takes care of man, it is so that he becomes a creator of Light.
6. Man is a creator on earth, this is obvious. Each thought, feeling, act is a food for different worlds. All this generates worlds. And know that the little you can observe on the physical plane is nothing compared to everything that exists in other very close planes of existence.
7. Combine your thoughts, your senses, your will with great living symbols such as the flag of the Essene Nation. In this way you will multiply your inner power tenfold in several worlds.
8. If in your senses you implement the Essene wisdom, you will see realized on earth the creative power put into action in the covenant with the Gods.
9. One who acts with a little thought, with feelings and a will of man will be like a car that runs out of gas: he will stop on the side of the road. Such a man will never be able to achieve great things because he will not be connected with a great symbol that lives in different worlds.
10. Only the power of a symbol like the flag of the Essene Nation or great Divinities who have worked on earth in the bodies of genuine masters can transmit strength to your thoughts, actions, will, feelings and open the door that allows fulfillment on earth. Be aware of this wisdom.
11. Feed yourself with everything that is strong and divine in order to nourish the essential in you.
12. Do not think or act under the influence of feelings if you do not know where they come from or which world they are connected with. The first degree consists in knowing who infuses you with the influences coming towards you. When you know the origin of everything, you can be really effective. You had an

- experience and you are able to explain it in all its forms by conferring an intelligence and a strength to it.
13. Thought is an intelligent and powerful being. Feelings are powerful and active. Will is a great and powerful being. Then, consciously join forces with these worlds through a living and actual symbol.
 14. The Essene flag contains the secret of the covenant of Light, of the Round of Archangels and the Essene Villages.¹ It is a whole world of Light in your world. It is able to set in motion the greatest as well as the most humble energies.
 15. Do not think that a little thought is something that comes mechanically, automatically. No, it is a whole world that approaches you to go towards a whole world. You are an intermediary and a revealer of these worlds. It is up to you to be its animator and to know towards whom you have to transmit what you receive. This art is called consciousness. If man approaches the divine world without knowing this wisdom, he is unlikely to ever know the answer to all his questions.
 16. If man learns in a conscious way, he will find the answer to his questions and become a perfect and complete being, worthy to bear the name of Essene on earth.

60 Reconnect with the spring of springs and become yourself a spring of pure water.

1. Man is often plunged into an unconsciousness of the true nature of things.
2. The Essene has to cultivate the awakening of his consciousness.
3. When you approach the spring of Gabriel, you have to awaken.
4. Beings approach me, seeking to be purified, to know the true life of the higher world, and in this they do well. Such an approach is a blessing. But you also have to know the wisdom of the source: the origin must always be pure. If you go back towards the origin, you will always find the Source and purity.
5. The water that flows away from the Spring runs into worlds and worlds. As it passes through them, it tints itself with colours, takes on elements and finally transforms itself, for it carries a memory in it; it is no longer pure water. This means that outside the Source, there are always elements missing to achieve perfection. You then have to pull yourself together and try to find the missing elements at the Source to have the complete pattern that reveals the primordial teaching.
6. You who live in life, who think that you are not a spring, that you are an individuality or a personality acting for your own good, but also for that of other worlds, know that in reality, what comes out of a creative power like that of man is a spring watering not only the mineral, plant and animal kingdoms outside him, but also all these kingdoms inside him and in his descendants, in his own future and that of humanity.
7. This is the power of the Spring: it waters and sustains worlds and worlds.
8. By the movement of water, what you make flow from your spring, what you put there as inspiration, as primary orientation through a force and animation will be concretized through your descendants. Know that there are many forms of descendants and this is how the soul finds its way back to a new body.
9. Awaken in the temple of Gabriel, for there lies the first spring of all springs. You will then be able to understand the power of your spring of life.
10. Unite with me purely. Unite with the first spring and only let flow outside you what is understood, experienced and made conscious. In this way the water that flows from you to others will be pure.
11. When you approach the spring of Gabriel, be aware of your responsibility, for whatever you put in the Spring continues its path and can no longer stop. Do not put anything unconscious or misunderstood into it, do not let the big whatever direct your life, life and the life of your descendants.
12. The Essene is asked to be a creator in union with Gabriel, who can purify beings and open a new path of destiny to them, through his faithfulness to the Source and the message that gushes from it.

13. You too can purify your descendants, whether physical, auric or spiritual. It is enough to reconnect with the source of all beginnings, with the source of the divine world.
14. When you enter my temple, be aware and separate things: leave what is dark, negative and uncontrolled in the world of men, and approach the Spring with what is awakened, worked on, understood, mastered.

61 Go towards the Divine World through goodness and generosity.

1. Be good beings, be loving.
2. You call the divine world, you aspire to enter the spiritual worlds and you ask for the world of men to be filled with goodness and generosity. The divine world hears the words, understands what lives in the words and responds, for it is good and generous. It pleases it to see that man can carry inside him an intelligence and a gesture of goodness, of generosity.
3. To be united with the divine world, goodness must be pure, universal, connected with the living and conscious presence of an Angel; otherwise, it is lost.
4. Most men close themselves to this science of the Essenes. They want to keep goodness and generosity for themselves. Then they become cold, insensitive, love dies out. They look at others as enemies, strangers.
5. Do you believe that the divine world, and in particular I, Archangel Gabriel, will continually give goodness and generosity if man makes fun of them and does not bear these fruits to the point of concrete realization?
6. The divine world gives, but it does so because it is itself goodness and generosity. Man does not naturally carry these qualities, that is why he must work on himself and educate himself to become capable of carrying and implementing the divine world with absolute faithfulness.
7. It is the task of man to make the Angels of goodness and generosity triumph in his world in order to offer glory and victory to the Father of the Light. Not that the Father of the Light needs for man to offer Him victory, for He is victory by essence, but man needs this victory in his world, for without it, he is definitely lost.
8. Let man strive to make the benefits and gifts he receives from the divine world bear fruit.
9. One who receives and gives back purely becomes like the divine world, he is good and generous.
10. To receive love is the first step, to give it back is the second. In this way love circulates and grows.
11. One who receives without giving back betrays love and the world that sent it towards him.
12. Of course, you must not be an idiot, for stupidity is not invited into the divine world. You must not give everything to whoever and however under the pretext of generosity. Waste and stupidity are neither goodness nor respect for the divine world.
13. The divine world likes what is true in man, what is pure, wise, intelligent, impersonal. It likes the man who makes the light of the Angels live through a

- consciousness, an attitude, a behaviour of goodness and generosity. This can be through a simple look, a word of encouragement for another or a gesture of support and comfort. This opens the door and allows a relationship with the divine world.
14. There are a very high wisdom and intelligence of the mysteries, but there are also simple everyday gestures that mean many things.
 15. Those who carry the divine world are generous and good, loving and patient beings, not only inside, but also in the concrete acts that make up their daily lives. The others, those who have a closed, cold and selfish attitude, are beings who have not yet truly reached and tasted what the divine world can be. They need to work to soften and cultivate their virtues in order to be able to enter and live in the more subtle and structured worlds in the Light.
 16. One who is like the divine world approaches the kingdom of the Light.
 17. The divine world likes to look at the one who makes goodness live on earth.
 18. To build a world of goodness is the mission of every man.
 19. There is too much suffering, separation, loneliness in the human world. Why do you accept this?
 20. Goodness is not stupidity, it is an Angel of the Father of the Light.
 21. You, Essene people, be a reflection of the divine world in the world of men, not simply to imitate, but to discover your genuine being through a beautiful and great work. Show what a life with the divine world can be.
 22. Do not reject anyone, do not be closed or possessive, for those who have acted this way have taken fear as their masters.
 23. Do not confuse vigilance with fear.
 24. Those who live with the divine world are not afraid to lose, for they know that the Source is generosity and intelligence always makes what is right and good bear fruit.
 25. It is the world of man that brings suffering and poverty.
 26. The divine world is abundance and wealth. When man acts in harmony with it and in accordance with its laws, all the benefits he can expect according to his condition are given to him.
 27. Victory to the Essene world!
 28. Carry the angelic virtues with dignity, in spirit as in matter.

62 Unite your forces to concretely carry out the work of the Light.

1. On earth, all men know that to carry out a work, you have to unite. They often put this law into action unconsciously, instinctively.
2. To see an objective realized, man knows that he has to make sacrifices, give a part of himself or find the energy, the force. To live as a family requires effort and a combination of forces. When men want to see a great project realized, they accept to unite with the beings who can bring it to completion. An objective to be attained necessarily requires the community and the union of each one to constitute a single force. You all know this and implement it daily in your lives, consciously or unconsciously. So, why do you hesitate today to create a world in which you will be able to live what you aspire to? Why are you lukewarm? Why do you not get actively and concretely involved?
3. This law of the union of forces is also true when you want to create a special world in the middle of the world, in which you want to live, be born, work, grow and die. To achieve such a great and beautiful work, you must not be utopian or act against the laws. It is necessary to be concrete and apply the laws to achieve the goal. You all know this, so, why don't you do it to get what you want?
4. Do not wait for another to do the work for you, do not put your hope in future times, because the life of a man is very short and no one knows when it will end. Man does not live in the world of eternity. He has a time.
5. If today your consciousness awakens, lights up and finally wishes to be useful for a work bigger than death, for something other than interests dictated by the world of men, take your life in hand, go to the end of what you believe to be true and unite your forces in the work.
6. Choose once and for all your path, your family, your people, your future, your sun. And be active, give what you have to give, but participate in this concrete work of the Light on earth.
7. If you do not have the opportunity to be able to commit concretely to the service of the Light and to live it, make sure that your children and grandchildren might know the happiness of having the choice of living either in the world of men or in a protected place, worthy of the respect of the divine world.
8. The Essene Nation, the Round of Archangels, the Essene Villages do not come from a man or the Angels or Archangels, but from a higher will and divine intelligence.
9. Rise up and give what you have to give to live the Light on earth.
10. Be aware that the force comes when you are together, through the gift of each one. In this way you will see what you have wished for come true and will be able to really taste it and live it, in this life or in the other.

63 The Key for transforming weakness into strength.

1. Often I hear in the prayers of men that they would like to do this or that thing, but that they are not able to because they are weak, small, ignorant. They apologize and ask for help, strength, support. Many pleas and laments come out of the mouths of humans, even of those who turn towards the Light.
2. Why does man accept to be weak and ignorant? Why does he not get stronger and enter the school of true knowledge? Why does he not offer his life as a gift to a sacred and divine fire, as a seed to an earth bigger than him? Why is man satisfied with being only a man? Why does he passively accept his destiny?
3. Of course, it is obvious, man is a man. But from another point of view, man is not just a man.
4. We, in the divine world, do not see man as he presents himself to us. We see in him something extraordinary, like a great opportunity for the Light. We do not see him reduced to only his physical existence and the life he has created around it. We see him in everything that is greater inside him as possibilities and wonders.
5. Why does man not go towards greatness? Why does he look only at the weakness in him and not give his strength to greatness?
6. For the man who is aware of his weakness, wisdom is to offer his life to something greater, to a divine idea, to what eternally lives in beauty. It is to actively contribute to ensuring that the messages of the divine world can continue to live, to manifest themselves on earth in order to sow the world of men with their radiant presence.
7. Without the messages and life that the great masters, the envoys of the Father, have come to bring into the darkness, what would the life of men be?
8. When men opposed the envoys of the Light, where were their weakness and smallness?
9. You may think you are weak, but the divine world does not think so.
10. Your weakness will be a strength when you dedicate your lives to serving the divine world.
11. Why does man not rejoice in what is greater than him and what is beyond him? Why does he not see the chance and opportunity he has to offer his life so that a higher world lives, so that there is a living connection between him and an eternal light?
12. The divine world does not need man to live, of course. But the Archangels want to glorify the Father in all the worlds, down to the depths of the earth.
13. The Light lives in everyone, for the Father is the creator and founder of all forms of existence. But many beings have forgotten the Source and turned away from it, thinking that they were alive by themselves.

14. Man must not live only as a man. Rather, he should consider that he is part of a whole and that he has a role to play in the greatness and for the victory and sanctification of the Name of the Father in all the worlds.
15. Instead of concentrating on weakness, offer yourself and accept to become the blessing of Light that, like water, penetrates into the earth to bring life to the beings enclosed in the depths.
16. Accept to be greater than you are.
17. Do not be great in the mysteries that are beyond you and that you cannot conceive of at the moment, telling yourself that you should act, think and have perfect mastery all the time.
18. Be great at what you are already and what you can do at your level. This mastery does exist for the envoys, for those who will act concretely on earth to create a world.
19. You, offer yourself so that the envoy succeeds, so that the Light is victorious, so that the divine world exists in your world for the happiness of all. To those who take this path, I say: offer yourselves to your Mother, to your Father.
20. In your lives as humans, be water penetrating into the earth like a blessing from a higher world, being absorbed by it. In this way your soul will be part of a whole, it will be like a drop happy to be in an ocean. Then your path will be useful, great and victorious, for you will have contributed to the Father being in blessing and sanctification in all worlds. Then the dark side, which unceasingly makes weakness live in you in order to steal your strength, will be attenuated, for its hold on the world of men will diminish.
21. To be an offering for the greater light is to belong to a higher world.
22. To resist and yet accept your destiny is in some way to keep the bad seed in the field.
23. Do not make your body the bad seed of the earth, but offer yourself for the Light and you will see yourself liberated from many unnecessary sufferings.
24. When you have put your knees in the water of Gabriel, you will feel that everything you carried for years by yourself, your ancestors or the society created from a mutual agreement by men will be healed, attenuated, cleansed and directed into the laboratories of the Mother.
25. When you enter the living water of your Father, be an offering and a gift for the divine world, be a blessing for the Mother. In this way the water will recognize you and remove from you everything that is dark, weak, small, ignorant.

64 Say the words that liberate from slavery and debt.

1. Man has to meditate, awaken and understand his words.
2. When a man puts his words into action in prayer or invocation, this acts in a more subtle world.
3. Sometimes the words become a sword, a serpent, a spring, a sparkling water that washes and regenerates. From time to time, it is a kind of smoke that puts humans to sleep.
4. You, do you know with which forms or manifestations of your words you direct yourself towards the higher worlds?
5. If you want to touch the divine world with your words, know that you have to speak only with purity, clarity, truth. This is the direct route. No other words can reach the intelligence of the higher worlds.
6. Men speak, ask, but they do not pay attention to the subtle and magical manifestations of their words.
7. There is a world around man that hears everything that is said.
8. Sometimes, man puts a personal interest that concerns his mortal life in his words. He brings these words to life by saying them in the magical world around him. Through the invisible worlds, he is in fact addressing an intelligence that will often give him what he asks for, but will one day ask him to pay it all, to reimburse it all, and with interest. Interest calls for interest. This is called “bad speech.” In any case, these are not the words that vivify the divine world.
9. The words that vivify appear when man speaks from the spark of eternal light hidden deep inside him, from his inner source kept pure and in union with the divine. If man does not speak from this source, his words are animated by causes external to his deep and truthful being. It is the beings of death and misleading appearances that respond to such words and to the wishes of man.
10. Man meditates, prays, invokes, wishes, desires and invisible beings listen and give him what he asks.
11. Any realization requires an association, a union.
12. The world of appearances is capable of fulfilling the wishes of man and bringing him a large number of benefits, but man will have to pay back 3 times the value of what he has obtained in this way. If he cannot pay, he will be taken into slavery in another world.
13. Only what is pure, divine, eternal and true inside you will lead you into the Light without any debt.
14. Man finally has to understand that there are not 3 worlds, but 2: the divine world and the world of man, without intermediaries. There is the right and the left, the subtle and the thick, the white and the black. And man has to know to which

- world he wants to belong. He does not need to be always in the “white,” but he must be aware that he is by essence a creator, an animator, an activator of the invisible worlds.
15. Man is constantly in relation with these worlds that surround him. Either it is the divine invisible world that animates him, or it is the spiritual invisible world that makes him live in a mortal body, fulfills all his aspirations, his requests, but that one day will present him with the bill.
 16. When man leaves his physical body, he will appear in front of the world to which he has fallen in debt. It will ask him to be paid back, but the man will not be able to. He will then be forced to become a servant of this world, he will no longer belong to himself and the divine world will be closed to him.
 17. The outer spheres of your being will only lead you to these invisible spiritual worlds, which might respond to your request, and even quickly. But remember that the amount you will be asked to pay for this will be very high. For you will end up no longer belonging to the divine world or to yourself, but only to your creditor, to the one who gave you life and money during your earthly life.
 18. If you want to know which of the 2 worlds you live with, it is easy: look at yourself in your daily life, look at what comes to life around you through your eyes, your words, your gestures, your requests. Look at the pacts and associations you have made and that you assume every day. Observe your life, what you live, think, feel, what you are and make use of. You will be able to contemplate the world that you live with.
 19. If you really want to begin a path of healing of all the worlds and especially of your world and the worlds you are associated with, look for your inspiration only in the spring that is in the deepest part of you.
 20. It is the spring and temple of Gabriel that will activate the resonance with your own inner spring.

65 Only carry what raises you and makes you Light.

1. By their current way of life, men constantly accumulate debts and find themselves loaded with unnecessary and increasingly heavy weights, which crush them.
2. It is a law that everyone can understand: when man carries a load, he is heavier. He is heavy from the weight of this load and has difficulty moving and even living. He has a weight on his shoulders, but also on his head, his hands, his feet and even on his stomach.
3. Man is overloaded with everything he accumulates and with all the debts he does not settle. He cannot fly away, for he is constantly taking on new weight, while most of the current things are not yet settled.
4. Man lets enter into his thought, his heart, his will an incredible number of problems, of situations that do not even belong to him, do not concern him, do not bring him any good, any advantage, neither present nor future.
5. Be attentive to my words, do not think that I judge and condemn the world of men. I only want to show you a very simple secret: that of not cluttering up your lives, not covering yourselves with debts in order to, on the contrary, awaken and take your lives in hand, to free yourselves from everything that is heavy and useless.
6. Do not think that you can take everything and carry everything in your thoughts, your feelings, your life. Each commitment you make consciously or unconsciously is a world that you will have to bring to its fulfillment, to its end. If you do not, it stays with you and solicits you all the time. Be awakened, be aware of this law.
7. Bring until completion what you undertake; in this way you will be released and enjoy the fruits of what is accomplished.
8. Organize your lives in order to have time and to be light to carry the Light, for what makes man happy, fills him with contentment, gives him his dignity, his usefulness, his place on earth is to become a carrier of Light. Then he stands with vigilance and lightness, his hand is alive with flowing water, his head is in the stars.
9. Do not be slaves of the world of men, but carry the Light. Be intelligent, do not carry burdens that are useless to you in this world. 1
10. Take time to free yourselves and to be light, find the path to lightness.
11. Free yourself from the things that come as you go along, do not let them accumulate, thinking that it will not bother you. For if you carry them and leave them in place, you will regularly feel their weight and responsibility.
12. Carry the soft and beautiful light. Commit to it. Construct a world for it. Organize it so that it can reign there.

13. Carry the Light with strength and determination, for it will bring you comfort, happiness and will open the doors to a higher world for you.
14. If you organize yourself so that your life is stable, clear, settled, the Light will be light in your life.
15. When a man undertakes a work in his life and brings it to completion, he reaps their fruits and can live with it. He is no longer a servant, but one who reaps.
16. When you accumulate too many useless things, everything becomes complicated and you can no longer get the answers to your questions. The slightest movement in your thought, your feelings, your will requires a huge effort, for you have to move the whole heap every time. As soon as you move, everything comes on you, so much that you can no longer do anything in any world.
17. Do not let things accumulate, and manage them from day to day in order to remain light and efficient for what is really essential.
18. Remember what I just said to you: free yourself from what is heavy and unnecessary so that your life is lighter for you and for others. In this way you will be able to devote time and energy to a much greater, useful, true and rich cause.

66 Be like the flowers, constantly grow towards the Light.

1. Be like a seed. Be growing beings, beings who blossom, who go towards a living and grand future. Think of all your activities as growth and beauty. Leave no room for death and for what stagnates. Engage everything you do towards the life that grows. Everything you carry inside you, everything you plan to accomplish, do it in the spirit of growth and development.
2. Do not do things because you are told or because you believe it is right and therefore an obligation, but fulfill yourselves through what you do.
3. Enter into the inspiration of the spirit of life that makes what is true grow and takes it towards greatness and immensity, to the doors of infinity. Such a growth waters the worlds and indicates the path to wonder to them.
4. Think of the flower that came out of its seed and the earth to offer its presence of beauty and fragrance to the world. It offers pleasure to men and shows them the path of growth, development and perfection. I am not talking about personal development, which remains limited, but really about a growth that grows in the immensity. Try to find and cultivate this attitude.
5. Be filled with life, strength, joy, lucidity and awareness.
6. Grow like a plant and you will notice that in your lives everything will go towards a beneficial change, towards a new inspiration, a desire, a continuity. Growth generates growth, blossoming and greatness.
7. Never stop growing and developing yourselves towards the greatest beauty and perfection. Be in this state of mind and you will see your works become pleasing to all the worlds: mineral, plant, animal, human, angelic, archangelic and divine. Everyone will appreciate your fragrance, your beauty, your delicateness and the awareness in your actions and thoughts, which will enable an ever greater and broader development.
8. Be beings who grow and increase towards the Light and life in all its forms, beautiful and pure.

67 The secret of the living food that nourishes man, the Earth and the Gods.

1. A large number of human beings on earth think they live only with their physical bodies, that these bodies are the whole universe of their existence and with them they can hope for and accomplish everything.
2. Others say their bodies are only part of their overall beings. They notice that several subtle worlds such as desires, feelings, thought and many other even more delicate senses live and manifest themselves inside the physical body.
3. Still others, much rarer, say they are only the reflection, the appearance of a huge body of which what you can see on the outside is only a drop in an ocean. One who thinks in this way understands that the Source is not inside him as the majority of men imagine. He knows that it is found in a truly higher world.
4. What men living only with their physical bodies call the “inside” is for them still an “outside.” The true inside is an even more intimate space that touches the divine world. The inside is the divine world.
5. Man has thoughts, feelings, desires, but where do they come from? And who feeds them? Where do they get their energy, their strength, their reason for being? Is it the man who masters and guides his feelings and senses towards the satisfaction of the outer needs and the maintenance of the body in a way that he does not lack anything in his earthly life? Or is it his feelings and thoughts, activated by another world, that master him and guide him?
6. Will the man who awakens his consciousness and his sensitivity offer his body to higher worlds? Will he become a pure receptacle much larger than the body so that the divine world can reveal itself on earth? Will he reveal the immensity and grandeur of the body in its entirety?
7. Know that the physical body is not everything. It is neither the essential nor the ultimate outcome of life. It is only one element in a much larger whole, of which the essential is life.
8. Life is essential in what is the greatest, in all the worlds that exist around man and in which he goes to find his food, his destiny, his being.
9. Most of the men who come near me feed themselves mainly in the worlds of man. Very few will look for their inspiration and their subsistence in the higher worlds.
10. I ask you to meditate on these mysteries and change your way of eating, to move towards a living food and not to frequent the restaurants and shops of death. This living food has nothing to do with what you call organic or other food. It is the spirit and the way of being that change everything. I am not saying that a diet that is healthy and respectful of the Mother is not good, but I am talking about another mystery and another way of eating, and therefore of living, of constructing a body, a future.

11. In which world do you go look for what stimulates you, what inspires you, what renews you? Where do you find the fragrance, happiness, taste, subtleties, tonics? All this is not in the physical. The material is only a support so that an invisible world comes into contact with you. All this lives in another world.
12. You have to learn to feed yourselves on the virtues of the Angels. In this way you will establish a real contact with a higher world.
13. Feed yourselves with a living, sacred food, coming from the Gods, offering of the earth, bearing the magical seals of the Essene Nation and the covenant of Light. In this way the body will be nourished in the true light. It will be a drop in an ocean of perfection.
14. The dead food of the world of men only reveals the opacity of the physical body, for it can only sustain the mortal.
15. Living food nourishes the physical body, but also all the subtleties that animate it, up to what is much greater than man and belongs to higher kingdoms and worlds.

68 Activate the 4 Divine Seals of the Essene Nation and take care of them.

1. The Essene Nation is a living symbol, a true hieroglyph constructed according to the sacred and eternal law of the higher worlds.
2. The Essene Nation is not dogmatic. It is a true body that can incarnate the world of higher beings and the divine world.
3. You who ask yourselves so many questions on your path, whether physical, psychological, spiritual or divine, know that the Essene Nation is a door through which the answers to a large number of questions as well as concrete and effective solutions can come towards you. Of course, it cannot answer all the questions generated by the world of men, but it is certainly a blessing and a great opportunity for those who have a pure heart, who are sincere and who really try to develop a life bigger than death and the physical body alone.
4. The Essene Nation is a living seal placed on the earth of men and activated by a higher world. It is the seal of the covenant that lived between Pharaoh and the divine world, then between Moses and the Name of 4 letters, then between Jesus and the Father. It now lives with the Essene Nation.
5. Take care of this treasure that the Essene Nation is, of this source, of this wisdom and make sure that it develops to enlighten you, give you water and feed you. It is a world in which you can live, grow and see the future generations continue to protect what is precious in life and on earth.
6. For the coming year, I advise you to incarnate, strengthen and realize down into the concrete plane the 4 seals of Work, Health, Family and Money. It is a great secret, a science that has been entrusted to you as a seed and that you have to grow until it becomes a great tree bearing the fruits of Light in your world. Do not underestimate this seed and this science. Be sages who know how to perceive the riches in the grain of wheat.
7. By developing this seed, you can do an immense good not only for yourselves, but also for a multitude who will come after you and will be able to feed themselves from your works, from what you will have brought into the world. You do not plant a tree only for yourselves, but also for all those who come after you.
8. Your world is in decline. In the science of the Round of Archangels and the 4 Seals is inscribed the germ of another future. I know this seems difficult for you to believe because you think you are living in this declining world of man. You are taken by its influence, but know one thing: what is true is true in all worlds.
9. If you know how to go towards the Source and work in harmony and communion with it, you will find the living seal of the Essene Nation and the seals of Work, Family, Health and Money. You will find the strength to activate this wisdom in your lives. Truth and freedom will appear. First of all, the truth in

- yourselves, then around you, and finally the truth in accordance with the higher worlds.
10. I ask you to think consciously, to concentrate and give your attention, strength, enthusiasm and dedication to these 4 seals, for they are seals of truth, balance and justice in the world of man and in all the worlds.
 11. Most of the time, the wishes of men cannot reach higher worlds because of the interest that motivates them and their limited energy, which does not allow them to cross the worlds.
 12. Know that those who have made a wish will be heard¹. I will make sure that beings remained faithful to the Father and in harmony with me or connected with me will accompany and assist you. I simply ask you to be attentive, to keep your eyes wide open, your ears keen, your sensitivity delicate to pick up instructions and information. I will endeavour to transmit them to you through these intermediaries during your works and your progress of Essenes.
 13. Carry the seals of the Essene Nation with dignity and honour in your 14 lives. Let them shine all around you in the worlds of water and magic.
 14. Those who will hear my words and implement them by cultivating the attentive and subtle attitude will really see what they have wished for come true. They will also feel my presence and my support in their lives, even for something else.
 15. The Essenes are really the family of the divine world on earth and in the world of man.
 16. Those who love the divine world in all the worlds will take care of the Essenes.
 17. Let the Essenes be faithful and implement what they receive.
 18. Humanity needs the Essenes. It needs the living symbol of the Angel of Peace and the Angel of Healing. So, through your words and works, bring the authentic message of these Angels. Bring the certainty of a higher life and intelligence, great, vast and full of goodness. Make the luminous, soft, vast and positive side of life triumph.
 19. Do not let yourselves be captured by the false, by death. Do not let yourselves be locked up and led into slavery by the dark, by the one who puts out the Light and intelligence. Do not be embittered by the stupid side that man knows so well how to put into motion. It is so, it is a fact, it exists, but do not take part in it, take refuge in the living seal of the Essene Nation and bring it to life in the midst of you and in you through your own conscious lives.
 20. By concentrating your energy, your being and your words on the dead side of life, you strengthen it and place other seals on your lives and destinies than those of the Essene wisdom, which is the teaching of the Father.
 21. Have the eyes, ears and sensitivity of the Light, especially throughout this year.
 22. The world of men is going towards a goal that, at some point, will have to bring a radical transformation. Through your work, orientation, dedication and perseverance in wanting to incarnate and offer a nation body to a higher world,

you can really tip the balance to the other side, or at least take part in keeping a right balance.

23. I will give everything you have accomplished in the Round of Archangels and placed in my water to all the springs, rivers, oceans. Wherever there is water, your offering to the Light will live and touch beings. I will put in them your convictions, your strength so that men and women all over the world will awaken and be conscious, if only for a moment.
24. Your strength, your determination, your commitments, your perseverance, your faithfulness to the tradition of the Light have created a being of consciousness that has entered the world and will now spread through the water to touch all men on earth. The latter will accept or refuse, but they will see an interrogation, a reflection that might provoke another way of looking in their lives.
25. You are the benefactors of humanity; so, strengthen the Essene Nation, which needs each one of you. It is our common good, our connection of life together. Without the Essene Nation, humanity will no longer know what a pure, sincere and true path can be.
26. Unite with each other as we agree to unite with you. Bring your strengths, your skills to the Essene Nation so that it can grow and develop on earth. Do it! Your little drops put together will form a current, an ocean, a great work, a great strength.

69 Be an Earth free from any human concept to receive the seed of Light.

1. Men approach the higher world full of themselves, their world, their concepts, their vision, their imagination and their criteria. They already know what they will find: they have imagined a beautiful flower, a good fruit, a high principle or a sublime image. They dreamed that their lives would be transformed in such or such a way if they met a genuine master, an Angel of the Light, an Archangel, a God or a higher intelligence. Of course, they have forgotten that imagination is creative in the world of men and that concepts are alive in the subtle worlds. In this way they close the door themselves by placing a boundary between their world and the divine world.
2. One who is already full no longer has any place for the new that aspires to come into him to regenerate him, to open another path, another perception to him.
3. If you try to taste the presence of a truly higher world, you have to prepare to go towards the mystery, towards the unknown by being open, pure, receptive, without being completely overloaded. You have to learn to be an earth free from any images, any visualizations, any expectations. The already pregnant woman cannot be fecundated. She must first bring the world she carries and is forming inside her into the world. Only then will she be able to conceive again and receive a new world inside her.
4. The divine world will always manifest itself to you through what is essential to you, what is really important and fundamental for the life of your soul and not necessarily through what you wish and desire with your limited intelligence of the moment.
5. Perhaps what you wish for will correspond to what the divine world wants to offer you. But do not expect to receive the answer ready-made. For even the woman only receives one seed and it is up to her to construct a body through her own body. The seed is enough; it is perfection, a new world that must be made to appear.
6. If you go towards the divine world while being receptive, while being a virgin earth, with veneration, adoration and with great respect, you will receive the greatest.
7. Every time you ask for something from the divine world, do it as an offering, giving a part of yourself: a coloured virtue, a fragrant thought, a beautiful feeling, an act of intelligence . . . Be like this and you will receive, for he who knows how to ask without really wanting a precise answer, that one will receive what is right for him, to continue his path.
8. The divine world is abundance. It gives to the one who has need what he asks for to take one more step towards the encounter with the Light and perfection.
9. Do not form concepts or images. Rest on the Mother and stand with great respect, with veneration, turned towards the unknown, offering freedom to the

higher world. Your body, your will, your senses, your thoughts must be structured and calmed, settled on the wisdom of the Mother and the Teaching. In this way you are pure, solid, powerful in the strength, conviction, determination that you have to go towards the light of a higher consciousness, towards the world of Archangels. Through this attitude, you will truly allow an intelligence higher than the world of man to weave a sacred bond, to establish a body of manifestation in which it can come to transmit a message.

70 Bring Wisdom to life through your lived experience.

1. To be a student of life is to enter the world of wisdom. This world is related to the water ether that surrounds man and the earth.
2. Water was the first mirror in which man could see himself.
3. Man has a heart, sincere feelings, longings, desires. The problem is that to enter a temple, or any sacred place, which is a doorway to a higher world, he must really no longer be passive and unconscious, bathing in the concepts that have formed his life. However, man enters a sacred place in the same way as he stands in his life: he has forgotten the water around him. This water must be pure of any human concept. This is the first condition for entering a consecrated space.
4. You have seen that by lighting things up with the light of thought, you understood the world and could master it. But if you want to enter the world of wisdom, thought is not enough; you have to go inside and touch the core of the being.
5. Wisdom is not a superficial world; it stands beyond misleading appearances and what is false pretense.
6. The ignorant one is satisfied with the surface, while the student, the faithful one, the adept of wisdom want to dive into the depths; they want to taste, to live, to be.
7. You have to hear the words, make them alive in your thought, then bring them down into your heart, into your soul feeling and learn to eat them, digest them and incorporate them into you so that they bring the light of your soul to life.
8. Be students of wisdom who know how to look at something with detachment, cultivating patience, leaving the time for the light to be made, without necessarily wanting to live something in the feelings right away.
9. You are beings of heart, of warmth, but you have to learn to digest the food, to assimilate it, to form a body from it in order to offer a fruit of wisdom that is delicious, colourful and fragrant.
10. Do not offer a fruit that has only the image, the label, the name, the appearance of the fruit of wisdom to others.
11. You give back what you have received and formed inside you, what has become you, what you have lit up, beautified, brought to life from you.
12. You do not just have feelings. You have a living and conscious soul. It is connected with the water body of the wisdom of the worlds living around you. They connect you with other worlds, living or dead.
13. If man gives back what makes the surface live, there is no wisdom: it is the fruit of death.

14. Study wisdom, enter the place of living knowledge and conscious study. Enter the place where God can be found as food. Do not enter it as men of today, simply in appearance.
15. Wisdom is life. It awakens life. Life is alive and generates the fruits of life.
16. If you want to look at yourself in the mirror of water, observe your actions, perceive the fruit you offer to the world. In this way you will see if it is the fruit of wisdom that enlightens, liberates, nourishes the soul and opens the path of eternity to it.
17. Wisdom will be your path towards the encounter with a higher intelligence. This intelligence does not belong only to the head; it nourishes all the bodies and gives water to all the worlds in man.
18. Be open, look at things. Do not be indifferent, inattentive, but start to taste what you see, what you meet. Start walking, then take the time to digest in order to bring the experience up to the perfection of the delicious fruit, rich in wisdom.
19. The fruit of wisdom unites in joy the world that receives it and the sage who offers it.
20. Be sages. You will be healers of the earth, regenerators and beings who love the soul. You will be stable to lay solid bases for a new revelation of the divine world.
21. Do not be like the Dragonfly. Not that it is devoid of virtues, but it does not master its flight and does not know why it flies. It goes from here to there without any discernment, without really knowing where or why.
22. Be beings of authentic knowledge. Know where you are going, why you are going there, whom you are associated with, what you bring into you, what you eat and above all, what you give back to others and to the world.
23. Do not be sentimental about life or unconsciously active, but rather students of life, for it is conscious study that will open the doors of wisdom, of the supreme knowledge.

71 Free yourself from unfinished projects.

1. Most people are looking to improve their lives. They want to be happy, to taste bliss. They aspire to find a place, the conditions, the ways to flourish and finally to be simply well during their time on earth. Often, they revolt, are unhappy not to find the conditions, the opportunities, not to have the strength, the intelligence to grasp what is before them and to implement the means for a happy, serene, wise and luminous life.
2. Do not seek what is too difficult for you. Do not complicate your lives yourselves, do not overload yourselves with an unnecessary burden.
3. I can give you some advice that you need to understand as a word of wisdom: do not carry many unfinished projects, otherwise your lives will be heavy. Because when a job is started, it stays around you and calls you back until you finish it.
4. Today, your lives are heavy and you have to free yourselves from the past, from your ancestors, from activities started in other lives or in this life. You have to find a way to lighten your lives, not through complex spiritual practices, which would only add weight and difficulty, but through a healthy questioning. Do this as if, in the spring, you wanted to turn the soil over to put new seeds in it. For this, you have to take out the bad roots.
5. Finish everything you have undertaken, everything that lives around you and continually solicits you. In this way you will see your lives get lighter.
6. Do not carry a too heavy weight on your back that calls you to it, weakens you, prevents you from being light as the bird.
7. The divine world is generous. It has put into man the ability to touch the earth with his feet, but also the ability to fly towards his Father, to live in the Light, happiness and lightness.
8. Free yourselves from everything that is not finished, free yourselves also from what, in your lives, connects you with a heavy heredity, with activities that your parents have not finished. Turn radically towards the divine world. Give your whole lives. In this way the divine world, which is generous and good, will give you the strength and solutions to free yourselves from this weight that limits you to walking, while you have the ability to fly, light in your lives. In this way you will find the lives you wish to have.
9. Happiness is found only in freedom and becoming lighter.

72 Be like the seaweed that dance and give birth to the Light in the ocean of life.

1. Man needs to study himself. He is not only what is perceived of him: an appearance, a physical body, a matter, ethers, a stream of energy that goes through him and manifests itself through him. He has around and in him many bodies much larger than the physical body, as alive and animated, if not more so. His physical body cannot live alone. It needs to be surrounded by a whole world of matter that corresponds to it.
2. To live, a body needs to be in harmony, in affinity with its environment. It is a law of exchange that manifests itself in all worlds and all bodies of man. The latter are as animated as the physical body, and they too are surrounded by vast and great worlds, peopled with creatures.
3. You, men, have the opportunity to live in many worlds. You are not obliged to confine yourselves only to the limits of the physical body. You can expand your consciousnesses, your sensitivities, your thoughts to enter into other more subtle, finer worlds that are all around you and take you towards the pure, eternal worlds of the Light. Expand!
4. The first subtle body that surrounds the physical body is the body of water. You have to become aware of this body and learn to live in it by directing your attention all around it. In this way you will be able to develop and modify a large number of influences that act in your lives, often without your knowledge.
5. There is a subtle world around you made up of influences, forces, inspirations that surround and direct you. In your arms and legs, it is a movement. In your will, it is a desire, often unconscious. In your eyes, it is a thought. In your speech, it is a world. In your breath, it is a mood. Just like a seed takes root in the ground, these influences anchor themselves into your matter to shape the form of your bodies and direct your destinies.
6. One who wants to awaken in this water has to carry the idea of being a dancer, like seaweed that move with the current without opposing resistance, but that remain elusive.
7. Expand your bodies and try to enter into this water. You too can influence it, become active to modify all the shapes, colours, everything that wants to go into you and tries to take root in your matter to live from you.
8. You are the creator of your own body and your own destiny.
9. If they were properly educated, the majority of humans would have the ability to take their lives in hand and change their destinies by acting consciously and transforming the nature of the currents and influences that come take root in their earth or in their matter.
10. It is enough for you to awaken in a finer sensitivity. It will open your perception of this world of water, which is all around you, alive and active.

11. You can approach this water, make it malleable, direct it and keep away from your lives the influences, forces, intelligences that you do not want to be associated with.
12. The more a man awakens and becomes comfortable in this water, the more he will discover that there are beings, worlds that live there. Then he will learn to associate with those who can lead him into the Light and open the doors of the higher worlds to him. This is wisdom.
13. A magus is a being who knows the secrets of this water and its influences on the lives of men. He knows how to be alive in water, to be active in a way to create the currents that manage earthly life.
14. The physical body is not only what man perceives of it. This appearance of man is tiny compared to what he really is. Man is much larger and taller than his physical body. If he wants to, he can live in other worlds, in other dimensions of his being, by taking his thought, his awareness, his sensitivity, his will into larger, finer, more luminous spheres.
15. Be like the Seaweed, this magical plant that lives in the depths of the ocean and is at the origin of life on earth. It knows how to give without ever getting caught by the dark side that wants to immobilize everything. It remains alive in its matter, lets what is of death slide over its matter. It gives birth to the life of the Light in water and becomes origin of life in this water. It is a marvel.
16. Be like the Seaweed: remain concentrated on the Light to generate life around you, without ever getting caught by the dark, which tries to petrify you.
17. Understand that there are vast and great worlds around you, peopled with a multitude of creatures, influences and interests. These worlds want to approach you and anchor themselves into your matter in order to live from your bodies, to capture your destinies of Light. In this way the Light and life would be for them. Do not let them anchor themselves. Expand your bodies, enter into the finest part of your bodies. Do not put boundaries, but unite your bodies with your bodies of water. Do not let these worlds become bodies inside you, integrate themselves into your beings, grow and become essential to your lives.

73 Be responsible in front of the higher and lower Worlds.

1. You, men, you do not live like the beings of a higher world; your condition is different from that of many peoples, for you are on the border of the worlds. You are intermediaries between a higher world and another where live beings, such as animals, plants, minerals, which need man to enter the Light.
2. Man is a shaper of worlds and a creator who raises or lowers worlds, peoples, beings. Entire worlds depend on him, but he refuses this reality. He does everything to avoid seeing it and act accordingly. He wants to believe that the divine world provides for life, takes care of him and the world and that he does not have to be responsible for himself, his works and the worlds that depend on him. He says that creation is the work of God and that God alone is responsible for it or else that God is love. Of course, these words are true, but they are diverted from their original meaning, for if the Father is love, the Son must do His will. Such are the responsibility and condition of man.
3. That man is irresponsible is not an understandable or acceptable concept for the intelligences of the higher worlds, which live in eternal ideas and principles. They activate what is Good or evil, but they are never incoherent and cannot get out of the principles that form their worlds or act in contradiction with them.
4. The divine world is whole. Man, by his nature as an intermediary, is divided. He believes in things, maintains concepts, and yet, he acts in a completely different way. For us, this is a contradiction.
5. In the higher worlds, the thoughts, feelings, words and actions are necessarily unified. What we think, we feel; what we feel, we say; and what we say, we do. It cannot be otherwise. The whole life is a harmony.
6. Man is a complex being because he does not want to assume his nature and responsibility as a shaper of worlds. He says that it is not his fault, that the world is like that and he can do nothing about it. He has his thought on the right, his heart on the left, his will on the right, his senses on the left and so on. Nothing is aligned, everything is in disorder.
7. You have to understand that the balance of the worlds is made by the balance of the principles in the reality of the earth and of the life connected with the principles.
8. These are the ideas that govern the world of men and the worlds of matter.
9. How can a being who looks for the Light want to be in the Light without acting in accordance with what he thinks and feels? Such a behaviour causes a great disorder, an imbalance, a disease.
10. Man has to learn to unite with himself in order to form a single body at the service of a higher intelligence. Once achieved, this body can be a stability, a strength to implement the principle animating life.

11. Man is inspired: he has an understanding of the world and sets out to realize it. But on the way, another intelligence comes to visit him. It is new and seems charming, pleasant to him. Then he forgets his initial understanding to adopt this one, just for a moment, the time to find something else.
12. Man behaves as if the higher worlds did not exist and that life did not have any value. Such a behaviour is incomprehensible to us. We cannot therefore settle on the world of man, and all the beings placed below him suffer and find themselves plunged into the darkness of this incoherence.
13. Do not be so irresponsible for life or unbalanced with your different bodies scattered left and right. Unite yourselves and also with those who are like you and who aspire to the same light. In this way you will form a body of power and action in alliance with a higher principle. But above all, do not adopt this philosophy that God will do for you what you wish and for which you do not feel responsible.
14. God has taken care of you, and it is now up to you to take care of you and God.
15. Be responsible for your lives and accept what you are: beings at the border of 2 worlds, creators and shapers, responsible for the worlds that depend on them.
16. Be responsible for yourselves in front of the higher worlds, but also for your brothers and sisters the animals, plants, minerals, which form the face of your Mother, of your family, in Her and through Her. This is the perfection of the Essenes.

74 Do not let appearances steal your simplicity, your purity, your truth.

1. The divine worlds look at men, hear the wishes, prayers, hopes emanating from the life of each one and entering the subtle worlds. The prayers rise towards the higher subtle worlds or remain in the lower worlds.
2. We are astonished to see the men who move further and further away from what is true, simple and pure to immerse themselves in a world of complexity, appearances, illusions, artificial needs.
3. The divine world will only welcome those who are clothed in the garment of simplicity, of the truth that is obvious, those who do not need pomp, make up, false pretenses, outer elements to be able to live on earth in harmony with their Mother.
4. Many men on earth spend most of their precious time forming themselves an appearance to express to the eyes of others who they are and to be recognized by the world of men. What about all this? Are these beings really alive, true, pure, looking for simplicity in everything to make their lives a work that honours the Light? When men and women dress up, put make up on, enhance their bodies, put jewellery and signs on them for a specific purpose, what are they looking for? Of course, man has the right to please the world of men and to try to use it, but we do not understand what he is really looking for in this way.
5. Today, subtlety is very difficult, for men end up identifying totally with their world rather than with the simplicity and purity of the divine world. In this way they lose themselves in their make-up and false pretenses. They are caught and possessed by a world powerful in complexity.
6. Of course, it is not asked of man to be an ascetic, but he must keep a balance and not lose his simplicity, his purity, his truth.
7. Do not use so much pomp to feel you exist, for those who do so want to exist in only one world.
8. The essential is to cultivate an inner beauty determined by the higher and divine worlds and not by the tendencies of the world of men and its opinion makers.
9. If you aspire to become true Essenes and to write your names in this prestigious lineage of the Children of the Light, be truthful beings, without the need for outer false appearances to feel alive and show that you can be beautiful inside.
10. The false never shows beauty. Only what is true, pure, united to the first source of the worlds reveals it. Beauty can only come from this source of the higher world. It manifests itself as the precious untouchable in the physical world.
11. Be who you are and present yourself in front of the divine world and in front of the men and women who are like you in search of a higher, beautiful and authentic world.

12. Do not use the concepts of the world, for this is not in accordance with the inviolable laws of the divine world, which is the guardian of true beauty and simplicity.

75. Seek the source that awakens your inner source

1. Let those who really want to come into contact with the divine world always seek to go toward the Source.
2. The Source flows and life organizes itself around it.
3. In all activities, whether philosophy, consciousness, the psychic life, the economic, social, religious life, or family life, one must reconnect with the primal source.
4. Today, human beings drown in an ocean of appearance, of superficiality, which extinguishes their inner centers of perception, all that can grant them discernment.
5. To walk toward the Source is to know the origin of all things, their place. It is also to be able to adapt it to one's own life.
6. It is well known that a word spoken by one person, repeated by another and yet another, ends up having a different meaning, sometimes even totally transformed, with new words and fanciful interpretations. It is the same for life: you receive interpretations, but you do not go toward the source at the center of yourselves to discover the origin that can bring you all clarifications, that can weigh and measure the veracity of what is said.
7. If you truly want to draw near to the divine world, use elements whose source is certain, whose source is pure and true. Today, you can use the Essene Gospels and the other sacred texts of humanity. They were spoken by Sons of God who were one with the Source. Take as references the masters of your Essene Nation who have created worlds in which human beings have been able to live with the Source. They have brought the Light upon the earth in all ages of humanity.
8. Have great discernment toward those who speak of Light, spirituality and wisdom, but who themselves do not practice what they explain.
9. Find the source that flows in the present and brings you the living water of the divine world.
10. To be sure that a teaching, a path will bring you answers, nourishment, solutions, a just and useful life, use the sacred texts of your tradition. They will engender a resonance with the light you carry from life to life and that is found in the midst of you. Thus you will be able to find your path again and have great discernment regarding life. This will bring you great strength.
11. A source is pure if it is one with the origin that is always first and always renewing.
12. A source that no longer flows is no longer a source: the water has gone away.
13. Do not live in the ocean of superficiality and in everything that is offered, for there are there many mixtures, like the word spoken and re-spoken. In the end,

you no longer know whether what you hear is truly clear and precise, living, as it was transmitted at the beginning. Be alive with discernment and with the origin.

14. Be seekers of the source in order to find the truth that will activate the source within you, and not appearance or what comes out after having passed through different places and having loaded itself with everything that is lying around to the right and to the left.
15. You have the blessing of having known the Round of the Archangels. Be conscious of it and awaken your source to this limpid water.
16. Essene wisdom is a light that does not come from men. It is the living water flowing from the mouth of the Father and illuminating with a new light all the sacred texts of human beings as well as all the activities of their daily life.

76 The key for all your prayers to be fulfilled.

1. If man cannot reach the higher worlds, it is neither the fault of the divine intelligence nor the fault of the magical worlds that surround him. It is because of his own hesitation, his doubt, his mistrust, sometimes justified, which often prevent him from being spontaneous and taking the opportunity that is offered to him.
2. Very often, following the wishes, prayers, invocations of men, the divine world approaches and offers them the opportunity of a new life, of a commitment on the path to another horizon, another destiny. But men answer that they do not have the conditions, that they do not have the time, that it is not the moment, that they will see about it later. The divine world does not understand such an attitude.
3. The divine world lives in eternity, man lives in time. If something is given to man, he must seize it immediately, in the moment.
4. When man invokes, his prayer remains in intermediate worlds, waiting for him to make a right act in connection with his request. Only then will it be realized. But very often, man is already somewhere else and has forgotten his prayer. He therefore does not allow the door of realization to open, and his prayer, which has become alive, remains blocked in a world. If man is faithful, constant and carries out an act that opens the door, the prayer is heard and accepted.
5. Time in the world of man is not the same as in the divine world. For an answer to be given to a prayer, there must be a space and time between the 2. However, the more man distances himself from the divine world, the greater the space between them and the longer the time between his request and the answer.
6. When you pray, be clear in your request. Then be constant, awakened, and if you see a resonance to your request coming towards you, do not hesitate: seize your chance, for the door that opens for you through the grace of the divine world may not open a second time.
7. It takes vigilance and discernment, but still be opportunists of life: take advantage of the opportunities available to you to move forwards and change your lives.
8. If, in your prayers, you ask for something specific, know that it is always heard. You have to be clear, attentive and listening when the answer comes. It does not always arrive in the desired time, but it always comes, and you have to be ready to accept it and live with it.
9. Very often, when the divine world answers a prayer, the man no longer seems interested and wants something else. In this way many men pass by the door that is opened for them.
10. All men are visited at some point in their lives by the divine world, but very often, the latter finds the door closed.

11. It was customary among the Essenes to always leave the door of their houses open for the Angels. It was the hospitality of the wise and good men. They welcomed the Angels into their homes and let them speak to them so that they opened the path to the world of the Light to them. Restore this custom: practice hospitality towards the divine world and let yourselves be touched by it in truth.
12. In front of the call of the Light, do not hesitate for a second, for if you do not accept the Light, the divine world will see that you are not wise, you do not have discernment, vigilance, you are not ready or not interested and it will go away.
13. Be opportunistic. Know how to be ready to seize the opportunity as soon as it presents itself to make you move forwards and change your lives.

77 Bless and sanctify all your activities.

1. Men are constantly creating places, environments, worlds in which they would like to live. In these spaces, they make ideas, thoughts, moods, projects appear and, when they become reality, they often stop caring for them and leave them in the hands of the world of luck or of destiny. An Essene must not act in this way.
2. You must never be passive and abandon what is precious to a world governed by chance. You must not rely on an alleged “destiny,” on an illusory and indeterminate world. On the contrary, you have to learn to lead what you want to see happen on earth up to the end. You must constantly be active in all your activities, in harmony with your goal.
3. I ask the Essenes to honour the Angel of Blessing and the Angel of Sanctification.
4. Through his life, the Essene must bless and sanctify everything that he does and brings into the world.
5. The act of blessing is a sacred activity.
6. Blessing makes the presence of God appear.
7. Sanctification is an offering to life.
8. When an Essene wants to carry out a project on earth, he has to stand in the pure ray of blessing. He has to continuously bless, be active, alive, make use of everything so that his idea appears in the earthly reality. All the beings he encounters, all the events, all the situations must be blessed and led by sanctification towards the realization of his work.
9. An Essene is always active, this is the supreme key. He is never passive. He does not let an alleged “destiny” take his life in hand. He determines his destiny himself through blessing and sanctification.
10. What is accomplished in the world of men must be to sanctify the Father.
11. Only what is sanctified can go back up to the Father.
12. Meditate and invite into your lives the 2 Angels of Blessing and Sanctification. Let this be your world, your lives, the path of the Essenes. Carry these 2 Angels in your activities, your creativity, your organization, your communication, the union of your strengths for the accomplishment of a work bigger than each one of you.
13. None of you can carry out a great work alone. But together, you can open the doors of a world that will touch all the worlds in the great blessing of the sun and the sanctification of Light.
14. What my son has done for you by bringing me into your midst is a blessing that can now sanctify your lives if you do not let chance guide you.
15. What my son did for you, you can do for a multitude.

16. If you call the 4 Archangels into the life of your community, your nation, a multitude of beings will see the seal of the Light appear above the Essene people. They will then find the strength and determination to walk in your steps and transform their lives in the Light. In this way you will be what you, Essenes, eternally are: the blessing of heaven on earth and the sanctification of the Father that open all the doors to the higher worlds.

78 Stop being martens, be determined and focused on the goals of the Light.

1. Very often, the higher worlds do not see much difference between a man and an animal. I am not talking about the negative side, but rather about the symbol of life that they reflect.
2. Every being carries inside him a magical seal summarizing his life, saying who he is and what his alliances are, which world he is connected with. And very often men and animals are connected with the same world, have the same interests, motivations and activities.
3. Through the alliance of the worlds, each man carries an animal or even several inside him.
4. One of the animals that best and most often characterizes man is the Marten. It is used to sticking its nose everywhere, taking an interest in everything that is happening around it and finally intruding on the lives of everyone, taking care of what does not fundamentally concern it. If the man who seeks to be a Light bearer, and therefore to walk towards the world of Angels, begins to adopt this attitude, he will not be able to keep his concentration, his stability, his orientation clear and pure. He will be caught by worlds that like to capture man and bring him into what is futile.
5. Men will say they are not martens, but in reality, almost all of them act like this animal. They slip into the lives of others, into the existence of all forms of life and, through their curiosity, take part in everything that happens around them.
6. If man puts his nose everywhere, looks at everything that happens, takes an interest in the smallest events in the lives of everyone and takes them into him, where are concentration, stability and determination?
7. To one who wants to become an Angel bearer it is asked to remain focused on the goal, the concerns, the orientations that determine his path of Light and his alliances. If man understands this wisdom and carries it out in his acts, he will maintain a permanence, a concentration and will be constantly under the influence and protection of the higher worlds.
8. To reach the divine world, man has to pass through different spiritual regions, magnificent worlds filled with illusions, even luminous ones, and fatal attractions. One who believes himself superior to the wisdom and laws governing these worlds will think that nothing can happen to him, he will not get caught, he is strong and his alliance with the Light will protect him. While concentrating, he will allow his eyes to turn right and left without any discernment. Then he will be fecundated and take charge of the life of everything that happens around him. In reality, he will no longer be focused on his goal, stable, concentrated and no longer be able to keep his discernment clear, his judgement impartial, his act in harmony with the upwards path. He will be a marten like others.

9. Only one who knows how to concentrate and direct his eyes and all his organs, senses and centres towards a high goal, in harmony with the laws and principles of eternal wisdom, will obtain contact with an Angel. He will know the true quality of life of one who truly unites with the Light.
10. Do not be like the Marten, for it no longer has a real identity. It is mixed with all the worlds and no longer knows in which are found its stability, its strength, its place, its path, its life.
11. Be fixed towards a beautiful and grand goal. Be persevering, beings walking in wisdom with determination, confidence, concentration. Be aware of each one of your steps, and let them all be taken for the victory of the Father, for the realization of the common goal of your nation.
12. Let the world of useless attractions pass around you like a draft, like a bad movie whose images move and wave around you without capturing your attention, touching you and even without you looking at it. If man lets himself be captured by this movie, nothing good can happen in his life because he is in a mixture of incoherence, futility, uselessness.
13. Any connection comes from the truth.
14. Truth can only be the truth if it comes from the pure source and without a mix of the truth.

79 When you are sad, connect with the Source of Gabriel.

1. When your life fails you, when you feel sadness and discouragement gaining on you, when your inner life is dying out, remember constantly that your Father is above you. Remember that He has the gift and the magic to pour water on what is stagnant and that, like mud, mires the consciousness of humans.
2. For the Father to be able to act, man has to accept to turn his attention and his look towards the higher worlds. Man will say that he cannot do it, that despair and death are in front of him. He will ask how to turn towards a world of Light. If it helps you, know that no one will do it for you. The decision and the movement have to come from your inner I that will go look for water to be pacified.
3. If moods of despair and discouragement exist, it is because you are in the world of what is not enthusiasm and joy.
4. When you are caught in a feeling, in an ether of sadness, it is because the world of joy, happiness, gaiety lives in another world. You simply have to know it and remember it. To know this other world, just as real as the one in which you live, you must, by an effort of will and by an awakening of consciousness, leave your world to enter the other polarity. There you will meet the Father, who will wash you and place you in a regenerating and purifying water. Then you will realize that the world in which you were immersed was only one state of mind among others, but that it was not really your world.
5. The world is a diamond of many facets. You have to know it and learn to travel and master them.
6. Learn to find and cultivate the strength of the Light inside you, which will allow you to be stable on earth and to not get caught and trapped by dark moods.
7. Some souls remain locked up for centuries and centuries in negative states of mind without ever rising in the other side.
8. You have to cultivate the side of the Light and master the dark side.
9. Study the Teaching, practice the discipline of the Round of Archangels, make the sacred texts of the Essene Nation alive with your intelligence, sensitivity and consciousness, sing, perform the magical movements and the celebrations of the mysteries, but above all, be active to get out of this world in which you cannot move forwards, for it is a path of confinement and not of flowering of great beauty.
10. Learn to raise your eyes towards this other world which is in a higher plane of existence and that manifests itself through the Angels, pure in Light.
11. Joy is an Angel living in a higher world. Sadness is its opposite, living in a lower plane of existence. You, men, are between these 2 planes of existence and should be aware of it, see it. It is not a matter of glorifying one to blacken the other. You have to be aware of both to put them both in their place.

12. Angels are not strangers and inaccessible to the lives of men. But the latter can no longer see them or have contact with them while they are trapped in the unconsciousness and the dull states of mind of the lower worlds.
13. The Round of Archangels is an opportunity to move to go towards your inner source, towards what is divine and greater inside you.
14. When you are sad, move around. Not that the world of sadness is false, but because you stand on an axis that limits your vision and perception. Yes, this world exists in its place, but it is only a part of your being and of being. There is also joy, which is as real a world and is connected with the kingdom of the Father. What you live is true, but it is only a part of life. It is up to you to choose the other through your will and your faithfulness to the Teaching.
15. Truth is in fullness when you can see the 2 worlds and understand them in the true knowledge. Then you know the Teaching and the discipline leading towards sadness as well as the one leading towards joy. At that moment, you are strong and right in your intelligence, your movement, your determination, in every step on your path.
16. Do not live in the despair that engenders the world of men. Do not allow its greed, distress, weakness to invade you, possess you and orient your life. The world is in you, this is certain. Its weakness is also your weakness. But go towards the space of the Round of Archangels, towards what regenerates your soul and makes the pure and eternal source of the spirit appear inside you.
17. The closer you get to the divine world, the more you know it, for your life is renewed from within at every moment. Your thoughts, feelings, will, strength, vitality, health, realization become stronger, more alive. If you accept it, you become a strong and powerful being and can carry out everything that the higher world asks of you, becoming a servant of the Most High and no longer of the lowest.
18. Know that the higher world cannot descend into the world in which you find yourself, for it does not belong to it; it is the world of man.
19. If he really wants to live and construct his destiny with the divine world, man must know how to free himself from the grip of a lower world. If he wants to go towards a world that is not human, but angelic and divine, he has to know how to use what is above him and that does not belong to him. These are the wisdom, heritage and tradition of the Essenes.

80 Let the Angels of blessing and sanctification accompany you.

1. When you strive to rise towards the divine world through the study of sacred texts, prayer, meditation, sacred service, you have to be aware of all the activities you set off in all worlds. You need to see them, see that they are pure, right, true and that each one has been purified, consecrated and carries a name of Light, a virtue related to an Angel. In this way your life will be conscious and right, for you will have blessed all your activities in the Light, and the Father will in turn bless you with sanctification. One who blesses in a right way is blessed by the Father.
2. Before blessing, you have to purify, you have to make sure that what you bless is worthy to receive the Light and live in the Light.
3. Know that you do not bless only the physical or the visible. Blessing is an act of high magic that acts and sets off forces and intelligences in more subtle planes.
4. You have to bless in union with the Light. For this, you have to put yourself under the authority and guidance of an eternal wisdom, like that of the Essenes.
5. If you bless in the name of the Essenes, you must be an Essene yourself. And your blessing must be in accordance with the living wisdom of the Essenes.
6. When you bless something, you make it conform to the Light. You have to name it with its true name and attach it to a sacred function, a virtue, an Angel, an eternal principle. This magic must be performed with great respect for the laws and done as an offering for the Father.
7. Do not turn towards the divine world with your words of men that do not mean much.
8. Learn to speak and live as true Essenes, they who are the blessing of the Light on earth.
9. Ask for the Angel of Blessing to become powerful and alive in your lives in the name of the Essene Nation.
10. Ask the beings you are associated with in your lives for the blessing of everything that goes towards the divine world.
11. Do not be ungrateful. Take the time to honour all the blessings you have received and offer a pure thought and action to the divine world.
12. Be vigilant. Only send towards the higher worlds what is the purest, what is blessed and consecrated. Offer the most beautiful to the Father. Demonstrate wisdom, discernment, intelligence.
13. Weave bonds of genuine love with the divine world.
14. Increase the strength and presence of the Angel of Blessing in your lives.
15. Through the blessing of all the activity of the Essene Nation, the Angel of Sanctification will come down from the higher worlds on it and on each of you.

16. The world of Gabriel says that the Angels of Blessing and Sanctification will be the path of the man who aspires to walk faithfully towards the Father and the Mother.
17. For the divine world to sanctify in shared love, man has to bless in true wisdom. These are the alliance and the promise.
18. To care for the divine world as a mother protects her child and watches over him is to bless what comes from the Father in all creation.
19. Each consecrated activity, each feeling, each thought blessed in the light of the Teaching by man and by all the worlds that inhabit him will receive the sanctification of the higher worlds.
20. Sanctification is the opening of the door that allows you to grow, to increase, to develop in the great light of ascension.
21. Let the 2 Angels of Blessing and Sanctification be alive and active in the Essene Nation. Let them accompany you and be your flag, your path, your life.
22. Separate the subtle from the dense, the good grain from the chaff. Select, clean, purify, put each thing in its place and bless until the seal of the Light appears on your thoughts, your souls, your works and the earth is blessed by you.
23. What man blesses must then be blessed by the Father so that the blessing is real and the sanctification can act. The Father blesses what is the good of all beings, for He alone is Good.
24. If your thoughts and feelings do not succeed, are not sanctified, accepted, do not grow in the Light, it is simply that your blessing is not right. You have sent an offering that is not for the divine world, for it is not pure, free from the superfluous, from what has no interest. Be aware of this wisdom.
25. Be open and inhabited by the purest of yourselves in the action of blessing your lives and the lives of the Essenes and receiving blessings through sanctification, through the blue veil of your Father Gabriel.

81 You have opened the path towards the Mother and the great reconciliation of the Worlds.

1. A path is open in front of the Essenes. It is an ancient path that is born again and really leads towards the Mother. It is a magnificent work to have opened it purely and sincerely. The Mother will be able to live in your lives again and the Father will be present in your villages, your temples, your prayers, your lives.
2. When you need the Father, He will be present for you. Then, you too, be present for Him when He needs you.
3. Through your work, you have brought great blessings and satisfaction. Everything that will now come into your people of Light will be sanctified by the Father and blessed by the Mother.
4. Understand that it is a great victory for men to have opened a path towards the Mother, towards reconciliation with the animals, minerals, plants and even with men.
5. Through your work, your courage, your determination and your selflessness, today you offer the earth to resurrect in the lives of men and you allow men of good will to rediscover the true face of the Mother. Put your steps where She wants to take you. Do not forget this path, for the Essenes of today are the worthy heirs to the Children of the Light, who have always existed on earth as the representatives of the divine world.
6. Many men talk about saving the earth, but only you, the Essenes, can open a path in purity and truth. Do not spare your efforts, but commit your lives to making this path and this life, beautiful and useful in the Light, triumph.
7. The Teaching does not come from men, from the Angels, the Archangels, but from a higher world in whose name all the worlds that honour the Father unite for His glory. You too, unite in the covenant of Light and your lives will be transformed and sanctified.
8. Let your lives be bigger than death.
9. May you continue to live and proclaim this wisdom of the union of the Father and Mother with purity.
10. If you change your orientation, the Mother will be sad to lose Her Children again.
11. Keep in mind that now the Mother is looking at you in a different way and will open Herself in a more intense and greater way to your language, to your lives.
12. Be considerate, receptive, open.
13. Support each other. Cultivate contact, stay together, organize your lives to live in the Essene Nation.

14. The earth, like a seed, will one day reveal the flower you have put in it. This flower will be your contribution to the history and work of humanity.
15. The earth is happy, really, that at last a people of men has risen up and distinguished themselves from the others to offer respect to the Mother and the Father and to honour Them through a glorious tradition and ancestors.
16. The Mother has been present since the beginning of your lives and She will be there up to the end.
17. Open your eyes, your hearts, be active with your hands in the science and wisdom of magic. In this way you will see great things realized, much greater than if you had undertaken an ardent and audacious work alone, for the blessings fill up everything that carries the seal of the Essene Nation.
18. The waters, the earth, the trees have heard your message and will be happy to pass it on to their peoples.
19. In the future, you will see creatures that no longer exist come back to life on this earth.
20. You will see the creation of villages where you will really be able to live in freedom and harmony, not to succeed in lives of men, but to carry out the great mission of man on earth: to form a body for the divine world and be deeply united to the earth, and through it to the Mother, to accomplish this work, this plan, this writing.
21. Ardently, powerfully and willingly, but also gently and lovingly, go on with this project, this new life. Deploy the forces, the energy and all the means you have to unite, become strong in the light of your covenant. In this way a world will be born that you will be able to taste. Your children, your grandchildren and all your descendants will be able to live on this path and in this aura. It will be the heredity that you will transmit to future generations and there is not any more beautiful. There is nothing more beautiful than to offer to future generations what opens the doors towards the Light.
22. Make use of what you have received and you will see a new world appear in your world, a new life in your lives.
23. Receive the blessings of the Mother and the sanctification of the Father.
24. When you are not well in your lives, when you are sad, unhappy, when your souls grieve, when you feel lost, come to my spring, my temple and stand before my statue, which is the sign of our covenant. In front of what this statue represents, inwardly say: "I am an Essene." Know that you will be blessed. You will see your lives transformed, becoming lighter through the water from the source of life.
25. When life touches man and circulates inside him, he goes into truth and freedom.
26. Know that the world of the Light will now receive the prayer of the Essenes, their words. Everything will be done to relieve the lives of the Essenes insofar as they remain faithful to the covenant of the Light of the Father and the Mother.

27. The land of your villages is now consecrated. When you live on these lands, you will be blessed. If you live elsewhere, it will also be so, provided that you are Essenes, worthy heirs to the wisdom, the splendour, the word of the divine world and that you carry this teaching that unifies all worlds in the great covenant of Light and of life.

82 Find the living awareness of the Water that surrounds you again.

1. You, men, you speak about a spiritual world, about a living soul that exists around and in you, but you have forgotten that these subtle worlds are water. The greatest sages among you know this, but they only say it; it is only an intellectual interpretation of life, for in reality they do not consciously live in this water.
2. Through their thoughts, their concepts, men build a vision of life that helps them to understand the path they must follow. This is good, it is a good beginning, but it must be understood that all these philosophical concepts are not an end in themselves, for they are not life.
3. Life is to live. However, men no longer live consciously and sensitively with the water that surrounds them, inhabits them, quenches their thirst. Not that it is difficult, but it is incompatible with the current condition of man and the direction he has given to his life.
4. From his birth in a body, and even before, man is not trained or educated in this way. Neither in his tradition nor in his family has he received a heredity encouraging the ability to live consciously with the water of the soul around him and in him. Then he became a stranger to this water that, however, shapes his life and influences his destiny, thoughts and actions.
5. Imagine the ocean: it is a world in your world, still very small though, compared to the great ocean of life. Inside: billions of fish. These fish are you: each of you is a fish living in this universal water. As fish have been individualized, they perceive themselves as separate from each other and have forgotten the common good: water. For them, water is non-existent; it is no longer part of their lives and they are no longer even aware of it. They no longer understand that they are one with water. They no longer know that through water they are all one, together.
6. This comparison between the life of man and fish in the ocean is perfect. It can help you to better distinguish and understand the influences that direct you, to understand that you live in a common ocean, how you are connected to each other, how you breathe more or less the same water depending on the thoughts and aspirations you carry.
7. If, according to the world, you are many to live with high thoughts, you are united by water that corresponds to who you are.

8. Today, men have lost this vital awareness of water. Unable to govern their lives, they have become dependent on an allegedly higher world. The latter acts with the world of man as it acts with the ocean and fish: it exploits them and uses the ocean as a bin for all kinds of waste.
9. To be aware of the magical water that unites you is to take your life back in hand and free yourselves from this pseudo higher world that leads men and the earth towards pollution, disrespect and annihilation.
10. Today, you are unaware of the worlds that surround you. You talk about them to create a mental structure necessary for your evolutionary path, but you do not live them.
11. When I see the nature of your thoughts, of your moods, I really wonder if you have the faculties and enough stability to go into worlds that are so foreign to you and that are much larger, vaster and alive than your own world. I know that some are capable of doing it, but I ask myself if this path is suitable for the majority.
12. You, the Essenes, you have to prepare yourselves to enter worlds different from yours.
13. The first key is to know that even if in your bodies you are individualized, you are united to each other. Know therefore how to orient yourselves consciously in these worlds in order to go and feed yourselves in places protected, worked on and kept pure. Do not unconsciously feed yourselves in poisoned areas.
14. Meditate and work on yourselves to the point of really becoming conscious of the ocean that surrounds you, then activate it with your own life forces.
15. Stop intellectualizing and enclosing everything in concepts and boxes, for such an attitude extinguishes life and cuts you off from experience.
16. Be aware of water and especially vigilant of everything you throw into it, thinking that it will not influence your lives or those of others. In truth, at some point in your lives, you will have to drink everything you yourselves will have put into this magical water.
17. Do not burden your lives and the lives of those around you with your unconsciousness and lack of understanding of the elementary laws of life.

83 Incarnate the Light in your lives.

1. You, men, have desires, dreams, wishes. You aspire to happiness, success, plenitude, but very often you are confronted with the test, you encounter opposition, difficulty. You then realize that there is a gap between your wishes and the reality of what you experience in the world of men. You live ups and downs, do not manage to control your thoughts and the moods that come to you. You tell yourselves that, however, you are trying to comply with certain laws and you wonder why you cannot find stability in your lives and remain in a state of peace, happiness, harmony.
2. You have to understand that there are 2 worlds in your lives: the Light and the decomposition under your feet, but also inside you.
3. You love the Light, but call it an addition to your lives, not as an essential and vital element.
4. Because he lives in 2 worlds, man has received the power to put everything in its place and to make order reign. Yet, he can also activate anarchy by giving power to the dark side.
5. Know that the Light is vast and great and that you can live with it if you want.
6. Understand that every time you give a way out to a dark, negative thought, to an anarchic, unbalanced mood, to a destructive will, you make the work or the birth of the light in you abort.
7. Your body is made up of billions of living cells that activate themselves inside you, allowing, or not, the maintenance of a balance and a healthy life. Through heredity, education, influences, some of these cells are connected with the dark, destructive side of life, with death and decomposition. Others are connected with divine life, the light of wisdom, greatness, universal order. These are the cells of well-being, balance and stability.
8. Every time a man lets a negative thought or feeling act in him, he associates with the anarchic cells of his being and gives them strength. These can then invade the whole body and spread their influences there in order to take more and more control.
9. The cells inside the body of man are in the image of what man experiences in all levels of his overall being. Every time man gives in to a negative thought, to a disorder inside him, he associates with the dark side, which makes sure to destroy what is healthy and alive, that it aborts. Then the body or the being that inhabits the body does not feel settled, stable, clear; it feels attacked and destabilized, which generates a negativity in it, a weakness. This is what is happening today: through generations of unconsciousness, man is losing the vitality of his body, of his healthy cells and he is increasingly obliged to resort to an artificial world to consolidate what is breaking down in his body. So, have the intelligence to strengthen everything that is pure and divine inside you in order to gain the strength to construct other bodies in your bodies.

10. The purpose of the life of man is to construct a body bigger than death enabling him to live in the Light. This is wisdom and the real treasure.
11. The illusion of men is to live in their arrogance and pride, refusing to recognize the reality of their negative thoughts and feelings. They tell themselves that they live in difficult conditions and that therefore it is not their fault.
12. Every time a man uses his being to give victory to the dark side, he is the only one responsible, for he has the choice of associating with negative cells or with positive cells. It is this choice that determines the survival and health of the body and being.
13. Do not live the Light as a secondary element, thinking that you are strong and powerful enough to live on earth. Know that if you continue to live in this way, it is inevitable that one day you will die out, in the image of your physical body, that you will fall ill and finally no longer have enough strength to build a body surpassing the existence of your mortal body.
14. Be aware that every thought, feeling, act you that you emit in your life determines the construction and ennoblement of a body or the destruction and annihilation of a system that would allow you to carry a higher world and live with it.
15. Do not be dreamers of Light. Be the Light, incarnated by everything that lives in you and that you manifest.

84 To be captured by the desires of others is to get lost.

1. When we, the divine world, we look at men, we notice that they emit wishes, desires and intentions. They are inhabited by desires, set them in motion, then turn to us while saying that they have planted seeds and that it is now up to us to carry them, make them grow and lead them to perfection.
2. Men emit wishes in their prayers, their thoughts, in their inner lives, then leave everything abandoned, entrusting themselves to the divine world, waiting to see the results of their work.
3. The divine world is not against the idea of helping the men who emit wishes, as long as they are in harmony with a higher world. On the other hand, the divine world refuses to approach the world of men, for it does not want to be caught by the illusion in which they live. Powerful is this illusion, powerful is this lie. Many Angels, and even Archangels, have approached men and fallen.
4. The world of want and desire that surrounds the world of men is a powerful attraction that makes it so men are never satisfied, that they are always unstable, discontented, lacking. Even in front of the abundance and generosity of a world, they remain unsatisfied. In front of water, air, earth, fire, they go look for something else that can enliven their daily lives because they need fantasy, new impulses motivating them, giving them energy, inspiring them. They are not satisfied with what is pure and perfect; they constantly try to create around them a sphere of desire that provides them with a sensation of movement, of existence. Men look for life in lack and imbalance. In the world of desire they create, there is yet never an outcome. The desire always gets bigger and bigger, to the point of excessiveness. The divine world looks at this and observes that men only search to be nourished by this world of wanting, desire, the sensation of being inhabited by a new energy.
5. If you really want the divine world to be interested in you, stop getting caught by all the distractions that revolve around you and try to understand what it expects from you. Once you have understood this, have perfect concentration and do everything possible to achieve the objective in the concrete reality of the earth. Do a work for the divine world, a finished work in which it can come to live with stability.
6. Starting diverse things without giving them the stability necessary for their existence is like giving birth to children and then abandoning them to society so that it educates them and allows them to become accomplished men and women.
7. It is not conceivable to be irresponsible for a started work. For the divine world, in any case, it is imperative that an alliance with the world of man be truly stable, lived with respect, continuous and permanent until man carries out the work perfectly.
8. In front of the higher worlds, be responsible beings and bring all your commitments towards the objective, fulfillment, liberation. Do not go in

different directions, do not let yourselves be caught by the seducer that tries to divert you from your path to steal your treasure. On the contrary, listen to what the divine world asks you to accomplish and be faithful: do it. Once the work is done, you are free.

9. If you are captured by the desires of others, know that at some point you will get lost and will be alone with a very heavy weight on your shoulders. The divine world will not help you and you will have to go all the way to the end, for when you emit desires, wishes, it is a living world, real beings that appear around you. They will never let you sleep, breathe, eat or rest until you give them a body leading them towards liberation. That is why you have to be prudent. Do not create bonds with just anything, but concentrate on what is essential and carry it out to perfection. Then you will be able to rest on this work that will make you stronger, more stable, more capable and serene.
10. Be perseverant, efficient and determined to carry out the work that the divine world expects of you. If necessary, seek partners, unite, but put a concrete realization on the ground that will strengthen you and allow the Light to live with you.
11. The Light likes what puts man in a position of strength and plenitude and not weakness and disease.
12. When the divine world sees a man or a community doing concrete works stabilizing life and the Light, it draws near. Because they knew this secret certain men in the past have succeeded in sealing an alliance with the divine world down into the world of the earth. These men had succeeded in creating bodies inside and outside them, allowing the higher light to come to live in their world with absolute purity. In this way these men were blessed by what they had succeeded in bringing into the world, in creating as fully completed works.
13. Do not live in illusory dreams and wishes that weaken you, steal your strength and energy.
14. Carry out a concrete work for the glory of the higher world and you will observe that it will bring you more strength, even if the work is small. It will become a stable and fertile earth inside you that you will be able to rely on to become stable, rich, powerful and luminous.

85 Man must himself become knowledge.

1. When we, the higher world, we approach your world, we observe that only nature is alive. Unfortunately, man is dead because for him existence is only in appearances. He is empty inside, extinguished, does not live with his soul because he has lost the connection with nature, with the Mother, with what is alive in his world. So he turns towards the outside to compensate, fill, hide this inner emptiness, this unease, for deep down he knows that he is dead, that he lives in a world without soul. He creates an artificial world to fill this lack.
2. What the higher intelligence does not accept is that man has knowledge and does not put it into practice, does not make it a hymn to the great and beautiful life. Then knowledge is lost, for it only reinforces death in the world of men.
3. The divine world is another world. It is the kingdom of life. Men, who live like seeds, can only reach this kingdom through flowering.
4. A flower is the victory of life.
5. Spiritualists, mystics turn to the divine world and constantly ask to receive help, answers to their questions. Yet, it is surprising to see that very often, they already have the answers; only, they do not want to enter into the current of life, into transformation, into the application of what they know. Their prayers are a way to run away from themselves and even to run away from the divine world.
6. A man cannot understand more than what he can integrate. If he understands a mystery and does not put it into practice or make it a sacred act of life, no other understanding can be given to him without him falling sick and his destiny being weighed down with an additional burden. There comes then a time when there are no more answers from the divine world, for all knowledge that is not alive ends up by being transformed into waste and increasing death in the world of man.
7. The divine world helps man by giving him the answer according to what he is, what he can understand, what he can do.
8. The victory of knowledge occurs when man receives it from the higher world and puts it into practice to glorify life.
9. If man is truly intelligent, he receives the answer and makes it his own through work, not only in the spheres of the intellect and the heart, but down into the act that glorifies divine life. For example, if a man receives clarity about what peace really is, he must attune everything that lives in him to the Angel of peace and to what he has understood about peace.
10. Man must himself become the knowledge that enlightens him and leads him. In this way he allows the higher light to enter his life and touch the earth.
11. In his ignorance, man thinks that everything is like him, dead. Yet, for the divine world, an answer, an understanding are living beings that approach man with missions to carry out. If man does not welcome them into his house, these are

- not only offenses but betrayals, for these beings suffer, having been caught by the world of men.
12. The divine world knows that it is dangerous to approach the world of men, for when the missioned ones come close to the earth, they are often led into the world of what has died out, is without soul, without life.
 13. If a light comes to see you, welcome it not only in you, but up to the end of your being and your life. Make sure that it becomes victory for life, down into your world. If it is peace that you have understood, you have to carry out a work of peace. Maybe you need to reconcile with your neighbour, with your friend or stop being consumed by despair, driven by certain overwhelming thoughts . . . How do you do this? By truly putting yourself in harmony with the Angel of peace.
 14. In a revelation of Light, there cannot be 2 worlds. Man has to harmonize his own world with the higher intelligence to the point of incarnating it for the victory of life, otherwise there cannot be alliance or answer.
 15. If you understand something, make it a work that is an offering, a body for the light animating your understanding. Then the knowledge will be alive in you, acting, it will be one with you.
 16. Men have to know what they want and learn to develop their will and their ability to concentrate in order to become creators, beings acting in the direction of the light that enlightens them. Then they will gain the Light and life, a body of Light.
 17. For the Children of the Light, the greatest blessing on earth today is found in the Essene Nation. When you enter it, you are connected with an Angel. Through a virtue, you can lead this Angel into your life, become his face, hands and feet on earth and be connected through a circle of Angels to a divine work in incarnation in the world of men.
 18. The weakness of the Children of the Light is to be dreamers, to let themselves be easily caught by the worlds of illusion. They are hesitant, lack determination, discernment, concentration, ardour. When the answers to all the questions are given to them through the Essene Nation, they refuse to hear them, ignore them. In fact, they do not want to receive the answers and cultivate the connection with a higher world. They just want, like the materialists, to be reassured and reinforce the illusion of the world of appearances that hides the great emptiness that is in them.
 19. The Essene Nation is the answer for the world today, but it is not for those who want to keep their illusions; it is for those who want to serve the Light while making their lives a work.
 20. For a human being, the most beautiful life is to carry the face and expression of an Angel with truth and purity.
 21. So, stop trying to understand everything, especially what is useless, for you overload your lives in the world of death and one day, you will have to explain

- yourselves: you will be asked what you have done with the knowledge you have received.
22. Of course it is wise to want to learn, to want to understand and enlighten the world, but it is even wiser to understand a little truth and make it your own for the glory of life.
 23. What men call “knowledge,” even spiritual, often strengthens their world of death. They accumulate answers, close them up in boxes, like genies prisoners in bottles, put them on shelves and look at them from time to time, when they need them. But this knowledge is outside them; it does not really belong to them. Someone can steal it, make it disappear, and then, what is left?
 24. The Light is alive. It wants to live with man in love, respect, freedom, collaboration and not be captured and imprisoned in the world of death. This attitude is not Essene, for the Essenes take care of the Light and are at its service.
 25. The Light is the common good that must enlighten all beings, not to be led into slavery, but to be honoured as the queen of heaven, the splendour of the Angels.
 26. The Essenes are the true healers on earth. They are generous with life and make the Light live through their own lives dedicated consecrated to the Light in truth, in the Covenant, in solidarity and mutual support.
 27. A little bit of realized knowledge is better than a lot of dead and useless knowledge.

86 Learn to master your body.

1. If men really want to progress towards what is higher, they need to give themselves the means, to have the bases, an earth to take root in. They need to be in a setting, an organized world to rise towards a higher light.
2. Life has to be organized so that the Light is at the centre of the temple, of life, of the activities, of the concerns.
3. Men, such as they are trained, educated and constructed today, are naturally afraid of the unknown. They only trust what they know, do not approach what they cannot conceive, mentalize, what is beyond their current perceptions. Only those who have bases, who are stable, mastering everything that forms their lives and who have been prepared to accept the new can advance calmly, silently and peacefully towards a truly higher consciousness.
4. When I look at the attitudes and behaviours of the Light seekers regarding the higher worlds, I wonder why they go towards the Light. They live only in and for their bodies. The latter are their masters, the centres of their temples and their concerns; their bodies are the essential and it is what has organized all their lives. All their activities are directed to nourish the body, take care of it, respond to all its needs and desires. The world, much more vast, alive in and around the body is totally ignored.
5. The body is the base that must be mastered, disciplined so that the one who lives inside as an eternal flame and a soul can manifest itself through it, be the master, the king of the Light.
6. When you enter my temple, which is the place of the Light, it is very often your bodies that direct your consciousnesses, your sensitivities. Your bodies have all your attention, your presence of mind. You tell yourselves that you must not move, not cough . . . and you try to find different physical solutions for the problems you encounter. All your energies are directed towards your bodies, which become the foundation of your meditation, not as allies, supports that you can count on, but rather as dissipators diverting the forces at work and preventing you from touching the essential.
7. In the temple of Light, the right attitude of the body is that of the servant. For this, it must be educated, disciplined, trained and at the service of the one who lives inside it and who is the source, the master.
8. The body is not negative, but it can become negative. It is like a child: if you tell it what to do and show it the merits of what you are asking for, it will do it. It is a very good servant, a being that can help you, on which you can count. The body is not an enemy, but it must not be the one that directs life.
9. If you do not know how to go about it, learn from those who have gone before you on the path. Look at how they do, concentrate on them and you will find the ways to discipline your body, to bring it into great harmony.

10. If there is a place where your body must be set aside, it is in the temple of an Archangel, when the great light is present and it is finally possible to nourish yourselves on elements other than those that make up your daily lives.
11. In your lives, when you have a physical problem, you look for a solution in the world you know, but there are times and places when and where you have to make a distinction between ordinary life and consecration to God.
12. God does not live in the body, but in a higher world. If you want to approach Him, it is necessary to develop inside you other organs, which live in the body, but are finer and more subtle. Your body can take part, but not be the main attraction. It has to be a servant, an observer.
13. Training the body is like learning to ride a bike. You have to train with the help of those who know and after there is no need to think about it; through *savoir-faire*, riding a bike has become a matter of course.
14. The beings of the Light will not want to show themselves to you if you constantly direct all energies towards your body. They will be afraid of being caught by its world and directed towards it. They only approach the man who has made the flower of meditation blossom. This flower roots itself in the body put in great harmony, calm, silence, perfect immobility, all the senses turned towards the subtle, sacred, living worlds, not in a dream, but in the awakening of what is true and pure in the world and life.
15. Some are so trapped in the body that even in the temple of an Archangel, they fall asleep or go off in waking dreams and disconnect from reality.
16. You are not asked to disconnect the body, for it is welcome as a perfect servant, frame, environment.
17. Those who are always focused on their bodies should perhaps simply do what they are asked to do: learn to tame the body, talk to it, explain to it, interest it in the work and in the benefit it can receive from it.
18. If your body perceives the master in you, it can be an efficient ally, but if it sees you as a disciple, it is more than certain that it will make the law itself and lead you where it wants you to go. In any case, it is an indispensable element for the realization of the work and it has to become a virgin earth allowing a higher world to flourish in it so that the covenant between the worlds can take place.
19. You who try to find the Light and unite with it in reality to the point of producing the fruit of Light on earth, I ask you to be focused and present in what you do.
20. In all things, find the right attitude and put each element in its place to glorify the Most High.
21. Do not be like those students forced to go to school and who remain in the classroom wasting their time, while they have the opportunity to learn, to train, to create organs, tools inside them in order to be stronger and better armed to live their lives.

22. Do not be materialists in all aspects of life.
23. The body must be used for earthly life, but the divine world must be addressed and approached in a finer and more subtle way. It is not through crudeness that the divine world will come to show its face, its colours, its melodies, its fragrance, its warmth.
24. If you enter the temple of an Archangel, you must be able to become the servants of the higher light and to use your bodies not only to capture intelligence, but also to make them tools capable of carrying out a work that goes in the same direction.
25. Do not leave your bodies abandoned, without light, without guidance or inspiration, otherwise they will tell you what they want and direct your lives.
26. To put your body and the outer life that animates it into great harmony is a fundamental base; in this way your body actively takes part in its rightful place in the work of the Light. Let it not lead you into slavery, but on the contrary, let it be for you a stability on which you can rely, an ally, a friend you can count on.

87 Make it so that the tradition of the Light finds a fulfillment on Earth.

1. You, men, you know it more or less instinctively: it is by uniting that you gain strength and are able to accomplish great works on earth.
2. The laws are true. They can be activated as much by the intelligences not living for the light of the Father as by those that remain faithful to the covenant of the Light. Men do not have this discernment. They have not understood what influences are hidden behind inspirations.
3. You need to know there is a world that is not in harmony with the divine world. It wants to guide men towards collectivity to obtain power, to be the absolute king on earth and anchor its strength in the works of me
4. Men have to know that the law of union is true in all worlds. They have to meditate to clearly perceive with whom they unite, to whom they give their strength, to what works they participate, consciously or unconsciously.
5. Today, the path between the world of men and the divine world is open, for your guide has been missioned to carry out a work on earth, down to touching the minerals. However, he will not be able to do so without the support, contribution, assistance, friendship of some of you.
6. We are not asking to create a perfect world, but simply that there is here, in Quebec, a land consecrated to the Mother. The divine world must be able to come on this earth and for this, temples, places of teaching and life must be constructed. The seekers must be welcomed and be able to receive training, a teaching in order to recover the language enabling them to honour their Father and Mother. Spaces must be set up to lead the animals, plants and minerals towards their true destiny, the royalty of their world. So, unite, make use of everything for the concrete realization of such a project so that in the future, but also today, there is a place in which you are able to come together to live in harmony with all the kingdoms of the earth and the divine world. See the value of this opportunity.
7. The world of men is not perfect. Only genuine disciples, those who aspire to the ideal of a higher world, are able to find themselves and live in a divine collective work. The door is open. So, commit on the path of the service of the Light. Your commitment will open the door for many others and this is how the flower of a new consciousness will grow on earth.
8. Do not think that you are insignificant, for if you are here, if you have come into my temple, close to my spring, if you hear my words and understand them, it is because you have a role to play in this overall work that must make the Light triumph.
9. You are more important than you think and you can bring much more help than what you imagine. It is the law of union: if each one of you puts his skills, resources, strengths to work, the plan of the divine world will come into being

on earth and many beings will be able to come to encounter the Light, receive the blessing, be relieved, find a higher meaning, a liberation to their lives, another path. In this way the animals, plants, minerals, which live in more subtle worlds, will be able to find a place to regenerate and act another way in their worlds in order to bring another light on earth.

10. I ask the most awakened of you, all those who hear my words in the world, who understand them and want to support the authentic work of Archangel Gabriel on earth, to unite and actively take part in this work. Know that everything that will be given, all the elements offered individually for a collective divine work will allow you to redeem the mistakes, to fill the lacks that men have produced on earth. Yes, each element will allow you to accumulate a treasure that you will find beyond all the boundaries.
11. All those who help the divine world in its projects will be associated with the divine world.
12. Unite. Be strong so that the work is accomplished.
13. Be Essenes on earth. Be alive from the wisdom of the Essenes. Be proud to be Essenes or to support the Essenes, for the divine world has a covenant with the Essenes assembled around my son. Live as Essenes, for in this way all creatures of the earth will be blessed and will find the means to carry out their mission and to know plenitude.
14. Make it so that the tradition of the Light finds a fulfillment on earth and the Mother is honoured. Then the great blessing will be on you and everything you will have put into this work will be multiplied in the world of the Light for the good of all.

88 Try to create a collective Body.

1. The more man goes down into matter, the more he puts out inside him the light of the higher world, the ability to live with his soul, to know divine states of being like true happiness, peace, knowledge.
2. Matter has the power to immobilize the spirit, to put it to sleep. Then man loses the other part of his being, the subtle side, his spiritual abilities such as memory, intelligence, living contact with nature, men and the higher worlds.
3. Happiness is to be with others, to communicate harmoniously, not being alone. In this area, matter leads towards misfortune and death. If men search for companions and to form families, to have children, it is to resist this descent into hell, the attraction of matter and the total abandonment of what is spiritual. They do not want to be lost, abandoned on earth.
4. The most awakened know that the earth is not their true homeland, that it is only a place of passage necessary for the accomplishment of a mission. Those who think this way have kept a living connection with their souls. How did they do it? Inside their bodies, certain organs have remained more or less active and have allowed them to keep a relationship with the more subtle worlds, this thanks to the presence on earth of the tradition of the Light transmitted purely, from generation to generation.
5. Today, men are losing awareness of the true value of the tradition of the Light and of the incarnated masters. This phenomenon goes hand in hand with the materialization of humanity and its isolation from the worlds of the spirit.
6. The tradition of the Light is a collective body created by the Essenes to awaken the other body in the body of man, the one that knows how to communicate with the higher intelligence.
7. It is through the Tradition, and through its children who succeed in purely creating the other body inside them, that the connection with the divine world can continue on earth. The latter can unite humans with the world of the spirit so that they do not completely plunge into the darkness of dead matter.
8. To master the attraction of matter, it is necessary that another body is born in the mortal body and life. This is the secret of the covenant of Light. Then man is not an orphan on earth, but he has a Father, a Mother and he is part of the family of the Gods and the universe. He always converses with all worlds, he incarnates the word of the origins. The worlds of the higher intelligence that lives inside him do not die during his passage on earth. For this, the Tradition has to remain alive in his life and be incarnated by a living master.
9. The Tradition is the teaching of the Father on earth. If you do not understand this, it will be impossible for you to transmit and perpetuate the word of the Father.

10. If man lives only in the mortal body, he cannot access the universal language and so it is if he goes towards the higher worlds without the support of the purified body. Without a properly prepared body, man cannot grasp the subtlety of the spirit.
11. Here is man: the more he goes down towards matter, the more his consciousness and subtle senses become obscured. And on the other hand, the more he abandons matter, the more his consciousness and senses evaporate and the less he can grasp the higher world. The key is the construction of the inner body that allows to balance and bring the 2 worlds to life. This inner body is developed by the Tradition and by its eternal teaching, its living wisdom.
12. Today, all the inner senses of man are asleep, closed, blocked. It is not that man is impure, but rather that he is unstable. He does not know how to concentrate and be faithful to what he knows is true.
13. As a general rule, as soon as a man encounters the teaching of the Light, he tries to use it to improve his personal life and find answers to his earthly life. This attitude is not negative in itself, but it shows that with his mental conceptions, man is naturally incapable of grasping the divine world such as it is.
14. Even the greatest scholars capable of talking about wisdom cannot conceive of what the world of auric water is. The immensity of this water, its magic, its mysteries go beyond their limited understanding.
15. An incalculable multitude of beings live in the auric water, around man, continuously alongside him, in the anonymity of 2 separate worlds.
16. No man can enter these subtle worlds with thoughts, visions or a sensitivity of mortal man. Some try to understand them, but they cannot penetrate them, for they have not received the real blessing of the tradition of the Light, are not part of its impersonal and pure body and do not take part in its collective work on earth. To enter these worlds, one must be fully consecrated and carry the magical seals of the higher worlds. No one can do this while being alone. This is why the true Children of the Light support each other and try to create a collective body in which everyone has a function.
17. It is not by listening to words, studying them, putting them into practice or even trying to develop your gifts and abilities that you will be able to understand in the fullness of the truth the teachings of the divine world. The teachings can only be understood from the moment when man has formed inside him the body of the impersonal and universal tradition and takes part in it through his daily life. Then he can live in the 2 worlds and it is in the other world that understanding is made and transmitted. It has to be applied in the world of matter. In this way perfection appears.
18. I assure you that the blessing can only come if you succeed in creating inside you the body of the Tradition, which allows you to live consciously in the 2 worlds, not as spiritualists -who delude themselves- but as an awakened servant, an animator of the Light in all worlds

19. God is alive and present in all worlds, but He is nowhere if man does not develop the organs of perception inside him and put himself at His service in the purity and fulfilment of His will.
20. God has always spoken through His tradition and has always asked His people to unite above, around His light, and below, to carry out His will. If man has not purely awakened the body of this tradition inside him, God is not there and indeed, man is alone in the midst of the multitude. On the other hand, if the organs and subtle senses are awakened in the inner body, God is omnipresent and active in daily life through the union with the Essene Nation.

89 Do not try to find what you lack in others.

1. The Essenes are profoundly good, generous and gentle when they stand together in the enclosure of the Teaching, outside the interests of the world of death and false being.
2. The Teaching is a real being that frees man from darkness.
3. When you gather in my temple, you bring purity, good will, the intelligence of the Light. Purity frees you, good will opens another path for you and intelligence enlightens you.
4. In their first essence, men are good, but by moving away from the Source, they lose their true nature and are captured by a world of unconsciousness that steals their souls of life, their intelligences, their destinies. Then other interests live in them, inspire and direct them. That is why you, the Essenes, you need to train yourselves to remain outside these interests, focused on the sacred presence of the Teaching. In this way you will be able to reconstitute a body with subtle organs of perception and senses, with luminous intelligences for yourselves. This body will enable you to discern the false world that leads to dispossession and death and to resist it.
5. Does death exist? Yes, it is unconsciousness and the loss of the body. The tradition of the Light dies out and the other body is no longer formed in the body; then there is only one body, separated from the divine life. It is the abandonment of the divine world and the definitive separation.
6. When men are captured by the false world, certain interests, needs and desires graft themselves in them and around them and give birth to concepts, visions, attitudes that become alive and active through all their organs and their subtle centres. The result is separation and distancing from each other, for harmony, love, gentleness, wisdom, that is, the Angels, are no longer able to live with them and in them. Another world has taken the place and directs the lives of men. Only the body of a living tradition, because incarnated by a Son of God, can free man from such a misfortune.
7. Stay in the aura of the Teaching and construct yourselves a body in its light.
8. Do not get too close to each other, do not expose your whole lives, your whole beings when you turn towards others. Do not project all your thoughts, all your feelings, your desires, your doubts, your hopes, your discontent on others, on the outer world. Always keep your flame lit within and the presence of the Angels of the Essene Nation around you. In this way respect, delicateness, restraint will be with you and will protect you from this trap that leads the unconscious into misfortune and destructive power.
9. If you want to approach my source, my temple, the abundance of my water and the path that rightly leads to the ocean, be like grandparents who welcome their grandchildren with love.

10. Look at your grandfathers and grandmothers, especially when their grandchild comes to them: they welcome him with the wisdom of life without expecting or hoping for anything. They do not want to impose anything on this child, do not project their fears or weaknesses, concepts or expectations on him. They are clear and live inside themselves. Very often, they only want to share the best, a warm moment and offer to the other one everything they have not had or known in their lives. They know that there is something other than the life they have lived and they would like for the child to discover it. They know that the child is naturally close to this other possibility.
11. Very often, the grandparents see the Angel in the child and try to live with him the relationship they did not have with the angelic world. Of course, this is unconscious, for men have materialized themselves and have lost the deep meaning of what lives inside them. If you look at the bottom of things, behind the veil of appearances, you will perceive that these grandparents have special eyes that look at the purity, simplicity and naivety of the child and see an Angel. Learn to be this way: develop this look not only with children, but with all the beings you encounter.
12. Do not try to find in others what you lack, what you can take and use, but learn to find plenitude inside you and to share with others what is purest, freest and can grow to progress towards the great light that lights everything up. It is the wisdom of the Teaching that must guide your steps. Do not be naive. Try to adopt this attitude happily and harmoniously.
13. I say to you again: do not be naive, but do not enclose others in the weakness and fears you carry in you either. Allow the angelic world to live in the life of your relationships. In this way you will be able to unite in the gentleness of the Light and gain strength to accomplish what is beautiful and true.
14. Union gives birth to happiness and strength, but this union must be in the pure and angelic water of Gabriel and not in the polluted water of the world of men.
15. Beautiful life is in the union of the awakened men around a truly divine idea and work.
16. It is vital to find allies, partners, to unite in sharing, to have a communal life. For this, you need to learn to be grandparents to this Child of the Light that the Essene Nation is, come to earth to carry out a mission.
17. All men and all beings can be invited into the Essene Nation to live in union with the higher intelligence of their lives. For this, a simple look is enough, a look filled with the light that sees the Angel in others.
18. Cultivate impersonality in your lives, greatness, the union with the work of the Essene Nation.
19. Look for the plenitude of life within rather than wanting to absolutely confirm your lives through others.

20. A large number of influences, misunderstandings, mix-ups slip between beings to isolate, separate, confuse them, for community, brotherhood, sharing are the strength of the Light.
21. Today, men and women live alone in a world that reinforces their isolation. The spiritual intelligences governing men have put in their eyes the idea that if they have everything they need in the outer life -work, security, family, they will know plenitude. Look at what this thought brings men to, what is the conclusion: there has never been so much isolation, loneliness and quarreling in the world, while men have everything they need to live comfortably on earth.
22. The way that man looks at life and at the purpose of life is essential.
23. You, the Essenes, be together as a true family, welcoming and supporting each other through the realization of a communal work bigger than the only earthly life that stops at death. In this Essene family, you will find the water of Gabriel. Through my son, my source will be with you, as well as the ocean of Gabriel.
24. You know all this; it only remains for you to carry it out in reality.

90 The Eye of Gabriel.

1. I would like to give you this present: the first glance you will cast on what you will look at will be the look of Gabriel. If you accept my gift, I will open your eyes in this first look. The look of Gabriel allows the Essene to commune with the angelic world. When you set your look on something, a being, a flower, a tree, flowing water, the ocean, the sky, an animal, a beauty, the world of Gabriel will first appear in your eye to inspire you, talk to you, guide you.
2. Gabriel is the look of wonder, beauty, wisdom that nourishes the soul and makes a world grow, different from the one that man knows, that imprisons him in death.
3. I ask you to look, to be aware and stop at the first beautiful or wise impression and then to calm in you the intellect, the feeling and the desire that always come graft themselves on the beauty to steal its energy and bring it into the prison of the world of man. Learn to look and then to remain calm so that the world of man has no part, either in you or around you.
4. Your eye must be open to the water of your lake, of your life. It has to be calm, immobile, transparent, reflecting the higher worlds to the point of being one with them.
5. If you look at a flower, marvel and try to awaken the higher understanding. Why such a beautiful colour? Such a perfect shape? The fragrance? Do not bring in ready-made answers from the world of men, whose sole purpose is to reassure their weakness and pettiness. On the contrary, let the questions be unanswered, like the transparency and depth of the water of your lake. Let the wind blow over the water and show you the immensity of the worlds that can appear and disappear simply to show themselves and hide. Above all, do not allow the idea of picking the flower to decorate your house or a temple come reflect on your lake. An idea of this kind is not negative in itself, but it steals energy and carries it towards the world of men.
6. In every creature you can meet, there are God, the divine world, beauty, but this vision is tiny in the world in which men live.
7. Every time you see God in another, you nourish God in you and allow Him to live around you, to create Himself a body. In this way your vision is perfect and your whole body is in the light; your body is reconstructed. Remember this and awaken when your look sets on a wonder. Be silent. Let your eye be set on the purity of the water of my lake inside you, which is your soul. Be without interests, open and clear, all your centres turned towards greatness.
8. Know that it is I, Gabriel, who come through your eye to show you what is true and eternal. This is my gift to the Essenes.
9. Through my eye, the Mother will speak to you and show you another world that you could not even imagine. Men are far from this living life, animated by a greater soul and intelligence.

10. The Mother is the life that speaks through everything that is pure: the spring that flows, the waves of the ocean, the song of the bird, the rhythm of the seasons, the rising and setting of the sun. If you approach with your soul, you understand that the face of the Mother is found behind all these impressions of nature and that behind this face, a greater life and being speak to you about you, your life, your being, your origin that are elsewhere, in a world that is hidden from you, but that is nevertheless alive.
11. Try to find the origin of everything in everything, inside and outside you. Then, very slowly, this world, which is subtle and delicate, alive, will become clearer and will show itself to you. It fears to approach man, for it does not want to be captured by him and his interests to be imprisoned in his world, where everything is frozen. If you rid yourself of this tendency, cultivated in you through generations, your soul and the subtle worlds will be able to come close to you again, talk to you, feed you and reconstruct in you another body for another life.
12. Do not let your eye get too close to men and the other beings you meet.
13. Unless you want to make a person your life companion, know how to keep a distance, the one of respect. Do not get too close, keep the distance that allows to perceive in the other the origin of all life and to cultivate the look that gives life to the Light.
14. Men have taken the unfortunate habit of enclosing others with their look and sticking on them a world that darkens them. Free yourself from this magic through the eye of Gabriel and learn to look at what is pure, beautiful and hidden and that can make the divine grow in you, around you and in others.
15. The danger becomes great when humans know each other too well and their relationships become unconscious. They then allow themselves exchanges that are not in conformity with the luminous wisdom.
16. There are a greatness, a respect, a love that can be born from distance.
17. Cultivate the look that fills you and others with freedom, purity, impersonality.
18. Cultivate the strength that fills you with wonder, makes you close to others, makes a family a community of souls loving, respecting and thinking of each other with strength, rejoicing and the Light.
19. Cultivate beautiful, right and noble relationships.
20. Be vigilant: the tempting serpent wants to enter your eye to steal what is beautiful, noble and pure and lead it towards lowness, ugliness, towards muddy water.
21. Be conscious, do not get too close to the world of men, but be alive from the Light, in you and in your relationships with others. By being alive in each one of your activities, each one of your organs, your senses and your centres, you will find again the life of your Mother, of your Father and of all your brothers and sisters of the Light who expect only a look, a word, an alliance, a union from you.

22. Remember: in your first look at anything, Gabriel speaks to you through your eye. Then, another world comes to speak to you through your eyes. It is up to you to be aware and know which world you want to head towards and with whom you want to live.

91 The life of man is similar to a weaving.

1. Existence is directed and animated by a living and intelligent connection that the ancient sages called the “river of life.”
2. All beings peopling the different worlds are connected to each other by an actual weaving composed of fine subtle channels that allow life to circulate and harmonize the lower with the higher, the small with the big.
3. The more man is conscious that he stands in the middle of a vast weaving that is a powerful network of communication and exchanges, the more he can play his role as an awakened intermediary between the worlds and as a conductor of the forces of the minerals, plants and animals up to the Divinity, passing through the Angels, Archangels and Gods.
4. The body and life of man are similar to a weaving. Man is at the centre of a spider web, each thread connecting him to a region, an organ, a very precise function of the universe. This image of the spider web, of which man is the centre, summarizes the existence of man and reveals his mission, his role. He is a living body connected to a much larger body with which he must maintain conscious and harmonious relationships. Each thread starting from him is a relationship, a path that open up towards immensity.
5. Man has to be responsible for the nature of the relationships he maintains with the living universe. Each one of his concepts, thoughts, senses, habits, behaviours, attitudes, activities establishes him in a harmony or makes him an agent of disease, disorder, suffering.
6. The essential virtue of the Essene is healing, and the knowledge of this web woven from subtle channels is its absolute key. It is through the knowledge of this web that the Essene can restore harmony in him and in all the kingdoms of creation.
7. Each world is connected to a thread and each thread to an activity, an organ, a cell of the body and life of man.
8. It is by consciously uniting and harmonizing with the higher worlds that man can truly act and heal his world and the lower worlds. To achieve this union with the higher worlds, it is necessary to cultivate the right consciousness, attitude and life behaviour. It is the secret of Essene wisdom and discipline.
9. Every movement, word, look has to be studied, made conscious and harmonized with the higher intelligence. Then true knowledge can enlighten the Essene, who becomes a healer of the worlds.

10. There are connections that unite man with himself, his relatives, the animals, the environment, a path of destiny, the important roles of his life, moods, spiritual atmospheres, karmic heredities, convictions . . . As long as man does not awaken to the importance of uniting and harmonizing with the greatest, with the universal, he remains a prisoner of all these ties that are limited and, quite often, confined to the world of men.
11. The Essene finds the connection that unites him with eternity, with the immortal soul through the Tradition, and from this connection reactivated in his life, he can find the perfection and outcome of each direction, of each thread and lead them into healing.
12. In its essence, life is universal and it is the limited men who have confined it to the world of man and death.
13. By giving life its true dimension again, the Essenes generate currents of intelligence, peace, harmony and healing that can touch a large number of people and worlds.
14. Illusion consists in believing there are a multitude of separate beings.
15. Truth is to become aware that threads of light unite beings and bring them together, for the triumph of the one being or for the great nothingness.
16. Each cell is connected to the living organism, which is itself a cell in a bigger organism. This is a healthy and Essene vision of the world. It is a vision that leads to the unification of all paths towards the one light. The other vision leads to disease, confinement, illusion and nothingness.
17. Life is made up of relations that open paths. Each path is a thread that comes into contact with several worlds for the victory of harmony or of disorder.
18. If man does not heal all the paths that lead towards all the directions of his life, he will never be able to go towards the great idea of each direction.
19. If man thinks, speaks and acts, it is for one day to meet the Divinity that has opened for him the path of thought, speech and action. He has to restore the connection so that his activity is in keeping with his divine origin. If the relation is not clear, if the connection is not alive, man is cut off and there are disorder, disease.
20. Man lives with a family, friends, but if he does not heal the relationships he maintains with them, he will never be able to re-establish the connection with the higher worlds and meet the true brotherhood, which is a Divinity, a face of the Father in the world of eternity.
21. It is this Divinity of brotherhood that has to direct, inspire and lead the world of relationships in which man lives in everyday. This world is complex, for it is itself a whole weaving that unites or draws away beings according to the nature of their relationships and their degree of consciousness.

22. If man knows how to put everything in its place, in harmony with the higher principle of brotherhood, he is really an Essene, a great healer on earth, a living and active blessing.
23. One who knows how to see his brother or sister through others takes his first steps in the world of brotherhood.
24. What I want to teach the Essenes is that through all paths, man must think and act in order to make the act of healing appear so that nothing sick, destructive, conflictive, dark can go from him to another.
25. Through the study of this Essene science, the awakened men must be capable of taking their lives in hand and weaving their own garments, their bodies of Light, in order to unite their lives and their destinies with the divine world. Then all paths will be joy, abundance, the creative activity of peace, healing, harmony for the worlds they will be called to meet and mix with.
26. Every encounter is a path, a thread of life in the great body of the universe, that needs to be healed by being led towards the original Divinity that gave birth to it.
27. No river can be separated from the primary source of the world and it is the water of the Source that will unify the worlds in the wisdom, love and true being of all beings.
28. The Essene must be an awakened healer of his own world and the world that surrounds him in order to reunify all currents with the great eternal principles and sacred virtues that animate the universe and humanity for the victory of the higher intelligence of the Father.

92 Man must not be content with looking and discussing.

1. Very often, while looking at the world, men say that it is imperfect, that beings are unconscious and death has set its mark on everything. This perception is true, but it is only one point of view that can justify the passivity of those who let themselves be invaded by the negative side.
2. Where are the active Children of the Light, acting through the power of the world of the spirit and showing through their works and their lives the beauty and greatness of the other world?
3. Of course, the majority of men are unconscious, but they cannot be otherwise if those who have awakened do nothing.
4. If you do not want for the world to remain a prisoner of death, you must not connect with the unconscious and put your lives in their hands, but you must rather roll up your sleeves, unite with the awakened to build a different world with them.
5. Magic is a virtue and a sacred order that can be used by the awakened to give birth to worlds of Light in an apparently imperfect world.
6. The flower opens the path for you. It comes out of an imperfect world and goes beyond the limitations to rise towards a higher world and show the beauty of that world. It makes its birth world perfect by offering it the perfect answer.
7. Know that it depends only on you for the world to be different.
8. To look, listen, walk, talk, commit, join forces are the first steps towards the awakening of consciousness. Then comes the development of the body of the consciousness, which can only take place within the Essene Nation, for it is by making the work alive that you become alive. Then you acquire the power of magic and you can act to transform the world, to pass from one world to another, like the flower.
9. Do not reject the world, do not consider it as inferior, imperfect, but as a foundation that must be ennobled and led, through a work, towards perfection. If you do not have the courage to do it for you, do it for the victory of the Mother, who lives through the Tradition, and who must continue to live for future generations, for the children, the grandchildren.
10. Man must not be content with looking and discussing, he has to awaken and, like the seed, reveal the flower that he carries inside him and that leads all imperfections towards the plenitude of beauty. Then, he becomes what he is, that is, the answer, the balm, the path, the healing, the goal, the creation of the world.
11. If man only discusses the imperfection of the world, he will remain there, fed by discontent, by the justification of his own weakness and the seal of death will be placed on him, which he will be unable to break.

12. If today man is imprisoned in imperfection, it is not the responsibility of the divine world, but of the one who lives in the thought of man and inspires him, orients him, without him really being aware of it.
13. Man feels, deep down, that something is wrong, is not in harmony, but he does not manage to awaken and define it.
14. You who have received the blessing of approaching the Essene Nation, I ask you to awaken to reality and become active to participate in the creation of the body of the new flower that must light up and perfume the world.
15. A Child of the Light must be able to purely recognize the Light where it is and commit in order to create the perfect world that lives inside him and is in harmony with all worlds.
16. The trap is that man is too happy to use what the men who are dead inside have done, without having to ask for anything, but while being able to take everything. Such a life seems simple, but it leads to slavery and ultimately to death. Even spiritualists have been caught by this trap; they think and speak, but are unable to make the flower appear that reunifies the worlds and brings healing and the true answer.
17. Not only is the human world not perfect, but in addition, it is dead.
18. Unite around the Essene Nation and be active to make the flower of life appear.

93 You are the guardians of the Divine teaching on Earth.

1. Bees do not go to forage on a piece of meat or a corpse, for they do not carry in them this DNA, this inspiration, this writing, this spirit, this earth, this water . . .
2. Today, spiritualists want to carry out works, open paths, blossom in other dimensions, in other worlds. They think they are strong enough and are presumptuous enough to dare to ask the Light, a divine higher world to come and forage on a corpse. This image may seem surprising, but you must understand that men often call the divine world without having in them what corresponds to it.
3. It is the flower that calls the bee, not the corpse. Each world is in correspondence with a world and it is this order that allows harmony and the right exchange.
4. Man has the light of life inside him because the Father and His creation live in him. Life is the Father in man. But man does not make anything of this presence in him, he does not take part consciously and willingly in the work of the Father. On the contrary, he lets the Light wither inside his body to the point that it becomes insignificant and hides so as not to be broken and removed. He resembles a decaying corpse.
5. The Light has become outlawed, while it is the original law of the Father.
6. Those who want to meet the Light must really unite, work on themselves according to the rules of the sacred teaching to strengthen the light of the Father that lives inside them. More than this, they need to create a world of correspondences, a tradition, an earth on which the writing can be alive and the communication of the worlds is accomplished with happiness, respect for the intelligence and glory of the Father. Then, on such an earth, in the aura of such a tradition, the beings of the higher worlds will come down among men to forage because they will see through man and his organized life the pollen that corresponds to them and that makes life blessed.
7. Know that if man is content with invoking, calling, influencing events in his life without carrying out the task that is expected of him, without blessing the divine worlds with his right and true offering, he will remain in an illusory atmosphere, in a lie that will only be the mask that hides the nothingness of his life, of his prayer, of his intelligence.
8. If you can see the cloak of illusion, the face that becomes a mask behind which the true person is concealed, know that it is only a part of the truth, for this mask is not only physical but also exists in the magical and more subtle worlds of water, air and fire. Men are perfectly capable of acting in these worlds and they are stupid enough to put the masks of illusion and lies there. They disturb everything that exists, bring confusion and are neither stable nor faithful to the tradition of the Light.
9. The Essene must not take part in the works of spiritualists or men who are dead inside.

10. The Essene must, in the purity of the Teaching and the Tradition, rewrite his being, his life, his destiny with letters that awaken all the correspondences so that his offering is without masks, conscious, alive, pure, perfect. He must be faithful and stable, awakened and well trained so that all the correspondences are active: the correspondences of water, air, earth, fire, masters, Angels and the other higher worlds. Then the words “what is above is like what is below” will be fulfilled perfectly. The covenant between the worlds will be sealed for the victory of the Father. You have to meditate on, understand and carry out this sacred science that is transmitted to you by a higher world from generation to generation.
11. You are the guardians of the divine teaching on earth and you have to bring the words of the Light, of eternal wisdom alive by making them a real earth, a body in which you will be able to live as a faithful people.
12. One who is content with rejecting does not construct. The Tradition must be alive from the life of man and his work that, through the activated correspondences, unifies all worlds in the covenant of the Father.
13. Bees are not foolish, they do not go where they cannot collect pollen to make honey. Let this wisdom that comes to you from the Father and the Mother guide you from generation to generation so that you, the Essenes, are eternally faithful to the Light and to its intelligence, which guide you and which you have to make concrete.

94 You must make the 2 Worlds triumph.

1. You, the Essenes, you have to be faithful to your tradition and be a people of sowers. Make your tradition alive in the present so that throughout the future ages the Essenes will be recognized for all the works they will have done and offered for the good of all.
2. It is not obvious for the Children of the Light to work in the world of men because there you are more and more asked for an impeccable appearance. Very often, in the world of men, success is not in the truth, but in the fact of having a perfectly arranged window display. Everything is based on outer forms. It is by uniting and developing your creativity, your ability to act that you will overcome all obstacles and bring your work to completion, making it appear in the world of men.
3. The Essenes have a much bigger and more difficult task than the majority of men on earth, for they must make the 2 worlds triumph: the one of the Light, but also to expose this light in a perfect window display so that it is acceptable and understandable in the world of men. But, of course, the Light, wisdom, the divine world must be in first place, must be respected and not the imprisoning eyes and concepts of the world of men.
4. Unite and, together, find the strength to show this world of appearances that the Light can also master the forms to incarnate through men and women who can be creators, take their lives in hand and open paths of destiny that are beautiful, great, happy and worthy of being lived. Show that those who unite around the Light can create beautiful works, a happy life, in the image of the divine world.
5. It is clear that for the moment many aspects of the Essene Nation are still imperfect. If men united by mutual agreement, it is obvious that they would be able to give victory to the Light in their lives and in their future. But men prefer what has died out on the inside and only shines from the outside. So, you, unite and understand the secret, the strength of being together. It is together that you will triumph and not by staying each one in your corner, separated from each other. It is the punished who are sent to the corner. Unite so that the Light takes on a living form in your life, as much inner as outer, that it becomes a daily reality, an animating force that amaze the whole world.
6. Receive blessings for everything you are already doing. Be victorious in what you want to undertake.
7. I send you the strength, enthusiasm, warmth and the will to unite in respect so that together you are able to grow and carry out the work of the Essene Nation in happiness and sharing.
8. It is clear that today you see only a very small part of what the divine world can be. You have glimmers, fleeting presentiments, but deep down inside you, with an increasingly certain obviousness, you know that if this teaching becomes alive on earth through the strength of the men who want it and make it so, there

- will be perfection in the inner as in the outer life of beings and things. I am not talking about the men who can always accept or reject an obviousness, but rather about the union of the perfect world in accordance with the world of the Mother, incarnated on earth through the Essenes, animals, plants and the earthly form.
9. For this orientation that you have inherited from your fathers and mothers and that you have known how to keep alive through your tradition, today you have the blessing of the Mother. She feels that there is an ever-greater hope and the beginning of an alliance, a force settling in and stabilizing itself between Her and you. Anchor yourselves in Her; She will bring you a great strength and help you to develop all the abilities that lie dormant inside you. She will turn your senses towards a finesse that will lead your perceptions beyond the coarse world and the hypnotic grip of death.
 10. The blessing of the divine world is on you.
 11. Know that with each step you take, a world advances with you and you give it a legitimacy on earth.
 12. The eyes of the world of men look also at you and try to find all the imperfections, to increase them, invent some, to put makeup on you in order to steal and weaken the Light. So, together, become strong in the Light to support it in you and in your works in order to remove all these deadly illusions.
 13. Let each trial strengthen you, let each attempt to dirty you root you in what is pure, true.
 14. Let the inner life united with the Father, the Mother and Their family connect you, give you the strength and intelligence to be what you are.
 15. I ask you to bless your homes, to consecrate them to the Essene Nation when you return to the world of men. Also bless your families, your entourages and everything that you are going to see during the 7 days following my celebration. Do this in secret so that my water flows through you. Through this act, you will receive the true blessing of the new year, that must be done in the eye of Gabriel, the original source of the river of life and true destiny of the man who walks with his Father for the triumph of His light and His kingdom.
 16. This blessing that you will give is that of the new year. It will return to you through the 365-day circle.
 17. Offer the water you have received in silence. Bless everything that your eye will touch with my water in it. Bless the lives of men without judging them, bless the presence of the Mother through the animals, plants, minerals and thank the divine world.
 18. My blessing will be in the water that surrounds you and flows inside you from your thoughts, words and actions. The year will be for you a shield of Light, a high protection and a fertile earth for your beautiful and pure accomplishments. You will in this way be cleansed of many difficulties in life. You will have a stability, an outer look less sensitive to the hardness and fragility of the world of man.

19. Be faithful, celebrate the mystery of my presence year after year, throughout your lives, from generation to generation.
20. Support your guide in his mission and do everything possible to ensure that he has all the means to achieve it and bring it to perfection.

95 Get your house ready to welcome the Divine.

1. If you look at the birds, they will show you a secret of life. The bird that is going to welcome the most precious in its life prepares a nest. With care, it will look for all the elements to make it. Nothing can stop it and despite all the difficulties, the obstacles it might encounter, it will finish by finding everything best to receive its eggs. The bird knows what is important. It remembers that before it was a bird, it was an egg and that it will become an egg again. It knows that by preparing the nest, the egg will be able to come and that by forming this nest, it gives birth to its future.
2. You, humans, you call the divine world, but you are not aware of this sacred process that generates the future and creates your future body. You are not getting anything ready to welcome the divine, no pure and clear place in which the higher world will be able to live, to settle.
3. Like the egg, the divine world needs a place prepared for it.
4. Men behave with the divine world as they do in the major part of their lives: unconsciously. They act with it as they think, speak, eat, breathe, sleep, that is, with the greatest unconsciousness, without getting anything ready, without ever thinking of offering it the opportunity to come into their lives, inside them. Nothing is prepared, cleaned, organized, thought of. Everything is jumbled, messy. Then the Light cannot come, even if it is called sincerely. This does not mean that the Light does not want to help men, but that they do not offer it any condition to manifest itself.
5. Men have become crude beings, unable to capture the essential subtleties of life that make it possible to take into account the needs of a higher world with a minimum of respect. Yet, if men receive friends, they clean up, put on nice clothes, prepare a place for them to rest and eat.
6. Men are always in the outer appearances. They imitate the appearances of the Light in their gestures, their clothes, their words, their faces, their eyes. They are used to putting on makeup, to pretending. They think that the inside is not really seen and therefore you can leave it abandoned.
7. The divine world will never come into an illusion. That is why, every time you call what is higher, prepare a place that is as welcoming as possible. Let it be purified, cleared and that there is nothing repulsive in it. Let there be no bad smells or mess.
8. Remember: the divine world likes what is true, real and pure. It sees the inside of man, his intention, his consciousness.
9. You must not approach the divine world with the philosophy men live with every day or with the spirituality and false light they cultivate and accumulate.
10. If in your life you enjoy yourself calling the Angels simply to know the orientations of your day, of your material life or to satisfy the needs of your body, then, do not call them, do not try to meet them. An Angel is much bigger

than you and your little mortal concerns. Of course, nothing is to be rejected, but what is immortal must not be at the service of what is ephemeral, except to open a path of hope for it.

11. If you approach an Angel, it is to give a higher dimension to your life and to all your activities. You have to prepare inside you a place that is pure, sacred, calm, organized with wisdom, united with a holy tradition. There, you will be able to welcome a higher being who will come to talk to you, advise you, be with you as a true friend can be. You have to be able to accept the world of Angels, to bow in front of it, having prepared an earth so that it can come to rest inside you and speak to you, teach you with purity and truth.
12. It is not up to you to tell an Angel what he should say to you, how he should think and what he has to do for you. You have to listen and obey. Do not try to bring him into your everyday concerns or the problems of your life. Make sure that he is free to visit you and gradually awaken you in what is higher and greater. Of course, he will solve many of your problems, but not like you had imagined, for the intelligence of an Angel is much more vast than that of a man.
13. The master Jesus, Son of the Father, said that the divine world had no place to settle in the world of man.¹ Know that it is in each one of you that the beings inhabiting the higher worlds must come to settle, that the Light must incarnate. Yes, the Light wants to come inside man. It tries to individualize to be able to touch the earth.
14. For every man, there is a light that wants to be born. It does not want to come into the one next to you, but into you. It is up to you to prepare your life and to organize it in order to welcome the birth and incarnation of what is higher and wants to transmit its message to the world.
15. If a bird knows how to take its life in hand by calling its future into its present, why do you, men, not know it? Why does the divine world have no place to settle inside man in order to touch the earth?

96 Do not concentrate on imperfection.

1. You, men, if you are hungry, cold or tired, you know exactly how to fix the problem. You have the intelligence in you to find food, warm yourselves or rest. You say it is easy, for it is concrete, tangible and you know how to take care of your physical life. You know how to fill all the needs of your bodies, but you have forgotten that it is only 10% of your lives and that the other 90% takes place in other much more subtle worlds. This 90% also has needs and you are not very concerned about them.
2. When you want to reach the higher dimensions of your beings, you use the more subtle faculties and organs, such as thought, senses, feelings, consciousness, will. Why have you attached these subtle faculties to the service of your body and do you not recognize them as beings in their own right? Why do you not consider the higher world as real when it speaks to you through certain thoughts, through certain feelings? Why do you not welcome it and give it a place in your lives and in the lives of your bodies? You say that this world is far from you, that it is more difficult because it is not physical and tangible. You cannot live without a higher world, but you have forgotten it.
3. Without a higher world, you lose your true being, your identity, your destiny, your creativity, your value and sink into a world of unconsciousness that surrounds you and possesses you in an illusion of existence. Not only do you then lose the 90% of your beings connected to the subtle worlds and are reduced to the remaining 10%, but you also put this 10% at the service of a world whose existence you totally ignore.
4. One who lives only for his physical body loses the awareness of the other 90% of his being, which then becomes a world uninvolved with his life. Other worlds replace the divine world around man and he no longer lives with the divine world. "Live with" means exchanging, sharing, being aware of each other.
5. If man no longer feeds the divine world with his life, he offers himself to another world as food.
6. It is up to man to consciously choose which world he wants to live with. He can voluntarily cultivate beautiful thoughts, noble feelings, a gentle and healing eye and put wisdom where the world is dirty, ugly, imperfect, in war and despair.
7. It is neither wise nor right to always look at imperfection, for in this way you end up only seeing in another what is imperfect. It is then your own imperfection that you look at, for it invades all your subtle centres, enters the living water around you, which becomes the imprisoning mirror of the lower consciousness.
8. The physical body is imperfection and death in the life of man.
9. If man lives only for his body by abandoning the higher levels of his being, he gives himself to death, to nothingness and makes appear around him, in the subtle worlds, the beings of death, which show him imperfection. This imperfection will therefore govern his life. If man has a dirty eye, bad thoughts,

destructive feelings, it is because he has put himself in this state by associating with a world and by giving himself as life food to it. This world now lives in him and around him.

10. Imperfection is everywhere in the universe and it is not for this that you have to concentrate on it and make it the centre of your life. When man eliminates his waste, it is an imperfection, but this does not mean that the body rejects this function or that his life is limited to going to the toilet. This function is integrated and finds its place in a much broader framework that includes other activities.
11. Men think they can live without the divine world, but they are mistaken, for in this way they reduce their own fields of activity, eventually focusing only on imperfection.
12. Men think they have to solve the physical problems before making themselves available for higher worlds. This reasoning is wrong, for the divine world is essential for a healthy and harmonious physical life.
13. Man in imperfection only needs 10% of his being to live on earth; he can abandon the remaining 90% to a more or less conscious alliance with worlds around him. So, while man spends his whole life solving physical problems, 90% of his being is usurped, stolen by worlds he does not know and that go against what he believes to be true. And when his physical life comes to an end, he has nothing left. It is not because a man stretches out his arms
14. to pick up an apple and eat it that he is in the outcome of life. The perfection of an incarnated man is much greater than that: it is living consciously and harmoniously in many worlds, while being alive and bringing meaning and beauty to all his activities. Then man is no longer caught by imperfection - the 10% of his being, - but he is united with the divine world. It is the latter that he nourishes and makes live in the activities of his being.
15. Man has to turn towards the divine world with the subtle senses of his being in order to make high thoughts live in the reality of his earthly life. Then the imperfection - the body, physical life - will be put in its place and man will not take care of it more than he has to.
16. Imperfection is what makes the flower of life grow.
17. Man needs to do as the flower: put imperfection at the service of what is greater in order to make it grow in beauty and immensity.
18. I ask you to grow in beauty, in greatness and immensity. I ask you not to be weak and not to constantly get caught, like unconscious ones, by the imperfection that pollutes and dirties your water to lead you into slavery in the lower worlds of death and perdition.
19. Know how to cultivate in you the higher senses, subtlety, the greatness of the invisible worlds.
20. Become creators of luminous wisdom with your senses and all your organs through your way of looking, your words, your gestures.

21. Pass in the world of men while bringing greatness, warmth, beauty.
22. Bless men everywhere you pass and do not worry about the imperfections. Bless the animals, the flowers and the earth. In each being, see the flower it can become or is and live with it in the kingdom of flowers.
23. Be beings who bless, colourful, fragrant, harmonious, full of clear water, life and magic.
24. Master imperfection, walk on it while creating above it a pure and perfect world in which you live and will live.
25. Become concrete and realistic.
26. Take into account your whole beings and turn towards the divine world, not occasionally, but continuously, while cultivating clear thinking, noble feelings and the healing eye.
27. Organize your lives to live like flowers, in the company of flowers.
28. Whether men welcome you or not, do not concern yourselves. Be especially careful not to be caught by their decaying world and walk towards the Light while making your lives unique works, Essene alliances, angelic traditions. Nothing will really oppose it, for the divine world is with you. You too, be with the divine world, in reality and not in the illusions of the philosophy of the world of men.
29. Let the 90% of your lives above your physical bodies be made conscious and in harmony with the divine world and let your bodies be the earth allowing the flowers to take root. Then you will become the blessings of the Light on earth for men, the animals, plants and minerals.

97 The Divine World considers man according to the Water that emanates from him.

1. I, Gabriel, am the awakening in all beings who search for the path to greatness. I am clarity in every thought that becomes conscious of itself in universal life. I am the pure knowledge of the divine laws.
2. If men want to progress towards the Light, they have to awaken in clarity and study the divine laws that reign over existences and govern the worlds.
3. At the time when you think yourselves individualized, you have to study the law of assimilation and mass.
4. In the world of men, some are the leaders and the great mass is assimilated with them. The leaders are connected with higher or lower principles that they put into action through the docile and servile mass.
5. Only one who awakens can individualize, become conscious and choose with whom he will be associated.
6. The sleeper, the unconscious, the inactive, even if he does not agree, even if he protests, is considered as being part of the mass; he is counted “with,” under the sole authority of the leader or group of leaders.
7. The work of these leaders has been to pollute water, the springs, rivers and oceans.
8. Almost all humanity obeys blindly, without even knowing how to do otherwise.
9. Water is so poisoned that men can no longer even find natural, simple water that is good for living and feeding nature purely.
10. Men say that they are not concerned, that it is not their fault, that they are not responsible, that they have nothing to do with all this, but they are wrong. They do not know the divine laws and in particular the law of assimilation that has transformed them into unconscious servants. If they say nothing, do not act, do not ally themselves with the other pole, they are automatically assimilated and become, without even knowing it, the servants of a few leaders who use this unconscious biomass to increase their influence and power.
11. If you ask humans individually if they agree with the worldwide water poisoning, almost all of them will tell you that they do not. So where is the problem? Why is water polluted? It is because of this law of assimilation and mass.
12. Men are not free. They belong to their leaders, who decide on their lives and actions without even consulting them.
13. Today, the inner water that has been poisoned allows polluting even more the water of human relationships, the water that bathes daily exchanges and is the life of men with each other, with animals, nature. This water is so full of toxins that it becomes unsuitable for consumption. It is no longer usable and life is no

- longer assimilable. Then men are unhappy. They complain without really understanding where the problem comes from. In their great ignorance, they think they can turn to a higher world to look for help or solutions, but they forget that they are part of the mass polluting water, that they are connected with the leaders who act consciously for this specific purpose. For the divine world, it is an incoherence, anarchy, disorder, and it will never dialogue with such a world.
14. The divine world looks at and considers man according to the water that emanates from him.
 15. A man whose water is polluted is connected with the mass of those who pollute water; they are connected with a leader, who is the representative of a principle whose purpose is to destroy everything that is sacred and pure.
 16. Man will say that this vision is unjust, for he does not agree, he only tries to live and “do his best,” but the divine world sees that this man is ignorant of the laws that govern life. He is therefore unconscious and assimilated with the mass. Such a man will never be able to have access to a higher world, for he is connected with a body bigger than him that fights against the Light. He is unknowingly assimilated with these destroyers, these disrespectful who are killing all the subtle beings living in water. Crushed, man turns to the divine world, but the latter cannot hear such a prayer, for man must first radically dissociate himself from the mass, then associate with those who incarnate the Light.
 17. It is not a question of opposing or criticizing on principle, for very often, such an attitude is another facet of those dark beings who make you enter their world through one of their tricks. They are so cunning that they oppose themselves so that everyone is on their side, even their opponents. The path is to unite with a higher world through awakening, clarity and knowledge of the laws governing the worlds. You have to act in conformity.
 18. Man must respect water in him and around him. He must not pollute water. He must be faithful in his inner life, cultivate it purely and in association with a higher world. On earth he must be a protector of what is right and true.
 19. No one has the right to pollute water, for it is a living, intelligent being and it is the duty of man to protect what is small and weak.
 20. The first protection is the purity, the authenticity of the inner life of man in alliance with a higher world.
 21. The second protection is the alliance of the awakened men in order to act according to the law of assimilation to form a living body that can act concretely in the reality of the earth. Yes, you have to assimilate yourselves with each other until you form one body, consciously, as others have succeeded in doing to destroy the planet and reduce humanity to slavery. When you have formed a faithful and upright body, the divine world sees you, can speak with you and set up intelligences and influences that will act on earth for the purposes of the Light.
 22. True power does not come from the world of men, but from invisible worlds around men. It is from there that all awakened men draw their secrets, their

- wisdom and their power. Power comes only from the invisible worlds and all rulers know it. You too must understand it and act in accordance with the higher laws of life.
23. The dark leaders want to put men to sleep, saying that it is in the name of God.
 24. You, the Essenes, you have to unite to construct a biomass of Light, a perfect and living body in which all kingdoms will be invited to create the organs of the divine world on earth. Then the dark side will no longer be able to control the whole body of humanity.
 25. Be aware of this law of assimilation, be alive in your inner lives. Be active, conforming beings and unite with the Essene Nation.
 26. It happens that men maintain a right attitude in the context in which they live, but inside them, there are lying, unconsciousness, disorder, meanness, condemning judgement towards others. Finally, despite appearances, these men poison their water and the collective water; they collaborate on the overall idea of the mass that pollutes water. They are assimilated with what is bigger than them and become cells of a body that they do not control and for which they live.
 27. If you are true, water will have a hope.
 28. Know that each time a man betrays the Light 3 times through his thoughts, words and acts, a creature dies in the world.
 29. Do not be irresponsible. Do not let yourselves be overwhelmed by hypnotic and sleep-inducing influences of the dark world, which is capable of justifying everything. The divine world will never approach beings who make a pact with such a world.
 30. Gabriel blesses those who, seeing beauty, are faithful to their vision and bring it to life in their bodies, in their nations, in their peoples for the blessing and life of all. Of course, do not be naive and stupid in the name of beauty, but know how to hide from the eyes of the wicked and the thieves; cultivate discernment. Above all, perceive the beauty and wisdom of the world of Gabriel in your inner lives.
 31. One who does not apply in his daily life the rules of the world of Gabriel will be rejected from the higher worlds, and therefore assimilated with the mass of those who will have to solve the problem and the debt of humanity, which has destroyed the beings living in water.
 32. If man does not correct himself and continues to cultivate disharmonious and disastrous speech, attitudes and eyes, the humanity of water will perish and only men will be responsible.
 33. I ask you, Essenes, who through your awareness have a greater responsibility than most men on earth: in your nation, stop the chaotic inner life in the relationships you have with each other. Be courageous and do it in order to heal the world of water and give hope to all the creatures living in water. You, the Essenes, do it. Be true, simple and genuine. Be without hypocrisy or false

pretenses. Do it: heal the inner water of your relationships. Then the divine world will see that at last, on earth, some men really oppose the will of those who have decided to destroy water and all species living in water. You, the Essenes, stand up and, together, do it for real, for the glory of Gabriel, your Father and your Mother.

98 Do not try to shine in the eyes of men.

1. By nature, men love the light.
2. In the physical world, light is associated with gold, diamond, everything beautiful and luminous. When a person succeeds, when he makes a career, gets an important position, it is said that he is “in the spotlight.” You can also see a large number of beings agglutinating around him who want to take advantage of this light. The light attracts light thieves. What glory in the world of men for those whose loved ones become famous! The light reflects on them and, very often, they lose their footing, for they believe they are more than they really are. If life takes away all the appearances, conditions, notoriety, they realize that they are not much.
3. This big illusion also exists in the world of spirituality when a master or an exceptional being, carrying a higher and luminous virtue, appears in the world. A large number of beings surround him, approach him to obtain glory, notoriety, the pride of being associated directly or indirectly with this light.
4. Let this be clear: the mission of your guide must absolutely remain pure. It must not be hindered by the small desires of Light and glory of the world of the men who behave like thieves and profiteers.
5. If you love the Light, you have to put yourselves at its service impersonally and make it grow purely, where it is.
6. You must not be vile in front of the manifestation of the Light, but you must stand in silence, in the hidden, without showing yourselves, to make it grow.
7. Men are full of illusions and appearances and, very often, lie to themselves, believing that they are superior to what they are. Even in front of the pure light, they continue to play a role, do not remove their masks, are not true.
8. Be intelligent: if you encounter the Light in your lives, do not try to steal it to shine in the eyes of others in an illusion, but join forces with it purely and impersonally so that it is greater and stronger.
9. Many are the men who, when they have encountered the Light, from near or far, proclaim that they are associated with this glory. They make themselves business cards, say they are great men, while their lives are mediocrity, criticism, wickedness, pride, vanity. With them, the beautiful light becomes misleading, deceptive, hiding misery.
10. Essenes, you who are close to the master, straighten up. Straighten up in purity and do not try to shine in the eyes of others, but to be faithful in service to the Light.
11. Let your lives be truth, an impersonal and pure activity. You will come out richer and greater.

12. Rather than killing each other and weakening the Light in this way, remember that you are joined to each other. Yes, your work is collective.
13. If one of you is weak, do not make him weaker, but take him in your arms, help him, support him.
14. Make mutual help and mutual support triumph in the Essene Nation.
15. Angels are not a decoration. They are the life of the Light.
16. Do not look for any glory in mutual support or in the service of the Light. Do not even mention it, for it must become as natural as breathing or walking.
17. The essential is the victory of the Light and not the success of man to the detriment of the Light.
18. The men who try to steal the Light so that the world of man is brighter in illusion and lies are not welcome in the temples of the Archangels and within the enclosure of the Essene Nation.
19. I ask that the Essenes straighten up and stop dreaming and living in a world of made up concepts and fears.
20. Be pure like water, light like air, powerful like fire and stable like earth to welcome the Light into your lives up to living with it. In this way the house of the Essene Nation can be built on solid ground and not on quicksand.

99 A new 7-year cycle.

1. Only what is truth passes the worlds. Illusion remains in the world of men and only truth, what is pure, can enter the higher worlds.
2. The purpose of the existence of the Essenes is to meet an Angel and live with him to fulfill the commandments of the Light down to the reality of the earth. This path is a very special invitation and a great blessing.
3. For the man who has not awakened in him the great reality of the higher world, nothing is of value; he constantly seeks to degrade what is pure to justify his lowliness. Such men do not respect what is different from them. You, the Essenes, must never have such a behaviour, for you have been invited to live with a higher world and to manifest the covenant of the worlds of the Light down into matter. It is an opportunity and luck. That is why you have to put above everything the light of the Angels and the sacred practice of the Round of Archangels, which maintains the connection of Light and protection between you and with the higher worlds. It will be 7 years since this path was opened in your world.
4. For the year 2008, you were asked to organize your lives so that they would be lighter, so that you would be available, freed from the weakness and imperfection that weigh down the lives of men so that you could devote yourselves more serenely to the Light. You had to clarify your lives, stabilize them and above all, free yourselves from what could be an additional burden.
5. For the year 2009, I say this to you: those who have not accomplished this organizational work will have to do it over the next 7 years. In fact, the year 2009 marks the transition from one cycle to another². You have to get rid of your resentments, your imperfections, of everything that is harmful to a path of Light in your lives and to an encounter with your Angel. Do it now, do not carry this burden for 7 years, it would hold you back.
6. The year that is beginning could be called the “year of the Essene Nation.”
7. After the creation of the Round of Archangels during a 7-year cycle, it is now the Essene Nation that will appear and take a completely different path, open new doors and reveal new horizons.
8. This new year will only welcome those who have made themselves free and available. All the others will have to, over the next 7 years, settle their debts and prepare themselves to be able to enter when the next door opens for the creation of a new phase of humanity.
9. For many years, you have received teachings. You had to practice and become almost perfect with everything that was brought through the Round of Archangels. The time has come to move on to the next stage. Those who have followed these long cycles, and especially those who have been involved since the beginning, have to know that what I am saying is not an inevitability, but

- when the divine world says something, its word is truth and there can be no compromise or softening.
10. It is an absolute rule: when an Archangel mentions a truth, when the word is spoken, it is true and alive and has already begun its path.
 11. There is no question that you weigh down the life of your guide by your weakness.
 12. The Essene Nation has a mission to accomplish on earth for all humanity. That alone must count in your lives.
 13. We, the Archangels, respect the law of our Father and obey it. It must be the same for you, the Essenes, for only the faithful, the pure, the ardent who have shown their value will be able to enter the worlds of the Light. So, courage and determination.
 14. You who have heard all these words, who have seen all these works and taken part in the building of this work for the Light, you must now, for the new phase of the Essene Nation, be light, clear, freed from the heaviness of the world of men. Otherwise, you will not be able to enter into the creation of a new cycle.
 15. In what he has to accomplish, your guide must be carried by beings who have known how to organize their lives to offer their stability and their skills to the service of the Light.
 16. For several years, you had to work on yourselves; now, you have to be available to accompany the step that must be taken to open a new path.
 17. Dear Essenes, understand that if you have not freed yourselves, you must really work to clear yourselves over the next 7 years. Nothing must take long. Do not keep anything that can weigh down your life and prevent you from entering the new phases of the Essene Nation when the opportunities arise.
 18. Be stable, determined and clear. Be ardent in the work, for only what is true passes the worlds. What is illusory remains in the world of men and lives with men.

100 Get out of the undifferentiated mass.

1. For the thousands of years that men have lived on earth, they are a multitude those who have sought, by any means, to free themselves from the wheel of reincarnations, they are an infinity those who have tried to find their originality, their family and finally the Father again to get out of the slavery of incarnation, of the imprisonment of living in a body destined for death.
2. Very few have succeeded in freeing themselves and no longer reincarnating. They managed to pay their debts, to cut the ties they had created, consciously or unconsciously, from generation to generation, and that chained them to the shadow, to the dark side.
3. The man who lives in the world and wants to free himself from his chains needs to know 2 essential points.
4. The first point is that he must be aware of the real nature and stakes of his passage on earth. He has to know why he is on earth and concentrate on his true mission, be aware that he is on the path. Only the name that he carries and the work he accomplishes determine his future, his degree of freedom and his journey towards the higher worlds. He also has to know the worlds he encounters, their true names and their true faces, to identify them. He must not connect with what imprisons man, what increases the debt and chains in slavery. One day, the bill will be presented to him and he will have to pay. If he cannot repay, he will be taken away.
5. The second essential key consists in understanding that man is part of a whole. He is assimilated with a mass having several levels of manifestations, but orienting all the differences towards a single goal: the slavery of man. Unfortunately, the latter is unaware of this mass to which he belongs and that directs his life through a multitude of visible and subtle influences. It is truly an earth and sky in which man lives without asking himself questions, without even being able to imagine that there are another world, another life. Everything is planned.
6. This mass, governed by an intelligence that is becoming increasingly hard and material, makes man a slave in all parts of his existence, whether it is food and health, family and relationships, work and creativity or money, fame and power. All these fields of activity are today magically oriented towards the existence and beautification of the body, and man is absolutely unaware of it. All his life, he works on these virtues, these 4 seals, whether on a material or spiritual level, but he is unfortunately unaware of the intelligence that animates them and that, instead of leading the energies towards a liberation, only makes him a little more chained up, from generation to generation. He ends up by becoming a wandering soul and tries from life to life to cling to everything he finds, to everything that is offered to him in order to have a means to free himself.
7. If you want to succeed, you have to consciously walk in the footsteps of those who have walked before you and who have known liberation, fulfillment. A path

is alive from the one who trod it. Such a path is called a tradition. It is essential that today you can move forwards on a path that has been and is alive, respect it and honour this tradition.

8. Blessed are the beings who have opened the doors, who have walked and created a living space from their own experience. Know that if you walk in their footsteps, you do not walk alone, but you are with them. Be worthy to be their companion. Do not allow yourself to do whatever in their presence and think of those who will journey after you and who will walk in your footsteps.
9. When you are part of a tradition, you work for those who have journeyed before you and you want to succeed for those who come after you. This is true beauty and respect. Only those who find the path left by a liberated one will have the means, the plan, the directions to take their own steps towards the ultimate achievement. They will be able to feed themselves in a higher world and live with it through a new body of manifestation.
10. The 4 seals of the Essene Nation have to be activated in the real life of man. The Essenes will then be able to live in bigger worlds, without creating debts, without weaving ties, to finally gradually free themselves from what connects them with death and slavery. The seal of Work will become a work for the victory of an impersonal world and man will gradually free himself from the spell of the body. The same will apply to the seals of Health, Family and Money. By activating them in accordance with the Tradition, man will no longer feed himself and will no longer live under the unconscious dependence of the laws of the outside world. By taking his life in hand under the inspiration of the Tradition, he will be able to set off on the clear and pure path of the encounter with his Father, of harmony with his Mother to be welcomed into the spheres of Light and really break the curse of reincarnation.

101 Everything is in the preparation.

1. The world of men is complicated. There is a world between speech and understanding the speech, worlds between understanding and action, the realization.
2. Men talk to each other, but they do not get along, they do not understand each other. Even inside them, they are divided, separated and unable to establish a clear communication between the different parts of their beings. Before they come into conflict with others, they have an inner incoherence.
3. Men have let worlds invade all their manifestations, their communications. They have not cultivated purity, simplicity, and now they are in conflict to the point of no longer being able to talk to each other, meet, live together, share.
4. Everything has become complicated in the world of men. The pure water of the Source does not quench their thirst. Being blocked, unsteady, men have entered into rhythms, into ethers that enclose them into worlds of illusions. They stick these illusions on everything they run across, which isolates them even more, for there is no more place for others or for the life of the spirit. When, through the Essene tradition, they find the water of life, they often wonder why such a discipline, degrees to respect and work to do on themselves are necessary. And why awaken, bring their consciousness, their discernment to life and study a wisdom that prevents them from being nonchalant and irresponsible?
5. Study and discipline are the keys to happiness, to a beautiful and happy life.
6. Man has to study the laws and understand how the world works. He then has a base to meet others and grow towards the unknown.
7. Man is a work of art that must be studied and understood. The life of man is not always the same. There are very short moments when a door opens and his whole life can be transformed. The life of man is more or less long, but these moments of opportunity are very short and have to be seized. These are the moments that shape the course of events, sometimes over months, sometimes for a lifetime. Yes, one moment is enough to determine a lifetime. For some, the door opens only once; for others, several times. Each time, everything can be different.
8. You have to know how to seize opportunities, but also be ready for opportunities. You have, for example, the idea of making a cake. First you have to find a recipe, gather all the ingredients, prepare the work place and assemble all the utensils, then make the cake, light the oven, clean the kitchen . . . All this long preparation comes down to one single moment, one single result: the cake is well baked or it is burnt. The same is true for man: he has to prepare his life for this moment of success or imprisonment. He has to be aware that all this work, this discipline are there so that at the right time the divine world comes and speaks to him. If the man is not well prepared, there is an offence and the door closes.

9. It has always been said that man must make an offering to the divine world. If the offering is accepted, the man is raised into the Light. If it is rejected, he is cursed and has to start all over again. The man has to prepare again and wait for another opportunity of which he knows nothing. He does not hear, does not see, does not understand and finally the relationship is burned, the process stops, nothing works anymore.
10. Everything is in the preparation.
11. The preparation can become the moment of happiness.
12. Rejoice to be on a path of awakening, study, rigour and discipline, for this means that you are preparing an encounter, that you will not be alone, isolated in a world of complex illusions.
13. It is fundamental to cultivate constancy in the preparation. At first, it might seem difficult because there are really many elements to rework, but after a while, the effort eases, for the pace is set. You can rest on the bases you have and that carry you. Everything is easier. What is essential is to have a constancy allowing you to keep the rhythm, to be in the movement, which enables you to keep everything you have acquired and worked on.
14. Understand that the Essene Nation is a collective work and you have to support each other. You might be tired one day and the next day help another, but you must not leave the current of the Round of Archangels.
15. Man is made like this: very often he will commit himself, follow a discipline, but as soon as this work is finished, he will all at once gulp down all the food he has missed, drink and party, gorge on television, meet people who are not interesting and finally lose all his gains.
16. I ask you to be constant, faithful and enduring in the work of the Round of Archangels. Do not be sad to be in this time of training, but happy, for at some point, it is no longer outside you that the divine world will come, but inside you. It will come with the key. So it is up to you to be sufficiently prepared to hear and understand so that your lives take another direction and are changed. If you do not hear, indeed, the door will be closed until you are correctly prepared.
17. You know these laws, for in your lives you can prepare for years of hard work just to take an exam. The preparation lasted years, but the exam took only a few hours: everything was decided during this short period. If you have not worked, you know the result. If you have worked, you still do not have any certainty and can only hope that everything works.
18. It is constancy in the discipline of the Round of Archangels that will determine the result of your lives.

102 Do works to bear witness to splendour.

1. The divine world asks those who love the living and intelligent light, and especially the Children of the Light, to do works for the victory of the Light in their lives and in life.
2. Do works on earth to bear witness to the splendour and beauty of the higher world. Do works in which the Light can manifest itself and live. Do works to incarnate peace, give a body to beauty, bring healing, happiness.
3. To glorify the Light, the work counts, but you must also consider the way in which you accomplish it.
4. A work brought into the world for the victory of the Light must be done with the best elements, elements that are healthy, harmonious, pure, clear, full of wisdom.
5. The work must teach you the perfect mastery of self and of the elements that surround you and make up your lives.
6. If you work for the Light, the whole world must take part in what you do. For this, everything must be mastered.
7. This is the work of the Light: a sacred magic, a universal symphony of which you are the conductors.
8. Even in a seemingly small act, harmony must be perfect.
9. The universe rejoices to take part in a work of Light, and the one who carries it out must be borne by a universal harmony. He has to be sufficiently in control to bring no other element into the realization.
10. The men of today do works in war, sorrow, fear, confusion and offer the conclusion of their work without realizing that they have imprisoned living beings in their work that are now chained, broken, tortured and negatively influence all those who enter their aura.
11. Every time a creator emits sorrow, pain to accomplish a work, this energy is imprinted into it and lives there. The work lives from the soul of its creator and it is this soul that acts through the work.
12. You must not do works for the Light while being in negative states, for everything is alive, everything is recorded. The anger you put while touching the work with your hands or magnetizing it with your eyes, words, thoughts will remain powerfully and can continue to act, even after your death. All sensitive beings who will touch the work or come into contact with it will be able to feel the distress, the disease. Such a work is not for the glory of the Light, even if it bears its name.
13. You have to accomplish a work and lead it to perfection. You even have to try to do several to glorify the Light. If you succeed in doing such a work, you will know it, for there is nothing more beautiful and greater in the life of a man than to give birth to the Light. The work of the Light opens the doors to eternity.

14. In perfection, you have to make your whole lives pure works for the Light. No disharmony, no suffering must approach your lives and become their driving force, their inspiration.
15. I ask you to bring to life the harmony of the worlds, eternal wisdom, love and truth in a work that will be able to continue living with these virtues.
16. If the works you are giving birth to are done with fear and pain, not only will they not last, but in addition, these influences you will have put into them will propagate through them.
17. Be aware that when man uses his creative power to carry out a work, he brings his inner life and the life around him into it. He puts into it the very existence of water, air, earth and fire. All these elements become alive and active through the accomplished work. Such is the power that the Father and the Mother have given to man. That is why I ask you to bring serenity, intelligence, clarity, happiness, meaning into every work carried out, especially if it is a work to glorify the divine world.
18. Do not create for the Light in bad conditions, for the work of the Light should not be associated with a broken world, a world generated by the illusionist of the world, who makes men slaves of life through fear and weakness.

103 The traps of clairvoyance.

1. Even on the path of spirituality, men need fantasy, extraordinary and sensational news to motivate them, to stimulate them, to feel alive.
2. The Essene wisdom is an authentic, universal tradition. It has its feet on the ground while having its intelligence in the stars. It seeks to light up the life of man in his relationship with the Mother, the earth, in harmony with the Father and the subtle worlds.
3. The invisible worlds close to man are in the image of man. They are full of traps, illusions, lies. Before entering these worlds, the Essenes learn to protect themselves from them. It is because they know these worlds that the Essenes have been called the healers, sages, Children of the Light, magi and Sons of God.
4. The sages who govern the Essene Nation want to warn the Essenes about clairvoyants and the perception of the subtle worlds such as it is practiced today by the spiritualists.
5. Such warnings have always been made by the authentic tradition, for the spiritual world exists, it is alive and dangerous, like a wild forest. Only the initiates, those who have been trained can enter it without getting caught by a whole world that only seeks to devour man.
6. The message is that clairvoyance and perception of the spiritual world such as they are practiced today, without any preparation or training in Essene wisdom, are not welcome.
7. Clairvoyance, inspiration, intuition are of course welcome as manifestations of the Angels of Light, but only in Angel bearers who bow to the wisdom of the higher worlds and who have been correctly formed in their bodies and subtle centres so that purity, devotion and wisdom are the foundations of their impersonal perceptions.
8. False clairvoyance, the one that mixes false with true, that is sensationalist, nourishes fantasy, widens the grip of illusion and above all, uproots from the wisdom of the Mother, is not welcome. Such clairvoyance is a danger to the Essene Nation, for it drags beings into false worlds and puts them to sleep, diverts them from the genuine purpose of life.
9. Men find it extraordinary to be able to go into another world and perceive what is happening there, but very often, they only see their own illusions, their dreams or those of others, nothing more than the world of water surrounding man, where everything is possible, especially fantasies. This world of illusions is alive and active. It could, through certain beings who have access to it, come take root in the earth of the Essene Nation.
10. Men welcome these seeds simply because they need answers, changes, relief, to be soothed, and find all this exciting, incredible, wonderful.

11. For us, the divine world, this faculty of clairvoyance is banal; the most mediocre of humans is capable of having this fantasy. When we look at the clairvoyants, mediums, channels of your world who have a chaotic, and sometimes even demonic life, we can tell you that the lowest of men can have this gift, which means nothing if it is not associated with the eternal wisdom and pure teaching of the Sons of God and the tradition of the Light.
12. Only the Tradition can and must exist.
13. What comes from the world of the uprooted man and above all from this false spirituality cannot be invited into the earth and heaven of the Essene Nation.
14. Let one who has a gift develop it and put it at the service of the Essene Nation according to the eternal sacred rules of purity and respect, and not in the madness of the world of men.
15. Not all seeds need to be planted and cultivated in the Essene Nation. There are already enough lands to cultivate illusion and chaos.
16. Today, the difficulty you encounter is that the soul has moved so far from the incarnated man that he has lost the universal language that connects the worlds and lights them up in truth. Then, all these incoherent images, which have no real intelligence, no deep meaning, no value, no explained, tangible origin, are placed between man and his soul to create a confusion and live in this sickness to the detriment of man, who is increasingly lost.
17. The clairvoyants of the world capture these images, these impressions without understanding anything about what they perceive and in this, they increase the illusion and the distance between man and his soul. The soul is unhappy to see that man creates above him a fictitious belief in the soul, which becomes a sickness, an illusion, a separation from it.
18. The clairvoyants have imagined that they see their souls and the beings associated with it, the Angels and the divine hierarchies. All this is a great misfortune for the truth and purity of the teaching of the soul and of the Light.
19. Only what comes from a higher world, brought in a clearly explained wisdom and tradition, of which the ins and outs are known, leading to a collective work in harmony with all the kingdoms, can be given as seed to the Essene Nation. You can keep the rest for you, for if it exists, you must not let it enter the Essene Nation so that there are no illusory images of a world of the soul in its sky.
20. Take care of what is pure and do not pollute it with the stupidity and poison of false spirituality, of the illusion of wisdom of the world of men.
21. The soul must be in the life of man through the purity of his actions, the clarity and truthfulness of his words, his loving and sincere looks, but never through pride, self-importance, the desire to have a role in the life of the world of men or to feel himself exist in a false world.
22. Only the wisdom of the Essene tradition can offer the real vision and the real perception of all worlds in purity, with a solid base thanks to its structure of Light that is wise, intelligent, perfectly understood, mastered in all worlds.

23. Be big in the eyes of your soul and small in the eyes of men.
24. To be strong in the world of men, you need to have things to give. But if in the end you are resting on a world of illusions, unexplained beliefs, unfounded visions, what will you give to others that is solid, stable, real? You will end up by being crushed, destroyed. You will be used by a world you do not know, that will steal everything from you and leave nothing of you. It is a world where everything is false, where everything is only shadow and transforms you into shadow. It is a cruel and ruthless world behind lies and the vision of light and beauty. There is nothing worse than a false beauty. Everything that will be interesting in you, all your gifts, your riches will be taken, for it is not the tradition of the Light that will teach you, but the illusion of the spirituality of today and yesterday, this great fashion of clairvoyance, of channeling by beings who in the end live in dreams and lies.
25. These trials have always existed, like the gargoyles at the entrance of temples that seduce and catch ill-prepared disciples. The Essenes have always known how to protect themselves from this evil. Still today, be faithful to what you are and leave this world outside the Essene lands so that the covenant of the Light is pure and authentic.
26. The soul of humanity suffers from this illusion and false spirituality that are spreading everywhere.
27. The connection with the soul is dying out, whereas this is the most important thing in the life of a man passing on earth.
28. To shine in the eyes of others in an illusion has no importance.
29. To pass in your world while keeping the connection with your soul alive - which allows to keep greatness, a nobility of intelligence and stability for the victory of what is right, true and eternally pure and sacred, is a true blessing.

104 The Serpent of Wisdom will lead you towards the higher Worlds.

1. A great secret is hidden for man in the knowledge of the serpent of wisdom. It is the passer of the worlds; it is the guide that opens the doors to a higher world.
2. When the serpent of wisdom manages to enter into a man and even live inside him, it establishes a state of consciousness where everything becomes calm, motionless, deeply stable. The man becomes clear, he feels one with himself, in harmony, and he stands rooted in wisdom, fearless, calm and stable. He looks at events with detachment, without haste, and acts intelligently, bringing solutions where there was confusion. He can be lightning fast in a decision or action or calm and thoughtful, patient, waiting for the right time. In all things, he is just.
3. If the man has lived this experience of being inhabited by the serpent of wisdom and then, it leaves him, he feels distress, fear and discontent rising within him; he feels unstable and can begin to see dark forces around him. This does not reflect the presence of the other serpent, the serpent of destruction, the tempter serpent. It initially stands outside the man and acts as a mirror. What the man lives as distress is reflected in the water around him, is deformed, amplified, takes the form of dark forces. The man then believes that he is inhabited by forces bigger than they really are. These ideas eventually bring in the serpent of destruction, which settles in him. If the serpent of wisdom had remained in the man, the serpent of destruction would not have been able to play this mirror effect, for the man would have remained serene despite the small hassles and imperfections of life in a mortal body.
4. The serpent of wisdom unites man to a higher world, but when it is no longer there, man has to reason himself, for he finds himself alone. If man sees imperfection, he starts to be afraid, suspicious, to worry, and it is a state of distress that settles in him, which takes away his peace, his serenity, his stability. Be vigilant, for these are the signs that announce the coming of the serpent of destruction. If it comes and settles in you, takes possession of your lives, it will inevitably lead you to hell, slavery and imprisonment.
5. One who, when looking at the world, sees imperfection, injustice, the negative and who does not balance himself with stability, inner light, commitment, the solution, but on the contrary, is invaded by despair, anger, disgust, rejection, condemnation, war . . . , shows the signs that he is possessed by the serpent of destruction.
6. When the serpent of destruction takes root in a man, it always directs him towards a negative or narrowed, hypocritical, cowardly, false vision of the world. It pushes him to close his eyes or to give up. After entering the man, it tries to totally invade the water around him in order to completely take over his destiny and direct his whole life, his thoughts, his beliefs, his desires, his goals, his motivations. Then the man is led into illusion, everything is stolen from him.

- He is attached to death, destruction, nothingness. The man will go all the way to hell, because there is never a remission by this serpent.
7. Be pure, honest towards the Essene Nation, right and true. Be vigilant, have constancy. Work on yourselves first to unite with the serpent of wisdom and allow it to enter your correctly prepared bodies.
 8. Be respectful towards the one who guides you and holds out his hand to you so that no confusion can appear between you and the teaching of the Light.
 9. The serpent of wisdom will lead you towards the higher worlds and will not abandon you if you are faithful to the Essene Nation. On the contrary, it will bring you happiness and liberation. If you cannot do this, be humble, work in secret, work constantly to nourish inside you what is beautiful in the higher worlds.
 10. Do what you can with simplicity to respect your commitments to the Essene Nation so that the connection is powerful in the collective work. In this way the strength in numbers will be with you and will protect you.
 11. Do not look at what is ugly if you cannot do anything, for after a while, you become what you look at.
 12. In the world of man, it is not possible that ugliness does not exist, for it is a condition so that beauty is known and it too can manifest itself.
 13. The serpent of wisdom will show you that you must be the balance of the worlds so that everything is in its right place.
 14. You, the Children of the Light, have the tendency to be afraid of everything negative, whereas it is only one facet of life, one end of the scales of the worlds. One pan is negative and the other is positive. If your eyes are fixed on the negative pan, just look at the other pan to restore balance. Be awakened to this wisdom because the negative exists, but it is not obliged to be part of your lives. You are not obliged to concentrate on it and make its pan heavier by living exclusively with it. It is part of life, that is certain, but you can look at life in another way that allows achieving a balance and making another world appear, a higher world within you, that will give you stability and light up the world in peace, serenity and perfection.
 15. Perfection does not belong to the world of man; it belongs to the Father, who can transmit it to His Son.
 16. The wisdom that lights up the world and balance do not exist in what is outside you, in what is concrete, tangible and has been captured by death, but in a state of inner and living awareness of a higher world.
 17. If you say that you feel pure and clear, but you see dark forces outside you, it is because the serpent of temptation and destruction lives in you. It is what makes you see these things, for if you were with the serpent of wisdom, it would make you see the perfection and beauty of the worlds and in addition, it would incite you to go towards these worlds and make yourself a body to live with them.

18. Be conscious.
19. Do not open the door to fear or superstition, for they would invade you.
20. Be wise, poised, clear and pure, not according to your beliefs and criteria, but according to those of the Essene tradition and the divine world.

105 Only shine for the Divine World.

1. The men of this era search for love, affection, the look of others, attention. They so much do not want to be alone that they are willing to do anything to be looked at. They express themselves, try to show the best of themselves and offer it to others because it does them good to feel they are interested. In fact, they try to escape the emptiness inside them. This emptiness is the unconsciousness of their inner lives joined to their souls.
2. The man who turns all his senses towards the world of outer appearances cultivates a nothingness inside him and that is why he looks outside for recognition, love.
3. To shine in the eyes of soulless men is very dangerous, for in this world there is no one who is truly selfless and as soon as you show that you have something good, precious inside you that comes from your soul, the eyes of greed set on you to take it from you or mitigate it, make it ugly.
4. The soulless do not want the soul to appear, to show itself to the eyes of others, for they do not want the eyes, the interest to turn away from them and that the truth about their true nature is known.
5. You, the Essenes, you must be true inside, aware of the connection with your souls. Keep your treasure carefully and share it purely only with the divine world.
6. I understand that men feel so isolated and orphaned that they look for comfort in whatever way, even in the world of the soulless. They try to cling to what might seem alive and stable around them and in them. But know that in this world of the soulless you will not find what you hope for. You will encounter sorrow, deception, theft, trickery and even betrayal.
7. Do not show the Light to one who has not made himself worthy of it.
8. Know that one who speaks to you about Light without loving the Light and without even knowing it inside him wants to catch your attention only to steal the precious that is hidden in you.
9. Do not show your souls in front of those who do not search for the Light in them, who do not know it and do not live with it.
10. Keep your flame inside you as the treasure of life and the only path towards beauty. Do not talk about it, for others will see it through your emanations, your looks, your expressions, your attitudes, your gestures, your frankness, your way of handling the different situations.
11. Do not live the Light in you for others, but to be in harmony with a higher world of eternity. Then others will say to themselves in silence that this person is respectable because he does not talk about what he is, he does not delude himself, but he is what he is and this can only be understood through the inner life. Then respect will be established.

12. Men are so proud and prideful, they want so much to shine in the eyes of the soulless, always be the greatest in appearances, the most beautiful, the chosen, the privileged, the ones who go forwards, who are right, who have to be heard, that they no longer even notice that before deceiving others, it is themselves they deceive.
13. You must shine for the divine world, but not for men.
14. My wish is that every human being hears these words: straighten up, do not look for the outcome of your lives in the world of appearances, always keep a distance. Always be courteous, polite, do not judge others, do not close them in, but do not glorify them either, do not put them where they must not be. For there is a great illusion in this world, but men are so lacking in attention that they accept, very often, to do whatever with their lives, just to feel they exist.
15. The divine world is truth and it only approaches those who are true.
16. The world of men is imperfect and false. Men try to be real, but before they manage it, they make many mistakes, go through trials, more or less unfortunate experiences. Do not be guinea pigs so that such a world becomes strong from you, from everything it steals from you.
17. In the Essene Nation, what is great and beautiful is recognized.
18. The Essenes do not try to shine in the eyes of others to exist, but they are discreet, humble, only letting their faces radiate with the angelic light that shines through their gentle words, their generous gestures, like those of a mother who loves her children can be.
19. Stop saying that you have the Light, that you are special beings, but turn towards the Essene Nation and give a body to wisdom on earth by uniting with a community blessed by the higher worlds.
20. It is in union and organization that you will find the strength that allows breaking the charm of illusion and getting out from the grip of the false light. In this way you will be able to be in the world of men, hidden, keeping the light, your treasure, in secret, in the deepest part of you, without ever showing it or sharing it with a being who has not manifested the signs of respect, of devotion towards the flame that is lit in him.
21. One who has not recognized the light that is lit inside him and who has not put himself at its service for a concrete and collective work wants, often unconsciously, to steal the light where he feels it, perceives it. It is pride, jealousy, envy, the aspiration to be recognized; he cannot stand the light in others. Either he takes it or he tries to put it out. Be aware of this law and it will become a strength in each one of you, a protection within the Essene Nation.
22. Where men are unconscious and empty, you need to hide the light inside you, for it is with this light that you will light yourself up, warm yourself up and live. You will be with your Father, your Mother and your true family, the Essene family. It is with this light that you will cross through the mystery of death, where man meets himself and perceives truthfully what has animated his life.

For you, let it be the beautiful light of your soul that you will have known how to protect and you will have shared only with your kind in order to make everything in you, in them and in the world grow that is eternally true and connected consciously with the divine world.

106 Family, a fundamental value.

1. If I come among you, if I answer your call, it is because I have a message to transmit to you and I hope you will hear it.
2. Know that if I approach men, I do not wish to be welcomed and heard by only one, but by many.
3. I, Gabriel, carry this light of the union of men and women who form families, communities, who cultivate healthy, living and clear relationships.
4. Through family, through brotherhood, may men find a welcoming land, a path of destiny, a stability in life. May they create and live while having deep roots.
5. The Round of Archangels is the angelic light of the Father that will enable you to take root through an alliance of awakened men and women who form a family, a nation of Light, a circle of mutual aid to support and carry each other in life.
6. Today, you are all deprived of roots, you have all gone towards the world of individualization, you have chosen the path of separation and now, you live all alone in the midst of the multitude of the indifferent. You can no longer really be with others, for trust has gone, but above all, you no longer have confidence in yourselves, in your own inner fidelity.
7. What I ask you, what I want to see appear and live within the Essene Nation is men and women who work together for a common work. Gather together as a family, root yourselves in the earth of the Round of Archangels, develop a stability and an organization that allow you to live as Essenes on earth. Let all aspects of your lives be connected with the Essene Nation, your communal land and life. Gather together and lead all energies towards a common goal: that of realizing the Essene Nation and living as Essenes within that nation. In this way you will develop your bodies of Light and eternity.
8. I also ask all those who have families to preserve them, to protect this sacred bond of light and love that unites beings to one another so that they will know stability and rootedness in their lives.
9. Lead your families into the Essene Nation.
10. Protect family and your families.
11. May the being of family continue to live, may you be firm in solidarity and your children be born in Essene Villages; may they can create conscious descents and lineages so that one day, the Light appears in the world.
12. If I come towards you, it is to bring you the message of the union of beings for a common work and for the healing and glorification of family.
13. Unite and have this idea that you must never work and navigate alone in the world, for in this way you would be guided towards a world that would take the source of what you are away from you, you would be taken and inspired by it and it would lead you towards the consumption of what you are not. You would

be filled outwardly with a world that would steal what you are for all eternity and distance you from communication and communion with others.

14. One who moves away from the community of Light to find himself gets lost and gains an illusion of self, while one who finds his right place in the midst of others, in love and wisdom, gains his true being and the eternal being of all beings.

107 Be realistic and unite in the common work.

1. You, the Essenes, I ask you to have your feet on the ground, to awaken to the wisdom of your Mother. I ask you to have your head in the intelligence of the stars that carry the messages of your Father towards you.
2. In all things, be realistic. Consciously and with simplicity, unite earth and heaven and be aware of the exchanges that make up life and open the paths of destiny.
3. A destiny is the sum of the influences that make up a body.
4. You surely think that your guide is someone supernatural, that the gifts or this light he carries and brings you, he had them in an innate way. You are very mistaken, you project your own imagination on him. Know that he came to incarnate in the world of men without any condition favourable for the accomplishment of his work. He did not come into an Essene family, but into an atheist family that never spoke about God. He lived his entire childhood without anyone seeing what he carried in him, and therefore without ever being able to share his desire for perfection. No one understood him and could even imagine what was living inside him. They wanted to guide him so he would become a man of the earth, a man of the world; what a suffering for him! Everything was done so he would take this direction. As soon as he could, at the age of around 20, he isolated himself and ardently sought to find his true family again, the divine world. At that time, he began to work hard on himself to become more and more capable of serving the Light. Know that he was like you, had no condition to be what he is and had to work on himself, relearn everything, for he had no model in front of him.
5. I ask you to be realistic. Do not project on him your ideal image of someone supernatural. He really needs you to carry out his work, as partners, as beings who have a common mission. So, unite, put all your strengths to work, your energies, your skills so that this beauty of the Essene Nation can be achieved throughout the whole world, in the covenant of Light, in brotherhood, in love.
6. Be strong, do not squabble to get a place near the master.
7. Unite and achieve concretely, for the time of men is short and you do not have much time left.
8. I ask you, if you believe in your master, if you believe in Angels, Archangels and Gods, to make sure that this light - which is the mystery of the Essene Nation - appears in the world, that it is alive and active and that it sows all beings who are searching for their paths.
9. I bless you.
10. May the water in your relationships be softened and lightened.
11. Mount Canigou thanks you for the gesture you have made. It thought it would not happen, for in general men make many promises, but rarely do they go

through with them and fulfill them. It is astonished and moved by this attention from the Essenes and by this will to bring together the different facets of the existence of the Mother on earth.

12. May your life be beautiful and your work great and fertile.

108 “If I were a man on Earth . . .”

1. Humans on earth live in concepts, imaginations, desires. They do not necessarily see the world as it is, but rather as they conceive it. They continuously project their wishes on what surrounds them. They have imagined a spiritual and divine world, they have dreamed of the Angels and have projected all this creativity into the world of Archangels, very often creating a regrettable illusion and a total impossibility of communicating.
2. The world of Archangels can communicate with humans and even exist on earth, but men have to be pure and true, they have to be correctly trained and educated. That is why we have continuously sent masters charged with establishing initiatory schools in order to instruct men.
3. The Archangels do not want to address extraterrestrials, cranks, eccentrics without wisdom who talk about love and make war, who glorify intelligence and speak only foolishness, who take themselves for kings and are only beggars.
4. If I were a man on earth, I would have the eyes of the truth, I would have the nose of harmonious exchanges with all living beings, whether they are positive or negative.
5. In any relationship, I would look for what is right and balances all the worlds.
6. I would have a mouth that would only say words glorifying the truth.
7. I would have ears that I would use to listen to the melodies, the sounds, the noises in order to hear and to understand what is said through each manifestation of sound.
8. I would have an aura, a light around me, which would be the manifestation of the laughter of children, of the spontaneity and of the joy that so much resemble the bouncing and singing water.
9. Through my breathing, I would strive to do no evil and never, inside as well as out, would I enclose a being in a closet, put a label on him and lock the door.
10. Through my ability to move, I would be harmony in all gestures and I would cultivate the ability to imitate the postures of all creatures in order to represent them through all my movements. In my movements, I would be the incarnation and the representation of the worlds.
11. In everything I say to you, you will find the existence of the Father in your life and also the face of an Archangel and his manifestation in your world.
12. Do not go on imagining worlds, do not go on believing in superficial and supposedly all-powerful gods who will transform your lives into a dream. Of course, these worlds of imagination have a higher power on the life of men, but do men open the doors of their lives and allow the higher worlds of the Light to bring a little bit of freshness, of renewal and of impetus into their lives? This is very rare. Very often, men turn towards the higher worlds while imagining and

- intellectualizing everything they will be able to find there. In this way they project their own lives into these worlds.
13. The Mother is alive and you can take refuge in Her to awaken in a right and true way.
 14. Humans do not live life, they imagine it and this behaviour destroys the worlds. In spite of this, the Mother remains alive for man.
 15. Man is extraordinary, for when he speaks, when he addresses you, he uses an enormous amount of strategies to convince you and delude you. He is going to talk to you about what pleases you to put you to sleep, but he will never truly pay attention to you, will not take the time to listen to you to discover what you carry in you. In fact, he only listens to himself and thinks only about himself when he talks to you about you.
 16. Man feels he is creative and the king of everything that exists, while in reality, he is and must be only a condenser of everything that exists around him in order to make it alive and open for it the path of liberation and fulfillment of the Light.
 17. Man must listen to and accept the beings that live around him, whether it is men, animals, plants or minerals, and he must find in himself, in association with a higher world, the message, the teaching that make it so the Covenant can be re-established, dialogue exists, harmony can live. Then the perfect face of the Mother will appear on earth and I will reveal myself through men in all their centres, their senses, their bodies, perfectly awakened and structured.
 18. It is the work of the Round of Archangels on earth to open a space so that the communication between the worlds can be established, not in the illusion man carries in him, but in awakening and attentive listening to others.
 19. Man must be trained to approach the living and eternal world of Gabriel and receive a structure of Light inside him enabling him to be alive from his soul and to enter into a harmonious dialogue with all beings and all kingdoms. Then the world of Archangels will be there for all, in truth and beauty, in sharing.

109 The Wisdom of the Nenuphar.

1. It is good that man can have perfect magical writings to contemplate and meditate on.¹ In this way he can concentrate and nourish a higher world inside him.
2. Very often, men make the divine world abstract, with ideas and beliefs far removed from their lives and essential concerns. Such an attitude weakens the Light in the life of man.
3. Perhaps this new revelation of the Nenuphar flower in the lake of Gabriel will allow man to awaken and understand who he is and what he has to do with his life.
4. It would be intelligent to make a garden of nenuphars so that those who want to can meditate in its atmosphere, while striving to talk with the beings that will come to settle and rest in this beauty, in this perfect writing.
5. Men have to concentrate to the point of really understanding this wisdom that shows them clearly that without the divine world, they cannot live. Such an understanding is vital for the happy destiny of man and can only be born in the atmosphere of such a magical garden.
6. My greatest satisfaction is that men awaken and commit themselves consciously, that they become responsible for what they have understood in their lives, for example, that man cannot exist or above all become alive, enter life without a higher world.
7. Man is not asked to be a sage, a great master or a powerful magician, but simply to be a faithful servant of what he has understood that is higher and better.
8. Let men finally give the divine world the means to touch them, to awaken them in what is true and pure.

110 Message from the Doe: protect the Family.

1. Through the Doe, I wanted to pass on this message to men: in your lives, do everything to heal the world of water, the world of relations, the presence of the world of Gabriel.
2. I live in a world that men do not know and that exists outside of man and his reality.
3. Men live from me, from my existence, from my presence in their lives, but they become more and more unaware of what is vital and they close the world of Gabriel above their heads, in their sky. They pray, meditate, but do not do the works that open the doors and give victory to what is right, true, intelligent. They do not protect the divine laws and traditions, but rather they have trained themselves to destroy the sacred world that lives above them. Soon, they will no longer have any heaven to enlighten them.
4. Make sure to protect and keep this idea of community, solidarity, mutual support.
5. The family is essential to life, not only the life of man, but that of all species.
6. The Essenes have to go towards the great family, cultivate knowledge, sensitivity, intentions and above all, concretely make use of everything to revive this idea in the reality of acts for the whole world. One has to be aware of this: today, safeguarding the family is a real challenge. If you do not succeed, you can always call the world of Gabriel, but you will have closed it yourselves in your own lives. Then I will no longer be able to come close to you, for the resonance will not be there anymore. This will be the coming of the world of the soulless.
7. Meditate deeply on the importance of the family.
8. If you really want to be Children of the tradition of the Light, organize yourselves and do everything so that Father Gabriel lives above you, in your sky. I speak here on my behalf but, of course, the other Archangels must also be present.
9. Let those who are in trouble, who are lost, who do not know which path to take remember that for Archangel Gabriel, only the path of the big family is the good one, that of the human family, the universal family.
10. Everything that is put down for the good of the community gives strength to a people.
11. Isolation, uncertainty, conflicts, separation and all influences that go in this direction are not the path of the Light.
12. Division must not rule in man himself or between him and his brothers in all worlds for concepts or for the search of glory in the eyes of men and the worlds of death. If he takes this path, man forms the sky of division above him.

13. My wish is that no one be deprived of a home. Let every man, every woman and every child receive the message of the genuine goodness, warmth and life of a real home and that this idea, this truth, this force be extended to all beings and to the universe. Such is my wish. I would like men to understand it and set to work. If one day they are lost, let them come close to the true home and make sure that the family is primordial in their lives.
14. I ask the Essenes to do concrete acts on earth to glorify the world of Gabriel in their lives. I ask the Essenes this, but also all men, and I wish for my words to be heard by all men.

111 Build a new World.

1. The Light is a living spirit.
2. The Essene Nation must be the active incarnation of the Children of the Light on earth. It must show how the Light can live on earth through the men who have recognized it, who love it and who call it.
3. By incarnating the Light in his life, man can live in harmony with higher worlds and intelligences. That is why men who have recognized the beauty of the Light need to unite, form a soul family, a people, a nation in order to be strong and to work for worthy and noble objectives.
4. The Essene Nation must be the opening of the door that allows the Light to come into the world, to touch the earth and men and to write everything that must be set down and realized so that life unites with the Light again. The world needs this beautiful light that enlightens, speaks and gives the strength to act. It needs purity. That is why, in the eyes of everyone, the Essene Nation must be the alliance of love of the women and men who awaken and freely decide to unite in order to live in accordance with a higher intelligence manifesting itself in the world to guide and heal, to open another path.
5. The Essene Nation must appear as a quality of life, but also as a people that respects the divine laws of a higher intelligence. The Light is a higher intelligence and it needs a people that respects it and welcomes it to be able to land and touch the earth through the properly prepared man. The higher worlds have always settled on the people of the Children of the Light to bring the seed of a new era that perpetuates itself from generation to generation and glorifies the sacred tradition coming from the Father.
6. Today, it is the Essene Nation that has to carry out this task and all those who purely love the Light need to be aware of it in order to contribute to the work. The Essene Nation must manifest respect for the higher intelligence and live on earth in harmony with it, incarnating the divine commandments.
7. The Essene Nation carries a divine seal in it, a revelation that must be placed on earth, then invigorated, maintained and strengthened. The challenge is global, it is the future of humanity and the earth, for if the seal cannot be put and invigorated, the door uniting humanity to a higher intelligence will not be kept open and men will no longer be able to access worlds that elevate them. They will no longer have any ground to carry them for such an elevation or any opening towards truly higher worlds.
8. In the Essene Nation, there are women and men who have understood what is at stake and who are committed to giving a form, a structure and a body to the Light. This is perfect and these souls will be blessed. But I would like all those who love the Light to become pure again and hear my message and my call: give a living form to the Essene Nation in a way that it is a land on earth, capable of receiving the seeds of the Light and giving them a body so that the higher

intelligence enlightens you and lives with you. Let each one awaken individually, take his life in hand and strive to unite with the Essene Nation to form a soul family capable of living with the Mother and with the Light.

9. Another way of being in the world must appear and take root on earth.
10. It is beneficial to study the Teaching and to establish among you a circle forming a higher intelligence among men, which preserves the commandments and the covenant with the divine world. This circle can be manifested through a supreme council of the Essene Nation¹, which gathers to light up the world and deliver it from the darkness chaining it to blackness and the misleading light. The divine world blesses such an initiative within the Essene Nation and humanity. But even through such an initiative, do not be content to study the wisdom of the Light, for it must not only remain in your hair to crown your heads. It must also go down into your feet so that the foundations of your lives are completely laid on a higher intelligence that enlightens everything and balances the worlds.
11. To build a new world capable of welcoming a higher intelligence, man must be settled on the earth and he must know how to live.
12. If man does not know how to live on earth and does not master the visible side of life, how will he be able to launch himself into the invisible? To conquer heaven, you need a solid and stable base. Therefore, it is vital that the Essene Nation structures itself in order that the invisible becomes visible and the wisdom of the Teaching can perpetuate itself throughout time.
13. But the Essenes must not rely solely on a structure or circle that would think for them. Each one, individually, has to develop an intelligence in order to always bring a purer and truer union with the light that enlightens and brings everything into harmony. In this way the leadership circle and structure of the Essene Nation will be protected by the Essenes themselves. It is necessary to always raise the level of consciousness and life of the Essenes towards the light that enlightens the individual so that everyone is able to discern for himself what is true and good from what is not. It must be a quality in the air of the Essene Nation.
14. The Essenes today have a quality of thought and a beautiful philosophy that surrounds them. For this beauty to touch them and become obvious in them, they have to master their bodies and organize their earthly life towards giving victory to the Light.
15. Meditation is always based on the mastery of the body because the spirit, the mind and the invisible world need to rest on stability to be able to manifest themselves.
16. To master the body and earthly life is to apply the discipline of the Teaching down to your feet. Then the light of a higher world can really come into contact with the earth and bless the path that man walks on. It is through the feet of man that the Light touches the earth.
17. An Essene has to know which thoughts, consciousness, attitudes and behaviours he needs to cultivate in all circumstances of life to be right and true in all worlds.

By applying this discipline, he will gain greater control over his destiny, and the higher worlds as well as the subtle worlds surrounding the physical body and life will be able to find a new orientation and settle on this structure.

18. The invisible worlds like when man enters the path of mastery. They like man to be reliable, stable, sensible. For this, his daily life must be structured and each activity must be connected with a higher intelligence and sense. Man has to know how to think, speak, eat, work, sleep, behave, dress, live with his family, be with animals, plants and minerals in order to maintain balance and manifest justice. It is a life education that makes it possible to maintain consciousness in the body and to open the doors of the eternal, immortal soul. This has to be applied at the level of the Supreme Council as well as by each Essene who commits to carry the Light in his life within the covenant of the Round of Archangels. In this way the great seal of the Light can be placed on the earth and touch humanity through the work of the Essene Nation.

112 The white clothing of the Essenes.

1. Essene, remember the white clothing of your tradition and your people. It is a clothing of prayer and communion with all the worlds that have remained faithful to the Father and the Mother. It represents the purity of your soul and the transparency of the light, air, water and land of the living. It is your alliance with a higher intelligence. It is your protection.
2. Observe yourself in all manifestations of life and take care to preserve the clarity and purity of your soul and of the water of relations around you and in you. Be true in front of the water of your tradition. Leave the waste to the world of death and enrich what is vast and great in you.
3. Do not be a whitewashed tomb. Do not live for death. Do not mix pure water with that of recycling. Do not be like the one who abandons the water of life to give all his strength to death and to the world of the soulless. It is a world that lives only for recycling and tries to store everything that cannot be recycled.
4. In their unconsciousness, the men who live for death constantly accumulate - around them and in them - creations that weigh them down in the visible world as well as in the subtle worlds. Their feelings, their thoughts, their destinies become heavy, suffocating. It is an artificial and false world that moves away from real life, from the Light, and that leads to illusion and distress. The men caught in this trap would of course like to live something else that would be more in accordance with their inner lives, but they constantly immerse themselves in ephemeral, mortal concerns and in this way accumulate a great deal of waste they have to live with.
5. Man is not aware of life and does not cultivate it inside him. It is not his main concern, what is essential. He is only interested in the waste of life and clings to it, takes care of it, bases all his hopes on it. But this waste will be recycled; this is its destination and nothing will be able to prevent it.
6. Deep down, man knows it and is afraid; he clings with all his strength to these illusions.
7. Man only accumulates death, lies, deception, and passes them on as an inheritance to his children. He is constantly caught by the worlds of illusion, whether spiritual or material, through his thoughts, feelings, activities. It is with all these defective elements that he constructs himself a body that takes him towards deterioration.
8. The most intelligent of men talk about Light, but they do not know how to construct themselves a body that will allow them to live with the higher worlds and attain the regions of eternity. They talk about Light, but are unaware of the magic of the relationships that unite them to each other and the energies that circulate between them. They are unaware of the origin of their thoughts, their feelings and their actions, are unaware of the quality of the creative force that

animates them. Are they children of the darkness and decay? Or are they Children of the pure essence of the Light?

9. To talk about Light, goodness, benevolence is not enough; the words must be in accordance with the thought, itself united with the divine origin of all intelligence. The words must also be alive from the soul and harmony of the worlds and finally, they must be true down into the act that concretizes an active incarnation of this intelligence and this soul.
10. Why do men not awaken in the purity of higher life? Why do they not cultivate this sacred sensitivity of life? Yet it is the key to happiness and mastery. Why accumulate so many harmful elements around you and in you that dishonour relationships and diminish life?
11. Man gets lost in many worlds and fails to grasp the secret of life that heals and regenerates everything. He exhausts himself looking for food that never satisfies him. Then he is always hungry and does not know plenitude. He has not understood that it is not in the world of death, of what is ephemeral, of waste that he will find what can really fill him and open the royal path of immortal light to him.
12. If man really wants to walk towards a higher world, let him understand that it is not by talking about Light, thinking about wisdom or studying it that he will succeed. Even if these activities are essential to the development of a new body in you and around you, you must above all connect them to an essential element: the source of original, pure and creative life, which allows each manifestation to be born and to live.
13. There is a current of water that leads towards death because it takes waste towards recycling. There is a current of pure and sacred water that eternally gives life. The white clothing of the Essenes is the symbol of this current and of the original source. It is the awakening consciousness, perfect discernment, genuine/authentic commitment, discipline that nourish the Tradition with the purest elements.

Olivier Manitarà then asked Archangel Gabriel:

O my Father Gabriel, how can we find again this current and this pure source of life you speak of and reconnect with it? The world of men is powerful; it leads towards death and what is ephemeral. There is nothing great and vast behind the concerns it imposes and that monopolize our consciousnesses. It surrounds us, imposes itself on us like a hypnosis, tries to invade us, sticks to us to catch us and take us with it like the net of a fisherman who catches a fish to take it into another world. Very often, we are unconscious, blind and weak in front of such power; so, what can we do?

Archangel Gabriel answered

14. Essene, if you want to find life again, go where it is.
15. Life is not in the world of men. But I also tell you: do not go towards the higher, spiritual, divine, abstract worlds because it is an illusion that awaits you.
16. Only what is alive in and around you must be cultivated.

17. Put on the white clothing: awaken your consciousness in your tradition and unite with it in discipline, purity, love, wisdom. Cultivate pure relationships with your tradition and with those who incarnate it. Do not let pollution touch your white clothing and go into your awareness and the water that flows between you and your tradition. The water must be conscious, alive, true.
18. Remember the Mother, nature. She is the foundation of the Essene tradition. This is why in the past you used to go barefoot. Still today, the Mother has kept the secret of life and She is still able to transmit it to Her Children. In this way, on the lands of the Essene Villages, spaces must be consecrated to the Mother and Her sacred, pure, impersonal worship.
19. To approach the Mother, you must be born of Her, be Her Child. She cannot transmit life to what is not yet born and is not alive in a conscious relationship with Her. You are alive from what is eternal and what comes from Father Gabriel. You are alive from the pure and clean water, from the water that cleanses and sanctifies.
20. Water is your soul and your life. If you do not see it, it is because you have an urgent and essential work to do on yourself.
21. Protect the spring of Gabriel, protect the angelic alliance of the Round of Archangels. Let there be a protected place on earth where you can be filled with divinity. This is its true nature.
22. Give the Mother Her true face back. Make Her appear in living nature. Then life will come back in you, the Mother will guide you, construct you a body and you will be able to go towards the mysteries of the Father and of greatness. You will know what is true and essential, what is eternal in you and in the world, what is great, vast and reaches the infinite.
23. You will be able to approach the essence of life, which is your Father Gabriel. You will understand the great mystery of water that gives you life, fills you and protects you. The water of your soul will be with you. It will speak to you in the universal language because you will be with the Mother. It will show you the beauty of the Tradition and the necessity for a people to be in the Light.
24. Without the mutual support that can be born around a divine work, you will not individually have the strength to go towards the Light and life. Of course, you can go for a walk in nature and even strive to commune with the Mother, but if you are not united with a sacred and consecrated land, everything you gain, you end up losing, because there are no receptacle greater than you, no work greater than you that will allow the forces worked on to accumulate, enrich themselves and increase.
25. It is not always pleasant to be disillusioned. Yet it is the path of the Mother. If you pass the test, it will take you towards the place of life and truth.

113 Mastery of the 3 Worlds.

1. You who seek to enter into a life much greater than the one you know today, I say to you: in every situation, in every mood, awaken your consciousness and be present in the world you are in. Know how to be right in everything you are led to do, fully conscious, awakened, present.
2. In each of your actions, you need to be in accordance with all the worlds and, above all, you must not mix the worlds. You need to know how to put everything in its right place to respect the order of the worlds and make it prevail. What belongs to the world of waste must be considered as waste, no more and no less. In the same way, what belongs to the world of death or the world of immortality must be considered as such.
3. Each world and each activity has to be in its place, and man has to cultivate the right attitude towards each world and all worlds. If man acts indiscriminately, in any way whatsoever, he will be confused, have difficulties and even have trouble breathing.
4. The world of waste or the one of death are not necessarily negative in themselves. It is when man mixes the energies, activities, forces, intelligences that they become so. Immortality must not be brought into the world of death or into the one of waste. This is a fundamental key, but there is a great confusion about it in the minds of men.
5. Few are those who have succeeded to see clearly and find the right behaviour in front of each world. One who is not clear creates turmoil, for he very often tries to transform waste into Light and in this way exhausts himself unnecessarily, or he seeks union with his soul but is concerned with the world of men, which belongs to death.
6. A spiritualist talks about the Light in the world of men but works in everyday life to accomplish works only destined for the world of matter. He will never allow the flower of Light to take root in the world of waste, to cross through the world of death to blossom in the kingdom of immortality.
7. The real questions that this spiritualist must ask himself are: Who is the master, the real inspirer? What is the source that animates his life force? Is it the one of authentic light or the one of the world of man?
8. The materialists, as for them, only talk about concrete works and they are not interested in the world of immortality. Yet they use the spiritual forces and subtle worlds to achieve their ends. They use the atmospheres, the surroundings and know how to manipulate and orient them. So, what are they really, spiritualists or materialists? All this is only confusion. If you want to move forwards with clarity, you need to acquire great discernment, put order back inside you and find a balance, a stability that will allow you to rest on healthy and solid foundations and grow with harmony and purity towards the higher worlds.

9. If you want to live in the world of the Light, then, when you stand in the place where the Light is celebrated, do the works of the Light. Be pure and clear, well-educated, perfectly trained and do not bring the works, concerns, concepts, attitudes of the world of men or the world of waste. Leave all this at the temple door; do not let these influences enter the place of service, study, work. You will recover these worlds after having accomplished the service of the Light.
10. Being in the world of death, you cannot do otherwise than live with waste. This world will go to recycling; simply be aware of it and do not give it a value it does not have. Do not try to fertilize it. Seek only to cultivate in you what is pure, eternal, divine, and do not disturb this beauty by bringing in the world of waste through ignorance, bad education, lack of attention and discipline.
11. Discipline serves to generate habits, bodies. It becomes as natural as your feet, hands, mouth, nose, eyes or ears, and you can rely on it in the same way. It is not about making you feel guilty or tense. You have the right to live in the world of waste and besides you cannot really do otherwise, you are in it.
12. You are asked to manage this situation, to master it in order to rise above it by revealing the flower of meditation that crosses the worlds of death and blossoms above the world of man, in the pure and impersonal ethers of the world of immortal light.
13. If you want to live in the world of matter, do works that correspond to it, but do not mix the worlds. Each part contains the whole, because it is connected to the whole. A simple thought from the world of waste brought into the world of the Light is intolerable because it is a thread that unites to the whole. The flower, as for it, knows how to separate the worlds. Go to the flower to be instructed on the right way to approach the Gods and the higher worlds.
14. If men are completely lost today, if they no longer know how to live or how to be, it is because in their minds all these worlds are mixed up. There are no coherence, intelligence, meaning anymore. Everything is invaded, confused, everything is finally everything, nothing emerges. Man is invaded by water filled with everything you can imagine.
15. The water of life is your soul and the soul of souls hidden behind appearances. Very often, men have beautiful words, an appearance, a posture, a presence, but it is only a surface and their water is in fact full of other interests and is nothing but contempt, pride, vanity.
16. It might not be easy to be a man, but that is what you are. So, get back in control, be faithful to your tradition and learn to purify your clothing until it becomes a light worthy of entering the temple. Above all do not try to purify the waste, but open a pure, clear, unbreakable and inviolable space inside you and around you. This space is the Round of Archangels and you have to be aware of it. Nothing that comes from the world of men or the world of waste must enter this space. This is a rule that must be respected. In this way the Essene is properly educated in the Tradition. Be humble and enter the space of study and concentration in order to be clear so as to be aware and know exactly what world you are in. In this way you will be able to comply with this world and act in accordance with

its laws and rules. You have to be able to recognize all worlds and move from one to the other without bringing anything from one into the other that has not been transformed and made conform.

17. If you bring the Light into the world of men, you have to protect it with a whole structure, a living body that will be able to contain it and put it on its throne without it being touched by death. There is nothing wrong with being a spiritualist or a materialist; simply, you must not mix the worlds and be in conformity with the laws of each of them. In this way you will have the gift of languages and will know how to use the language corresponding to each being according to the world it lives in.
18. There is nothing wrong with working for matter since you are immersed in it, but using the forces of the Light to animate waste becomes negative. An Essene must use the spirit of the Light to make the kingdom of the Light bear fruit with impersonality and purity. He must use the laws of matter and its world to master it so that it serves his purposes. Nothing is bad in itself. It is enough to be aware, clear, to be well positioned and above all, not to mix the worlds.

Olivier Manitara then asked Archangel Gabriel:

Father Gabriel, how do we know which world we are in so as to act in a suitable way?

Archangel Gabriel answered:

19. As you know, through the practice of the Round of Archangels and the study of the Essene wisdom, you will gradually acquire organs of subtle perception and intelligence that will show you the 3 worlds and the quality of the water that animates you in each of them.
20. You need to know the 3 worlds perfectly in order to put them in their right place and cultivate the right attitudes towards them: the world of waste and matter, the world of death and man, the world of immortality and of the Round of Archangels.
21. Like the flowers, the Essenes have to honour what is right and true for all eternity and bring into their lives - and into life - what is greater than all and enlightens all. You must not mix this with the darkness, rot, waste, but establish a separation. You have to keep what is dark for the world of death and welcome what is pure into a sacred, blessed and great space, in which the concepts, religions or philosophies of the world of men are not welcome.
22. When you approach the spring of Gabriel, his temple and the God of water, be aware, disciplined, with respect for the Tradition. Do not bring what is false, ugly in front of the water of truth and beauty. Be light in your lives. Do not cultivate heaviness and do not live in an unbreathable world.
23. The Essenes are blessed. If you have difficulties, it is because you keep disorder in your lives and do not put each thing in its place. Do not give importance to what does not have importance and do not devalue what is precious, essential. You have to discern lying from truth. The liar mixes the worlds, while one who

- tells the truth puts everything in its right place. With it, everything is clear; the water that animates truth is healthy, light, alive. The one that animates lying is troubled, polluted, confused, full of contradictory images, influences.
24. Clear water allows you to get closer to the truth. The cloudy, confused water takes you away from it. Look at the water in your eyes, your words, your intentions . . . See if you are subtle, generous, without judgement, without fear, without heaviness, without the will to hide . . . Do not live in lying and do not let the water of the liar pollute your life.
25. The liar steals the purity of your water, your happiness, your soul, your face. He brings unease, unhappiness, malaise Your thoughts, your looks, your attitudes, your words are diverted from the water of your soul; you lose your being, your nature and all the influences want to confine you and lead you towards a being that is not you, a destiny that is imposed on you. Then you will be classified, labelled, judged, registered and locked up, frozen in death.
26. Know with which world you want to be, to walk, to live. The decision is in you if wisdom can still touch you, awaken you, talk to you. Observe yourself in life and learn to be light. Do not be light so that nothing exists, but so that the subtle can appear like a leaf falling from a tree while dancing. Then suddenly, you understand all the worlds and do not mix them. Everything is perfect and you stand in your right place, walking towards greatness.

114 The 22 Commandments of Archangel Gabriel.

1. Very often, without even knowing it, man is lost on earth. He lives trapped in a sky that he does not know and that shapes him.
2. The sky is not just anything, it is not empty, but full of influences acting powerfully on destinies. Every man comes to earth with a task to accomplish, a destiny to fulfill. If he deviates from this path, he loses himself, diverts the energies at work and his treasure, his seed, his soul are stolen from him.
3. As soon as man takes on a body and lives on earth in the specific form of a man, a “sky” approaches him and tries to monopolize him, to orient him, to possess him so as to take over his life. Then man lives without trying to understand. He sometimes has glimmers of lucidity because his soul succeeds in crossing through the influences that shape him and manages to speak to him. He then asks himself questions, wonders who he is, what are his real place is, his function, his role, his path, the meaning of his life. But this lucidity does not last because it is difficult to keep the connection with your soul pure when you are governed by influences going in another direction.
4. The answer to the big question “Who am I?” depends on the orientation man takes in his life. Before trying to answer this fundamental question, he needs to know under which influences, under the authority of which sky he has placed himself or has been placed.
5. Each individual has a sky. Each family, nation, culture, civilization has its own constellations and planets that determine the nature of its consciousness, thoughts, concepts, perceptions, attitudes, behaviours.
6. Before being born, man lives with the purpose of his soul, but when he takes on a body, he falls under the influence of another sky, which monopolizes him. He is then separated from his soul and another world animates him, weaving a destiny for him that is no longer in harmony with a higher sky. That is why he is lost, no longer knows who he is or what to do. He is content to obey and strengthen his life within the framework proposed to him. Such an attitude causes great turmoil because it creates a profound imbalance.
7. If a soul has taken on a human body on earth, it is to accomplish a work. The body serves as his tool for living on earth. It is nothing more or less than the means to carry out the work. At the end of the life of man, the work must come to a successful conclusion, whether it is physical, psychological, spiritual or divine. Man has his whole life for this and, of course, everything goes faster if he meets all the conditions.
8. Man has to know who he is and why he came to earth. This will protect him and he will not be caught by influences that could divert him and lead him into dead ends.
9. If you want to awaken, find the memory of your original being again and reconnect to the spheres of the higher intelligence and its divine sky, you must

first of all restructure yourselves in your bodies, in their activity and rest on solid, clear foundations, anchored in the reality of the earth.

10. The tradition of the Children of the Light must be preserved as an art of living in harmony with the Mother and the Father, earth and heaven¹. For you, earth and heaven have to be alive, filled with meaning, intelligence, soul so that what is below in your bodies is united to what is above in your starry souls.
11. May the Essene find again the deep meaning of life, of his identity, and may he really live as an Essene in his daily life in order to place himself under the protection, guidance and wisdom of a sacred and pure sky that will lead him towards the accomplishment of the purpose of his soul.
12. The Essene has to master all aspects of his earthly life in order to bring them into correspondence with the Tradition and the sacred presence of a higher world in his sky. The sky and earth must be balanced and put in correspondence; such is the great secret of divine blessing, of success, beautiful life, happiness and plenitude.
13. You have to be like the flower that, to appear in the world, had to form itself a body and take root in the earth. The earth is the Mother, who offered it all the elements, all the conditions so that one day it could appear in the sky and manifest its presence and influence. When it is only a seed, the flower does not know what its face will be, what fragrance it will emit, what its identity and role will be in the great universal life that nature participates in. There is a great similarity between the flower and man, a great wisdom unites them.
14. It is the Tradition, purely perpetuating itself from age to age, that educates men and leads them safe and sound towards the goal, by staving off the thieves of light and souls. The Tradition makes the face of the Mother appear, who gives all the elements to root a perfect, stable and clear body. This body can live in a living, intelligent sky, full of wisdom and goodness.
15. It is to strengthen the Tradition that I transmit my 22 commandments to you:
 - 1 - You shall not kill life.
 - 2 - You shall not lie before the truth. You can lie only before a liar.
 - 3 - You shall not be a representative of pride and shall not manifest it in your life.
 - 4 - You shall not make others unwell by your thoughts, your words, your feelings or your gestures.
 - 5 - You shall not seek to acquire what is not useful to you, what you do not need and what is not yours.
 - 6 - You shall not look at what you must not look at for fear of being possessed.
 - 7 - You shall not eat what has eyes, you shall not bring corpses to your mouth.
 - 8 - You shall respect your oaths and commitments in front of the divine worlds until your death.

- 9 - You shall not live only for the world of death.
 - 10 - Do not put on a mask to hide your real face.
 - 11 - You shall not flatter to obtain benefits.
 - 12 - You shall not enter metal into your skin.
 - 13 - You shall distance yourself from the temptation of alcohol, drugs, tobacco, chemical products and intensive electricity.
 - 14 - You shall not educate children in slavery, fanaticism or sectarianism.
 - 15 - For every disease, there is a cure. Do not reject any medicine, but use the one that is appropriate.
 - 16 - You shall not cut a tree without having asked for its authorization.
 - 17 - You shall not judge without having the Light, lest you also live the same trial in order to understand it. Abstain from any hasty judgement.
 - 18 - Do not attract to yourself what is ugly, foul and dead, but consciously commune with life every day so that it becomes alive in you.
 - 19 - Prepare your death by being alive. Lead life beyond death.
 - 20 - Do not waste the energies of money on illusory interests.
 - 21 - You shall consider sex as a sacred act and shall be faithful. 3
 - 22 - You shall be active and creative for what you believe to be true. You shall not be passive and unconscious, but you shall remain vigilant and balanced in front of the influences that want to destroy life. Each new day that life offers you, you shall use it to build the world of the Light and not to associate with those who open a path towards nothingness.
16. I ask you to perpetuate my 22 commandments from generation to generation so that there will always be a stable and benevolent path under your feet, a path that will widen for future generations. Keep your steps on this path and do not leave it because you would lose time, and time is running out.
17. Follow the path of the Essene tradition and of the 22 commandments. You will notice that step by step, a world will open up in front of you, an understanding will appear, an identity will reveal itself. You will finally understand who you are and what you have to do to carry out the work of your soul, the one that was decided in a pure sky before your coming to earth.

Olivier Manitará then asked Archangel Gabriel:

Father Gabriel, how can the man who is lost on earth find his way back to his soul? Who must reveal it to him?

Archangel Gabriel answered:

- 18. Every man who comes to earth takes on a body to carry out a work. He passes through a father and a mother, who are themselves bearers of a sky, an earth and a tradition. Man is animated and shaped by this tradition. He carries the seed of

an independent identity inside him, but he is nourished and formed by the tradition he receives.

19. Originally, all traditions were born from the one light, but they moved away from it to form their own earth and sky. This is how the confusion of the worlds was born. Some traditions have remained close to the Light and others have fallen into the darkness. Whatever the tradition of a man, he must rest on it and find what is pure in it, what comes from the Light to renew contact with life and the higher worlds.
20. In each thing, there is good and it is on this that you must rest in order to construct yourselves and find the way back to the origin. Whether man is Buddhist, Muslim, Christian . . . , he can find the path of the Essene tradition, which restores unity.
21. Each tradition coming from the Light has its commandments, its discipline, its path, which can be a solid base. By resting on this base, man attracts the corresponding sky above him and in this way he can work and advance. A tradition is the identity that man takes and that allows him to be recognized in all worlds. You know who he is and where he is headed. That is why you must take care of the Essene tradition, which is your earth, your path, your being, your future. You have to keep it alive, pure, luminous, and never plunge it into the darkness of dogmatism, blind belief, fanaticism and sectarianism.
22. The 22 commandments I give you must not be approached rigidly. They are guides, allies, friends that help you stay focused on the purpose of your soul. You must never make these commandments or your tradition an opportunity to feel superior to others and to cultivate the evil eye that judges and condemns. The one who will go down this path will put himself off the path of the beautiful light and the great primordial tradition, which is the pure water flowing from the first source to give water to and cleanse all worlds.
23. The Tradition must be blessed, for it is the body of the water of life. One who welcomes this body and water finds help on his path. Through the body of the Tradition, his body becomes bigger, his soul is immersed in the great soul, he receives the heritage that propels him forwards and allows him to enrich himself.
24. With simplicity, I ask you to try to protect the Essene tradition, to bring the 22 commandments to life in it so that they can grow in the lives of men, give them a solid base to become stronger and stronger from generation to generation.
25. Transmit life, a living sky, a living and wise earth, a tradition filled with intelligence and love. Do not transmit death, what puts out the Light, leads everything into fanaticism, blind obedience, distorted, mechanical life.
26. If the Essenes are resurrecting and standing up on the Mother today, it is to open a new sky and create a people. May this people bearer of an eternal tradition be alive, never a prisoner of dogmas and what encloses in death.
27. Man is not the king of the Tradition or the commandments, but the priest, the guardian who protects and sets in motion the sacred writings so that they reveal all their beauty and greatness.

28. The man who lives in harmony with the tradition of the Light is never alone. The Mother, the Father, the earth, the sky and all their inhabitants live with him and through him. It is wealth, sharing, happiness.

115 I am the spring of clear, pure and true Water.

1. I am the spring of clear, pure and true water. Wherever I go, I generate clarity, purity and truth. Men say, "Where is this spring? We would like to discover it in order to live in this pure water, to know this absolute truth, bathe in an ever greater and larger clarity, but all this is abstract."
2. I say to the men who search for the Spring that, when I speak to them, I use the language that men can hear and understand.
3. Know that when the children of Gabriel are begotten by this world of pure water, what comes out of their mouths is truth. There is no lying, no lack, never illusion. Everything is clear as something obvious.
4. I am the spring of life that quenches the thirst of all worlds and all manifestations of life. You can encounter me outside, but I am also inside you. I like to flow in the man who carries my pure water in his consciousness.
5. It is an abstraction for one who sleeps and dreams his life unconsciously. It is a truth for one who has awakened and is born of me. I am then a living reality in the man and he can give water to drink, cleanse, purify all worlds and reconnect them to life, to the intelligence of the origins.
6. Know how to recognize one who is not born of me: he is immersed in dirty water and his eyes, his thoughts, his words, his gestures do not carry the seed of purity. His words repeat what he has heard. He claims to know and understand the mysteries of life but does not even live the profound mystery of the water that animates him and of its purity that opens the doors of the soul, of its immortal wisdom.
7. Many men who were starting to awaken have approached the mystery of my spring and its magical water. They wanted to associate with me and study my secrets. Quite often, as soon as they began to understand how the divine worlds worked, they dirtied their water to exist on their own, thinking that they would become a spring giving water to all beings.
8. Instead of being humble servants of clarity, purity, truth, they wanted to steal the light of the divine world to exist as gods, beings powerful, intelligent and great in the eyes of others. They wanted men to bow before them, adore them and venerate them. They took the water of my spring and put into it thoughts, looks, words, influences directed solely towards the power of the mortal man on earth. These beings have risen above men and taken hold of their skies, destinies, thoughts and bodies. They have become the leaders and dictators who take possession of the souls of men and do not bring them into purity, lightness, simplicity, great wisdom.
9. I say to you, you who want to be my children and approach my clear spring and the pure water of your souls, do not be like these men and do not follow the pattern of the worlds they have given birth to. Develop discernment and respect.

10. Be humble and gentle before the higher worlds. Know how to separate pure water from dirty water, separate the words of truth, which enlighten, liberate, open a path, from the words filled with lies, which hide, lessen, complicate life, lead into slavery. Do not overload yourselves with unnecessary burdens. Do not let poison enter your lives. Study what cleanses you, frees you, stabilizes you, structures you, what gives you strength and makes you clear, pure and true. Simply be truthful. What you know, say it. If you do not know, say so too. Do not hide behind appearances and do not pollute the water of your souls and all your beautiful virtues for the illusory existence and glory of the world of the mortal man.
11. Be simple and good. Remember that a man is simple when he simplifies your lives, that a man is true when he lights up all worlds, that a man is pure when in his presence all the unfathomable mysteries of existence become obvious and pleasant to live. Such a man is transparent because he offered himself as a chalice for the intelligence of water that he has recognized as superior. His cup being full, he leaves the surplus to quench the thirst of all the worlds that approach him.
12. Very often, the men who approach me do not want their cups to be full and overflowing with abundance. They want to remain what they are, to take a little of my water to pour it in the form of a little knowledge that allows them to exist, to be important in the eyes of others.
13. Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, powerful is the magic of the dictators and rulers of humanity. How can we thwart this magic, unmask their traps and get away from this imprisonment, this slavery and this hell?

Archangel Gabriel answered:

14. Live near my spring. Keep its water pure in you and all around you. Do not let anyone dirty your clothes. Stay awakened and disciplined and support each other. Study the divine laws, live with discernment and clarity. Learn to cleanse yourselves and to free yourselves from any encroachment. Immerse yourselves in the words of all the great masters who have made my water flow with clarity, purity and truth. Keep these words in you, take care of them and make them circulate while keeping them pure and alive. Do not put out the intelligence of the words and do not pollute their soul.
15. Do not associate with those who do not know me, do not respect my name, do not sanctify my spring, do not glorify my intelligence but use me like thieves for the satisfaction of their own mortal, ephemeral, limited existences.
16. Do not accumulate a large amount of useless knowledge. Study what you can put into practice and that makes you happier, stronger, brighter. Move forwards,

taking one step at a time, while constructing, while bringing into the world a work that glorifies the Light.

17. You can possess all the knowledge of the world, if you do not give birth to anything, it is only a burden that has transformed you into recorders that repeat what has been put in them. Such knowledge will not get you anywhere. Make a work of your lives. Construct one step after another without overloading yourselves. Use each element you receive for the development of the work. Do not accumulate what is not useful to you. Life will lead you towards what is sacred and make you discover what is true and essential.
18. Learn to put each thing in its place, to use what is good for you and to give to others what is due to them. In this way no world will be left behind and harmony will reign in your lives.

116 The heritage of the Gods.

1. Very often, men on earth are ungrateful, dissatisfied, unconscious. The Mother transmitted a perfect body to them, which is a marvel enabling them to accomplish many tasks in several worlds. This body is a perfect tool for living a life in conformity with the Light and advancing towards immortality. It is itself a path towards subtlety, containing and uniting many degrees of vibration, which range from the density of matter to the finesse of mind and intelligence, passing through the different organs, perceptions of the senses, sensitivity, consciousness, thought, understanding.
2. Everything that exists in the body is a means of evolution, of growth, made available to man. But what does he do with it? He has inherited this body and often thinks it is nothing, it has no value. He does not respect it and does not give it the best elements to make it happy. He does not respect the rhythms of sleep, does not give it appropriate food, proper breathing but, worse than all this, he atrophies his organs and continuously pollutes them with the nature of his thoughts, which lead him, with all his activities, into slavery. Through his feelings, he calls hell and great destruction; through his gestures and actions, he transforms himself into a thoughtless puppet. So I ask you: Where is respect for life?
3. The divine world looks at man and notices that he is not aware of what he has received, that he does not respect it and is not happy with life. Then the divine world says to itself that man does not like life.
4. The body is a marvel, but man has forgotten it. He only uses it to live in one world - the one of death - and has abandoned the world of life.
5. Man only uses his intelligence to please in the eyes of others, without ever thinking of intelligence itself and of its deep aspiration to live in another world. Yet it is a living organ that does not want to live with this pollution that man constantly brings into it. It is thirsty for purity and wishes to reach the ocean of divine intelligence to commune with it and drink at its source.
6. By not respecting what is alive in him, man cuts himself off from the presence and blessing of a higher world. His life is not in conformity; he does not respect what he has received as heritage, he is ungrateful, unsatisfied and unconscious. So, awaken and react because you have been lied to and usurped.
7. The Gods are not in other worlds: it is you. What you carry within you as abilities, qualities, possibilities is the heritage of the Gods. If what you do with your lives is worthy of deification, you will meet the Gods; if it is not worthy of it, everything will be extinguished. If you misuse your body, your organs, your faculties, you will not be able to be Gods and there will be no Gods for you. You will only be slaves and followers. But if you take your body and its activities into beauty and perfection, the Gods will appear in the world of men.

8. For you, the Gods must not be in another world, but reveal themselves through what you reveal of life. If you do not respect life and its intelligence, you do not respect the divine world.
9. Awaken. Take your lives in hand and stop being ungrateful children who do not respect and abuse their heritage, always dissatisfied, looking for what will distract them, amuse them, the new fashionable toy that will allow them to escape reality, thinking to soothe the body by feeding it with what is superficial and false.
10. Meditate on what you do with your life. Observe the way you speak, why, how you think and act, how you breathe in your feelings, they that must make you a God.
11. It is not because you talk about the Gods that you are a God. It is only when you manifest divinity through all the organs of your body that you make the divine world appear in reality. Then you really participate in the divine world.
12. For man, there are no Gods outside the manifestation of a higher intelligence through the body.
13. In the world, you can see that some beings are stupid; others, lost; others still, courageous or wise. All these aspects show you the different facets of the revelation of the worlds. Every man has an association with a world and manifests it in his life.
14. To reveal purity is to love the life that the Mother has offered you.

Olivier Manitará then asked Archangel Gabriel:

Father Gabriel, great is your wisdom that lights up the tradition of the ancient mysteries and shows the meaning of life. Through your teaching, I recognize your love and offer you my gratitude. How can we rise towards the Gods and reveal their presence at every moment, we who are constantly in combat and opposition of forces, surrounded and attacked by a world that wants to capture us and confine us in a limited vision of life?

Archangel Gabriel answered:

15. Learn that the oppositions around you are only stepping stones. If you know how to use them in the right way, they will reveal a higher world to you.
16. Man has been so stupid that he has not accepted life as it was given to him. He has refused the light and simple life and deliberately complicated it in order to generate an opposition to his inner life so that consciousness, the capacity for awakening and questioning could be born. Man has chosen this path.
17. At present, there are beings and worlds of opposition around you. Understand that they are not there to take you into slavery, but to awaken you. If you give them royalty and all-power, they enslave you and take you into their worlds. It is up to you to educate yourselves and take the reins of your bodies and your beings, for they are the only tools that will open the doors of the higher worlds to

you and enable you to live with the Gods. Nothing else will really enable you to walk on such a path and achieve such a goal in reality.

18. Be satisfied with life.

19. Look at your body as the marvel of marvels and understand that it is a blessing because it is a perfect, complete, whole, flawless tool. It is up to you to use it correctly so that it will lead you towards the supreme goal. Wisdom is to feed it with the best elements, not to continuously dirty and pollute it as you do.

117 A heading.

1. In life, man needs to know who his mother is. She carries him and forms his body. He lives in her and depends on her. He therefore has to know her, know what her interests are, what she wants, what she thinks about, what her emotions are, her orientations, what her food is.
2. You are still a living being in development, a fetus bathed in the water of the womb of the Mother. You have to concentrate on this idea, this image, understand it and be aware of it.
3. You were born in the world of the body, but not yet in the divine world. So you continue to be carried by a mother and you need to know her. You have to know precisely what food comes to you and constructs you through the body of the Mother, and know the water that bathes you because you attract to you the food that corresponds with you.
4. In this way the mother takes on this or that face, according to what you are and your orientation. You then feed on what this mother eats, thinks and lives. If She is in conformity with the laws of nature and true life, She will bring you the best thoughts, noble feelings, sacred food that generate the Gods. You will know the delights of the Light, you will enjoy and strengthen your body through a perfect construction.
5. So do not be like the man of today who, very often, does not know who his mother is, that is, who does not know the nature of the sky above him. He is an instinctive unconscious being and forms his body and destiny with the elements and influences of the living water around him. He is ignorant and passive, accepting everything that comes to him without discernment, without reflection or self-will.
6. To know your mother is to know that there is water all around you and that this water is alive, magical, active, intelligent, full of influences, worlds, foods.
7. When man knows his mother, when he is aware of being a developing fetus to be born in a higher world, he is animated, and certain organs inside him are being created, enabling him to perceive this world of water and to influence it so that it brings him the best.
8. Be aware of this water. Develop its perception. Do not be passive or unconscious, for you can be a creator and attract to you what you need to create your future. But remember: you need to know who your mother is, because she will lead you towards the darkness or the Light.
9. The darkness is misleading appearances, blindness; the Light is the door that opens to a higher world that men do not know and in which they must be born with a perfectly made-up body.
10. Do not be unaware of this water, for if there are beautiful influences placed in it by higher intelligences, there is also a great amount of waste you must not feed yourself on.

11. It is fundamental that you concentrate on the original source of every thing in order to encounter purity and be immersed in the idea of being able to master your life. This is what it means to be with the source that opens the path of mastery.
12. Carry in you this idea of the original source so that your water and your activities are bathed in the soul of purity. You will call to you what is divine and not what is false and mixed. You will feed yourself on the best and not the mediocre. It must not be a pious wish. Understand that realization depends on you, your consciousness, your action and your life because this water is around you permanently.
13. As long as you are not born to life, that you have not come out of this womb of the Mother, you will be dependent. To be independent, you have to form yourself a body that allows you to become aware, to be born to the new life, the one that establishes a direct connection with a higher world. There will no longer be any barrier between you and the world of the Gods: you will have the language of it, for you will be born to the Light and you will have made a perfect body with all the necessary organs.
14. Right now, you are being shaped. You have to make sure that the mother who carries you is the great wisdom of the tradition of the Light or a mother suitable for the life that the Mother wishes to see born from you. Remember that it is your mother who constructs your organs through the water that bathes you.

Olivier Manitará then asked Archangel Gabriel:

Father Gabriel, help us so that we are with the Mother and that She guides us through the dark world of unconsciousness and ignorance.

Archangel Gabriel answered:

15. The Light is the door of birth to another world. You have to approach this door consciously and, to pass through it, you need to have formed the Light body within you. This is the mystery of birth in the world of the Gods.
16. Life on earth is a preparation for this birth to the world of the Gods through which you become one with the seed you carried in you. You finally make it grow by feeding it and forming it a body.
17. What you are right now is the result of what you wanted to be in the past. This determines what comes towards you, and therefore what you are going to become.
18. To be born to the Mother is to encounter the tradition of the Light, which carries the seed of the divine world and fecundation. Then the other world appears in the life of man. When this world is awakened, the Mother can bring the best food to form him a body, but Her presence has to be alive and active. If man is still unconscious, passive, instinctive, She will only give the minimum. That is why you need to be aware, alive, active, determined, wanting to advance towards the Light. Then She will bring you the best.

19. Take care of the quality of your water and the influences that fecundate it. The dark exists and can come around you, certainly, but you must not be afraid of it. It weighs down your life, but you do not for all that have to cultivate superstition and fear. It reminds you to be vigilant and in this, it is in its right place. It is up to you to draw your path towards the Light and not to be captured by its water and devoured by evil.
20. To be protected, call the Mother and make Her face appear in your life. She is the Tradition, its wisdom and its teaching. She is the original word. You need to know who She is for you, who you are yourself and what you want to be. This seed will determine your body, your destiny. Then, become the creator of yourself through the water that surrounds you and the forces that are within you. You will cross through this water and stand face to face with the gods who have governed your life.

118 The law of the spiritual Echo.

1. When a woman or man discover the spiritual path, they often begin by setting objectives and using energy to achieve them. But it must be said, very few of them succeed in doing so. They are not familiar with certain laws and are often very poorly educated. They are full of preconceived ideas, prejudices limited to the concepts of the world of men, but that do not cross the subtle border of the higher worlds.
2. The mistake they often make is not putting the law of resonance into action. They act in a limited way, confining themselves to the world of visible forms. Their actions do not go any further and they do not provoke the echo that would pass the worlds. For a higher world, it is as if they were sterile, as if with their thoughts, their feelings, their will, they could not cross a wall to enter a vast, great, infinite world.
3. Humans have enclosed themselves through their regrettable habit of thinking only of themselves, of living only for themselves, of taking themselves as the primary focus of their lives. They act only for themselves, which closes the doors of greatness, of the immensity of their universal being to them, and this loses them.
4. Of course, those who really aspire to the Light want to know another life. But in the end, why? Often because they have awakened and realized they could lose all their assets in the physical world, their identity, their thoughts, what they are. It is a paradox: they go towards the impersonal to save their mortal persons. Are they really aware of what they do or do they act out of a simple survival instinct?
5. The divine world always takes into consideration the requests addressed to it; it is a rule. On the other hand, the echo generated by men must be strong enough to go beyond the boundaries of the visible, cross through the spiritual worlds and activate the resonance of what is great, limitless, eternal.
6. Man must be genuinely impersonal and have a proven willingness to put himself at the service of a higher world. The echo of his request can then come back to him and transform itself into a concrete realization and he can begin to reap and taste the fruits, the results of his activity and his commitments in front of a higher world.
7. For man to really reap what he has sown, his energy has to have been strong enough to triumph over a closed, shut off world in order to spread to more distant regions. When this energy triumphs over heaviness to rise towards the subtle ethers, it merges with beings in affinity with it: this is how it acquires power to gain even greater worlds. The echo reverberates.
8. Free yourselves from the fear of losing what you have. Stop concentrating only on yourselves. The divine world will never take from you what is essential in your lives. On the other hand, it will enlighten you on what is heavy and encourage you to lighten your lives.

9. This teaching can make you think that it is very difficult for man to free himself from the grip of matter and to cultivate a clear attitude. Yet you are not asked to take everything out of your lives, to strip everything away, but just to get rid of what is superficial, cumbersome, heavy, wearisome.
10. Get rid of knick-knacks, of what is heavy, what darkens life and connect you with the ephemeral. It is through this lightening that you will enter a broader world and taste another reality, subtler, grander, that will lead you towards an achievement.
11. Do not act alone. Unite with the world around you to become strong. Let your intelligence, your words, your energy become like a thread that can cross through the worlds up to touching a reality much greater and nobler than yourselves.
12. Through this law of the echo and the covenant of Light, you will be able to contemplate the result of your work in this life.
13. Do not focus on your own perceptions, which very often limit you. Try to make the echo resonate, to think much more broadly, up to touching the universal. In this way you will get much larger, bigger and more universal results.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, great are your words that reveal the noblest secrets of magic and life. Father, if I want to dedicate my life to the Light with purity and impersonality, how can I free myself from this prison that surrounds me and prevents me from being a traveller of spaces, from being broad and universal, from being associated with the higher worlds and the Gods?

Archangel Gabriel answered:

14. The key is humility, impersonality and the echo that resonates in infinity, in the limitless.
15. Above all, you must not act under the influence of concepts aimed at safeguarding the life of man, but rather use the life of man as a basis for entering a greater, more noble world. It is a training, a way of thinking that encourage you to want to offer the victory of your life to an idea, a virtue, a tradition in which you believe or that you know to be true.
16. Only what is greater than you can lead you towards a world other than yours.
17. What you know is accessible and you will achieve it in your life, it is simple. Even the great ideas that seem to be outside you are easily achievable for one who knows how to think, want and act. It is enough to use the physical and spiritual laws to attain these goals.
18. As long as you limit yourself to the world of man, including in the realm of thought and ideas, you will not activate the great echo and will not be able to enter into divine life. In everything, you will always be self-serving and bring all the energies into your prison, into your world.

19. Devotion, adoration of the mystery, the sacred unknown will bring you towards humility, service. You will then realize that you are strong from the quality of the beings that surround you and not only from your own strength. If you awaken the divine mystery in you, beyond the limited world of man, divine intelligences and forces will manifest themselves in you.

119 From human intellect to Divine Intelligence.

1. Man has received a great gift from the cosmic intelligence: his intellect and his intelligence.
2. This intellect is a marvel that allows man to unite with higher worlds and acquire the understanding that lights up many worlds. Through it, you can travel, elevate yourselves, encounter greatness, touch what is vast, distant, comprehend and bring back to your world elements that can improve your destinies and those of all the kingdoms dependent on you. It is a wonderful tool that can be a great blessing and bring much good in you and around you. But it can also generate evil, desolation, destruction. Like all tools, it is necessary to learn how to use it and achieve to master it.
3. The intellect is especially dangerous because it is a door to other worlds and has a creative aspect. Unfortunately, man has received this gift unconsciously, without really knowing what it is, how it works, what can be done with it. He uses it instinctively, without enlightened intelligence, without discernment or wise guidance. He is not informed, educated; no one shows him what he can accomplish with this tool. This is why the intellect often leads him towards the lower worlds, towards impoverishment, even hell. It can open the doors of sublime intelligence for him or plunge him into the reign of the most ferocious stupidity, into confusion and slavery.
4. It is incredible to see how men come to complicate their lives with this precious gift that the intellect is. They transform a blessing of the Gods into a curse, using it to mix the worlds or unnecessarily dissect all the details of a meaningless situation.
5. Very often, men complicate their lives by focusing on what is useless, giving it proportions it does not have. They want to understand everything in the smallest detail, where the only thing to understand is that it is not a place for man. Mobilizing his intellect, man remains there however, which only makes the situation worse. The intellect then takes control of the life of man and takes him where he did not want and had not to go. It becomes a source of exhaustion, weakening and degeneration. It becomes independent and is constantly working, escaping all control, no longer bringing any benefit to life. On the contrary even, it arouses and sustains fear, dissatisfaction, discontent.
6. The animals and plants do not have an intellect but are not for all that without intelligence, sensitivity, consciousness or wisdom. They are beautiful and live naturally in harmony with themselves, with the Mother and the great intelligence of the worlds.
7. Man turns away from the Mother and from Her wisdom by a wrong analysis that complicates his life. He always wants something to discover, to understand without cultivating mastery, harmony, plenitude, serenity. However, an unbalanced intellect is never satisfied, is not grounded but always thirsts for

- something else. To some extent, its role is to always go forwards, but it must be controlled, guided and composed.
8. You have to master the intellect and lead it to wisdom, otherwise it will destroy you. Today, you misuse it, you complicate everything. Simply live while respecting the rules and laws of the cosmic intelligence and you will find a balance. Do not mix all worlds, situations, circumstances, bringing confusion everywhere.
 9. Why weigh down your lives with a marvel that you hold in your hands without knowing how to use it? Understand that this organ directs you and it is always thirsty for additional knowledge. Yes, knowledge is good, but the knowledge you maintain today in incredible quantities is perfectly useless, false and only causes disease.
 10. The intellect has become independent and wants to live by itself and for itself; it leads man towards abstract worlds, disconnected from reality and resulting in nothing. In essence, the worlds of the spirit are immutable, great, broad, and no intellect can contain them. That is why, if the intellect does not have a structure and is not correctly educated, it is lost in a world and becomes sterile, does not bring good food to the body. I advise you to learn to maintain your intellect in wisdom and to simply return to the Mother. Direct your thoughts towards the heights of the spirit to purely capture the mystery so that it enlightens your real life and offers you food that will be plenitude and not dissatisfaction.
 11. Stop searching to search. Become living beings of the Mother and the higher intelligence again. Go back to being animists. Restore life to first place and give it back its powerful magic, especially for what is close to your bodies: your daily lives, your families. It is in fact the forces of the 4 Seals that you need to activate in your lives and connect to the wisdom of the Mother and Gods again, not by using only the intellect, but by activating the magical forces of life.
 12. Do not complicate your lives with sterile concerns that will never give you the food you need to live a beautiful lives and build yourselves bodies of immortality. On the other hand, cultivate intelligence and strength to make the higher worlds grow inside you through wisdom, beauty and all the angelic virtues that do not exist in the world of man or that no longer have a soul, any more intelligence. The intellect will then once again be able to become the wonderful tool that it is and enables giving meaning, soul and intelligence to all the activities of man, leading them towards a destination of light that never goes out.

Olivier Manitaro then asked Archangel Gabriel:

Father Gabriel, sometimes it is difficult for us to turn our intellect away from certain situations that encroach on us from day to day because we always have the impression that our daily lives will balance us by bringing a solution. How can we accept that life teaches us without our intellect searching indefinitely and desperately for solutions?

Archangel Gabriel answered:

13. There are other intelligences in man than those passing through the intellect. The intellect is a part of the overall intelligence. It has to find its balance within the whole. It is a question of openness of the consciousness, of balance and education.
14. You have to be educated by the sages who are the guardians of the Tradition, and not by unbalanced beings who themselves have no real education, do not master their bodies and souls and do not know the deep and sacred meaning of life for the man passing on earth.
15. The intellect is very sensitive. It needs to be taken care of by an overall higher intelligence that includes the body and spirit. If this organ is too free to do what it wants, without any framework or control, it will inevitably lead you towards an annihilation and you will never be satisfied. You must not atrophy it, but protect it, give it a framework and lead it with the wisdom of the Mother. If the wisdom of the tradition of the Light and the animist side of life are not omnipresent in your lives, the intellect will always take you towards spheres and worlds that, in the long run, are always destructive to the life of man.

120 Live and bless.

1. The Essenes are a hope for a multitude of worlds because the blessings of the Light have always been on them. Nothing is higher than these blessings, for it is the covenant of the 2 worlds and the victory of the Light over the darkness.
2. Light is the source of beauty and life.
3. Man came into the world of imperfection to separate the darkness from the Light and give victory to the Light and its blessings.
4. On earth, the Essenes have opened a path to beauty, liberation and immortality.
5. Life is simple: if you accept the Light and give it all the conditions so that it can manifest itself, it will come, bless you and live with you.
6. I ask you to be true Essenes by incarnating your sublime tradition in your lives.
7. To be an Essene is to open yourselves to a higher world and offer it the conditions so that it lives on earth to the point of becoming a path, an obviousness, a vision and a way of being.
8. You need to welcome the new into your lives, to make room for it and organize yourselves so that it is able to make itself a body, structure itself and live with you. Do not do it in pain, suffering, difficulty, but with an awakening consciousness, gentleness, the strength of a loving, patient intelligence that accepts the presence of a higher world in its life.
9. Be sages studying the laws of life, developing their luminous, beautiful, good intelligences, souls and creative forces.
10. Through the ages, you have been known as those who brought healing and peace wherever they went. Many of your ancestors have travelled around the world, and everywhere they brought the light of knowledge that enlightens, peace, calm, relief of ailments in the body, soul and spirit.
11. Be faithful to your tradition and bring the strength of the Common Good, the blessings of the Light, the presence of the Father and the Mother wherever you go. In doing so, you will put new seeds into the water of Gabriel.
12. Make the seed of the Common Good grow and spread it everywhere with simplicity, humility, discretion, love of others.
13. Be like the sun, air, water and earth, which bless and heal all beings in the name of the Father and the Mother.
14. From the moment you get up in the morning, bless life and your Angel, bless the Mother, who carries you and feeds you, bless the higher worlds and the Father of all lights, the origin of all blessings, the very One who allows you to bless and be with Him in the act of blessing.
15. Throughout the day, everywhere you go, through your thoughts, your hearts, the energy of your wills, bring blessings to heal the sky and earth of all beings, all

- places, all circumstances you run across. Do not linger in all worlds, do not get caught by the darkness, do not weigh down your lives with an unnecessary burden, but pass while blessing and always bring the seed of good and healing.
16. Know how to sow the world with the Light. Be progenitors of the intelligence that brings peace. It is a state of awareness and being, a virtue you need to constantly cultivate and make omnipresent in the water of your lives.
 17. You, the guardians of the Tradition for this era, let it be known that your work and your actions are a blessing for all beings, in all kingdoms, in all worlds. This ideal and this wisdom have to become your sign of recognition.
 18. The world has to recognize that the Essenes are the blessing of the Light. Make it so that your lives go in this direction and that your works, your accomplishments testify to it. Do not do this to exist in illusory appearances, but carry out this task because it is right, beautiful, noble and in accordance with the will of the Father and the Mother for you.
 19. Do not cultivate the vision of an impure world, full of obstacles, traps, conflicts. This exists, of course, but you do not necessarily have to get close to it. Do not cultivate judgement, rejection, for you are the healers; you have to make the water flow that cleans, gives courage, opens a path and takes care of what is divine in everything.
 20. Be with the Mother and learn to look with Her eyes, She who blesses all beings, carries them, takes care of them, while always keeping Her place, Her balance, Her harmony, Her purity, Her wisdom. She acts but never lets Herself be overwhelmed by the bad. She knows how to remain invisible and yet shows Herself. She knows the measure. She has the loving look that is patient because She has a wide and far-reaching vision while being clear in the present. So, do not look at what is not working, what is difficult and opposes, but look further and make the Mother and Her wisdom appear in your lives.
 21. For the Mother, all creatures that have a physical existence are Her Children that She cares for, that She guides, not preferring any. Whether they are divine beings, spiritual beings or ordinary beings, they have the blessing, the protection of the Mother. This is beautiful and great.
 22. It is deeply comforting to know that for every creature on earth there is a loving and wise being, present, caring, ready to protect, who, on every occasion, is there to answer questions.
 23. Unite with the Mother and the great presence of the sun and the Father and take a few moments of your time or a few hours to bless. Do it simply, according to your inspiration, and through practice, the savoir-faire will develop. You will become efficient, true healers, peacemakers.
 24. Bless in silence in such a way as to heal, calm agitation, excitement, wickedness, cruelty, insolence, sterile rashness, intensive mechanization.
 25. Always bless in the name of the Essene tradition, in the name of the Essenes so that your action is clear and powerful in the magical worlds. Say: "The Essenes

- bless this thing, that person, this place, that event . . .” An association with the Angel will be made and it is he who will give the creative force to your blessing.
26. As Essenes, each of you has access to all the forces developed by the Tradition and the Covenant. You need to learn to use them, and the art of blessing is a very good learning experience. Through the virtues you carry and your presence in the Round of Archangels, your Angel will be able to bless and bring good to humanity and the earth.
 27. Live your lives, but remember that you can connect with a higher world and, in all simplicity, bless everything around you, everything you run across. Do not think that it is nothing. Maybe one day you will have problems or be suffering, then all the beings you will have blessed will be there, present to help you.
 28. The practice of blessing, however, must not be carried out with the hope of a return, but for the glory of the Father and the Mother, because it is right, beautiful, generous. Also know that every action generates a reaction and when it is pure, sincere, true and beneficial, it returns to its source multiplied, and very often when it is most needed.

Olivier Manitora then asked Archangel Gabriel:

Father Gabriel, I would so much like my eyes to be one with the eyes of the Mother in order never to judge a being, condemn or confine him, but to always bless him and give him time to transform himself. It is a huge work, can you give me a key?

Archangel Gabriel answered:

29. Know that life is alive, active, intelligent, and that in all the circumstances of their lives, the Essenes have to be active, creators through magic.
30. Be passive only in front of the divine worlds. In this way you will purely receive intelligence and strength. Only then, be creators.
31. To bless is a way to be active.
32. Activity is the secret of the mages and magic.
33. To do something beneficial with your life in your thoughts, words and acts, you have to be active. You have to bring a good that breathes in the universe. You must not let yourself be influenced by outer conditions and circumstances. You can take them into account, but under no circumstances must they interfere with what you have to do. What is right in the divine world is right in all worlds.
34. If an Essene passes through a place while bringing blessings, the ether is activated and a memory remains, which will grow with time. This memory will return to him in other circumstances. In this way the blessings naturally lead to the path of the divine memory and immortality that have been brought to the Essene Nation through the teaching of the green stone and the memorial.
35. Say: “I, Essene, I bless” and everything you will bless in the presence of your Angel will receive the blessings of the Light.

36. Bless up to being what you are: blessing in all worlds.

121 Follow in the steps of the Sages.

1. We, the Archangels, several times we have told you and taught you that you make your lives heavy and complicated because you do not study the laws and do not apply them.
2. Life is simple: there are laws that must be respected.
3. If man applies the laws, he has the result of what he has done, and if he does whatever, he also reaps what he has sown.
4. The Law is just. It is divine. It comes from the Father. It has structured all the worlds and enables them to live. You need to study it because it is your God.
5. You will live with the Law.
6. We, the Archangels, we live in a world of laws. We are the divine law.
7. One of the laws you have to understand is that you are creators through your thoughts, feelings, wishes, words, acts. Everything that emanates from you becomes alive in subtler worlds and make up your sky and earth.
8. If you run into so many difficulties in your lives, it is simply because the world around you is overloaded. You constantly want things, say words, bring beings into the world, but you do not carry out the acts that free them and make them autonomous. Then all these beings remain close to you and, unceasingly, ask you for something to live on. It becomes a heaviness in life, a kind of second skin that sticks to you and prevents you from breathing and moving.
9. In their ignorance, men think that the fact that their thoughts, words, longings, desires are invisible means that they are abstract, unreal and therefore have no connection with the visible, concrete worlds. This conception is an error that turns man away from the right path.
10. Awaken to the point of clearly realizing that these invisible worlds are as alive and real as when you take a fruit in your hand, bring it to your mouth to eat it and experience the sensation of being full from it. If for man this fruit is real, his thoughts, feelings and desires are as much real. They have an effect on the life of his body, on his life in general.
11. Develop your perception of these subtleties in and around you. It will not be long before you realize that, constantly, you give birth to worlds, projects, ideas, wishes that depend on you and wait for food, for the elements to grow, evolve, form themselves bodies and fulfill their destinies in the world.
12. One of the major problems today is that man wants in one world but lives in another. This teaching has been told you over and over again, understand it at last!
13. It is essential that the sky above man is in correspondence with what he wants to live in his earthly destiny. If man does not put them in correspondence by establishing right relations between his world, the intermediate world and the

- higher worlds that are within his reach, the result is chaos, confusion, disharmony and ultimately rejection and destruction.
14. The divine world will never approach or validate a confused world; it comes to live in what corresponds to it, what is wise, structured according to the laws, in harmony with its own nature.
 15. It is up to man to conform to the laws of the divine world in order to attract it into his life, but men have cultivated false ideas regarding the divine world and the laws governing it.
 16. Let those who have ears to hear and an intelligence to understand watch their thoughts and stop using their words, wishes and acts in vain for, whether they like it or not, they do not stop bringing children into the world that, like all children, expect food and means to grow from their parents. Then they latch on, start screaming, gesturing to receive what they need. This law is valid including for positive thoughts: beneficial beings can become heavy for their creators when the latter do not offer them all the conditions to carry out their mission and evolve.
 17. Ideas and thoughts are like men: all of them try to move forwards and enter into association with a higher world in order to achieve perfection. Be especially aware when it comes to negative thoughts, destructive words and looking down on others. Do not associate with the dark side out of unconsciousness, recklessness, lack of discernment and stupidity.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, it is clear that we are not always aware of what we do. We are so used to using our inner organs without discernment, without measure that we have become unaware of them. How can we make our skies clear and in correspondence with what we want to live on earth?

Archangel Gabriel answered:

18. Think before you speak. Finish the works you have started in order not only to free yourselves from them, but also to be able to rest on them and keep yourselves stable between this earth and this sky.
19. Do not leave works hanging in the ethers, for it is a source of heaviness and poverty.
20. Think, speak and achieve to the point of perfection, of autonomy because then the work lives by itself and it is no longer you who have to nourish it, but it is it that nourishes you.
21. Do not speak, do not think to fill a void, to fill worlds and spaces around you.
22. Today, a big part of what emanates from you is useless. You have to be aware of this, for such an attitude is a lack of discipline that only makes your lives more difficult. Learn how to dose, how to sort. Learn to simply be aware while remaining in a meditative state of observation.

23. Avoid talking just to be with others. Speak to fecundate worlds, to create a life, to strengthen a world, to bring life.
24. Do not speak to speak, to respond to bad words or some kind of aggression. Do not use speech to weaken your souls and your energies by going into lifeless, mediocre worlds.
25. Study wisdom and follow in the footsteps of the sages. Then, perhaps, you can meet the serpent of wisdom, which lives in this water all around you. It will lead you into what is true, calm, strong.

122 Strength is in the Community.

1. Do not try to shine in the eyes of others. Do not try to appear greater or more important than what you are. Learn to know yourself and do not cultivate an illusion about yourself. Do not be a shadow or a usurper shining in the eyes of others through an illusory glory.
2. You need to know how to appear, how to put yourself forwards and play with the illusory, with the shadow and false light to make what is greater than all triumph, but you must not let yourself be caught up in the game, let yourself be seduced and captured by the shadow of yourself and others.
3. Do not try to do things by yourself. Remember that the human ego is like the body: it must be a tool of the divine world. You can exist as a person, but always be aware of what you are, without ever getting caught up by the illusion of the ephemeral.
4. Avoid personality worship, for even through the great masters and great men, it is the only Son of the Father who must be honoured.
5. For yourself or for others, do not join into the worship of the person. Worship is to be given only to the divine world. You can love a person, but just be aware that what you love - in you or in others - comes from the divine world.
6. One of the weaknesses of man is wanting to exist for himself and by himself. He wants to be the one who thinks, who acts, who does. He does not want to take into account the possibility of associating, sharing, of a union. No, he wants for everything to come from him and for all honours to go to him, to always be the one and only capable of doing and accomplishing. It is as if he has become totally unaware of what he really is and of the world he lives in. He always has to be the best and succeed in everything he undertakes, otherwise he is worthless in the eyes of others. He is caught up in these illusions. Do not make this mistake.
7. Understand that it is with respect and in the unification of the worlds and beings that strength grows and the work can be carried out.
8. Yes, a great idea, a philosophy, wisdom are always represented by one or several beings who have the ability to individualize them, to incarnate them in order to offer them to others. But what counts is the whole because a man on earth is nothing without the work, concentration, strength of others.
9. Do not enter this world where the illusory being takes the place of truth and steals its light. If a man is great, it is because the whole has blessed him. If a man is great, it is for the greatness of the whole.
10. Do not enter into the world where only one is great, where only one has ideas, thoughts, an intelligence superior to others. God alone is great; He shares Himself among all beings, to whom He offers life.

11. Strength is in the community and it is always the community that blesses its representative. The greatest masters have been powerful from their tradition and the strength of all their students. It was sharing and a common victory.
12. Happiness is where the victory of one is the triumph of all. In this way no one is separated, isolated.
13. Great thoughts are always born of a people, a community, a collective soul that allow a being to incarnate them. Is this being greater? No, they are all together for the victory of what is truly greater and eternal.
14. The world of man maintains a big illusion: man has to be flawless, have an answer to everything, be the perfect representative, the perfect image and possess universal intelligence. All of this is a lie, for man is nothing without others, he is nothing without the higher worlds and he is nothing without the Mother and Her kingdoms.
15. It is legitimate to hide and protect yourself in front of the dark and devious. That is why you need to know how to play with your person and all the instruments at your disposal: your posture, your attitude, your behaviour, your movements, your gestures, your words, your eyes, your whole being in order to master the adverse influences and lead them towards peace and healing. But you must not get caught in the trap of believing that all the merit is yours, nor must you sink into vanity and the hold of the illusory self that is only smoke.
16. Know how to appear and show yourself, but also how to become invisible and blend in with the crowd, to be one with them, to become anonymous.
17. Human dignity is to be a faithful instrument of divinity, which is the only greatness, and to remain pure in front of it. Every element has to be put back into its place in order to reveal the beauty of heavenly order and universal harmony. If a man becomes great, it is because he incarnates this harmony. His task is to share it with all beings. He is only an instrument of it and nothing more.
18. Beauty and greatness for man are to live with harmony, not with ugliness and disorder. In this, men must stand together, support each other, help each other, pool their strengths.
19. The divine world knows that an isolated man is nothing and that a man accompanied by a multitude can accomplish many things on earth. You, the Essenes, you need to know this law and implement it for the triumph of beauty and of all the Angels of the Light.
20. Unite in purity and wisdom for the victory of the light greater than all, which is happiness for all.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, how can we distinguish what is true from what is false and illusory?

Archangel Gabriel answered:

21. You have to know yourself in both aspects of your being: the shadow of the personality that gives identity to the mortal body and the impersonal light of your true eternal and universal being. When you know these 2 aspects and put them in their right places in perfect balance, you have discernment of the world that lives around you.
22. There is only one world and you are in it, you are part of it. One world, one truth. The truth is always perfect, for it takes into account all the worlds, encompasses and masters them. Lying is always imperfect, for it divides, isolates, brings to life only appearances, false pretences, deceptive images.
23. Lying is only a shadow, only a part of the whole. One who has the intelligence of truth is wise, for he is united in reality with all beings and all worlds; he stands in perfect accord and receives the intelligence, the soul, the energy of all worlds. His works are therefore well done, perfect and realizable in all worlds.
24. Truth knows how to unite all beings, giving each one his own place.
25. Intelligence is universal. It knows how to speak through different beings, different languages, different kingdoms. When it is unified into one, mastery and royalty appear, bringing the beautiful life and the kingdom of God for all.
26. One who proclaims himself king without making the intelligence of others appear is isolated. He is an impostor. He makes decisions that are not unanimous, that do not go in the direction of the Common Good, of the great truth, and chaos, war, weakness, disunity appear.
27. Unite through the Round of Archangels, for man is nothing alone but becomes the all possible when he unites with others in the great wisdom and love of the Father, who is above all and in all.
28. To be the representative of a community is a big responsibility. That is why a representative needs to be surrounded by a circle of counsellors so that wisdom and intelligence reign again in the world of men and on earth. Through the Round of Archangels, we have offered humanity the perfect model of the higher intelligence of the Light that can guide all beings towards splendour and perfection.

123 The right place for the Body.

1. Today, the body has become the god of man.
2. The body directs man, inspires him through all the worlds in his daily life and even in his journey towards higher worlds. Even the organs of thought, feeling or will, which are by nature more subtle, are governed by the body, subject to the body, which uses them to convey its messages.
3. All the organs of man, even the finest, those that touch the spiritual world, recognize only the body as god. They do not know anything else. It is the body that controls man and leads him into regions where fear, anxiety reign. It is the great fear of losing the body because it has become the only conceivable identification and means of existence.
4. Man knows the body, he can touch it and more or less understand it. Then he glorifies it and, in everything, puts it in first place. He puts the visible world before the invisible world even when he speaks of the higher worlds.
5. The body is omnipresent and man always acts according to the interests of his body. This is why he knows nothing else but the universe of the body: its joys, its sorrows, its desires, its dislikes, its joys, its misfortunes, its certainties and its doubts. Understand that all this belongs only to the sphere of existence of the world of man.
6. I am aware that it is difficult for a man to understand my words and that it is therefore necessary to meditate profoundly on them, for in your world everything is centred on the interests of the body. It is a culture that has shaped you, a water in which you bathe.
7. You must gradually develop another culture in which you will no longer be centred only on the body, but also on the non-body. It is a space you need to open in your lives. The body will not be rejected, but put in its right place: a tool and an obedient servant of the immortal soul and of the divine higher intelligence.
8. In a certain way, the body belongs for one part to the world of death, and that is why it fears. It does not know how to find stability, security; so it constantly seeks reassurance, wants to master everything, understand everything, and bring everything back to itself. It tries to enter all worlds so as to attempt to calm its anxiety. It listens to what must not be heard, looks at what must not be seen, meddles in the life of others, constantly wants to direct energy towards the outside to control its environment and its living conditions. It is afraid of being forgotten, of being insignificant, worthless, of being nothing in the eyes of others.
9. Even the spiritualists are caught up in this magic. Perhaps they will be sad about this teaching: the reality is that for man, the only existing god is the man or woman in front of him.

10. Fundamentally, man has an interest only for his eyes, his desires, his feelings. He likes the spiritual worlds, but these are distant and largely incomprehensible when he limits himself to the mere existence of his body. What the spiritualist can understand is that it is right and wise not to lead man into an exaggerated stimulation and an unlimited heaviness of the senses, longings and desires of the body.
11. Meditate on my teaching, lay it on the Mother to make the light of right understanding spring forth.
12. To those who awaken wisdom and intelligence inside them, I give this advice: limit yourselves to your own worlds. Concentrate on your beings and enter into the mastery of this body that leads you, directs you and too often is the only master and king of your lives. Lead it into wisdom, steep it with wisdom, make it wise, for fundamentally, it likes wisdom and asks to be a good disciple, a good servant, an apprentice, a student.
13. The body tries to transform itself and enter into the Light, but it does not know how to do so. Lead it towards a higher intelligence that it can understand and follow. Then it will know itself how to transmit to you the criteria and elements for your advancement in higher worlds and the stabilization of your lives in the world of men. Limit yourselves to your own existences and place them on wisdom.
14. Be good, generous, great, loving, fraternal, respectful, but all these virtues must not be directed by the intelligence of the body, for they belong essentially to the world of Angels and have to be directed by them. The man who lives with his body does not have to intervene in the existence of such virtues, but simply to recognize what is higher and enter into a pure and impersonal service.
15. The virtues speak for themselves, and man does not have to transform them. Never should the angelic virtues be directed by the intelligence of the body. This is one of the great mistakes that men make: they let the body interfere with what is not its business.
16. Today, man thinks that it is normal for his body to meddle with everything, but this is false. It causes much confusion, a pollution.
17. The great virtues exist by themselves. They are the door to the angelic world and are beyond the competence of the human body. Do not lead these virtues into your bodies and do not enslave them to their interests, for that would be annihilation and death; you would eventually be pushed away from the world of the Light.
18. Meditate, practice abstinence, and be indifferent about carrying these values into the reality of your lives, in mastering your bodies and the worlds in which you live. If you put your bodies in a right position, all these virtues will come and act through them to establish their kingdom.

Olivier Manitará then asked Archangel Gabriel:

Father Gabriel, you speak to my soul, you awaken the light of intelligence, and there are no words to express your wisdom, which enlightens the world and gives water to the thirsty. You are the drop of Light that brings the beautiful and great life. Do you want to tell us that we must put the body to rest and calm all its activities, balance all its needs in order to intensely awaken the activity and inner life of the soul turned towards higher worlds?

Archangel Gabriel answered:

19. There is no other choice or other path for man than to try to climb a mountain and reach the summit to meet his God. This mountain is his body and the life of his body.
20. Man must be able to have the vision of all worlds, of all planes, of his general environment. He must not always bring everything back to his body and its limited vision. The body is only a part of man, it is not his plenitude.
21. If he looks only through the point of view of his body at what is happening in his environment, it is obvious that man will only grasp a part of the truth and of what he must do. He will never know plenitude but will always be discontented and dissatisfied. That is why he has to set to doing the task and talk to his body, educate it and master it in order to lead it up to the summit. There, his body will be able to rest; purity, the greatness of wisdom, the immensity of intelligence will be able to express themselves directly and touch him, speak to him, inspire him and transmit intelligence to him. His body will accept this wisdom, for it will have been touched. Man will be able to enter into a rational activity, a wise life and will no longer be ruled by fear; above all, he will no longer weigh down his life by taking care of what he must not look at.
22. Limit the activity of your eyes, of your ears, limit your words and gestures in order to concentrate on mastery, the awareness of your feet, of your sex, of your feelings and of the sanctuary of your heads. There, you will stand at the top of the mountain, ready to receive what comes from a sacred and pure world that you no longer know.

124 Support the birth of the Essene Nation.

1. In the life of man there is a law: to make something appear, you have to give it the means and the conditions.
2. Everything that belongs to the domain of creation and realization must first of all be thought out and prepared so that all the elements are in accordance and that a space, an earth can receive and carry what needs to be born to life.
3. The Essene Nation has appeared in the world of men. It is reborn from its ashes and progresses in its incarnation in order to bring its message to humanity and earth. Today, it is going through an important phase of its evolution.
4. The divine world wants to open its doors in the sky of the Essene Nation so that the Essenes can climb the steps of Initiation, but also to bring the Light to earth and humanity and bring a high mystery of the spirit back to life.
5. A vibration that no longer existed on earth must become alive again, reappear there. Within the framework of the Covenant, it is up to the Essenes to carry out this task.
6. Do not let the Light be weakened by your lack of interest and by your unconsciousness. You have to study and understand the laws, apply them and abide by them to make the victory of the Light appear in a perfect manifestation.
7. For the divine world, it is a shared project that concerns the 7 kingdoms of creation. Each one therefore has to do its part, and that is why the Essenes - who represent humanity for the higher worlds - must prepare themselves, be active and available to go in the direction of the Common Good.
8. To this day, many steps have been taken, many works have been carried out, teachings have been transmitted, orientations, keys have been given, but a new step must be taken, and the Essenes have to be aware of this in order to bring their support to it. This work implies several kingdoms, but without the participation of the Essenes, nothing can be done.
9. The project of the Essene Nation is grand because even the divine world takes part in it. It is a project for the good of all, but unfortunately men sleep, like the disciples of Jesus in the garden of Gethsemane. They do not have the necessary clairvoyance to perceive the greatness of a new world that can appear through a simple seed. That is why I ask the Essenes to redouble their vigilance, not to fall asleep, but to give the necessary effort and support to pass this new stage.
10. You have to incarnate all the elements that you have received, to form a body from them. Your tradition has to be alive with your lives, with your identities as Essenes, and you have to do everything possible to ensure that a correctly thought-out structure is put on earth, takes on a body and lives from your lives, while allowing you to live from it.

11. Support each other and carry this work of the Essene nation, tradition and identity. By doing so, you will enable a higher world to touch the earth and bring what you do not know to it.
12. It is urgent that you awaken and structure yourselves, for during this celebration, I, Archangel Gabriel, had to open the door to the divine world to reveal the true face of the world of water, but the conditions were not there. I was not even able to come among you as I have done for the past 7 years. You did not sufficiently prepare the earth, the place, and you did not prepare yourselves.
13. You, the faithful of the Light, where are you? Let those who have come to me go all the way to the end of their paths and enter the great service and carrying out of the work that is asked of them.
14. I am the one who makes the Light appear, who allows it to be born on earth.
15. Today I ask you to support the birth of the Essene Nation with your intelligences, your souls and your lives. It is the Light, which takes on a body in your world to bring a new message.
16. I ask you to structure yourselves and carry out everything that is asked of you so that the birth takes place in the best conditions.
17. So, the door could not be opened, but that does not mean it will remain closed or that a new cycle of 7 years of work and preparation necessarily awaits you. I do not wish it, because earth and humanity really need the Essene Nation.
18. You can still bring your contribution and make sure that the door opens, that the water worship appears on earth. The condition is that the seals of Work and of Family are placed before the celebration of Archangel Raphael. The celebrations of the fire and water worships must be placed on these seals. If you meet the conditions, then, when the 4 Archangels are invoked in the temple of Raphael, it will be possible for the door of water to be opened.
19. Therefore I ask you to finish the works in progress and to place them, settle them (you do not settle works, you can finish them, lay them down, rest them...) because today the sky of the Essene Nation is loaded with projects and it needs to be lightened through their birth, their realization.
20. I ask you to unite intelligently and efficiently around your guide, to form a body for the Essene Nation so its works can be born, and humanity knows it and appreciates it.
21. You have to unite while keeping your individuality in order to create a communal work. Each one must be the bearer of his I-ray, of his being, of his share of responsibilities for the good of the whole.
22. The Mother and all the kingdoms have rallied to the Essene cause. It is now up to you to give a body to all this wealth.
23. My strength, my blessings, my protection are with you.

24. Your sky will remain clear as long as you do not add unnecessary new elements. Know just the same that it needs a great cleansing. If you clutter the sky, it is difficult for the higher worlds to cross through it to come to meet and touch men.
25. You, the Essenes, who are in a living tradition, you who are in the resurrection and beginning of the work, I ask you to be pure, to cultivate reason and wisdom.
26. To be at the beginning means that others are going to walk in your steps, that they are going to inherit from you. Therefore you have to pass the best on to them so that they have all the conditions to progress and set foot where you have not yet been able to go. Help them to do better, for in a certain way, you are helping yourselves; take your life in hand and open a new path while understanding that there are real consequences to your attitude and your way of life.
27. It is essential that purity, truth be in your lives and that unconsciousness is not cultivated, for you are in the body of the Tradition and if you form it with shaky elements, one day it might fall.
28. It is important to be vigilant about the nature of your thoughts, your words, your feelings, your gestures, for the water has to be clear enough to allow the barque to cross the river without being in a tornado and a tidal wave.
29. Receive my blessings.
30. Protect and support your instructor in his mission, for without you, it will be very difficult, almost unrealizable.
31. May the divine world inspire you and every day of your lives, lead you and allow you to make great strides in consciousness, love, universality, brotherhood and wisdom.

125 Create Temples to meet greatness.

1. Give yourself the means to succeed in your life by studying the laws and applying them.
2. First, you have to know what you want. You have to be perfectly clear about whether it is you who wants it or whether it is a world in you that wants. Second, you need to know the secret of preparation.
3. Every success is hidden in preparation.
4. To know what you want is the seed of your life; preparation is the soil that can receive it. Success comes from the meeting of the 2, it is the birth to the life of what you wanted.
5. Before appearing in a world, every manifestation is prepared in another world.
6. In spite of what he might think, man is very often shaped unconsciously. He acts instinctively. He applies the laws that govern matter because he has no choice; he is forced to do so but does not understand the intelligence, the lessons he could learn from it for other areas of his life. If he wants to play sports, for example, he has no real choice: he buys everything he needs, prepares himself inside and out, conditions himself. On the other hand, to go to a place of prayer, meditation, communion with a higher world, he does not prepare himself. He goes there as if it were something banal and finally does not give himself any conditions to succeed.
7. Men do not apply the laws when it comes to the divine world. They think that the kingdom of the Light is above the laws and that it is enough to approach it with a sincere inner desire, with noble and pure feelings so that everything is right. Yes, a sincere desire and noble feelings are part of the necessary conditions, but it is not enough. Man has to prepare himself, accomplish a work on himself on several levels.
8. To approach the divine world is to pass through a door to enter another world. All the ephemeral concerns of the world of men must be left at this door. The ground has to be worked in order to be free of any concept, any baggage that come from the darkness or from the misleading light.
9. To receive the beverage of the Gods, man must be a pure, clean and empty chalice. If he is filled with a world or if he has no cup, why does he approach the Gods?
10. The impure, the profaner cannot pass through the temple door. It is not that he is rejected, but simply that it is not his place. He does not meet the conditions, has not correctly prepared himself.
11. The divine world does not come into concepts, illusions, lies, beliefs, unintelligent dogmas, in what confines and leads into slavery.
12. The divine world will not come into what you think and what you conceive.

13. The divine world is the source of life. Know that life cannot be caught, cannot be controlled. It has to be lived when it comes and welcomed in a pure chalice, entirely consecrated and dedicated to it.
14. One who wants to grasp life only grasps death.
15. The divine world will never come to be at the service of the man who wants to build prisons and dreams of a life entirely turned towards a physical world.
16. Very often, humans approach the worlds of the Light to strengthen the world of men, but the divine world is not at the service of death. To adapt the divine world to the kingdom of man is to benefit only from 2% of the activity of the Light. This is already good, but it is far from satisfactory.
17. If you want to enter the ocean of the Light, you have to be free of your concerns related to the physical body, to your life in matter and in the world of death. You have to be like a child, virgin and innocent. You have to be correctly prepared, closed at the bottom and open to the higher life, simple, never driven by fear, by lies, appearances, illusion. You have to be like a child who comes close to his mother without any doubt to receive the blessing. You have to be like the sage who has studied the laws and the words of the Teaching, knowing how to discern true from false, what is right from what is sick, knowing how to put on the clothing of the Light to enter the sacred place.
18. Do not approach the place of meeting with a higher world only to try to improve your life and your conditions of existence in matter. This is not negative, but it happens on its own.
19. Go through the door of the temple to meet greatness: the Light is ocean. Prepare yourself for this special moment. Enter with purity and nobility, respect the discipline and tradition of the sages, for the divine world is the source of life. You will not meet it in the world of death and appearances.
20. Illusion is the great mantle that man wears; he makes concepts about everything to finally close himself up and not pass through the door of liberation.
21. The divine world is the path of liberation, but man must want to commit and walk while accepting to free himself from what holds him back in the valley of tears or ephemeral joys.
22. Approach my spring with everything that is pure, with respect for discipline and the sacred laws of the teaching of the Light. Make the space around this spring grow through your own inner life and through the presence of your eternal soul. Let this space be pure, noble, alive. Then you yourself will be filled with what is precious, with everything that is great.
23. Know that if you manage to make a sacred space live in the midst of the Essene Nation through your soul, your thoughts, your devotion, your study and your understanding of the laws, through your discipline, this space will remain with you at every moment of your life and you will be protected, re energized, permanently blessed. Whenever you wish, you will be able to go there and receive strength, inspiration and protection from it.

24. Whatever you want to obtain in your lives, you have to put all the conditions and prepare yourselves. If you want to reach the divine world, get yourselves ready to welcome it in the best conditions by preparing a sacred place for it in your lives and on earth. Then free yourselves from your illusions and misconceptions.
25. Study the laws to be settled and stable. The divine world could free men from the prison they have constructed themselves, but it does not want to, for it is out of love that men have to turn towards wisdom and call it, putting themselves at its service, and becoming aware of the dead-end path that they have taken.
26. If man becomes aware of his mistake, he will be strengthened from his experience; he will be decided and determined and will turn towards the Light with a pure and sincere heart. He will do the works and respect the commandments because he will want to. He will build a temple for the Father and the Mother and give all the conditions so that the great light comes and dwells in it. Then the divine world will be happy with the alliance. It will come and manifest itself in the midst of its own, of those who have prepared all the conditions for it to manifest itself. Such is the secret of the higher life, such is the secret of the alliance of the prepared men with their God. Olivier Manitará then asked Archangel Gabriel: Father Gabriel, how must we prepare ourselves and implement the laws of the divine world that you teach us? How can we be pure, true and in union with the Gods, when we do not really know what they are? Archangel Gabriel answered:
27. The Mother is all around you. She is alive, full of wisdom. She is who must lead you, carry you and make you a body so that you can enter the higher worlds.
28. The Mother is alive in every thing. If She is no longer alive in you, it is because you have shut Her in with your concepts, your education and your way of life. You have been educated in that way, you have been formatted, programmed, loaded with concepts in order to look at nature in a certain way, and now you do it.
29. Nature and the Mother are not simply something beautiful or magnificent. They are first of all real beings, identical to your world: you find beauty, but also weakness and dangers in them. There is a plant that heals you and a plant that can poison you. The Mother is the One who teaches you about all these worlds, enables you to understand them and acquire wisdom from them to know how to present yourself in front of the higher worlds. Do not clothe yourself with a poisonous plant or seed, but on the contrary, join with what heals, regenerates and ennobles. You will show that you are well educated, that you have been correctly prepared and shaped.
30. You cannot be correctly shaped by what comes from the world of men. You have to be shaped and educated by a living and pure space.
31. It is important for man not to go towards the divine world with his world and his concepts, for he will create thoughts-forms, moods coming from his world. Then he will receive the pure water and the teaching of the sacred world in a ready-made mould without being able to approach the divine world and understand its

- real greatness and its purity. Above all he will be unable to welcome the new inspiration that comes from beyond any known concept.
32. You create material temples on earth, which is of course welcome, but you must also be able to create temples in nature so that it can bring man into its aura and take him towards higher worlds, beyond human concepts.
 33. Let your temples be places of meeting, study, preparation where the higher worlds are honoured before all and above all. Each temple must include a sacred place where men cannot enter as profane and that is consecrated only to meditation, to prayer, to communion with a higher world.
 34. When man enters the temple, he must forget his active life, take time for what is essential and connect with what is true for all eternity.
 35. Remember: what is great in nature is that in it you can enter a world where man has not constructed anything. This is a key for the temples: nothing must come from man, everything must belong to the Gods.
 36. Man enters the temple with his concepts and knowledge of man about symbolism, writings, seals . . . All this will lead him to have his own vision of the divine vision. This is a profanation; it will not be possible for the temple to be inhabited by the Gods and the sacred worlds. For this reason, there must be different levels of temples.
 37. The temples of the Gods must be reserved for beings prepared and initiated according to the rules of the art.
 38. Apart from the temples of the Gods, there can be individual temples in the homes of the Essenes and temples to work together, to study, heal, welcome the Archangels and honour the Most High. There, man can distance himself from the context of his life and strive to gradually enter into a union with the divine world, independently from the world of man.

126 Master your Eye to master your life.

1. If you want to be close to the Light, you need to know that one of the conditions is that the water becomes clear, transparent, pure, alive. I am talking about water in general and also about the water of your souls, of your consciousnesses, of your sensitivities, of your lives. It is through this water that the divine world can come to be reflected and have direct access to the life of man in the concrete world. To purify the water, I offer this key to the tradition of Light that you carry on earth.
2. You have an extraordinary instrument in you that is the eye. The eye is connected with the Light and water and has the ability to cleanse and maintain the purity of the water in your lives. Your way of looking at the world determines your water and then, water in general.
3. If you look at what is dark, negative, then your eye takes you into water that is not clear, that is sick and transmits disease, and your intelligence, your sensitivity, your whole life in all your movements start to be fed by this water. You are lost, you are led towards confinement by an irresistible current. On the other hand, if you know how to liberate your eye, if you know how not to be caught by the look of the one who wants to lead you where you must not go, if you know how to look at what is great, what is pure, what remains eternally wise and radiant, then it is a sacred, enchanted, living water that will come to life inside you, that will refresh your intelligence, give water to your sensitivity, your will, your movements of destiny. For man follows his eye.
4. The eye is the guide of man; it is what opens the path and writes the destiny through the attitudes and acts done.
5. If you look at the world and your eye sees the immensity, greatness, what is beautiful, true, eternal, then the water transforms itself into a perfect mirror that makes the higher worlds appear.
6. Your eye determines the regions you are connected to and makes the worlds that live around you in the ethers appear. Like filters, these worlds determine your way of looking and understanding. In this way you either free yourself or enclose yourself because you are surrounded by an angelic world or an impure and sick world.
7. If, when you look at the world, your eyes see ugliness, lying, what degrades, then this vision becomes the inspiration of your life, what leads you and makes you move forwards, for it is a law: your whole body follows your eyes; your thoughts, your feelings, your actions attune themselves with them.
8. Your eye makes you move in clear or stagnant water.
9. Seekers of Light have gotten lost because they did not educate their eyes in the wisdom that knows how to put each thing in its right place without any judgement or bias. You see, when man is confronted with the dark world, he must not involve the feelings or will, but only the light of the intelligence that

clarifies and balances, putting each thing in its place with justice and respect for the divine laws. On the contrary, these spiritualists have looked at the world with their physical eyes; they saw imperfection in it, and it took over their lives. They did not understand that the physical world is an unfinished picture.

10. The physical world is far from being perfect - sometimes it can even be unpleasant, - but this is normal, it is not finished. It is useless to dwell on what is not finished. That is why your eye must be educated to go see further than appearances, beyond the physical world, where the water is pure, where the greatness, the majesty of the higher worlds appear and let themselves be seen. Then these higher worlds will guide man.
11. One needs to know how to pass beyond the outer and inner forms, the sensations and impressions to perceive the entirety and understand the intelligence of each thing. One cannot get an idea of a thing simply by a quick look at it, for then it is limited to the body and the physical senses.
12. The eye needs to develop the eye of the future, which is united with and directed by great wisdom, the divine higher intelligence.
13. As long as you take it as your guide, wisdom can fix everything, can heal everything, but for that, you have to renounce being guided by stupidity.
14. It is fundamental for the future of humanity and earth that the good judge eye, the good guide eye, capable of awakening what is greater and higher than ordinary life appear.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, it is very difficult to master our eyes, for worlds have captured us, and very often, they guide us into regions that enclose us and prevent us from seeing what is great and beautiful. How can we develop the divine eye and put the human eye in its right place?

Archangel Gabriel answered:

15. In every thing there is wisdom, beauty and greatness. It is in this source that you must bathe your eye.
16. It is not because a thing is not finished that it is imperfect. Give it time, be generous, be like a mother with her child. When a child comes into the world, he is far from being autonomous and perfect, he is not wise, reasonable and composed, but the mother does not condemn him, does not freeze him; rather she strives to educate him, to guide him and to offer him the best elements of life.
17. Develop a loving motherly attitude towards your eye; do not limit it to ugliness, but strengthen it and bring it towards what is greater, wiser.
18. In every thing there is intelligence. You simply need to be patient, united with Good.

19. If you see Good in all things while knowing how to protect yourself from evil and devious influences, you will see beneficial beings surround you and guide you towards a better life, towards a world where wisdom and sages reign.
20. Remember: a loving mother does not stop at the details, for she knows that the child is not yet shaped. She sees into the future and it is for him that she works in the present. She develops another way of looking, not limiting herself to what is imperfect; she finds the strength to keep her water clear, pure, good, and it is a blessing for the child, for he does not have on him the gaze that immobilizes, that imprisons, but he bathes in the water that flows towards the positive, the true, the hope of greatness.
21. If greatness is no longer possible, there is no other future than death and nothingness.
22. You who want to purify the water that bathes the world, bring your look towards the regions where the water is filled with wisdom, understanding, harmony. Do not let yourself be captured by the world that wants to lead everything towards degeneration; if it does exist, know nevertheless that there is wisdom behind everything. Degeneration leads to decomposition, which makes a new hope, a new life appear.
23. Do not bring your eye towards the decomposing manure, but raise it towards the flower, towards the star, and discover the world of water that bathes the worlds, then the world of the soul, and finally the world of the greatness of the spirit. Unite with this world and your eye will guide you. Then all the intelligences of the Gods, the genies, the nature spirits and all the creatures that love the beautiful light will be happy to see this source of pure and limpid water. They will want to drink this water and live with it. Your whole body and all the beings of your destiny will accept this higher world and make everything direct you upwards. Your life will be blessed with pure water that will bathe your eye, your soul, your being.

127 Make your Eye the reflection of your Soul.

1. The men who walk towards the Light often wonder if they are rightly inspired, if they are in accordance with the divine world, if they have its blessing. To know this, let them look at their works and the acts they accomplish in their lives.
2. It is the works that will tell you and show you who you are and who you live with.
3. If your acts are like pure water that flows to quench the thirst of beings with clarity, love, truth, wisdom, water that brings abundance, obviousness, prosperity around you, then you are in the Light. It is also a sign that those who have given you strength and inspired your actions were perfect in this and brought you the best elements.
4. The acts are a reflection of what brought them into existence. If everything is perfect in all worlds, perfection is manifested in the act.
5. If men are confused in their works, it is because they themselves are not clear. In this case, it is necessary to start over and over again, to bring obviousness, to adapt, to take stock. This means that those who inspire men do not bring them the right elements, the best conditions, the adapted savoir-faire.
6. If you want to be in accordance with the divine world, you really have to cultivate and maintain clear water so that all the beings who live in it can be real allies and protectors in your lives.
7. There must not be any grey areas or pollution between you and the divine world. The world of water is the intermediary; that is why everything has to be pure, clear, conscious.
8. If you do not protect your water, if it is not clear through your thoughts, your feelings, your desires, through your eye, you are really in danger, for you cannot know whether your inspiration is good or bad. You do not know who directs your lives and whom you are associated with.
9. Always have this idea of protecting a sacred place inside and outside you so that pure beings can live there and be your associates, your helpers, your protectors, your advisors and your friends on the path. Really do it.
10. Get organized. Let it be an individual and communal work. If you do not do it, you will always be weak, and your works, your achievements will never be pure; a disruptive element will always manage to slip in to spoil the final result. You will not be prosperous, you will not be able to give birth to a world that is pure and true, powerful and alive in the concrete plane because the work will always have to be cleaned up and completed, quite simply because the water is not clean. This is the deep meaning of the worships of the Gods, Archangels, Angels and masters through the 4 elements.
11. When the element worships are purely established, on earth as in heaven, the path will be open all the way down into earth and the work will be

accomplished. Then all the flames lit by the Essenes - in their individual temples or the study circles - will be blessed and consecrated by the Worships, as will the water, air and earth of these places dedicated to study and the sacred. There will be strength, beauty, protection, abundance and an inspiration of Light.

12. Be faithful to what you understand and to what you think is right and true. Be faithful as far as in the steps you put take on the ground, as far as in your works/Be faithful all the way down into the steps you put on the ground, down into your works.
13. Let your works be true and conform; then you will walk powerfully towards the Light, one step after another, one work after another, not for the glory of what is ephemeral, but of what is immortal, of the Father and of the Gods.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, how can we clean this water so that it is always pure and clear, bathing our works in perfection?

Archangel Gabriel answered:

14. Your vision, your way of looking is the key to the magical worlds. You have to educate your vision, for if you are not stable and strong internally, any event or influence can invade you, destabilize you, make you lose your footing, make you uncomfortable and finally transform you into insecure beings, living in fear and doubt. From that moment on, you are fecundated and it will be very difficult to clean your water. You will have to use a strong and often painful way.
15. Remember that it is your body that carries your eye and that it must be like a loving mother. Structure your body with the best elements of the Tradition and the Teaching so that your eye is protected and cannot be invaded.
16. Gather together and do communal works to strengthen yourselves. It is the works you do that will structure you. Tirelessly, build until your lives and your bodies are settled in the Tradition. Do not remain isolated, alone in your corner, but come together through concrete works and find your happiness in the act of building a new culture on earth, of bringing a new vision of the world. You have to look at yourselves to clarify yourselves, but if you do not do works, you will not succeed, you will get lost in the world of illusion.
17. By carrying out works, you will achieve to see yourselves and rectify yourselves. Then you will have a body around your eye and you will be able to purely maintain it. It will become your guide, your light, your future, the one that generates the other body, the new body, the perfect body that is not born of man and of woman, but of the eye, which is the perfect reflection of the soul.
18. Know that if you manage to construct a whole world organized to purify you and to protect your eye of the Light, all the rest will come as well.
19. It is fundamental that your eye is the reflection of your soul and not the evil eye that condemns and leads everything into destruction and death, into nothingness.

128 For a conscious and responsible heredity.

1. You need to realize that you do not only live your own lives. Many things, events, situations that you live, many things in your beings, your thoughts, your characters, your inclinations do not necessarily come from you, but from a distant past, from other lives you have lived in former times.
2. Sometimes the situation is difficult because man comes across hardships without necessarily understanding the reason for them. He thinks it is unfair because he does not realize it is a consequence of acts he did in the past. Therefore there is no injustice, even if man is sad and unhappy at the moment; it has a meaning, a reason. What makes all the difference for his future is his ability to react with wisdom or stupidity. Indeed, man is not asked to come to earth, to take on a body in order to be unconscious and do whatever with his life, but to become wise.
3. Man comes to earth with abilities, qualities, possibilities, organs to do something with his life while using all the faculties that have been made available to him. He must do everything possible to become a conscious being, a being of reason, calm, strong and good, on his way towards wisdom, fully responsible for what he does, for what he creates, for what he puts into action and in movement.
4. Part of your lives is of course the consequence of your acts and those you have generated in the more or less distant past. There is another part that, in a way, does not come directly from you, but from your parents. It is a heredity and is even more difficult to deal with because its ramifications and consequences are incalculable, extending to many areas, such as religion, education, the economy. It is a reality that concerns you, that you encounter and have to deal with.
5. I ask you to awaken, to clarify yourselves, to study the laws of life through your own lineages, for there are attitudes, behaviours, events that do not come totally from you, but for a part from your parents. You live the consequence of their actions, their choices, their thoughts. All this has formed a part of the earth that today forms your body, the world you live with. You have forged yourselves identities with this matter and you have to bear all the consequences.
6. Today, men say that nature is largely destroyed. In reality, it is not the earth that is starting to decompose, but man himself. It is he who leads all the forces towards destruction, confinement, annihilation.
7. You who want to enter the school of Gabriel, I ask you not to be disrespectful, unconscious and irresponsible.
8. Do not transmit the bad to future generations. Awaken and do your utmost to transform this dirty water, this water that brings suffering from generation to generation, into clear, wise, pure, living, good water.
9. Take hold of yourselves, do not perpetuate what is dark anymore, but do everything new; protect the family and what passes from one being to another.
10. It is not conceivable for me that children are received in bad conditions, that they receive a bad education, that they do not have balanced thoughts, feelings and

will, that they have an unstable earth under their feet, that they do not have the conditions to build themselves up and advance towards the Light.

11. It is not dignified to destroy the lives of children before they have been able to manifest themselves and make themselves a body. It is neither conceivable nor acceptable.
12. Gabriel is caring, mutual support and love for others.
13. You must not, through your unconsciousness and disrespect, through your disorderly lives, unbalance the lives of others, especially when there is transmission. You must only transmit what is pure, true, good and what has been worked on.
14. Know that what you live, others will live it; others will walk where you have put your steps. They will not discover just a footprint, but a part of your life in their lives.
15. Many will justify themselves by saying that they had no choice, that they no longer knew what to do. But I say to you that you always have a choice because before you got to that point where there was no choice, there was a choice. What did you do with your thoughts? What did you let be done? What did you do with your feelings and your will? Why did you let all these forces rule your life until you had no choice, until your children no longer had a home, until all beings were poisoned? It is before that moment when man no longer has a choice that it is important to awaken and straighten up.
16. Know that flowing water always reaches its destination. If it is not pure, it will not go into the divine world and will not generate divine life. There will be unhappiness and destruction. Humanity is not destined to be destroyed and this is why you have to pull yourselves together, become aware of the transmission that takes place from one being to another and strengthen the tradition of the Light.
17. Do not pass on to others an unstable earth, a poison, an earth that he will have to carry all his life and that he might pass on to future generations because of your incompetence, your bad choices, your actions.
18. If today you are able to become aware that from the earth that was transmitted to you by your parents, by your nation, you have forged yourselves identities, attitudes, behaviours, lives, and if at the same time you become aware of all the impurities, the handicaps of not having had a land of Light, of wisdom, of clarity, then I ask you to break the spell, to unite with my pure water, with my tradition, to become responsible and not to pass on to your children and to the coming generations a sterile, dead, cursed earth.
19. I, Father of the water that carries God in all the worlds, I say to you: accept the lives you have and make them into something wise by becoming responsible so that they are not limited to your little presences, but that they become great from your souls to bless future generations with your wisdom, your works, your commitments, your union with all the worlds so that the universal intelligence of the Father and the Mother triumph.

20. Limit foolishness, the actions that destroy the future earth.
21. Today, men talk about species that can no longer live on earth and are disappearing. This is the consequence of the actions of your parents and the world you live in. So, stop the damage and make sure you do not contribute to the degradation of the earth and the species through unconscious acts that destroy the family in all worlds: the relationships between humans, peoples, the kingdoms of nature.
22. May tomorrow humanity regain hope in front of the message and the works of the Essene Nation. You are the future, you are the new culture and new intelligence that have to appear in the world.
23. You have to reseed the earth in order to flourish; in this way humanity will be able to continue its march towards a higher world. Olivier Manitarra then asked Archangel Gabriel: Father Gabriel, we are shaped by the choices and actions of our parents. How must we act in the face of this obvious fact? Archangel Gabriel answered:
24. You must not condemn what has been done, but neither must you approve of it.
25. There is no reason for man to go towards destruction. He simply needs to awaken and take himself in hand, stop thinking that what he is doing is good given the bad conditions he has.
26. I very often hear people say that they could not provide a home for their children because it was not possible. I answer them, "But what did you do to get to that point, for everything to deteriorate to that point?" Has man become completely unconscious? Is he letting himself live or is he taking his life in hand?
27. When man gets to the point where failure is a fact, he can find all the reasons, all the excuses and justifications. What he needs is to have the wisdom not to let the world that destroys everything be grafted on and gradually settle.
28. What have you done with the sages, with the guides of your tradition so you no longer have an intelligence that directs your steps on the safe and good path? Awaken, for there will always be a consequence to the lack of respect for life, especially when there are fecundation and transmission.
29. You, the Essenes, do not allow unconsciousness to settle in your homes to the point of destroying them. Be attentive to all the warning signs that reveal there is dirty water. Do not allow such water to live with you. Do not close your eyes, but roll up your sleeves and clean up your lives, take charge of them and fix the problems before it is too late.
30. Support each other. Live together. Protect each other without judging, without hurting each other. Comfort each other, but never allow dirty water to seep into your relationships and your lives.

129 Nutrition and Digestion: the cycles of construction of the subtle body.

1. If you want to receive something in your life - a gift, an ability, a virtue, an intelligence, a power, - you have to be able to conceive of it, carry it, contain it and incarnate it in order not to lose it and keep it with you. You need organs to understand it, a perfectly made-up body, corresponding to what you want to receive and live.
2. You have to be what you want to know and for this, you need to have a body that corresponds to it. If you do not have this body, no world will give you what you ask for because you will not be able to use it.
3. To ask is the first step: this means to conceive of. To accomplish is the second step: this means to create the body to contain and incarnate, to be.
4. It is not wise to give to beings more than they can contain and carry.
5. Food is the key to the formation of a body. If you want to go towards the Light, receive it and live with it, be it, you need to know the elements you have to associate with in order to construct yourself a body capable of receiving and carrying the Light.
6. The body is not only the physical aspect, it is also the water in which it is immersed, its environment, its living conditions, its destiny. For example, if you want to become a being of goodness, of course you need a body, a water in correspondance, but you also need the living conditions, the destiny that allow you to manifest the being of goodness, to do its works, to make it appear. The more you can manifest goodness, the more it also incarnates around you, enters your environment, the world; then you can even more easily create yourself a body, a life and be in harmony with your soul, with what you are for all eternity.
7. If you live for a shadow, for a lie, an illusion, a stupidity, for what is ephemeral and for death, you construct yourself this body and let this world into your environment.
8. The wisdom hidden in nutrition reveals the art of consciously, willingly constructing a body, of taking your life in hand to merge with your true being and become it in reality.
9. When you are one with your true being, your body becomes a seed carrier; you can then fecundate the world with what you are and a lineage appears: the immortal or mortal existence.
10. You have to know how to eat, in which world to go look for the essential elements and how to digest in order to assimilate. You, men, you are not, you become. That is why you have to digest. It is during this digestion that the body is formed with all the elements you have associated with.
11. During the day, when man is awake, he eats; at night, during his sleep, he digests and assimilates.

12. You do not only eat in the physical plane the food prepared for you by the Mother and the tradition of men; you also eat in the world of water, of the auric, of magic through thoughts, moods, will, desires, acts, relations, associations, perceptions. In all these activities there are nutrients. They become part of the constitution of your living conditions, which are your placenta, and take part in the development of your body and your destiny.
13. All day long, you are a creator in the water that bathes you and bathes the worlds. You breathe, you attract and repel intelligences, influences, you are active, you move, look, listen, speak, want . . . Through all these expressions of life, worlds are organized and live with you.
14. You constantly give birth to creative influences that act through many spheres and in many areas. In fact, organ after organ, they construct a body, a destiny for you.
15. Whether you are aware of it or not, you have an intense activity, you are a creator. You make associations with worlds, intelligences, wills and you maintain them, incarnate ideas and spread influences. You are a creator of life.
16. When evening comes, you enter rest. There, during your sleep, all this activity is digested. Sleep is not the cessation of intense activity, but its displacement: it goes into another world and takes another direction. It assimilates and creates all the organs of the body of the next day. Everything that has been generated during the day goes to its place, into the world that corresponds to it, to constitute the organs, the body that man will recover when he wakes up, his destiny of the next day. Either this process makes your life lighter and allows you to have contact with a higher world, or it makes your life heavier and you cannot contact a higher world.
17. You have to be aware that everything you think, your way of thinking, the worlds you associate with when you think, everything you say, everything you do during the day is in fact food that you ingest and will have to digest. It will form you a body and a destiny you will have to breathe and live in.
18. One who is not aware of all these processes cannot govern his life. He is governed. He is given food and he is led where he did not necessarily want to go. This is why the Essene Nation must, as a people, recover this knowledge and incarnate it in order to offer the best food, an earth and a sky to all its citizens, to humanity and to all the kingdoms of earth. Only a nation that is perfectly constituted and united with the world of Archangels can recover this knowledge.
19. If man is not carried by a nation, he cannot form himself a body, for he is like a fetus without a mother to construct him, protect him and nourish him.
20. Be increasingly aware that all day long you are active, and that at night everything is reused, distributed, placed to take shape. In order to construct yourself a body with the best elements, be more and more in the placenta, in the activity of the Essene Nation.
21. Every time you eat something, you commune with an intelligence, you unite with an influence, an idea, and you strengthen them inside you and in the world.

- When you ingest the food, a sorting takes place in the body so that each vitamin and element goes to its corresponding place. A great intelligence presides in all these processes. Waste, too, goes to its proper place for disposal and recycling.
22. In the higher worlds - those that construct you at night, - waste is not recycled in the same way as in the physical body. Man should not generate any waste - or very little - in his thoughts, words and acts; no waste should enter the world of night, but this is not the case.
 23. Where one accesses the higher worlds, in a place called the “door of heaven,” the waste is stored, accumulates. It generates beings of waste that will come back to you in your life as obstacles preventing you from moving forwards, turning you away from what you want to live.
 24. The more you generate waste in the worlds of water, of magic, in the auric and spiritual worlds, the more your life will be weighed down, for you will have to carry it, bear it and live with it on a daily basis.
 25. If you want to journey towards the higher worlds, you have to unite almost bodily with the Light, with a pure and living tradition like that of the Round of Archangels; it is the great protection and the means to consume everything impure that can pass into the subtle worlds.
 26. You then have to be attentive to everything you generate during the day, to the food you consume in your thoughts, moods, acts and works. In this way, when you enter the sphere of sleep, the covenant of Light will protect you and you will be lighter; this will allow you to ascend towards higher spheres. High thoughts, noble feelings and positive creative acts will enable you to have access to lighter worlds, in harmony with the immortal part of your being.
 27. Know that you are a creator in several worlds. You are not that just occasionally or when you decide to be, but all the time.
 28. Whether you breathe, put your body in certain postures, move, look or speak, you are constantly active. Now, this activity is supported by an energy, an intelligence; it is nourished and itself generates food for others. This is a law. So, consciously unite with what is pure and true, with what gives meaning and opens a path.
 29. Limit what is useless, what does not go in the direction of what you want to live, for this generates waste that cannot be digested, evacuated, that will form a weight and will close the sky while cutting you off from your soul.
 30. What is waste? Something that weighs you down and ends up by crushing you.
 31. Man has to be light, happy, serene. When he gets up in the morning, everything inside him must fall in place. With happiness, harmony and wisdom, he can begin to be creative, with all the elements that form him and surround him. If he is too heavy, if his sky is heavy, closed, if the earth no longer carries him, if his body is saturated with useless elements, he is stuck. All the works he will try to do will not be light; in that case he will experience big difficulties.

32. If you want to be a creator of the higher worlds, you have to get clear, to be attentive to everything that you let inside you in order to become a perfect tool, a correctly formed body to carry the divine world.

33. Olivier Manitaro then asked Archangel Gabriel:

O my Father Gabriel, how does one assimilate this great wisdom, have perfect concentration and mastery of life?

Archangel Gabriel answered:

34. You have to be associated with a living, pure tradition, which carries the Covenant in the reality of the earth. This will give you a clear and right orientation. Then you must do everything to move forwards one step at a time according to this wise, luminous, noble and beautiful orientation.
35. Move forwards in concrete terms. Take each step with stability. Do not let yourself be distracted by everything that will be suggested to you. At each step that you must take to stabilize and construct yourself, remain faithful.
36. Do not accumulate what cannot be assimilated. Take only what you need to make yourself a body and live with it.
37. It is with the pure elements of the tradition of the sages that you need to make yourself a body.
38. It is the body of the sage that nourishes the sage and allows wisdom to take root.
39. A word of wisdom that is not lived, fulfilled, alive is not a real word of wisdom.
40. Do not overload yourself with what only pleases you, with passing desires, for very often all these things weigh down your life and end up by cluttering it.
41. Learn to concentrate on what is essential and to remain faithful to it, to go all the way to the end, for then you will have put something down that will become an organ you will be able to rest on, to live with, and you will become strong.
42. Give the Light the means to live, not in selfish dreams and concepts, but in the reality of the earth and of your life. The Light will then give you the means to live with it.
43. It is by limiting the needs of the body, mind and feelings that you will start to live intensely and enter into a mastery of the body and life. If you overload yourself too much, you will be as if you were chloroformed, as if you were bundled up in a kind of elastic clay limiting and suffocating your movements, preventing you from being a dancer of life.
44. Do not generate waste in your life, do not weigh it down. Look at what is essential. Weigh your words and perceive with which elements you nourish your thoughts, your heart, your will. Which energy animates your acts? Which intelligence are you associated with? Remember that at night all these elements will act on you; you will meet them in another world and in another form. You will have living beings in front of you, living in real worlds, that will shape a body, a destiny for you. If the forces surrounding you make up bad food, they

will keep you with them and prevent you from going towards the light of your soul.

45. If you are pure and clear, if all your activities are in keeping with the Light, you will very quickly pass this zone of subtle digestion to go into higher worlds. These luminous worlds will speak to you and give you the perfect elements that you will find the following day. You will then be able to construct yourself a body with the food of the Gods and not with that of men, which comes from the world of waste.
46. Through the food of the Gods, you will be increasingly able to go into the body of the Light, into the Tradition, and form it a body with your body and your activities. Such are the perfect concentration and the mastery of your life.

130 What is Death?

1. If you, men, have life on earth, it is because, in their great generosity, the Mother and all the kingdoms that surround Her have given you all the elements to live, to develop and grow. You need to be aware of this and cultivate gratitude from generation to generation.
2. Today you have broken the contact with the Mother and you have come to think that life and all the elements that make it up are your due. You have created yourselves a world to live alone, selfishly, thinking only of you, of your needs and of your requirements.
3. All the kingdoms that have remained faithful to the Mother are generous and good, but you have cut yourselves off from the ties of brotherhood; you have not honoured generosity, goodness.
4. You have wanted to direct everything towards your body, take everything for it, create a world to satisfy all its needs, its slightest demands.
5. You have forgotten that your bodies are only a part of your beings: what is mortal in you. In this way you have given everything to what is death in you. That is when you became fearful, beings wanting to take everything for themselves and constantly being afraid of losing the little they have.
6. Ultimately, one who possesses death possesses nothing, and deep down he knows it. He lies to himself not to see what he has done with his life. He builds a world of illusions to protect himself from the truth.
7. I see men clinging to their coffins, living only for what is material and the existence of their bodies, trying to preserve them at all costs. It is the fear of no longer existing and of losing everything that governs them.
8. Know that you are already dead, dead from your bodies and everything you put into them as attention and energy. You are dead from the survival of your bodies and of everything you do so that these bodies maintain your existence.
9. The spiritualists say they accept death because they believe in the existence of the higher worlds. But this is only a wish, a pious belief, a dream that helps them to live, to endure difficulties and above all, the nonsense of their lives. They take refuge in beautiful beliefs to avoid looking at their lives and those who govern them.
10. You, the Essenes, must walk on a path of awakening in what is real. You must love the truth that enlightens and liberates and be fearless in front of it.
11. Take care of life and the water that is around you and in you, for it is your placenta.
12. You have to be creators by taking your lives in hand.
13. Your bodies are part of a whole and you have to integrate yourselves into this harmony in such a way as to create yourselves bodies of Light and generosity.

14. The Mother and all the kingdoms of Her realm have given you everything with wisdom. Abandon this unfortunate tendency you have to take everything, to do nothing with it, and therefore not to share it, not to distribute it.
15. Be generous and think of others; do not think only of the world of man, but of all worlds.
16. When you were born, the Mother gave you a body and a life. Water came to give you to drink, air lived in you, fire animated you and earth carried you. You became alive with all these gifts, but what did you do with them? You have only tried to preserve your body with this gift; you have been concerned only with appearance, only with what is mortal, what belongs to the world of waste and returns to the Mother to be recycled.
17. You must not want at all costs to keep what you received when you arrived on earth, for all this is only a means that has been given to you to build another body capable of opening the doors to another great, vast, generous, immortal life.
18. The body of immortality is not an abstraction, a belief, a dream, a wish; it is found in the reality of what you do with the body and life that were offered to you at the beginning of your journey.
19. If you received a gift, it is not just to preserve it. Of course, it is necessary to take care of it and take care of your body - which must be happy and well treated, - but a gift is made to be used in order to benefit a multitude.
20. If the earth has become an intelligence in you, it is so that the Light floods life and is transmitted to future generations. If you have the ability to think, it is to go towards the kingdom of the eternal spirit and incarnate goodness and all the virtues of the Angels on the earth that you are. If you have feelings, it is to open yourself with discernment to all beings and to make everything that is beautiful, great and harmonious bear fruit so that earth is a garden of flowers, each flower being a living soul. If you have the ability to act and the strength of will, it is to put a work glorifying the Light, justice and the well being of all on earth.
21. If you want to live in the water of Gabriel, you have to be generous, abundant, giving and never have grasping fingers, wanting absolutely everything for yourself, to keep everything out of fear of losing, having nothing anymore and no longer existing.
22. To live is to give with discernment, up to reaching universality, infinity, divine resonance, perfect accord, union, acceptance of the gift, of life, space and the life bigger than the body, where the mortal enters the immortal.
23. In man there is something that belongs to life and something that belongs to death. You have to know these 2 things and put each one in its place. It is not a matter of denying death, for there is a mortal part in man, which must be faced.
24. Life is found on the path of generosity that joins universality.

25. Death is not a fatality, but a consequence of what man does with his life, his acts, his mentality, his perceptions, his attitude. Only then does death exist and become real.
26. One who is taken by death does everything not to see it. He denies it by the power of his spirit. To see it would be to find the strength to free himself from it.
27. If man really knew that a part of him is mortal, he would immediately take care of the immortal part of his being. Some people say they know this but do not really know it. They mask reality, accept it, invent a story, but they have not really understood it; it is not alive in their consciousnesses and their senses. If it were the case, they would do something else with their lives. Every step they would take would be for the construction of a higher body and, believe me, the little worries of material life, of the conservation of waste would become futile concerns.
28. Today, the great concern of men is like that of their children: how to have a more beautiful bicycle, a more beautiful toy than the one of their neighbour.
29. It is time to understand the meaning of death because it awakens and shows the meaning of life.
30. In its real meaning, death is not a fatality but a consequence.
31. If today man knows death, it is because he has not been able to fully develop his intelligence, his feelings, his will. He has allowed his organs to atrophy and has lost the treasure, the legacy that was bequeathed to him at birth. He has not been grateful, has not sought to develop himself to give back a hundredfold what was entrusted to him. He did not try to unite his intelligence with the great Spirit in order to bring the Light to all. He did not unite his feelings with the universal soul and his will with the ocean of creative energy to carry all the worlds in his heart and bless them with his words and works.
32. If you were really aware of what death is, you would have already realized and put in place all the elements so that the Light can have a real body on earth and live with you as a path accessible to all those who take the trouble, or rather the joy.
33. Abstractions, dreams and beliefs are for the world of man. This calms him, reassures him, puts him to sleep so that he is not invaded by fear, restlessness, insanity. Then he is told whatever, the lies that soothe, everything he wants to hear to feel relieved. This is not negative in itself, but you, the Essenes, awaken in reality and start a responsible, active, acting life; put the works of the Light on earth.
34. You have received 2 gifts: at your birth, that of life and, through the Essene wisdom, that of the higher life. Do acts, give a body to this wisdom so that it lives among men and becomes a gift, generosity, abundance, magnificence, a marvel, greatness, a divine work. Do it.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, what is death really?

Archangel Gabriel answered:

35. Death is life; what you live today is what you will live on the other side, in the non-body. If you cling to your body, you will live hell in the non-body. If you live only for material goods, for the shells of life, you will remain in the spheres of the earth, like a beggar, for you will not be able to know any other place where to be in affinity.
36. The spiritualists, the religious, the idealists, the seekers of the world of man, all of them will go into abstract worlds of the non-body. They will be able to live in that great mystical illusion that leads to forgetting your true being, your divine origin, your responsibility, and the concrete work to be done on earth for the glory of the Light. They will not understand the secret of the Mother, the greatness of life on earth, the mission of the man who has put on a body in order to lead all beings towards the Light thanks to this body perfectly put in resonance with universality and the divine world.
37. You, men, women of a certain age, you who have already travelled a bit on earth and who awoke when you were 50, 60, 70, understand that a part of your lives is already done. If you have awakened, it is a blessing, of course, but it was almost inevitable.
38. In a way, it is easier to be disillusioned when you reach a certain age. You no longer believe in anything else and decide to enter an initiatory, esoteric and sacred work. It is in the nature of things and it is positive. Your lives are already largely written and, of course, their ends will be more beautiful.
39. Even if you have lost time, think now of others and especially of the future generations so that they can have a path where they will not waste time, where they will walk to live with the Light, wisdom, harmony.
40. Do not enter old age continuing to think only of yourselves. Let your days be a celebration of life and beauty.
41. You, the elders, become constructors of a better life for all. Lead those who come behind you and let yourselves also be carried by them, by their strength, their determination and their energy.
42. The young shoot has to appear; the old shoots have to stand aside to support it, open the way for it and make it grow higher. It is not a question of clinging to life by preventing the Light from appearing in the world.
43. Today, the young shoot is the Essene Nation and I ask the old religions that have had their day to give way to the new revelation. Let the young shoot find its path towards the heights and let the old shoots make way for it. They will not lose anything; on the contrary, they will be rejuvenated and will find a new impulse towards life. No one will lose.
44. Men - both individually and in their communal institutions - have always wanted to preserve death and live with it. This is how they lose the precious: life.

45. I, Gabriel, I was present at the foundation of the civilization of the pharaohs; I saved Moses from the waters; I announced the birth of Jesus and baptized him in the Jordan River; I instructed the prophet Mohammed and today I found the Essene Nation.
46. Stop wanting to keep your place at all costs by preventing the Light from entering the world while invoking the name of the Light. That is death; the harvest will be confinement and death.

131 Which seeker of Light are you?

1. Men naturally seek the Light because they have come to earth to encounter it and to work for it. Unfortunately, they very often got caught by the world of obscurity, which leads them towards death and pushes them to become fearful of life.
2. One who has been caught by obscurity becomes a diligent and determined custodian of earthly and human life as he sees it. Wherever he goes, even in the subtle worlds, he takes his body or the image of his body, which is his whole life; he does not see himself any other way. He always move with his concepts, his identifications, his way of seeing, his concerns, his inner life associated with the outer world and formed by its influences.
3. Man brings everything back towards himself and especially towards what is obscure in him and around him. In this way he determines everything that comes close to him according to his body and his life.
4. Man has become so individualized by identifying himself with his body that everyone now considers himself as a being unique and different from others. This concept is not negative in itself, but it is very often very simplistic; it isolates man from his fellows and from another dimension of his being which is just as real as that of his body.
5. In man there is a universal dimension that is related to the Light.
6. By concentrating on the fact that he is a unique being, man has cut himself off from his impersonal being. He no longer manages to unite with others and commune with them.
7. When a higher world speaks words, everyone understands them according to what he is or believes he is, according to his point of view, his needs, expectations, concerns or centres of interest of the moment; behind all these influences the body is omnipresent.
8. Man thinks he is able to open himself to others, to live and understand several worlds because he possesses organs superior to the other kingdoms of the visible nature. In reality, if we look closely, man is above all focused, oriented, programmed to maintain his own life and safeguard the interests of his physical body, his needs and those of the world he has created. He uses all the worlds he encounters to try to improve his condition and justify his existence.
9. Man is a seeker of Light, but he got lost along the way. He has become a servant of obscurity. He has placed his body above everything and has not led it towards the Light. Rather, he stole the Light to offer it to his body.
10. Wanting to live for the body is not negative in itself, but if that is your choice, do not say that you are Children of the Light, for then you do not want to live for the Light: you want to catch the Light to enslave it and not to serve it and honour it.

11. Are you looking for the Light? That is good, but what use will you make of it when you find it?
12. There are several categories of men and you need to know which one you belong to.
13. There are the men who seek the Light to steal it and offer it in different forms to obscurity, to the world of man.
14. There are the men who seek the Light with a pure intention. They are lost in the world of man and are looking for a way out, an exit. They live under the influence of the obscure body and at the same time study the Light, try to get close to it. In spite of everything, they are truly lost, for they know neither where to go nor what to do. They cannot abandon the world of man because they are under the influence of the body. On the other hand, they do not want to live without the Light, for they know that it is essential. So they naturally seek a compromise. In reality, be fully aware that there is no compromise, for unless they are connected to a powerful organism standing in the covenant of the Light, the body and the interests of obscurity will take hold of the man and direct his understanding, steal and distort the wisdom of all the sacred texts he will hear and study.
15. There are the men who have found the Light and have committed to do a work for it, to give their lives to serve it. They want to master the body and its energies in order to put them at the service of the higher intelligence. They are the builders, those who work, who construct, make appear, protect and open the way. They are confronted with duality; they are the knights, the leaders, the entrepreneurs, those who set the Tradition and have to face the difficulties. Their intelligence is oriented towards understanding this duality 364 Gospel of ArchAnGel GAbriel and resolving difficulties so that they can carry out the work of the divine world with strength, determination and courage.
16. There are the detached men who turn away from the body and the laws of matter in order to live with higher worlds. They give the vital minimum to the body and its needs; they put them to sleep and direct all their faculties towards higher worlds. They are able to understand the teachings in a more selfless way.
17. This is a key I give you to build the Essene Nation: when the last 3 categories of men work together, each one in its place around a tradition and the living covenant, there is perfection. The divine work can then be carried out on earth.
18. Individually, you need to know clearly in which of these categories of men you are in order to lay the foundations of your life on a stable earth.
19. Try to be neutral, detached from the interests of the body, not to let it influence you and dictate your conduct. Learn to cultivate great calm and to live without the body. Do not take it everywhere with you, but learn to leave it aside, to detach from it. This is the beginning of wisdom and the perception of another world.
20. You cannot go towards the unknown while already knowing everything in detail. This attitude comes from the body because it is always afraid, even if it hides it.

Before experiencing anything, it wants to know it, to know everything that is going to happen in order to be reassured and keep control. Maybe this is possible in its world, but it is a big illusion in the worlds of the non-body, of non-obscurity.

21. Remember: what you do in your life is what you are. If you are not someone who is true, if you are not a sage, if you are not powerful, active, then you are very likely to be under the domination of the one who speaks to your body and dictates its interests in order to direct its life, and therefore yours.
22. If you want to walk towards the Light, that is, out of the grip of the body, you have to be pure and clear. This is very difficult in the world of men. It is a discipline, an education, a savoir-faire, mutual support, an alliance.
23. In the world of man, the majority of men hide behind appearances, clothes, false pretenses, obscure masks so as not to show their true faces. Very often, behind the mask there is nothing or there is something that is not really human, a shadow that hides behind obscurity. The Children of the Light do not cultivate this kind of world and that is why they bear this name.
24. Carry your name with dignity and do not invite the world of man into your covenant. Be true Essenes.
25. Be pure and clear between you, in your relationships, in your associations to, together, create a world, the new culture that will inspire the world of tomorrow.
26. Do not let the world that debases destroy your lives and the work you do for future generations; it is not by being alone, isolated in your small interests that the divine strength will be able to incarnate through your nation and remain on earth.
27. When I see all these traditions, these religions, and even all these students who tear each other apart and create tensions between them, saying that it is in the name of the divine world - that must be hallowed, - I see the powerful magic of the world of men and of the one who has taken over obscurity to direct them. They think that because they call themselves Children of the Light, they will be protected, but they are greatly mistaken. That name will attract an even greater condemnation on them, for one who commits evil while saying it is in the name of the divine world will be punished more severely.
28. Let the Children of the Light stop fighting among themselves and wasting their lives. On the contrary, let them join together with clarity, respect and purity without ever allowing the shadow to settle and influence them.
29. If the Children of the Light allow dirty water to bathe their lives and their works, they will never be able to take part in greatness.

Olivier Manitarà then asked Archangel Gabriel:

O my Father Gabriel, what can we do when the water around us is not clear? What can we do when we are caught in illusion without realizing it?

Archangel Gabriel answered:

30. If you want to journey towards a higher world, the first step is to master your body and the shadow that emanates from it. Learn to put them in calm and to detach yourself from their influence, especially when you are studying the words of the Teaching and trying to go back up towards the intelligence that has inspired them.
31. When you study the sacred texts, you must not put the interpretation of your body or the shadow that inhabits it into them. You have to be virgin, pure, clear, impersonal. You must not put any other interest than that of the light that purely gave birth to this text; only the interest of a higher world, of the divine world has its place and you have to honour it and bow to it. In this way you develop a right attitude that will protect you in your life.
32. The texts of the Gospels of the Archangels are sacred; they emanate from the divine world. By studying them, by meditating on them in this way, you will create a space within you that will be able to awaken you and prevent a world of illusion from catching you. You have to be focused, vigilant and practice the art of meditation, which consists in placing your body in calm and getting away from the influence of the shadow that inhabits it.
33. When the clear light of understanding comes into you, it will be the sign that you have communed with the Essene covenant. You will do what you want with this understanding, but you will remain aware.
34. The right understanding can be achieved only when the body is not present or its influence has been rendered incapable of action. If by misfortune your body intervenes, then it is certain that you will lead the Light into the understanding and reasoning of the body, and not into those of the origin of the Light.
35. Remember: what will protect you is the practice of the Round of Archangels and the study of the Essene Gospels while mastering the body and its influence. Then you will be guided and the light will come into you. Such is our covenant and such will it be as long as the Essenes are faithful and true.

132 A different view of success and failure.

1. Men think that if they accomplish something good, they have to be rewarded, and if they do something bad, it is normal that they are punished. You think like that because you have been educated this way.
2. You are programmed to act for the result. You work in the hope of a reward, and when you fail, you accept the punishment.
3. As soon as a man is born, if he does what is expected of him, he receives a treat; on the other hand, if he does not do what he is told, he gets a spanking. This becomes the criterion that guides him.
4. Your passage on earth is short, so you want to quickly see the result of your action in order to know if you have succeeded or not. From your point of view, this is understandable, but know that it is quite different from the point of view of the great and vast world of eternity, which is not subject to time, to death, to what is born and ends.
5. We do not see success and failure with the same eyes as you. There are successes that, with time, will turn into failures and failures that will become successes.
6. For us, the fruits of labour are not necessarily a reward on the physical plane. They can be the healing of a past, a happy ending in the future or a blessing in eternity.
7. I say to those who have been shaped with impatience and want to receive the reward immediately: do works or take part actively in the work of the divine world.
8. It is not because you do not automatically receive the reward in the physical world that it does not exist. It exists, but in a world to which you do not have access at the moment, a little like the savings of a child that are blocked until he is old enough to use them wisely.
9. The divine world does not necessarily give what man expects to receive because eternity has another point of view.
10. Man often expects his reward in the world that he lives in. Basically, he only takes into account the life of his physical body and believes that death is the end of everything. He does not think that there can be worlds he does not see, but where his wealth grows and bears fruit.
11. For us, the divine world, death is only a stage of life, a passage marking the conclusion of what man has been able to do with his life. You can conclude this life cycle or continue to live the same life you know.
12. After death, man will face the consequences of everything he has implemented in his life and he will continue to live. If he has grown richer in a higher world without having received the full reward during his life in the physical plane, he

- will have all the means, all the strength to free himself from certain chains and debts that held him prisoner of a lower world.
13. Do not wait to always have the reward you hope for in the physical plane because what you wish for is very easy to achieve: a house, a car, a family, money, health, to be happy. These are the wishes of the physical man. In order to fulfill them, all you have to do is to apply the laws of the physical world. Man is programmed for this and if he does not do it, it is because he has been passive and let himself be ruled by desires that were not good for him.
 14. If man does not let himself be turned away from his goal, if he knows what he wants and implements the laws that govern his world, he will get everything he wants. Even so, know that the big reward is in the world of eternity, of immortality, the reward that opens the gates to true life beyond death and illusion.
 15. This idea of reward has been given to man to free him from the limitation of the physical world. Not that matter and the body are not important, but the body eventually returns to the Mother and does not enter into immortality. 1
 16. Death is the boundary of the physical body and the conclusion of its life. The man who inhabits that body then finds himself in regions he knows because he cannot go into worlds he does not know. This is the world of affinities, that is, the world with which man lived in his body. He now lives there without his body and it is a reward or a punishment.
 17. What man lives, his sky, his earth, his relations of affinity, his works form his future house, his family, his earth and his heaven.
 18. Carry out works that will allow you to free yourselves, to free your family, your loved ones, and perhaps all humanity; in this way you will become great in other worlds. You might not see it, but you will grow and one day, you will encounter the fruit of your works.
 19. Do not wait to receive the treasures in the physical world now, for that would mean that your work is only physical and does not enter eternity.
 20. As for the physical plane, arrange your lives with simplicity in order to be happy by implementing the laws of the physical world. For the rest, work for greatness, eternity, the subtle worlds.

Olivier Manitará then asked Archangel Gabriel:

Father Gabriel, what are the works that we have to carry out to create ourselves a reserve of eternity?

Archangel Gabriel answered:

21. What remains of you on earth has to be a work that passes time. So it must not be associated with a human memory.
22. Only what is divine remains eternally. Therefore you must truthfully and purely be associated with the divine world, and put down a work for it and in its name

- that will be useful for future generations and open the doors to a higher world and consciousness for them.
23. Only a missioned one, an envoy of the Light can carry out such a work; that is why, when you meet one, unite with him and work with him as one single body.
 24. Put the Essene tradition on earth and make it beautiful in the eyes of everyone so that it brings its message purely and all men are able to see it. Do this with a deep respect for the higher intelligence, with strength, determination, while being convinced of the rightness of such a work. Then your lives will contribute to shaping the consciousness of future generations.
 25. It is on what you will have brought into the world as concepts and impulses for life that future generations will base themselves to found a new culture, a new civilization, another way of being in the world.
 26. Contribute to bringing the tradition of the Light in the continuity of the great sages and blessed ones who came to earth, such as Zoroaster or Jesus, who have left words, a philosophy, and who have laid down works with their students. From generation to generation, some men have lived in these words, these works and this tradition. These works were greater than the physical world; they went into other worlds up to touching the divine world. Then they entered eternity and those who did them received the blessings of eternity.
 27. Every work is like a spoken word that is echoed back. When the work is divine, the echo is the resonance of the divine world, the covenant of the Light. Masters like Zoroaster have caused this echo, this covenant; those who, on earth, helped them have also received the blessings for the work accomplished.
 28. For the echo of the divine world to resonate, the word has to be spoken with sufficient power and under special conditions. Then the sound does not stop on the way: it passes worlds and all worlds hear it and understand it. This law of resonance is also true in the physical world when the work of a man passes generations; they remember it and live with it. It is like an echo that passes worlds.
 29. You remember Jesus and his work; it is an echo that has come up to you and in which you live. This echo has passed through generations not only in the world of men, but it has passed through all the worlds in the spiritual realms up to entering the worlds of the Gods and the Father to be welcomed and blessed. Do the same with the Essene tradition and you will enter eternity, the one that blesses all humanity and the earth.

133 Cultivate the Virtues, live with the Angels.

1. In your world, the flowers are the most beautiful representations of the virtues.
2. Live with the flowers, concentrate on them in your thoughts, your hearts, your words; surround yourselves with their smells, their colours.
3. Flowers are the virtues in many traditions and cultures. In the land of the pharaohs, it was customary to offer flowers to the Gods, to others, to the river of life, to the spring that brings life, prosperity, that purifies and cleanses.
4. I, who fecundate the worlds, who make everything grow and bring everything towards greatness, I who am the blessing of the Father, I am ready to bless you.
5. If I bless, everything is blessed, everything blossoms: there is prosperity and wealth.
6. I am ready to bless you, you, the Essenes, and to call you my “children;” but if I pour the water of my fecundation, my seed, my energy on you, do you have a land, a cup to receive and keep this treasure? Are you ready to receive the fecundation of Gabriel, God in water, and to bring my children into the world as a wife does for her husband?
7. Structure and prepare yourselves. Cultivate the virtues, live with the Angels, take care of what is sacred, vast, universal, take care of the brotherhood, of the community of love, of the family that lives in the beautiful light and that bathes in pure water.
8. Do not cultivate the little virtues that live with you, but orient yourselves towards the immensity, towards what is above you and that humanity no longer knows.
9. Unite the great virtues with the spring that gushes forth, that gives water and invigorates.
10. Live with the virtues to cleanse everything that is impure and sick in your lives.
11. Greatness is what is immense, vast. The brotherhood, the community, the family are what warms, rejoices, what is alive and sparkle. Wisdom is what fills with Light, with meaning, with intelligence and brings everything into balance.
12. You who desperately seek the remedy for all the evils of existence, know that it is in the virtues that you will find it.
13. The water that is in you, around you, that circulates in your relationships, that is your relationships, must be filled with virtues in order to become pure, clear, alive, filled with soul and positive strength again.
14. Today, the water that circulates around men is dirty, polluted, poisoned by all the unconsciousness that men put into it. They do not realize how unhealthy the water has now become. It is almost no longer possible to live in it; it barely regenerates life and no longer brings the great virtues fundamental for the life of the soul.

15. Awaken, take your lives in hand, join together and organize yourselves to welcome the blessings and fecundation of the water of Gabriel. Inside and outside of you, find a place where the water of Gabriel can be kept pure and where offerings can be brought.
16. As the flower offers its being to beautify a higher world, you too, offer your lives, your virtues, your work for a better life.
17. If a man takes his life in hand and associates with a higher world, in a few months he can begin a great transformation and make a new world, a new behaviour, a new consciousness, a wise intelligence, a new life appear in him.
18. It is necessary that each human being finds the strength to surpass himself in order to unite with the virtues higher than those he usually carries in his life. In this way it will be possible for his water to begin to purify and regenerate.
19. The dark side exists, that is for sure. However, you must not focus on it and attach yourselves to it. The more you look at it and take it into account, the more it exists and is strengthened by the energy it steals from you. It grows from the importance you give it without bringing concrete solutions to channel it and put it at the service of the Light.
20. You have the power to accentuate or diminish things. You have to use it to diminish the bad and increase the good.
21. In life, you have to know what you want, and you have to make the right choices: those that go in the way of the life you want to live.
22. Seal alliances that will help cleanse your water and amplify the presence of the divine.
23. Stop putting masks on your faces. If a roar lives within you, if possession, invasion, wickedness live within you, stop pretending that you are good and kind.
24. Do not be jealous of each other, but support each other to walk together in the Light. Come out of the dark world that deludes and possesses you, for you will not be able to enter the kingdom of the Light while wearing opaque masks.
25. Be humble and just.
26. I do not want to hear malicious words, unfounded judgements anymore.
27. I do not want to see a sick and possessed eye anymore.
28. It is absolutely necessary that you recreate your organs and that you build yourselves bodies capable of advancing towards the Light.
29. It is not tomorrow that you have to set to work, it is today.
30. You really need to enter into an awakening consciousness. Let each step you take every day move you towards transformation and evolution.
31. If man wants it, he can change many things that are not right in him in a few months. On the other hand, he must really want it.

32. It is not by putting on masks that you manage to transform yourselves, but by accomplishing real works that strengthen your will. It is also necessary to be associated with beings and worlds that promote, support and encourage transformation.
33. If tomorrow I bring the great truth to the Essenes, will you be ready to receive it and make it prosperous so that the whole world can be touched? Will you be faithful and true? Will you carry my children throughout the world?
34. Only pure beings, correctly prepared, surrounded by clean and clear water can have the strength to welcome the world of the Light truthfully and not through masks and false pretenses.
35. Be true and simple beings who love contact with reality.
36. Simplicity will bring you to happiness and success.
37. Do not feed yourselves on what is superficial, for you would become superficial yourselves.
38. Men are made in such a way that, very often, they hide behind appearances and do not react when injustice strikes.
39. Very often, man only obeys the rod and obligation.
40. Few are those who have accomplished great works out of love for truth.
41. Man often tries to run away and hide. He does not want to face reality, to put himself forwards and become the one on whom the Light can count and who gives his life for his friends, that is, for the great virtues.
42. Where was man when wisdom was usurped? Where was man when love was desecrated? Where was man when truth was distorted?
43. You, the Essenes, come out of your torpor and put on the wedding garment to celebrate the union with a higher world. Prepare the Covenant, for in this way, when the water of Gabriel flows in your world, it will be respected, received in a cup of flowers of all the virtues, on a consecrated, prepared, worked on, protected land.

Olivier Manitará then asked Archangel Gabriel:

O my Father Gabriel, what can we do when we see beings around us who cover themselves with the mask of goodness, but who carry in them the opposite virtue? What attitude must we cultivate? Must we ignore them, correct them, close our eyes?

Archangel Gabriel answered:

44. If you look at a being with analysis, judgement and comparison, you are lost because you will become what you look at and it is food; you eat it by bringing it in through your eye, your analysis, your understanding.
45. To ignore falsity is foolishness, for above all you must not close your eyes, wanting to believe that evil does not exist.

46. Discernment is good and you need to see things clearly while understanding the laws. Simply, you must not put feeling, fear, emotion into it; you must not show any interest, any particular attention. You have to see and remain virgin, neutral, put nothing into it, but just observe a fact without paying any more attention to it. It is like seeing an obstacle on the path, which you just have to avoid, no more and no less. It is not even worth talking about.
47. You must never want to be part of the transformation of others, but strive to transform the experience of others into wisdom, knowing that you yourselves could have been trapped and possessed in the same way without even noticing your mistake.
48. Put filters. Diminish the influence the dark can have on your senses, your intelligences, your organs, your bodies, your destinies so that you are not in relation with this world.
49. Create a space of purity and study, strengthen the great texts of humanity.
50. Share the fruit of your study and of your magical works with respect and in the Common Good.
51. Strengthen the idea of a better world and make it alive in the world of men through your commitments.

134 I give you the key to the 22 doors of Life.

1. The 22 commandments I have brought to you are the essential bonds that man must weave between himself and the higher worlds.
2. Take care of my 22 commandments, of the wisdom that has been transmitted to you through them. Welcome them as messengers of the Light, be hospitable to these Angels, bring them to life and transmit them with strength and purity for the blessing of future generations.
3. Each of my 22 commandments is a step you must climb in your lives. At each of them, you will meet a guardian; the commandment is the answer to the question he will ask you.
4. If man does not have the answer to the question of the guardian of each step, he cannot pass through the door and his path ends there. He stagnates until he understands the meaning, has the intelligence, the body enabling to climb the step and pass through the door.
5. Practice these 22 commandments and you will have the necessary elements to shape the body and acquire the senses that will enable you to find the answer to the enigma. This answer is not only outside, only spoken; it is your being perfectly structured through practice.
6. One who lives my 22 commandments is oriented, structured in this way. He has a body. That is why the guardians let him pass. They accept the answer thanks to the body the man has formed himself.
7. Do not practice these commandments with blind obedience and mindless application. Never cultivate fanaticism, but find intelligence and balance through them. Then you will see all the worlds balance in front of you as you advance. I offer you a path all beings will bow to if you are faithful to the river of the Tradition.
8. Start at the beginning: support each other in the practice, for the more you apply the commandments of wisdom, the more the subtle intelligence will reveal itself to you, the more you will develop. The more you advance on this path and the more you will notice that your sky will clear. In this way the beings that live around you in the visible and invisible worlds and that, until now, have not understood you will begin to welcome you and make your life easier.
9. If you run into difficulties, it is because there are blockages, oppositions, largely because there is no intelligence in your lives, because you do not bring wisdom down into your bones, into your joints.
10. You live to live, you eat to eat, you sleep to rest without really having a meaning and direction essential to your lives. For the invisible worlds that surround you and look at you, you have no consistency or body. No one knows what a man is anymore. In the subtle worlds, there is great confusion, for there is nothing settled, no intelligence; everything is in disorder, nothing is clear.

11. Man himself no longer really knows who he is, why he lives, what his path is. He has a semblance of identity because he clings to the appearances of what is ephemeral, but nothing of this enters the higher worlds.
12. I give you these 22 commandments to protect you, to structure you and to open a path towards the higher worlds for you. In this way you will be able to show that you have made the resolution to give form and meaning to your lives, to start respecting the sacred laws and putting them into practice.
13. My 22 commandments are keys to the 22 doors each man encounters in his life and that determine whether or not he will have to return to take on a body on earth. At each step there is a guardian who either lets or does not let the man pass. It is like an examination for which the commandment enables one to prepare and find the right answer.
14. When man has passed through each of these doors, he has 22 perfectly formed organs that enable him to enter into the inheritance of the Light body. This body enables man to live in the kingdom of the Light without any opacity. In perfection, these 22 commandments then allow the constitution of a body through 22 doors, 22 alliances, 22 relationships from world to world.
15. It is up to you to form yourself a body wisely or not. Know however that if man does not know the path of life, he will be considered as an ignorant, and if he knows it and puts it into practice, he will be welcomed as a sage. It is wisdom that must guide you through all the doors in order to make you pass the worlds.
16. In each of the 22 commandments, you will find the essential elements and points on which you will be asked to be accountable. Depending on your answers, your actions, your lives, your consciousnesses, what you have worked on, either you will be able to create a serene world, or the beings that inhabit that place will take hold of your destinies, will use your bodies and your ability to form yourselves bodies and will live in your stead. Take care of this path of wisdom.
17. Put purity, consciousness, mutual support into what you do.
18. Remember that where you put your steps, others will walk after you and receive everything you will have left in your prints. If you have done whatever, you put them in great difficulty in the face of obstacles and weaknesses. If you have climbed the 22 steps one after the other and stabilized the path, they receive blessings.
19. Remember that future generations are the fathers and mothers who will make the water of life and tradition you will have passed on to them as their legacy flow towards you.
20. Put the Teaching into practice to make it come alive. Let it be a stable and solid ground that can carry wisdom.
21. In my 22 commandments you will first find the connections and balance with the worlds of the Mother; then you will find the passage towards the higher worlds and finally, the presentation at the door of the divine world.
22. Wisdom exists and lives in the work of the Essene Nation.

23. Show the whole world, show all humanity and the Mother that you take care of the generosity and the goodness of the higher worlds that transmit these teachings so that men find the way to become Children of the Light on earth. Then the Covenant will be alive between the worlds of awakened men and the kingdoms of the Light.
24. The obscure intelligence that has decided to definitely close the doors to the higher intelligence of the Light will not be able to put its plan into action thanks to your actions, your existence, the practice and safeguarding of the Tradition.
25. Courage and fidelity. Do not let go of the cord of the Round of Archangels, do not abandon study, do not cut the connection, but put the Teaching into practice with mutual support, magic, truth. Give victory to this Essene wisdom you have encountered in your lives. In this way you will give hope for the future of humanity. Today, if nothing is done, the path is all laid out, written and programmed to bring the earth and all creatures towards death and destruction.

Olivier Manitaro then asked Archangel Gabriel:

O my Father Gabriel, do you mean that if we put into practice the path of your 22 commandments within the framework of the tradition of the Light, we will succeed in creating ourselves higher bodies and in this way be able to enter into the Light, where there is no more obscurity?

Archangel Gabriel answered:

26. Today, for the divine world, you have no consistency, no bodies. You have bodies in the world of obscurity and death, but you have nothing in you that enters into and exists in the worlds of the transparent light. Yet, through your presence in the Round of Archangels and your support for the cause of the Essene Nation, you have all the potential, as well as the means, the conditions to develop it.
27. In my 22 commandments there are all the keys, all the answers to the worlds man will encounter in his material and spiritual life. Man will be like a stem that comes out of the earth, going through the worlds while stabilizing them, while balancing them with wisdom. This is how he will reach the higher worlds and be able to live there. While going through each step and balancing it, he will create himself a solid path, a stem, a firm and rooted trunk that will enable him to blossom and soar into worlds of which nothing can be said, but that light up all the worlds and liberate them from everything that is dark.
28. You can create yourselves Light bodies through the practice and activation of the magical writing of the 22 commandments.
29. You are not obliged to be victorious and perfect for each step. Even if you are not able to apply and stabilize the wisdom of certain steps, you must show that your awareness has opened, that you have understood the hidden wisdom, the sacred law of each commandment, the door and the guardian, the life, the soul, the intelligence.

30. Where man is weak, he must present himself with humility.
31. Strength and humility are keys, but awareness, right understanding and good intention must never be lacking. Whether he is strong or humble, man will pass if he has awareness, the right understanding, a good intention and the appropriate attitude.
32. Behind every commandment are a whole world, a whole wisdom, as well as the beings that inhabit them. These worlds live in man through the law of correspondences as well as around man in the higher and lower regions. If man achieves balance within him, these worlds will recognize him and let him pass by the law of correspondences. If he does not achieve balance, the bad side will take hold of him and lead him into slavery. Not only will he not have a body, but everything he has will be taken from him, stolen from him. If he passes through the door, all the worlds will help him to form himself a body, an organ to cross over to the higher stage. The 22 formed organs will enable him to make himself a body and enter the divine world.
33. I give this wisdom to the Essenes because today your main problem is not having an identity in the invisible worlds due to a lack of structure. Of course, you have done works and accomplished beautiful things through the Essene Nation, which exists in all worlds. You are recognized as Essenes up to the divine world, but you still think like men and do not take into account the interest that a higher world can have.
34. It is good to think of yourselves, it is good to want to help the kingdom in which you live, but you also have to awaken to what is higher and become servants of what is greater. For this, you need to have a body capable of touching this higher will. That is why I offer you these 22 commandments.
35. Study these 22 commandments and put them in practice. You will be able to see like a seed that comes out of the earth to meet immensity. Through the body you will form, we will again be able to touch the earth and prevent the obscure intelligence from isolating it, from enclosing it.
36. I know that all this is not easy to understand for men of today because these are worlds that live above you, below you, around you and even in you and of which you are unaware. So, trust your intuition and your tradition. Without delay, implement everything in your lives to have the necessary conditions to form a body through the practice of this right and good path of the 22 commandments.
37. For years we have been asking you to unite and structure yourselves in a way as to make the body appear that will allow you to incarnate what you believe to be true, what you desire to live. We have said that if you believe in something, you have to put it into practice; and if you cannot do it alone, then, unite with those who think like you and, together, build a new world with the elements of wisdom you have received through these new Gospels of the third millennium and through the covenant of Light of the Round of Archangels.
38. Time is running out. We want everything to be laid down while your guide is still on earth.

39. Welcome these 22 commandments. Apply them in your lives and you will see, stage after stage, step after step, that everything will balance itself, that the path will open, life will grow, the body will be built, a new identity that is not connected to the physical body will appear, a structure will be put in place in you and around you. You will really know who you are, what your paths and your destinies are.

135 Like a piece of wood on the ocean.

1. The man of your time is a piece of wood drifting on the ocean. He is tossed from right to left. From time to time, currents rush him to the bottom, send him out to sea or wash him ashore.
2. Man no longer controls anything. He can only try to keep an internal rigidity and coherence so as not to break up, crumble and finally disappear. The only option left to him is to try to maintain himself in a world where he no longer controls anything.
3. This is what the contemporary man has become. He lives in the middle of an ocean, is influenced every day by currents, storms, tidal waves or remains motionless on a calm sea; from time to time, a boat passes and, in its wake, man is turned upside down, loses all his bearings, finds himself without foundations, no longer knows where he is, where his place is or how to live.
4. If you want to stabilize, if you want to enter on a clear and precise path that will give deep meaning to your life, commit yourself and set your steps in those laid down for millennia by the tradition of the Light.
5. By finding the sacred path of the great tradition on which all the great sages and their students have walked, find the meaning of life.
6. The Essenes open the path of immortality, for they are the guardians of the Covenant, the guardians of what is true and passes from generation to generation, of the true way of walking on earth, of sitting down to meditate and connecting with the stars, of the true way of thinking with the Gods and speaking with the worlds, of the true way of living in harmony, of working, of looking, of celebrating. If you enter into this tradition, you will no longer be isolated, uprooted, but you will be united with this path, this brotherhood, this wisdom that will enlighten your life and give it a deep, stable, living meaning.
7. You have to go into the *raison d'être* of all your organs, of all your faculties so that all your activities are filled with intelligence and connected with a universal wisdom. Then you will no longer waste your time, or your energy, or your life, for everything will be focused towards an objective to be lived from now on and that concerns your immortality. You will be able to know this state of being only by entering into the lineage of the Light and being one with the great tradition.
8. Your body has to be in the body of the Tradition, your soul with its breath and your spirit bathing in its wisdom. Then you will not lose what you are and what you do, but you will be able to keep it beyond time and events. You will also be able to keep your body in contact with the water of the ocean of the world, but with wisdom and awareness, knowing how to navigate the different currents.
9. You will never be stable if all around you, there are constantly storms, tidal waves, influences that you do not control. You might well say that this does not influence you, that it is far from you and that as long as your physical body is not affected, you are not vulnerable, but know that this is false.

10. There is a very subtle nervous system inside you from which comes calm or agitation. This is why you must enter into a true mastery, a practice of serenity and a wisdom that enlighten and put each thing in its right place.
11. If for one reason or another, everything around you becomes so agitated that your thoughts and feelings are disturbed because it touches your life and your interests, you must not let yourself go. Take refuge on the stable ground of the Tradition. Enter into wisdom, calm yourself in order to keep the lucidity of mind that will allow you to understand the situation and find a freedom of movement again that will allow you to act in a right way to calm everything.
12. In life, you have to be resting on something stable that nothing can shake. This is why the tradition of the immortals is the true foundation, the cornerstone of the whole edifice that must be the life of man and of the sage. Yes, the whole edifice must be constructed on this original stability and each added part must be stabilized.
13. Anchor in the Teaching, strengthen yourself in the Tradition up to becoming one with it. Have no doubt: it is like a marriage. Your body must be the body of the Tradition: it is an incorporation. Then you will be stable and your practice will be alive.
14. Each time there is an upheaval in your life, recentre yourself around the fundamental values of the Teaching and make your body part of the Tradition. Stabilize and bring stability to all levels of your being. When calm is established, observe what happens: Is it a storm? Is it a tidal wave? Or more simply a passing ship? Or else just waves? Depending on what you see and understand, you have to know how to position yourself, to take shelter, to protect yourself: Do you need to be lighter and more flexible? Stronger and more structured? This wisdom will allow you to understand all the worlds and to navigate on the ocean of life.
15. Know that today the world is collapsing. Everything is in motion, constantly being questioned. If you remain in an attitude of passivity, of unconsciousness and if you take refuge in what is not stable, you will not be able to create anything permanent, nothing will remain of you after the second death. Everything you create will be under the influence of the turbulent waters of the world of the man who constantly constructs his life according to the storms, currents, tidal waves or passing ships.
16. Be aware and put your life on the ground of the tradition of the immortals. Construct your life on what is stable and passes the veil of death and time.
17. Before you take an initiative, know if what you are going to do is in accordance with the Tradition and fits in with it.
18. Your life has to conform to the wisdom and sacred order of the Children of the Light. Everything has to be anticipated; you always need to have a fallback solution according to the different currents, influences, events that could arise and destabilize the clarity of your thoughts, the balance of your feelings and the stability of your life.

19. Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, how can we be stable from eternity in life and have the clarity and finesse of mind to detect all influences and master them by foresight?

Archangel Gabriel answered:

20. This is the art of awakening and vigilance of the sage who knows the true nature of the world he is immersed in.
21. You are a body, a soul and a spirit, and you are endowed with a large number of qualities and virtues. Do not be unaware of what you are and what you carry within you as marvels and greatness. Do not let the spirit of mediocrity invade you and divert your right vision in order to take you into its world of baseness.
22. Your body, your soul, your spirit come to you from the Tradition. They have been transmitted to you through the lineage, through the river. Water flows in you and leads you. You have to be aware of this. If you go out of this inner current, you lose the way and everything is over; you are no longer connected, you are no longer in contact, you are already dead. Of course you continue to live, but it is only an appearance of life.
23. To live is to be connected to the Tradition, to the thread of life.
24. You have to make your body become part of the gestures of the Tradition. You have to make your soul become part of the breath of the Tradition. You have to make your spirit become part of the Teaching and the wise light of the Tradition. It is a discipline, a practice, a commitment, a way of living. It is the path to immortality.
25. Everything that is in you comes from the Tradition and seeks to develop to attain perfection. Your ears, your eyes, your breath, your thoughts, your speech, your heart, your gestures, your works, all this, and still more, comes from the tradition of the Light and asks to be on a path of evolution, of ennoblement.
26. If you let your whole being abandoned, if you put your intellect outside wisdom and intelligence, if you put your feelings outside the harmony of your soul and the universal living soul, if you ask your will to offer its strength for activities that are foreign to the universal order, disagreeing with intelligence, life, beauty, greatness, then you are out of step, unstructured and there can be no clarity or stability. You are no longer in the Tradition, you are no longer in receiving-giving, there are no longer meaning, no higher intelligence, no wisdom. Your life is devoted to keeping stupidity alive and there is nothing immortal anymore, nothing anymore that makes a higher world and a higher life appear. So you try to hold on to whatever, which shows that you are lost.
27. You have to be the Tradition. You have to live it, to incarnate it.
28. You cannot be Essene today and not be it tomorrow. That would show that you never were Essene.
29. Once you are truly an Essene, nothing will be able to take that state of being away from you. Such is the tradition of the Children of the Light. So, when you

- are reborn in this world, you will find again what you are through all the scattered fragments of the great tradition in the different religions, philosophies, the different initiatory movements. You will regain your identity as an Essene.
30. Be aware that you carry a marvel within you that will allow you to connect to the higher worlds. Honour this marvel and unite it to the treasures of the Tradition so that it can breathe, live and grow.
 31. If, through the smallest, you take care of what is higher in you, the higher worlds will take care of you and welcome you into their kingdom.
 32. Put all the organs of your body into the Essene tradition through meditation, the celebration of the worships and rites. Put all the senses of your soul into the beauty of the Essene tradition. Put all the faculties of your mind, of your intelligence, of your consciousness in into the light of the Essene tradition through study of the sacred texts, awakening of the light that enlightens, consoles and heals. Do this consciously, willingly, with power and determination up to becoming a true Essene and carrying this culture in your life to the point of being active, creative and setting down works. Then you will know the stability and clarity that will enable you to master the influences of your life, to keep your works beyond death, but also to enter into the transformation and liberation of everything that is heavy and burdensome in your life and that chains you to the world of obscurity.
 33. Do not go looking for tools in distant higher worlds. Use those that are there, in you and around you. The tool is you, what you are. The Tradition will enable you to activate it, to take it in hand and use it to finally create a work and put you back into the current of life.
 34. Life is the Tradition. It connects you to the universal.
 35. Do not ask your body, your soul, your spirit to be active and alive for a mortal, false, ephemeral, mediocre world, for that is suffering and the end of everything, slavery. Enter into the Essene tradition and unify everything that is in you to the universal, to greatness, to a noble and dignified path.

136 From pockets of polluted water to free and Sacred Water.

1. Strive to look at your life with a more subtle vision, beyond the boundary of the visible world and material forms. You will then realize that man is surrounded by water. It is a magical water that can be called the “soul of physical water.”
2. For one who makes the effort to develop his subtle perception, there is no doubt about the reality of this water, and indeed it is already a certainty for almost all men. All know it but are more or less aware of it, not knowing how to name, define, apprehend the reality of this water, of this living and intelligent energy.
3. All peoples, cultures, traditions have known this water and have given it different names, have used many methods to approach it and keep it pure and clear in order to know health, happiness, prosperity.
4. It is easy to perceive this subtle water when studying relationships, for it is this water that establishes all the connections, the different exchanges. If your relationships with others are clear and fluid, it means that the water is of good quality; on the other hand, if your relationships are troubled and tense, if there are oppositions, it means that the water is not clean. It is something obvious that many men can understand.
5. One who studies wisdom has to go further in his perception to realize that man has a creative power over this water. Very often, in this water that surrounds and animates him, man unconsciously creates pockets that fill up with dirty water and become alive, like anarchic cells. These pockets are made of water separated from the water of universal life, living on its own by creating its own reality, its own world, this world being enclosed in another world. This water is stagnant, it stays blocked, and cannot be evacuated. It is a creation that weighs down the life of man, for he has to carry it and feed it.
6. Sometimes, man becomes aware of these stagnant waters. He can then decide to pierce the pocket in order to release the water and lighten his life. This happens only rarely, for man thinks that this pocket is part of him, of his being, of his nature, of his identity.
7. Most often, man is surrounded by such pockets. It is even possible that he himself becomes a pocket of dead water. In this case, only death will be able to pierce his pocket and free him.
8. When man releases the polluted water of a pocket, it is gradually diluted in the current of universal life that feeds the worlds, but first it diffuses into the surrounding water and mixes with it. Then, for some time, man experiences states of sickness, disorder, weakness, and he may have the impression that he is not free, clear. In fact, it is like a dye poured into a stream and that is gradually carried away by the current: for the problem to really stop, the dye must be completely diluted, the pocket must tear completely to empty itself of its contents. The pocket is what prevents the water from flowing, from regenerating, from breathing, from being fluid.

9. Few men are aware of this water wisdom. Few are those who know how to pierce the pockets and liberate beings from their handicaps, their illnesses, their blockages: they are the masters and healers, the loving, gentle beings, at the service of true, pure, sacred love.
10. Very often, the hardships of life compel man to pierce a pocket, to untie a destructive knot. He then no longer has a choice; he is obliged to free himself from what obstructs the circulation of life, from what prevents the relationship, communication, contact, dialogue, exchange, the solution. It is like a blood clot that blocks a vein, endangering the life of the whole body. Then there is the tearing. The pocket opens, releasing all the tension, all the badness, the stupidity accumulated in the water.
11. Some pockets of polluted water are small, others are big, others are huge. Some are personal, others are familial, others still concern people and humanity. These gigantic pockets are at the origin of ethnic hatreds, wars and their processions of desolation. The Essenes must develop this knowledge, educate beings to carry it and teach it.
12. The water worship is the highest means of preserving a quality of water for earth and the safeguard of humanity. That is why the Essenes must carry out this task as a sacred duty and a service rendered for all forms of existence. It is the highest service to the Common Good that it is possible to render, for from it flow all benefits.
13. If there is no more pure water on earth, no man will be able to think, feel, want and act in connection with a higher light and intelligence. Meditate on this knowledge and organize yourselves so that it is not only theoretical, but that it becomes concrete through your works, alive through your efforts to inform the greatest number of people with clarity, obviousness, pedagogy. Use all the means at your disposition to spread this vision of the world.
14. Show that it is wiser to take care of the quality of water and to respect the laws of the good life. In this way one can avoid letting pockets of anarchy, of negative energy and dark intelligence to accumulate, trying to live for themselves and spreading to eventually create a crisis, a problem, a blockage, a misfortune, a war. Meditate on this wisdom and you will understand that there is a whole lot of work to do in the world. The Essenes will not do it alone; they have to initiate it, give the impulse and clarify the situation by bringing solutions and guidance.
15. On an individual level, learn to detect these pockets in you and around you, and then develop the art of piercing them voluntarily so as not to let them settle and grow to the point of creating a completely blocked situation.
16. Pockets of polluted water are anarchic cells that associate with each other, ending up by forming bodies that oppose life, impassable barriers. Exchanges, dialogue, communication between humans and the different worlds then no longer have coherence, strength. Life shrinks, the horizon diminishes, everything becomes narrow, enclosed, limited. Water no longer flows, relationships are no longer healthy, alive, intelligent, rich, natural. Do not let any of these pockets form, neither in you nor in the Essene Nation.

17. Become strong enough to bring solutions to the world and to humanity. You are already doing it and this psalm is proof of it, but you must structure yourselves in order to show your light so that humanity understands that it will have to count with the Essenes.
18. Be determined, be carried by love.
19. If you want to enter this world of water to purify it, you have to be under the protection of an Angel thanks to the Round of Archangels. You then have to learn to observe your life in its subtle aspect and to perceive the nature of the thoughts that impregnate the water with your energy that, itself, bathes the activities of your daily life. Above your thoughts stands the Angel: it is he who orients you, guides you, protects you. You have to strengthen your connection with him.
20. Not all your thoughts come from your Angel. You need to be aware of this and learn to observe them without judgement, especially to perceive in what way they colour, influence the water that bathes you and then influence you in your awareness, your moods, your humours, your behaviours. You must not, on the other hand, experience negative or positive emotions that would only adulterate the water even more; you must simply observe and remain neutral at the level of your feelings.
21. What is health? It is when the thought comes from a higher intelligence, passes through the soul, through the Angel, touches the consciousness, passes freely through the water and lights it up to bring its message, its seed to the body and to its daily activities. Then, everything you do acquires a soul, a meaning, a universal dimension.
22. If a thought does not bring you the Light, it is because it has been caught by one of these pockets that are in your ocean. The water no longer circulates, no longer breathes, no longer communicates, becomes stagnant and encloses you in a world. You can no longer speak, communicate with your soul, your Angel, with a higher intelligence; your consciousness and your sensitivity find themselves more and more closed in, confined to the mortal physical body.
23. In the morning, when you awaken and unite with your Angel to bless your day and that of the earth, choose or let a thought come into you. It can come from your Angel, from the Teaching; it can also be something that worries you, a thought that is not liberated, that has not reached plenitude, that has not found its way.
24. There are thoughts that come from above, from your Angel and that you must carry in your life.
25. There are the thoughts that come from the Teaching and that you must study in order to transmit them to future generations as a pure and living tradition.
26. There are the unresolved thoughts that you must lead on a path of liberation.
27. Starting in the morning, carry one of these thoughts in you and let it live in your water. Remain conscious, for it must be kept with you as the scenery of your life,

- the background. In the course of the day, it has to have been able to cross your water and come back to you with an insight, a liberation, an answer, wisdom that clarify your concrete life and open a higher, broader dimension. The answer can come at the end of the day or the next day, after the voyage of sleep, but it has to come as a fulfillment, something obvious, a strength. This means that the energy circulates, that contact is established with your Angel, that the water is becoming clearer, that you begin to wear the white garment of the universal brotherhood and of our sacred order with dignity.
28. If the Light does not come bringing the answer, it is certain that the thought has been blocked by a pocket of stagnant water. You are in the grip of the influence that suffocates and imprisons in the world of death by cutting off communication with the higher worlds and the life-giving spirit.
 29. You will be able to find help on the outside, but know that the outside will never bring you the plenitude of the spirit, which can only come within you, directly from the Source. At best, the outside will bring you the outline of an answer, but you will only taste plenitude and liberation when you wear the garment of Light and your water is pure and clear, united with the Source, breathing in the universal, giving water to all the earth to grow the fruits of wisdom.
 30. If you do not have the answer, pierce the pocket or pockets so that they empty into the current and you are liberated.
 31. You, the Essenes, study this wisdom, for it is your tradition. Give it a body and obviousness on earth again.
 32. Understand that these pockets that humanity unconsciously creates are taking on a disturbing importance around you and the earth. Already, almost all your resources are used to manage these pockets both individually and worldwide. Your life is almost entirely taken up by them.
 33. Billions of people are unaware of the creative forces at work through their senses, thoughts, beliefs, sympathies, antipathies, words, actions of their daily lives. This mass of creative energy unconsciously generated every day contributes to generating and feeding ever larger pockets, to providing them with ever more developed bodies that it will not be possible to pierce so easily.
 34. Man will have to bring forth a whole world that he generates and carries in his sky. By bringing it forth, he will awaken and perhaps understand what world he was carrying in him, but it will be too late, for this world will exist and he will have to live with it. Some people are more aware and seek to be born to higher worlds. In this case, you have to cross through these worlds and bring yourself forth in the light of everything that you carry around you.
 35. The cosmogony transmitted by Moses says to man that he will give birth in pain. This refers not only to the physical side, but also to the subtlety that lives around man and allows him to have access to higher worlds, which requires piercing all the pockets and causes great difficulty, an ordeal. For a certain time, the water will expand and poison the whole existence of man, it will spread and generate a state of despair, despondency, fatality in him. The being that lives in this pocket

must also be born or aborted, according to what the man will want to do with it. In any case, the pocket must be pierced, otherwise no communication is possible with a higher world.

Olivier Manitaro then asked Archangel Gabriel:

Father Gabriel, how can we keep our water pure in you and make the decision to pierce the pocket?

Archangel Gabriel answered:

36. In life, you have to support what is right and true. You have to connect with what is pure and eternal in order to keep at least a trickle of clear water in you.
37. You have to support the presence of my temple on earth as well as the celebration of my worship. Through water, priests and priestesses have to honour one of the faces of the Father and the Mother. You have to be connected to this worship, to these priests and priestesses.
38. Carry an Angel in your life while supporting the Round of Archangels. If you do not, it means that your consciousness is not yet sufficiently awakened, that you have not been well educated and the right understanding has not yet appeared in you. If you do not have these bases, you will not be able to be born to the higher life and you will be even less able to free yourself from the pockets that clutter your destiny of Light. You can then practice the methods I have transmitted to you here.
39. You must clean up your life and keep only the elements you want to keep. Men will say that it is very difficult when worlds live around them and have amalgamated with their vital substance. Yes, that is true, but it is a life choice. You have let these beings amalgamate. You can now free yourselves from them thanks to the Essene wisdom. The choice is yours, but you will not control the consequence.
40. The incarnation of man will always be difficult. There will always be enigmas to solve, to understand, to master. Either man goes in this direction and advances, or he is passive and gets caught by nothingness. Such is the choice of man.
41. To advance, man must have precise and clear objectives; he must implement everything to go in this direction, so that his goal takes on a body, a concrete and real face.

137 Do your part of the Work.

1. The 4 Archangels are the Fathers and instructors of the Essene Nation. The Father of all fathers missioned them and asked all the kingdoms of creation to accomplish a work through the Essene Nation. It is the decision of the Father of all fathers and every one must be aware that he has a role to play in his kingdom so that the will of the Father is perfectly carried out.
2. Every one must keep his place while working in the Covenant for the victory of unity in the Father and the Mother.
3. Today, you, men, you have not cleared the sky powerfully enough to allow the Light to go through the pollution of your world. This is not a fatality, a judgement or a condemnation but a reality. It is not that the Essenes are impure, but simply that the work asked for has not been accomplished.
4. In your world, a clarity and strength are lacking that would allow the Light to become reality, to incarnate through works giving it a stable body, capable of purely receiving it and carrying it. I can understand that this whole work is difficult for you, but you have to know what you want to do with your lives.
5. If you have encountered the Light, it is important to implement everything so that it is born, becomes real, takes on a body in your lives and in life.
6. I was not able to go through the water of your sky and come to touch the centre, the place, the seat of the place that unites the 7 kingdoms of the Covenant. It is not that the divine world is disengaging from the mission willed by the Father of all fathers, but if you do not do your part in the world of men, it is not possible for us to continue in the present conditions.
7. You really need to structure, to organize yourselves, to awaken and take your future and that of humanity in hand. Know what you want, do not be passive, but individualize and unite freely, and take responsibility for the common work you have to accomplish. All the other kingdoms of the Covenant are ready to carry out their tasks; we are waiting for you to be ready and for you too, to carry out your part.
8. Nothing is lost yet. If you awaken, structure and organize yourselves to bring together the favorable conditions, I will possibly be able to open the door to the water worship at the next celebration of Archangel Raphael. For this, I ask you to place the seal of Work and the seal of Family so that we can stabilize ourselves on a solid base and open the doors in the space you have opened on earth through the Round of Archangels and the Essene Villages.

9. Unite and be supportive of each other. Let there be no separation between you and let no Essene be isolated. All Essenes from all countries must be together and vibrate in unison.
10. You who live in France, you have allowed worlds to influence you indiscriminately, while instructions had been transmitted to you years ago. You had been asked to settle everything that was from the past in such a way as to be neutral and virgin. Yet, your sky has remained more or less the same, nothing has changed. Now, organize and structure yourselves, enter reality. Put order, discipline, clarity into your lives, for you can realize that your actions have consequences. If you do not pull yourselves together, the work will stop, for we will not be able to continue approaching you in such conditions.
11. Understand that you are not alone. You are the hope of several worlds that are suffering and in despair. So, awaken and become responsible. Do what little is asked of you. For the last time, I say to you: organize yourselves, structure the Essene Nation, give it a body on earth and in the world. Do not leave baggage behind you anymore, disorderly things that pollute your sky. This is an ultimatum that I am giving you.
12. Begin the complete cleansing of your beings so that the sky is no longer poison, but that the water of Gabriel can bathe and touch your lives. This is simple.
13. Remember that what is below calls what is above.
14. It is by putting your earthly activities in order that you will clear your sky.
15. Organize all your activities in the Essene Nation so that they are clear, calm, simple, without stupidity, without dysfunction.
16. Unite, come together in the communal work; let every one find his place and keep it for the good of the whole.
17. Let no one bring incompetence, weakness, irresponsibility, unconsciousness, slackness in his function within the organization of the Essene Nation.
18. Let each one be a spring of clear water for others, for the whole, for the entire organization so that all Essenes bathe in happiness and prosperity.
19. I make the water of prosperity flow towards you. Do not pollute my blessing through your unconsciousness, your slackness, your lack of responsibility and solidarity. From you, prosperity must reach the whole world and bring the new culture, the new way of being in the world that the earth and humanity are waiting for. So, form a cup to welcome me.

20. Make sure that no disturbance can manifest itself in this structure by instantly finding effective solutions to any problem that arises. In this way you will learn the art of constructing together and you will free yourselves from your bad past.
21. Do not let anything dark enter the work, do not allow it. Let each one do his part and correct himself for the good of the whole.
22. It is in the accomplishment of the work that you will clear yourselves from what holds you back and limits you to your little selves. You must not reject your little selves, but simply put them in their place and glorify what is great.
23. Take part in greatness through a concrete work you can live in.
24. Make sure that everything is clear, that everything is laid out in such a way that your work is pure and real, solid, rooted, and that all the coming stages easily rise one after the other.
25. I carry you in my heart and support you in your work, for it is vital that we, together, can carry out the will of the Father of all fathers.
26. Make sure that the Essene Nation and your guide have the means to bring this light to the earth.
27. I know that you are sincere, but you do not have the wisdom, knowledge and will to organize the body that will be able to carry the Light into the economic, social and cultural life of man in real life. You each live in your own world and accomplish what you feel is right according to your limited conceptions. You have to break this spell in you by uniting around the idea of creating a people, a culture, a religion, a new way of being in the world in all areas of existence from a new covenant with the divine world. This covenant does not abolish the old ones, on the contrary, it fulfills them and carries them forwards. It is therefore not your small points of view that the world needs, but union around this great idea that is a reality in your midst.
28. Listen to your guide, for he knows, he carries all this inside him. Compensate for his weaknesses and shortcomings and, together, carry out the work with purity, love, respect, devotion to the cause of the Common Good, which is the Father.
29. The laws are the laws. Without putting anything from the world of men, act in accordance with the laws in all worlds so that the work is accomplished.
30. Let no Essene be lost and feel rejected. Let all men and women who will want to drink from the source of the Light and of life come and drink from the work you will have placed on earth for the glory of the Father, He who is just and true. Make Him known as He is and not as He has been disguised.

31. Lay down and structure everything that has been brought as treasures in the Essene Nation in order to lighten not only your sky, but also your lives, for one cannot be without the other.
32. I bring you happiness and peace.
33. With me, the divine world accompanies you, makes you strong and brings you wisdom.
34. You are not alone.

138. The Laws of Digestion and Assimilation

1. Rare are the human beings who, in their lives, take part in one way or another in a great work. Man is used to living “small”, and even when he thinks of greatness, it is still small compared to the divine world and eternity. Man thinks this way in order to be able to be satisfied and glorified by the works he accomplishes. He can get a return from them. He is happy to have achieved something that everyone can see and that highlights him, that allows him to exist in the eyes of others. He then knows the feeling of having accomplished his task, of having done what had to be done. This feeling is right and positive, but very often man forgets the universal, the immensity, eternity, the greatness of the divine world.
2. In truth, I tell you: what matters most is not to please human beings, but first of all to work within an intelligence, a teaching, an atmosphere, a path in which the greater common good is taken into account — not only that of a handful of people, but that of humanity and of all the visible and invisible realms.
3. Man must unite the small with the great, with the limitless, with the universal, with the unchanging intelligence that lies beyond time and space. In this union, he must think of the Common Good and lead every act of his life toward a perfection and a conscious manifestation of a universal work. Unfortunately, man is ignorant of this sacred possibility within him, because he has been educated in such a way as to remain ignorant of this art of living.
4. If you look at how people live, and if you look at yourself, you will rather easily notice that human beings do not understand most of what they experience in their lives.
5. You have been disconnected from the deeper meaning of life and of your destiny. You have become unconscious beings who let themselves be carried along by the current, abdicate their higher being. Your traditions have become dead; you live and act by imitation without necessarily awakening the higher levels of feeling, intelligence, and law.
6. Imitation is a good way to pass on knowledge and enter into learning when one is a child, but at a certain point, man must individualize himself, become conscious, light his own inner flame. Only this inner light can illuminate and reveal the deep, unchanging, eternal meaning of what one does or what one is made to do.

7. You must not accept everything without discernment, without having tasted, studied, and experienced it.
8. There is a light that can only illuminate you from within, and at a certain moment in your life it is this light that will make you strong and alive. With it, you will be able to walk on the path of greatness, on the way that allows you to unite your own light with that of the universe and to become a member of the great universal family. To do this, you must live the experience of taking in a nourishment, tasting it, eating it, digesting it, and seeing what it generates in your being, in your life, in your destiny and in that of others. Every nourishment has an influence on you, on your thinking, your feelings, your will and your destiny, but also on your immediate and distant environment.
9. Today, man no longer digests; he no longer lives — he is placed beside himself. That is why he does and re-does the same experiences over and over again, finds himself facing the same events without understanding anything, without gaining the slightest wisdom, without keeping the fruit of the experience. Man lives like an unconscious being, content just to look and imitate like an automaton.
10. You are living in an age of dispossession of self, of de-individualization. If you truly want to reverse the trend and open a space so that another destiny and another humanity can become possible, you must now open the path of study, devotion, rite and work. Entering this path is to accomplish a universal work; it is to inscribe yourself in an overall plan that aims to change the situation and write a different future for humanity. It is a commitment to awaken, to taste, to eat, to digest, to become conscious, to build yourself a new body and another destiny. It is for yourself, but also for the other, for all beings without distinction.
11. Studying is not something you do only with your fingertips, your lips, or your ears; it is a commitment to awaken the higher intelligence, to assimilate it, to live with it, and therefore to transform yourself.
12. To taste and digest is to understand; it is to lead every experience, positive or negative, toward balance and wisdom; it is to restore meaning, value, soul, and divinity to beings, to things, to all manifestations of life. From such study a new intelligence can be born in the world, one capable of changing the course of the history of humanity.
13. Do not believe that a word of Light is insignificant. Very often a single wise word, or a perfidious one, has been enough to shift the destiny of nations.

14. Through study, come out of a knowledge limited to your small person and enter into the path of building a world that is digested, understood, lived — a universal world, shared by the whole, illuminating all beings, all times, all worlds.
15. What is true is true in all things, in the sense that it brings Good and opens a path suited to all beings. This is the miracle of the presence of the divine world.
16. What the world of human beings needs is an agreement of all the realms, a harmony, a clarity.
17. Today, few are those who know whether what they are doing is good or harmful, because the experience of carrying life all the way to digestion is no longer lived. People only mechanically repeat what they see and hear, believing that it is automatically right, simply because others do it. There is less and less discernment, awakening, individualization, and living relationship with a divine intelligence that gives a higher meaning to life and makes wisdom appear.
18. Following others blindly is a mistaken way of living. It is not because a person adopts a certain way of life or expresses an opinion that this opinion is universal.
19. It is the duty of every human being to taste life, to carry it into the ray of his or her being, to experiment with it and to lead it toward a perfection.
20. If divine intelligence had wanted there to be only one being who thinks and brings perfection, it would not have engendered a multitude of beings endowed with the capacity to think, discern, experiment and offer a part of themselves as a contribution to bringing forth the Common Good in the ongoing creation of the world.
21. Awaken, for human beings have let themselves go and have greatly contributed to degrading, denaturing, and extinguishing what is precious in life. One must become aware of this in order to measure one's responsibility, then pull oneself together to restore the situation.
22. Men have used their creative power to make the world reassuring so that they can understand without really understanding, live without truly living, and above all remain asleep without taking into account the wisdom that brings blessing to all worlds and all realms.
23. Now, human beings are reduced to living only for the world of men, existing within an illusion, chasing a shadow in which they find a certain satisfaction, just enough not to go searching further.
24. I tell you it is necessary for you to enter into the organized study of the Teaching, so that all wisdom that comes to you like a bread of life may be digested and assimilated, so that intelligence may take root in

you and become a living and real body with which you will be able to live in all worlds.

25. Only what is studied, eaten, digested, lived until it becomes a body brings intelligence and individualizes the being in the true Light. Unconscious imitation leads toward robotization, stupidity, nothingness, and death.

Father Gabriel, how can we know what we should eat in all the worlds, what is good for us and what we must avoid? It is clear that there are laws of nutrition and that not everything is fit to be digested and assimilated...

26. Man must always seek what is pure and true. He must build for himself a material life, but also an eternal life. He must surround himself with the best elements, those that will allow him to reach this without too many obstacles, resistances and non-recyclable wastes.
27. If a man lives in discontent, malice, pride, he will become sick and will no longer be able to swallow, understand, build anything. His life and his development will stop, and he will stagnate. That is why it is vital for man to enter into an intelligent discipline and align his life with the goals he wants to attain. He cannot be content to skim over life; he must touch the center of his being and nourish it with the best elements.
28. The Gods grow with the food of the Gods, and the demons eat what corresponds to them and allows them to exist in their world. For every world, for every destination, there is a nourishment. Once a man knows what he wants to become, he must attract to himself the nourishment that will allow him to form a body and live in the world that corresponds to him.
29. If you want to become Essenes, you must nourish yourselves with the Essene Teaching and with the Psalms of the Gospels of the Archangels until your body is formed and your whole life is in harmony with the great wisdom of the Father and the Mother.
30. Through study, devotion, rite and work, you must take each word, each teaching, and lead it into your inner life all the way to digestion, to conscious and living assimilation, until you become one with the higher intelligence that brought this word and this wisdom to the earth.
31. You must unite yourselves in mutual support to accomplish such a work. Then there will emanate from you a great intelligence and a force that will bring power to the Light beyond the limits of the world of men. It is an echo that will enter into the world of water, then into that of air, to reach that of fire. Then you will be recognized in all the worlds and you will become the doors of the living body of gnosis. This gnosis, this direct knowing, is the food of the Gods,

capable of nourishing all bodies, all worlds, of healing everything
and leading everything toward perfection.

139. From the Inner Temple to the Mastery of Your Destiny

1. After a certain number of years on earth, many human beings realize that they will not be able to live the life they had wished for. Man thinks, wishes, and wants, but he must understand that it is not enough to want in order to obtain and to be. Life on earth is, above all, a school of training and apprenticeship in wisdom.
2. It is not because man has a body, a thought, feelings, and a will that he can direct his life and Life. These are marvelous tools, but they are not sufficient for success.
3. What most people lack is the understanding that there is a subtle world around them, an auric, magical world of water formed by all their thoughts, all their feelings, their wills. In this world, not only do all thoughts, all feelings, all desires take on a greater meaning and feed beings, but these beings also have their projects, their wishes, their desires, their plans in which man has a determining role to play. He is their instrument, the means they use to reach their goals. They always seek to seize him and to ensure that they direct him where they themselves want to go.
4. Man thinks he is free, that he is the master of his destiny. He tells himself that these subtle worlds around him are an abstraction, or else he believes in them in a superstitious way. Never does he truly become conscious of their profound reality and of their influence on his life, his thoughts, his states of soul, his desires. He does not awaken to the reality of these worlds of intelligence, spirit, and force that influence and direct him. He is not aware that every time he thinks, feels, or wants, he increases or diminishes their strength.
5. Thought is like a root in man that nourishes a being, a world. Every thought is linked to a spirit, a genius, an egregore. Each time a person fulfills the will of one of these worlds, he becomes its associate, its soil, and he must give his life to maintain this link and keep this world alive. Sometimes the hold relaxes for a time, then it returns and is felt again, for these worlds are not subject to the cycles of time and to reincarnation, unlike man.
6. Man lives one hundred years or so on earth, while these spiritual intelligences can live beyond time and space and even beyond a man's lifetime. Even when a person has died in his physical body, they continue to exist and to exercise their influence and power in order to achieve their aims. Thus, when the person takes on a body again, they are there waiting and present themselves to him once more.
7. This knowledge is essential; it is linked to the white garment of the Essenes, and you must absolutely meditate on it and make it alive in your lives in order to cleanse your auric and spiritual water of any undesirable influence that would lead your destiny into servitude. If you have not awakened this knowledge

- within you, you have no means of crossing this water to reach the other shore, that of the divine world, which leads to mastery.
8. Man has turned away from the Light and has associated himself with worlds that now surround and chain him.
 9. Man is more and more condemned to live only as a body and in a mortal destiny.
 10. For these intelligences of the spiritual world of man, he is an instrument, a chance, an opportunity to seize, because thanks to this instrument they can obtain what they want and, above all, exist and sustain their world. As for man, he is enslaved; he carries out their will and not his own and, very often, he does not obtain what he is asking for. He is far too unconscious of the influences that surround and direct him. He thinks that he is the one who lives, but he forgets the auric world all around him; he forgets the creativity of his thought, his heart, his will; he forgets that fundamentally he is an instrument.
 11. It is not enough to want in order to be; one must become conscious, enter into the study of Essene wisdom, and create a body for oneself through devotion, rite, and work.
 12. Once you have chosen a path of wisdom, you must enter into discipline, study, and mastery of your being in order to take back your instrument and dedicate it to a work.
 13. Being the possessor of your own capacities must not be occasional, but constant. That is why I am speaking to you about making yourself a body that will allow you to enter into a natural mastery of your faculties. You must no longer be dependent on moods, states of soul, atmospheres, and influences that soak into you and turn you into puppets of everything that surrounds you. You must be masters, from morning to night, of all the tools and organs that make up your life.
 14. You must have the courage to recognize that today worlds and influences have taken possession of your organs and faculties and are using you to lead you to the right or to the left. To see this is the beginning of awakening and of the formation of the body of subtle consciousness.
 15. Man has not been educated to awaken and to be living, active in these spiritual worlds that surround him. All his life, he acts for interests that he himself does not understand and that he very often ends up suffering. There is a whole education that goes in this direction of enslaving man and that is always there to provide him with all the good reasons, understandings, and justifications to extinguish his consciousness and to let himself live without seeking to understand further. Thus man is soothed and put to sleep in his higher being.
 16. In life, a person must be faithful to what he believes is right. He must go all the way, for it is not enough to believe, to wish, to want, or to desire. Man must truly make himself a body so that he may be what he wants to become.
 17. Man must awaken and enter into study in order to take himself in hand and direct the subtle and magical worlds that are all around him, knowing that these

- worlds are just as alive as he may be on earth. They too have desires, wishes, goals, thoughts, feelings, wills. For the moment, the advantage they have is the ability to use man's organs to fulfill their wishes. The person who aspires to become conscious must do everything possible to emerge from this fallen condition, in order to regain his dignity and once again enter into mastery of his being and destiny so as to accomplish his task as a servant of the Light.
18. Man must not be a mere tenant of his body, his thoughts, his feelings, and his actions, with permission to use them from time to time. No, he must be able to be who he is and use his organism whenever he wishes, in order to direct it toward a destiny of perfection and wisdom.
 19. You must learn to take your position, to orient yourself differently, to lead your life in such a way that you enter into a growing awakening which will enable you to cultivate right discernment and to apply the proper discipline so as not to think, speak, or act under the sway of just any presences and influences.
 20. Today, the Essene Nation is taking form and becoming a tool, an organism, a path that enables the human being to study, to awaken, to take himself back in hand.
 21. Without help, it is impossible for a person to change his destiny, the direction given to his life by these obsessive intelligences. You must therefore support the Round of Archangels and the circles of study, for it is your body that you are building, your future and that of humanity and the earth that you are writing this way.
 22. When you are in mastery of the new body, you will truly be able to direct your life and help a great number of beings. When a person is on the path and begins to have this body, everything becomes easier, because his organs become allies, associates, whereas today they are very often unstable and uncontrolled.
 23. Human beings are all of good will, inhabited by good intentions. What they lack, however, is a proper education rooted in a tradition of wisdom capable of teaching them to awaken and to enter into mastery of their body, in order to fulfill their life in accordance with what they think in the depths of themselves. Without this fundamental education, there is, and there will always be, in a person's life a gap, a discord, a disharmony — something that generates confusion and trouble because there is no unity, no concentration on a single goal.
 24. Decide to enter into study, devotion, rite, and the work of building the temple within yourself and in your life.
 25. It is through concentration and work on oneself that the work is accomplished.
- Father Gabriel, must we be constantly in vigilance and discipline like monks who have shut themselves away in monasteries or convents in order to master their being?*
26. No, today man is not asked to follow such a path. He is asked to enter into study, devotion, and rite, and to do a work on himself through his awakened will,

- nourished by the Teaching. This work consists in building the circle of study, which will be the future body of mastery dedicated to the Light.
27. Man must awaken on this path and learn to strengthen his will in order to go to the very end of what he undertakes. Let him begin by establishing his individual temple, then let him commit himself to the circle of study. Let him place one step after another in the work, until he makes them appear in harmony and constancy.
 28. The person must begin something, complete it, bring it into the world before taking the next step. He must not do thirty-six things at once, otherwise it will be confusion and weakness for the Light.
 29. The Light needs calm, intelligence, mastery, concentration, constancy in order to express itself, to enter into a person's life and form a body for him. Making oneself a body is essential, otherwise everything is lost.
 30. To live in a person's life, the Light must touch the earth; otherwise it is an abstraction that has no power. Now, for the Light to touch the earth, a human being must place one step after another in consciousness, concentration, mastery. Each step must be a completed stage, a finalized organ. In each step taken, the human being must be faithful to everything he thinks and to what he is in the depths of himself. Thus each step is in unity and contributes to drawing closer to the goal, carrying the totality of the work. Nothing is isolated or separate; everything holds together.
 31. It is not a question of weakening your organs through lack of discipline, intelligence, or consciousness. Every false step must be avoided. The step must not carry a thought that wanders through worlds that have nothing to do with what you wish to see born in your life; it must not be inhabited by an unconscious word that brings destruction and disorder.
 32. At every step a person takes on earth, the feeling must be balanced in such a way as to obtain stability and continuity in the walk. If the person does not balance his feelings, he will be destabilized in his step and there will be no continuity. One day he will be wise, and the next day he will behave like a perfect fool; one moment he will be kind, and the next he will be mean. Such behavior reveals that the earth is not firmly under your feet, that you are not standing in the study of the Teaching and in the discipline that lead the Essene to build the temple inside and outside himself. Then you cannot build anything, and everything is lost or given to a world that does not build the world of eternal Light.

140. From servitude to divine service

1. When the divine world looks at man, it sees that he is a false being, a mere shadow of himself, that he has turned away from his true being.
2. Man comes from a higher world, but on earth he does not bring forth the fruits of his origin. On the contrary, he uses the divine intelligence he has received as an inheritance to strengthen his life in the world of dead matter, to become king and gain domination over the other kingdoms. He turns towards the worlds of wisdom and truth to discover the laws and then usurps and diverts them to use them in the world of man. He seeks only to exist on earth, in the world of death. He behaves towards the higher worlds exactly as he already does towards the kingdoms of thoughts, feelings, energies, animals, plants and minerals. He uses every strategy necessary to shine, to clothe himself in glory, to become irresistible, seductive, magnificent, grandiose in the eyes of others and in appearances. But in reality he is only a forger and a thief; he merely takes – without the consent of higher intelligences – the eternal laws and principles in order to use them while denaturing them.
3. That man should be happy on earth and try to improve his condition is legitimate. He has the right to seek to rise through thought, meditation and inner work, but he must not use what he acquires solely to reinforce the mortal world of man.
4. Many men turn toward the higher worlds, pray, meditate only to acquire powers, to become superior in the eyes of others, to save their life, their soul. To attain these aims, they are ready to put in place many strategies and to show extraordinary ingenuity. They enter into lying, seduction and manipulation in order to charm others and steal their soul, their energy, their creative power, locking them into worlds and reducing them to slavery. Know that such beings are not worthy to approach the divine world. They are not worthy of purity, of truth, of knowledge, nor even of succeeding in their material life. It is a profanation.
5. It is praiseworthy to enrich oneself, even in physical life, through one's intelligence, senses, inner life and work; but it is never good to take the whole structure of life and place it solely in the material world. A tree does not put all of its being into the fruit. There is a higher world, an invisible world, a visible world, and the fruit. It is right to produce a fruit, but it is also right to honour the higher, invisible worlds and to respect the integrity of all the worlds. Otherwise, there is imbalance.
6. Whoever does not honour the higher worlds and gives the whole of his being to matter will suffer the consequences, for the divine world will withdraw from him and then another subtle world, another invisible world, another soul, another intelligence will seize him and his life.

7. Man always believes himself to be the strongest, but if he abandons the divine world, he is nothing. He is instantly possessed and taken in hand by an invisible world of which he is totally unconscious, and which will inevitably reduce him to servitude, stealing everything from him and leaving him only the kingdom of death as an inheritance.
8. Man is not the only one to covet what is intelligent and superior. There is a subtle world in him and around him that seeks to take hold of him to reach its own ends. If man renounces the divine world, this invisible world will seize his life and write his destiny. It will take almost everything and lead man into bondage.
9. In his illusion, man believes he is the great winner, that he is working for himself. Sadly, this is not so; he does not see that another world, another intelligence is hidden behind him and that he is only a servant. Yet this intelligence, which is superior to man, is not divine. Man does not know it, does not see it. He is convinced that he will gain 100%, when in reality he will not even keep his initial stake, his original capital.
10. Only what is given to the divine world in impersonality, universality, purity and truth can bear fruit and become a source of abundance. Everything else is always lost.
11. Man must build himself a body of wise teaching through study, devotion, rite and work within Essene study circles. This path will enable him to touch the divine world in purity and truth. But the Teaching must be living, brought into all worlds by the Alliance so that, through this body, man can enter the higher worlds and be linked with them.
12. You must offer 90% of your work, your development, your wisdom and your pure life for the victory of the Alliance in the subtle worlds as well as in its organisation on earth.
13. To live in the material world, you need only use 10% of your activity, of your total being; that is enough for you to be happy and prosperous.
14. Unfortunately, men give 90% of their being to mortal life and try to maintain a link with the higher worlds with the remaining 10%, in the hope of getting answers, of knowing the meaning of what they experience, of being protected, of receiving the intelligence needed to build a perfect material life.
15. Remember: there is no kingship outside the divine world.
16. Man must approach the divine world with a perfectly constituted body that will enable him to be virgin and to receive the higher will as it is, and not as he wishes it to be.

Father Gabriel, is it not legitimate to have the means to give a perfect body to this world of Light so that it may touch the earth and make it fertile?

17. The divine world is wisdom; it is what is true, what is just. It gives generously to whoever approaches it in wisdom, in truth and in a just way.
18. It is right to serve the divine world, to be at its service. Man must receive and give. For this, he must have a perfectly constituted body. If the divine world gives a seed and man does not plant it in the earth but keeps everything for himself, the divine world gives him nothing more and all is lost. There is no reason to complain or to try to justify oneself, for the divine world is wise and above all. It is like a father or a mother who does not give a child more money than necessary, knowing that the child does not yet understand its value or its creative power. If the child uses well the little he receives, makes it bear fruit and gives back to the divine world more than he received, then everything is given again and the doors open. But if the child denatures everything, leads everything toward poverty, foolishness and destruction, then all doors close.
19. Understand that it is not man who decides; and if he believes the opposite, it is because he is inhabited and inspired by proud intelligences which not only have turned away from the divine world, but in their foolishness are trying to live without it.
20. If the divine world sees that you have a perfectly formed body, it will give you all the means to accomplish the work. Such is the secret: to the one who is capable and proves it, everything is given, for he is a true servant – pure, impersonal, working for the universal, for the Alliance. But if the body is not formed, the divine world will give only the bare minimum to progress in matter and to begin, step by step, to build the body.
21. Turning toward a sacred, unchanging world in order to know its will and become able to accomplish it in perfection is essential. From that moment on, everything will be given in life for the accomplishment of the work of the higher intelligence.
22. If today you carry a light within you and cannot manifest it or organise yourself in matter to create a body for it so as to make it living and active in purity on the earth, it is quite simply because you have not yet succeeded in rooting a tree of life and wisdom perfectly constituted and capable of bearing fruits.
23. The key for the servants of the Light is to learn to build themselves a body with solid organs, living in all worlds and capable of carrying and offering the fruits of life and of the Common Good.

141. Restore the Tradition of Light

1. In all things, I am the living Tradition.
2. I am the memory and the soul that travel through the generations.
3. I preserve the seed of Good and make it grow from age to age so that the bond uniting worlds and eras may remain.
4. My presence brings the treasure of life to humanity, but human beings have forgotten the Tradition – that which is transmitted from generation to generation, the river that flows from one world to another to give birth to a wise life.
5. Today, human beings squander their inheritance; they waste the forces at work, spend everything, and no longer transmit anything.
6. Wisdom must pass from one being to another through the generations, and the one who receives must keep alive, eternal, pure, and true what he has received, so as to give it in turn to his children who, in their turn, will transmit it to future generations. Thus, the common Good grows through the ages.
7. Human beings have broken the thread of transmitting sacred values. They have decided to make disappear all that comes from the divine origin, all that belongs to the first Source. The main culprits of this misfortune are first and foremost the religions, which have done everything to gather people around one single idea, banishing all the rest – all that they did not want to hear or see, all that did not serve their interests. What was beautiful at the origin thus became a true scourge for humanity, which ended up sinking into the curse of intense materialism, itself becoming dogmatic, exclusive, fanatical, and sectarian, condemning without appeal all that comes from higher intelligence and transmitting to future generations no sacred ideal, no vision, nothing living that allows the soul to take flight and be fulfilled.
8. The children of tomorrow will have no foundation; they will be without principles, stripped of values and perception of soul, without any ideal that opens the doors to a higher and eternal consciousness. They will be condemned to become puppets, consumers bred in intensive farming conditions, brought into the world solely to keep a system running that is based on a materialistic philosophy. The supreme goal will be to build a perfect material life and to consume goods and services. No one will speak any longer of the path of the soul. Everything that belongs to a higher world will increasingly be assimilated to religion – that is to say, to madness, foolishness, folklore, to a museum of extinct cultures, confined to superstition and sterile belief.

9. I ask you to become aware that human beings have squandered all that was precious in life and could lead to greatness. They have not transmitted the precious treasure that lived in them and that they had received as an inheritance.
10. Human beings of ancient times possessed know-how, values, principles, wisdom, and they entrusted and transmitted this wisdom as a treasure. Some carried within them the love of nature and the knowledge of how to cultivate it, how to live with it and grow vegetables in the garden. They knew how to work the earth, spoke to it, and learned from it the mysteries of transformation, elevation, blossoming, fulfilment, and offering. Gardening was an art of living and a school of wisdom. Thus, in every activity there were masters and students, and everything was carried out in the art of work well done and the joy of accomplishing one's task. Every activity was animated by a soul, a deep meaning, a luminous intelligence. A tomato was not simply a form, a color, a smell, a taste, an idea one had about it, but rather the result of the inner evolution of the human being. Thus nothing was trivialized; each thing was linked to a truth that nourished the inner life and immortal soul of man.
11. Man has forgotten where he comes from, what his mission is, and what he must transmit. He must study and meditate in order to remember.
12. In the human world, almost everything is extinguished; the magical presence that allows memory to awaken is no longer there. Human beings no longer find, in their families, their relationships, their environment, the resonance with their deep being. So they draw near to various spiritual currents and religions to try to rediscover a language, a way of thinking that corresponds to the aspirations of their inner life and of their soul.
13. The man who awakens approaches different teachings, but what does he concretely do with them? Is he merely trying to recharge the battery that discharges inside him, or does he want to resurrect the great values within himself, make them live again, and spread them all around him like seeds of wisdom and benevolence that must be re-sown in the soil of children and future generations?
14. It is essential today that human beings awaken and collectively return to the source of origins, to the sacred and eternal foundational principle of great universal truth.
15. If nothing is cultivated in inner life and nothing is transmitted, then it is certain: humanity is rushing to its own ruin.
16. Man must live with a tradition in order to carry the beauty of his ancestors within his soul, his thought, his heart, his life, his words, and his actions. If nothing beautiful can any longer be transmitted, if man is locked inside a body that has become a sterile land, if nothing great can any longer be lived and all the paths toward higher worlds are closed, then what is the point of stubbornly maintaining a body that is destined to become nothing

more than matter in movement, carrying nothing within, with no other destination than recycling?

17. I say to you: rediscover what has value, carry it within you, cultivate the great virtues and be their messengers. Transmit them as something precious, so that the earth may not be just a piece of dead matter but may truly be a chalice that carries the seeds of a higher world, brings them to birth, and opens the doors to a greater life. It is through such a sacred and just conception of life that I will be able to bring the water of life so that all the seeds placed in the ground may grow, blossom, develop, and bear abundant fruit. What is the point of bringing water to a land that has no seeds in it? Whatever is done, nothing can bring joy or open a path, for everything is extinguished and there is no longer any possibility for greatness.

Father Gabriel, how can we find again the primordial Source in all things – the world of divine origins, the river of the primordial Tradition, and the good seeds of Light that open the doors to immortality?

18. If today you have responded to the call of the Essene Nation, it is because the seed is in you and a part of the memory has been activated. You have a capital you have accumulated from life to life and that you do not want to lose, for you wish to carry your work further. This is the whole difference between sterile soil and good, seeded soil. Good soil knows it needs water, air, and fire for the seed to awaken, take root, and open the gates to higher life. Man is often unconscious of this wisdom, and it is instinctively that he seeks to meet the fundamental elements that can awaken what he carries in the depths of himself.
19. Only those who carry within them the seed of the divine world can become Essenes, for this world corresponds to them and they truly need it. Others do not need it, and all is well so.
20. Whoever approaches the covenant borne by the Essene Tradition must not stop at a language that is familiar to him and that he understands, for this language is addressed to the memory he carries within. No, he must roll up his sleeves, enter the worksite, re-work the soil, and bring new seeds into it. This will be done through the Essene study circles, by becoming even more active in relation to Tradition.
21. To begin, you must study the Teaching, practise devotion, rites, and works in your homes. Thus you will build yourself a body; you will work your soil. Then you must take part in common sessions and open other study circles; this will allow you to be active not only for yourselves but also for others. You must spread around you the seeds of Light of the Teaching. This is a sacred duty.

22. The work on oneself will be done within the temple and the individual place of study. This is the path to creating the body of immortality.
23. The work of sowing will be done within the study circle. It is the offering, the spreading of the Teaching in the visible and invisible worlds.
24. Through this sacred commitment, the primordial Tradition will be restored in your life and in life on earth for all human beings.
25. It is the duty of the Essene Nation, and therefore of every Essene, to restore the primordial Tradition and to take care of the living Source of the divine world and of its alliance of Light and love with human beings and the earth.
26. It is the duty of every Essene to maintain the unity of the Essene Nation and of the Tradition. No Essene must cultivate a spirit of confusion or division within the Essene Nation and the great family of the Children of Light.
27. It is the duty of every Essene to take care of the flame of awakening and to keep it alight in purity from century to century, for the common good of all beings.
28. These duties and obligations must be fulfilled and kept alive within the Essene study circles.
29. To approach this Light, one must be active, creative, a dynamic builder, all the while knowing that this Light will never lead man into slavery. Quite the opposite: if the student understands the Teaching perfectly, he will find on this path liberation, evolution, ennoblement.
30. It is essential that human beings awaken, re-work their inner soil, make it fertile, sow it with the best seeds, and call the water, air, light, and warmth of fire so that flowering may take place – so that heaven may exist and the future of humanity be seeded by the Gods of life.

142. The Secret of Stillness in Motion.

1. To come upon the earth, to touch the Mother, to incarnate in the world of men and fulfil its work, divine intelligence needs a solid base, beings who are stable and able to build for it a body that can welcome it, bear it and allow it to exist. This body must be formed by awakened human beings, perfectly educated, capable of keeping alive in purity the Tradition of the Light.
2. Tradition is this body, constituted by men and women who unite in order to offer a vehicle to the higher intelligence. This body must be at once still and in motion. It must be a stability and also a force of attraction and radiance, a breathing.
3. Stillness means that stability must be perfect, powerful, firmly established. The body must be well formed so as to withstand all influences. Even if the world around you wavers, is filled with incoherence and contradictory movements, even if you no longer have solid ground under your feet, you must remain stable, faithful, focused on your objective.
4. It is fundamental to have a well-formed body in order to welcome the Light with strength and in the best conditions.
5. It is man's role to receive the Light, to bear it, to build for it a body and to bring it into the world. It is therefore important to know what you want, to be determined, committed, in absolute certainty. Whoever doubts the Light at the slightest contrary wind will never know it, for it will never be able to come near.
6. Since the dawn of Tradition on earth, the stone has played a primordial role, for it represents this stability; it is also upon it that the words of the Gods and the history of humanity and its destiny can be inscribed.
7. Sit upon the stone so that it may teach you stillness. Even if you must walk against the current, you will be asked not to yield, but to stand firm and advance in spite of everything, remaining in concentration and meditation, fixed upon your goal.
8. Today, your world sets everything in motion to uproot, to trouble, to destabilize all those who want to enter into the stability of the worlds in order to bring the great Light. Everything is done so that the wind uproots the tree of life, so that the water carries away all the constructions of wisdom, so that the fire takes possession of and consumes man through illnesses such as stress, depression, aggressiveness, discontent, jealousy, irritability. This is a true subtle poisoning that no longer allows man to be stable and to be the guardian of eternal values in his life.

9. Humanity is entering into the fire of destruction and is moving away from the sacred fire that illumines the temples in serene adoration of the mysteries.
10. If you truly want to reach the worlds of higher consciousness and life, take your life in hand, structure yourself, organize yourself, form individual bodies and a collective body.
11. Awakening in a divine intelligence is not enough; you must also study it and carry it all the way to the work, that is, to incarnating it and accomplishing Its will in the reality of the earth. It is this reality that must become divine.
12. Whoever wishes to enter the world of the Light must truly understand that there is work to be done, both individually and collectively.
13. To walk toward the Light is to advance against the current.
14. A well-organized daily life allows you to remain stable in the Light, come what may. Even if all circumstances fight against this stillness for the Light, you must remain stable, grounded, focused and not let go of the rope of the Tradition. This is a state of mind to be cultivated, a decision to be taken, a discipline, an art of living to accept and adopt. Of course, you must also be flexible and light, but inwardly you must be centered, unshakable, impossible to uproot.
15. You must not be weathercocks spinning in the wind, but pillars, columns of the temple, well anchored in the earth so as to bear a world without making it tremble.
16. Know that what I tell you is powerful. In your world, everything is set in motion so that not a single seed of the divine world can still approach the earth, touch it and take root in it to bear fruit. That is why you must root yourselves in what is most beautiful so that through you the wise Light can come to rest, can sit.
17. Be stable and stand in mastery so as to help the Light, to welcome it, to care for it and to be impersonally, entirely at its service.
18. To the one who wavers, who leans to the right and to the left, who does not know how to walk straight or to stand in stability, who constantly justifies himself and invents all sorts of stratagems just to create a life for himself, constantly questioning everything; to the one who seeks the Light only in order to live better in the world of death, to that one I say: place yourself naked before the great truth, purify yourself, study and awaken your consciousness, then enter into discipline and concentration.
19. The Light is the royalty of the eternal world. In the world of death, it comes to bring the higher life and not to strengthen death.
20. It is up to you to place yourselves at the service of the Light and to build for it a stable and harmonious body by taking your life in hand and organizing yourselves collectively.

21. You must be creators, builders within the Common Good who call the Light, and not beings inhabited by the destructive fire.
22. Build a body so that the Light may come in your midst and it will come. It will come to accomplish the will of the Father and the Mother and not that of the world of death. This body of Light manifests itself to you today through the sacred mystery and practice of the Ronde des Archanges. This is your mirror: you must look at how you behave before the Ronde des Archanges. I have told you that there are contrary currents to cross, that you must be stable and not let go of the rope, that you must be active and organize yourselves individually and collectively in order to place this body in strength and not in weakness.
23. I ask the one who is stable, who has grounded his life and who sees through what he undertakes, to take on an additional weight and to commit himself to giving victory and strength to the Ronde des Archanges.
24. To the one who brings to completion fairly easily what he undertakes, I ask that he enter into generosity and self-surpassing, and commit himself to doing what is necessary so that the Light of the Ronde des Archanges may have a perfect body and become an ever greater, living, active reality in the world of men.
25. For every man who awakens, it is primordial to work within the community, within the emergence and unification of a universal force. It is the divine world that asks this of you, for we wish to touch the Mother and humanity through the Ronde des Archanges and the Essene Nation. The world opposes this in many ways, and so it is not by remaining alone in your corner that you will succeed.
26. If you unite through the rope of wisdom of the Ronde des Archanges, you will become strong enough to establish a work of Light. Above all, do not let go of the rope, do not divide yourselves, remain united, for only in union and mutual support will you give victory to the Light and find the strength to build for it a body of manifestation.
27. The Light will always be greater than each of you, and it is together that you will be able to make it appear.
28. Do not let confusion, disharmony or misunderstanding enter into the circle and settle within you. Be clear, frank with one another, cultivate harmony, do not divide yourselves.
29. The Ronde des Archanges is the Common Good and the intelligence that unites you with the alliance of the Light.
30. There is no question of separating the worlds that the Light must unite. Otherwise, you will fail and your ship will drift away.
31. If misunderstandings arise between you, you will place your projects in worlds that never come to fruition.

32. Be concrete, give the Light a stable and wise body. Offer it a land on which it can rest, take root, raise its banner over the earth and build its temple.
33. Do not seek to be merely alive on the earth; seek to be ambassadors of a world that is eternally sacred and creators of harmonious, beautiful, noble and worthy worlds.

Father Gabriel, what does this stillness in motion mean?

34. It is a balance, like the mast planted in the earth and bearing a flag that flutters in the wind. The flag is the rallying banner that everyone can see and that calls all to unite around a noble cause, and the mast is solidly anchored in the ground and in communion with the Mother. It is a perfectly constituted body that carries a world in all the worlds, right up to touching the universal. It is stable through its mast and abides in the great breathing through its banner flying in the wind. Thus it gathers and fixes all wandering forces and, by its concentration, accumulates all the forces, all the intelligences that seek to become fixed. This is the great secret of the creative force. It draws all scattered forces toward itself and unites them in such a way as to beget a common power. It is a whole world that can then live and prosper under this banner.
35. Stillness means being rooted in Tradition through study and meditation; it is the quest for an inner stability capable of withstanding all the trials of life. It is not about trying to receive inspirations, information, impulses in order to create, but about doing everything possible to create within yourself this powerful mast, rooted in the earth.
36. The earth is Tradition and the mast is you. You must be faithful and just. Do what must be done and do not act for what must not be. Thus you will remain focused, stable, faithful, alive, intelligent, involved, concerned.
37. There can be no justification or discussion at the level of your commitment, of your involvement. If there is, it is because you are not stable, you are not a mast, not a pillar.
38. The divine world will only fasten itself to a mast that is solid and stable, still, resistant to all storms, able to bear it in spite of everything. If the mast breaks, the divine world is lost for men.
39. Through my 22 commandments, you will find the principles and laws that allow the passage of the water. It is a base upon which you can rest.
40. The first commandment is: "You shall not kill life." It is the culture of respect, the awakening of consciousness in subtlety and the will not to attract to yourself destructive energies. You must plant the banner of the divine world in this good soil so as to become yourselves the mast, the stillness, while letting the Angels place the flag and spread the message of

the Teaching everywhere around you. Thus stillness and movement appear.

41. At the beginning of the work, you must establish yourselves firmly so as to be able to withstand the counter-currents. When your body is properly formed, you will be able to hoist the banner and take hold of the movement, create the movement yourselves and give direction to the world. To do this, you must become the body of the Ronde des Archanges and of the 22 commandments. You must understand them, live them and apply them so that they become you and you become them. Then the anchoring will be accomplished, stability will appear and the banner of the Light can be raised in order to act and to fertilize the entire world with its magical presence.

143. Attracting the protection of the divine world

1. To live, you must be protected; you must draw protection to yourself. Clearly, the greater the protection, the easier life becomes.
2. Of all forms of protection, that which comes from the higher world is the most essential. But you also need the protection that shelters you from the eyes and intentions of the subtle or coarse worlds that live all around you and make up the world of human beings. There is there a whole wild world that seeks to seize you, possess you, devour you.
3. Without protection, it is absolutely impossible to make your way through the world of human beings without being captured by entities that live in the world of recycling or in the more spiritual world of death.
4. Very often, man is unconscious of the true value of protection. He thinks it is something owed to him, that he naturally deserves it, that he has nothing to do to preserve this capital or increase it. He thinks he is protected in every circumstance and that, whatever he does, this protection will always be active. But this is truly a mistaken view of life.
5. Man has received the protection of the divine world as a sacred inheritance and as a condition of life. Without it he could not live on the earth. Then man forgot his capital, the source of his happiness and of his very being, and he stopped taking care of his protection. He began to think, to feel, to live in any old way, to enter into total disorder, to cultivate foolishness, and in the end he lost a great part of the protection that had accompanied him on his life's path. Thus he found himself in the hands and the claws of entities, beings and worlds that do not necessarily cultivate beautiful, good and noble intentions.
6. Whoever loses the protection of the divine worlds naturally becomes the servant of lower worlds and intelligences.
7. Reflect on this law of protection until you understand that having the protection of the divine world in your life is of primary importance. To that end, take care of the Light within you and cultivate a living link with the higher worlds.
8. The Ronde of the Archangels is today the highest protection you can encounter on the earth. That is why I ask you to take care of it and help it to prosper.
9. Do not forget that you do not live only on the earth and that the life of your body is only a small part of your overall life. You live in other worlds without knowing it, and if you have no protection in those worlds, you are truly lost. Then you are like a man sitting comfortably, warm in his house, who decides to go out with no clothes, no coat, while outside

reign the cold and the snow. He will not feel well, he will fall ill and perhaps he will die, simply because he did not have the protection he needed. That protection is the coat, and it makes all the difference when it freezes.

10. Cultivate intelligence, take care of life and learn to strengthen your protections. Do not squander this capital through unconscious thoughts, unbalanced feelings and actions empty of meaning and wisdom that lead life into nothingness.
11. Be bearers of wise light and benefactors of humanity, servants of the common good. In this, the beings who inhabit the divine world will agree to protect you and guide you.
12. Unfortunately, human beings cultivate the foolish idea that everything is owed to them, that everything is acquired, that they have nothing to do to strengthen the link and the protection that unite them to a higher world. They think that once they have received the blessing of that world, they no longer have anything to do to maintain the life and intelligence placed within them.
13. It is not because a man possesses a consecrated talisman that he will be protected all his life. No, he must maintain harmony between his own life and the virtue that animates the soul of the talisman. To be in great protection, he must join himself to the intelligence that engendered that talisman.
14. If man believes he can live alone, he is under a great illusion. Life is made of exchanges, relationships, alliances. Good alliances lead to perfection and bad ones bring about decline.
15. To be protected, man must unite himself with what is good. There are physical associations, which protect in the material worlds, and there are alliances with the intelligences that inhabit the invisible worlds. Man must learn to associate in all worlds and remain faithful to these alliances.
16. The divine world never descends into the world of human beings, nor into the world of death that men call the “beyond”, nor into the world of recycling.
17. The divine world blesses those who manage to rise up to it with a body perfectly constituted. These men and women stand at the border of the worlds and become the protection of the Light for all those who have remained prisoners of darkness and of deceptive light. Those who have the intelligence to unite with such beings receive the blessing and protection of the higher world. Be conscious of this wisdom and cultivate good relationships that link you to what is truly positive and truly one with the divine world in truth.
18. In the beginning, man was meant to unite in purity with the divine world and spread the blessing of Light and love into all worlds through his body, perfectly constituted and mastered in wisdom. He was to receive the pure

water of the Source and then channel it so as to irrigate the whole earth, that no being might be deprived of the path of great blossoming.

19. Be vigilant and do not lose your value, your link with eternity. Every being has an inestimable value; the same is true for your thought, your eyes, your word, your actions, your accomplishments.
20. No one can hide from the invisible worlds. They see everything and can thus rightly assess the value of beings and things.
21. Nothing must be devalued; everything must be led into ennoblement.
22. It is out of the question that man should devalue his being and the world, for in doing so he denies the sacred inheritance he has received from the divine world. He must make it bear fruit and take care of the great garden of the earth.
23. Man must be conscious, faithful and responsible so as not to debase what is noble and precious. If he does, he cuts himself off from the divine world and loses its protection. The divine world can no longer help him, for it will never descend into the world of human beings to do the part that only man can and must do. That is why you must educate yourselves in wisdom, build a body for yourselves by studying the Teaching, make your thoughts living and conscious, and lead them toward what is just and true. In this way, you will sustain the worlds that protect you and desire your good, that long to see you grow in strength and wisdom so that you may become masters of your life and loving gardeners of the earth.
24. There is no greater satisfaction for a parent than to see his children well guided, making the right choices and taking the right path in their lives. When a parent sees his children doing just anything, inspired by foolishness and taking the wrong roads, then not only is there sadness, but he knows that at a certain point it will no longer be possible for him to intervene. The children will have to become men and women, to make their own experiences in order, perhaps, finally to understand that in life there are good and bad choices.

Father Gabriel, you, our Parent of Light, can you tell us how to hear your word, understand it and remain in your protection, in your intelligence, in your living guidance?

25. There are not countless paths; there is only one. Man must know that he is never alone, that whatever he does in life, there are worlds within him and around him that join with him. Man must become more and more conscious of this so that he can choose, in full knowledge of the facts, the world with which he wishes to be associated, for it is on the nature of this association that the future of man and of the earth depends.

26. If man unconsciously cultivates the wrong association, he will attract to himself a harmful entourage that will lead him to his downfall. On the other hand, if he maintains a living, conscious and pure link with what is beneficial, positive and true in life, he will unite more and more with elevated worlds that will lead him into ever greater protection and into a greater capacity to act with wisdom and intelligence.
27. Being linked to the world of life and eternity is what is supreme for man. It is the divine alliance that gives a soul to every activity. It is the great protection. If man is connected to this magic in one way or another, he will be protected and guided throughout his life so that the experience that could break him and lead him into annihilation may be spared him. Hence the importance of organizing your life so that your relationships with the visible and invisible beings around you are pure, clear, clean, harmonious and wise. It is the quality of the relationships you maintain with them that will determine the nature of the beings greater than you whom you will attract, and who will write your future and that of the earth.
28. Preserve your capital of Light as the precious treasure of life. Thus, when it is cold outside, you will be able to be protected from snow and frost and to brave every storm without being harmed. Do not believe that you will be protected if you go out into the cold and frost without a coat. This is an illusion and a foolishness.

144. What Is Impersonality?

1. If you want to walk on the path of the Light, you must learn anew how to be impersonal.
2. Impersonality will free you from what is narrow; it will lead you to breathe in universality, to walk toward greatness, to know immortality.
3. Whoever wants to encounter life must know the gate of impersonality.
4. When you enter the sacred atmosphere of study, devotion, rite, and the work of the Gods, you must pass through the door of the temple and clothe yourself with the mantle of impersonality, of great transparency. Thus you enter the temple as a living soul, freed from all that is dark and mortal. Only that which is eternally pure can draw near to the study of the Teaching.
5. Wisdom does not belong to men but to the Gods.
6. Only those who aspire to divinity through service can enter the temple of the mysteries and study. Impersonality is its door. Consciousness and commitment are its keys.
7. The great difficulty for contemporary man is that he no longer has the organs even to conceive of impersonality.
8. For centuries you have been educated, trained to live as egoists, to be shadows locked in a mortal body totally unfit to breathe in universality and in the kingdom of life without borders, without limits.
9. The horizon of man is limitation.
10. Man is educated for death; he lives only for his body and knows nothing else. Protecting his body, preserving it at all costs, is a second nature in him, an instinct. In spite of trials, illnesses, obstacles, man is programmed to endure everything in order to maintain the body. Everything in his life is oriented toward this single goal and nothing can divert him from it, even when it becomes absurd. For him, only the body and the shadow that inhabits it, which man calls his being, his life, his existence, have value.
11. Even when man approaches the higher worlds through religion or philosophy, he still thinks only of his own salvation. This is not negative in itself, for this is how you have been educated by intelligences and worlds that have locked you inside this concept, very often unconscious within you. It is a nature that has been placed in you, a shadow that inhabits and surrounds you, that chains you and deprives you of the happiness of being impersonal, of opening yourselves to the other, of living in the other, of knowing the other, of being one, without imposed

borders, without being limited to the mortal body and the shadow that inhabits it.

12. You were created to live in several worlds, but you have forgotten it. Your origin is eternity and immortality, but from generation to generation you have been educated in this limitation, in this poverty, and now you are chained.
13. You do not truly know what your body is; you do not know its value; you are not conscious of what motivates you in your life. You act by instinct, because you have been programmed to protect the shadow that hides in the body. Behind everything you do, this hidden goal is present. When you go toward others, when you appear generous, it is almost always for the victory of this shadow that brings everything back to itself and seeks above all to exist. Of course, man denies this truth, for he refuses to face it; he is afraid of it, afraid of being discovered in his very foundation. He knows that to think in this way is not clear and that there is nothing glorious in being a hidden shadow. So he lies, and above all he lies to himself, inventing reasons to appear positive, beneficial. But in reality, when he speaks to another, it is to himself that he speaks; when he praises others, it is himself that he is complimenting.
14. Man always looks at the world through his own eyes, his own reasoning, his own inner life, and in this he is limited. He does not know how to do anything other than be personal, than to identify himself constantly with his own being, with his own shadow. It is a true curse that imprisons him and prevents him from escaping.
15. Only the one initiated into Essene wisdom will, through discipline and the mutual help of the Alliance, come to know impersonality and to rediscover the strength to be neutral, virgin in all things. In this way he will perceive the world without the presence of the shadow within him, which constantly influences and directs human beings.
16. Today, the shadow possesses men to such an extent that an impersonal vision has become an unattainable concept. Only the power of a community organized as a fully constituted initiatory school can free the soul and the body from this omnipresent sickness, this enchantment.
17. I tell you solemnly: you have come to such a degree of bondage that, if you do not decide to re-educate yourselves, you will have great difficulty meeting the higher kingdoms of life. For these worlds will never think of satisfying the fleeting existence of man or his mortal body. They are entirely turned toward what is divine, eternal, magnificent, immortal, universal. They know the sense of hierarchy and always seek to serve and honor the intelligence that is above them, as a disciple behaves toward his beloved master. The man of today cannot conceive such devotion nor such an attitude, for he has been educated to act in the opposite way and to give all his strength to what is lower and base. That is why I tell you that if you want to approach wisdom, you must absolutely decide to re-

educate yourselves completely. You must enter into a conscious and voluntary education that will teach you to be impersonal and to become devoted servants of a higher intelligence.

18. In the world of the Light, all beings are disciples of the masters who stand above them. When an uneducated man comes near such disciples, he can truly be destabilized when he sees that they think only of accomplishing the will of the Father and that there is no shadow in them. They are totally impersonal, pure, entirely dedicated to what they must accomplish. Nothing else exists in their life. That is why one who has not been educated, who has not mastered the instrument of his body and who is still possessed by the shadow, will be disconcerted; he will experience a great disappointment and an inner isolation before this world of the Light. He may feel rejected, be invaded by fear, doubt, and fail to find his place.
19. Never will the divine worlds concern themselves with the mortal body of man nor with the life attached and dedicated to it. If a man wishes to educate himself to enter into communication with the higher worlds, he must master all the mortal worlds within him and organize them through the different levels of the subtle and spiritual worlds, so that he may present himself at the gate of the mystery of the divine world in a neutral and absolutely virgin state. He must be like a chalice, perfectly pure and empty, so as to receive the precious nectar that will be entrusted to him. In this chalice there must be neither personality nor individuality.
20. It is important to learn to look at the world from an impersonal point of view, in a calm, wise, neutral, pure way, with perfect discernment, without putting anything of the world of mortal man into it.
21. Man must take his place upon the earth and then stabilize himself in all the worlds, on all the levels of his being, from the coarsest to the most subtle, in order finally to enter into the great Silence, into the peace that opens the gate of universal knowledge, that which illumines all limited points of view to lead them into the limitless.
22. Man must know all the levels of his being, and in each world he must know who is speaking, who is directing him and truly thinking within him. Is it he himself who wants certain things, or is it a will coming from higher or lower worlds? To reach such lucidity, such awakening, such perfect discernment is a difficult path for man. It is an education and a discipline.
23. Where there is discipline, there is a disciple; where there is a disciple, there is a master. This is the path of perfect discernment and awakening. Once the master is found, study, education, and training can begin.
24. Man must set out on the path; he must cross the dark worlds to enter the sacred regions where the beneficial power of wisdom reigns.
25. Man must learn to think in a completely different way; he must allow a broader, greater, impersonal point of view to enter into him.

26. It is the acquiring of the eye of the master that opens the capacity to leave the point of view of the shadow in order to encounter impersonality.
27. In impersonality, discernment appears, which illumines what is dark and what is luminous.
28. You must study the sacred texts with the eye of the master in order finally to make a body for yourselves with the words of the Teaching. This body is not like the one tied to death that you now have. No, this body will enable you to live and travel in all the worlds. It will stabilize you in your mortal life and transform you into instruments of a divine, eternal, pure wisdom. That is why you must study the texts that come from the divine worlds and make of them an impersonal and universal body which will enable you to live in all the worlds, in accordance with what is just and good.
29. Through meditation, study, and self-knowledge, through devotion, rites, and works, you must give a soul, a meaning, an intelligence to all the small things of your life. Then, by mastering what is small and leading it into wisdom, you will be able to expand and gradually enter into greatness, until you touch others through the sharing and transmission of another vision. Thus the eye of the master within you will grow until it becomes the eye of the master within the other, through the transmission of the beautiful and pure impersonal Light. That is why, from all time, the family has been the place of education, of the transmission of values, and of the shaping of the body of destiny.
30. What you do on a small scale is done on a large scale. Thus you must go from the Essene family to the great family of humanity and of the earth. These two families show you the path of the proper education of man, which must lead him toward impersonality and alliance with divine intelligence.
31. The family is a school of impersonality and of service to the common Good. In it, man must learn to become impersonal and to free himself from his unfortunate tendency to consider only his own point of view, tied to his own limited interest.
32. Be students of life and learn to look at what is outside of you and does not think or live as you do. Take it into account and learn to meet the other, the one who is different. Understand that each one carries a world, and that it is this difference that creates the beauty of the world and places the Father in supreme greatness and kingship.

Father Gabriel, are you saying that we do not know how to think or act outside ourselves and our own convictions, and that we must, by a deliberate choice, learn to go beyond ourselves and move toward the other, toward what we do not know?

33. I tell you that this is a confinement, an enchantment, and that you must awaken voluntarily in order to see it and come out of it.
34. Man has been educated and formed by a shadow within him, and it is through this shadow and its intelligence that he has become accustomed to looking, conceiving, learning, understanding, acting. He can no longer step outside this boundary, for he has not been educated to have an impersonal, neutral, virgin, wise, universal vision, in discernment. Man does not know what these words mean, for he has not been nourished by them so as to form in himself a body with the organs of these virtues. He has been nourished by a food that has led him to be the opposite of impersonal and universal. He no longer knows the language of stones, of living elements, of plants, of animals, and even less the language of Angels and Archangels.
35. Man knows only his own language, his own human interests, and this language isolates him more and more, even from his fellow men. It is not a language that allows communication with others, but rather one that shuts him up in himself, that leads him to lie to himself, to delude himself. Since man gives all his strength to this world that imprisons him in a lie, he can no longer communicate with all the other worlds that inhabit and surround him.
36. Through the teaching of the Essene Nation, you must consciously learn a new language that will not lead you to speak only among yourselves, but also with the Mother, the minerals, the plants, the animals, and gradually with the Angels and the higher worlds. Then you will no longer be dependent solely on your own small inner and personal vision, but you will see that several points of view can be added to yours to enrich them, to make them broader, more universal, closer to the truth. You will then acquire the great vision of the master, the one that embraces all worlds and all points of view.
37. Educate yourselves, become impersonal again so that you may be able to lead humanity onto a universal path.

145. An Essene perspective on freedom

1. Very often, human beings speak about freedom. They want to be free because they believe that freedom is a supreme value. They want to be free to think and to act according to their beliefs and their will.
2. In the human world, freedom is nothing more than a way of speaking, a concept, a belief, an idea that has no real value, that is only an illusion, a mistaken vision.
3. Freedom simply does not exist in the human world; it is a lie. By nature, man is bound to worlds and cannot claim to have any kind of freedom.
4. To be free, man would have to be birthed from a higher world and nourished by it in such a way that his body would be made entirely of a substance different from that of the realm of death. But that is not the case.
5. Man is like the realms beneath him; he is dependent on the nourishment he receives spiritually, intellectually, psychically, and physically. Of course, some are more or less aware that they cannot become or live as they would like, and that is why they turn toward the divine world to ask for freedom. Unfortunately for them, they do not understand that freedom cannot be obtained in the human world. It is not destined to be lived by a man.
6. What you call “freedom” is similar to your concept of “equality”: it does not exist in your world. It is an erroneous, false concept, an illusion.
7. The only virtue you should seek to acquire is lightness. In this way you will be able to walk and work on the earth without carrying too many pieces of baggage or weights that are too heavy. This lightness you can attain; it is within your reach if you awaken your consciousness and your discernment. It is up to you to organise your life so as not to load yourselves with useless burdens.
8. You must accomplish what you have to do, but you must remain light. This is wisdom. Then you will know lightness; you will be able to slip through everywhere, cross all obstacles without being caught or stopped, and you may perhaps discover the secret of taking flight into higher worlds. But for this, you must study and understand certain laws — for example, that freedom in the human world is a lure, a false concept, because no human being can be an independent and unique person.
9. If you adopt false beliefs, you are truly lost, because it is these beliefs that will feed you, make you live, and form in you a body and a destiny. Now, what is false engenders what is false and will lead you toward nothingness.

10. Man cannot be independent, because he depends on the worlds that have birthed him and that nourish him with a very specific purpose. According to his degree of awakening, he may have the choice to take or not take this or that nourishment. Then, according to his choice, he can become lighter or heavier. No world can do this in his place; it is up to him to work all his life to become as light as possible.
11. Whoever manages to be light in his head, in his feelings, and in his body can truly move forward and accomplish great works in his life.
12. Whoever makes himself heavy shows that he has been caught by worlds, that he has been harnessed, that he is carrying pieces of baggage that may be useless, and that it has now become difficult for him to move. Then he closes in on himself and can only endure the life that is imposed on him.
13. Slaves, the unconscious, the deluded proclaim that they are free, that they are equal, but what they are displaying openly is only their foolishness.
14. Equality does not exist in the human world. At the root of this word lies the same idea and the same force as in the word “egoism.” To be egoistic means to believe that one is an individuality or a unique personality, independent, sufficient unto oneself, capable of thinking autonomously while sharing this attitude with all beings. This is the cult of nothingness, foolishness incarnate. Even animals are wiser than those who carry such a philosophy, such a religion.
15. Once again, I tell you that equality cannot exist in the human world. No being can be equal to another, because each one carries his own destiny, his mission, his work. Dark intelligences are the ones who have established these concepts in humanity to govern weak intelligences and enslave them. They have proclaimed that all beings must be free and equal and must obtain these “virtues” through dignity, work, and money. But this is a lie meant to lead beings into weakness, into what does not function, into what degrades and debases. Pursuing illusions, human beings commit the worst atrocities, claiming it is in the name of dignity, and in the end they obtain nothing and have everything stolen from them. This entire dark philosophy of the human world does not work, quite simply because it is nothing but lies and foolishness. Equality does not exist.
16. A conscious and dignified being, because well educated, knows that he can only be an instrument of a world and that it is up to him to choose the world by which he wishes to be animated. This choice is the highest degree of evolution of which man is capable; there is no other dignity, but very few human beings have access to it. Within the possibility of this choice resides a certain form of freedom; beauty and love consist in enabling the greatest number to have access to it. The path that leads to this choice should be called “education.” Once man has made this choice, he is no longer free — just as he was not free before.

17. The more man chooses lightness, the more he gains the capacity to choose; the more he engages in heaviness, the less choice remains available to him. In this way, man does not truly have choice.
18. Having choice requires a certain degree of awakening, the emergence of a higher consciousness that rises above the ordinary. For this, one must be on a mission or have been instructed within a tradition issued from the Children of the Light, so as to have recovered a portion of one's original dignity and memory and be determined, at any cost, to accomplish the work for which one came to the earth.
19. To accomplish a work of Light on the earth, in the very heart of the human world, is never simple and is not done in light-mindedness. It is the path of heroes and Sons of the Sun. First, you must form a body with the sacred elements of the Tradition. This body must be capable of supporting high tensions and of withstanding a great number of trials. Then one can become light and consciously choose no longer to burden oneself.
20. In light of this wisdom, I tell you that no human being on earth can claim to exist alone, to be autonomous, independent, equal, or free. All of this is a philosophy of nothingness, a deceptive teaching.
21. It is high time for you to cultivate discernment so as to cast the bad seed into the fire.
22. I see in all peoples and in all traditions a great discrepancy between thoughts, words, and acts in daily life. This reveals a major weakening of humanity and of each individual. It is high time to pull yourselves together and to enter into a study and an education that will restore meaning, intelligence, value, and dignity to human activity and to life on earth. It is necessary that there be wisdom and coherence in the three sacred centres that man carries within him; otherwise, there will be generalised illness and destruction.
23. Man must study and educate himself so as not to allow the great "anything and everything" to fertilise his thought, his word, and his acts. He must not think one thing, say the opposite, and act contrary to what he thinks and says. Such an attitude gives birth to incoherence, confusion, weakness, and foolishness. It is not healthy to live in a world totally devoid of wisdom, intelligence, and beauty.
24. It is high time to enter into study and education. Man must rediscover his origins and his roots in order to be able to work in such a way that his life becomes something greater than death.

Father Gabriel, how can we manage to be light in life, when the whole world constantly pushes us to become heavier, to look at and listen to everything that is continually presented all around us, to become interested in it?

25. Life is made only of determination and objectives. If you have an objective and it is clear within you, it means that a world has placed its seed in your soil and that you are its bearer. If this seed is divine, you are chosen, privileged. If this seed is not divine, then seek a divine seed. Once the seed is in you, set everything in motion so that it may reach its goal. Nothing else must invade you, solicit you, or divert you. Everything that approaches you must be used for this goal.
26. Do not place barriers on your path; do not complicate your destiny. Always choose the simplest way to reach the goal. Many begin with an impulse and then, finally, slow down and do the opposite of what was asked of them in the beginning. They scatter in all directions, seek new impulses, and little by little forget the original objective. That is why you must be in concentration and mastery of your instrument, of your being.
27. Use your life as a means to reach your goal and remain focused on your objective.
28. To master your instrument means learning to control your thoughts, your feelings, your will, and your inspirations. The senses are fundamental in this mastery and in human life. They must be awakened and made conscious in their subtlety.
29. Mastery belongs to the one who has cultivated true intuition, who sees accurately, who speaks in harmony with intelligence, who listens in impersonality, and who touches in a way that blesses and heals. Such a one has learned to form his body and his being so as to obtain results in accord with what he wishes to accomplish. Nothing can divert him from his destiny. For others, it is necessary that they understand the absolute need for education — that is, the forming of one's bodies, one's senses, and one's intelligence — in order to become capable of realising works of Light that open the path of great destiny.
30. As long as the body is not correctly formed, the work must constantly be begun again. New strategies, new forms, new aspects, new aspirations must continually be found to give a new impulse and to start, again and again, the same work.

146 Remember who you are.

1. Every being coming on earth is the bearer of a message, of a work to accomplish, of a mission.
2. The goal of the life of each being taking on a body of manifestation is to carry out his mission, to sow the earth with the light that he brings from the worlds of the origin.
3. Many spiritualists think that man comes on earth as a punishment, to pay a debt, solve a problem, purge a bad destiny. Of course this aspect exists, but in the beginning man came on earth to pronounce a word of perfection that enables every form of life to enter into the great and mysterious path of evolution.
4. Man dresses in flesh, he takes on a body around the idea of a work to accomplish.
5. It is easy, for one who does not know how to concentrate, to be turned away from the sacred goal. But remember that each earthly incarnation is determined and when the work is carried out, it is always a deliverance, an immense capital, an incalculable wealth that enables solving a great number of problems.
6. Each man is the bearer of a sacred word of the Name of God and his purpose is to say it in a right and living way. This word possesses the power to bring life back, to open the path of resurrection for a multitude of beings imprisoned in the darkness.
7. The great difficulty for man is that by coming into this world, by dressing in matter, he loses his memory. He does not remember who he is anymore, what he came to do, for he enters into a matrix that monopolizes him, enchains him, reduces him, distracts him, diverts him, invades him. Then he forgets, he thinks that he has never existed anywhere other than on this earth and in this body and that he will never exist elsewhere. He forgets that he is a voyager, a messenger, a missionary.
8. Man had to be welcomed into a pure tradition, conveyed by a genuine father and mother, in a family of Light and a sacred home that had to enable him to not lose his memory and to keep his identity. Such is the beauty of Gabriel. I am the guardian of the tradition that makes the incarnation of the soul on earth possible without losing the treasure of the memory and the path that enables making greatness real in life. This tradition is the father, the mother, the home, the family. But today this tradition is extinct and each one needs to try many paths, needs to orient himself, learn, educate himself, work on himself to strive to find his memory. And even through all these efforts, it has become extremely difficult for man to find his memory.

9. Water is not pure anymore, neither in the father, neither in the mother, neither in the home, neither in the tradition, neither in the family. That is why you have to learn to wake up your memory not in abstractions, but in a wise light that lights up your daily life and gives it a deep meaning, confers it an intelligence that enlightens.
10. As soon as you will have found a path that corresponds to you, begin learning and lead your being into discipline and mastery in such a way as to control your instrument. Then you will become conscious creators, master builders and you will be able to go towards the others while being teachers, healers, consolers bringing the beautiful word, until one day you speak the great word that will liberate all the worlds.
11. Do not hesitate, as soon as today enter into the Essene study circles to train yourselves, to learn and to be educated in wisdom. Enter and commit on this noble path of study, devotion, rite and work in order to find who you are beyond appearances and to manifest it in life, to incarnate it. Begin conscious learning, surpass yourselves, be reborn to yourselves and to the w
12. orld, enter the path of awakening and the unknown and learn to do what you do not know. Do not be afraid to do wrongly what you do not know. Do not be afraid of feeling incapable, go ahead without fear and without shadow.
13. Find the tradition that will enable you to be reborn, find the Father, the Mother, the family, the home, and do not be afraid of the unknown, for if you have a Father and a Mother, you will be protected and welcomed.
14. Remember that to go through the veil of death, you have to be reborn and that the study circle is the sacred place of forming the body of immortality. At some point, you need to have the courage to lance out and go forwards. If certain things are done wrong, life will show it to you, it will teach you and will guide you.
15. My wish is that each Essene advances towards the mystery, finds his place in the great family of the Children of the Light and of the divine tradition, finds his memory again, reconquers his bodies and his body and is able to speak the great word of God that has to bring the Light to the world. In this way, the work will be carried out.
16. You will ask me: "This word of God, is it the Name from the Mother?" No, the Name from the Mother is the one you receive at your birth and that enables you to get out of the illusion of the world of men. It shows you what you have to do and what you have to avoid. It is the beginning of the path, of the process of individualization that enables you to make yourselves a body and to master it. If this Name is given to you, the path is truly open for you. But to walk on it, you have to become active, to be in the acts, in concrete, settled, sensible, right action, in a way to show to the earth and to all the beings that people it that you are determined to carry your Name with dignity and make homage to the Mother. It is a

foundation, something that shows the subtile worlds that you are really born.

17. The word of God that you have to speak is an element much bigger than the Name from the Mother, it is a seed of eternity, a work of Light. So that this word can be spoken, there has to be a body, a destiny, a correctly prepared earth, apt to receive it and give it a body of manifestation. Therefore it is fundamental to be audacious, to triumph over the fear and shadow that, ceaselessly, want to hold you back in the kingdom of death and inactivity, of passivity,
18. Be active, go forwards, be conquerers, but educate yourselves, do not rush, head down, against the first wall. Learn to look and find the door or the passage that will allow you to triumph over all the obstacles through intelligence, alliance, mutual support.
19. Be a people bearing a living tradition and advance with one single soul, protecting each other. Live for a common work and honour a flag worthy of this name.
20. Go forwards rationally, and for each conquered territory, learn to digest, to understand and to master.
21. Do not carry towards the other a knowledge you have not digested, assimilated, understood and mastered. In this way it will be life that you will transmit around you and not death, shadow and disease.
22. It is fundamental to commit to what awakens universal resonance and life.
23. Now, be audacious and dare to go forwards, open study circles, start to study, accomplish the sacred rites that make the light of the Gods live and carry out the works of the Light.
24. Train yourselves, understand what you do, be faithful to the one who represents the covenant of the worlds and be audacious, reconquer the land of Uriel, the land of Light.
25. Be effective, active, conquering, wise, pure, for the world will only be created with beings who move, who are not afraid to undertake, to conquer, who roll up their sleeves and do concrete works.
26. Establish study circles on earth; first one, then another and another until bringing the sacred teaching into the whole world.
27. Organize yourselves, be united, pure, impersonal, dedicated to the work of the Light so that the tradition of Gabriel is alive on earth again. In this way you and the future generations through you will have a Father and a Mother, a family, a home to welcome you and a correctly prepared body to carry out your mission and speak the sacred word of God that all beings want and need to hear. It is a word that heals, that soothes, that frees, that gives strength and brings plenitude.

28. Do not lose your time in what is ephemeral, for you will need lives and lives to carry out the work if you let the moment go by when the door is open and when everything is possible.
29. Not only do you have to create your life in plenitude, but you also have to help the others. Such is the path of love.
30. Be intrepid, not in foolishness, but in the wise, great, beautiful, useful, universal work.
31. Unite in a way to make a new world, a new heaven and a new earth, a new way of being and of living appear. Do not let this opportunity go by, for the door is open in front of you.
32. Do not sleep, do not be like the disciples who surrounded Jesus and were not able to get out of their somnolence at the crucial moment.
33. Awaken and start to work. By all your means, support the work of the Essene Nation. Keep it pure, divine, let it be universal, let it be the Common Good. Do it now, go through the obstacles that rise up in front of you, unite together in the work. Let nothing stop you.
34. Be aware that if a people rises up to speak of the universal light and gives it a true body, then you need to be part of this plan, this project. In this way you will find your memory again and enable many others to enter the sacred path where they can act while carrying the word of God for which they committed to come on earth, to take on a body, to work on themselves, to develop themselves to be able to plant the seed that gives life to all the evolving worlds in the body of the Mother.

Olivier Manitará then asked Archangel Gabriel:

Father Gabriel, are we all bearers of a word of the Name of God or only certain beings?

Archangel Gabriel answered:

35. Each being on earth who has already worked for the Light and who has entered the path of immortality carries this blessing inside him. He can then put a divine writing in the earth that enables the earth and the beings that people it to find the original message and the path of evolution again. If this writing is not brought regularly by men, the wrong writing imposes itself, closing the path of liberation. The beings then find themselves imprisoned in the darkness, incapable of finding the path of greatness again.
36. The Tradition is fundamental, for it is the matter that enables welcoming the Child of the Light in the best conditions so that he keeps his memory, makes himself a conforming body and is able to say the word for the good of all beings. This word is the new life that fecundates all seeds and leads all forms of existence into the lightful life. If this word is not spoken, there is no fecundation, no renewal of life and of intelligence. Then disease and death govern. That is why the Tradition, the Father and the

Mother, the family and the home are so important. Next are study, work on self, awakening to find the lost word again so that the magical word is spoken clearly and exactly.

37. All the beings who have already worked in other lives and who come back now in the Essene Nation are bearers of a sacred word, of a virtue, of a world that has to be expressed and realized. All these words assembled will form a new writing that has to sanctify and vivify the great Name of the Father and the Mother, the Tradition, the home and the family of the Gods.
38. It is for all and every of the Essenes to awaken close to my spring, to find the lost word of their soul, to balance themselves in the reality of the earth in order to carry out the work for which they have come. In this way, they will resolve and cancel out a destiny of suffering, of accumulated debts, of useless trials, of misfortunes, of violence in humanity, for by placing this seed on the Essene lands, they will balance the worlds.

147. Relearn how to live in purity

1. What humanity is lacking today is purity.
2. Purity is the great treasure.
3. Your great misfortune is that purity is leaving your world. You no longer know it, you no longer live with it. Everything is done so that purity no longer has a place in your life, no space where it can manifest. Then what will remain for you? How will you live, what will your path be?
4. You are giving priority to influences that bring decay and strip away all that is pure and original. Everything that is beautiful is led toward what is soiled, everything that is grand becomes mediocre, and purity can no longer touch your life, visit you, speak to you, instruct you, guide you.
5. You speak of purity, sometimes you even still desire it, but you have atrophied the few organs you had left that would have allowed you to open to it and meet it. Soon, if you continue to do just anything with your life, all communication with purity will become impossible; it will have become foreign to your life.
6. You are preparing a future in which the noble, the beautiful, the grand, the original will no longer exist for you. You are in the process of leading everything toward what is mediocre and small, toward a world where man is the only great interest.
7. Yes, human beings wish for purity, benevolence, peace, and love in the world, but they do very little so that these virtues may triumph and bring their kingdom into their lives. In fact, they hardly know them anymore, they no longer know what they mean, who they are, and they have almost no contact with them. This is sad, but it is truly so: man is losing everything that has value, everything that is true in life. He is becoming a false being, artificial, entirely programmed by illusory concepts that no longer have any soul, any life, any intelligence or truth in them.
8. If, day after day, each person had been willing to give even five minutes to make the beautiful virtues living and conscious, the world would be completely different, for peace, purity, and love would still mean something and would still be alive for human beings. The world would be in a much better state and life would be more beautiful for everyone. But human beings have abdicated enchantment, poetry, subtlety, the intelligence of the beautiful light of the Angels, thinking this was an attitude out of sync with the modern world.
9. In truth, if you do not live with purity, you will soil yourselves so much that you will become unbreathable; no one will want to come near you, and even less so the invisible, spiritual, and angelic worlds. The spirits of

nature will sense you from afar and see your repugnant auras; they will flee at your approach.

10. You must awaken and pull yourselves together: purity is the foundation of life, happiness, health, intelligence, and truth. You must care for it and learn to live with it in the small as well as in the great things of your life. In all your activities, purity must be present. It is the highest protection, the greatest strength, and what is fundamental for any happy success.
11. Impurity never brings anything good.
12. Open again the path of purity.
13. Come close to my spring, to my temple, to my water, and be in devotion, in discipline; enter into great reverence. Learn to meditate and to observe yourselves in order to know the quality of the water that animates you and surrounds you. Live in purity and be conscious.
14. If the water within you is impure, know that you will live in misfortune, in curse, in illness.
15. Water is the great blessing; it washes and heals you, it renews you, and you must constantly speak to it and take care of it.
16. Become increasingly aware of the water of your thoughts, your hearts, your desires, your aura, and clothe yourselves in purity, clarity, and beauty.
17. If your thoughts are dark, sad, gloomy, place a bowl of water before you, put the two fingers closest to the thumb into the water and direct your thought and its atmosphere into the water. With the other hand, take some salt and throw it into the bowl to imprison this thought. Then go pour this water onto the earth, asking your Mother to help you transform what is dark within you so as to clear the sky of humanity. Ask that your life be pure, that it be clearer, so it may become an offering for the Angels and not for the demons.
18. If you come close to my spring, many exercises with water can be taught to you to help you learn to cleanse yourselves, to heal yourselves, to free yourselves, to release yourselves, to purify yourselves. There are many techniques for situations in which you are anxious, unwell, lost, or burdened by parasites.
19. You must enter into the study of wisdom and learn to look at water with different eyes.
20. In its origin, water is a blessing of love and a wisdom that shows you the path of purity and truth. It is ready to help you, to cleanse you, to deliver you from all that is dark, and to vivify all that is good in you and around you.
21. Approach water thinking of it as a living, intelligent being, capable of filling you with blessings.

22. Do not constantly cultivate a world of disharmony and impurity, for then nothing true, noble, or great will remain in your life or in that of humanity.

Father Gabriel, how can we find and keep purity when, behind appearances, there are so often worlds that are not pure? How can we discern what is truly true, pure, and noble?

23. You must not stop at appearances, but you must learn to pass through them in order to perceive the influences that are hidden and at work behind. Thus, what may appear pure will finally reveal itself as deeply impure.
24. You must not rely on human beings, for they have become professionals of lying; it may even be impossible to detect it.
25. Man is capable of using his thought, his eyes, and all his organs to hide who he is. He can even hide from himself and convince himself that he is a true, pure, authentic being.
26. Today, man can no longer be considered a pure being, for all purity has left him. Purity remains only in certain places in nature, on the condition that man has never gone there and, above all, has not tied them to his life.
27. What is pure in the world of men are the Gospels of the Archangels, for they bring the truth of the higher worlds. By reading and meditating one of their sacred psalms, a person can let purity enter their life, and a noble, great path can open.
28. Beauty still remains in the human world through certain sacred texts and certain works originally created to honor the mysteries of the spirit. Unfortunately, many of these texts have been invaded by dark intelligences that have diverted their value.
29. Know that the Essene Gospels are pure and that you will always find inspiration, healing, and truth when you come close to these sacred texts, blessed by the Light.
30. The Essene Gospels are a pure nourishment, a sacred world, a beautiful and true intelligence that will unite you with the divine world in purity.

148. The Path of the True Man

1. More or less instinctively, all men seek to know who they are and what they must do with their life. They do not know, because of their education, that they carry who they are in the deepest part of themselves, within themselves. Thus, very often, they are content to follow the indications, the models, the path that a certain intelligence has prepared for them, suggests to them, or imposes upon them.
2. Rare are the men strong enough to resist external influences and remain faithful to what they carry within. It often takes years and many difficulties before a man awakens and finds again the thread of the water that leads him to his deep being. Only then can he observe himself and observe the world and find his path, his place, his harmony.
3. When man comes into the world, there is a whole universe of influences that clings to his skin, seeking by every means to seize him, to bewitch him, to capture him.
4. If man is under the influence of a world with a materialistic tendency, he will say that all that is spiritual is nothing but an abstraction, a dream; that one must trust only what is visible, concrete; that what matters are acts and works.
5. If man is under influences of a spiritual, religious, philosophical, or idealistic nature, he will say that inner life and the moral aspect are fundamental in life, that one must have principles. He will seek to shape his life according to ideas arising from a higher intelligence.
6. From the point of view of the Tradition of Light and divine wisdom, neither of these two tendencies allows one to attain the right attitude, the awakening of consciousness, and right behavior.
7. Tradition does not lead to cultivating any kind of indoctrination. It is a path of awakening to what is, to what lives in the inner life as in the outer life of man.
8. To educate means to awaken life in truth and purity.
9. If you want to know and understand the path of man, you must learn to meditate according to the rules of the art. To meditate is above all a study and also an art of awakening, of clear, virginal observation.
10. Your educators must be masters of meditation and lead you toward the inner and outer experience of awakening. They must not be masters of enchantment, indoctrination, and sleep, by projecting onto you any theory in fashion that will not only imprison you in a world, but will also prevent you from reaching the inner source, from hearing the message, and from realizing your life, your path, in beauty.

11. There is no other path than study, devotion, rite, and work. Such is the path of meditation, of observation, and of living understanding, which enlighten and illuminate the world in the great wisdom of the Gods.
12. If you want to know your true being and your path, you must study man in general and learn to observe him. First, you must observe others in order to understand yourselves, for it is the same laws that govern all men, that enslave them or liberate them. Do you want to be enslaved or do you want to be free? Then take the time to observe carefully the man who walks toward enslavement and the man who walks on the path of liberation and fulfillment.
13. It is not because you understand the teaching of the Light that you will find the strength to walk on the right path. Walking on the path of liberation requires a strength that is higher than knowledge alone. This is why, above knowledge, are placed consciousness and destiny.
14. Learn to observe man in his daily life, and then observe yourselves.
15. Study yourselves as if you were strangers to yourselves.
16. Your daily life is a book that tells with whom you are associated, to whom you belong, which world you serve and bring into reality.
17. There is not on one side the material world and on the other the spiritual world. There is only one reality and only one world of which daily life is the mirror for man. By looking at yourself in this mirror, you will be able to know yourself and encounter the worlds that animate you, that constitute you, that live with you and that write through you your destiny and that of humanity.
18. Look at the other living, observe what he seeks, what he does, what he brings into being, how he thinks, from where he receives his knowledge, his strength, his motivation... Then, from what you have perceived with the help of the other,
19. observe yourself with great clarity of mind, without judgment, with detachment.
20. Only what is virginal can give birth to the Light within you. This is truly an Essene knowledge and know-how.
21. Study the thought of the other, be in non-judgment, in gratitude, in recognition that he allows you to awaken yourself and to draw nearer to your own center.
22. Water always seeks to touch, to awaken the center. This is its goal, its quest. When the center is reached, the energy can rise again and draw the whole world into evolution, into reintegration.
23. Water will guide you toward awakening through the path of meditation, observation, study, of the knowledge that enlightens, that nourishes like bread, and builds a body of wisdom.

24. Learning to observe thought is fundamental. Thought is living, it is as real as earth, as water, as air, or as the beautiful light that illumines and opens the eye of life and of the soul.
25. Thought is a sky, an atmosphere, an aura, a nourishment around man. It enters into his body and makes him speak, animates him, makes him move, walk, work. Most of the time, man is totally unconscious of this, but you, the Essenes, you must awaken, observe, study, understand, and act.
26. The man who thinks unconsciously lives on the surface of his being. He never touches his body, and even less does he know how to lead the sacred water from the source all the way to the center, where the inner temple stands, the place of awakening and of the ascent toward spirit. Thus, he cannot know himself nor know why he came to the earth. It is not he who lives; it is thoughts placed all around him that live in his place and capture his energy to make artificial worlds live that need man in order to have power and existence.
27. By learning to observe thought, you will perceive and understand what animates man, what inspires him, with what he is associated, which elements, which spirits, which genii, which egregores, and especially which higher intelligences.
28. Man on earth does not move alone; as soon as he walks, a whole world, an entire universe walks with him.
29. Thoughts are like threads that operate man in this or that direction.
30. Through the study of Essene wisdom, it will become increasingly simple for you to understand how thoughts activate man, form his sky, attract certain magical influences into his aura, tint his water, inspire him, direct him toward certain habits, tendencies, attitudes, behaviors that bind him to worlds in affinity and write his future accordingly.
31. By the nature of men's thoughts and acts, it is easy to perceive the worlds with which they live and are associated. Of course, such knowledge is not so easy to obtain, for a superior strength is needed to reach such a degree of awakening and pure perception. This is why you must truly unite yourselves in collective study and in the work of study circles in order to constitute a powerful egregore that will build your organs and give you the strength to cross obstacles. Through this work, you will gradually free yourselves from certain associations that hold you back and bind you to the world of death and of recycling.
32. The work of the study circles is the path of awakening, of higher knowledge, of immortality, and of service for the Common Good.
33. Man cannot do otherwise than conclude alliances that are determined by his way of living.

34. Life is made of exchanges. This law can be man's deliverance or his condemnation. Hence the importance of entering into conscious, living, just, true, harmonious exchanges.
35. The man who stands in conscious exchange has a true, just, clear, awakened, responsible, equitable attitude in all worlds. He is in harmony with himself, with the universe, and with all the realms that share his life. Such is the path of wisdom and love that leads toward the divine world. You must, through meditation, perceive this perfect life in order to approach it as closely as possible by putting order into your own life.
36. There are thoughts, attitudes, behaviors that must not approach man, because they denature the beautiful quality of the light, of the air, of the water, and of the earth in him. Then man can no longer live in harmony with his deep being; he is uprooted, denatured. He is no longer with the source nor with the breath, with the fire and the bread of life. He loses his soul and everything begins to be false. He becomes a materialist or a spiritualist, but he has no soul, no depth, no wisdom, no truth.
37. Truth is the treasure that is inside as well as outside; it is a harmonious exchange, a universal breathing, a divine intelligence, and a path of immortality.
38. Awaken with the help of others and find the right path, the one that will lead you, through study, all the way to the good and true work, the work that is placed on a living earth and animated by a luminous intelligence.
39. The work must be accomplished by the creative power of the inner life united with subtle and sacred worlds made conscious and living through all of man's subtle bodies and organs awakened. And it is the spiritual cosmos, the divine world, and the whole earth that accomplish the work with man's body and his awakened consciousness. By his thought, his feelings, and his will, perfectly educated and formed by the Tradition, man can then lead the work all the way to the act, which becomes an offering for the Father, the Mother, and the Gods. Thus, the wise ancestors, the universe, and all the realms of the alliance of Light participate in the life of man and are happy to offer to the Father of all the Gods the homage that is His due. Such a man is blessed, and the earth where he sits is prosperous and great.
40. I ask you to contemplate such a man, for it is he that you must bring to birth in your midst. There is no other future than this man carried by a humanity of Light. You must give everything and bring everything into play so that such a man may be born again on earth.
41. When a work is perfect, when it has been done in the harmony of all the laws and all the realms, in a living accord with all the worlds, when it has been placed upon the Mother and offered to the Father, then only can it enter into immortality and leave the cycle of eternal recommencement.
42. Such is the law: what is not perfect must be undone and redone.

43. No man can accomplish a work of perfection. Only the universe and all the realms in union with man can realize the perfect life, the path of Light and wisdom that pleases God, reveals the mystery, and makes the worlds live in beauty.
44. Meditate upon this wisdom and understand that man has his destiny, but it is complex, for there are thieves of destiny who ceaselessly seek to divert him from his road.
45. It is only by centering yourselves that you will manage to awaken, and to read the messages that will instruct you on the right direction to take, the one that will enable you to accomplish the work in harmony and perfection.
46. Whoever does not manage to accomplish a work shows that he has not yet found the path. He must seek it without delay by associating himself with those who already accomplish works. Thus he will benefit from their aura, he will enter into the current, will accumulate a positive energy, and will already participate in a work by supporting it with his energy and his presence.
47. If you want to know yourselves, do not go looking in theories that are too abstract, but awaken first in study, devotion, rite, and work, and always draw near to what is real, to what is. Do not be abstract, but do not close the door to the subtle world. Enlighten your world and the subtle world, one by the other, and you will see appear the true light, that of knowledge which enlightens and will guide you one step after another.
48. Awaken within the true nature of man and you will be amazed by the beauty, the greatness, the splendor, the wisdom that you will discover. Then you will understand the real value of Essene wisdom and of all that my son has established for the good of humanity and of the earth. In this, we are with him and it is a divine work. Make it perfect through your presence and your commitment.

Father Gabriel, do you mean that our body is only a small part of what we truly are and that with each thought, word, or gesture that comes out of us, we reveal what we are, with whom we are associated, and the invisible that we do not perceive?

49. Yes, that is so, and more still. Man is only the small visible part of what is living and intelligent in all the worlds. Fundamentally, he is an instrument. According to his orientation, his education, his belonging, he brings prosperity, healing, life, liberation, and fulfillment into the world, or else destruction, confusion, conflict, tearing, imprisonment, slavery, death, nothingness.
50. According to the works he accomplishes and that appear on earth, you will be able to see who manipulates and uses the instrument that is man. Is

he a blessing or an agent of negative individual and collective karma? Is he a liberator, a being who brings balance and clarity in everything, appeasement and wise life? Then you will see who the man is.

51. Man is what he does and not what he would like to do or what he believes he is. I do not say this for you to enter into judgment and condemnation of the other, but for you to awaken through all situations and lead all energies toward wisdom until you live with it. Thus, you will purify your instrument, you will be able to isolate it from dark and sick influences and lead it toward perfect health to accomplish the work of the Essene Nation, for it is a divine work.

149. Mastering the magical power of water

1. When men hear that there is a subtle water all around them, bathing their thoughts, their states of soul, their wills, and linking them to all worlds and all beings, they try to imagine it, to conceive it. They ask themselves how it can be, what laws govern it. In the same way, when they hear speak of the water of Gabriel, they question its nature and the function it has within the water that surrounds them.
2. It is evident that the water of Gabriel is not around man; it lives in another world, much more subtle and fine, but there can be a relationship, a contact, if certain rules are respected. Then the auric water that surrounds man can become the concrete and physical body of Gabriel. Of course, it is not a physical body as you understand it, but for my realm, it is one.
3. It is because of this magical water that surrounds you that you are asked to purify your bodies of water. Then a contact can be established, an alliance concluded. He who realizes this body of pure water through the practice of discipline offers a clear and living space so that the divine world can come to bring wisdom, beauty and the force of evolution.
4. To purify the body of water, you must learn to master your physical body through concentration and meditation. This is why I ask you to remain in silence, stillness, concentration and meditation in my temple. You must learn to enter into the great awakened calm so as to put the earth of your body to sleep in order to awaken in the water, to become living within it.
5. In the water you will see appear all the questions, all the interrogations that come from the physical body and that remain unanswered as long as the energy remains blocked only in the material side. A great part of the answers is found precisely in the body of water, but in order to receive them, it is necessary to free the questions and bring them into the world of magic and of life. In the pure and clear water lies the answer, or at least many answers. Water brings the magical vision that unties many problems.
6. The body of earth is the lowest level of human incarnation, it is the result. To purify the water that surrounds and animates it, it is important to develop the art of conscious breathing, to learn to master one's gestures and one's thoughts. Through this discipline, the body awakens to the subtlety that surrounds and influences it. Each thought, attitude, movement, state of soul must reveal and heal the relationship of the physical body with the magical, subtle aspect due to the presence of the body of water. A new consciousness and a subtle perception must appear.

7. Everything must be carried toward harmony, fluidity, lightness, coherence, clarity, in order to transform the auric water through the mastery and progressive spiritualization of the physical body.
8. The frontier of the body must no longer stop at the skin, but must widen until it encompasses the aura and the subtle manifestations that take place there. It is a particular sensitivity to atmospheres, to influences, to presences, to the resonance of worlds that are more and more vast around oneself.
9. If, very often, men do not manage to purify their body of water, it is because they have no control over their physical body and over the influences that put it into action, touch it, act upon it and lead it into attitudes, states of soul, reactions that are not in conformity with a higher divine intelligence. The body of earth is too present in the consciousness and placed in disturbance to be able to remain in rest and become subtle in order to enter a much finer world to bring there a wisdom capable of making a coherence live between the world of man and the invisible kingdoms.
10. It is fundamental to understand that each time you enter into the magical consciousness of subtle forces, you penetrate into the body of water. From that moment on, you must imperatively be pure, clear, in accord with the intelligence of the God of water. Otherwise, you will be invaded by a disturbance, an inconstancy and a pollution that will increase and spread more and more.
11. As you approach water, you must be clear, well instructed, respectful, and prepared to work in order to propagate and glorify the Light.
12. When all the worlds are mixed together, there is confusion; there can be no discernment, it is no longer possible to distinguish what is good from what is not.
13. The body of earth must be the boat; it must be stable so as to be able to sail in complete safety and serenity upon the water. Thus you will be able to reach the shore without sinking or being carried away by contrary currents.
14. If the physical body, the boat, is not mastered and under control, if its watertightness has not been verified, you will never be able to reach the shore, that is to say, to enter into a body of water that is itself mastered.
15. It is fundamental that the body of earth be well prepared by concentration, mastery, stability and calm. Without this stable base, it will be totally impossible to bring forth a subtlety of the senses and organs in a physical body that is not mastered, letting itself be carried along at the whim of currents, influences and wind. Such a man cannot be a disciple, a student, a being who works on himself. He has no identity, he does not know who he is nor what he wants. He is totally incapable of crossing the world of man to encounter higher magical forces in his life and to work with them.

16. Fashion for yourself a body of study.
17. Learn to concentrate through the practice of sacred rites.
18. Form for yourself a stable body through the work of the Essene Nation.
With this new body you will be able to engage more and more in a stable relationship and an ever-growing awakening with the subtle worlds that surround you. You will be able to bring order into your life and learn to master the influences that govern the life of unconscious men. You will be consciously clothed with the garment of Light of the Essenes.
19. Remember that wanting to purify the body of water without establishing a wise and structured relationship with the physical body will bring very few results. You must first create for yourself a stable and solid body of earth by means of study and the application of what is clearly understood.
20. When your body of earth is stabilized, you can begin to enter into the magical subtlety of water, into the perception of the fluids and invisible influences that surround you. This perception must be an etherization of your physical body, an enlargement of its activity into worlds that are more and more wide until it reaches the resonance with the pure, sacred, eternal world. Then I, Gabriel, will be able, through this body of water correctly prepared, to find a space in which to touch the physical body of man in order to bring to the earth the seed of Light and the renewal of the life of the soul.

Father Gabriel, you teach us to become more and more conscious of the subtle worlds surrounding us through the art of the magical act in the physical body. Thus we will come to pass through the hypnotic water that imprisons us in identification with the physical body, and we will awaken in the higher worlds of divine intelligence and of our universal soul. Do you want to tell us that there are several worlds surrounding us, and that every thought, attitude, and behaviour is linked with worlds that either bind us or set us free? This magical water that surrounds us is all-powerful. In all ancient traditions, it is the serpent that man must tame. No man can overcome this serpent without knowing the secret of the physical body. By maintaining the body, by placing it in a certain intelligence, a certain attitude and a certain behaviour linked to a living tradition, it becomes possible to enter into the magical water and to take hold of the fluids and influences in order to call a higher world and a higher intelligence. The more one controls the body within a sacred teaching, the more sensitivity can develop in a clear and steady way, in order to enter into the subtle water and acquire a greater power of action and creation, to give strength to the eternal wisdom. Is this the royal path that you transmit to us, O Father Gabriel?

22. Yes, it is exactly this path, and the Essene circles of study must be a means to develop this new consciousness and this higher magical

sensitivity that make of man a true creator, a wise builder dedicated to the work of the Common Good.

23. If man has not identified himself with his true eternal being, if he does not know who he is beyond mortal appearances, if he does not know what he wants and what he must accomplish, he has no consistency and no reality for the higher worlds; he will never be able to become a mage, a creator, and act within the body of water. He will be a passive one, a being directed by a group soul, by a collective unconscious of which he will know nothing. Even what he calls his being, his existence will be nothing but pretence, passing illusions with which he will have identified himself for a time.
24. Man is only born onto the earth of men and lives in a human will; he is not born onto the earth of the Gods and does not know the will and the destiny of his universal and eternal being. He has not entered into the water of Gabriel. He who is born to this divine water awakens to the magical aspect of life and understands the all-powerful creative force of the invisible worlds. He then decides to take his life in hand and to rebuild his body of manifestation in order to make of it a conscious instrument of the higher worlds. Through this body he can rewrite his destiny, and sometimes that of humanity and of the earth, for the great Sons of the Sun. Such beings are the sons and daughters of Gabriel.
25. You must understand this law: the body of water is the magical creative power. It is the amplification of the physical body. If the physical body is unconsciously dominated by a troubled water, it is a vicious circle, for the water uses the body to fill the water, and then man is totally enslaved by a dark intelligence without even knowing it. This is why purification by water is omnipresent in all traditions that come from the original teaching.
26. Man can only come out of the bewitchment of this sticky water by mastering his physical body, his body of earth, by giving it a form and an orientation capable of rendering the water that surrounds it living. Then he will see appear around him the subtle influences that governed his life while hiding themselves. Only he who is well formed can triumph over some of these influences in order to cross their world and reach a higher world where water is divine.
27. The secret lies in the body and in the mastery of the body through a tradition, for magical water is only the amplification of the acts of the body. He who understands this secret can seize the creative power of water in order to orient it toward precise aims. This demands a good preparation.
28. He who is too scattered in his life, who is vague, unstable, without mastery, must not approach the magical power of water, for he will only amplify his trouble and this will lead him to always want to walk toward an abstraction, a distant world that will distance him more and more from the reality of his body and of his daily life.

29. Many spiritualists who do not know the sacred laws revealed by the primordial tradition do not give importance to this mastery of the body and of the magical, invisible influences. Then they let themselves be caught by philosophies that are increasingly uprooted, by beliefs that distance them from the reality of the body, finding a place in abstract worlds, far from the earth and from its message.
30. Know that it is important to awaken in the reality of what you are living and to understand the message that is transmitted to you through life. It is not a matter of refusing or rejecting a world, but of accepting it, understanding it and, through wisdom, leading it into beauty by opening to it the doors of evolution.
31. Man has a physical body that is earth in movement, and it is this earth that he must bring with him into the truth of the higher worlds. For this he must study the sacred laws transmitted by the Tradition and work on himself to purify himself and master his instrument. Then he will be able to become a good creator, a good builder, an Essene Freemason, a free constructor.
32. Man must work his stone, his earth, his prima materia, in order to shape it, to give it a particular form and consistency. He must purify it, clarify it, in order to awaken the sacred correspondence that will allow the water to penetrate it, to fertilize it and to water the seeds so that a new soul may animate a new body. If the earth is not truly an earth, if it is unstable, the water will only pass through, leaving behind sterility, death, nothingness.
33. Prepare the earth so that the water may bring the most beautiful seeds and make them blossom up to the sun. May the harvest be abundant to nourish the Gods.

150. Persevere, be clear and just

1. May your life be lightened by the blessing of gentleness, peace and love. Such is my blessing.
2. Remember that each one of you bears a truth and must cause a world to grow in order to bring about what you wish to live.
3. May your path and your work within the Nation Essénienne bring you illumination, sacred knowledge and, above all, allow you to bring beneficence into the world. Be assured that through the work you accomplish, you open the doors to a better evolution for future generations and you will receive the blessings of it.
4. May your heart be purified and made gentle.
5. May the blessing of the Ronde des Archanges spare you useless suffering so that you may find peace in this world, which is increasingly troubled, as well as strength, courage and remembrance in the purity and truth of the water of my spring.
6. My gratitude goes toward all those who were present in this temple and who are faithful to their commitment to support the Light in the world and in life.
7. My blessing goes toward those who, whatever may happen in their lives, do not abandon the Light and continue to support it against all odds.
8. See how human beings are more and more tired; they no longer have the will to work, to be persevering and faithful for the Light. They find and invent a multitude of reasons, excuses, justifications for not honoring their commitments, for not being present in a temple of Archangel in order to support the work in the world through their prayer. Such an attitude is not a good sign, for the life of their soul will grow weaker, their mental faculties will diminish, their will will go out and they will lose the little peace and inner serenity that they still have.
9. Be faithful to your commitments. This is the condition to preserve your dignity, your nobility and to allow your works to come to fruition. This is what I wish for you, but you must above all fulfill the conditions and conform yourselves to the laws.
10. Learn perseverance, for it is what will lead you to the goal. It is healthy that at the beginning there be trial, difficulty, hesitation, doubt, questioning, but with perseverance the path always ends up opening.
11. The more you triumph over obstacles, the stronger and wiser you will become.

12. The obstacle is there so that you can show your value and rise to the true knowledge of yourselves.
13. Perseverance leads to comfort. It transforms time into gold and allows you to live what you have wished, because nothing will have stopped you and you will have shown, right to the end, your fidelity toward the divine world.
14. Know that the magnificent work you have accomplished through this celebration of the Ronde des Archanges will not be lost, for all your prayers, all your wishes, the peace and gentleness that you have worked will flood the world and bring consolation where it is needed.
15. I ask you once again to cleanse the water of your relationships, so that there may no longer be confusion, quarrels, misunderstandings, hurtful, destructive, diminishing words within the Nation Essénienne.
16. Cultivate respect for one another. You are not obliged always to be polite, but see to it that you do not annihilate the life of others through your looks, your words and your actions.
17. It is important to be in respect and in love for each person, for each one bears within themselves something precious, something useful, even if it has not yet been revealed. If a being is before you, it is because there is a reason. So do not bring the negative side and do not let yourself be taken there, otherwise you will accumulate above your heads a world that will suffocate you, weaken you and end up imprisoning you.
18. To cleanse the water of relationships is not to be nice with everyone; it is simply to be clear and just. Your yes must be a yes and your no a no, and this must be clear. Love has its laws and you must respect them.
19. You must be Essenes and therefore you must think, feel and act as Essenes. In this, you will be in purity and you will make the Tradition live on the earth.
20. An Essene is at the service of the divine world and bows before wise teaching. He awakens understanding, discernment and stands in self-observation. He watches that the water of his aura remains pure and clear. Thus he does not bring what is bad into the water of relationships, and before the one who pollutes the water, he stands up and opposes with firmness.
21. The Essene is impersonal; he works for the Common Good and not for private good. Private good is welcome, but it is not the priority.
22. The first relationship that must be cleansed is that which unites man with the divine world. In this, you must be true, place the Teaching above everything and apply the sacred laws of wisdom. Then you must establish healthy relationships among yourselves by putting each thing in its proper place.

23. Clarify yourselves and do not let the dark approach you and invade you, participate in your life and reach your water. Put aside what is dark and do not let yourselves be seduced by appearances.
24. Cleanse the water of relationships within the Nation Essénienne so that your life may be lightened, joyful, fresh, powerful, creative, living. It is only under these conditions that you will succeed in your works.
25. Do not think that by putting on masks and hiding behind appearances, by pretending, you will succeed. It is only in truth, clarity, purity, fluidity, in conscious and healthy language that you will be able to accomplish your works.
26. I ask that the humanity of Light be engendered in dignified and noble conditions. Remember the Virgin: it is in nobility, simplicity, candor that she brought the Light into the world. So do likewise; be authentic Essenes, true, pure, standing in discipline and in respect for the laws of the divine world.
27. Let the deceiver and the pretender be unmasked so that only purity, truth and clarity may work.
28. If the relationship is troubled, come together and call upon clarity until it is within you and enables you to unmask the one who pollutes the water. Let that one straighten himself up, or else let him withdraw from the Nation Essénienne.
29. The humble one must be pardoned, but the proud one, the one who persists in not respecting the teaching of the Angels and of the divine world, must be pushed away.
30. Be servants and defenders of the Angel of clarity and do not allow troubled water to invade you.
31. Let each one be put in his proper place so as not to pollute the water of relationships.
32. Persevere and do not let yourselves be invaded by the unconscious and by those who betray the Light by refusing to bow before the truth of the divine world. Remain pure and faithful and make sure that the writing of the Light can anchor itself on the earth and spread into all worlds. Thus you will have made of your lives an impersonal and great work and you will have participated in a sacred, divine adventure.
33. On the other side of the veil that you call “death”, you will be looked upon as privileged, because you will have known awakening through your participation in a divine work during your life, at a time when the Light is disappearing. No matter what will become of the work, what counts is the intention and the contribution that you will have put in so that this work may come to fruition.
34. My blessing goes toward the faithful, the persevering.

35. May the Angels of gentleness, love and fluidity protect you and enter into your river of life.
36. Support your guide in this work; organize yourselves to constitute a true body capable of bearing the work in clarity and purity.
37. Also support the priests who maintain the 4 Cults, for they need a clear world around them.
38. The presence of the 4 Cults on the earth is a true blessing that you have offered to the Mother, to all her kingdoms and to all humanity. Support this work, strengthen it, nourish it until it becomes a great tree capable of bringing fruit to all beings.

151 Learning to Purify Oneself with Water

1. You must become aware that water is an element essential to life. It is present in you and around you in various forms and various degrees of subtlety. It breathes in you and comes to hydrate you, to purify you every day, at every moment.
2. Without water, you cannot live, for it is water that not only brings you all that is good, but also removes all the waste, toxins and illnesses that constantly seek to accumulate within you.
3. You must learn to be conscious of the ceaseless action of water in your life, to study it and to participate in its work on all levels of density and subtlety.
4. It is necessary that the water be clear, wholesome, pure, so as to regenerate and to purify all your bodies. Thus you will live with a healthy body and a holy spirit.
5. Water contains within itself an entire wisdom that can teach you an art of living, a sacred discipline.
6. Dirty, polluted water, the waste that accumulates, leads human beings into blocked situations, suffering and illness.
7. Many illnesses reach you simply because you do not know how to wash yourselves correctly and establish a right relationship with water. Water must not be used only to hydrate and wash the body, but also to purify the world of thoughts, that of feelings, the psyche, the energy, all the way to the body of destiny.
8. If a human being is not purified, the waste accumulates and prevents him from journeying toward the body of immortality.
9. Many diseases appear because man does not know how to hydrate and purify his bodies with water. Alzheimer's disease is one example.
10. If the water in a human being truly becomes dirty, there end up being repercussions of increasing magnitude, even at the level of the evolution of the earth.
11. It is not enough to clean one's body every day in order to have good hygiene of life. One must also become aware of and care for the quality, the purity and the clarity of one's auric water and of water in general, on all levels.
12. If thoughts and states of soul stagnate in the body like dirty water, marshes are formed where all kinds of evil entities and germs of disease come to lodge.

13. Each day, you must cleanse your water body. Thus the bad thoughts, unhealthy states of soul and all the harmful psychic and invisible worlds that live in human water can be evacuated.
14. You think that purification of the water body happens naturally and that by cultivating a good thought from time to time or by occasionally going toward a higher world through prayer or meditation, your water will purify itself and remain clear permanently. No, I tell you, it is every day that you must awaken and cleanse your water body. Otherwise, it becomes the seat and the house of more subtle worlds that come to agglutinate there, becoming denser and denser, until they form egregores that seize all the systems and the life of the human being. These worlds live in the water body and take root there. Seeking to reach the physical body, they become solid and prevent water from circulating freely in the physical and subtle organism.
15. It is therefore a necessity for the survival of the physical body and the water body to cleanse them regularly so as to bring into them purity, goodness, clear consciousness, beautiful thought, wise word, loving act, and, for the physical body, pure and clear water in abundance.
Father Gabriel, is it simply through prayer and meditation and certain exercises that one can purify the water body and the physical body?
16. Physical water and auric water must work together for a global cleansing.
17. Working on oneself in order to purify oneself and to be linked with Archangel Gabriel is above all an art of living, a discipline, a happiness.
18. Water carries away waste and knows the secrets for transforming it and building a body of purity, of truth and of immortality.
19. There is the water that washes, but also the water that transmits the message of wisdom and the seed of the Tradition.
20. There is the tear that leads toward sadness or toward the offering to the Gods through the gate of sacred ravishment.
21. There is water in thoughts, in the perceptions of the soul that rises back up to the source of consciousness, the doorway of a higher world that remains hidden from the unconscious.
22. If the water of consciousness is pure, it flows through self-observation and gives birth to vigilance and inner clarity, which allow for mastery of thoughts, feelings and acts.
23. To wash oneself is also to ask oneself every day questions such as: What is the meaning of my life? Who gives me to drink? Who is leading me? Who is acting through me? What is the work that I am accomplishing? This questioning produces awakening and makes it possible to approach the mysteries of water.

24. If you go back upstream along the course of water to reach the source of the origins, you will encounter and receive all the elements, the means, the forces, the inspirations to rebuild a body for yourselves and to enter into the great mystery of the Light. But for that, you must not be passive, inactive, for water is living and it loves life; it is movement.
25. Each day, allow the higher being of water to touch you, bless you, cleanse you, renew you and lead you through the three spheres of thought, feelings and will.
26. To live with the intelligence and the soul of water is a wisdom, a sensitivity to be developed.
27. The pure being of water aspires to speak to you in order to lead you toward the realm where the body will become an earth capable of bringing forth a higher world of creativity that is beautiful, filled with majesty, wisdom, divinity.
28. If your thought is not clear, you will be captured by the world of recycling and transformed into waste.
29. If your feelings are not balanced, illness will seize the organs of your body and lead them into weakness.
30. If in your life you do not know for what and for whom you are acting, if you have not woven a strong, powerful, living link with that which is eternal, right into your acts, your body will be possessed by a world that will prevent you from journeying toward the other body, that of the Light and of the healthy organs all around you.
31. All your thoughts must unite you with worlds of intelligence that are vast and powerful, which enable divine intelligence to act upon the earth.
32. All your feelings must bring a balance, a fluidity in which nothing can stagnate, where nothing negative can remain.
33. All your acts must establish the reign of the higher intelligence of the Gods.
34. Thus you cleanse your water in the will to live as Essenes, to accomplish every day perfect works and to keep pure and living the bonds, the relationships, the exchanges with all

152. The Teaching of the Source

1. The great difficulty of men comes from the fact that they now live only in the mortal part of their being. They have forgotten the universal, impersonal, eternal side of their existence. For centuries they have been educated in this way by a teaching turned away from the original source, which has led them to take into account only what is mortal, small.
2. In his ignorance, man thinks he is the king, the only one, the supreme one, and therefore that everything is owed to him, that his way of seeing is superior to everything. He approaches everything he sees and seeks to seize everything in order to imprison it in his mediocre world so as to continue his existence.
3. Man thinks that everything must pass through him, that he must do everything, that he is above everything. He does not know how to open himself to the other, even within himself. He does not know how to look without putting into it his own imprisoning concepts.
4. No longer living the truth of his being, man always seeks to bring everything back to himself, to his false, perishable being. He has forgotten his immortality, he no longer sees it in the other and all around him. Even the divine world, he brings it back to himself and seeks to lock it up, to render it small and mortal.
5. Man thinks that his life is so important that if he does not accomplish the works in his world and by himself, he cannot live nor have objectives.
6. In truth, you think in an erroneous way: if you see a source, you seek to exist through it, to continue to exist, but the Source is not only as you see or conceive it. It is immortal and does not live only in the same world as you. It lives in eternity, it is omnipresent, great and vast and it flows without ceasing. It does not flow only in time and space, but also from the eternity of its being, from its first truth, unalterable, immutable. It does not flow only for man, but because it wants to touch the centre of all beings. It descends from the heights towards the depths to touch nature, the stones and to bring everything with it on its path. It has neither beginning nor end. It is a totality, a higher world that man can no longer imagine.
7. In the beginning, man lived in this world, but now he is prisoner of time, which digests him like a serpent that has swallowed its prey. He sees only the mortal side, which makes him tense and pushes him always to want to take everything for himself, to block everything, to freeze, limit and lock up everything in his dead concepts.

8. The Source wants to descend from the heights into the depths in order to touch the centre, to awaken it and to rise again towards the heights so as to open the path of wisdom, beauty, immensity. It is she who rises again through the sap of plants and the blood of animals and men. She opens a path towards the divine world through the purification and spiritualisation of the sap and of the blood.
9. If the Source touches you, do not seek to seize it in order to imprison it in your world, but let it awaken you and take you with it. It will show you that man must be similar to the Source, that he must be conscious that he is only passing through this world and that he must create works which will endure even after his passing.
10. Man must enter into a world that does not stop, but where everything endures eternally.
11. If man passes through this world without creating a world that will live even after him, that means he has not met the Source. If he has not entered into eternity, he has not met the Source.
12. Water does not stop, for it is united with the Source, and your passage on earth must be an energy that never stops. You must be able to leave behind works capable of continuing through time. Whether it is you or another who continues them has no meaning, no interest for the intelligence of life. It is truly the intelligence of death that thinks in this way.
13. Life is a continuity, a perpetuity. Death is a separation, a frozen moment.
14. You, men, you turn towards the source that comes from the divine world and you say to it: "Stop, stop, look at me. I need you because I want to live, I want to exist in another world. I want to purify myself, accumulate forces, receive a light in order to be able to live on earth and especially beyond the earthly world." Then you put everything into action to stop the Source because you absolutely want its water to pass through you. But this water flows in all worlds, whereas you, you are frozen in a single world, you are a dead moment, an isolated, separated instant.
15. You think that the Source must pass through you because otherwise you no longer have any reason to live. This is a totally erroneous, absurd vision, yet understandable from your point of view, for you have been badly educated. You have had bad guides and now you believe that your mortal being is indispensable, fundamental and that all worlds must be at its service, bow down before it, recognize it. This is not a good education nor a just attitude, for man must not stop what must not be stopped. He must simply, like a boat, live with this water, be with it, profit from its presence in order to travel and visit all the worlds. Man is not separated from the source which flows perpetually in all worlds to water them and guide them, but he has forgotten it.

16. For the Source, there is no before and after, there is a whole; there is no you and the other, here and there, there is a unity, an omnipresence, an omniscience, an omnipotence.
17. If you are with the Source, you will know the circle and you will enter into greatness of soul.
18. To live with one's soul is to live with the water and to speak with all worlds, in the infinitely great as in the infinitely small.
19. Whoever passes through the world of Gabriel will not know death, for I am life. Then you will truly be able to evolve in the source of life, because nothing can stop the water, which has neither beginning nor end, but which contains in itself all beginnings and all fulfillments.
20. Water is continuity, the soul. It gives drink to all beings at the same time, in all worlds, in all spaces, in all times, at the same time. All beings are by it and in it and take part in the journey thanks to it. This journey consists in going to the heart, down into the depths, in order then to rise again towards the higher worlds.
21. The heart, the centre, is the essential, for it is the beginning of individual existence, of the consciousness which opens the path of the great return towards unity.
22. If man stops the Source, he stops the journey, he prevents his soul from touching him, from speaking to him, from taking him with it. He cuts himself off from the Source and becomes stagnant water, water that has separated from the water, that is no longer with the Source, that has come out of the circle of the Ronde des Archanges. He stops evolution, he stops time and creates a space for death.
23. Man must bathe in the water of Gabriel until he finds again his body of water and becomes once more similar to the water: capable of going down to the centre of the earth, then of rising again through all the realms of the Mother, in order finally to be evaporated by the sun and to return to it.
24. If man does not walk the path of Initiation, he will inevitably seek to freeze the water of life. Then, not only will he remain in his world, but he will prevent others from entering into the current, he will tint the water that must give drink to all beings because he will think that he alone is worthy of the Light.
25. Man is afraid of finding himself all alone, lost, blocked in his world, without hope of taking part in the evolution of humanity. But this fear comes from an erroneous thought, for man must be part of this journey of the water; he must cross all the realms, go down into the depths of the earth and then, one with the Mother, blossom with the flowers, become majestic with the trees, clothe himself with splendour with the butterflies that fly away, light, towards the sun. Then man will understand that he is not only a mortal body on the earth, but that he is also a soul, a subtle

being, linked to currents, traditions, worlds that give him drink and lead him towards death or life.

26. I am the water of life. I am the source of God.
27. So, invoke me and celebrate my rites, sing my chants, study my psalms, accomplish my works, live from my source and bind yourselves to my Tradition, that of the Father and the Mother.
28. If you are faithful and true, I will carry you with me and, through my baptism, I will lead you to where life is immortal. But if you miss this boat, if you are not of this journey, then yes, you will truly have missed everything.

Father Gabriel, do you want to tell us that Tradition, when it is pure, is your source which flows, and that we must free ourselves from wrong education so as to become liquid with you in order to find our soul, the other part of ourselves, to purify ourselves and to form in our lives a body for the God of water?

29. You must be bound to Tradition until it becomes the water that flows, that sings, that murmurs, that dances, that gives drink, that purifies, that carries you into greatness, that awakens you and builds for you a body allowing you to live in the world of the immortals.
30. I know that this psalm will be very difficult to understand for men, for it is far, very far from their way of seeing the world. Hidden within it are ineffable secrets which will belong to those who will study, who will meditate beside my source.
31. To approach my source is to take part in the evolution of the worlds, for the Source knows what it must do, it knows where it must go and it is capable of crossing all the worlds without losing the thread of its concentration. It possesses the particular vision and that of the whole. It is the perfect circle uniting all the worlds and vivifying them. It is the spirit that brings life, the messenger, the guardian Angel.
32. Man must not put his own images, his own concepts into the water, he must not tame it and imprison it in his world, for this is not just. Man is born from the water and must be a servant of the water, but he has forgotten it.
33. The message of the water is divine and universal, it is for all beings and man must become again a loving and wise being, working for the whole, in the image of the water.
34. The Source is not destined to stop in the world of man; it is destined to cross all worlds in order to ennoble them, to purify them, to nourish them, to bring them the messages which open the doors of evolution and of the divine world for each realm. The plant, the animal, the mineral, like man, must take part in this descent of the Source, which comes from the

mountains and must reach the centre of everything, which is the earth.
There stands the universal consciousness of the Mother.

35. Do not put images, do not imprison, do not limit the world of the water,
for this water is your soul.
36. See to it that you create one body and bodies for the Divinities of the
water by bringing your own energy, your matter, your light, your world in
perfection and greatness. Then the water will carry this offering, this
beauty towards all beings, towards all realms.
37. If you lock the water in a box, imprisoning it in your own convictions,
dogmas, limitations, it will lose its magical power and will no longer be
able to bring the message of Light, of healing and of evolution towards all
beings. It will have lost its purity, for it will be tinted by the limited vision
and the imprisoned life of man

153. Lighten your life to cross the water of the world

1. Man must live with his soul, but he no longer knows it. It lives in a world to which he no longer has access, which is hidden behind the water.
2. Water is the life that animates the body of man.
3. To meet his soul, man must cross the mirror of the water; he must make the water living and conscious and cross it to reach the other shore. This baptism and this birth are particularly difficult for man, for he no longer has any education that would allow him to apprehend this path. This knowledge has been forgotten. Only symbols remain in a world of superstitions and sterile beliefs.
4. Water is the messenger of the soul. It does not only bring life to the body of man, it washes him, purifies him, frees him from all that clutters him.
5. There is a fundamental key for crossing the world of water in consciousness: it is to learn to be light in life.
6. You must first educate yourselves in the Tradition in order to recover your body and make of it a solid base. Then you must re-work your 4 bodies, know the Name of the Mother, purify your 5 senses and develop the organs that allow you to capture angelic intelligence, to enter into contact with it.
7. If you do not understand this wisdom hidden in the body, you will not be able to walk toward the world of the Light, for man has lost his body and his organs. It is no longer his soul that directs his life, but a world whose existence he ignores and which stands all around him, in the auric water.
8. Behind everything that comes toward you—your thoughts, your states of soul, the different pieces of information—behind each colour, fragrance, manifestation of the world, stands the realm of water. It is in this water that you travel during your sleep and it is also this world that you encounter after the death of your physical body.
9. The world of water is the great amplifier; everything that enters into it becomes great and vast. It is like a mirror that enlarges everything. What you live in your life becomes much greater and wider around you. It gains in magnitude by touching the spirits, the genii and the egrégores.
10. If you have not received a good education, if you do not know how to study, meditate, master yourselves, if you have no discernment, you cannot do otherwise than be invaded and possessed by all the illusions cultivated for centuries by the world of man.

11. Only a being well-formed in the Tradition, pure, awakened in just discernment, can cross this world of water and reach the other shore.
12. Men no longer have restraint, they have become too curious, they are interested in everything, feel concerned by everything, involve themselves in all information, in everything that lives around them. They let everything enter into them without any discernment and allow themselves to be fertilised by all these seeds that are offered to them. They let themselves be caught by a polluted water and are totally unconscious of it. They cannot manage to accept and understand that everything they hear and see around them is only an echo of another world much vaster that surrounds them, invades them and possesses them. It is this world, made powerful by the foolishness of man, that prevents him from living with his soul and from finding again the path of the beautiful light.
13. Learn to wash yourselves, to be light.
14. Do not weigh down your life with all that is useless, for fear of being too heavy and of drowning when you will have to cross the water of life.
15. Learn discernment; do not identify yourselves with what does not belong to you, with what you cannot use as sacred elements to build for yourselves a body of purity, of wisdom, of immortality.
16. To cross this water, you must be neutral, virginal, light, perfectly formed. You must pass without letting yourselves be caught by anything whatsoever, until you can enter into another world whose existence you do not even suspect.
17. Learn to be light; be capable of hearing, of seeing, of tasting, of feeling, of touching while remaining concentrated on the essential.
18. Do not put your whole life into what is ephemeral; do not let yourselves be absorbed to the point of placing your whole life, your centres of interest, your intuitions, your wishes into everything that touches you and presents itself to you.
19. Learn to preserve yourselves from the subtle influences that come to visit you, to solicit you.
20. Cultivate within yourselves a virginal, inviolate, neutral space, in the image of the circle of the Ronde des Archanges, which will allow you not to immerse yourselves totally in the whirlwind of unconscious outer life.
21. Pull yourselves together; do not accumulate too much information; do not load yourselves with worlds that do not concern you and do not allow them to enter within you. Do not offer them a part of your life, of your space; do not marry all the first-comers that present themselves at your door.
22. Do not seek to accumulate too much useless knowledge, but in all things, seek what is useful.

23. Do not listen to, do not look at, do not taste what does not concern you. If you carry what is not for you, you will lose your lightness and you will no longer be able to cross the water.
24. Do some cleaning in your life. Do not believe that everything that is accumulated, everything that has been begun, does not continue to live and to influence you.
25. Do not believe that things pass without leaving traces and that once you no longer think about them, they no longer live and no longer concern you.
26. Each time you lend your attention, each time you offer your interest to an event, you are concerned, for in the world of water, of life, of magic, you are bound, and the bond continues to live, whether you are conscious of it or not. It is not because man is unconscious that things do not exist.
27. When man creates a link with a manifestation of the world of water, there is a mutual reinforcement; it is a true nourishment, a relationship, an exchange. Man experiences sensations, he feels himself exist and, very often, he must carry this world for a certain time.
28. The great sickness of your epoch is that you are more and more crushed by useless knowledge, by all that weighs down life. You no longer know how to be light, you are submerged with information, obligations, burdens, and that suffocates you; you get into the habit of carrying too heavy a weight. Thus, when the moment comes to meet your soul, you can no longer cross the water, for you are captured by superficial worlds and you sink. The soul can no longer speak to man through the water, for from all sides worlds appear that speak to him: "Remember this, you said that, you thought this, you validated that idea, you associated yourself with this project, you accepted my proposal..." Then man no longer knows where to look and, very often, he abdicates his soul, turns back and strives as best he can to save his earthly existence. He knows deep within himself that he is not light, that he let himself be caught, that he is bound and that now he can no longer cross the water to reach the other shore.
29. As soon as man enters into the water, there are worlds and worlds that appear to cling to him, refusing to let him go toward his soul.
30. Remember and understand: the world of water is universal resonance, it is an amplifier. All the worlds that you carry, to which you have bound yourselves, it places them in greatness, in the great echo that awakens all the worlds in affinity. Thus, when you find yourselves in fragile, delicate, ambiguous or even initiatic situations, all these worlds come back to you amplified.
31. The key is that you must learn to lighten yourselves. Lighten yourselves of yourselves, concentrate on the immortal, master your body, harmonise your life and do not let your organs of perception and your senses wander where they should not.

32. Do not be a pantry, a storage cupboard or a dustbin for a world that uses you without your knowledge.
33. Learn to say no and to pull yourselves together whatever it may cost, for you have nothing to gain in being the slaves of a world that will lead you to recycling after having stolen everything from you.
34. Only lightness is capable of being virginal, neutral, and it is thus that one must be to cross the water of the world of men without letting oneself be captured and fertilised.
35. One must not create worlds or concepts when approaching the divine world, for the divine world is, and does not need man in order to exist.
36. What is in the water must not be associated with the life of man, otherwise it will seize him in order to live through him and he will no longer be able to live with the eternal light.
37. Learn not to let your ears, your eyes, your breath, your mouth and your hands give more interest to worlds which, deep down, do not belong to you and do not have so much power and strength if you do not transmit to them your own.
38. Learn to digest, to conduct everything into wisdom, not to overload yourselves, not to store the toxins, otherwise you will become a weight, your life will be heavy and nothing will be easy any more.

Father Gabriel, how can we do so as not to let our 5 senses wander, since we are enormously solicited by a world that is ever more effective at invading man and capturing him? Very often, we are placed in situations where we are obliged to listen and to hear worlds. How can we remain neutral?

39. Strengthen the bond of purity with the Teaching and form for yourselves individual bodies and a collective body that will allow you to remain more and more concentrated on the inner space of the temple that must be elaborated in you. Let this temple be the criterion. What strengthens it is positive; what seeks to destroy it must be put back in its place and conducted into awakening and wisdom.
40. Let your bodies and your organs of perception be used in consciousness and with wisdom in order to reach your goal. As the workman knows which stones he must use to build his wall, develop this perception, this discernment, this know-how so that your organs may be awakened mediators informing you of what you must use and reject in the construction of your life, of your destiny and of your immortality.
41. Your organs are subtle tools that will bring the best materials to the inner and outer site of construction of the temple.

42. The temple is a centre of force both interior and exterior. Once constructed, it will be like the barque of the ancient mysteries: it will allow you to cross the water and to resist certain influences and storms.
43. Develop your sensitivity so as to be able to separate the subtle from the dense and put each thing in its place without always letting yourselves be taken over.
44. Take a step back. Do not accept everything that is proposed to you. Use only what you need to build the temple, the body of immortality. There are situations, preoccupations that must simply be overflowed because, deep down, no wisdom can spring from them.
45. What must enter into the construction of the temple must always be conducted into conscious digestion in order to be transformed into living and acting wisdom. This is why it is said that the temple is the place of study.
46. To study means to digest, that is to say to enter into the concrete, into the art of construction. Whether an experience is positive or negative, it must be digested, that is to say transformed into wisdom through study so as to enter into the construction of the temple.
47. The temple is the place of the passage of the water, but it is also the place of offering to the divine world. Only what is pure and perfect must be offered to the Gods and to the Father. Digestion must be a process of transformation and perfection that must never weigh down the body and the organs of the subtle senses.
48. It is important to learn to live for a goal that one carries within oneself and that is greater than death. This goal is the temple, for it is the place of the celebration of the mysteries and of the study of wisdom.
49. If you carry the temple within you and around you as a concrete goal, everything in your life will take on a meaning, a precise orientation, and everything in your life that takes hold of you, that solicits you, will become roots whose purpose will be to nourish this flower of the temple.
50. You can share your life with others, with the outer world, but you must not lead this life inside without it being digested and transformed into wisdom. You must carry within you your own world, your own destiny, and conduct all the elements toward this goal in order to make it grow.
51. All that weighs down must be put aside.
52. It is fundamental to organise one's life so as to be in the perfect framework, the one that gives all the elements for the temple to be built within oneself and around oneself. To succeed in this, the Essenes must associate themselves in the common work so as to put all the chances on their side. If the conditions are not there, life clogs up, oppositions and aggressions manifest and the body ends up giving way, for nothing can be digested any more. One must above all not arrive at such extremes. This

is why intelligence and mutual support must now guide you and unite you.

53. Very often, trials reveal an overload of toxins and bring about the evacuation of all that is too heavy; it is a purification. Thus, one is lightened, but take care not to reproduce the same patterns, otherwise the body will learn to live with these toxins and will no longer seek to evacuate them. The alliance will be sealed for generations and you will become beings who live and are constituted to carry these worlds through the centuries.
54. Concentrate on the creation of the temple within and without and be in vigilance and attention.
55. Do not accumulate toxins, wastes, that will lead you to live with sickness.
56. Learn to lighten your life in such a way as to be able to cross the water in the barque of the Tradition and to enter into the great wisdom of the worlds.

154. The traps of the world of water

1. You look at the world with the eyes and organs that have been transmitted to you by your heredity; you seek to live with your body and with the life you know, but the world that surrounds you is not necessarily what you understand it to be. Perhaps it is totally different from what you perceive and imagine, but you conceive it, you live it in a certain way, and that is what it becomes for you.
2. You are imprisoned in a world of writings that chain you. Only truth will free you, not an erroneous and false vision.
3. The false always comes from the spiritual world, from the world of water, which is all around you, in subtlety.
4. Human beings constantly seek the means and methods to go into the subtle worlds and to discover and grasp the intelligence, the genius that will allow them to accomplish what they carry within themselves as desires, aspirations, wishes. They want to have the answers to their questions and to possess the means to live their existence. This is an entirely honourable request, but the problem is that they are not instructed in the Tradition of Light. They are blind and deaf to wisdom; they seek a knowledge that belongs to the whirlpool of water, where the madness of the world resides. They do not understand that, in order to reach higher intelligence, one must learn to cross this world of water in purity, in impersonality.
5. There are 2 categories of men who seek higher knowledge: those who want to understand the laws in order to enslave the material world, and those who are naturally conscious of the existence of subtle worlds within and around them. But both of them seek to penetrate the spiritual worlds like thieves; they become hypersensitive and try to develop certain gifts and organs of perception. Through intuitions, understandings, visions, impressions or analogies, they make comparisons with the physical world and use this means to obtain authority, as a man who has a master would do. Their perceptions then become a higher word and teaching.
6. The clearest among you will be able to understand that it is dirty water that inspires and leads human beings, even in spirituality. It is up to man to cross this water through right education and right discipline.
7. He who wants to cross the water must be pure, without interests, without wanting something in particular. It is a mastery of oneself. One must be virgin and not seek to direct things according to one's own understanding.
8. When you are in front of spiritualists who see beautiful or bad things in this world of water, understand that what they perceive is only their inner life reflected in the water, nothing more. What is certain is that it is rarely

a just and neutral vision, but rather their own world that they carry and project in front of themselves.

9. Enter into the sacred study of the laws that govern nature and life. Train yourselves in a calm and rational way, awaken the understanding of processes — such as the law of cause and effect — and do not take as masters visions, impressions, beliefs, suggestions that simply reflect a certain sensibility due to the fact that the water is in affinity with you.
10. The world of water is a great blessing, but it can also be a poison. In it, everything inscribes itself and amplifies, but it is rarely wisdom that one finds there; there may even be no reality there, not even a coherent relation with the world of man. It is a catch-all; one finds anything there, especially great illusions. In spite of these warnings, human beings will continue to think that they are superior, that they have sufficient means and intelligence to sort things out and to guide themselves through these worlds.
11. Be vigilant when you approach the subtle worlds, for many beings have ended by tipping over when entering them and have become servants of worlds of illusion, to the point of incarnating them and making them living in the world of men. At that moment, whatever they may say or think to justify themselves, they are in the process of destroying all that is beautiful, objective and sensible on the earth.
12. What must be true for man is not an abstract spiritual world, but the reality of his life on earth.
13. The reality of daily life contains a wisdom and an intelligence which can, if you know how to read them and if you are awake to the path, lead you towards the mysteries of the spirit.
14. It is not by going into the subtle worlds that you will gain a life superior to the one you have. No, it is by organizing yourselves and working in real intelligence.
15. By walking towards the subtle worlds without organizing your life, you will reap only a great sterile illusion; you will turn in circles and, in the end, you will note that everything was false. Then, on the day of your physical death, you will be able to contemplate all those little mischievous faces that amused themselves with you and led you to look at all that had no interest.
16. The only path is that of study, of education and of work on oneself, which makes it possible to be virgin, pure, neutral in order to pass through this water and to awaken in a true higher wisdom that enlightens earthly life and opens the path of immortality and of the service of the Light.
17. To be virgin and neutral is a path of mastery of the body, of meditation, of awakening. The body, the will, the heart, the intellect must be placed in rest, in non-activity, in sleep. The whole of life must be organized not in order to excite the body, but to calm it, to place it in rest. Everything must

become virgin of every personal interest linked to mortal life. This life must be placed in the minimum; it must be the roots that feed the inner flower, the sacred place where immortal life is elaborated. It is a balance to be found, a path.

18. It is the higher commandments that must set the life of man in motion. For that, it is necessary to extinguish the commandments of man. This is difficult, for man is much more invasive and imposing than the higher worlds.

Father Gabriel, do you want to tell us that we must awaken with what we already have by leading it into wisdom, and that we must not seek further as long as this has not been brought into perfection by passing through the water of the illusions of the world of men?

19. I say that you, human beings, are placed in great weakness because this magical water governs you and inspires you and you do not see it. This water is the life in you and around you; it is great, but you do not see it. In it are reflected all your thoughts, all your states of soul, your desires, which there become living, great, exciting. It is a permanent enchantment. The least desire to live engenders in turn another, much greater, more intense, more active.
20. This water is a strength for the wise man and a great weakness, a condemnation for the fool.
21. From the moment when a man abandons wisdom, this water encircles him, tightens him like a serpent and he is lost: it is no longer purity, the divine world, that directs his life.
22. Many peoples have proclaimed that they were in the will of God, handing themselves over to God, abdicating their will. Of course the will of God exists, but it is not in the world of men and men do not have natural access to it. He who has turned away from this will has imprinted the water and afterwards it has become living with his acts for generations and generations. It has formed a body in order to live, a world. It is the world of man.
23. Men live naturally under the hold of this water of illusion, and this is the great difficulty of spiritualists, for they do not understand that only those who cross this water according to wisdom can reach the other shore. No man can do this. The divine world has therefore sent the masters, the prophets, the Sons of the Sun so that they might open this path. But men did not welcome these envoys, they did not recognize them and projected onto them the image of the soiled man, the water filled with illusions that dominates and enslaves them, that swallows them and digests them alive, like the serpent.

24. Masters have come with the divine teaching, the knowledge of the serpent of wisdom and of the pure water of baptism, which build the body of Light.
25. Those who welcomed the envoy and received his word came to know the will of God.
26. The ignorant say: "God, God", but it is their erroneous concept that they thus call, and their prayer does not go beyond the water of death and of idols.
27. In order to pronounce the Name of God, one must walk a path of purity and truth; one must transmit to one's body all the elements, all the conditions, so that it can become neutral, virgin of every interest of the world of men, in order to be able to receive and make live the seed of a world eternally superior. It is truly a discipline, an organization, an intelligence and a will.
28. No man can cross this water alone. Either he is an envoy, or he is around an envoy and organizes himself to elaborate the body of wisdom. It is a collective work that must tend towards the service of higher wisdom and the education of awakened men.
29. Today, man lives under the domination of the interests and desires of the mortal body, which has become his god. Man serves this god, it is his primary objective, and he will find any stratagem to justify this objective. This is not negative in itself, but this education closes for him the doors of his soul and of the universal language.
30. When he travels in the subtle worlds, man is prisoner of the water of the world of men, which instructs him and ceaselessly extinguishes all the lights and great laws brought to men by the great masters of the Tradition.
31. What you do, you are; what you see, you carry within you; what you hear is what you are able to understand. So do not go and seek further and enter into this logic, into this wisdom.
32. Take your life in hand and lead it towards immortality, open for it the doors of the soul and of the universal language.
33. Do not accept to live without your soul, but put soul, intelligence, eternity into all that you do.
34. Lead every activity of your life into beauty, universality and greatness of soul. Thus you will really see the resistances and you will be able to discover who you are, not what you believe yourself to be, but who you are. Then you will understand that you need help in order to organize your life differently.
35. It is essential to know what you can do and what you cannot do, what you are capable of.

36. You must be true and do what you know how to do, what you bring to perfection.
37. One must not begin a work and not finish it, for that pollutes the water.
38. Man wills, but not necessarily in the will of God. To will in the will of God is to accomplish a perfect work that brings good in conformity with the higher laws and not only according to the will or the interests of man.
39. Learn to know yourselves not according to what the world of man says about matter and life, but according to the true laws of matter and according to what the great masters of the Tradition have left as wise commandments. It is a good beginning to enter upon the path where one sees and hears what is, and not what one believes one sees and hears.

155. The great secret of life after death

1. Many men, in moments of lucidity, want to know what will happen to them after death. What world will they encounter? What will take place? In the end, will they go toward a better world and know an evolution?
2. Know that what you live during your life with the water that surrounds you, that is what you will have to pass through after death; it is this water that you will meet. It will be vast like an ocean.
3. In this water there are worlds and worlds, and if you have not known how to guide yourself in your earthly life, you will not know either how to guide yourself in your life after death. You will no longer know how to recognize what is just, good, true among the multitude of influences that will solicit you and that will correspond to the water that surrounded you, that soaked you during your whole life on earth.
4. This mystery of water is closely linked to the passage of death.
5. Know that you, Essenes, are truly privileged, for you receive a knowledge that very few men have known. You are in an alliance of Light through which a multitude of worlds associate themselves because they have an interest in the presence and continuity of the Essene Tradition. The Essene Nation is the hope of a multitude of worlds and that is why this knowledge is transmitted to you. Men are for the most part unconscious of all these worlds, and that is why they can no longer direct their life.
6. It is the way you live your life that will determine your passage and your journey in the other world.
7. Death is absolutely not a liberation in itself, nor even the final accomplishment.
8. What you live in your life, you will live after your death.
9. If you do not pass through the water while you are alive, you will not do it after your death. In that case, it is this water of the world of men that you will meet, and it is with it that you will continue your journey.
10. It is primordial that this passage through the water be accomplished during the time of the evolution and the work of man on earth. It is to accomplish this task that man has come onto the earth: to straighten what is twisted, to study, repair, improve, to open a path and allow an evolution.
11. Man has not come on earth for nothing, to make a bit of noise while waiting for death to come and liberate him. No, he has a mission to accomplish, which is to cleanse the water in order to open a passage in it. If he does not do it, death will not liberate him.

12. Man has come through the water to heal the earth and to modify the writings badly thought and badly made in the water. These writings have been transmitted through the generations, and now they must be transformed to give another orientation to life. For this, it is necessary to study and put into application the knowledge through a work: the work of opening the passage of the water.
13. This water is primordial, for it is birth and death, it is the pattern, the guiding line, the framework that leads all life. In it is the memory of the ages, the accumulation of past, present and even future.
14. If you do not know this world of water and if you do not know how to cross it, you will be blocked not only during your earthly life, but also at the time of your passage toward another world. You will remain prisoners of the inferior worlds without any possibility of knowing anything else. You will pass into the world of death and you will enter into the ocean hidden behind the drop, but in the end you will be at the same point, you will just have a wider vision, a greater prison. You will enter into worlds in affinity with what you have lived on earth. However, this will not allow you any more to make the choices that you did not make when you had a body. For if you did not make them during your earthly journey, their consequences will not be able to present themselves to you during your voyage in the beyond. You will simply be digested while waiting to return to earth without having the opportunity to add anything whatsoever. That is why it is important to work from now on to come out of this great intestine in which confusion, trouble and blockages reign.
15. You must make use of the Teaching to form for yourselves a stable body and a stable life that will allow you to cleanse the past and lead it toward a pure and true path.
16. If you carry too much weight, you will no longer be able to move forward and still less engage yourself in the water to reach the other shore. If there are too many bonds that hold you back behind, you will not be able to go forward, you will remain like a child who must learn to speak and walk, but who cannot enter into the higher worlds of eternal wisdom.
17. Youth, that is the current attitude of humanity. Moreover, the wisdom of the elders no longer exists; it has been put to death by a humanity that dreams of the follies of youth. Now, the elders are placed in a world that is degrading for them, for wisdom is no longer in the world of men. They are kneaded with fear, shut up in concepts and sterile beliefs. Is this a noble and worthy way of approaching the mystery of death? All this takes place in a general indifference. And what are we to think of the education that leads to old age while men are strongly influenced and pushed to live only for their body, avoiding all their life to look at what is happening in the reality of wisdom and the eternal laws?
18. Men have abdicated beauty and closed their eyes before many things ugly and stupid because they did not have the means, the knowledge, because

they were slaves, ignorant, weak. But you, Essenes, you now have the knowledge and all the means. So take courage, come out of this intestine that has been digesting you for centuries, take a purge and decide to enter definitively into the respiratory sphere that is held above the belly and that will lead you to be able to speak and commune with all the worlds in wisdom and mastery.

19. I must tell you, even you, Essenes, despite your knowledge and your alliance with the Light, you are blocked in the intestines of the great serpent and you have not crossed its water to reach the other shore.
20. Come out of the land of slavery and enter into the promised land of Ouriel. On this land, your Angel will teach you and you will truly be able to begin to live the experiences of another world, of another body and of another life that will be elaborated within you.
21. If man accomplishes his task, then yes, death becomes a fulfillment, an evolution, a continuation. It is even possible, for those who have formed a body with the words and the rituals of the Teaching, to continue to act after death. Thus, they do not enter only into a rest, but they can continue the work that has been begun. This is the great blessing.
22. In the meantime, stop thinking that death will resolve your problems, for if you do not resolve them right away, you will not be able to do it tomorrow.

Father Gabriel, I want to meditate on your teaching, and I say to you that for us, men, to pass these worlds of water is not simple, for they are truly all around us. How can we really become conscious of them and work each day to purify the water?

23. First, it is necessary to create a space and a climate, a framework. This can be the circle of study or the Ronde of the Archangels. In this space, it is necessary to bring all the conditions for the awakening and the good accomplishment of the work. Then, starting from the work accomplished at home and in the circle of study, it is necessary to begin to bring into the relations of daily life the vibration that is cultivated there.
24. Starting from the work accomplished in the circle of study, you must develop right relations with all the beings who surround you. If you do not have the right language, the right eye and the right ear in relation to the other, it will be very difficult to enter into the water and bring healthy elements into it.
25. The work in the circle of study makes it possible to bring awakening, understanding, strength. Then, in daily life, it is necessary to cultivate the right relation and, at each slip, it is necessary to take oneself up again and begin again until one reaches perfection.

26. The relation that unites two beings, that is water, but if this water is not in conformity with a higher intelligence, one cannot heal the water around oneself.
27. It is above all not asked to be beatific, always smiling and kind with others. No, it is simply asked to be just, having discernment in all worlds in order to steer one's boat well.
28. A yes must be a yes and a no a no, for a bad association leads a destiny toward ruin.
29. There are worlds and influences to which one must know how to say no with strength and determination.
30. Discernment is to perceive the influences that want to act through a relation, a person, a situation. In this discernment, man will become wiser, deeper, more apt to make the right choices, to take the right decisions and not to allow certain influences to take part in his destiny. Of course, discernment must be subtle and pure, for it is not necessary to shut beings up in concepts and preconceived ideas.
31. To be pure, one must not be a prisoner of one's own convictions and limited visions of the world. A vision must be global, pure, true and universal. The other must be understood and placed in his just place, where everything is well.
32. When this wisdom is established in the Essene circles of study, it will be able to live again upon the earth and act to inspire humanity in a positive way. Man will be able once more to maintain healthy and just relations and no longer be a liar who ceaselessly hides behind masks.

156. Become artisans of peace

1. Every being on the earth is a source of blessings, a bearer of a seed of higher Light, and must learn to protect this source, to keep it pure in order to become a fecundator of the earth.
2. The seed of Light must be sown in the earth to bring life, blessing and fecundation, and to open the path of joyful ascending evolution.
3. In your origin you are creators, builders, constructors, and you must bring to birth what you carry within you: the highest, most beautiful, most universal light. You must bring your destiny into the world, build your house, give birth to the universe in which you live.
4. Do not stop at appearances, but learn to discern what is just and true, what is pure and will nourish immortality in you and around you.
5. Stand upright; be just and true.
6. Do not let yourselves be diverted from the pure and clear source that flows within you and teaches you what you have to do on the earth so that the noble path may blossom.
7. All around you stand the elements that bear the wisdom and the book of high knowledge that has been transmitted to you by the Gods.
8. You are in a perfect world. You think, you breathe and you walk upon a living earth. You think within a world filled with divinities, ideas, influences and forces.
9. Know how to remain clear; learn to weigh the pros and the cons, for remember:
10. In all things, in everything you encounter, there stands, there hides a divinity.
11. If you are not in vigilance, discernment, awakening, if you do not know yourselves and do not know what you carry within, if you have no idea of your path of destiny and are not initiated into the wisdom of immortality, if the work you must bring into the world is unknown to you, you will let yourselves be caught by the dark gods of the world of men who lead them into war against themselves and against all. You will be dispossessed of your true being and will become unconscious of the Source. You will give your power to these evil kings of the world of men who lead their people into sacrifice, into holocaust, in order to conquer the power of the dark gods.
12. Be in study.
13. Be in devotion toward the Intelligence that brings knowledge.

14. Be in the accomplishment of the sacred rites that nourish the Gods of Light.
15. Be in the realization of the work that sanctifies the Name of the Father, of the Mother and of the people of the Children of Light.
16. Do not think that the Light will come to you like a magic powder that will solve the problems of the world of death. Never will the Light come near you in such a way.
17. The Light is within you and only asks to express itself in order to fecundate the earth. It is for you, step by step, to give it the opportunity to express itself and to act by forming within you a body, a tool capable of receiving it, protecting it, incarnating it. It is this tool that will allow you to approach the Light in a just way and to give a body to the world of Light. Such is your work, the meaning of life and the path: you have received a body and you must then create another body capable of touching the earth and transmitting to it the seed of Light.
18. If the seed does not touch the earth, no body can be engendered, and it is the end of the Tradition and thus of evolution.
19. Awaken in my temple; look with the eye that sees in the two worlds and see how the earth is fecundated from all sides by intelligences, ideas, principles, ideologies, concepts that use men. But men are totally unconscious of this; they have become the tools of divinities they do not see and do not know, but which use them to bring forth their children, their seeds.
20. You may perhaps not see the face, the intelligence or the will of the divinities that hide behind the seeds brought by men, but you can detect the traps of life.
21. Enter into meditation so as to weigh the pros and the cons and to remain in the clear energy of awakening. In your inner uprightness and dignity the identity of the divinities that stand behind things, thoughts, ideas, principles will be revealed...
22. It is through study, meditation, concentration and conscious action that you will manage to enter into balance. Then you will know how to see what is essential and must be transmitted to perpetuate the river of the Tradition. You will know it because you will be one with the source of all sources, of all rivers, of all oceans.
23. What is certain is that you must not transmit to others what you do not carry within you from the living source.
24. You must not utter words you do not understand and that have no soul.
25. You must not bring to others what you do not master, and above all you must not direct the life of others if you do not know how to direct your own life.

26. It is fundamental to be connected to the source of life in order to be a sower according to a superior divine intelligence and not according to the dark gods of the world of men. Otherwise you will come under the domination of these divinities that aspire to lead humanity to desacralize all that is great and beautiful and to devalue everything.
27. Take your life in hand and enter into study, being conscious that it is a progressive path.
28. Each step taken toward the Light will lead you toward it, but if you passively wait for it to come to you, you will wait for a long time. Never will the Light come near men; it is for man to go through trials and to approach it in victory. Then the Light will be his reward.
29. It is by walking step by step, by transforming his consciousness, his thought, his feelings and his acts, that man draws ever closer to what is great and true until he becomes able to bear it and to reach the ultimate door of the divine world. For this he must learn to sow the world from the inner source of truth in order to balance it and not let the dark world rule humanity and impose its reign.
30. The reign of the Gods of Light is that of true peace. It is this work that you must bear, and it is this body that you must bring to birth: peace.
31. If you proclaim that you love the teaching of Archangel Gabriel, I ask you to cultivate the earth and the body of peace within you. You will answer me that the peace of which I speak is the ignorance of men, that you no longer know this word, that it no longer exists among you, that it no longer has a soul, an intelligence, a resonance with the divine world, that you pronounce it only to try to calm a situation. You will say that you would like to be delivered from those who have brought war everywhere, even in the name of peace. You will ask me how to live in peace in this world of decadence, how to heal the word “peace”, to live it, to be it, and for it to be living and to speak to you.
32. You will find peace in the sacred space of study, devotion, rite and magical work.
33. Peace is above all a meditative state that makes it possible to stop the whirlwind of unconscious life, to take the time to observe attentively, to listen deeply, to lead all the energies toward the center and to digest them within oneself in wisdom in order to extract from them a creative force that is positive, beneficial, clear. It is a state of mastery and fullness.
34. When the body of peace is created, you can become fecundators, set in motion the intelligence and energy of peace until you are able to make it appear and to live with it. Then it becomes concrete and active.
35. Peace dwells within the enclosure of the Round of the Archangels, but you must be able to build a world where it is possible to live with peace. Then you will be builders, constructors, creators, and you will be able to

live in eternity with what you will have brought into the world, for it will be your body of immortality.

36. If you are not yet able to create your future from your own source of Light and intelligence, you must enter apprenticeship, train yourselves through study until you reach the work. In the meantime, you must support the common work by entering into sharing and mutual support.
37. It is by supporting the common work of the Essene Nation and the divine Intelligence that stands behind it that you will build for yourself a body that will allow you to rediscover your original creativity.
38. The work must be in the love of the Mother, of the minerals, of the plants, of the animals and of human beings. It is by perceiving the difference and understanding the value of each in the common work that gathers you, and by bringing your own contribution so that all energies are directed toward a better world, that you yourself will be welcomed by the higher worlds, which will inscribe you in their plan.

Father Gabriel, enlighten us further about peace, for for men, to “have peace” simply means that they have had enough of suffering and foolishness. You who are the wisdom of the divine world, tell us what we must do so that peace may truly be.

39. Understand that everything that goes out from you emanates from your inner source and gives strength to a world.
40. If you bring balance, life, wisdom, beauty, the broader and wider vision that leads toward the universal, you will associate yourselves with elements, spirits, geniuses, egregors that will help you to acquire knowledge and to bring the blessings of the Light.
41. Alliance is the fundamental key of life. You cannot live without exchanges, and behind every exchange there is a relationship, an influence, an intelligence, a world, a seed.
42. Alone, you can do nothing. You must therefore find associates who will be able to guide you, protect you and speak in your name in all the worlds.
43. The Round of the Archangels must not only be celebrated outside you and ceaselessly supported by your energy; it must also open a sacred space within you in which you will be able more and more to settle in order to study and to acquire the strength to act and to build for yourselves a body of manifestation. This body will allow you, through the circles of study, to carry into your daily life everything that you do in the Round of the Archangels. Then you will be able to enter into the universality of beings and influences so that wherever you go there may be a serene earth to welcome you. You will be prosperous in the world of men and in the

subtle worlds because everywhere beings will recognize you as Essenes and will welcome you, for they will know that the earth of peace is your home. All beings, in all worlds, will recognize you as their friends and will want to speak with you.

44. Cultivate serenity and peace within yourselves and you will be able to acquire the universal language that makes it possible to dialogue and to be recognized by all beings and all kingdoms as an artisan of peace.

157. The Perfection of the 22 Arcanas

1. Very often, human beings do not manage to bring their wishes to fulfillment because they want to go through the stages that lead to completion too quickly. Each stage is important, but human beings have been educated to have everything immediately. They are not patient, calm, living in several worlds, serene, trusting, appreciating life and the intelligence of the Father.
2. In the world of human beings, it takes time, patience, perseverance and intelligence to bring a work to completion.
3. If you want to bring a work to completion, you must give yourselves the means, put everything in place and in order, know how to concentrate, be clear and determined, and move forward one step after another, crossing and stabilizing all the stages that lead toward the goal.
4. I have transmitted to you a path of perfection through the 22 commandments and arcanas. These are the 22 steps of a sun pyramid that you must climb one after the other.
5. On each step, you must place a writing, that of your awakening, your understanding and your conscious realization. Each step must become a stage in your ascension, a sacred foundation upon which you must become stable and build your higher, eternal, immortal identity. Each step must be a progress toward the summit, where the source of the sun shines, where gold and light spring forth. Each step must become a wisdom, a discipline and a training of the body that crosses the water of death.
6. Through this pyramid, you will elaborate step by step the body of wisdom that not only allows you to understand the mysteries of water, but also to reach the higher being in yourselves.
7. In order to reach the goal, you must not allow yourselves to go from the first step to the last without correctly following the training of the 22 arcanas. Otherwise, when you arrive at the summit, you will be in great weakness, you will be missing far too many elements, your body will be badly formed.
8. There is great wisdom in the 22 commandments and arcanas. It is a teaching and a path of God offered to a humanity in search of a higher life. It is a blessing, a sacred science that allows the discovery of the profound meaning of life and the attainment of truth. It is a discipline that is offered to you like a hand extended to raise up the one who has fallen.
9. Each day, remember that you must carry and bring to birth these 22 commandments in order to give them a body and a concrete reality in your life.

10. Put everything into action so that the commandments become living beings within the Essene Nation and so that they can progressively touch the earth and humanity. Then they will be able to inspire those who seek a path of integral fulfillment and eternal truth.
11. Above all, do not seek to burn through the stages, for it is progressively, one step after another, in the happiness of the application, that you must train yourselves. Some will go faster than others, but you must all live the same stages.
12. Just as your body knows what it must eat, breathe and think in order to survive, you must enter into the awakening where you will understand that you need these 22 commandments in order to form for yourselves a body that will allow you to live in higher worlds. These 22 commandments must become as real as the food, the air and the thought that animate you. They are the nourishment of the spirit, the good sense of the worlds, the alliance of Light and love and, above all, the transmission from one being to another of the living and universal knowledge.
13. This knowledge has been known by all peoples, in all traditions. It has taken different forms and now it takes the one that must guide humanity for this epoch.
14. If you want the tradition of the Light to endure through time, you must welcome this new revelation and give it foundations, bases, you must anchor it on the earth and in the life of human beings.
15. Philosophy is one thing, rites are another, but the commandments of God are the foundation of life and the bases of concentration. It is from their sacred and living presence that philosophy and rites must be born, for they are the essential keys for opening the doors of daily life.
16. It is an obligation for Essenes to live with these commandments, for each one is the key of a world, the key of a path that opens, the key of the passage through the water, but also that of the transmission to future generations.
17. You have the duty to offer future generations another future, another earth, another orientation.
18. For centuries, you will have to practice these commandments, make them active in your everyday life, so as to transmit them from generation to generation.
19. If the Essenes do not observe these commandments, they will no longer be Essenes, for it is the teaching of Gabriel that is transmitted in the name of God the Father.
20. The 22 commandments must be the inspiration of your life, the earth upon which you walk, upon which you build your houses, your villages and make your families live in harmony and peace.

21. These commandments are the living tradition of the Gods, of which you must take care through the centuries. What you have received, you must transmit pure and living so that the Light may live on the earth and in human beings.
22. This tradition is the 22 steps that will lead you to the Thrones, which are found at the summit of the mountain of the world. There you will encounter the sun under the image of the eternal source.

Father Gabriel, do you mean that following the 22 commandments is an obligation in life because they are the image or representation of the Essene Nation?

23. I say that it has always been so in the living tradition of God. It is therefore so today.
24. In its present manifestation, the Essene Nation is represented by several forms.
25. There are the teachings, which explain the eternal laws and transmit a form, a color, an orientation.
26. There are the rites, which make it possible to set in motion beings and more subtle worlds that live inside and around man and which contribute to nourishing and strengthening them. They make it possible to conclude alliances and to maintain them in order to be able to work in all the worlds.
27. There are the Gospels of the Archangels, which are the teaching of God, the great wisdom transmitted anew to humanity, the sacred nourishment, the bread of life which delivers from death. The revelation of the Essene Gospels is linked to the Ronde des Archanges; that is why they encompass totality. It is the word of a Father to his children, of a master to his students, of a God to his humanity.
28. Then there are the 22 commandments and the 22 arcanas, which are the keys of life, the foundations upon which man can place his feet, his heart, his head, his thought, his intelligence, in order to live with his soul and the starry sky. They are the living keys that make it possible to open doors onto much wider spaces. But as long as these divine worlds have not transmitted the keys to you, you cannot open the doors. Now, the true transmission of the keys takes place when man becomes, in his life, in his consciousness and in his being, a bearer of the intelligence of these keys.
29. In the ancient tradition, it was primordial to be a bearer of keys. It was a great honor. It meant that not only had the man opened the doors, but that he was able to open them for others. He was also the guardian of the doors, for he knew who could enter and who had to remain on the

threshold, on the forecourt of the temple. He had the impersonal capacity to recognize what was just in the other.

30. The 22 arcanas are keys of life. You must become bearers of the keys of the great wisdom and guardians of the doors. You must climb the steps one after the other: it is a noble path, that of the great tradition of the Father.
31. You do not ask yourselves whether you must eat when you are hungry, wash when you are dirty or breathe. When you are tired, you sleep; you run when you are in a hurry; you speak when you feel the desire or the necessity to express yourselves. All this you do without asking yourselves any questions. You do not know who taught it to you, but you know that it is just, wise and good. It is a tradition, a transmission. But if you are unconscious of it, it becomes dead and takes care only of your body. Then it does not awaken the seed that is hidden in it and that must make the other world appear. For this also there is a tradition, but it is more intimate, it is for those who aspire to find again the path of the Gods and of the Father.
32. For the Children of the Light, the 22 commandments must become a tradition as evident as listening, speaking, drinking or breathing. Then you will be in the great protection and you will be able to walk lightly on the path that will lead you to the summit, avoiding many traps in life.
33. Blessing.

158. Learn to Love What You Have

1. Man is as he has been educated. Behind education, there are worlds, intelligences that man does not necessarily know. Man thinks that it is he who lives, but he does not know who lives through him, who has educated him.
2. Water gives life to your body because it is living and intelligent. In the same way, the word of the great masters brings life to your soul and opens for it the path of the Light.
3. Without water, it is the death of the body. Without the education of the masters, it is the soul that goes out and the right path that closes. Man then becomes a shadow, a being without a soul. He is enslaved but thinks that it is he who is alive.
4. Human beings have been led never to be satisfied, to always want more than what they possess, because they have lost the link with inner fullness. They want more than what they have, and their education always pushes them to go and seek what is superfluous.
5. Man's bad habit is not to appreciate what he has, his good fortune, his happiness, the opportunities that present themselves before him. He has the impression that what he has acquired has no importance, is no longer alive enough to motivate him and lead him forward.
6. Only those who have known great suffering, who have lost their health or something important, understand what it is to have something and to preserve it.
7. Human beings are spoiled children who always want more and are never content. They think that by having additional means they will be able to accomplish more, to be satisfied and happy. Of course, this depends on the work that must be accomplished, but one must always find a balance between the inner life, what one carries within oneself, and the outer life, what one desires to accomplish or experience.
8. Very often, man goes in search of what is superficial but does not know how to keep within himself what is precious, what has value, what is immortal. He does not know how to appreciate what is sacred in him.
9. Man has a thought, he can feel, speak and act, but he is always seeking what is not alive, what is far from him, inaccessible, and then he loses the link with what is essential.
10. There is a fundamental law that says that if one does not appreciate what one has, one ends up destroying it. Now, it is obvious that life does not like to go into a body or into a being that does not appreciate it.
11. Like water or the word of the masters, life wants to be respected and honored. Life loves what is pure, true and remains authentic. It loves to be appreciated, welcomed in consciousness and love. But if life is nothing more than something owed, a trial, a chore, if there is no longer the loving gaze that rests upon it and

it is lived only as a habit, it will end up losing its flavor, its intelligence, its creative power.

12. To be in good health, to have a clear thought, noble feelings, a capacity to act and to create have become habits. Thus, human beings become aware of these treasures only when they lose them or when they are confronted with duality.
13. Stop dreaming your life and enter into the education of the Light. It will lead you into the great wisdom that illumines all paths and shows the good in the midst of the bad.
14. The ancients said that one must love life and know how to enjoy every moment. Listen to them and you will find the fullness and satisfaction of living on the earth. The most serious thing is to die embittered, jaded, discontent, for then the whole life on earth is lost, annulled. It is therefore fundamental that you learn to love what you have, to appreciate it, to take care of it and to bring out its value.
15. Of course, it is important to find additional means in order to accomplish beautiful and great works, but above all one must be well in one's earth and upon the earth, be happy there even if nothing is going well all around.
16. It is fundamental that the water of life be happy to come to visit you and to live with you, and that it not be the beings of death who come, those who make you ungrateful, without taste, without life, without hope, without happiness.
17. I see clearly that you are in suffering and that everything is hard for human beings, but this is not a fatality. You must not think that everything is negative and that you can no longer do anything.
18. You must not give up, for it is human beings who let this world appear and take power. You must pull yourselves together and take another path, for what is essential is that life remain and that it always have a means to manifest itself in the world of human beings.
19. Do you believe that it is machines that give you life? Is that what you want? Or do you consider that life is angelic, that it is important in itself because it brings virtues that no machine will ever be able to give you? You must understand this wisdom and stop being ungrateful, stop ignoring the immense capital that you have received as an inheritance through the tradition of the Light.
20. Throughout his life, man does not respect his body, nor the world of thoughts, nor any of the worlds that surround him. And then he complains that he does not live as he would like, that he loses the taste and the meaning of life. This is foolish. Do not enter onto this path that makes human beings jaded, no longer appreciating what they have.
21. To rise in the morning and contemplate the sun is a blessing.
22. To walk upon the earth and breathe the air while letting high and beautiful thoughts come to you is a blessing.
23. To work for a divine work that illumines you and surrounds you with wisdom and sacred laws is a fullness.

24. Abandon what tells you the contrary and seeks to lead you into attitudes that are weary, without taste, without life, into weakness. And I tell you, if you let this world invade the kingdom of the Essenes, that will mean that the Essenes accept that an artificial intelligence create human life, bring it taste and desires.
25. Know that an artificial intelligence cannot develop virtues.
26. Only the Angels are bearers of virtues and can engender them.
27. It is essential for an Essene to live with the Angels by surrounding himself with their loving and sacred presence.
28. Take your life in hand, do not let yourselves be cast down, even if everything seems hopeless, but keep your light and your inner strength.
29. In every age, beings have arisen, builders, valiant ones, courageous beings capable of coming out of the mass of sleeping dreamers in order to call life and make it live again through their being and their realizations. If these ardent ones had not maintained certain values upon the earth, nothing of all this would still exist.
30. Do not contribute to the destruction of the worlds of intelligence and the life of the soul.
31. If today you are present beside the Essene Nation, this is not by chance and above all it is not so that you may find there the little life that leads to death or the little answers to all your questions. No, it is truly in order to bring forth a new culture, a new way of being in the world, of thinking and of living, to preserve a wisdom and safeguard an intelligence, a tradition, values which, without you, will go out and disappear for human beings and for the earth. This is a work to be accomplished; it is not a pastime.

Father Gabriel, how can we avoid being caught by these worlds that are all around us, by the trials that touch us and very often lead us towards a fatality before which we feel like giving up and clinging to false ideas? How can we come out of this enchantment?

32. This is true, it is an enchantment. But it is simply a world, an intelligence that imprisons you by allowing you to see the world only from a certain angle. There are other points of view that will bring you a completely different vision and will allow you to form another opinion and to live something else.
33. In your life, there is not only your life; there is a multitude of lives, intelligences, worlds in you and all around you. To see only one aspect is no longer to see or to live; it is to be condemned to do nothing, to be inactive, living in a single world, that of death, where nothing breathes or communicates.
34. There was a time when to pronounce the Name of God or that of a Divinity was a splendor. Today, all these words have no more meaning, intelligence, soul, or

value. They have become extinguished symbols. Do not let such a thing happen to your own life.

35. If you are alive, you must be alive through life and not abandon your organs and your being to worlds that precisely want to extinguish your soul and convince you that your life is useless and that there is no point in fighting, in going forward, in accomplishing works, since everything is written. Everything tells you this, suggests it to you; it is a collective hypnosis, but it is false.
36. As long as there are still real flowers, real trees, real butterflies, real birds, there is still hope and the possibility of building a garden of Adonai and, through it, of bringing forth another world that is still alive.
37. If this world dies by becoming false, that will be the sign that everything is finished and that there is no longer any place for the Light. But as long as nature remains alive, that means that the Essene can still live upon the earth and that there is still a path for humanity.
38. If nature goes out, it will be the kingdom of death.

159 Prepare your death by being alive.

1. "Prepare your death by being alive. Conduct life beyond death."
2. Nourish yourselves with this commandment, for it is great. Such as you are at present, you cannot understand it because you are taken by the turbulence of the water of the world of men. This whirlpool is powerful and that is why you need to concentrate on this commandment, so a transfer takes place and its wisdom awakens in you.
3. Death must become a source of awakening and inspiration. Man needs to pierce this mystery because the right understanding of life is hidden in it.
4. You ask yourselves what death is and how the passage and the journey will be made. It is easy to know for one who knows how to meditate, to study and who cultivates the great calm.
5. You will leave as you will have lived. You will meet those you have created sympathies and antipathies with. You will live with what was essential in your life, what you fought for and worked for. I am not talking about the divinities or the higher worlds, which remain in their world, but about the interests that have really motivated the actions in your earthly life and the means that you have used to reach your goals. For it is this world that you will meet, the one you are living with now, with your areas of interest, your concerns, your thoughts. You will meet what is behind everything that you are living, behind your thoughts, your concerns, behind your daily life, which is very often unconscious.
6. The way you will die will be determined by the attitude you will have cultivated towards your body, by the way you will have taken care of what allowed you to live on earth and by what you will have implemented to obtain the benefits of earthly life.
7. If you have not taken care of your body by placing it in the light of wisdom, it will not help you during the passage. That is why more and more men now leave in suffering, resisting and with the help of machines. If the body had been an ally and a tool of the master of the house, it would help you and would not weigh heavily on you with its resistance.
8. After the death of the body, the passage that leads man towards the other worlds takes place. This passage is very important and depends on the nature of your thoughts, of your breathing, of what you have cultivated around you as breath of life and as water of life. According to the way you have thought, you will or will not have the means to travel into other worlds.
9. When you pass through the tunnel, it will be pleasant or unpleasant, light or violent depending on the thoughts and the moods that you will have cultivated and lived in your life. It is during this passage that the transfer from one world to the other takes place. It is an important step and if the water of your thoughts is dirty, full of resentment, of dissatisfaction, of conflict, you will live all this as a great instability.
10. If the man has not been serene, calm, peaceful, cultivating wisdom, the crossing will be violent and it is highly likely that he will be dazed and unconscious while going

out. He will not know how he got there, what path he took and what to do to pull himself together and to find his bearings in this immense space of living water and air, where everything is full of colours, of beings, of worlds, of landscapes, of voices, of sounds, of everything that man could imagine in his life.

11. The main interest that you had in your earthly life will be the first one to present itself in front of you. You will have the perfection of everything you will have wanted and imagined. If you have worked to get this or that material thing, you will find it in front of you.
12. It is essential to learn to master your thoughts, your moods and your body because if the man remains clear during the crossing, he will be able to be on his guard, remain vigilant facing the worlds that he will meet. They are very often worlds of illusions, which are at the same time very real, exactly as in earthly life.
13. If you remain clear and manage to cross through these worlds without getting caught, the great symbols, the sacred writings and the beneficial influences that animated your life will guide you towards your Angel.
14. The Angel is the guide, the protector, the guardian of the destiny of Light. He is the messenger of the alliance you have made with a higher world. He is the door to a sacred world and also its safeguard. If you have the intelligence to lead your life towards your Angel, he will then open for you the door to the worlds in which you wanted to live.
15. Know that it is not the world of Divinities that welcomes man, in any case, very rarely. For this, man needs to have given all his life to the Light in a right way.
16. After death man really meets the beings he lived with everyday. If he honoured an Angel in his life, it is the treasure, for the Angel is there, this is certain. Whether man sees him or not, the Angel is there. The Angel will lead him towards the worlds that correspond to him.
17. For what comes next, the path has not been drawn yet. It will depend on the concrete alliances that the Essene Nation and each Essene will have concluded during life on earth.
18. Man needs to create himself a body through the invisible alliances that he concludes and he makes alive in his life. This body cannot be built with beliefs, but with alliances that you digest, that you carry within you like a truth and that allow you to build your life. In this body is hidden the boat of Light that will take you to the other shore and in the space where you will have the choice to continue to evolve, to wait or to go back down.
19. This is a teaching that sheds light on the destiny of man and that gives you the means to take your life in hand. It is some knowledge that enables you to awaken into what you are and what you can become.
20. What you implement today determines your future. The alliances that you make and that you bring to life are what you will meet on your path. If you live unconsciously, you will be unconscious. But if you awaken your consciousness up to the point of

living with it through study, devotion, rite and work, you will meet the great light of wisdom and the Divinities.

21. It is really important to take your active life into account and to find a balance between the philosophical aspect of the Teaching and the reality of daily life. Balance is the key.
22. When you see that an activity becomes negative, you have to know how to stop and to correct it with the help of the Teaching.
23. There is much work to do because man has turned away from wisdom for centuries and now you must bring the knowledge that man lives in several worlds and that he must create harmony in each one of them.

Olivier Manicara then asked Archangel Gabriel:

Father Gabriel, do you mean that what we put or what a world puts as essential in our earthly life are the first worlds that we will meet in our voyage towards the great beyond?

Archangel Gabriel answered:

24. Yes, because the physical body has not been given to you to live only in one world and then, leave it to go into another world. No, the body is a marvel, a perfect instrument of ennoblement. It is a Divinity or at least, the revealer of the Divinity. It carries in itself all the kingdoms of the earth and of the visible and invisible universes. Everything is in it, all beings, all worlds, all possibilities.
25. Every day, the body records information according to the experiences that it has and it transmits them to the various subtle bodies that, themselves, pass them on to higher worlds. Everything is written.
26. When man leaves his body, the writings and the way of functioning of a whole life are liberated and go into action.
27. The body cannot do otherwise than to be what it was asked to be. It is like a boat with its captain. That is why it is important to learn to respect what you have, to take care of it and to understand that if man has a daily life, a body, a will, feelings, thoughts, a creative ability, there is a reason. To be in harmony with this reason is the perfection of the path. To be in disharmony brings disease and war, suffering, death.
28. The body has not been given to man like a toy that must be abandoned when it is broken. It has been transmitted like a vessel of wisdom, a tool capable of leading all the worlds towards ennoblement, healing, the treasure of the Light!
29. All the kingdoms, which must be led into the great ascension, are in the body. For this sacred reason it is important that man awakens, protects what was entrusted to him and organizes his life to lead everything towards the higher intelligence for, truly, nothing belongs to him. Man is or is not, it depends on what he does with this sacred deposit.

30. The body and the life of man belong to a multitude of worlds, beings, influences, identities, symbols, writings that live through them. If man is unaware of this truth, he is completely unconscious.
31. If man becomes conscious, he can gradually go into the true being that he is and learn to work to the universal unison, one with the Father, the Mother and the great family of the Gods.
32. If man wants to go into the life that is bigger than death, he must not live only in his body and for his body, but he must awaken all the levels of his being and the beings and make of his body an instrument, an arch of wise light.

160. Develop a magical outlook on life

1. It is fundamental that man knows himself, that he understands his place and his mission within creation, within all worlds, realms, and universes. Man must be in his proper place and fulfill his role for the good of the whole and the balance of the worlds.
2. Man stands at the border between worlds. They can enter both darkness and Light and bring balance, healing, and peace. They can call upon the higher worlds and speak with Angels, Archangels, and Gods, but they can also turn to animals, plants, and stones and communicate with each of these kingdoms.
3. Man is surrounded by worlds, and is also a bearer of worlds, but what you must understand, and what is essential, is that your form of existence is designed so that you can flourish, live, and evolve in your own world. However, this flourishing must take place in harmony with all the other kingdoms and worlds with which you are connected.
4. The elements must never be separated from their context and their world in order to enclose them in an environment that suffocates them and makes them weak. An element, a plant, an animal, a Divinity must not be extracted from their environment, from their universal breath, solely to satisfy the needs of man. Fire, water, air, earth, knowledge, virtues, and life are living beings and must not be enclosed, separated, weakened, or enslaved.
5. For various reasons, whether out of ignorance or aestheticism, humans constantly remove elements and beings from their context, place them somewhere, and then leave them there, without giving them life, without even thinking that they have a life.
6. If a man takes a cup of water, he extracts it from the ocean and places it before him as a symbol of water. But if he does not consciously place and activate a writing on this water, he separates the water from its context without telling it its function, for what purpose he has put it there. Thus, the being of this water is isolated, weak, and can no longer communicate with its origin. If man says that this water is there to quench his thirst, to allow him to connect with divine water, or to welcome flower essences, this activates a writing, a meaning, an intelligence. Then, the being that lives in the water can once again communicate with the ocean, with its origin.
7. As soon as you extract an element from its source, from its context, you must be aware of it and take responsibility for it in your life by naming it, giving it a function, a role, a meaning, intelligence. You must always be aware that it comes from a source, that it must remain in contact with it and that it will return to it.
8. No being should be separated from its context, isolated, degraded, imprisoned, and deprived of its relationship with its divinity.
9. Fire comes from fire, air comes from air, water comes from water, earth comes from earth, and knowledge comes from knowledge. Man cannot live without these elements, but he must be aware that he must not isolate them and cut them off from their source, their world, their origin, otherwise he himself will be weak and led into slavery.

10. Man can light a candle, but he must be aware that the flame comes from the God of fire and that it will return to Him. He must tell this being why it is isolated, what its function is, and what is expected of it. If man does not do so, he isolates this being, preventing it from breathing and living with God. Dark worlds can then appear and place symbols, writings, functions, and images on the element to capture and distort it, leading it into slavery.

11. You must be aware of what you are doing and develop a magical vision of life. There is nothing more important than this magical vision. It is not superstition, but a higher wisdom, sensitivity, morality, and quality of life. It is a science of life.

12. If you put water in a glass, you must tell it what it corresponds to, what its mission is: to quench your thirst, purify a place, represent purity, allow you to pray and connect with a higher world, take medicine... Then, the water will know what you expect of it and will be able to accomplish its task without losing its connection to its world and its intelligence.

13. Isolating a being from its context, its universe, cutting it off from its divinity, degrading it, enslaving it, denaturing it is not permitted. Any man who does this will have to suffer the consequences.

14. I know that what I am telling you is not easy to hear or to say, to you who are increasingly distant from the simple and sacred laws of life. You are losing your sense of magic. That is why it is urgent to meditate on these laws, to understand them, and to put them into practice so that your life may be more beautiful, rich, and intense.

15. If you put water in a cup, you isolate it; you place it in a context other than its natural environment. This water is alive, and you can isolate it because you are human. Humans have this power. They can take a part of the water, isolate it, and use it for good or for evil.

16. It is obvious that Essenes must only serve good. It is forbidden to degrade any being, whether it is water or any other element. In order for the being of the element to remain pure, you must simply name it; tell it its function so that it becomes part of your life. In this way, no other being can come and take it.

17. Every time you separate an element from its source, you must take responsibility for it and therefore associate it with your life and your destiny so that nothing bad happens to it, so that it can continue to be with its God and, once its mission is accomplished, return to its world in the purity and freedom of its being.

18. You must be responsible for what you do.

19. If you are not responsible, if you are not enlightened, if you are not conscious, then what are you?

20. If you do not take responsibility for the element you extract from its context, it becomes weak. Anyone or anything can then seize it and take its destiny into their own hands. This is not acceptable. Beings that do not have the intelligence of Light could then use this cup of water and place a writing in it in your place. From that moment on, the water will be obliged to live according to that writing and will no longer be able to be with its God.

21. You must become strong in magic in order to preserve all worlds in the Light.
22. If you are separated from your source, your divine origin, you become weak, and any dark intelligence can take control of your destiny by placing its magical mark upon you. Then you are bound, enslaved, led into bondage, distorted, degraded, and you come under the domination of the context where you are placed.
23. It is because it is close to the origin that magic is the queen of sciences.
24. Any science that strays from magic leaves its context and becomes weak.
25. Learn to always name elements and things in such a way as to connect them to sacred and eternal worlds. In this way, they will be able to live with you, be useful to you while continuing to commune with their world, thus bringing you all the blessings of the celestial, immortal, divine realms.
26. If an element or a being is extracted from its context and separated from its origin, it becomes weak and vulnerable. From that moment on, it can be used for good or for evil.
27. Study, meditate, understand, and act to glorify the Father and the Mother.

Father Gabriel, great is your wisdom, divine are your words. Are you saying that as soon as we extract a plant, water, earth, an animal, or fire through a candle, we weaken that being if we do not associate it with a higher writing and with our life? On the other hand, if we associate it with its sacred world and a divine purpose, we can, through it, receive the great secrets, blessings, and means to succeed in our lives?

28. What I want to tell you is that from the moment you light a candle, it must be defined, because fire is no longer one with the source of fire, it becomes the property of the one who lit it. If the one who calls upon the fire and uses it does not name it, that flame will be named, identified, and programmed by a world around it that will take hold of the element. That world can be positive or negative; no one knows since nothing in man is conscious or intelligent at that moment.
29. The important thing, then, is to be clear, conscious, wise, and to learn to name beings and things, to consecrate them, define them, and give them a function, a soul, a mission.
30. Each time you extract an element from the source, you must name it and integrate it into your life. In this way, it will evolve through you and be able to return to the source. If you do not name and define it, you make life weak, without virtue, without intelligence, without clarity. Then, this element becomes truly separated from the source and no longer has the ability to work, evolve, and grow.

161. Life is the key to immortality

1. Whoever awakens to wisdom wonders how they can access the world of immortality. They want their time on earth to be meaningful and, above all, not to serve a cause that does not correspond to their ideals, to what they believe to be right and true.
2. There is a key, the key to life. You can search all philosophies, religions, and esotericism for the means to attain immortality, but know that only that which comes from the divine world, that is, life, that which is animated, living, and capable of reproducing, is the key to human existence on earth. Only this key can allow him to access all the kingdoms and spheres of the worlds that lead to immortality.
3. You must bring to life everything you do in your life. You must never skim over it, confine it, label it, define it in a concept that extinguishes living intelligence, because then you bring death.
4. Life comes from the Father, but it also comes from you, from your blood, your breath, your sweat, your thoughts, your feelings, your will... All of this is life, is part of life, and generates a creative force of animation or inertia.
5. To open a space for life in each sphere and write within it the words of intelligence and life, you must have opened such a space on earth and placed there the symbols, writings, and works that embody the teachings of the divine world. You must bring this world to life in your own life. It must be animated, filled with soul and wisdom, and connected to a higher intelligence.
6. You must know the wisdom of writing in all worlds. You must write in your life, but also in all the open and sacred spaces around you: in the ethers, in water, air, fire, in the worlds of spirits, genies, egregores, even in the higher angelic worlds, the worlds of Archangels and Gods. If you vitalize this writing even in the stone of your daily life, bringing to it wisdom far greater than the mortal life of man alone, you will truly begin to write in all worlds. And when the moment of death comes, you will no longer be simply a physical body animated by a fleeting shadow, but you will have spaces of life and bodies in different worlds. As you progress toward a world, the path will be open from all the stages and writings of your life.
7. If, for example, you encounter the seal of the pentagram, it will be animated, alive with your life, it will speak to you, because it will be associated with you and will thus be able to protect you and help you on your way to the higher spheres. Or if, in a higher world, you encounter the word of wisdom, it will be the same; it will recognize you, and you will recognize it. Then it will lead you to the worlds of wisdom, until you pass through the gates where eternal writing can exist.
8. You must understand that it is fundamental to chart your life path in a conscious and living way, not only in the world of death, but in both worlds.
9. You must be the creators of what you want to see appear.
10. Remember that life is the key to immortality. What must never be is death, that which extinguishes, that which is overlooked, merely intellectualized, or used to understand and situate oneself in space.

11. Through the Round of the Archangels and all the teachings you have received, you are the guardians of the Tradition on earth. You must now bring these symbols, this writing, and this eternal wisdom to life with your creative energy so that the immortal Gods may touch the stone of your daily life.

12. The Essene Nation must not be a philosophy, a concept of physical life. No, it must be a divine scripture, a covenant, a truth in all realms, in all worlds, in order to bring the life and intelligence of Light into truth, into what is lived and embodied.

Father Gabriel, are you saying that by lighting a candle, by looking at the Menorah, by reciting the psalms of the Archangels, we can truly write in all the worlds and hope to live in the world of the immortal Gods?

13. You must truly embody this wisdom, these symbols, and this light that has come to meet you.

14. I say that everything that incarnates in the physical plane is the result of a world much greater than what man can comprehend with his limited senses and intelligence. Behind every physical manifestation, there are truly living beings that draw their existence from other worlds.

15. To become immortal, you must associate your life with a divine scripture that lives eternally and is true in all worlds. To bring about this alliance, you must encounter this immortal tradition in one form or another, recognize it, and then become active and creative in order to enliven it, write it powerfully, and bring it to life in all worlds and, above all, in your own world and your own life. Then all worlds will know who you are, and you will be welcomed. You will be able to live and remain in all worlds faithful to the Covenant. Even if your body is no longer here, you will still be able to live with these worlds, which will be your allies.

16. It is fundamental that man be surrounded, protected, and accompanied, that he is not alone. Being incarnated on earth does not mean being isolated. On the contrary, it is the unification of worlds that must always be sought in order not to live only as a mortal body, but as a multiple, great, universal being.

17. The mineral, plant, and animal kingdoms must be integrated into human life; they must be part of our body, our destiny, and be present in our ascension. The same is true for the worlds of Angels, Archangels, and immortal Gods.

18. If man achieves this perfection in his life, uniting the stone and the world of the Gods so as to inscribe his life in this perfect writing, his work will be the Common Good, that is, the victory of the Father. Thus, man will become alive from what he has made alive in his life.

162 Reclaim your creative power and write your destiny

1. Sometimes you underestimate human nature and other times you overestimate it, depending on what suits you at the moment.
2. You overestimate yourself when you think you can undertake anything and achieve everything you want. You then think that you are above everything, that nothing really matters and that ultimately you always manage to control your life. But you underestimate yourself when you are suddenly confronted with difficult situations that you had misjudged, or when you are faced with unknown worlds such as those of nature beings or spirits that inhabit the ethers and auric realms. In these situations, you underestimate your creative power.
3. In truth, you are endowed with a superior creative power. Of course, most of the time you are not aware of it and ultimately do not use it, because you instinctively feel that there is a danger, that you must be pure, that you must live a life in accordance with wise and living thought before acting in the destiny of the worlds.
4. Purity is fundamental. You should not cultivate absolute purity, but just focus on the purity that affects your world, your being, purity with yourselves, with what you are in the balance of the three worlds of thought, feeling, and will. Then you can connect with the higher intelligence of the sun of your authentic being and act on the destiny of the worlds around you.
5. In truth, you have the power, the gift to change the course of events, the destiny of worlds and beings. You can write the future, transform a world by giving it a face that reflects a higher world. To do this, you must be united in truth with this world and use your creative power to write the world and life, to give birth to another destiny. But very often, you give up, you do not give yourselves the possibilities, you are unstable. You believe, you are convinced, and then you doubt, you take another path the next moment.
6. Awaken in permanence and become strong through study and work until you are fully conscious and confident in the alliance with the higher intelligence, which knows you, knows what you can do, and is ready to guide you.
7. Take control of your life and organize it so that there is no weakness, but that everything is designed to serve divine wisdom and work.
8. You must be able to rise to the higher spheres to receive the word of the Gods, then descend to the lower spheres to write it down so that it may be realized in your physical life, but not solely for the pursuit of material goods, for these goods belong to the laws and principles that govern matter. If man seeks to master these principles, he must first know himself and control himself in his thoughts, his feelings, in what he is, in what he embodies, in what he does and generates.
9. If you want to see a certain destiny come true in your life, you must first and foremost rise to the worlds of higher intelligence and recover your creative power to write what you want to see come true.
10. You must be true and pure, authentic.

11. Know that there is a world where everything is written. If you can enter it, you too will be able to write.
12. Your problem is that very often you want something right now, and the next day, a week, a month, a year later, you have changed direction. So you abandon your old wishes and writings, forgetting that they are alive. You think it is right to discard them because you have not received answers to your questions or because you have not been satisfied, and you invent a multitude of reasons to justify yourself.
13. In truth, everything that is written down takes time to come to fruition and requires attention, faithfulness, and continuity of consciousness and action.
14. If you desire something and write it down on the land of realization, time must be your ally, and you must not give in to the temptation to want everything immediately.
15. For a writing to be realized, a world waits for man to conform his life and being to what he has asked for. He must be able to embody this writing in his life, to establish it and assume it in the reality of the visible earth.
16. It is never the higher worlds that establish a writing; it is man and the worlds that live around man, in his heaven and his earth.
17. Very often, an unstable man wants immediate fulfillment, but it does not come because he is not ready to welcome it, to carry it, to bring it into the world, to live with it.
18. Everything that is asked for will one day be fulfilled.
19. Everything that is written in the subtle worlds of scripture through thought, heart, and will, everything that has been vitalized as a world, will eventually find its way and come to fruition. That is why it is essential to know what you want in life and to give yourself every means to make it happen.

Father Gabriel, can you tell us how to write in the earth that fulfills wishes, because very often we want something, but we think we are incapable of living or achieving it?

20. From the moment you have a well-organized life that is in accordance with what you believe to be right, everything you put on this earth will come to pass.
21. To reach fertile ground, every seed must pass through you. You must be in perfect harmony with the worlds you want to see at work in your life. You must be virgin tools, pure and neutral in their hands.
22. Discipline must be present to bring your life into conformity with the intelligence with which you have associated yourself. Your thoughts, your feelings, your will must be in harmony so that intelligence can touch the earth through you and shape the destiny, the body, the world in which you want to live.
23. You must think constantly, breathe, live, be aware of this intelligence, bathe in its aura, be one with it. All your activities must include its presence and be modeled on what it wants to be.

24. There is nothing else to do but allow this writing to touch the physical plane.
25. There must be no interference, no doubts, no confusion, otherwise the work cannot appear and the energy will remain blocked.
26. The more a person gives form to ideas, to higher writings, the stronger they become and the more capable they are of accomplishing ever greater works

163 Be aware that everything is alive

1. For many Essenes, this year has been challenging, tumultuous, a year of turmoil, of situations that have been difficult to digest.
2. I want you to know that I thank you for your participation in the work of the Essene Nation.
3. Know that the smallest step you take to help the Essene Nation fulfill its mission on earth will be a treasure and a reward for you. Be assured of this, for man does not live on earth alone. Nevertheless, his life on earth is important, and I sincerely wish for you to realize that by clearing the water of your life, you can recover and live now all the blessings of the Essene Nation. Nevertheless, his life on earth is important, and I sincerely hope that you realize that by clearing the water of your life, you can recover and live now all the goods you are accumulating through your commitment, participation, and support for the divine work of the Essene Nation.
4. Know that if you often encounter opposition and cannot find the means to achieve what you want to experience, this is not the responsibility of a higher world. The reason is that, for centuries, humans have closed off their world, and it is now challenging to approach you, touch your atmosphere, and help you in your struggles. The reason is that, for centuries, humans have closed off their world, making it very difficult to approach, touch, and help you in your endeavors and work. If you truly want to walk toward the Light and reopen the beautiful tradition for future generations, you will have to roll up your sleeves and learn to unite, to organize yourselves to put all the odds in your favor.
5. Know that despite the non-divine influences that surround the earth and possess men, I have come again to seal the alliance of the Round of the Archangels and bring you the blessing of the Light. I have completed this year's work by purifying the water and bringing you protection.
6. I ask you, for the coming year, to realize that everything is alive and that whatever you experience in life is never the fault of others. Adopt this point of view to enter into inner strength and emerge from weakness.
7. I know there are sensitive topics, wounds in people that cause a lot of tension when touched upon or discussed, but you must enter into clarity and agree to cleanse certain influences that live within you by putting things in their proper place in order to move toward greater wisdom and mastery.
8. No wound should control your life. Tell yourself that if you are hurt or wounded, it is for a reason. Find that reason and heal it so that you are no longer in a position of weakness.
9. You must know that everything that happens to you is raw material that must be worked and transformed into gold. Everything that happens to you must be guided by wisdom and offered to the Gods of Light. According to this philosophy, this wisdom, nothing is negative in itself. Of course, evil must not be multiplied, because the goal is

to lead everything towards wisdom, which is the supreme good, the perfect body that allows the Father to appear.

10. Any unprocessed matter will lead you to weakness. Any substance transformed into gold will make you rich and strong.

11. Anything not offered to the Gods will be lost. Only gold offered to the Gods becomes true gold.

12. If you do not pay what you owe, you will lose everything.

13. Only the Gods should be honored; men should not be honored; men do not have to be.

14. If you do not understand this law of the transformation of matter, which is the very essence of man's coming to earth, it will be very difficult to teach you the higher laws of a higher world. Before entering the higher schools, you must have assimilated the fundamentals.

15. I ask you to realize that everything is alive and that in life you must take care of what you have, what has been placed in your hands.

16. Take care of everything that has been entrusted to you, for everything belongs to a higher world and one day you will have to give an account.

17. Take care of what you have received as gifts and abilities, take care of what has been entrusted to you, your family, your friends, your surroundings, Mother Nature, plants, and animals.

18. Be beings of kindness and wisdom, with values and gentleness. Take care of what you want to see appear, the noble and beautiful thoughts that you carry within you.

19. Take care of your Angels and the masters who are their antennas in your world. Their role is to tune you in so that inspiration can occur.

20. Remember that "Essene" means "one who takes care of the being of beings: "God."

21. Make sure that the Archangels can participate in the work of the Essene Nation by doing your part, which consists of purifying the atmospheres and bringing the offering of Light.

22. Many people say that the Essene teaching is difficult, because man must question himself and work on himself, whereas he is used to hearing that it is up to God to do everything.

23. The divine world does its part, and man must do his, the part for which he came to earth. You must understand that the higher worlds cannot come into the world of men to do the work for them. If that were possible, everything would be simpler and there would be no worries for anyone, but that is not the case, and it is absolutely impossible. You cannot ask a king or a head of state to sweep in front of the embassy doors. Such a situation is not possible. It may be, but it is impossible, because it would mean the collapse of the entire hierarchy and the triumph of anarchy, stupidity, and disorder.

24. Do not waste your time and energy; stop feeding what is weak in you by rebelling against all these apparent injustices, because there is no injustice in the divine world.

25. In truth, the divine world is justice, order, harmony, goodness, generosity, and wisdom. If it could take human life into its own hands, it would do so, and everything would be simpler, but that would not be right, for there is a boundary that the divine world cannot cross. Only man can do so, and his work is to restore order in the world of darkness. To do this, he must organize himself and free himself from all the worlds that seek to weigh him down.

26. Stop feeding false concepts that will lead you into weakness and nothingness.

27. There is no point in complaining in the face of difficulty or conflict. Instead, you must be proactive and not allow certain influences to approach you, enter your life, weigh on it, crush you, lead you, impregnate you, and seize your treasure, which is destined for the Gods. Above all, do not give them more importance than they have. They have no more power than you give them. Above all, do not give them more importance than they have. They have no more strength than you give them.

28. These dark worlds are not as attached to you as you may think or experience. I say that very often it is you who unconsciously want to keep them close to you; because with them you feel alive, they reassure you, give you consistency, a reason for being, a foundation, and stability. This is the truth.

29. If you want to walk toward the Light, you will have to take charge of yourself, get organized, and adopt new concepts and visions that will bring to life and activate the teachings that have been passed down to you over the years.

30. You must learn to control your thoughts, words, and actions so that you no longer go off in all directions and, above all, so that you no longer hurt others. That is why there must be an organization, a body given to the Teaching, which everyone will respect and in which it will be possible to find one's place for the good of the whole.

31. Balance your feelings so that you are not always oscillating between imbalances, happy one day, unhappy the next. It is not possible to live peacefully and to establish your works in stability if your thoughts and feelings are not in harmony, in balance.

32. Everyone must contribute to the good of the whole and do work with their own hands, from their own source, from their own intelligence.

33. It is not permitted to cause trouble or confusion within the body of the Teaching, its functioning, or its structure.

34. In all respects, the structure and hierarchy must be respected. Otherwise, you will not build any solid work on earth. Everyone must contribute, not to diminish the overall work and organization, but to increase it and make it stronger.

35. You must be of service, not to yourselves, but to a work greater than yourselves. Then you will contribute to clearing the sky of the Essene Nation from the world of men, so that it remains clear to welcome new Essenes without them having to take on the bad karma, the bad creation of all poorly organized and unconscious Essenes.

36. It is important to offer a virgin and pure space for the divine world.

37. I am not saying that you are bad people. I am saying that in many areas, you are unaware of the reality of the worlds and that you need to study and educate yourselves.

You still believe in snake oil that will solve your problems. Of course, such a magic powder can serve as psychological support to trigger a form of concentration, but it is only a substitute. There is nothing truer than being clear, well-trained, and determined to bring about the best in life.

38. Cultivate wise thinking, noble feelings, and a desire to accomplish works in harmony and within the reach of all people.

39. Take action, do it within the Essene Nation. Do not do it in anarchy, but structure yourselves, create an organization and respect the laws. Do not do it occasionally, but build your daily life, your body, your future with the Essene Nation.

40. In this work, I bring you the blessing of Gabriel in the name of the Father of all beings, the primary source.

41. I wish for the Essene Nation to grow and to be able to speak to all beings that are on a path of awakening.

42. Unite and organize yourselves so that everyone can contribute to the good and respect of the whole.

43. Structure yourselves so that everything is consistent, fair, and above all, so that the work touches the earth and lasts.

44. Support your guide, for he needs help, support, and presence to see the work take shape and come to fruition. Make sure that the work satisfies him so that he may be a little more serene in his life.

45. May the blessing of the Covenant be with you.

46. Do not forget that the divine world exists permanently, that is, at every moment.

47. Light is a permanent, living truth, not from time to time, but permanently.

48. The divine world stands in permanence.

164 All beings live in the same water; only who you are will change its effect.

1. There are two categories of people on earth. Some are unaware of the subtle worlds and remain in superficial knowledge, while others aspire to the complete and sacred knowledge that illuminates all worlds.
2. You should know that these two categories coexist in the same world and live a shared life, governed by the same principles, laws, and the same nourishment.
3. Those who aspire to sacred knowledge must meditate on this truth: that all men and all worlds are bathed in universal water.
4. The mystery of this water is great, for it is the very principle of life, of the soul, of Creation. It is not the water that men see, even though it is linked to it, but rather the soul of things and beings, that which surrounds and animates all existence. This water is the universal mediator, the place of influences, of creative forces, where thoughts are alive and active. It is the bearer of intelligence; on a daily basis, it nourishes and directs all men, who live, will, feel, and think in it.
5. Very often, man is unaware of this water and is therefore not the creator of his life. He undergoes the influences at work without any discernment and puts them into action, thinks them, lives them, and creates an environment, a world in correspondence.
6. These are higher intelligences, whose existence man is unaware of, that act through water and man to create certain events and give birth to certain worlds.
7. It is not because some men have awakened to the awareness of these subtle truths that they have been different from others. No, they continued to be immersed in the same water and to receive the same food. They simply became conscious and utopian beings.
8. True divine wisdom and strength appear when man understands that he is essentially an instrument that must carry out the work of a divine intelligence on earth. To understand this truth, man must be properly prepared and educated. The instrument must be tuned, and then it must be connected to the divine source.
9. No man is strong on his own; everything depends on the alliances he has made.
10. If man has united himself in clarity with divine intelligence and begins to take concrete action in his life to lead this alliance to victory and glory, the water around him and within him is transformed. It becomes clearer, purer, more alive, and brings other influences, other nourishment. Instead of enslaving man and rendering him unconscious, it purifies him, enlightens him, and opens up a whole new path of destiny for him. Then, man can see the world from a different angle, with different perspectives and different priorities.
11. The nature of what man carries within him determines what he will become, as well as the environment that will present itself to him so that he may have the means to fulfill himself. If man stands in a conscious and living alliance, water will not bring him the same elements.

12. Water takes on the color of the channel or instrument through which it passes. If the instrument is well tuned, harmony manifests itself. If not, the water will lead man into recycling and unconsciousness, because if the body is no longer in divine alliance, it begins to want to live on its own and give birth to its own intelligence. Such an attitude is not negative per se, but it leads to nothingness.

13. I want to tell you that to walk toward the light of the Gods, it is not enough to have a lofty ideal or vision of the world; it is also necessary that the body, which is the instrument of the worlds, has been properly educated and tuned.

14. Rare are the men on earth who have achieved perfect harmony of intelligence united with the Divinities, of the purified soul and the body become a perfect instrument of the work even in action. These have brought Light to earth and have been accepted as students by the higher worlds after the death of their bodies.

15. Often, men have high ideals, but when water approaches them to inspire them and lead them to concrete realization, it finds itself polluted by their lack of education, control, and unconsciousness; it then becomes imbued with the chaos that pervades the world of man, and all is lost.

16. Normally, divine water should lose none of its original qualities as it passes through man, who, through his self-control, authenticity, purity, and devotion, should raise it once again to the higher worlds.

17. If man cultivated this wisdom, he would see his whole life change; he would see another world appear before his eyes, another inspiration, intelligence, and a whole new future would unfold before him.

18. If man continues to be unaware of this water, he will never be able to have healthy relationships, either with himself or with others. The water of relationships will deteriorate more and more, having no means of renewal. Then man will experience all this as a confrontation, an obstacle, a suffering, a hindrance, a burden, confusion.

This is the sign that shows that water is no longer in the covenant of Light and that man is entering the process of recycling that extinguishes divine life.

19. So, man, pull yourself together and re-enter the living divine covenant. Awaken within yourself a broad and universal vision until you perceive that each being is the bearer of a world connected to the divine origin.

20. By uniting all beings under the banner of common truth, intelligence will become strong among awakened and educated men. Then these men, standing in union for the victory of divine intelligence, will be able to accomplish the work of love on earth by leading all relationships toward harmony and peace.

21. No man is great by himself, and no man can contain within himself all the wisdom of the worlds and lead it to perfect work.

22. Each being is a tool and has its own particularity, its own function in the overall work. Be aware, then, that water is the same for everyone. It is a common good, but it

can also become a curse and an occasion for downfall if you are not careful and allow the great nonsense to enter your life and direct you.

23. Water comes from the original source, but it transforms itself according to who you are, either to grow into a blessing through the covenant or simply to lead you towards recycling.

Father Gabriel, you say that we all live in the same water, even if we are Children of Light, and that it is based on what we do with our lives that this water becomes positive or negative. Is that right?

24. I say that man is the instrument that must be educated and tuned, for it is the way he uses his instrument that makes all the difference and determines what he becomes.

25. If man is unconscious and poorly educated, he will do the will of the intelligences that govern and use the unconscious and the ignorant. If he is conscious and manages to educate himself, he will only partially do the will of the worlds that extinguish the Light, but he will also be able to lead his life toward another goal and another outcome. I say “in part” because today man has very little creative power due to the mass of unconscious people.

26. The strength of conscious man is that he can unite and organize himself to create a reservoir of strength, a place where the water remains pure. It is as if he were accumulating a treasure, a bank in which he places capital that constantly bears fruit. Thus, when he appears before the higher worlds, he will be able to demonstrate his worth. These worlds will see that he has tried to create a body, an environment in which the divine world could manifest itself in purity. Then they will welcome this man and take him as a disciple so that he can continue his progress and his path.

29. I tell you, everything depends on what you do with your life, because that is what writes your future.

30. Your task is to transform the elements of your life through your covenant in order to lead your world and the world to another destination.

165 The key to controlling one's feelings and awakening discernment

1. Developing discernment is a necessity.
2. You must know what in your life is destined for recycling and what is destined for the greatness of a world of immortality.
3. There is a divine part within you, and you must know it, care for it, and provide it with everything it needs to flourish. Without it, nothing has meaning, everything loses its value, health declines, and disorder sets in.
4. What is mortal must be at the service of what is moving toward immortality. Then good order is maintained, and everything in life can gain a higher meaning.
5. Right discernment will teach you how to live. It will show you how to eat, breathe, and think, not only to nourish the body or the subtle senses, but also to grow what is immortal.
6. The physical body is a first gateway that allows us to establish contact and weave relationships with the physical world.
7. Inside the body are the more subtle organs of the five senses, which enable contact with other worlds. And behind the senses lie even greater worlds. But people do not fully understand this, because they often focus all their attention on the physical body alone and neglect the pole of immortality.
8. For example, the sense of taste, which is linked to speech activity, is often underestimated. When a person tastes food, it awakens feelings within them; the same process is activated when they speak. Thus, there may be a feeling of weakness or strength, or a feeling that something is pleasant or unpleasant. You must awaken to all these tastes and feelings, for they are creative forces that color the water that surrounds you and dwells within you.
9. Your feelings affect your thoughts, which are capable of seeking out higher elements that allow intelligence to manifest itself and enlighten the world, giving it meaning. But as a general rule, humans are dead in their thoughts, because they are abstract.
10. The organ of speech gives strength and direction to all energies, but very often man disconnects his speech from the forces that animate him through feelings and thoughts.
11. Speech, like food, produces states of mind within man. These states of mind, in turn, awaken thought and communion with a higher intelligence capable of enlightening man's entire life.
12. The higher subtle worlds do not really listen to what humans say with words, but they look above all at what awakens and emanates from them through the five senses, feelings, and thoughts.
13. States of mind and inner life are fundamental. Is it authenticity, purity, greatness, strength, or weakness that awakens within man? It is based on these subtle criteria that the higher worlds will respond or not to man's expectations.

14. Very often, a man looks at his life and realizes that he has not obtained the result expressed in his prayer. He tells himself that he had been clear, that he had clearly stated and explained what he wanted, and that this should have enabled him to obtain such a destiny. But people lack discernment; they are not educated in the sacred science; they do not know their instrument or the quality of the water that animates it and connects them to certain worlds. So, inevitably, events do not always unfold as they would have wished.

15. Man is unaware of the water that animates his inner life, and his thinking is abstract. Thus, when he eats or speaks, nothing can awaken his inner life, his soul, to unite him with a higher, immortal truth. His words and his life are vain; they do not even enter into him but remain only on the surface of his being. He does not decide his outer and inner life. He is constantly lived by feelings, sensations, perceptions, desires, needs, cravings, and mental, emotional, and physical habits that do not come from his immortal being. Therefore, there is no greatness or truth in his life.

16. Whether he wants to or not, man constantly lives with feelings, emotions, sensations, and perceptions that create a whole world within him and around him, an ambiance, and an atmosphere that are visible to the subtle worlds and that man cannot hide...

17. Depending on what humans emanate through their senses, their inner life, their soul, there is a world, a heaven that approaches them through the law of affinities. It is like when you look at yourself in a mirror: you see your reflection. So, by looking at and observing the water within and around you, you will see that it is a magical mirror that allows you to see which world, which heaven you are reflecting.

18. Man's inner life is determined by what he does on the outside, the way he eats, the way he breathes, the way he thinks about the world.

19. Inner life determines the alliance that man will make with a higher world.

20. If man truly walks toward the Light, he will do the works of the Light and illuminate the whole world.

21. He who is not educated in this sacred knowledge will rarely find harmony within himself, for there will always be a discrepancy between his actions, his sensations, his feelings, his thoughts, and the wise reality of an omnipresent divine intelligence. This discrepancy means that man cannot know perfect harmony.

22. It is not only by educating his mind or mastering his speech that man can unite with higher worlds and succeed in raising what is mortal to the immortal.

23. Thought is an organ that allows us to weave associations and connections with intelligences that give us the power to organize and structure.

24. Speech is an organ that allows us to channel the forces at work, to direct them, to make them precise and effective.

25. Feelings are an organ that allows us to lead everything towards life or towards death.

26. To perceive the quality of the water that lives in and around humans, they need only focus on the feelings and moods they generate around them daily and, above all, on the creative force that fuels their lives.

27. If humans are overwhelmed by feelings that they cannot control or that are not in line with what they want to experience, it is clear that they have a great need for discernment and that they must take stock of their lives without delay to regain control of their being.

28. Unclassified states of mind inevitably lead man into troubled and murky waters, into a psychology that will prevent anything concrete from manifesting in his life.

29. Feelings are similar to the force that drives the horses of a carriage. It is obvious that they must be controlled and placed in meditation, for they can awaken beauty, grandeur, and confidence, but also despair and fear. When a horse begins to be driven by destructive feelings, the resulting behavior becomes uncontrollable. Neither the horse nor its rider will know serenity, the destination of the journey, or its purpose.

30. Cultivate discernment.

31. Learn to look at the mirror of your life by approaching the water within you and around you.

32. Make sure that your moods are not obstacles, but that they become allies. Practice taming them, keeping them under control like a rider and his mount. Then you will truly be able to direct your life, for feelings are a driving force that carries and propels forward those who know how to master them and harness them to the noble task. They are the engine, the energy, the force, the movement that enables everything to find fulfillment and completeness.

33. First, you must structure your thoughts. Then, you must bring your words to life and finally, control your feelings, which are the soul of life.

34 These are the uncontrolled feelings that have often led humanity astray, causing it to commit acts of folly unworthy of the divine world and its good and true intelligence. So develop this organ of feelings through the sense of taste.

35. Cultivate this intelligence, this wisdom, which consists of observing the water of the lake of your soul and looking in its mirror at what is happening in your life, and you will eventually come to truly know who you are.

Father Gabriel, is there a particular method for looking into this magical water that is within us and around us?

36. Meditation is a fundamental virtue; it is an art of living.

37. You must develop an Essene art of living based on conscious observation and meditation.

38. This state of meditation, which allows for vigilance and awareness, can be awakened through study, devotion, ritual, and work. In this way, you will not allow

what is not good to enter you and pollute your water. You will know how to keep outside of you that which brings illness.

39. A negative feeling can approach you and even touch you, but you must be aware of it and not let it invade your entire life.

40. The uneducated person allows himself to be completely invaded, overwhelmed, and possessed by these worlds of feelings without even being aware of it. Sometimes he loves, and sometimes he hates, but in both cases, he is passive and has no control. Whether he loves or not, man wants to remain in these worlds of imbalance, because it gives him the feeling of being alive, of existing.

41. The world of feelings is fusional, it is palpable, alive, and hot or cold; it has a texture so close to man that he understands it naturally, but he does not see it and does not analyze it. In fact, man lives this world and feels that he exists from it. That is why he accepts it, endures it, and often lets himself be carried away by life. You must re-educate yourselves to learn how to master this world, to tame it in order to lead it towards the mirror of reality.

42. Work with the psalms of the Archangels and observe what happens within you when you confront the reality of a higher intelligence. Make sure that your feelings are in harmony with the text you are reciting and that they reflect it exactly. In this way, you will heal your feelings and allow what is noble to grow within you. If, through your practice, you succeed in giving a beautiful soul to the psalms, the psalms will reflect for you a higher world that will guide you in the reality of your daily life.

43. For future generations, I ask you to take back control of your lives and become masters of the world of feelings in the name of the psalms of the Archangels, the Round of the Archangels, and the Essene Nation. Do this, and you will become capable of ruling this world, whereas today you are not its masters, neither within yourselves nor outside yourselves. So take back control of your lives and reconquer this territory in the name of the light of the psalms.

166 Offer freedom to others and you will be free.

1. People on earth seek to know who they are. This is a fundamental quest, but their approach is often passive and unconscious, limited to identifying with the models presented to them. Some are not satisfied with this superficiality, so they try to awaken to a deeper, more conscious, and more inner reality.
2. Memory is a treasure that humans have not yet truly studied or discovered.
3. Memory is a profound mystery that humans can only approach by awakening certain subtle centers within themselves.
4. It is through memory that man can discover who he is, travel through space and time, and communicate with worlds and beings.
5. Memory is alive, but man approaches it only in a superficial way. He wants to know who he is by trying to awaken this being of memory. Very often, he then seeks to identify with illustrious, great, wonderful characters that have accomplished a work or fulfilled a mission.
6. Identifying with a great figure in the world allows one to form an identity, to receive potential, a legacy, stature, and power.
7. Men are shaped by the living memory of the great figures that have marked their history. Thus, when a man presents himself before them as the bearer of a memory, they naturally recognize him and instinctively bow before him, offering him all the means to realize his vision.
8. Of course, it is not enough to be the bearer of a memory; one must also be able to bring about a corresponding world that is viable in the concrete world.
9. Man is searching for his true identity. Fundamentally, he is uprooted, no longer knowing who he is, because he has been captured by a world that deceives him about himself.
10. Rare are those who will proclaim that they have been unbelievers, traitors, evil people who have brought harm and led humanity and the earth to destruction. No, man will naturally try to show himself in a good light by saying that they work for good, for culture, that they are true beings acting in divine and luminous associations. In this, there is a great illusion in the lives of men, a desire not to be in the truth, but only to appear and live on the surface, where there is no value.
11. If you want to enter into knowledge and know the true being that you are eternally, you must awaken your consciousness by awakening in your relationships, in what you do to others. This, of course, requires deepening and cannot be done overnight. It is not a matter of saying that you are a good person, but rather that others must say it for you; it is your deeds and your associations that must bear witness to who you are. It is humans, animals, plants, minerals, masters, Angels, Archangels, and Gods who must decide.

12. Great men have been powerful in evil, accomplishing works of colossal destruction, but you must know that no man is great by himself. If these men were powerful in their works, it was because they benefited from the conscious or unconscious support of a large mass of individuals. This is one more reason to awaken to the true nature of your relationships. To do this, you must ask yourselves what degree of freedom you bring to others.

13. To offer freedom to a being means to allow them to fulfill their mission and rediscover their true memory.

14. Freedom is linked to fulfillment, but also to purity and truth.

15. Today, men say that they are what they do, and that is true; it is a real law. But you must understand that this law has become completely false in the world of men, who have become masters in the art of distorting it. Men have become experts in the art of camouflaging themselves, of disguising themselves, of pretending by adorning themselves with an identity different from the one that lives within them, and that is theirs.

16. Man has given power to this world of illusions that is now everywhere, even in his memory. Thus, you can no longer really trust works, for there too can be hidden the cunning and the art of leading beings into degradation, mediocrity, weakness, and slavery, enslavement.

17. If there is a break between the true inner being, the body, and the activities of the body, man becomes false, he loses his identity, his memory, his path of destiny.

18. Light is a path of awakening, consciousness, truth, and purity. If you no longer know who you are, then awaken yourself in your relationship with others. What you produce in others by yourself or by association, directly or indirectly, is real. But is it freedom or confinement?

19. To be freed from fear, imprisonment, concepts, and the life engendered by the world of men, you must approach my source and encounter the blessing of the divine world.

20. If men live without the presence of the divine, they will be in darkness and imprisonment.

21. The divine world will never lead a being into slavery and will never open paths that prove to be dead ends, leading nowhere, having no outcome, no fulfillment.

22. The divine world prefers that man suffer and undergo trials, provided that he awakens. It will never lead a being or a world into a state of slumber, illusion, or pretense.

23. When I speak to you of freedom, it must be clear to you that it does not mean being free to do whatever comes into your head; no, you must be free to manage your life in such a way as to offer freedom to others, the kind of freedom that brings harmony to all the realms of the Father and the Mother. For if these realms are not respected, how can this be freedom?

24. Freedom can be a dangerous philosophy, for men are not sufficiently cultured and educated to understand it. Very often, for the uneducated, "free" means being able to do

whatever they want, whatever comes into their head, without thinking, without restraint, as if alienation could be freedom? But there is no freedom in stupidity.

25. To be free means to be an Essene, a priest, a priestess, a being who stands in the sacred and universal service; it is a mastery. To achieve this, one must study, be devoted, humble, and enter into a discipline that allows one to offer freedom to others without enslaving or blaming them, without leading them into fear or servitude. An Essene must never keep a person in ignorance or stupidity in order to steal from them, use them, or exploit them.

26. Freedom is in service; it is the very essence of the sacred, divine priesthood.

27. An Essene is a priest, a servant, and as such must be humble, true, and pure; he is a servant of the divine world. Therefore, he cannot judge or lead the world into weakness, slavery, and confinement. He is responsible and motivates all beings to rise up, to be responsible, to awaken, to be conscious, and to become active in sacred service.

Father Gabriel, is freedom not a light that arises within us when we understand something through experience and enter into mastery?

28. Freedom is above all an environment. It is a sacred space in which you can breathe, think, meditate, study, and put your body to sleep so that the higher faculties within it can awaken, allowing it to connect with that which is eternally divine.

29. If you find such a space, a place, a teaching that allows you to stabilize yourself, to give sacred meaning to all your activities, and to conduct them in great harmony; if in this space you find serenity because everything becomes clear and orderly, then you are on the right path.

30. What must be avoided are fear, tension, and turmoil in relationships. Bathed in such waters, you will not be able to find freedom, much less welcome it into yourself to make it grow, to form it into a body of your life.

31. If you want to encounter the divine world, you must make space for it within yourself and also in your life. You must form a body for it in which it can come and manifest itself. Then you must organize your life to live in harmony with this body, for a whole world must be developed around it.

32. Today, the body, society, and daily life that you have helped to create are not conducive to the manifestation of the divine world. There is too much tension, fear, imbalance, illusion, and instability.

33. Freedom cannot be a world or a being that imposes itself by force. It is like a flower that blooms in the simplicity of its being because the universe welcomes it.

34. Freedom only comes if you welcome it by desiring it enough to prepare a place, a space, a body, an environment, a world in which it can flourish, live, teach, and bring its kingdom.

35. If you truly want to free yourselves from the bonds that chain your evolution, be prepared to let go of all illusions that you are exceptional beings participating in a grandiose, good work that is useful to the common good

36. You can be exceptional if you cultivate the fear of God, and not imprisonment and service to the interests of the world of men.

167 The art of subtle relationships that bring wealth in all worlds

1. Many beings approached me and understood the importance of water. They saw that water is the animating principle of the worlds, the soul, but also that which unites the worlds and allows for exchange. So they awakened to the importance of clarity, purity, and truth in relationships.
2. Relationships determine the movement of life.
3. The Essenes were the privileged bearers of this wisdom, and that is why they wore white robes.
4. Unfortunately for humans, it is not enough to know something for it to be true in relationships. Very often, people form ideas and nurture concepts that become abstract, thus missing out on living knowledge. Or they grasp only one aspect of knowledge but do not cultivate the overall vision, the one that allows them to understand the beginning, the middle, and the end.
5. Water is the magical link in relationships, but what is the purpose of relationships? Discussing relationships involves two beings, two opposing principles: a masculine and an emissive principle, and a feminine and a receptive principle. Between these two principles, an exchange takes place, and this creates a world, a movement. Whether this exchange takes place in the head, the heart, or the will of man, the same laws always apply: there is one principle that fertilizes, while the other receives to carry the seed within itself and develop it.
6. For fecundation to belong to the Light, it is essential that the water that unites the worlds be clear, pure, and wise.
7. There is a fecundation, an exchange between humans and nature, the environment, and it is important that they be clear, pure, and harmonious. Then humans can be happy, their relationships pleasant and relaxed, and their lives harmonious. There is also a relationship between the two principles of heaven and earth.
8. Man must not live just to live, but must understand the purpose, the goal of relationships.
9. Relationships enable us to set things in motion, to create, to give birth, to bring into the world. Thus, life is perpetuated.
10. Childbirth is not limited to the physical world; it exists in a much more subtle way in all worlds.
11. There is material creativity, but there is also subtle creativity.
12. The nature of the bonds that unite beings determines the creative force as well as the outcome of the work brought into the world. Today, this creative force is manifested in your world in the form of money.
13. What you call money is the materialization of a much more subtle creative energy that unites beings with one another. If you meditate on this truth, you will be able to

understand how this creative force can direct human life, approach it, shape it, and guide it.

14. Uriel, the sky filled with divinity, and the earth, Mother God, must be able to unite in purity and see the fruit of their union come to fruition. Now, it is through man that this union must be accomplished.

15. Man must be the awakened, perfectly educated intermediary between heaven, Uriel, and the earth, God the Mother. Thus, the seal of Silver is set, and the creative energy that unifies the worlds is made divine.

16. It is not only the individual man who can achieve this perfection, but the man who stands in the covenant of Light, in harmony with the seven kingdoms.

16. It is not only the individual man, who can achieve this perfection, but the man who stands in the covenant of Light, in harmony with the seven kingdoms, all his centers open and mastering his being. Then a higher creativity can appear, connected to a divine intelligence and bringing new energy into the world of men.

17. If man manages to stand in the Covenant and becomes an awakened intermediary, maintaining a pure and clear relationship between all the kingdoms, everything he does in his individual life will expand and eventually be done on a greater scale. Then he will succeed in connecting the world of the Earth Mother with the world of the divine intelligence of Uriel.

18. If Uriel finds a body on earth that is perfectly constituted to receive him, he will bring creative energy and man will be able to benefit from it and thus become a creator in his life.

19. As long as man thinks of creating relationships solely to have a pleasant material life, the covenant cannot be sealed.

20. I say that it is commendable to seek to live well on earth, to avoid conflict, and to establish harmony. But as long as the higher vision is not awakened, it is not possible to approach immortality and understand what the God of water wants through relationships and exchanges. It is not for nothing that water flows from one being to another in order to create a greater world.

21. Humans find it difficult to stand before this simple mystery of water and hear its message because they seek to live in what is false, in appearances, and it is hard for them to be true and manifest themselves as they are.

Father Gabriel, God Water, how can we become aware of relationships and unite them with the divine world so as not to remain prisoners of the world of men?

22. Man must enter into the fundamental discipline of study, devotion, ritual, and work. In this way, he will train and cultivate himself to become capable of grasping subtle intelligence, and the higher vision that gives meaning and soul to all that is contemplated will be able to open within him.

23. This eye is like the water lily that is born of water, that has grown in water, but that stands above water as a universal vision.

24. If man thinks that water is simply a dead element with which he shares his environment and his life, it is clear that he will miss the essential and that his vision will be limited to illuminating only the physical aspect of the relationship.

25. If man knows that in all his relationships he is necessarily either a masculine or feminine pole, he will awaken to a higher consciousness and strive to attract a higher intelligence in order to enter a world of purity. He will understand that by fecundating the earth within and around him, he will be able to give birth to a world capable of touching the earth of Uriel.

26. Energy is what allows humans to be creative and to bring forth the worlds in which they can live and evolve. If humans are clear in their aspirations, their will, and their intelligence, they will be able to direct their lives. But this will not necessarily give them the means to achieve this on earth in an organized, concrete, and obvious way.

27. So, wake up and understand that the water of relationships allows us to enter into greatness much broader than the mere quest for a pleasant life in the physical body.

168 Learn how to purify yourself in Gabriel's water

1. Many beings on earth are afflicted with possession; not demonic possession as defined by Catholicism, but they truly suffer from an obsession that imprisons them in a world.
2. Gabriel's water has the power to purify the entire body, especially when it flows over the top of the head.
3. Naturally, water is colored by the thoughts, understandings, and a higher or lower vision that man cultivates in life. Then it descends into the sphere of feelings and touches the heart, the states of mind. If the water of thought is not pure, it is turmoil that invades the feelings, giving extraordinary expansion to misunderstanding and confusion. The result is suffocation, confinement, and therefore obsession. Descending into the sphere of the belly and the will, which determines actions, the water that has become troubled causes everything to become chaotic, disordered, and meaningless. Then nothing works anymore, as man is no longer bathed in the water of Gabriel, in communion with his soul; he is no longer in the energy and wisdom of Gabriel's baptism nor under the protection of the Round of the Archangels and the celebration of the 4 Worships. Thus, the water that touches his head is polluted, causing the possession of his entire being, even in his actions, which write his destiny.
4. There are countless people who suffer from this disease of possession. In the end, the disorder is so great that even the cells of the body end up devouring each other until the organism dies. This disease is spreading more and more throughout humanity; it brings great confusion and atrophies the subtle organs of man. When a person is in the grip of this disease, their mind is no longer capable of thinking or opening up to higher reflection, because it is obstructed and locked in a state of confusion. When man is in the grip of this disease, his head is no longer capable of thinking, of opening itself to higher reflection, because it is obstructed, locked into a world. Everything that can be said to him, brought to him as arguments, can no longer penetrate him; he can no longer hear anything, much less understand. Only the world that possesses him has access to his thoughts and understanding.
5. When the thoughts of the world descend into the sanctuary of the heart, they give rise to discontent, imbalance, sadness, or rage. This manifests itself as a great metaphysical turmoil, a feeling of unease; nothing is breathable, beautiful, meaningful, or controllable anymore, and feelings go haywire. Thus, when the time comes to act, the energy is no longer available, because all that remains is weakness, fatigue, lack of strength, conviction, or momentum; opposing energies appear from all sides, and man finds himself systematically defeated.
6. I say to you: do not accept to live in this way, but remain in the celebration of the Round of the Archangels, and every year, come and receive the baptism of Gabriel.
7. Study to open your subtle vision, to cultivate noble feelings, and awaken your inner life in resonance with universal life.

8. Know that if you do not enter the waters of Gabriel and receive the baptism of clear purification and liberation of the soul, not only will your life not be in balance, but you will bring imbalance wherever you go.

9. To cleanse yourselves, you must rise to the higher worlds. Only then, when you are cleansed, will you understand how dirty, imprisoned, and possessed you were; you will feel liberated, freed.

10. But I also tell you that the Light is not at the service of man; it is not there to constantly cleanse him of his foolishness.

11. Light is made for man to place it in victory, in greatness. It must be considered as a living God, and everyone must set their gaze upon it to lead their thoughts and feelings into the divinity, beauty, and splendor.

12. Unfortunately, men are not properly educated and often want to use what is sacred for their own well-being, like someone who takes medicine to cure their illness.

13. Men need to be comforted, to feel useful, and to find positive meaning in their lives. Thus, very often, they turn to the Light only for these earthly and mortal goals. They seek only to monopolize the Light in order to bring it into their world, instead of putting themselves body and soul at its service.

14. Man cultivates an illusion because he is afraid to see that his life is vain and sterile. What is the point of getting up, working, and having friends if you do not share certain values, interests, and common goals? What is the point of looking at your life, seeing yourself grow old, and ultimately realizing that, of all that time spent, there is virtually nothing left? If you are truly in these thoughts, stop letting yourself be invaded, possessed, and devoured from within by anarchy. If you do not resist, know that you will truly lose everything, not only your material life, but above all your psychic and spiritual life.

15. Awaken and consciously enter the pure and regenerating waters of my baptism and my school of mysteries. Study my teachings and set foot on the path of purification that leads to the truth of your immortal soul.

16. If you aspire to what is noble and great, then organize yourself to open this path of Gabriel, which allows man to master his internal organs to keep the water of life and the soul pure, clear, and true.

17. Those who let their water wander without any structure of teaching, without discipline, without rules, without wisdom, will end up being possessed, suffocated, and ultimately die.

Father Gabriel, how can we maintain control of the water of our soul and keep certain serenity, a certain peace? In their foolishness, men have created a way of life that is not easy, and very often, external circumstances lead us to cultivate within ourselves the attitudes you describe...

18. Of course, humans have created a lifestyle that is not simple, and that creates confusion; it is a dualistic lifestyle that leads them toward an imbalance between the two worlds.

19. Man is the scourge of balance, and his task is to maintain and nurture two worlds within him and around him without allowing himself to be overwhelmed by either one.

20. In everything you see there is what you do not see. In everything, there is the visible and the invisible. These are two worlds, two aspects of a single existence. You must maintain the balance between these two worlds and never accept imbalance in your life.

21. With water, there is a visible aspect and another that is invisible. If you take into account the invisible, a higher world will necessarily appear above everything else. This world will be an intelligence that harmonizes or creates imbalance. Thus, you will become aware and understand that your task is to unite with the sacred intelligence that places man at the center to balance the scales and bring harmony and peace to all worlds.

22. You must never allow the intelligence that brings imbalance to take over the invisible part of your life and the world. If you allow it to rule your life, nothing will be able to enlighten the world.

23. Light must not be a Band-Aid, a medicine, or a distant hope for those who do whatever they want with their lives.

24. Light is divinity in action. It is intelligence and life much more than you can be yourselves. It is your treasure, and it is essential for you to know what is essential in your existence.

25. If you are unable to receive my baptism, to purify yourselves, to become clear, poisoning yourselves to the point of possession, that is your problem, but at least be aware of it and stop parading around.

26. Acknowledge the facts without justifying yourself, enter into humility and discipline, say no more, take your eyes off what is dragging you down, and turn towards another destiny.

27. Do not use your words to reinforce the worlds that imprison you and strengthen your slavery.

28. Do not let your feelings wander in all directions, for they will eventually carry you where you do not want to go and must not go, to the point of destroying you.

29. Know that your feelings are powerful and that if they are not placed within a framework capable of controlling them, they will be stronger than you and will take you into atmospheres that are beyond your control.

30. So, through conscious actions, structure yourself, stabilize yourself in the sacred teaching by moving forward one step at a time. Do not concern yourselves with what you cannot bear, and carry out what you do to perfection. In this way, you will make your life a solid foundation, capable of welcoming the one who comes in the name of the Eternal One and offering him all the conditions he needs to live with you and act on earth.

31. If you are capable of carrying a world of Light, of giving form to a divine intelligence, do so to the end and stop complaining and seeing events in a negative way.

32. Accomplish what you believe to be right and offer it to the Light as an act of forgiveness for all the offenses you commit against the Divinities that are omnipresent in your life. You commit these offenses thinking you are healing yourself and giving yourself momentum, whereas by making the offering, you will achieve the same result and much more.

169 Spread the word about Gabriel's oeuvre around the world

1. In the distant past, the earth and humanity were governed and guided by true kings of Light, sages, and initiates. These beings stood in great dignity as representatives of the Covenant and the divine hierarchy.
2. In those times, the fundamental concern of men was that God and all the Gods are honored and happy with the lives of men. Their individual lives were not of such great interest; only the satisfaction of the Gods mattered. Men wanted to be united with divine intelligence and be at its service, to give their lives for what was higher, worthy, and noble.
3. Today, you have lost this high culture, these values, and this education. Gradually, your leaders ceased to be wise men, initiates, representatives of the divine world, but merely managers of your temporal, material world. Thus, you lost the eye of Light that allowed you to contemplate the sacred worlds. By looking only at what humanity needed, your leaders put the interests of man before those of the divine world. This eye precipitated the fall of your world, for under its inspiration, you used its creative power to create an environment, a world, and a destiny capable of satisfying all the needs of your body.
4. At first, man thought that if he were placed on earth, he could devote himself entirely to the will of the Gods. But this was not the case, for he was never satisfied. The more power he gave to the realm of death within him, the more his dissatisfaction grew.
5. Even today, man is dissatisfied and works ardently to lead his body to fulfillment. This is a trap, for there is no way out in this direction except annihilation.
6. If humanity focuses all its concerns on satisfying the demands of its mortal physical body, it will rush toward its own destruction, for the body will never be satisfied and will always demand more.
7. What has been fatal for humanity is not only having wanted to master earthly life, but above all, having forgotten why it came to earth.
8. I say that wanting to master the body and its environment is positive if it is accomplished solely for the purpose of serving the will of God and the Great Spirit.
9. Today, what was alive in ancient times no longer exists. The alliance with the divine world has practically disappeared. An abyss, which is now difficult to cross, has been created between man and the higher worlds.
10. Only a return to the original alliance will remedy the situation, and nothing else. If men show that their conscience has awakened and that they now want to satisfy the Gods, then perhaps the higher worlds will agree once again to share their lives with those of men.
11. Today, such an alliance is an abstraction and worse. For example, if a man thinks of the Archangels, he is in a concept that has been fabricated in him by an intelligence that is the negation of the divine world. He identifies the Archangel with an almost material

presence, but this is a vision that emanates only from his physical body and not from his soul and his immortal higher nature.

12. Unfortunately, man can no longer do otherwise than identify with his body, for this is how he has been educated for centuries. He is now confined to a limited vision of life and the worlds. When he thinks of an Angel, he forms an idea, a concept, a representation to which he associates a world that is intellectually predefined. So when he needs help, he turns to this concept, hoping that a higher world will provide the solution.

13. So wake up and engage in study, devotion, ritual, and work. Be aware that humanity is reaching a stage in its evolution, a fundamental turning point, a point of no return. The world cannot survive. It can still be reborn, but for that to happen, humanity must break free from this magical framework that obsesses it and makes it see the world only in the interests of the mortal body, which always demands more. If humans remain imprisoned in this world, in the foolish hope that they will eventually succeed in taming this body by putting themselves at its service, they are mistaken.

14. I say that only that which is born of a pure and true alliance with the divine world can open the doors to a higher world and achieve true evolution, leading beings toward fulfillment and immortality.

15. I, Gabriel, am still present in your world, and I tell you that if humans persist in the direction they have taken, they will inevitably find themselves facing the abyss, and their reward will be nothingness. The world they are building every day will confine them to a state of non-communication, isolate them, even from themselves, and ultimately, they will not reap what they had hoped for. That is why I ask the Essenes to be faithful to the covenant of Light, which unites the worlds in purity and truth.

16. I ask you to honor your commitments before the Circle of Archangels and the Essene Nation.

17. I ask you to establish my school of divine water on earth.

18. I ask you to make me known throughout the world, so that men may know my name, my work, and that I am omnipresent in their lives. Without me, they cannot live.

19. Working with the Essene Nation is of paramount importance to me, for I wish to transmit my teachings and my conscious presence on earth through this body. All those who build this nation, which is my body, will receive the blessing of the divine worlds.

20. I ask you to write a book that tells my story, particularly through the creation of the Essene Nation. I want people to know about the accomplishments I have achieved through the nation of the Children of Light.

21. I do not want men to have a ready-made answer through this book, but rather that they awaken to the fact that a profound mystery and wisdom superior to man have manifested themselves within the Essene Nation. A grandiose, hidden, eternal knowledge has thus been transmitted through certain facts, certain teachings, and certain requests.

22. To find this knowledge, each person must awaken, extract themselves from the world, and recreate themselves by journeying inward until they find the answer through lived experience.

23. This book does not need to be a philosophical explanation. It should just relate the facts as they happened, because through these facts, there is a mystery and a divine writing.

24. Unfortunately, people are accustomed to being given a prefabricated world where they no longer have anything to do, where every event has a ready-made explanation so that all they have to do is sit back and cultivate an illusion of knowledge. But I, Gabriel, want people to awaken their intelligence through effort, discipline, and work on themselves. That is why I ask that everything I have accomplished within the Essene Nation be written down and offered to the world so that everyone may be informed that the alliance with the divine world is manifesting itself once again on earth through specific facts.

25. Behind every achievement I have asked for hides a larger world, a profound meaning, a mystery, wisdom. If you put all these events together, each one will show you that over the years, I have opened a path and transmitted a new way of existence that will allow those who want it to concentrate and create a world outside the world of man.

26. I am not saying that the world of man should be banished, but just put in its place and not given the importance it does not have. This world should not be omnipresent in the life of man, for it is necessary that other centers of interest, other objectives, awaken and find a positive outcome.

Father Gabriel, are you saying that you are the great Archangel who will now influence the life of humanity and the earth, and that this is why we must give form to your wisdom and your commandments?

27. I say that since the dawn of human consciousness, I have always accompanied humanity on its journey toward the Light. I have been present at the origin of all religious revelations, and today I am present in the Essene Nation. This nation is eternal and is in part my work. Today, it manifests itself on earth in a very special way.

28. I want every request I have made to be written down so that men may know them all, meditate on them, and one day awaken to a perception of the whole. Then they will perceive the presence of a divine world behind the creation of the Essene Nation. This will be obvious, for events will show by themselves intelligence superior to man in action. This intelligence enlightens the whole world, all civilizations, religions, paths of destiny, and puts each element in its right place, revealing the great harmony that unites everything into a single whole.

29. Behind every request, every event of the Essene Nation, there is a seed planted in the soil of mankind, an organ that asks to be assembled with others to form the body of

the future man. All cultures that were born of the divine world came into being in this way.

30. Every time I have asked you to perform an act, every time I have brought you a teaching, an indication, a world, it was a seed, a precious element for the future of humanity and the earth. From these seeds must be born high culture, a new religion, a new world, a new understanding, a different consciousness, and a different future.

31. To take care of what has been transmitted to you from the divine world is to take care of the universe and every being. To give it a body and allow it to prosper, to develop, to bear fruit, is to act wisely and enter into the current of Light until you are one with it.

32. What you have seen of the Essene Nation is the smallest part: the seed or seeds. Now, plant them in the ground, and you will see a whole world spring forth and come into being, which nothing can stop.

33. What you see of the Essene Nation has neither sprouted nor appeared, and even less so in active manifestation and external communication. I ask all Essenes to carry out this work, and I say to all women and men who love God through devotion, intelligence, or the will to help the Essenes carry out their work, for understand that this work is not the work of men, but the work of God and His will.

34. So, overcome your differences and limitations and unite so that the work may be victorious and be for the Light, which illuminates and brings comfort to all beings.

35. Realize this book of Gabriel.

36. Spread it throughout the earth so that those who must encounter it may encounter it.

37. This must be written and accomplished.

170 Through flexibility, transform everything into wisdom.

1. Approach the water, look at it, contemplate it, commune with it and it will teach you. For example, it will show you the obviousness of flexibility.
2. If humans could understand that flexibility is a fundamental key to success in life, humanity and the earth would be filled with collective well-being. All beings could find their place and have access to fulfillment. But fear has invaded everything, and humans have distanced themselves from flexibility; they have become tense, rigid, and blocked, like a being suffering from constipation, keeping everything inside and unable to release it. It may seem a crude image, but it perfectly captures the experience of contemporary man. He digests nothing, does not live, he endures everything while being obsessed with an interest that has been programmed into him, preventing him from opening up to another point of view.
3. Why does man not learn to relax and trust in a higher intelligence? Why does he abandon the wisdom and stability of the earth that supports and nourishes him? Why does he not awaken his inner power by standing before the immensity of the sky? Why does he not ask the real questions? Why do they think that they are necessarily a burden, that they are negative by nature, and that they do not know how to do things right?
4. Let man approach the school of water and learn to be true above all else. Let him not hide behind a pretense; let him not conceal his intentions; let him not cultivate division, but let him be whole.
5. He who is flexible does not rebel in the face of difficulty, in the face of obstacles, because he knows that he is in harmony, in accord with the intelligence of the earth and the sky. That is why they accept what comes their way and direct all energies toward the goal they know. Nothing can divert them from their sacred goal because, precisely, they are flexible.
6. Being flexible is an art, a skill, a way of life.
7. There is a world that man cannot control and that falsehood cannot hide. The truth always comes out in the end, revealing what only an appearance is.
8. Thoughts, feelings, desires, words, gestures, and actions are worlds that can be more or less domesticated in order to fit into a mold, into a framework. But at some point, the world of truth takes over, eventually overflowing and revealing the true nature of man. This is how cultivated, well-mannered beings, according to appearances, end up becoming incoherent, at odds with life and common sense, and doing anything. They live in false, abstract, fabricated, frozen worlds, tamed by fear, doubt, and lies. They are even afraid of losing what they do not have, and ultimately they are afraid of everything.
9. Flexibility is a virtue that appears when a person's life has been placed in the hands of wisdom and is entirely devoted to the loving service of a higher intelligence.
10. If man does not trust the earth and the heavens, he cannot be himself; he cannot know the beginning, the middle, and the end. He will not have the energy or the

intelligence to truly be who he is and to manifest it in the world of man with purity and clarity.

11. To be flexible means to be truly oneself, to know who one is, and to be able to remain so in all circumstances. This requires wisdom, strength, education, and tradition.

12. Man must not only know who he is, but he must also know what he has to do with all the components of his being, know his mission.

13. Fundamentally, there are no virtues or imperfections, only beings that are connected or disconnected from the Source.

14. What man is, he is, even though there are many ways of being and manifesting it.

15. Man cannot be anything other than what he is. He may be false, at odds with his own being, out of step, but that does not detract from what he is. Living as yourself in a world where you are taught to be something else because you are made to believe that it is better is a path that must be traveled with flexibility and not with dictatorship and violence.

16. Man is on a path of transformation. He must go from what he is toward that which he is; it is quite a journey. Transforming oneself means asking one world to make way for another, and that is not always easy. Negotiation must be done with flexibility and never by force. The method of force may work, but it can also destroy everything.

17. Know that life is written anyway. This does not mean that you should let yourself go, because flexibility is not weakness. No, if you know how to be flexible, you will find that opposition often turns into intelligence and invites you not to be stuck in life, not to suffer the dictatorship of fear.

18. Many fail in their mission on earth simply because they remain stuck in concepts and beliefs. They cling to them desperately, justifying themselves, fiercely asserting that they are right and that their way of seeing things is correct and consistent. They are like water that refuses to flow, remaining firmly attached to the bank. And if something moves to the right or left, panic sets in, and everything becomes tense, the atmosphere is stifling, actions violent, dialogues distorted and aggressive. Everything is already written for man through his daily actions; so why get so tense? Where is the wisdom, where is the education?

19. Man no longer even knows that he is writing his future on a daily basis and that the present determines the events that will come to visit him...

20. Know that in your world, flexibility is a blessing that allows many virtues and benefits to manifest themselves. It brings awakening, balance, the desire to work on oneself, and to communicate with others with simplicity and lightness.

21. Knowledge of oneself and knowledge of others are the precious gifts that flexibility bestows.

22. Flexibility is rooted in the stability of the earth and the wisdom of the Mother, and flourishes in dialogue with the intelligence of the heavens and the love of the Father.

23. Being flexible means being resilient in the world of men; for today, it is the opposite virtue that is imposed, to the detriment of humanity.

24. You must understand that you should not live and fulfill a destiny out of obligation, but rather because it is the consequence and culmination of a world to which you are connected.

25. To be the extension of a world and lead it to its fulfillment is to be on the path of flexibility.

26. To obey blindly and do things only because they must be done is to be a soulless machine.

27. Flexibility is a virtue of the soul.

28. No dictatorship can last, because if people do not receive information in an intelligent, flexible, and free manner, the truth will eventually come out at some point; the water will eventually overflow, thoughts and feelings will emerge from their slumber, and discontent will sweep everything away.

29. Life must be lived and understood as the consequence of everything that has been created previously in the subtle worlds. No man can desire something and immediately manifest it in perfection. First, there must be a whole process of maturation, of digestion, which takes place over time in the subtle worlds.

30. A thought is an impulse, but it is not necessarily a world that builds. For construction to be possible there must be a whole environment, associations with elements, a whole organized world, like the organs in a body; each organ must be put in its place, with its particular function that contributes to the victory of the whole.

31. You must know these laws if you want your life to be a work offered to the Light. Then you will be able to walk on the earth with flexibility and lightness, bringing the primordial momentum and keeping the flame alive so that all the worlds within you and around you contribute to the realization of your life's work.

Father Gabriel, how can we remain awake and flexible in our lives? Sometimes influences pull us to the right or to the left, and we need discipline to pull ourselves back. If we let ourselves go, who is acting within us?

32. Flexibility does not mean an absence of discipline or structure. You must be flexible within a structure and an environment. That is why I spoke to you about Mother Earth and Father Sky; they are a sacred grounding, a framework.

33. Flexibility represents the health of the body and mind within this framework. The body needs the wisdom of the earth and the mind needs the love of the sky. Man must live in harmony with these worlds within him and around him.

34. If man is well educated in the school of earth and sky, if he is in harmony with what he thinks, what he believes, what he feels, what he wants, and if he walks in this direction, there can be no conflict or imbalance.

35. Conflict and illness arise only when a person carries a world within themselves and acts contrary to it.

36. Man must not conflict with himself; he must be whole and complete.
37. A world that does not allow man to be whole brings degradation, disintegration, debasement, depravity, and dispossession.
38. Man must be educated in the school of earth and heaven. He must study and awaken the three centers of intelligence within his inner being: thought, heart, and will. He must know what idea governs his life and conform to it. If his head goes in one direction, his feelings in another, and his will in all directions, he will be unwell and encounter misfortune. Being unable to manage his life, he will abdicate his being, his destiny, his heritage, and place himself entirely in the hands of worlds that do not necessarily have his best interests at heart.
39. Leading people to become dependent and enslaved is not education worthy of the name; rather, it is misinformation and distortion. As a result, they lose control of themselves, their destiny, their environment, and their living conditions.
40. If a person is honest and in harmony with who they are, a whole world will fall into place around them in the subtle realms so that they can fulfill their mission in the reality of the earth.
41. If a person is in opposition, it means that there is confusion and disagreement in their life. Then violence, austerity, dictatorship, and conflict appear.
42. I ask you to cultivate flexibility within the Essene Nation through the 22 arcana that embody the 22 commandments I have given you. Through this practice, a new writing will appear in the body to awaken the mind to higher perceptions. Such practice is fundamental.

171 Restore the religion and the tradition of Light

1. Man must be aware of the river of tradition in which he evolves. Whether he knows it or not, whether he wants it or not, man lives carried by a current of tradition that connects him to worlds, identifies him, and makes him a collective being.
2. Everything humans do in their lives, absolutely everything, whether in thought, word, or deed, has a collective dimension. Everything carries a seed and a power of fecundation, and therefore of creation and transmission.
3. Ideas, influences, and energies are constantly being transmitted and acting. Transmission is the very principle of life. Transmission constitutes tradition, either a living tradition that begets the religion of Light, or a dead, unconscious tradition that extinguishes the Light.
4. I say that man does not have only an individual life, but also, necessarily, a collective life; he is associated with physical worlds as well as with subtle influences. The nature of these associations influences him, not only on his destiny, but also on those around him, near and far.
5. Each association becomes a record in the life of man and is inscribed in his cellular memory, then transmitted to his descendants. All these acts are in the physical body, but also in all the subtle bodies, and are then transmitted in various ways throughout all worlds.
6. Man thinks in a certain way, he adopts a way of life, and this ultimately has an influence on the earth, plants, animals, men, destiny, souls, spirits, and life after death.
7. Know that everything man does is connected to greater influences and becomes a script that takes on a particular form and will be passed on to future generations as a burden to bear or a blessing. They will receive this legacy and strive to use it with the means at their disposal, but whatever the case, they will have to live with it. This is why it is essential to be aware and to choose what will be passed on for a positive future for humanity and the earth.
8. Today, many people close their eyes unconsciously, but also deliberately. They no longer know what to do; they no longer feel the strength to intervene to rectify a situation that is beyond them. So they enter into passive acceptance. Some appear to be active, but this is an illusion, because the energy they expend is directed toward passive acceptance.
9. More and rarer are the people who receive a legacy of Light, a direct transmission from initiated parents, awakened to ageless wisdom and possessing divine capital to pass on. Today, it is the legacy and tradition of the human world that are being transmitted and that write life with force. Be aware of this and balance this writing in such a way as to restore the tradition of Light in your lives.
10. Make the tradition of Light a truth, a force, a legacy that is passed on, and that realigns human life with the necessity of a divine religious life that respects the higher laws of intelligence and the immortal soul.

11. You, the Essenes, have a fundamental work to accomplish, for you must reconnect with the higher divine intelligence and restore its religion on earth, its tradition, its life force; this is a legacy that you must pass on to future generations as another way of life.

12. What you transmit to the earth, to the sky, to animals, to plants, to minerals will also be your destiny, your future, your future body, your being, your memory, your soul. Thus, depending on what you transmit, you will be welcomed either into a world that will bless you, or into a world that will await you with hostility and opposition.

13. Enter into what is right, cultivate dignity and honor, and bow down to give birth to respect for divine laws and call upon the wisdom that is greater than human life in your heavens. Through this attitude, you will open doors and find partners who will help you build tomorrow's world in perfect harmony. Of course, this will not happen in 1, 5, or 10 years, for the dark legacy that weighs on the head and shoulders of man is heavy, very heavy. You will therefore need time, patience, and perseverance, but tell yourselves that the decision and commitment must be made today. If you understand this, you have a unique opportunity, and you will not have come to Earth in vain.

14. In one way or another, unite around the Teaching, do not let go of the rope of the Round of the Archangels, and work to ensure that the religion of Light lives and grows on Earth.

15. If you have come to Earth, it is so that a new world may emerge. Therefore, understand that it is essential for consciousness to open up and reveal the reality of the subtle and magical bond that unites all the realms of creation with the inner life of man.

16. Man has a great responsibility, for depending on the direction he gives to his life, he either brings the light of the Gods to all kingdoms or extinguishes it, leading them into darkness. Today, unfortunately, the predominant direction extinguishes the light of the Gods, and much work is needed to remove this writing.

17. Minerals, plants, animals, humans, Angels, Archangels, and Gods are totally absent as magical writings within man. These worlds exist in man and around him, but they are extinguished. Even the earth and the sky are abstract, empty of the deep meaning that allows us to utter the living words "Father" and "Mother." That is why you must put in place a structure that will allow you to rekindle all the lights within you, the knowledge, the meaning, the beauty, the harmony, the truth of a more just life, filled with soul and immortality.

18. All kingdoms must be alive within you; they must have a body within your body, a place, an importance, a connection, a correspondence in your life. In this way, each world will be able to take its place in the world of men and work toward a happy destiny. Then a new culture, a new impetus, a new religion of Light in the service of the divine world will be able to emerge.

Father Gabriel, are you telling us that we must take care of life in all its manifestations, that we must give strength, soul, and intelligence to all things through our inner life awakened at the source of the divine world? That in this way we will stand in the sacred current of the true religion of Light that unites all worlds in man? That then man will

become the guardian and representative of the authentic, primordial tradition on earth and will transmit it in purity to future generations? Is that right, Father?

19. I say that today you have strayed from the divine tradition, that you have left the sacred stream of life, and that you will inevitably pass on to future generations that which extinguishes the Light and imprisons in death.

20. I say that today the reigns of the living covenant no longer exist in your inner life. That is why they cannot manifest themselves in your outer life and in your actions to impregnate the future. Your priority must therefore be to restore the religion of Light on earth.

21. If you do not open this door, the Light will no longer have the possibility of having an environment, a setting in which to manifest itself and bring wisdom.

22. Know that if you do nothing, only the writings of the world of men will be passed on. But know also that it is better not to live than to pass on such a legacy, for it would lead creation into extreme suffering.

23. So take courage.

24. Clear yourselves from this world and make way for the Light so that humanity can manifest a new way of being in the world.

25. Cleanse yourselves, move forward, open a path, and be certain that others will continue what you have begun and make it grow in beauty.

26. If you are not able to pass on to your descendants a sacred impulse toward beauty, the sublime, the grandiose, it will be weakness, and you will close all doors to those who come after you.

27. If you become aware of the Tradition, of the continuity, you will understand that your role is fundamental.

28. Humans stand at the border between worlds; it is through them that the past becomes the future. What they do today determines what will live or die tomorrow. That is why I want the Essenes to be aware of their value, to take care of their circle of tradition, and to be committed to nurturing and strengthening their soul family.

29. May wisdom, awareness, respect for the future, and Tradition take a big place in your life so that you take care of them every day.

30. May the desire to pass on to the earth and to humankind a sacred heritage that will keep the Light shining throughout the centuries grow in your soul.

172. The mission of the chosen ones is not a luxury but a responsibility.

1. My blessing is present in sacred spaces, in temples, symbols, scriptures, rites, and works of the Essene Nation. I bless the Circle of Archangels, the 4 Worships, the Essene Villages, the study of the Teaching, the application of rites, and study circles.
2. When love comes to you, you must be ready to recognize it, accept it, and welcome it. The same is true for the Essene Nation: not everyone can approach it.
3. To recognize this wisdom, one must have worked on oneself for many lifetimes and understand that it contains the means to close one path and allow a new world to emerge.
4. Only those who already carry this light within them can find it again and be able to follow it. All it takes is a word, a song, an atmosphere for them to regain their memory, awaken, enter the current, and never let go of the rope.
5. Some will just approach, others will enter, but the chosen ones are those who will truly seize this opportunity and commit themselves to the current to make the journey to the end.
6. Those that become active have rediscovered what they know. So the Essene Nation becomes just a means for them to associate with a very specific world and receive the elements necessary for the continuity of a path begun long ago, in other lives.
7. The Essene Nation is a space opened by the divine world to enable souls who once desired to walk concretely in high culture to reach their goal.
8. All the necessary elements have been brought together in this space, and you must be aware of this. May those who truly seek the light within themselves now understand that everything they need is here. For the others, there is no problem; they can come closer to prepare for their future or move away to continue on their path.
9. Let the chosen ones know that they must not remain between two worlds, otherwise they will be weak and crushed.
10. Do not doubt your inner feelings and what speaks of eternity, for therein lays the precious; it is the little flame that must be protected and valued, for it can illuminate your whole life with a new day.
11. If you have awakened, you must choose the world in which you want to live, then you must build that world, bring it into being through your choices, your actions, and your works.
12. If the Teaching has awakened a distant memory in you through a symbol, a song, a dance, a word that has resonated within you like the echo of your soul, then seize it, do not let it go.
- 13 Do not let the spark of the sublime be extinguished, but focus and set to work ardently.

14. The mission of the Essene Nation is to open a new path for another humanity. To do this, it must write a whole world on a territory, on souls, so that people can settle there, live there, study there, understand and act by manifesting a new way of being in the world. Thus, a people may appear on this territory, a consciousness, a culture, a vision, a way of life, a determination born of the primordial and eternally pure tradition of the Children of Light.

15. In all that you accomplish, you must remain faithful to the first impulse of the Light within you, which has rekindled the flame of the memory of that which is ageless.

16. Encountering the Light involves adopting a new way of being in the world, of seeing, thinking, feeling, and living. It is a necessary transformation that must be more or less gradual, but which may shock the old world in which you lived. You must then necessarily detach yourself from certain affinities that were holding you back, free yourself from ties that no longer correspond to your new energy and your new orientation.

17. To nourish the Light within you, you must necessarily be free to manifest yourselves as you are. But I warn you that this is a perilous exercise, a difficult moment in the life of those who follow the sacred discipline.

18. Always be therapists, act in harmony, without ever hurting, wounding, creating debts, misunderstandings, or conflicts. Settle what needs to be settled with wisdom, love, and the power of truth, leaving nothing behind that will ever remind you of it again. Do things well so that you never have to return to them.

19. The year of jubilee was a very special year during which the Essenes who were present received a fundamental sacrament. Those who were capable were then asked to truly walk through a door and let go of all the weight they had been carrying for many years, even for several lifetimes.

20. A teaching, a sacred mystery, was then transmitted to you, and you must study it and shape it in your lives so that you can transmit it in return.

21. Whether or not you have succeeded in this passage, wisdom will arise within you, and when the opportunity presents itself again, you may be ready to truly and consciously enter the path of service and consecration to the divine world.

22. If you want to enter through the door, you must be light, for that which is not divine is not invited.

23. To be able to work in the service of the Light, you can only rely on your own abilities, your skills, your connection with the higher world awakened within you, your conviction, your will, your life. Above all, you must not be weighed down constantly and held back by a past that would place you in the weakness of being between two worlds. You would then experience permanent dissatisfaction and would have to wait many years to finally awaken and realize your work.

24. May each Essene who holds the rope of the Round of the Archangels become aware of the connection with the Angel.

25. The Angel is the connection with the soul, which is the eternal, immortal individuality manifesting itself in the body and earthly life. Once awakened by the

power of the body of the Essene Nation, of the sacred space opened up, it will be able to speak to you through sleep, inspire you, teach you, and transmit to you all the elements necessary to build together the world of tomorrow, for it is in union, in community, that this world must appear.

26. Be living souls and know how to unite through the power of truth and purity in order to form a single being in the community. Thus will be born the nation capable of carrying the Light with one voice to reveal a new path and restore the tradition of Light as it is and not as men would have it be. Then there will be healing for all kingdoms.

Father Gabriel, are you saying that the Essene Nation is a new civilization, a new religion brought by the divine world to give birth to a new humanity?

27. The Angel-Man carried by the Essenes must appear in the world.

28. In the future, a growing number of beings will be able to enter the subtlety of the worlds. A great danger awaits them, for these worlds are not what they imagine. One must not enter them passively, unprepared, uneducated. These beings will become mediums, seers, sensitives, but instead of bringing the light of intelligence to triumph, they will bring bad writing.

29. Know that clairvoyance does not consist solely of having visions, but rather an intelligence that brings meaning, wisdom, a connection to history, and above all, that leads everything toward a concrete, real goal that is beneficial to all.

30. If you enter this path, if you encounter this clairvoyant intelligence, it means that you have encountered the Angel-man of the Essene tradition. Then, everything you see in a subtle way is intelligent, brings meaning, soul, illuminates worlds and situations, and leads everything towards a beneficial, harmonious, healthy outcome.

31. All those who perceive without understanding the meaning, without living, without committing themselves, are as Moses defined them: profaners who allow themselves to speak saying they do so in the name of God or the Light.

32. So, yes, the Essene Nation will be the land of Angel-men, who through their education will fecundate and engender the new world.

33. All men who want to live with their souls will be led to have contact with the subtle worlds, and Essene wisdom will help them cross the worlds of illusion and perdition; it is like a man who must cross a river, he must first learn to swim.

34. The task is great, for today there is no longer any education to learn how to live with the divine worlds. In their ignorance, men mix everything up, believing they know everything about everything. But in the end, they get caught up in the currents, they drown or are devoured by animals they did not even know existed. Worse still, as they are devoured, they think they have reached the goal of the divine world.

35. Those who have been educated will realize the greatness of the divine intelligence that fills all creation, for their inner senses will open in purity and they will be able to see, understand, live, and act.

36. Today, the Essene Nation is supported by the kingdoms of the Archangels, the Angels, and the three kingdoms of God the Mother. It is up to man to find his place in this alliance and to enter into creativity.

37. All kingdoms have recognized the path of the Essenes as the only one worthy of opening a happy future for all.

173 Do not concern yourself with the world of men; serve the divine world.

1. Originally, man was an intermediary between a higher world and lower realms. Man's strength lies in studying, understanding, and harmonizing these three worlds. But man chose the path of weakness, removing the higher world from his studies and attention and considering only his own realm and those below him. He placed himself at the summit of creation.
2. By obscuring the higher worlds, man has lost the criteria, the elevated perspective, and the means of comparison that could restore him to balance and maintain it.
3. Man's weakness is that he has only himself or the lower realms as a field of investigation. Looking at himself, he tells himself that he is different because he thinks in a certain way, has certain principles, and lives in a certain way. He ends up thinking that he is a superior being, which is normal since he only compares himself to those who are below him. And if the Light has entered his life and enlightened him, he is proud to be who he is, convinced that he has managed to rise above the average and is therefore walking a noble and dignified path. He even takes pleasure in believing that he is superior to humanity in general, to animals, plants, and minerals. He imagines that he has nobler values, which he is cultured, educated, refined, that he has a superior vision. He does not understand that this light that illuminates him comes from a world that is superior to him and that he uses it only to try to improve his mediocre little life as human beings. The divine world looks at humans who believe themselves to be superior and sees that they revel in their illusion of greatness that they like to navel-gaze and feel superior to others. Faced with such an attitude, the divine world observes that man is ill-mannered, that he has not understood the secrets of harmonious living and has failed to grasp the essential: that he is part of a whole and cannot extract himself from it.
4. Man is in the image of the intelligence that created the world. This intelligence is always comparing, not to learn, but to try to take power, to place itself above others in order to enslave them. It wants to take what others have in order to ultimately place itself on the throne as the supreme dictator.
5. To fulfill himself, man must live for the whole, and it is not by being against everything that he will find the power he covets. This power is an illusion that leads to nothingness.
6. Man is part of a story, and depending on the role he takes on, his life becomes dark or divine. Man is afraid of darkness, but he is reassured by the divine, by the idea of God. So he puts the divine above everything else as a sterile abstraction and puts himself at the service of darkness, saying that it is for the common Good.
7. The divine should not be an abstraction, but an illuminating point of comparison, a fundamental component of life and a creative force that builds.
8. There is only one thing you need to know in order to walk with the Light: how to transform a lump of clay into a sculpture, into a work of art filled with meaning,

which acquires an existence, a soul, and becomes capable of speaking to others, educating them, guiding them, inspiring them, becoming visual, intellectual, and physical nourishment for humanity.

9. Do not believe that you have reached the peak of what you can be in your thoughts, feelings, and creative power. In truth, you are immersed in a limited perspective that conditions you and confines you to one world. There are other worlds within you and around you, but you do not take them into account because you do not perceive them.
10. In your world, you understand that you must think in a certain way in order to be in harmony with your environment. So you educate your intellect and your sensitivity in this direction. You adapt by adopting attitudes and behaviors, modeling yourself after the existing mold in order to fit in like everyone else. In this way, you shape your body and your destiny by selecting between what is vital and what is secondary. Then, you focus only on what seems essential to you.
11. Most of the time, this whole process happens instinctively, and few people control their own destiny. Influences and intelligences greater than man act in his place and shape him according to the needs and trends of the moment.
12. It is wise to understand that man is nothing by himself, that he is only an instrument destined to be used by powers greater than himself, whether they be light or dark.
13. The only freedom that some men have is to choose with whom they will unite.
14. If a man enters into the tradition of Light, he will be able to participate in the transformation of the world in order to bring forth a magnificent work of art.
15. What you are in the invisible worlds, you become in the visible worlds. What you manifest in the physical worlds, what you generate, create, establish, and above all what you heal, is representative of the beings and subtle worlds with which you live daily. These worlds open the doors to a higher divine intelligence or confine you to the sterile and false belief of a dignified and noble man on earth.
16. Wake up!
17. Why do you think a higher world would act differently from what you do to animals, plants, and the earth? What you do yourselves shows which worlds you have united with.
18. Man has placed himself above everything else. Extinguishing the sky of intelligence, he has enslaved the earth to satisfy his own dream of supremacy.
19. Through its blood, the animal is the bearer of the breath and soul of a subtle world. But this sacred world has been placed in such a state of slavery that today it is practically extinct. The wild animal no longer exists, so to speak; it is compartmentalized, spied on to the point where it can no longer act freely.
20. So ask yourselves questions and become true individuals. Think differently, remove yourself from the masses, from the eyes of others, and from this intelligence that enslaves and drives everything into a restrictive model.
21. Today, if animals are enslaved and led to destruction, it is only because humans are too.

22. Do not build yourself with the models and creative forces of the world. Withdraw from this world, not to condemn or abandon it, but to discover a new way of seeing, thinking, feeling, acting, and living.

Father Gabriel, are you saying that man should not decide the fate of the world, but be merely a servant of the divine world?

23. Yes, that is right. This thought is the quintessence of ancient tradition, but today it has become an abstraction in human intelligence and speech.
24. The divine world is not another world in which we can imagine anything, think anything, and ultimately invent anything we want.
25. Humans are champions at cultivating illusions, at creating universes of fantasy. They make the Angels, Archangels, and Gods within them speak, but it is always to justify their mediocrity and make themselves more noble, dignified, and great. They want to use a higher world to have an additional argument that legitimizes their reign of terror. But this is only illusion and psychology.
26. If man places himself as a disciple before the teaching of the Light, he will understand that he must educate himself and that it is necessary to work on himself, for the path requires transformation.
27. Accomplishing a divine work is an obligation, not for the benefit of man, but as homage to the Gods. If man's work is divine, it is the Gods who will inspire and guide him; this is a key.
28. Men only speak to disguise themselves. They say that they act in the name of the intelligence of Good, while living a life and accomplishing works that are the opposite of Good.
29. Who is under the illusion: the divine world, which is eternally pure, or the world of man, which constantly seeks to justify its imperfections and the work it does not do?
30. So let man enter upon the path of service and consecration, for what is essential is not his comfort and well-being, but that he fulfill the task for which he was created as a man: to be an awakened and conscious instrument so that divine intelligence may touch all the kingdoms below him.
31. If man makes the higher worlds abstract and insubstantial, he isolates himself and withdraws from life. Then he does not fulfill his task and deprives the higher worlds of their instrument, the organ with which they can act in the world.

174. True wealth leads to serenity.

1. In all things, people seek wealth. Whether internal or external, wealth is an ideal or a state of being that allows people to achieve a certain form of serenity.
2. Wealth, when lived well, is associated with serenity.
3. If people seek to achieve this ideal of wealth through force, intense desire, or determined will, there is a good chance they will not succeed. Wealth cannot be conquered in this way; it is above all a state of being and a certain way of looking at life, people, and the world.
4. Whether through a tree, a flower, the sky, or a certain atmosphere in nature, if man knows how to appreciate what is beautiful, grand, and rich around him, while being in a serene, stable meditative state, with his body placed in an environment of rest and calm, the world that offers true wealth will come to him.
5. Man experiences poverty because he has lost essential virtues, the meaning of life, and awareness of the greater harmony. He believes that what enables him to create a beautiful destiny and a rich, serene environment comes from outside himself.
6. If you want to be rich, learn to stop the whirlwind of your life so you can see what is happening around you.
7. You will reply that you know people who are not serene and yet are rich, have everything they want, and succeed in everything they undertake. You can call it what you like, but know that it is not wealth, it is just a means of making a world flourish and grow. Everything these people seem to have does not belong to them, and when they pass through the veil of death, they will have nothing left.
8. If external wealth exists, it is only an extension of what is truly within a person and will remain so, even beyond the veil of death.
9. Know that if a man is rich on the outside, yet constantly seeks greatness, splendor, and wealth within himself, everything will be taken from him and given back to the king of the world of men, who does not take into account the individual lives of men, but seeks only to use them to build his world.
10. It is therefore essential to live, appreciate, and above all, open up space within yourself, your home, and your surroundings to welcome all these worlds that bring and embody serenity.
11. Many beings who are not interested in the appearances of the outside world are rich on the inside because they live in harmony with who they are. When they contemplate life, beauty, and the richness of the world, they appreciate them and feel rich in their perceptions and harmonious relationships with the divine higher intelligence that illuminates everything and is a marvel.
12. If you do not know how to cultivate this connection and enter into this communion, know that you will lose not only your inner wealth, but also that which appears on the

outside. Whatever you do, you will always be poor and waiting for an illusory wealth that will turn into a great disillusionment on the day of your death.

Father Gabriel, are you saying that external means are only there to help inner life?

13. There is an external world that distracts man from his inner source and an external world that nourishes splendor within him. It is up to man to organize his life so that everything external becomes a foundation for awakening, nourishing, and welcoming the divine.

14. Man is in gestation, and from him must be born a world destined to bring wealth, splendor, and glory to the higher intelligence.

15. The external world is there to awaken man and stabilize him, but through his inner life, man must lead this world into divine, immortal wisdom. Then a mystery of beauty can appear, and through man, richness can enter the world, illuminating it with soul and intelligence and bringing everything to life.

16. Of course, external means can help to achieve this sacred goal, sacred, but there must be life within man, and that life must be in a process of awakening.

17. If there is nothing within man, everything outside him will serve only to help him live in the present moment of the body and will be perceived and used in that sense. Thus, when man loses his body, there will be nothing left and he will be destroyed, he will no longer know how to live because he will have no ground on which to stand and rebuild himself.

18. I say that external wealth is good when man is good inside. If this wealth is only a world of objects or tools that one manipulates outside of oneself, without any connection to a sacred purpose, it is not negative, but one must simply know that man will emerge even poorer and will not have gained the means to live in a higher world. He will try desperately to find this sacred world again, but he will no longer have anything within him that will allow him to attract and welcome it.

19. This divine world of wealth only approaches man if he finds the right conditions to grow and prosper. If man has become poor by losing all his value, nothing will come to him except the world of decay.

20. You just have to wake up, study, and know what you want to do with your life. Do you want to live only an earthly life during the time you have been given? Or do you want to live a life greater than death and leave this world taking with you a world of intelligence that you will have made fruitful and with which you can continue to live to grow and prosper in eternity?

175 Is man's destiny predetermined?

1. You men have ideas about everything. You create concepts and impose them on your surroundings. You cultivate superficial knowledge and like to have an opinion on everything.
2. You like to feel intelligent because of your own vision and your own ideas. You create a world that reassures you with your intellect, and you shut yourselves inside it.
3. You also want to possess things, thinking that this is the goal of life and that it will bring you peace and serenity. This is the image of the man who works hard all his life, telling himself that when he retires, he will be able to live with love, truly being himself. He tells himself that he will have acquired land and that he will be able to settle there to live, flourish, and grow. He idealizes a future; he wants, he desires, he projects himself into an imagination and an understanding that he nurtures within himself. So, throughout his life, driven by this dream, he will focus, make efforts, work, organize, and structure a world in order to experience this moment, this longed-for instant that he seeks above all else. He looks at a car and finds in it what he is looking for, or a house, a man, a woman, a family, a certain lifestyle... In fact, he projects the images and concepts that drive him onto the outside world and seeks to live them out in order to free himself from them.
4. What man does not understand is that it is not he who has decided on his concepts and desires. He is not the one who organizes his life, and he is not even the one walking this path. I want you to wake up to this truth and understand that from the moment you come to earth, there is a whole world preparing for your arrival; there is a conception, but it is unconscious.
5. If you are conceived in unconsciousness, you will inevitably have an unconscious destiny. You will be uprooted, separated from who you really are, because you will have been created by a particular world that has prepared a mold into which you must fit.
6. There was a time when a child was born, it was dedicated to an intelligence, to a God, and all men knew that its destiny was linked to this Divinity. So, everything was put in place for it to achieve this ideal.
7. Today, people believe that the subtle worlds are dead and barren and that they alone are the decision-makers in their lives. Thus, children are conceived and born in unconsciousness, and their destiny is written, but no one knows by whom.
8. Whatever man does, he always falls back into the pattern that has been written for him. Of course, there may be changes, variations, but fundamentally, man's life is written, and whatever he does, he can only increase this writing or diminish it if it is negative. We must therefore learn to act before the writings appear and become fixed.

Father Gabriel, are you saying that whatever we do in life, we are dedicated to one world? Are you saying that even by participating in the work of Light of the Essene

Nation, we are under an illusion, because we are part of a much larger world whose existence we are unaware of due to our unconsciousness and lack of culture?

9. This is a complex subject that requires careful consideration. Cultivate a holistic view of life. You have a body, but there is also a subtle world within and around the body that must be taken into account. It is this subtlety that animates the body and writes the destiny of man; it is what gives him his qualities and gifts, what makes him valiant, enthusiastic, combative, pure, great, noble... All the virtues that man can acquire come from the presence of a subtle world. This can be positive but also negative. So there is a writing that appears in the body and determines destiny.

10. The soul always comes to write and present the purpose of its coming into the world, but if no one hears it or takes it into account, it cannot truly place its seal on the body and its destiny.

11. Only initiates, Gods, and great masters have been consciously created for centuries. When a master incarnates, the soul simply finds a body that has been properly prepared and shaped by a community, a tradition, an environment, and a space in which its birth is directly linked to and dedicated to a divine world.

12. You must study these laws and learn not to be captured by this unconsciousness that wants to take hold of your destiny. If you cultivate consciousness, you will be able to bring good to the earth, for everything you undertake will bear fruit.

13. You cannot change your destiny, but you can help a being of Light to live theirs. In doing so, you will be able to transform many aspects of your life by associating with and supporting a true and pure cause.

14. Stop thinking simply as individuals, for that is a weakness. Think of yourselves as part of a whole, as part of a collective narrative that is linked to the creation of humankind on Earth and its evolution.

15. Consciously choose the community with which you want to walk, breathe, think, and live, the one you want to support on Earth.

176. The Seal of Money and the Secrets of Creative Energy

1. I came to the temple to renew the seal of the Covenant and enable the Essene Nation to continue its journey toward the divine world.
2. A great work must come to pass, and for this to happen, the four pillars that support the throne of the Eternal One must be established and stabilized on earth. That is why, when I came, I placed the seal of Money in order to put a magical inscription on the pillar of Uriel.
3. Now, the four seals of the four great Archangels, which bear the four letters of the Name of God, are placed and activated on earth. This will become a great strength and a source of happiness for all Essenes, present and future.
4. In the accomplishment of any work, it is necessary that each step be well accomplished so that everything is stable and under control. At each step, the writing appears clearer and clearer, and the Essene Nation becomes an obvious solution, a path.
5. It is our destiny to inscribe magical, divine writings on the earth in order to weave a link between heaven and earth and to seal the perpetual covenant through the fulfillment of rites and their understanding maintained in purity. Thus, from the four Seals placed and activated on earth, a whole world must appear, a divine worship, a celebration, a new way of being in the world.
6. The Seal of Uriel seals the Covenant, for money is the materialization of the great creative energy, the whole work enters into a new energy and a new creativity. This energy brings forth worlds and leads them to fruition. What man carries within himself is what he creates. Thus, it is the totality of the work that enters into a new energy and a new creativity. This energy brings worlds into being and leads them to fruition. What man carries within him in the hidden, in the subtle, can appear, take shape, and become fruitful, active, and powerful in his life.
7. What touches the world of forms enters into the elaboration of destiny.
8. Faced with such power, it is obvious that man must be well educated in order to carry within him the divine world and not the madness of the world of men. This is where the whole problem arises, for when men seize this power; it is the stupidity that lives within them that becomes concrete.
9. Thanks to the seal of Money placed on the earth, all those with good intentions, all those who have united their intelligence with the teachings of Light, and who have clear thoughts, noble feelings, and pure auras, will be able to fulfill their destiny much more easily. For others, it is perilous, for it is obvious that a thought that becomes creative when it is not clear is inevitably destructive.
10. For the weak, the ill-bred, those who are not rooted in the Teaching, it is obvious that life will become more difficult because the creative energy will increase weakness and impurity. It will engender confusion, turmoil, a feeling of inconsistency, and will

lead everything into nothingness. These people will no longer know what to do and may be lost.

11. Man must not be ignorant and unconscious when approaching the divine world, lest he fall into madness and perdition.

12. Therefore, let those who approach the four great seals of divine worship and the creative energy of Uriel truly be in association with a divine world in purity.

13. It is essential that the immutable divine light dwell in your works and your life, and that you are not motivated solely by human will.

14. If you are solely in human will, you will also have human thought with all that accompanies it, such as egregores, genies, and subtle worlds. Now, I tell you that these associations, whether negative or positive, are not welcome.

15. You have a great deal of work to do in terms of education and purification, because you still carry within you certain forms of darkness that will need to be clarified.

16. In any case, it is a great victory that you have managed to create a world capable of containing these four seals and activating them. This is a milestone that has been reached and allows you to move on to the next one. It took you two years to stabilize this creative energy, and now you will progress.

17. The New Year will be marked by clarity. What is clear will become obvious, and what is unclear will cause great turmoil. So be clear to avoid turmoil.

18. Learn discernment, see both sides, the light and the dark, and always synthesize before making a decision. In this way, you will remain on the path of creative light. Do not act on the semi-conscious impulse of your head or your heart when there is conflict and turmoil within you or around you. No, you must be in harmony, in union, in balance in all your centers before you act.

19. There must not be the head on one side and the heart and creative energy activated sometimes by one, sometimes by the other. No, the evidence must arise within you like a higher inspiration that leaves no doubt in your life.

20. I solemnly bless all those who, in one way or another, have made it possible for this work of the 4 Seals to see the light of day. I especially bless those who remain steadfast and faithful and who never question their commitment to supporting the work of the Light, the Round of the Archangels, and the Essene Nation.

21. It is through your loyalty and steadfastness that the work can be accomplished, step by step. You are true parents, and I congratulate you. Thanks to your dedication, your continuity, and your perseverance, the Light will be able to take shape and finally speak and act in the world of men.

22. For others, those who support the Light only when they have time, everything will be more difficult. Either they commit themselves now to an activity that supports the energy at work in constancy, or they drift further and further away, eventually losing themselves in the fog of the world of men.

23. Now that the four Seals have been placed and activated, it is clear that the Essene Nation is embarking on a decisive path toward the realization of a new culture.

24. It is thanks to your collective work that the Seal of Uriel could be placed. This is a beautiful contribution to a humanity of Light and a land in harmony. For this contribution, you are honored.

25. Receive my blessing, my enthusiasm, and my purity in the water of your relationships. May the water that flows between you be pure and angelic.

26. Be gentle, warm, and kind to one another, and love one another beyond your differences.

177. Be steadfast in the work, for it is good and just.

1. The alliance of Light is once again sealed between the divine world and the Essenes.
2. I have come to open the way for continuity. Thus, the blessing of Light is upon the earth through the work of the Essenes.
3. Thank you all for this work, for your participation, your study and your devotion, your individual and collective commitment.
4. You are the blessed Children of Light who, once again, are opening a path for humanity and the earth.
5. Be proud, for the Light always comes from the people and the tradition of the Essenes.
6. In your era, where everything is desacralized, such an alliance may seem totally utopian. But those who take the trouble to study the wisdom of the mysteries transmitted over the centuries will see through all the symbols and the work accomplished by the contemporary Essenes that everything is in accordance with this eternal wisdom. Everything is brought to perfection, and one day you will be able to offer this magnificent work and bring it to bear at the judgment. For remember, everything is counted, weighed, and measured, and each person will be rewarded in proportion to their deeds.
7. Be proud to participate in this work of the Essene Nation, for it is a divine work. But the work is not yet complete, and the Essene Nation must continue on its path, evolving, building itself, organizing itself, structuring itself in order to become a living body on earth in the service of divine intelligence. Then, truly, the Light will be able to speak and manifest itself through this living organism that will be the Essene Nation; it will be the victory of love and higher intelligence.
8. You must be aware that you are participating in a work greater than yourselves, which will be continued by others. Thus, nothing will be lost, but there will be continuity. This is why it is essential that your thoughts be clear, organized, and calm so that you can truly begin the work and the task.
9. By carrying out the work of the Essene Nation, you are structuring and forming your own body.
10. Be aware that you are still in preparation. So, even if you can see some results and concrete works appearing, know that it is essential not to stop along the way. You must persevere and continue to move forward because, I tell you, one day, perhaps soon or perhaps far in the future, depending on you, your life will be lighter, and you will experience spiritual, etheric, and even physical abundance. Such is the destiny that awaits you, for you have planted the seed of Light on Earth, which will grow, blossom, and bring you abundance. But until the work has blossomed, you must continue to work intensely.
11. Be constant and persevering, for the work is just and good.

12. For your commitment and loyalty, receive my blessing of Light. Through my blessing, I offer you all that a man can receive that is great and good. Please accept it and keep it.
13. You have contributed to the development of my Gospel. All the benefits that will come from it will be reflected upon you if you remain faithful.
14. I relieve you of your unnecessary trials, but have the wisdom to remain focused on your work in the Round of the Archangels, on your study, your devotion, the performance of sacred rites, and the work of the Essene Nation.
15. Even if you are physically separated, remain united in thought, heart, and magical action.
16. Unite in true brotherhood through the work of Good.
17. You must show all humanity that a path of Light truly exists and that it is possible to follow it. For this, it is necessary that you be pure and authentic.
18. Beauty is seeing men and women supporting each other in a work greater than themselves.
19. Share moments of joy and happiness. Work should not be a contrariness, obligation, or exhaustion, but rather a joy in seeing the work of Light appear, step by step. It is already a reward and a satisfaction to be able to participate in a path of Light and in the accomplishment of a work through concrete achievements.
20. In the name of this work in the divine will, I bless all those who were present, one by one, and I offer them peace and enthusiasm, Light and serenity.
21. May your steps be delivered from darkness and set foot on the path of elevation, ennoblement, and greatness.
22. May there be moments in your life when peace and serenity come to your aid, and at other times, it is energy and creative will that drive you.
23. As long as you are serving the work of the Essene Nation, you will be protected and surrounded by the great light. So, show wisdom and hold on to what is precious within you. Do not squander your treasure through ignorance or carelessness.
24. Bless the light that illuminates you, teaches you, guides you, protects you, balances you, and gives you the means to achieve what strengthens and nourishes what is precious.
25. You must have the intelligence to preserve the treasure of life, to maintain it, to make it flourish by giving it all the means to live among you.

178. Are religions divine?

1. Why do religions die out? Why do humans not maintain a pure connection, a living alliance with the divine world through the message of religions? These are the questions that have been asked.
2. You must study and understand that everything that lives in the world of humans has a birth, a development, and an end. From the moment religion becomes human; it necessarily enters into the same process. Each religion is destined for a particular era, and then it must disappear to make way for another era and another religion, a new revelation of the divine world. If humans want to preserve what is dead at all costs, it means they want to live with mummies.
3. Of course, in all religions that have been structured in the world of men, there is the essence of true religion, that which is divine and immortal. This religion is hidden, eternally pure and alive, and never truly comes into the world of men.
4. Only a few beings, having awakened certain higher centers within themselves, have been able to rise to true divine knowledge and bring a few drops of it to mankind. They understood that this knowledge was life, that it illuminated the world; they then used it to build civilizations, engender cultures, and create common works. Thus, men received the mystery of the divine worlds through Religion, but instead of keeping the knowledge pure, they always did everything they could to bring it into their world of death, which ultimately extinguishes life.
5. The divine world does not concern itself with religions, for in its eyes they are human creations and not divine. They are like shadows capable of reflecting a higher reality, but not of accessing it.
6. Know that the divine world has never spoken to men; it has spoken to chosen beings who have managed to rise up to it by bringing to life within themselves the eternal tradition of Light.
7. The divine world is generous; it is goodness and harmony. When one approaches the divine world, everything is given, but one must be in accordance with the Light; this is an obligation, for the divine world is wise and just.
8. The chosen ones who reached the border of Light wanted to allow humans to participate in this splendor; so they instructed them and taught them the rules of life. Humans, with their good intentions, tried to preserve this light as best they could, but not being in the living covenant, they ultimately allowed death to triumph.
9. Men do not understand that the Light is another world, which is not meant to live on earth. But the Light can nevertheless remain there through the renewal of forms by the covenant with the divine world.
10. The mission of every man coming into this world is to renew his body and the elements that constitute his life in order to lead everything toward the Light. Such is the essence of the divine religion.

11. You are made up of four bodies and also ether; this is a subtle point. First, you have an earth body, which fuels the actions of your physical body. Around and inside this earth body is a water body, which contains your thoughts, feelings, and will; it is also with this body that you constantly exchange and weave relationships with your physical and subtle environment. This water body is itself connected to an air body, which connects you to the universal, to the collective, through all the conscious or unconscious associations of your life. Finally, there is the fire body, which contains within it the life and essence of true religion. From this fire, Light can be born and fill the world with forms of force and intelligence.

12. Unfortunately, humans are not educated in this sacred knowledge and thus direct all the energies of their lives toward that which extinguishes the Light. They are determined to live in the physical world and put their earth body exclusively at the service of this world. They forget that there are much greater, universal, divine subtle worlds that live within them and are just waiting to be put into action. This is a mystery that you cannot truly understand. My words escape you because you live in a world that extinguishes the Light.

13. The great beings who brought the religion of the Light had simply opened their inner centers to awaken to higher aspects of life. All men possess these subtle organs within themselves, but they are dormant.

14. Thought, feelings, and will are organs of perception, communication, and action, but you no longer perceive this because you live in a world that confines everything to the physical body.

15. If you want to approach the religion of Light, you must awaken the subtlety of the higher worlds in relation to the organs and functions of your body and your life.

16. Then, through your thoughts, feelings, and will, you will be able to approach Gabriel's mirror, that is, the magical water that awakens consciousness, reveals things, and allows man to see himself through all the subtle centers and bodies that are active within him and around him. You will then be able to perceive the higher intelligence at work through all the activities of your life. You will become clear, capable of discernment, and thus able to bring order and restore harmony. You will enter into wisdom, and through it, you will build yourself a body greater than earthly life, a body of immortality.

17. To attract the best elements to build this body, you must learn to live consciously and subtly with the elements around you. The four elements correspond to vibrational states within you and around you.

18. You must not live solely in the coarseness of the mortal body, but you must truly associate each of your organs with an element and lead everything toward the fire and light that illuminate and bring life.

19. You have become unaware that your capacity for action comes from the planet Mars; that your emotional sphere is linked to the planet Venus; that your capacity to say "I," to feel that you are separate individuals, comes from the presence and action of the Sun.

20. If you awaken to this subtlety through the organs of your thought, your feelings, and your will, you will enter the universal dimension of your being. You will become increasingly aware of the influences that come to you and act through you, either to unite you with your inner flame or to distance you from it and extinguish the Light within you.

21. He who lives with the fire of his true being knows who he is. Thus, when he lights a flame outside himself, he brings forth the God of fire and mysteries. Through him, it is a higher intelligence that performs the act. Then the Divinity can live with man, and man no longer lives only with his body, but brings into being a higher dimension of life.

22. Such a person can change the destiny of humanity and the earth, for when they think, feel, and will, they are in harmony with nature, people, and the stars. Thus, they can create a vast current in which people can live in harmony.

23. No individual work can achieve greatness unless it has touched the community and entered into universality.

24. When a person receives a glance, a word, an impulse from outside, it generates a wave, a movement within them. Either their feelings open up to welcome this movement, or they close. But in any case, these flows and refluxes are always orchestrated from within, without man being truly aware of the subtlety that approaches him and animates him.

25. If man approaches the fire within him, he will know what life and death are. He will feel that he is alive, that every day he burns his capital without really working to bring about a higher world. He is like a candle that burns to light up a world without substance and eventually goes out. Will this candle have passed on the flame?

26. Become aware of water and you will be able to open yourself to the subtle influences that come to govern your life. Open yourself to what is greater than the visible world and become aware of it.

27. Find the reason that makes you think in such a way, that makes you live in such a situation. Awaken the fire of consciousness and life and build yourself another body born of pure light and not only of earth and death.

28. Develop the art of meditation, concentration, and movement. Be delicate and precise in what you undertake. In this way, you will learn to become awakened creators who bring forth a new world through the subtlety of your intellect, your heart, and your will through your devoted bodies and lives.

29. If you light a candle, you see its light shining and you know that it will eventually go out. But you cannot see the elements within it that animate it. Light does not appear out of nothing. It is a divine world that exists before it appears. The candle's flame merely reveals it.

30. That which lives only in the body and for the body cannot be divine and enter into a living covenant with the divine world.

31. It is not because you light a candle that the divine world is present. It is only when man stands in the Covenant that he can call upon a God in the fire and open a higher path even for the candle.

32. Through discipline, man must no longer think with his body, but by awakening within himself higher concepts that do not come from the body. He must enter the universal mirror that is water in order to know who he is and what he must do with his life. Then he will be able to change his way of being, his associations, and above all, take control of his life, because today he is content to let it slip away.

33. If man becomes a Divinity, the great religion of Light will come into the world to enlighten it. But if man is not a Divinity in the service of the Gods, nothing will be divine, even with all the religions of the world, for man will continue to give himself body and soul to the world of death.

Father Gabriel, are you saying that even though it is not visible, everything inside man, such as thought, feeling, or will, is taken over by the world of death and diverted from the divine world from the moment man is no longer conscious and has not accomplished the work of education and consecration?

34. I tell you that today your internal organs are governed by physical life, which extinguishes the Light and gives supremacy to death.

35. In perfection, your internal organs should be inhabited and animated by a higher world that lives beyond the physical body. Physical life is only there to serve as a support for a higher life that resides beyond temporal forms.

36. You must educate yourselves through study, devotion, and the performance of sacred rite and the realization of the works of universal wisdom to restore a higher dimension to your life.

37. Unite with universal teaching in order to heal your mind, your heart, your will. Enter into a life greater than your mortal self. It is only in union with the community of students that you can generate a regenerative force that will carry you away like a wave.

38. This force appears when beings unite around an idea. Then energies can flow and the force becomes powerful, for it is no longer the will of men that is set in motion, but the collective force of a movement of awakened souls.

39. If you manage to act impersonally for the good of humanity and the earth, you will be inspired and you will enter into greatness. You will become capable of understanding and feeling what is truly right and good for all people.

40. Each of you can enter this path of greatness. All you need to do is be impersonal, unite in a community of awakened souls who are determined to work toward the same goal. Then you can call upon the Gods and put yourselves at their service by creating a body, an organization capable of being an instrument for the cause of the divine worlds.

41. Know that if you live only with your physical body, you will encounter weakness.

42. If you want to walk the path of Light, you must take all your bodies into account and live with them. In this way, you will not lose your inner flame, and you will not let the light that must eternally honor the Gods and remain alive through all cycles be extinguished within you.

179 Rediscover your true worth and build the world of tomorrow

1. It is certain that man is a wonderful creature, but he himself does not suspect all that he is capable of accomplishing and all the worlds that live within him and through him. Thus, man can become a mediocre being, but he can also attain unsuspected greatness.
2. The environment in which man lives is even more impressive than man's own abilities, for it offers him all the favorable conditions for encountering the divine on earth and living with it. Unfortunately, most of the time, man does not see this and wonders where to find the path, the elements, and the conditions for being in harmony with the divine world. To this question, I answer that man is a creator, in the sense that he participates in Creation. But he carries within him a discontent that often leads him to destroy what is essential, great, and noble.
3. Man is naturally attracted to what is noisy, to the false lights of existence, to everything that gives the illusion of life, of being autonomous, of being able to live without the divine world. But he does not perceive the greatness hidden in silence, in what is discreet, simple, hidden. This world that attracts and seduces him prevents him from perceiving its beauty, all the gifts he has received, all the blessings that surround him, all the friends who are there for him, ready to support him; he no longer sees the beautiful and great life that longs to meet him, to awaken him, to fulfill him. All this is humbly hidden in the nature that surrounds man, but he does not see it because he has taken another path.
4. Nature is a living world in which man can find all the elements he needs to rediscover the divine source and live in harmony with it. But man has turned away from this goal, he has extinguished everything within and around him because he has begun to seek what cannot be found, because he has placed greatness where there is none; he pursues a world that can never exist, but to which he nevertheless gives a semblance of existence through his creative force. More than that, man has not only extinguished the Light, but has entered into a process of systematic destruction of everything that disturbs him. Despite the obviousness of this observation, men will reply that they are not like that and that they have never done such a thing.
5. Yes, men are skilled at advancing under cover, hiding behind appearances and arranging the truth to suit themselves. They speak of beauty and grandeur, but they carry discontent within them. They cultivate destructive energy so that the subtle worlds of bliss and fulfillment cannot approach them.
6. Man stokes the fire of his thirst for illusory existence until he becomes arrogant and dictatorial. He is capable of committing the worst simply because he believes he is within his rights.
7. Man never takes the time to approach his Mother, living nature, and seek counsel from her great and universal wisdom.
8. Nature is a loving, wise, living Mother who will advise man to protect him from the encroachment of evil.

9. Man must turn toward what is true, just, and good, and turn away from what is illusory and leads to suffering.
10. Naturally, man knows that nature is a loving Mother, a common good that must be preserved. But the power of seduction pushes man to want to live by himself and leads him to become a destroyer of all that is worthy and noble.
11. It is not necessary to speak of a divine world, for it manifests itself naturally to the consciousness and perception of those who live in accordance with the laws of nature. Such a being thus rediscovers the essential values that not only bring him a simple and fulfilled life during his passage through this world, but are also capable of opening a greater path of communion with increasingly subtle worlds. Then man rediscovers the path of the Gods, for he is part of the divinity, but he has forgotten it.
12. I tell you that the world of destruction and illusion is now so powerful, insidious, and subtle in human life that it will be difficult for you to awaken in both worlds. Thus, making the separation that leads to discernment and clarity will become increasingly difficult.
13. You must truly choose the life you want to live and the world you want to be associated with because these worlds are in opposition and it is not possible to reconcile them.
14. There is a world that aspires to destroy everything that can lead man to the beauty and royalty of his being, and a world that still wants to speak to man to show him the way to what is essential, greater than anything else, and which leads to immortality through wisdom.
15. So you must consciously choose the world in which you want to live, and then do everything possible to walk the path you have decided to follow. But above all, do not underestimate the world of illusion and do everything you can to escape it and arm yourself against it, for even those who have certain sensitivity and a subtle education are invaded and possessed by it. So they take refuge in psychology, striving to put a mask on all manifestations of life so that everything appears to be in conformity.
16. Rediscover the essential values of life. Just because humanity is leading you in one direction do not mean you have to follow without thinking. You may say that you will be out of step with the world. No, because it is those who cultivate illusion in their lives who are prisoners of their world. So they secretly wait for the moment when they will see a free being in front of them who can help them out of their cage, not to build a new cage, but to truly learn to be themselves.
17. If no one dares to be different, no path can open up. It is not necessary to speak of an abstract divine world, but it is essential to show that there is humanity and a living nature that are also a school of wisdom. If man enters this school and rediscovers certain essential values, he will naturally reconnect with the divine origin and the sacred source, about which nothing can be said.
18. As long as man lives in illusions, enslaved by seductions, driven by machinations whose sole purpose is to have a mortal existence, a so-called identity, everything will die within him and he will only be able to feed on the bread he is given. He will no longer have the means to discern what is essential in his life.

19. So study, meditates, and organizes yourselves to rediscover what man is in his original purity. Reconnect with water, air, earth, and fire. Cultivate positive energy and build a framework, an environment that will allow you to live and grow in wisdom.

20. Be serene and develop harmonious relationships in all worlds. Be vigilant against intelligences that bring turmoil and disorder and lead you into disharmonious relationships and unnatural reactions.

21. Naturally, you must work for the Light and imbue your activities with sacred value.

22. Naturally, you must strengthen your love for others, for family, community, exchanges, and social life.

23. Naturally, you must be who you are: generous beings, powerful creators who bring abundance, well-being, sharing, and the beauty of life to all.

24. Naturally, you must cultivate the magic of fair relationships, respect for the earth, trees, and oceans. All of this is a common good that you must take care of.

25. What you are doing today to the earth does not belong to man; it is not human, and you must become aware of this in order to dissociate yourselves from it and open another path for all to see. What you are doing today, you are doing in association with an intelligence and worlds that do not love the environment and the human condition. This intelligence seeks to destroy the divine capital that man possesses in order to live on earth while journeying toward the Light.

Father Gabriel, ultimately, are you telling us that men think and believe they live in a system organized by them, when in truth they are not ruled by men or by human intelligence?

26. I say that man has atrophied all the sacred values that were supposed to protect and guide him. Thus, he no longer has a sense of proportion, discernment, or comparison. He no longer knows what is good and therefore cannot separate it from what is not. He is attracted by all kinds of glittering trinkets that promise him a semblance of existence. So he abandons everything else, everything that is essential and true. He thinks he will find what is fundamental in what flashes before him to lure him. He believes that through what is superficial, he will find the fulfillment of his deepest being.

27. Just because we appear to be alive does not mean that we truly are.

28. Fundamentally, man is a creation of the divine world.

29. Therefore, he carries within him primordial goodness, but he has strayed from this path.

30. If you truly want to retrace your steps, you must create a new humanity. To do this, you must rediscover essential, universal, eternal values.

31. You cannot be dressed in glitter and respect the earth, living with your feet planted firmly on it. These two worlds are not truly compatible, and sooner or later, they will clash. You will have to choose, because you cannot master and fulfill yourself in both. You will live in one or the other, but managing both is very difficult today, too difficult for humans to see the subtlety of the deception and lies of the life that surrounds them, invades them, and possesses them.

180. Feelings, the key to all collective power

1. You increasingly understand the mystery of thought. It is always positive to study and awaken in the subtle worlds. Thus, you now understand that thought is alive, that it is connected to egregores, genies, and spirits. These worlds are alive; they constitute your heaven, inspiring you and prompting you to act. You understand that these worlds are governed by affinities, writings, and alliances that are motivated by weaknesses or by the strength of will.
2. There is the world of thought, the world of feelings, the world of will, and finally, the act that brings the seed into the womb of the Mother.
3. In a way, thought individualizes you, but it is quite different for feelings, which lead you towards the collective, the community, the union with the other.
4. Men will say that feelings often lead to misunderstandings and misinterpretations, like water that is not really clean and clear. Indeed, feelings should not be abandoned by thought.
5. Thought must be connected to a higher intelligence to transmit to feelings a structure of Light that will guide them.
6. To be powerful, feelings unite and form a collective that acts; it is like a wave that grows and ends up carrying everything away in madness or in Light.
7. Water and feelings are organs, beings, worlds that are in correspondence. Both seek union in order to act, because they do not like to be isolated.
8. The world of feelings is essentially a collective being, like the ocean and the waves that run through it. Thus, it is enough for one inspired man to utter a word to inflame an entire crowd. Then everyone listens to him and vibrates in unison with him, inwardly agreeing with him and ready to follow him. They adopt a new point of view, change their behavior, their attitude, their life, simply because the word has entered their hearts and touched their feelings. This creates a wave that sweeps away all theories, certainties, and concepts in its path. And if this wave grows even larger, it can sweep away an entire people and even humanity itself.
9. Certain men who wanted to seize control of the world government knew this secret of the ocean, the wave, and the hearts of men. They knew that by creating a thought in the sphere of feelings, they would create a wave capable of sweeping away humanity and the entire earth. This is why men who try to convert others often use feelings, the forces of the heart, and arguments that touch and stir the inner life.
10. Be aware that the feelings generated every day and every moment in turn generate powerful currents or small waves. These currents eventually combine to become a phenomenal force that can sweep away everything in its path.
11. When people are weak, poorly educated, unaware, and uncertain, they are easily swept away by the emotional waves that can wash over them. Then their whole life is called into question, nothing works anymore, and everything inside them is disrupted. This is why it is important to study, to wash yourself in the pure water of the Teaching,

and to receive the Essene baptism every year. This sacred rite of baptism shows you the need to be vigilant and demanding about the quality of your water in your feelings.

12. Do not allow certain feelings or behaviors such as discontent, confusion, lack of dialogue, misunderstanding, fear, or doubt to take root within you, for they will form small waves that, uniting by affinity with a great current, will eventually carry you away and distance you from your destiny of Light.

13. Do not underestimate these forces and remain faithful to the Teaching, walking in discipline and respect for the divine laws. Do not underestimate these forces and remain faithful to the Teaching, walking in discipline and respect for divine laws.

14. The Essene baptism is a divine writing. When a person receives it, it leads them toward purification. This then changes the writing of their life and, above all, cleanses the water inside and outside them so that they can structure themselves and avoid, one day, being swept away by a wave of collective madness.

15. The Essene baptism must be received once a year, during the celebration of my feast of Light and Love.

16. Every year, the Children of Light will honor the source of God and receive the Essene baptism as a sign of the divine covenant.

17. Throughout the year, the Children of Light will strive to keep the path of Light pure by entering into the conscious and sacred study of the Teaching, in devotion, the performance of sacred rites, and works to honor the Gods and the Father-Mother.

18. Practicing purification and meditation exercises is part of the work of Light.

19. You must learn to keep your body completely still, to control your movements, to awaken your mind, and to breathe deeply. This discipline, taught within the tradition of Light since its first revelation, purifies the ethers that surround human beings.

20. To awaken the wave of wisdom and great harmony, man must know how to control his instrument and place his body and life in great calm.

21. It is not in agitation and lack of self-control that purity and clarity are awakened.

Father Gabriel, are you saying that, in fact, the world of feelings finds its power through the water of the community and in the universality of beings?

22. Water does not seek individualization but mass. If, tomorrow, the Light enters the world, all those who have prepared themselves to welcome it and who are immersed in this context will receive its blessing, its clarity, its openness. This law is real in all worlds and it also works for madness.

23. It is enough for one being to desire something and to be surrounded by an entire environment of beings that awaken the corresponding feeling within themselves for all to be carried away by the wave thus generated. If this wave is madness, unconsciousness, stupidity, they will all find themselves on the shore without having understood anything of what has happened to them. When they wake up, they will

wonder what they have done, why they have ended up in this situation, which has stripped them of everything and left them with nothing. That is why it is essential to cultivate study within the Essene Nation. Then, you must purify yourselves every day so that your relationships are fair, clear, true, and based on the divine laws transmitted by the Teaching. Thus, when the wave of Light passes, you will be ready and no being will be abandoned, for there will be a collective bond that will unite and protect you.

24. Understand that those who love the Light cannot be separated and must serve the Light.

25. It is unclear who says he loves the Light but does not think and act according to the laws of the Light.

26. You must first unify within yourselves and then unite with the community, the nation that serves the Light. Then, when the Light comes, it will carry away all those who have an affinity with it.

27. Understand once and for all that you cannot be separated. You will be carried away to worlds of madness or wisdom depending on your affinities.

28. Free yourselves from misunderstandings, conflicts, and discontent, which generate bad vibes in relationships; this is a necessity. Pull yourselves together again and again, purify yourselves, and work on yourselves until you manage to straighten yourselves out. In this way, you will be worthy of Gabriel's water, and it will be able to live with you in purity, clarity, and truth.

29. Know that one day, if you are not prepared, a wave will come and sweep you away, carrying you against your will to places you did not want to go and stripping you of everything.

181 Be stable, faithful, and true like nature

1. You need stability in your life, a foundation that supports you, a faithful and true world around you; this reassures you.
2. You can find this world in living nature, because through it, the divine world speaks to you. It teaches you through flowing water, blue skies, and majestic trees.
3. Nature is a book of higher knowledge that you will understand if you learn to read with your soul.
4. Nature's first message is one of stability, faithfulness, and truth.
5. The earth, the elements, plants, animals—all are stable and faithful. They are true, and you can count on them.
6. I want to convey this vision to you because the divine world above you also expects humans to be stable and faithful, and to be reliable.
7. Humans want stability because it reassures them, comfort them, and calm them, but they do not want to give stability to a higher world.
8. Men are the intermediaries. The divine world cannot approach the earth if men are not stable and faithful before a higher intelligence.
9. If you want the Light to become powerful in your life, above all, do not reproduce the model of the world of men, but be stable and faithful. Be resilient in all circumstances for the Light.
10. Be like the cow or the wheat; no matter what happens, you can count on them for milk and flour.
11. Give stability and loyalty to the Essene Nation so that the divine world may have an earth on which every man can recover his memory and take action to embody the immortal light in his life.
12. Do not be like those men who seek stability when they themselves are not stable.
13. Loyalty and stability are essential virtues for the world of Gabriel to grow its seal and remain present within the Essene Nation.
14. So do not allow yourselves to display attitudes and behaviors before Gabriel that you would consider unacceptable in the outer worlds. Awaken to the awareness that the invisible worlds are alive and must also be taken into consideration and respected.
15. Even among themselves, men are neither stable nor faithful. One day, they say hello to each other, talk, confide in each other, open up their inner selves, unite, live together, share moments of intimacy, and the next day, they have already moved on and forgotten the bonds they have forged. This cannot exist, and if man is like this, he will never be an initiate, a Son or Daughter of Light who unites with the divine world. This cannot exist, and if man is like this, he will never be an initiate, a Son or Daughter of Light who unites with the divine world.

16. The unfaithful, the fickle, no longer have dignity; they have extinguished their inner life and are no longer themselves. So he tries to find ways outside himself to identify, to exist, to find a world in which to feel alive, for he has lost all criteria, all inner reference points. He no longer sees the real world, for he is immersed solely in the vision of appearances.

17. A man will confide in someone when he believes that the person in front of him is worthy of his trust. He opens up his inner life and reveals his troubles and misunderstandings. But a few months later, a world has grown between the two confidants of yesterday, and they no longer understand each other at all. Yet, there was an initial affinity that drew them to each other. So what happened? They do not control their lives and leave their inner turmoil to others. Yet there was an affinity that initially drew them to each other. So what happened? They do not control their lives and allow unconscious influences to control their destiny.

18. You must wake up and break free from the hold that these influences have over you, influences that push you to be unfaithful and unstable.

19. Before undertaking anything, clarify your thoughts, meditate, weigh the pros and cons, and ask yourself if it is necessary and fundamental. For you must know that from the moment you open up your inner life, the moment you share something, it can no longer be called into question; it can and must only grow and cannot be extinguished.

20. It is not a question of calling on the Light only to extinguish it afterwards. Calling on the Light in your life is like inviting a child into the world. Once it is there, it must be welcomed and integrated into life so that it can learn to become independent and be able to follow its own path.

21. So learn to preserve what you have and do not let an unconscious world come and transform or modify your bonds simply because you want to rely on appearances, desires, and wishes that are ephemeral, abstract, and far removed from consciousness and reflection.

22. I tell you that the Essene Nation can only be stable in the world if you, who are its representatives, become stable, faithful, and true. If you are in a state of permanent instability, it is obvious that the Essene Nation will be weak.

23. If you are unable to become stable for yourselves, then do so that the divine world may become stronger through the Essene Nation.

24. Know that, in the world, something can only exist when it is supported by individuals gathered together in community.

25. Know that if you establish the Essene Nation on earth, it will be living bread for a multitude, a sacred space, a place where man can meet his Father, his Mother, and live with his family, with his soul. He will be able to breathe with the higher worlds, heal his relationships, preserve the memory of Tradition for future generations, and walk on a path of immortality.

26. If you want this marvel to appear on earth, understand that it is up to you to be stable, true, and authentic in the bonds you forge.

27. Forge bonds with the higher worlds, where the soul is alive, where relationships are pure, sacred, true, focused on accomplishing the work of fidelity that the divine world expects of you.

28. If you say that you are here, ready, and that you can be counted on, but the next day there is a void in the place you occupy, tell me how the divine world can count on men.

29. There are therefore essential values that you must meditate on and lay down as the foundation of your life if you wish to walk on a path of Light in truth.

Father Gabriel, do you mean that in addition to the harmonious relationships we must build among ourselves, the Essenes, we must above all know with whom we should have relationships?

30. I say that only the awakened will truly be able to approach the alliance with the divine world.

31. Your relationships must always be at the level of the soul, where there is no longer the polarity of sex and the separation it engenders, where the interests of the body are not solicited and do not participate.

32. You can only approach a being if you go to them to share and strengthen a living bond.

33. Sharing what is below requires careful thought, deep meditation, clairvoyance, and the light of wisdom in life.

34. One must not associate with beings, whether verbally, emotionally, or physically, without study, meditation, and reflection. This behavior reflects the possibility of becoming an initiate or not.

35. Man must share his life with others, that is certain, but he must do so while always keeping in mind the essential values of the kingdom of Gabriel.

36. Do not look at what you cannot look at.

37. Do not taste what you cannot digest.

38. Do not invite what you cannot share.

39. May these words awaken in you faithfulness, stability, reasoning, and wisdom.

40. With age, you will understand that wisdom is fundamental in everything and for everything.

41. Learning to live with wisdom means cultivating the attitudes that make a person true to himself.

42. Those that do not awaken wisdom will face trials and will have to start over and over again, eternally.

182. May the work of the Essene Nation be clear, pure, and true.

1. Now, the Seal of Money has been placed, completing the other three Seals. Together, these four Seals embody the presence of the divine world on earth.

2. These four seals are a world that has appeared in your world, and you must take care of them, for they are fundamental to the future of the Essene Nation, humanity, and the earth.

3. I ask that there be no more instability within the organization of the Nation of Light on Earth. I am referring to excessive instability, for it is obvious that instability is a permanent feature of human life, but it must not exceed a certain measure, and you must ensure this within your nation and its organization.

4. Know that the fact that you have managed to place the four seals of Light on the earth is good news and the beginning of a beautiful work that can now come into being.

5. To welcome this work and allow it to grow in the world, you will need to be true parents: solid, stable beings, available to give and care, capable of opening the doors to a wise future.

6. The seal of Money will enable you to accomplish works within the Essene Nation, but also in your own life, as long as you are clear, true, and pure in your intentions.

7. What you call money is the concretization, the materialization of creative energy, the force that acts in all worlds, always seeking to multiply, to grow in an extraordinary way to bring abundance and fulfillment.

8. The primary condition for achieving success is that the intention be clear, pure, true, and that nothing slows down the movement that has been set in motion, that nothing hinders the expansion of creativity.

9. Often, it is men themselves who slow down progress with their fear of failure, their doubts, their fear of not succeeding, of not getting their share. They often keep a secret reserve in case the work does not succeed, or to deal with the unexpected.

10. Those who think only of protecting themselves should not be at the head of the Essene Nation. The guides, those who lead this nation, must be free from the tension and influence of fear. They must be lighthearted and inspired by the loving intelligence within them, which must become a creative force capable of directing the energy of money where it needs to go for the prosperity of the divine world on earth.

11. The Essene Nation is the body of the divine world incarnated on earth. The leaders of this body must be wise and loving parents, capable of making the right decisions for a prosperous and magnificent future. They are the pioneers and organizers, the builders of the Essene Nation on earth. The others must be at the service of the leaders and help them as best they can, supporting them and accompanying them so that the buildings that must be erected on the 4 Seals can appear.

12. The Essene Nation is a world under construction for a different future for humanity, animals, plants, and the earth. You must be aware of this and voluntarily commit yourselves so that such a work can come into being.

13. The leaders of the Essene Nation do not necessarily have to be priests or beings who have functions or qualities related to the spiritual worlds, but they must possess clarity and lightness in the way they manage their thoughts.

14. If a man is able to control the world of his thoughts, to always look at the positive side while remaining focused on the goal to be achieved, he will bring about growth.

15. In this organization, there must also be individuals who are responsible for maintaining and preserving what has already been established so that there is a solid foundation, a base on which the edifice can be built. For those individuals, I give you some fundamental guidelines for the events to come.

16. On the 4 Seals, 4 feet must be placed and 4 pillars must appear to support the throne on which will sit the one who will give the true face of the Essene Nation to the world of men. This face must be perfect, reflecting the purity of the divine world. It must be unshakeable, stable, powerful, strong, and divine. To achieve this, it must be able to rely on the entire structure that supports it.

17. So, may all Essenes, present and future, who feel themselves to be imbued with angelic virtues and who wish to put them at the service of the divine world incarnated on earth, make their voices heard and commit themselves to the work of Light on earth.

18. Enter into the flow of action to participate in some way in the creation of the body and the emergence of the face that the Essene Nation will take tomorrow.

Father Gabriel, do you mean that we must select the beings who will lead the Essene Nation? Do you mean that we should only choose those who have shown their commitment to the work, their positive thinking, their lightness, their concentration at work and, above all, their great freedom, integrity, and intelligence in the face of the creative energy of money?

19. I say that those who must use tools must know them, know what they have to do with them and how to do it. If this is not the case, let them be content to support positively and strongly those who know and who stand in the front line ; let them encourage them by all possible means.

20. You must not create tensions, bring chaos, or give rise to the discord that can arise between individuals who seek some kind of power or a semblance of existence, but who are not impersonally devoted to the service of a beautiful, pure, true, and intelligent work.

21. Being active or in a particular position should not make you feel superior to all beings who support the work in one way or another. The essential thing is that those who have committed themselves to bringing forth the body of the Essene Nation be clear and conscious.

22. Know that Archangel Uriel, who is linked to the seal of Money, has the virtue of making worlds appear as they are. This is why leaders must be clear, for clarity brings clarity and confusion makes everything unclear. So strengthen yourselves in clarity, purity, and truth.
23. I also ask you to open the Essene Nation to outside expertise so that more collaborators can engage, participate, and take action. It is the very purpose of the work not to remain a restricted circle, for all those who participate in it, directly or indirectly, will benefit from the great blessing that will result.
24. The Essene Nation must not remain focused solely on a limited initiatory aspect, on a mysticism far removed from global cultural, social, and economic life.
25. Esotericism is fundamental and must be preserved and kept alive as the heart of the structure. Still, involvement and action must be real in the cultural, social, and economic life of the human world. The Essene Nation must take its place and act in all these worlds in order to touch a multitude of beings in one way or another.
26. Competent beings, who know the means of action to touch the world and make known the work of the Essene Nation, which will appear more and more, must be able to be invited and integrated into the structure with flexibility and efficiency.
27. No being who wants to work, contribute their skills and support should feel rejected, excluded, and ultimately useless. All beings who want to participate in one way or another must be invited, guided, and valued.
28. Dear Children of Light, I hope that my message will awaken you to the importance of the work that must be accomplished in order to establish all the structures of the Essene Nation, to give it a body, a life, and creative power on earth so that it can sow its seed and fecundate the future.
29. May all beings of goodwill feel invited and welcome so that together, in wisdom and love, you may take back control of your lives, support and strengthen what is the new manifestation of the divine world on earth.
30. If you bring forth this sacred world, know that in the future a multitude of beings will be able to find wisdom, comfort, support, hope, inner life, and ultimately a path to liberation.

183 May your eye reveal the divinity in everything

1. The eye is a fundamental organ in human life. Through the eye, a world enters the inner life to enrich it, but there is also a seed that comes out to give soul to the outer life. What you look at and how you look at it determine what you become.
2. The eye is decisive because it is creative in everything. The images it brings to life, both inside and outside, awaken thoughts, feelings, and impulses. The eye leads forces into subtle or concrete creative acts.
3. Know that it is the way you look at the world that will determine the perceptions you will have and what you will encounter behind the veil of death. Nothing can appear to your eyes that you have not known and recognized during your earthly life.
4. If a being loved painting without ever having painted himself, he will still not know how to use brushes when he passes through the veil of death. On the other hand, he will be able to contemplate with greater intensity all the paintings that attracted his attention during his earthly life and even discover new ones, thus approaching the perception he was seeking without really knowing it.
5. It is essential that you learn to see correctly. You must not cultivate a pessimistic view that contemplates darkness, but neither must you see with the eye of utopian and blissful light that creates the illusion of good. You must learn to look in the right way in order to bring out harmony and open the middle path.
6. You must not necessarily look at the world by projecting your own world, otherwise you will not be able to encounter anything; you will remain closed in on yourselves, even in the company of others.
7. Some worlds awaken within you when faced with certain visions because they make you look at the world from a certain angle, from a limited point of view.
8. Finding the right way to look is above all about maintaining balance, serenity, union with the Most High, with the Father and Mother of life and their teachings. To do this, you must transcend your own world, learn to be calm, neutral, composed, and free in thought and feeling. Then you will be able to look at a situation, a person, a landscape, or even a statue of a God without bringing preconceived images or disordered feelings to it. You will simply observe what it awakens in your deepest self and thus be able to welcome the intelligence that emanates from this encounter.
9. Awakening the eye, the right gaze, the one that balances the worlds and leads them towards intelligence and stability, allows you to approach life in a completely different way. When you awaken this eye, you no longer impose your own world on what is outside of you.
10. If what is in front of you reflects an image that corresponds to the way you perceive the world, the concept is reinforced within you. Such is the power of the eye, which can be positive or negative depending on whether your eye is balanced or unbalanced.
11. If you look at something with the eye of divinity and the divinity within it accepts your gaze and the world that lives there, it will return it to you multiplied. On the other hand, if you look at the same thing while awakening the dark side in your eye, it will be

the negative gaze that will be returned to you and led into the force of abundance. Thus, the inner world is reflected on the outside and interacts with it.

12. The gaze is a link that passes between worlds. From this link arise stability, balance, and intelligence.

13. From intelligence arises wisdom.

14. From wisdom arises the soul.

15. From the soul arises divinity.

16. Through the divine, you can connect with the one Father of life and receive within yourself the divinity, soul, wisdom, intelligence, balance, and stability. This is the path of right vision that you must cultivate.

17. To bring forth right vision, you must walk an entire initiatory path, enter into an Essene discipline and way of life.

18. Through right vision, the entire body enters into the light of origins and allows that which is greater than death to develop.

19. Understand that the gaze is fundamental during your journey on earth, on the path of the spirit, and in the development of what constitutes the afterlife and immortality.

20. Your eye must be able to bring forth from your body the immortal body of original light in order to lead the illusion of death toward the life of the divine spirit.

21. If you perceive the divinity in all things, without letting the illusion of the world enter your eye, you will bring forth the reign of divinity in all things. On the other hand, if you have believed in a divine world while cultivating darkness or an illusion of Light within yourself, you will not be in the divine alliance.

22. If your eye rises to divinity, everything will become divine and find its place in the universal order.

23. If you allow a dark world or an illusion of Light to look through your eye, they will only show you the dark or falsely luminous side, ignoring the divinity. This vision will deprive you of your true self and the true self of divinity in all. That is why you must learn not to be in either of the two extremes, but to cultivate the right view that rises to divinity through earthly stability.

Father Gabriel, how can we awaken your eye without introducing images, interests, intellect, or human feelings?

24. To look in the right way is not to seek to put something into the other, identification, a confirmation, an understanding. You have to look without looking, be in stability, balance and openness, neutrality, silence, awakening.

25. Stability is for the body, balance is for feelings, and clarity is for thought. Then what is a higher consciousness, a true dialogue, can awaken.

26. What you look at can come and speak to you without you imposing your own world on it; it is an art of communication, and therefore of learning, of weaving pure, impersonal, true relationships.

27. You must learn to concentrate to move beyond lower perceptions and awaken that which enlightens and brings the new.

28. Your gaze must be neutral so that living intelligence can appear and act. Above all, it must not be the intelligence of the body that directs the eyes, for it leads everything into separateness. It must truly be what is outside of you that speaks to you and transmits its truth to you. Otherwise, you will never discover the world around you as it is, you will not know your friends and the divine forces that are present and accompany you during your passage on earth.

29. If, throughout your life, you are content to look only at the human side, you will see only the world of man. But if you awaken the divine eye, you will enter the kingdom of life.

30. If you have not only seen the Light, but have also conducted the actions of your life in its gaze to the point of strengthening the divinity on earth, you will be welcomed into divine life ; you will have a place to rest, to breathe, and you will recognize what you recognized during your time on earth.

31. Educate your eyes and lead them toward the right vision.

32 I am not talking about awakening the perception of subtle worlds, for such a gift is only of interest if it is used for the divine world and in accordance with its will to incarnate on earth. In the past, those who had such gifts put them at the service of the one in whom the Light was to dwell and who was called to rule the world.

33. Gifts are only of interest if they are put at the service of that which brings stability, balance, intelligence, wisdom, soul, and gives victory to the divine.

34. Very often, the subtle or spiritual worlds appear before the eyes of a student to extinguish their intelligence and aspiration toward divinity. People then lose themselves in an extraordinary and imaginary aspect, thinking that by seeing these subtle worlds, they become superior beings and that their existence is special. But it is exactly the opposite, because this supposedly spiritual vision extinguishes intelligence. Then, man indulges in the fantastic and not in what glorifies the omnipresent wisdom of the worlds.

184 Make flexibility your greatest protection.

1. Protection is an essential value in life, but it is also a weakness. The intelligence that governs the human world has understood this reality well and exploits it excessively by increasing fear in people and then offering them means of defense. In this way, it takes control of their destiny.
2. Materialists offer a wide range of protection methods. Spiritualists also have their methods of protection: they wear amulets, utter certain words, and surround themselves with symbols. Researchers, scholars, and scientists develop an austere, cold, rigid attitude; they become discreet, impenetrable, and aggressive, closing all doors and preventing people from entering, for fear that they will discover what lies behind their studies.
3. I tell you this: everyone seeks to protect themselves, and you must be aware of this.
4. The world is dangerous on every level, physically, spiritually, and in a magical way.
5. There was a time when talismans, symbols, and certain words were powerful protections because the wise knew how to enliven them by uniting heaven and earth. They knew how to consecrate and activate them by placing within them writings, magical and spiritual forces capable of acting even on the physical plane. But today, the wise are no longer your leaders, and symbols have lost their value.
6. So, if you really want to be protected, you must find ways other than all these ancient practices, which have been caught up and no longer impress the dark forces at all. On the contrary, it is often they who now live in the symbols that are supposed to fight them.
7. I will give you a key: flexibility is a great protection, because it allows you to become elusive.
8. Very often, beings who are afraid of being attacked or who perceive hostile influences around them become violent in their language and aggressive in their attitudes to instill fear in others. The more fearful a person is, the more the dark worlds take hold of them and controls them. These people lack wisdom and must be protected, for they are sick and constantly under the influence of forces that attack them.
9. You are surely wondering how to protect yourselves from these worlds that constantly seek to solicit you, invade you, and take possession of you.
10. The first discipline is to learn to protect yourselves from yourselves, from the demons you carry within you, because when they come out and manifest themselves, they show you that they do not want to leave your body. They want to stay with you, live your destiny and create habits within you that feed them. They set everything in motion until you become their servants.
11. You must study and enter into this subtlety, for there are predators that humans have not yet discovered.
12. Flexibility helps prevent many illnesses and, above all, protects you from being overwhelmed by fear.

13. Fear is the staple food and root of dark forces and beings that thrive on superstition.

14. Superstition is an illness that affects not only spiritualists and subtle beings, but also materialists and coarse beings. Many of the concepts of materialistic faith are based on the most basic superstitions.

15. Flexibility allows you to distance yourself from all events and influences. This makes it possible to see things differently.

15. Flexibility allows one to distance oneself from all events and influences. Then it is possible to see things differently.

16. The flexible person is like a dancer, always in motion, animated by a world. They know how to get around without necessarily opening the doors of their home. They are just passing through, and nothing can stop their movement.

17. Anyone who insists on protecting themselves without taking action is simply opening their home wide to thieves, in the name of fear of being robbed.

18. Is it not incredibly foolish to ask the thief to install a security system in your house?

19. Materialists live in fear, and spiritualists live in ecstasy and sterile wonder. But in this way, both open the doors to worlds that invade them, possess them, and divert them from their true destiny. They do not cultivate the study of their being and do not enter into the right discernment, which leads to self-mastery and allows them to put their lives at the service of the higher divine intelligence. No, they allow themselves to be carried away into worlds because they think everything is wonderful. Thus, they give themselves entirely, without reserve. Unfortunately, the result is not what they had imagined.

20. Protect yourself, for life is dangerous, but adopt true protection.

21. Life is dangerous only for those who are poorly educated, poorly trained, and poorly prepared, because they will not know how to react to the encounters they will inevitably face.

22. Encountering the dark side is inevitable; you just need to be aware of it and be properly prepared. But if it is the dark side that prepares you, it will gradually instill certain reflexes in you so that the Light cannot approach you, touch you, and awaken you. That is why it is important to create a living environment that is sacred, pure, dedicated to the Light, to study, to education, to service. This place must be conducive to the awakening of your being, to its ennoblement, to its creativity and to the alliance of worlds, kingdoms, and living nature.

23. The Round of the Archangels, the Essene Villages, and the study circles are the manifestation in the outer worlds of this sacred bond that must be alive within you. You must be fully aware of this in order to cultivate right thinking, right relationships, and right action.

24. When you enter the sacred grounds of the Essene Nation, the worlds that inhabit you calm down and eventually allow you to study, pray, meditate, and work, for they have understood your determination. But as soon as you leave the Essene environment, they

become active again, crying out and demanding their due like hungry children. They show themselves to you and let you know that they refuse to leave you.

25. Do not tense up, accept this situation and learn to see it as it is, without any lies. Do not let these beings hide from your gaze.

26. Be flexible in your life, be awake and non-judgmentally observant. Accept responsibility for everything you have created or allowed to be created by your thoughts, words, attitudes, and way of being in the world, and life choices.

27. Strengthen your connection to the wise environment, become active so that the intelligence and soul of the Essene Nation become a body of wisdom and action in your life, an essential element. Bring dignity and higher education into your life, without being dictators or moralizers.

28. Work with great love and bring serenity, simplicity, and spontaneity.

29. Like children, play with what is dirty and gradually bring it to serve the work of Light, purity, and beauty.

30. Above all, do not let yourselves be caught up in this world that will confine you within yourselves and make you prisoners of your world, condemned to endlessly ruminate on the same thoughts, for they will gnaw at you and eventually turn you into bitter and discontented beings.

Father Gabriel, are you telling us that, in the end, life is simpler than we think?

31. I say that life is dangerous for those who form concepts about life.

32. Life is great and powerful when a person is well educated, knows who they are, has mastered their instrument, knows how to position themselves, and fulfills their true destiny.

33. If a person does not know who they are or what they have to do, they will certainly be caught up in the world and used without their knowledge.

34. Whatever happens in life, you must have a goal and create a flexible and harmonious environment that allows that goal to be achieved.

35. Rigidity is important for those who need it. But for the creative person, for those who want to move forward, transform the world, and give birth to a universe, great flexibility is necessary, as well as lightness and, above all, good associations.

36. I advise my dear Essenes to learn to live the life that gives life. Do not live the death that is already there. This death atrophies, gnaws at everything, makes you bitter, increases the vices and weaknesses you carry within you, and ultimately makes you indigestible to all beings who live in the worlds of Light.

37. Take this psalm not only as words to study and bring to life, but also as a higher state of consciousness that you must attain. Then you will be able to take control of your life and change certain habits, certain ways of doing things and, above all, of looking at life.

38. Man is a marvel, but he can also be a disaster. So do not be a marvel on the surface and a disaster deep down. Simply be balanced beings, aware of your weaknesses, not imposing your problems and doubts on others.

39. Be generous so that the universal creative force may come and dwell in your lives.

Father Gabriel, you want to tell us that there are sacred spiritual practices, such as studying, meditating, being together in purity, and performing rituals in study circles, which are essential for opening up a space within and around ourselves, for calming down, awakening, and directing certain forces in our lives. Then, man must go into his outer life to build a world in harmony with what he has understood, grasped, and seen. If he does this, he uses all the forces of the dark side that previously enslaved his life to build a world of Light, wisdom, and love. If he does not do this, the dark side awaits him at the exit to steal the energies of Light and lead them into darkness. Is that so, Father?

40. Yes, my son, that is so. Man must realize the Light in his daily life to attain perfection. If he does this, it is the victory of victories.

41. Opening an environment, a sacred space in one's life, is only the awakening and preparation. The culmination is the realization of the work in daily life.

42. If man manages to make his daily life a tribute to the Divine, the light of lights will come to live with him. To achieve this goal, you must be flexible.

185. Stop dreaming that you are with the Light; live with it.

1. You must know what you want, because the time for choice is no longer really there for humanity. It is certain that man desires, imagines, and conceptualizes a whole world, but when he approaches real life, it is as if the connections are not made. Yet in material life, humans have been able to educate themselves and become capable of navigating with their eyes closed to obtain and achieve what they want. So when they are hungry, they get up, gather all the ingredients, cook them, sit down at the table, and enjoy their work. Humans have organized a whole world around the act of eating. They do not sit in an armchair, imagining that they are eating. A person who did that would be out of touch, and yet, in many areas, humanity is at that stage.
2. Spiritualists think they are eating, when they are just sitting in an armchair imagining it. They perceive colors, smells, sensations, and even feel as if they are experiencing it, but it is only a dream; there is nothing concrete in their lives, there is no realization, no outcome.
3. Men constantly create discord. Yet they know they should not do so, and they know the keys to preventing these worlds from invading them and allowing them to take root in their lives. However, even though they are aware of this, they cannot do it because they live in an abstract world.
4. Abstraction is a great curse that mainly affects spiritualists. This abstraction is not something that does not exist. On the contrary, it is very real for the man who lives with it; it takes them, carries them into its world, makes them believe and experience things that do not exist, thus cutting off connections with the real world and creating disharmony and conflict.
5. People feel that they are consistent with what they think and that the conflict is not important. He tells himself that the main thing is to question himself from time to time, to pray and to do some good deeds to compensate.
6. But what can Good be if you do not have a body to welcome and contain this world, this intelligence? Good must not be an abstraction, but a concrete reality that builds the future.
7. I tell you that Light will not exist on earth as long as men cultivate confusion and the abstract mixing of worlds, and do not reserve a space, a body dedicated to it.
8. You must re-educate yourselves and put yourselves at the service of Light in purity and truth. I know this has already been said to you, but you must hear it and hear it again until the evidence appears and the path opens up.
9. Hear my words in simplicity and set out to accomplish what is right.
10. Stop constantly dirtying yourself and then cleaning yourself, because you are going around in circles.
11. Find the strength to take control of your life and use your energy for something other than maintaining a world with no way out, which takes everything from you, tires you out, and ultimately destroys you.

12. Are you eternally carefree and unaware? Are you irresponsible beings, unable to take charge of your lives? Why do you not enter into great wisdom, into devoted study?

13. Why do you not bow before the intelligence of the teaching that illuminates the worlds and establishes the celestial order? Why do you not lead the Teaching to the understanding that brings action? Why do you pretend to live, when in fact you are completely lost and no longer understand anything about your surroundings?

14. Learn to become honest. Show who you are, reveal your true face. In truth and purity, you will find friends who will come to help and support you. Simply, man does not do this; he hides and advances masked, while all the worlds know that there is neither sincerity nor truth in him. Then everyone is on their guard against him, and he is left alone. But people do not do this; they hide and wear masks, while everyone knows that there is neither sincerity nor truth in them. So everyone is on their guard, seeking to defeat the other.

15. You, the Essenes, break these seals and do not let them rule your lives and lead you into abstractions. Call upon the Angels of simplicity, truth, and greatness of soul, and live with them.

16. Make mutual support and love real forces, ardent presences, and palpable truths in your lives.

Father Gabriel, are you saying that you are tired of seeing humanity take this path of pretense, when so many teachings have been offered to them without being applied?

17. Yes, it is tiring to bring treasures to people without them realizing it and appreciating them. It is not that people are stupid, but rather that they are poorly educated. Their poor education has meant that today, nothing has value for them anymore; everything is captured, used, degraded, and then thrown away before they take something else that seems different, new. People have come to believe that in this way they will have new life, regeneration of energy, and that they will be able to move forward. But no one evolves through waste, degradation, and unconsciousness.

18. On the other hand, there are people who want to maintain dogma, their way of seeing and thinking, without taking into account the education that allows us to move forward in a just way, with patience and love.

19. So take your life into your own hands, open a sacred space for the right education and training of humankind, and also to preserve the covenant of Light of the kingdoms of creation.

20. Understand that the time for choice is over. Either you act, or you do not act, but either way, you will now be confronted with who you are, and you will find that it will be very difficult to make up for the path you did not take when you had the chance.

21. Man's great weakness and defeat are that he often wakes up when it is already too late. He then tells himself that if he had known, he would have done this or that. Yet he knew it deep down, but he did not have the strength, the conviction, or the

determination to do it. But what is this strength that man lacks? In reality, man had the strength and still has it; the problem is that he used it to maintain a world of illusions.

22. Maintaining a world of conflict, despair, fear, and discontent requires much more energy than living in harmony with nature and universal laws, in serenity, lightness, and fulfillment.

23. Awaken now and make a definitive decision about the life you want to live and the future you wish to encounter.

186 May your desire to learn be greater than your certainties.

1. Today, one of your major problems is that you are confined to a sterile certainty that prevents you from moving forward and opening up to a positive unknown. You believe you have acquired certain foundations because, as humanity, you have worked and accumulated knowledge and experience that you have managed to preserve more or less over the centuries. You rely on this knowledge and experience, which you have managed to preserve more or less over the centuries. You believe you have acquired certain foundations because, as humanity, you have worked and accumulated knowledge and experience that you have managed to preserve more or less over the centuries. You rely on this knowledge and experience, which you have managed to preserve more or less over the centuries. You believe you have acquired certain foundations because, as humanity, you have worked and accumulated knowledge and experience that you have managed to preserve more or less over the centuries. You rely on these certainties without realizing that today they are trapping you in stagnation rather than leading you toward a liberating path.
2. When a person awakens to the spiritual aspect of life, they are enthusiastic and work on themselves to develop a body of understanding that will allow them to experience certain truths. Then, having failed to achieve certain goals they had set for themselves, they enter a phase of self-sufficiency, a certainty that causes them to stagnate.
3. Whether in the material or spiritual realm, we find this same trial, which, at a certain point in a person's life, takes hold of them and traps them in complacency and stagnation. Even though they have not yet reached fulfillment, an influence comes and pushes them to stop, to be content with what is unfinished. They then accept it as inevitable, thinking that they cannot go any further, and thus end up giving up and no longer setting foot on the path.
4. The trap is that people always seek confirmation of their own conceptions, of the images they have brought to life within themselves, of the understandings they may have of what perfection in their lives might be. This trap especially affects those who seek the light of the divine world. Humans have strayed so far from this path that they now have no models. So they invent them, without necessarily being able to live them or achieve them in their lives. The Light becomes weak in them simply because they have developed human knowledge and not divine wisdom.
5. To encounter the divine world, one must go to the end of the experience. But not having gone to the end, men settle on what they have experienced and thus end their lives, thinking that they are naturally continuing to progress, when in fact everything has already stopped within them. The knowledge they receive is simply that of life passing by; it is linked to and belongs to the disillusionment and wisdom of the sufferings that awaken man. Man associates this knowledge with the divine world, but this is where he is mistaken. He thinks that his understanding is inspired by his spiritual path and by an alliance with a higher world, but this is not the case, for the divine world never speaks with stagnation.

6. Truly, I tell you: for man to encounter the divine world and walk with it in truth, he must become an innocent child again, full of ardor, loving life, wanting to taste a world he does not know; man must become a lover of discovery and true knowledge again.

7. Know that, at a certain stage in his life, man is tired of all the bad experiences he has had. He then easily allows himself to be enclosed in his own bubble, feeding on his own knowledge and, above all, no longer setting foot outside. He wants to taste life inside his bubble. This is why I am telling you not to let yourself be filled with illusions, but to always keep alive within you the flame of the desire to learn.

8. If you have worked on yourself, you feel it is right to reap the rewards. But what you do not understand is that your knowledge and concepts are human, even if you refer to wise tradition, and you may experience moments of understanding that enlighten you through visions and inspirations. You then believe that the laws and principles of the higher worlds are being revealed to you. But know that this is still a faculty linked to your own existence as a human being and to the passing of time.

9. Understand that when man enters the world, he is a child, but as soon as he begins to grow old, he naturally becomes calm and disillusioned with certain worlds and begins to believe in the inevitability of life. These are processes of existence that are linked to humanity.

10. So cultivate a love of knowledge, become alive again in your desire to learn. Awaken not what you seek, what you aspire to encounter, but what is beyond you and lies at the heart of mystery, which you do not know, but which will nevertheless bring new momentum to your life.

11. It is certain that the divine world will speak to you in a way that you can understand, but not in the way that the world of men has taught you to understand things.

Father Gabriel, do you mean that we often believe we are living and understanding the Light, when in reality it is not the organs of a body of Light within us that approach the divine world, but still the world of man? To approach the divine world, one must no longer be a man but a Divinity. The ancients understood this and that is why they glorified kings, but unfortunately, this knowledge has been lost and degenerated. Your teaching is great, subtle, and strange, O my Father. Men are far from your wonderful and beautiful wisdom. Father, is that what you mean?

12. Yes, but this wisdom must be understood correctly. If a man wants to approach divinity, he must organize his life so that another education, and therefore another world, is possible; it is an individual path, but also essentially a collective one.

13. Enlightened men must want to bring forth among themselves that which is beyond man, that which is divine and which can elevate man and the earth toward divinity. This must be an effort, but also a sharing.

14. Man is naturally gifted with an ability that allows him to adapt to all worlds. His mind, his faculty of understanding, his intelligence allow him to travel through the universes and awaken to the wisdom of higher laws and principles. Those who work on

themselves in a particular setting can achieve awakening in this knowledge. Leading as many human beings as possible to this essential training must be one of the goals of Essene education.

15. Once awakened, this ability to understand the Teaching through thought remains only a step, for it is not the fullness.

16. Thought allows man to travel and awaken knowledge, but it does not necessarily touch and engage the feelings, the will, and the body. In this respect, it is not the Light and still belongs to the world of man.

17. When the Light is present in man, it touches and awakens him in his entirety. All centers and faculties are then in harmony with the higher intelligence and embody it in perfection; understanding appears and illuminates the entire body, life, consciousness, subtle centers, and everything that makes up human existence. Man then does everything in his power to realize what has touched his inner life. Man no longer wants to lose this inner state, for he understands that it is an Angel, a heavenly ally who has come to visit him and urges him to move forward so that his life may be bathed in Light and be one with it. So he takes action to realize this thought that illuminates everything, to give it a body.

18. Awakening consciousness always corresponds to the visit of Light within man. If man does not seize this magical moment, understanding may still grow within him, but it will never go beyond a certain stage; it will bring no divine seed, only stagnation that will ultimately enclose man within his bubble. The truth that has touched him will remain positive, for man will have a greater, more refined understanding of life, but from the divine point of view, this understanding will nonetheless remain sterile. Indeed, despite his greater understanding, man will not enter into immortality and will take nothing with him behind the veil of death.

19. Light the fire of love of knowledge and study on earth and preserve this flame within the Essene Nation.

20. May the Essene Nation be built around this love of knowledge, of study, of a path of education.

21. Awaken the positive desire to discover the worlds, to taste them, to experience them not only with intellectual understanding, but with all your senses, your organs, your bodies, your life.

22. Become lovers of life once again, aspire to knowledge, discovery, and understanding of others, and form a body of immortality and divinity. This is the right attitude, and it must be self-evident within the Essene Nation.

23. The Essene path is for those who aspire to serve the Divine in purity and to encounter it truly.

24. Be vigilant in the face of this cleverly prepared trap on the path where man encounters the Light, works more or less ardently, and then, finally, has experiences that he had not necessarily imagined or desired. He then enters into weariness, which takes control of his life. Weariness breeds incomprehension, which means that man ultimately

remains a man who has not experienced the Light to the fullest, until the appearance of the body of Light, until the completion of the work that glorifies the Gods.

25. Life is human, it flows naturally and inevitably brings the disillusionments of old age, which show man the emptiness of his ephemeral existence. Man enters the world and wants to be filled with all of life, knowledge, experience of the world, and all the virtues that a child needs to build a body. But when man enters old age, he seeks to rid himself of everything, because he understands that he has allowed his life to become cluttered with trivialities. He then realizes that he has not really built a world, but that he has been monopolized by a world that has distracted him from his goal and his true destiny. And now, having reached the end of his life, he must renounce all this noise, let go of this world that has filled him, and strive to enter death peacefully.

26. I say to you: let the life of the child live eternally within you.

27. Never let the love of knowledge, the desire to move forward, the fire for the world of Light be extinguished.

28. Remember that authentic knowledge brings awareness and life to the feelings, the will, and the actions of the body. Then you will act in accordance with the laws and principles of the divine world and you will enter into the light of true life.

187. Pass on the tradition of Light to future generations.

1. There is a particular intelligence that wants humanity to be uprooted, to no longer have reference points, foundations, or traditions in life.
2. If you want to safeguard a healthy humanity, you must understand the importance of Tradition and do everything possible to maintain it.
3. Preserving the tradition of Light means protecting what is beautiful, noble, and great in humanity and in life on earth.
4. Tradition is what unites heaven and earth, the past and the future; it gives meaning, provides guidance, brings strength, and enlightens; it is the living link that unites the worlds in wisdom.
5. I am not speaking of dead traditions that become prisons of dogma that men impose in the form of blind, unconscious beliefs, pursuing goals contrary to higher intelligence and love.
6. I am speaking of living tradition as the Father and Mother can be in the life of a man.
7. The earth and the sky are alive and strive to transmit essential values, to awaken humanity and educate it in what is good and right.
8. By approaching the school of heaven and earth, humanity learns wisdom and kindness. They learn to observe, to share, to contemplate, and they assimilate the great laws of visible and invisible life until they attain enlightenment and wisdom.
9. Enlightenment and the acquisition of the great body of wisdom are essential in the life of a man on earth.
10. The body of wisdom is perfection, mastery. This body is impersonal; it is the culmination of Tradition, the fruit of its tree; it is the living tradition in a living man and a living humanity, a man and a humanity rooted and guided in wisdom or disoriented and lost in absurdity.
11. Heaven and earth transmit sacred, eternal values such as worship, wonder, and admiration. Transmitting this means that man is passing through, that he must receive the right education, and that he too must participate in the transmission: he must take over, then pass it on by embodying Tradition.
12. When you encounter a flower on your path, when you come across a river carrying away all the waste, or a majestic tree offering its fruit, you are faced with a living lesson, a message from the great wisdom of the Gods that lies hidden behind the backdrop of the world.
13. A tree is not abstract; it is life and the embodiment of Tradition. Either you know how to read and understand the message, or you do not.
14. Abstraction is the philosophy invented by humans; it is what cuts them off from the reality of life and the wisdom of Mother Earth.

15. Humans give their lives for beliefs, concepts, or a desire to live in another world, without even realizing that they are behaving like desecrators of all the fundamental values of human existence on Earth.
16. In the name of blind beliefs in an illusory good, man becomes a destroyer of what is beautiful and just on earth. Awaken your consciousness to this reality and pull yourself together so as not to fall into the trap of devaluing what is true, just, and beautiful in the world.
17. Man looks at the world, and a certain intelligence speaks to him, telling him that everything he sees has no value, no foundation, no meaning. So he understands that he can act as he sees fit, that he can no longer respect anything, and can desecrate everything.
18. This intelligence tells man that he must live in the present moment and do whatever comes into his head and heart, accomplishing and experiencing everything that seems interesting to him at the time. Thus, there are no longer any foundations or consequences, and therefore no more principles, traditions, or transmission.
19. As people are increasingly educated in this unhealthy intelligence, they preserve less and less the essential values of the family, of transmission from mother to daughter and from father to son, from teacher to student.
20. There is a wisdom that must pass through the ages, live through the generations, and allow man to have a good foundation, good heredity, genes of Light that protect him from evil. Then he can create a strong, healthy body and move towards what is essential to attain wisdom and a life greater than death. If they lose this foundation, they will be unbalanced throughout their lives and will never be able to settle down to enjoy a world and an intelligence superior to death.
21. Today, man has reached a point where he does whatever he wants, he flouts everything that is fundamental, and he desecrates nature, violates it, destroys the sacred sanctuaries of the family, science, and wisdom; he prostitutes religion and knowledge and leads everything into mediocrity. Nothing matters anymore, except satisfying his mortal life and fulfilling all his needs.
22. You who proclaim that you seek the Light, I ask you to wake up. Do not look at the world as a “thing” devoid of value, for it is you who give or do not give value to what you do. If you take away value, there will be none left, even where there was some.
23. If you act with nobility and greatness of soul, value will appear everywhere.
24. If you are careless, inconsistent, if you mock everything, saying that life is a joke, that nothing is important, know that it is your future earth, your own body that you are causing to disappear. Then you will return in a body in which there will be no principle, no foundation, and you will have to rebuild everything from scratch, because you will be uprooted.
25. It is not because you say you are going to the divine worlds in spirit that the earth hears your message and works to form a concrete body for your hopes and sincere aspirations. The earth understands the message and begins to form a body for man only when he has awakened certain centers within himself, thus allowing intelligence to

become real in his way of life. Then the earth transmits its energy to him, which allows wisdom to become truth in his life.

26. The divine world is not concerned with the dreams of men, but it grants its power and greatness to those who have succeeded in laying solid foundations to welcome it into the concrete life of the earth.

27. Remember that you were born of Tradition and be careful never to forget it.

Father Gabriel, is it possible today to bring back the past in order to live in tribes and be devoted to the Gods as our ancestors did?

28. What was true in the past is true in the present and will be true in the future. The truth is eternal. Only forms change, approaching or moving away from the truth. In each era, we must find the most appropriate way to approach the truth and embody it.

29. Man must always live in tribes and honor the Gods, but he must find the right way to manifest this essential truth throughout his era.

30. Where the foolish see novelty, the wise perceive no difference, for they are one with the thread of Tradition, which unifies the worlds in the great omnipresent wisdom.

31. If man wants to be able to pass through the worlds while keeping the treasure of the ages that allows him to structure himself in all the worlds he will be led to cross, he must take care to always keep the thread of Tradition with him.

32. It is no small thing to have values in life, to defend principles, and to seek to maintain a world in which one can enjoy a good quality of life.

33. The man who gives up will justify himself by saying that, in any case, everyone is entering into utter chaos. He will think that by clinging to certain values, he will be singled out, ridiculed, discredited, and that people will seek to harm him. Thus, man learns to hide, to play games, to pretend, to deceive. But he does not understand that by entering into this game, he confirms this world and creates within himself a body of imbalance.

34. There is no other way than to be ardent knights, convinced, dedicated beings who honor certain principles and hold high the banner of the Essene Nation, not simply in their minds or in the secret of their hearts, but in the actions of their lives.

35. Do not accept what is unacceptable. Do not abdicate before what is not just, beautiful, and noble.

36. Preserve the divine, keep it pure, and ensure that you pass on knowledge, intelligence, and a harmonious, clear, and healthy life to future generations so that they may reproduce the same patterns and experience the joy of making this world grow in the intelligence of life.

37. Know that you will find in your future life what you have passed on to your children, for they are a part of you.

38. If you are unable to convey the reality of the Mother's wisdom on Earth, it means that you are not of this world. In that case, what world are you from, and what seed will you transmit to the earth?

39. Those that are no longer with Mother Earth will not be able to transmit anything, for they have entered into nothingness and sterility. They are beings who will change eras, but who will not be able to transmit anything; they will not be able to make the connection or preserve the memory, for there will be no tradition in their life, no roots, and no foundations greater than death.

40. Focus on the tradition of Light until you understand that it is fundamental. It is what connects you to the past and opens the doors to immortality.

41. Tradition is alive in all teachers and all their students, for it has grown from them like a seed that passes from earth to heaven, growing in the tree and living in the fruit.

42. I speak to you of the divine tradition that is linked to the Mother, to the earth, and to the quest for the perfect body that unifies the worlds and liberates them. It preserves the essential values for leading the body toward perfection.

43. Every man who comes to earth takes on a body and must live with it. Either this body is his friend, or it is his enemy. It depends on what man has done with his life and the current of tradition that carries him.

44. Through actions, behavior, attitudes, thoughts, and gaze, man confirms that he connects to the current of death or that of life. Then there is what man transmits as concrete values to his descendants.

45. All this must be clarified in your lives.

188 Be generous, but share what is precious only with the Gods

1. If people cultivated generosity within themselves, they would encounter far fewer problems in their lives.
2. In their hearts, people are fundamentally generous; this is a certainty. If they let their hearts speak, they will want to share everything with others. Community will be their ideal way of life, because they will want to be able to accept what comes from others, but also to offer everything that comes from them, everything that asks to be born through them.
3. Of course, intelligence must guide man's life, for he lives in a multitude of worlds, ranging from the grossest to the most subtle, and not everything must be shared in the same way. For each world, there is corresponding nourishment, and one must be aware of this.
4. What is precious in the life of man, what is fundamental, must be that which is consecrated to the divine world and which can only be shared with that world in purity and truth.
5. From union with the divine world springs the essence of life, the highest, that which gives true axis and foundation. Then, man must organize all the worlds that make up his overall life so that they are in balance and contribute to the common good.
6. If man understood this wisdom and learned to be generous while remaining on the right path, many of the difficulties that seem insurmountable in his life would be alleviated.
7. Spiritualists, who proclaim that they want good, do not cultivate or respect this law of balance and sharing. They absolutely want to separate the worlds and not share what they consider superior with what they deem inferior. Of course, the precious must be honored and preserved above all else, but with the aim of bringing generosity and sharing, a happy balance to all other worlds and aspects of the greater life. But spiritualists do the opposite; they seek to separate themselves from what they deem inferior and proclaim to be negative for their evolution.
8. Many civilizations have wanted to act in this way, and war has always been the response to this way of thinking, in which there must always be a winner and a loser. If there is a winner and a loser, it means that the strongest will eventually impose their law. But the latter will not necessarily be in the divine alliance, because in the divine world, there are no losers, there is only homage to intelligence in the triumph of generosity and sharing.
9. I know that my words will not be understood as I offer them, for subtle are the higher worlds, and it is with subtlety and refinement that they must be approached.
10. When I teach you about sharing and generosity, I am also talking to you about a correct view of life. This view must be awakened and cultivated through study and education. It is also a form of sharing and respect for the higher intelligence of life to approach it in a correct way.

11. Through its incredible diversity, its multitude of colors, shades, shapes, smells, and manifestations, through flowers, trees, animals, mountains, rivers, the Mother shows you the path of unity in diversity.

12. In nature, the one is honored above all and in all, but the multiple, the diversity also has their place. Thus, unity and diversity stand in great harmony, together realizing the law of sharing and generosity.

13. Living nature tells you that you do not have to hide everything, but that you can offer humanity, the world, and others what is beautiful and great.

14. Do not share ugliness; put it at the service of beauty and keep it in reserve, in secret. You can warn others that it is there, but do not let it out; let it manifest itself only when it is sublimated by a whole world of beauty.

15. Only that which has been worked to honor the Gods and the great God should be manifested and offered.

16. All of nature shows that it knows how to pray and honor the Gods to bring a wise, beautiful, true life that elevates the senses and ennobles everything. So why has man forgotten this path of prayer that brings a rich, beautiful, and prosperous life? Because he has forgotten to share with the Gods and to pay homage to the Father and the Mother.

17. Yes, men share and are generous, but only with what is indecent, with what leads everything downwards, towards degradation, confinement, ugliness. Men honor hell and share only that which brings disorder and harms the Gods. They extinguish wonder, beauty, purity, and promote a world that glorifies mediocrity and makes them sick beings. So they invent the religion of psychology to try to reassure themselves, to find an answer to their existence doomed to mediocrity. The life of men thus becomes an inferior trade, because they no longer want to share except to receive in return and find stability.

18. In all things, man calculates, for he feels separated from the whole. He is no longer the one who is generous and shares because he is, and therefore has, and thus naturally wants to give and receive to grow and know the many facets of beauty and wonder. No, he is rather the one who does not have because he is no longer anything and is therefore ready to become and do anything.

19. May the man who can still awaken hear this teaching as an invitation to embark on the path of elevation, art, and the greatness of the Gods in life.

20. By wanting to separate himself from the great divine whole and wanting to take everything for himself, man has become small, insignificant, petty, and mediocre. He wants to live at all costs and is ready to sell himself at any price. He wants to take everything he can to appear and live like a king without caring about others or the consequences of his actions.

21. When he speaks of royalty, success, and intelligence, his reference is always himself, the man, but he never thinks of the royalty of the Gods and the Father of the Gods. For the divine kingdom is generous and leads all beings and all kingdoms toward beauty and sharing.

22. It is the usurped royalty of man that brings greed and poverty. Man finds himself imprisoned in his own world; his life, his eyes, his ears, and all his senses are atrophied, annihilated under the grip of this thirst for existence that drives him to want to possess in order to become more and more powerful, or just to survive, to feel that he still exists a little longer.

23. Take courage, leave this nothingness, this semblance of existence, and enter the living realm of the Mother and her great omnipresent wisdom. She will show you the path of greatness, of sharing, of life for all, of generosity, and of the subtle worlds without limits that lie behind all these manifestations of Light. For behind all the great virtues revealed by the Mother stand the Angels, the Archangels, and the Gods, that is to say, great and vast worlds, universes that the atrophied human being, wallowing in his mediocrity, can no longer even suspect.

24. So, embrace generosity and sharing. Learn to receive, to be, and to give. Discover who you are in receiving and giving, and become what you are eternally in harmony with the Gods, that is, with the Most High, who must always be honored.

25. If your eye receives beauty, bring that beauty into yourself, let it grow from your being, and share it around you to honor the Gods above all else.

26. If your eye receives ugliness, awaken within yourself the wisdom that illuminates and reveals beauty, and may your wisdom glorify the Gods.

27. If you stray from the royal path of love of the Gods and the Father-Mother of the Gods, you will enter into the mediocrity and nothingness of what is false, of what is only an appearance, an empty shell.

28. Man looks at a flower and perceives its wonder, but he does not see what lies behind the flower; he does not honor it or lead it to the Gods. On the contrary, he seeks to steal the treasure, to monopolize it, and bring it down to his mediocrity. Thus, from what is beautiful and has been offered to him to elevate his feelings, he makes a vile and degrading work. He will justify himself by saying that it is for science, for education, for progress, but these are only words to hide what he really is. In the same way, the man who approaches a spring will tell himself that it is pleasant, refreshing, that it does him good, but he will leave it at that. He will not see that a being is present in this spring and shows him the secret of transmission through the generations, the secret of tradition that flows from one being to another to bring life. Similarly, he will look at the tree and think it is a marvel, because of its ability to renew the air, provide shade, wood, and bear fruit. But he will not perceive the subtle intelligence that, through the tree, shows the path of dignity, nobility, grounding, strength, and stability. The tree opens the way for man to also become a tree inwardly, bearer of all its virtues. But man does not see it; he passes by the school of wisdom and love because he does not want to enter into generosity and sharing, he does not want to receive from others the teaching of greatness, royalty, and splendor.

29. Cultivate sharing, solidarity, fair exchange, and harmony with all worlds in order to glorify the Gods in your life.

Father Gabriel, we have been poorly raised and educated, and it is difficult for us today to know what we can and cannot share. I sense that behind your words there is a whole science, an art of living with the Divinities. Father, how can we do this?

30. I say that what is precious is above all else and must remain so forever.
31. There can be no question of sharing what is precious with what is not precious.
32. Only the intimacy of man, in pure alliance with a higher world, must stand in sharing with this sacred world, with the precious.
33. The rest is only a form of evolution, but if there is no sharing, there is no evolution. If man does not open himself and accept the different realms in his life as a higher divine consciousness, as a potential for awakening, as a school of wisdom, but also as part of his own existence, no evolution is possible.
34. Be disciples, apprentices, and consciously enter the great school of wisdom.
35. Be simple, humble, generous, and clear in your inner life. Know who you are and with which worlds you are associated through your various activities. Thus, you must share the appropriate nourishment with each world and be careful not to mix the worlds so as not to confuse.
36. Educate yourselves in sharing and generosity, but do not mix worlds and do not agree to become trash cans, exploited beings, or to participate in the other becoming a trash can or a simple product in the service of a dark intelligence.
37. Reach out to others for noble, true, and clear purposes in order to find stability that will allow you to honor the Gods and, through them, the Father-Mother of the Gods.
38. Either you are generous, or you are not, and in that case, it means that you are possessed by greed. Then you will approach others with the aim of taking what they have because inside you everything is empty, and there is nothing but nothingness.
39. If emptiness has taken root within you, nothing will fill it, for it is the absence of the sacred bond that unites man and the world with what is precious.
40. The empty man wants to fill himself to feel alive, for there is nothing within him that allows him to create a world.
41. Let generosity not be just a word or a wish for you, but let it truly be a way of life.
42. Above all, do not confuse generosity with the interest of the man who just wants to live his mortal life. If you fall into this trap, you will contribute to the destruction of the Mother's kingdoms. Everything you receive from the great goodness, you will be unable to see and pass on to others.
43. Become like the Mother, offer what is greatest and most noble to honor the Divinities.
44. Knowing how to receive and give is the key to existence.

45. If you do not give what you have received, if you do not pass it on in beauty because you are afraid of losing it, it means you do not have it. For no one can take from you what is truly yours; on the contrary, you can give it without ever losing it.

46. Study this wisdom and discover subtlety and the right balance.

47. Of course, you must not ruin yourself under the pretext of false generosity. True generosity will enrich you with true wealth; it will continually increase your true capital so that one day you can cross the world of water and settle in the land of the initiated, the land of Light.

189. Respect and honor the sacred laws of the Seal of Money

1. I have come to renew the covenant between the divine world and the Essene Nation so that the Tradition may continue on earth according to the ancient promise and faithfulness to the sacred Scriptures of the peoples who walk in respect for the higher worlds.
2. Through the perpetually celebrated Covenant, the Essenes can benefit from the magical presence of the divine world in the sky of their nation and thus receive the power of Light in their lives to be protected and find the strength to accomplish their works.
3. Be aware that the covenant you keep alive is a blessing for humanity and the earth. For men do not live solely under the dependence of earthly influences, but also under those that come from heaven and from the subtle worlds.
4. Through the practice of the Round of the Archangels, you clear the sky of the harmful influences that dominate it, and through the Covenant, you allow the royal seal of the blessing of Light to appear above the heads of men.
5. If ancient legends speak of the importance of a sign in the sky, it is because men have always known that the blessing of the Most High is the treasure of life. When the sky is blessed, men can capture beautiful angelic thoughts, become inspired, and find in their lives the strength to act for the Light and be one with it.
6. Be aware of this truth, for it is currently manifesting itself in the Essene Nation. Know that time is short and that the Covenant will remain with you as long as the doors remain open.
7. You must make good use of what is transmitted to you, for such is the rule of the Essene: to care for the divine. You must protect the teaching that enlightens, balances, and opens the doors to the kingdom where light is royal.
8. You must be aware of the divine gift that the stones that have been passed on to you represent, so that you do not squander what has been placed in your hands or put the money you possess in drawers.
9. The seal of Money has been placed, and heavenly blessing can now descend to touch the earthly reality of human life.
10. Honor this blessing, for it will now come to visit you in your life.
11. Be who you are and do not live in possessions or appearances of being.
12. Do not seek to steal what belongs to others and, above all, do not take what has belonged to the Gods since time immemorial in order to improve your ephemeral existence.
13. Be respectful of the sacred and immortal laws that allow the alliance between heaven and earth.

14. If, today, the gates of heaven are open and the alliance between man and God has been renewed, it is because certain rules have been applied. You must recognize these rules and preserve their meaning, spirit, and energy so that the Alliance may remain with you throughout the centuries.
15. By allowing the higher world to touch the earth through the consecrated person, you allow the seed of life to reach the depths to open the path of ascent and evolution.
16. Evolution is the path that leads the body and consciousness toward eternity. By contributing to this work, you will be part of the journey. But above all, do not divert the forces at work, do not try to monopolize this creative energy of the seal of Money to take it where it does not want to go, at the risk of becoming crazy, idiotic, unstable, losing all your bearings and your means of existence.
17. Study the laws of higher life, for the divine world does not like the ignorant, those who do not study, who do whatever they want and then come complaining, proclaiming that they were ignorant, that they did not know.
18. Let those who do not know study with the teachers that the divine world sends to educate men. If men reject the teachers and turn away from the knowledge brought to them, they cannot blame the divine world for the consequences of their actions.
19. I insist that it is fundamental to respect the laws. They are neither good nor bad in themselves; they are just and apply to everyone, even if you are a people destined to be Children of Light. You bear this sacred seal above your head, but if you do whatever you want in your life, you will suffer the consequences sooner or later.
20. A Child of Light must make a body and a life out of the words and teachings of his Father-Mother.
21. The seal of Money is the seal of Uriel, the presence of the divine world in your world. It manifests as a divine blessing in the subtle worlds and as a creative energy in the worlds of your earthly life. This is not the seal of money as it appears in the world of men at present, and you must be fully aware of this.
22. Creative energy is transmitted within the Essene Nation to serve the work of Light and nothing else. To incarnate, Light needs a body, an organization, and for that, creative energy must be brought in and put to work.
23. I tell you not to take the part of the Gods, but to get to work to increase their capital on earth. Then the divine world will integrate you into its world, into its project, into its new body that will appear, and your life will be lightened so that you can accomplish the work of Light.
24. Be assured that my blessing is upon every Essene and that the Covenant is sealed between you and me.
25. Take care of one another.
26. Learn to be honest with one another, and many of the difficulties you may encounter in your lives will disappear.

27. Be authentic and trust in the light of the Angel that seeks to be born within you. It is present through the Covenant and the structure of the Essene Nation. So, accept it into your life and agree to be guided by that which is pure and eternally true.

28. Cultivate awakened kindness and be good partners to one another. Make sure you can count on each other. Learn to take your place and let others take theirs in harmony, mutual support, and efficiency.

29. In a temple, each column supports the sky, and together they form the house of the Gods. So let each person find and take their place to accomplish the work that will allow the Gods of the Common Good to manifest themselves, to touch the earth and mankind.

30. Above all, do not consider the Essene Nation or your function as a means of existence in order to appear in the eyes of others and to feel alive.

31. Be above all a people of consecrated priests and vestals, that is, true servants of the Light and of the temple that allows it to manifest itself. This temple is the entire Essene Nation with its teachings, sacred rites, practices, and activities. May this body be alive and remain in purity, consciousness, and clarity.

32. A priest, a priestess is first and foremost a servant.

33. Enter into the great impersonal service and learn to be authentic, loving mothers. Be mothers who care for the Light and its body in incarnation. Be mothers who care without necessarily wanting to show everyone that they are the Mother.

34. Let those who have ears hear. I tell you to support the work of the Essene Nation and to protect your guide, for this is what the divine world asks of you.

35. Do not protect your guide with flattery or idolatry, but in the reality of earthly life so that he has at his disposal all the means to carry out his mission and can accomplish with you, in sharing and complicit communion, what he knows how to do, that is, transmit to you the Teaching, the divine laws and bring the bread of life to all those who wish to eat it in order to build a body of life; this is his work. The rest is up to you. So do it, in the name of the light that illuminates you.

190. Develop a vision that frees you from all negativity.

1. If the eye is pure, if it remains in the higher vision of life, mastering the lower vision, it will lead man on the path of beautiful life, intelligence, and immortality.
2. Only the eye that remains pure can enable man to pass through all the worlds without being caught and to find the true path of Light.
3. Where there is no evil, no negativity, there reigns divinity; there is the right vision that opens the noble path. Where there is no confinement, learning opens up to eternity.
4. Those that see with inferior vision confine themselves to a limited world. Negativity then appears because humans have limited their vision by looking at what should not be fixed. Thus, the eye opens or closes a path.
5. There are worlds all around man that shape and educate him, inspire him, and push him to look at the world from a certain angle. Inspiring him according to certain points of view, following particular interests, these worlds prevent him from seeing the big picture, the one that allows him to perceive absolute truth.
6. The way you look at things determines your inner self and the worlds that will come to inhabit it.
7. There is always a world looking through man. If he accepts this vision, it takes hold of him, his life, and leads him down a certain path. He then finds himself a prisoner of the concepts and worlds that animate this vision and guide him, educating him to serve them. If man is thus led to see the negative in everything, cunning intelligence, conspiracy, mediocrity, wickedness, and all the procession of counter-virtues that debase and imprison the soul in a world of despair without future, it is clear that the Light no longer illuminates his eye.
8. If man's eye is illuminated only by the external light that guides his body, it means that it is the body that directs his life and writes his destiny. Man can do whatever he wants, call upon the higher worlds, invoke them powerfully, perform ancestral rites, and even forge links with the alliance of Light incarnated on earth, but as long as he fails to illuminate his eye with the light of the spirit, life will be nothing but darkness and illusion for him, and may even lead him into fanaticism, stupidity, and disillusionment.
9. The eye of the mind opens the path to intelligence and divine omnipresence.
10. Before liberating the soul, one must educate the eye, for how can man be free if his vision confines him to one world? It is such visions that have led men to invent philosophies to give semblances of answers to their existential questions, religions to calm their metaphysical troubles, and ways of life to lull their consciences to sleep. But all these creations have nothing to do with the divine world, for they have been systematically motivated by the light that illuminates only the exterior, leading man to believe that his body is everything.
11. Know that in the heart resides wisdom far greater than that of the body. But the intelligence of modern man is entirely formed and born of the external light of the body;

it is therefore very difficult for him to access this profound wisdom of the heart of which I speak.

12. The heart is perfect because God created all things in perfection.

13. The body is organized and governed by a hierarchy that maintains all worlds in order, wisdom, and supreme intelligence.

14. The eye is the treasure, the messenger, the liberator, but it must be kept pure by being washed in the water of Gabriel. Then man can see and live life with his soul; then the earth that bears his body becomes the perfect earth of Tradition, and the body can in turn bear the heart, the eye, the intelligence, and the higher worlds. All this is perfect; only man brings imperfection by looking with a distorted view.

15. Man is the intermediary between the visible worlds and the subtle worlds; therein lays his weakness. In the physical worlds, vision is fixed, but in the subtle worlds, there is everything possible or nothing.

16. Only intelligence can enlighten to reveal what is true. Only the vision of God through man can reveal the true. But if this vision is absent, nothing can be revealed; it is man's vision and all that he thinks that will become true, engendering anarchy and war everywhere. Yes, because any vision empty of God cannot generate God, that is, harmony, order, and intelligence.

17. It is not because man has studied sacred symbols and understands certain laws that he is filled with the vision of God. Man understands according to his education, but who educates him? Is it really the Light, or is it rather the tradition of those who have always closed the doors to an unknown world and a higher intelligence? Is it not fear that wants everything to always be under control, mastered, understood, placed in boxes with labels, and associated with known and delimited worlds? What is certain is that these non-divine worlds, living and acting in the eye of man, will always seek to steal the Light and imprison it, not to liberate man, but to enslave him even more to a world of illusions and lies.

18. Only the purity of the vision of God, of the soul, can awaken the path of goodness, perfection, and great wisdom, and reveal the place where there is no negativity.

19. The only negativity is to see that there are things that should not be eaten and to eat them anyway. You can see these things, but if you allow them to enter you and mix their essence with your own, you will suffer, because once such an essence has fecundated you, it grows within you, imposes itself, and ends up bringing anarchy to your whole being.

20. Imperfection is part of the perfect world that God created, and you can look at it, but it must not enter into you and replace the divine vision.

Father Gabriel, how can we know if our eye is pure and if we are on your path of truth, for very often we think we understand, and then we realize that we had seen only one aspect, that we had not understood everything?

21. Yes, that is right. Man is influenced by worlds that heaven does not illuminate with the intelligence of eternity. They are only ephemeral, transitory, punctual worlds that lead him to subtle, immaterial worlds, which, very often, lead him to recycling or death.

22. Man is not educated by the body of Tradition, which carries the eye of divine light. He does not have the wisdom, intuition, or inspiration that could connect him to what is immortal. His intellect is not refined enough; he does not have the sensitivity or will to act based on the movement of the spirit. He is enclosed in a bubble of concepts, perceptions, desires, and has no other orientations than those of the worlds that govern him and that have placed within him certain visions and thoughts, certain feelings, aspirations, wills, and needs. Thus, leaving this bubble is no longer even conceivable for him today. The Light is beyond all that. It is the intelligence that can nourish the intellect, the heart, and the will to heal man, straighten him out, awaken him, and guide him.

23. Man must be educated to accept the higher vision, without wanting to grasp it to use it solely to fill the gaps caused by the imperfection of the body. It is not imperfection that should guide vision, but perfection. However, even when man accepts the idea of the perfection of Light, he still conceives it with his body, his will, his feelings, and his thoughts, which always want the Light to be at the service of man. Thus, for man, Light exists solely for him and to serve him, his body, his will, his feelings, and his thoughts, which always want the Light to be at the service of man. Thus, for man, the Light exists only for him and he cannot conceive of it outside his world, but this is only a vision, for there is another life.

24. It is the Light that gave birth to thought, feeling, will, and the body. When the body was formed and man awoke within it, he began to look with the eyes of the body and saw his imperfection. But then, instead of turning to the perfection of Light, understanding that he could only find it in the non-body, man did everything he could to enclose it and limit it to the world of the body through material perfection, to the detriment of the soul and spirit.

25. There is another life, but the uneducated man cannot conceive of it. Some understand it intellectually, but they do not live it, for the body always calls them back to itself and takes hold of their eyes, their vision.

26. The soul is immortal, but man wants to catch it with his eye to take it towards that which extinguishes the Light and leads everything towards death and recycling.

27. The eye must lead towards life and not towards death.

28. The eye that perceives great goodness opens the way to eternity, to that which is greater than the body, than death and recycling; it is a world unknown to the body, which transcends it and is beyond its control. If a man accepts this vision, he will be able to live with his soul, which will then lead him to perfection.

29. I tell you to wash your eyes with the water of my baptism, of my source, of my teaching, of my presence. Learn to look in a different way, for your gaze determines your alliances and writes your future. Your gaze calls forth beings that enter you, settle in, and live off you to lead you where you do not want to go.

30. If you want to know greatness, call it into your eyes and live with it. It will lead you and light your way, revealing the traps, what you must neither eat nor touch. Then all negativity will flee from you, for you will be educated by the Angels.

191. How to live with one's soul on a daily basis.

1. You become what you are, what you see, what you do. You move toward what you carry within you and associate with what you know.
2. You come to earth with a whole baggage, a world of desires, ideas, and concepts already established that will determine your encounters, your exchanges, and your paths. You take on a body with all these worlds that live within you and around you, and that pre-exist your incarnation on earth. Thus, earthly life is a means of giving substance, nourishment, and confirmation to what you think and carry deep within.
3. In the earthly world, you will seek and encounter, to a greater or lesser extent, that which speaks to you, that with which you are in harmony and which awakens your true being.
4. If you have found your path, your home, your soul family, it means that you have encountered what you know, what is in affinity with you.
5. You must know that taking on a body requires alliances with worlds and influences, and that very often, a person's true being is buried under a large number of concepts, beliefs, and habits that are foreign to them and that they are forced to endure, at the risk of being completely suffocated.
6. It can be difficult for a person to encounter what speaks to their soul and corresponds to their being, because they must first pass through all the superficial layers they have nurtured before they can awaken and nourish their essential core. However, it is often these superficial regions of their being that constitute their daily life and consciousness. They have identified with what they are not and have become accustomed to thinking, feeling, and living in this way. This false identification creates a conflict with the eternal dimension of their soul and their inner feelings.
7. Very often, man allows the encounter with the soul to be influenced by the superficial worlds, which want to bring this essential experience into their worlds and limit it. You must be aware of this process, for it is from its misunderstanding that difficulty and trial arise in man's life.
8. Education is necessary, for it enables the prepared human being to overcome this obstacle, this lack of communication between a mortal and superficial world that has taken over their way of life and an essential, immortal, profound, vital world that pre-exists earthly incarnation. If this essential world, this center, is not taken into account in earthly life, it will inevitably lead to turmoil and a major crisis. And even if it is taken into account, if man does not give it the means to integrate into his earthly life, he will experience trials, tension, and destruction.
9. Know that the essential world must be welcomed with intelligence, devotion, purity, and truth.
10. You must be authentic from the inside out.

11. Do not confine the sacred world to beliefs derived from the superficial world. Instead, use the outside world to nourish and grow what comes to enlighten, harmonize, and guide.
12. If you cannot live out the depth you carry within you in the outer worlds, you will be unhappy.
13. Everyday life must be there to allow the soul to fulfill itself. There should be no confusion or blockages, but rather a source that flows until it becomes a river and an ocean.
14. Awaken the source within you, and then allow it to flow. This source is not the body nor what inhabits the body, for it was there long before the body and will remain after it.
15. The body came to welcome the source and honor it, allowing it to fulfill itself in earthly life. So do not pollute the water with what is foreign to it, and do not divert it from its original purpose.
16. Tell yourself that you can never live what you do not already carry within you that is true, authentic, and innate.
17. Know that anything you try to live in order to conform to models proposed from outside will be false, because it is borrowed, fabricated. It will eventually disappear, not being in accordance with your essential being, your soul, your pre-existence.
18. Man comes to earth with a script. If he cannot fulfill it because a foreign world has usurped it, his incarnation will lead him nowhere, for there will be a conflict between what he really is and what he experiences, what he does, what he carries through his body, and his earthly existence. This conflict is destructive, for in it man loses the benefit of incarnation. The source will flow, for it is life, but the water will never reach the ocean, being diverted from its purpose and its origin.
19. Only the pure transmission of truth, which is universal in language, can be shared in order to create a body that conforms to who you are at your deepest, most eternal level.
20. Man will say that he wants peace in the world, harmony, pure water in relationships, but he himself, when he utters these words, is not at peace, nor in harmony, nor in a right relationship with the source of his being, with the eternity within him and the reality of existence. He does not possess these virtues, he does not know them, and he does not embody them.
21. How can we create externally what we do not have internally? One must be before one has; otherwise one enters the realm of appearances, which leads to illusion and falsehood. When man ignores such obvious truths, he is lost because he identifies in good faith with what he is not and never will be.
22. The man who is false despite himself will see outside himself only what he himself has become. That is why the whole world is out of balance, in conflict, uprooted.
23. Such is the law: you can see outside only what you carry inside you, only what you are.
24. If you are separated from the essential, you will see the superficial in all things; if you have lost the source of life, you will walk on a path of death.

25. What you do not carry within you will remain invisible to your eyes.
26. Study and decide to be true to yourself.
27. Turn your energy toward the hidden center of your being and accept what you are for all eternity.
28. Find your path and follow it.
29. There is a study, an observation, an awakening, a clarification to be accomplished in order to discover your true innate being.
30. The Teaching, the Essene Nation, and the rites are there to accompany you and allow you to remember who you fundamentally are.
31. Education must lead to awakening and divine remembrance.
32. Meditation is a path of interiority that allows you to remember who you are.
33. Every man is different and carries a particular letter from the alphabet of the Gods, a vibration, an organ, a cell of a larger body. But all these letters, all these organs, all these cells must be able to find a reality on earth by coming together to form a word, a sentence, a text, a body, an intelligence, a world, a future, a continuity. For if you understand your letter, but you are alone, unable to join it with others, to share it, to merge it so that it becomes alive and fruitful, it means that you have not truly awakened this world within you.
34. What you are, you become; you see it around you, you feel it, and you set it in motion.
35. The power of water is to flow.
36. You will tell me that you are not always responsible for what happens around you and what preoccupies you, but know that I want to lead you to a point of awakening and gnosis, a higher revelation. That is why I answer you that you can only see what you carry within you.
37. If you perceive what is holding you back around you, it means that you carry it within you and that your focus on the purpose of your essential being is not right, not centered.
38. Being centered means being focused.
39. If you are centered, the center appears, and energy flows; it then becomes creative, absorbing what comes from the periphery to put it to work and reveal the path and body that conform to your essential being. But if the center is not truly awakened, the periphery will monopolize the energy and lead the work toward worthlessness, non-realization.
40. Without a central point, there is no balance. You must find this center and this balance within yourself, knowing which letter of the alphabet of the Gods you represent. Then you must associate this letter with others, without losing your ray, so that together you form the sacred text that will allow intelligence to appear.
41. When the letters that represent men are formed and assembled anyhow, what appears is gibberish and a semblance of intelligence. Then man sees falsehood, betrayal, and

wickedness invade the world, for the periphery always brings influences that lead to decay and recycling.

42. That which is not centered is destined to disappear.

43. What you see, you carry.

44. If a man does not carry within himself lies, betrayal, and wickedness, he will only see them outside himself when they are blatant, but even then, he will not understand their subtlety; he will not have the intelligence or the senses for it; these are worlds that will remain foreign to him.

45. You can be invaded and colonized by subtle worlds; all you have to do is look at what you should not look at. These worlds then enter you, awaken you, and distract you from your true self. Then they create organs within you, centers of perception, in order to connect you to their worlds and make you one of their subjects, an organ of their body.

46. Malice is a world that belongs in the recycling bin. If you are an Essene, you must know that it exists, no more and no less, just enough to protect yourself from it and help those who are prisoners of it without giving in to it and while remaining true to who you are: an Essene.

47. An Essene lives with God and honors the divinity in all worlds. In the face of wickedness, he speaks and acts rightly and remains focused on his true self and its manifestation in the world. It is to himself and himself alone that he brings nourishment and builds a body that will be his future.

48. I tell you that you become what you are.

Father Gabriel, very often, it is by looking at ourselves in a mirror that we become aware of who we are. How can we discover who we are beyond appearances, beliefs, and the body, while being sure that we are not deceiving ourselves and getting caught up in worlds of illusion?

49. The answer is simple: what you see around you, what you experience, what you convey, what you organize, that is who you are.

50. The world exists, it is a community, a family, and you are in it, you are part of it, but you are also an individual, a whole world, a being, a creative ray, carrying a seed.

51. Individualization is fundamental.

52. What you are, only you are; it is your seed, and it is unique. So when you speak to a being, you transmit your seed, your body, and your future, which they receive, eat, and commune with.

53. The other is the entire community, for it is to the universe that you speak through every exchange, and what is born of this exchange is a child, that is to say, a becoming, continuity, a universe in formation, a Divinity to be born.

54. A child is always a truth, a reality, a work, a world with which you will have to live; it is your future. But you can consciously invite it and lead it toward greatness if you are a powerful, convincing, awakened, well-educated being.
55. Know who you are, individualize yourself, take your place, the one who brings wealth, harmony, and honors the Gods.
56. Know with whom you commune and to what you contribute, for if you associate with the wrong master and walk the wrong path, you will not give birth to the Light.
57. Never absolve yourself of responsibility for something that happens to you by saying it is not your fault, for this is not in line with individualization and awakening.
58. What you see and experience belongs to you; it cannot be otherwise, for if it were not connected to you in some way, it would not have affected you.
59. God is just, and His work is always good and true. Study His laws until wisdom comes to you.
60. Wisdom is seeing the worlds, even if they are not pleasant or perfect, and leading them within you toward healing and perfection, without giving them additional power, control, or nourishment.
61. Do not give concrete form to what is imperfect. Thus, wisdom will come to dwell within you.
62. Wisdom is the treasure. When it illuminates the core of the being, knowledge appears and balances the heart.
63. The heart opens the higher vision that allows the world to be ordered in harmony. All beings bow before this harmony, demons as well as Gods. Then the doors open, truth becomes perceptible, light illuminates, love heals, and the future can be built in a healthy body, through a sacred placenta that will give birth to perfection and a reality that cannot be doubted, being the work of God Himself in man.

192 Learn to give in order to receive.

1. In the celebration of the holy mysteries, divine words are spoken that awaken men, balance the worlds and nourish the Gods.
2. Jesus, who spoke the words of the Light, said: "Ask and it shall be given to you." These words must be related to the sacred law "Give and you shall receive."
3. To ask means to give because by asking, you give yourself. These words of Jesus mean that God is great, generous, without guile, but that there exist rules for approaching Him and receiving His blessing.
4. If man turns away from God, he enters into lower worlds and finds himself subjected to their laws, to their conditions.
5. This saying that tells man to give in order to receive is not understandable with only the help of the intellect.
6. Man does not live in only one world, but in a multitude of worlds; for each one, there is a special level of understanding and interpretation.
7. Know that God is never self-serving, He is without guile, He does not do business, negotiate. He is essentially a giving being and He gives without receiving.
8. To give in order to receive is a law for men. God, He, is beyond the laws that rule over the world of men.
9. Fundamentally, when man goes towards the other to give, he hopes for a return, an exchange, he wants to receive. Such is human nature and it is right. In this way, very often, when man gives, he does not wish to taste the return by sharing it with the universe, for the Common Good, but rather for what he calls "me," that is, the being that lives in the body and that is born from it.
10. The body is the hidden god of man, his master, the one that gives all the impulses and determines his acts. Here I am speaking about the man who has not welcomed God inside him. He can very well be a believer, a being who speaks of God, but he does not live with Him; he thinks about God, but does not breathe in His sacred presence.
11. If you want to know God, look for Him in the other. If you have lacks, if you feel that your life is not conform, if you have expectations, if you aspire to a certain quality of life that runs away in front of you as you advance, that you do not manage to reach in spite of all the strategies you have arranged, in spite of money, your feelings, your words or your convictions, this means that you have been caught by a world that leads to recycling. If you do not react, this world will gnaw away at you, will eat you until you do not have any more organs and that you will never be able to manage to live what you wish.
12. To protect yourself from the growing dissatisfaction, develop the grandiose vision that man is lost on earth when he is alone and that he only wants to live enclosed in his own desires.

13. Man was placed on earth to hallow the Name of the Father, to live in greatness and universality. But then, who turned him away from this path? Is it not a world that takes advantage of the freedom that man has, by playing with him and by diverting the energies destined to be offered to a higher intelligence?
14. When man honours God, God is part of his life.
15. God is not only the quest of happiness, as men often believe: He is above all the balance of the worlds.
16. When the Light awakens in man, all the worlds, whether they are positive or negative, bow before him and respect him.
17. There is nothing more important than the sun that shines, warms and invigorates, even if the darkness thinks it is its enemy. In truth, even the darkness is in admiration in front of the sun and feels respect for it. But knowing that it cannot be like the sun, it seeks to personalize by cultivating and giving life to certain interests and objectives. It does this to feel alive by trying to recuperate everything it can take and to become more powerful.
18. I say to you to enter into the words of the mysteries and to make yourselves a body with greatness.
19. Learn to give in order to receive.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, what is the perfect offering for God? We cannot give what we do not have in us. We can only desire what we have. How can we give what we do not have?

Archangel Gabriel answered:

20. God has put man into difficulty to test his will. He has put man between the worlds. On one side, He has put weakness and on the other, strength, and He gave man a certain choice. If man takes the strength for himself, he becomes weak, but if he recognizes the higher intelligence and leaves it to it, he is strengthened, not in the strength of the body, but in that of the spirit.
21. The body of man will always remain weak and that is why it must be a servant of the Greatest.
22. God wants to be recognized as the creative original intelligence that alone is able to balance the worlds. In this way man must give himself to Him and consciously carry out His will.
23. Of course, man will never be able to give what he does not have, this is obvious. But what he has, who does he owe it to and what does he do with it? Who does he give it to? Who gave life, the will, the feeling of being, the thought, the eyes, the speech, the possibility to act to man? Who does man give all this to? What does he do with it?
24. The way you act with what you have, what you receive shows who you are; such is the test of man.
25. God wanted for man to be tested so that He can know who he is.

26. Take the example of the lentil. God gave the lentil to man, but as long as he does not have it in his hand, he cannot put it in the earth. It represents and incarnates strength, life, but he must receive this intelligence and understand what he must do with his life. In this way, before the lentil reaches all the way into his hand, man must have understood the secret of life; it is like a treasure to discover, nothing is ever given gratuitously, everything is deserved.
27. Man has to find the means to harmonize himself, to acquire the virtues, intelligence, the inspired vision, not by forcing the worlds, by “battering down the doors,” but by putting himself at the service of intelligence, of what brings knowledge and makes the obvious appear.
28. What did men do when they discovered the secrets of the lentil, of wheat and of agriculture? Did they honour the intelligence and through it, the greatest mystery of God? Or rather did they offer these secrets to weakness?
29. If man takes part in making a world appear, he is able to give it, to breathe with it and finally, to attract to him a world that is in correspondence.
30. The way you behave with what you have shows who you are. This is what determines what you become.
31. Man received the intelligence of agriculture from the Gods themselves. But he took over this wisdom and no longer honoured the Gods. In this way he made weakness appear. Man asked and it was given to him. He received, but he had to give in his turn to receive again.
32. Man wants but does not give. In this way he blocks the process of exchange, showing the image of a being who opposes. He destroys himself until he no longer has the possibility to live what he wanted to know. Such are the difficulty and the test of man and you must know it.
33. In all things, homage must be directed upwards and never downwards.
34. If you want to find solutions downwards, surely you will have to transform yourself radically, be abstinent, disciplined.
35. If you go upwards, you will receive help, you will be surrounded by friends. Not only will you find strength, but you will benefit from their support, from their presence, from their experiences, from their love. The blackness will live less in your thoughts, your tensions will be released and you will be able to breathe and think in another way.

193. Not Losing Memory After Death

1. You Essenes, you think that living with an Angel and cultivating a conscious link with a higher world is fundamental. This is true and praiseworthy, for it is in harmony with your Tradition, and this is a beautiful heritage that you possess. There is a timeless dimension in your quest, but you must know that your ancestors had their feet on the earth and that this will to welcome the winged messengers of the Father was anchored in a concrete daily practice, which was not at all separated or distant from the reality of earthly life.
2. Since those distant times, a break has occurred which has cut man off from the earth and from heaven, plunging him into a world that is more and more abstract and fabricated. It is difficult for the Angels to draw near to men again, for they make concepts about everything and live imprisoned inside themselves.
3. You must reconnect with your Tradition right into the reality of your daily life. There will be the victory of the Light.
4. Be conscious that you are on the earth to act and to become active.
5. You have lost memory. You no longer know who you were in the past nor who you will be in the future. Only the thread of the Tradition can again open this possibility to you, but it must be correctly renewed. This must not be simply a pious wish, but a visceral, essential, vital approach. The essential is neither before nor after, but now. What has been before has created what you are today, and what you do now determines what you will be tomorrow.
6. Awaken and accept with humility and depth that today, even if some among you have become convinced bearers and incontestable heirs of the Essene Tradition, you are nonetheless unconscious of the past, the present and the future; this faculty was taken from you. This has not always been the case, but today it is a fact that you must acknowledge. Now, this capacity is part of your Tradition, of your identity, of what you represent on the earth, and the fact that you have lost it has put you in weakness, has diminished you. But this is not a fatality, and if I speak to you about it, it is because the possibility of renewing with what has been, what is and what will be for all eternity now exists again.
7. It is possible to restore the Tradition, as you have begun to do, and thus to rediscover the missing part of your being.
8. The difficulty comes from the fact that you have been caught by a world that has bound you and identified you to the extreme with your mortal nature. You are obsessed with your own existence, which is destined to be extinguished, and you do not want to lose what appears to you as a fundamental acquisition.
9. If you rediscover the memory of your divine origin and of your great journey through the centuries, while not renouncing your ephemeral nature, you will be like the prodigal son of the parable of Jesus: you will squander your fortune until you lose yourselves and become the slaves of that which is not glorious.

10. It is the Mother who has protected you by her wisdom and her goodness. She has blessed you by hiding the treasure of Light so that you could not use it to increase your debt and your enslavement to the kingdom of governing foolishness.
11. Only the one who rediscovers memory will be able to read the wisdom of the worlds. To that one will be revealed the existence of the higher and lower worlds. These worlds are the guardians of the memory and the wisdom of the ages. Only the one who has become impersonal and who has passed through the trials, showing that he will not profane the heritage of the centuries, can enter into the Temple.
12. It is of course important to turn the eye and the consciousness toward the higher worlds, but it is much more fundamental to have an earthly existence in conformity with the demands of the Spirit.
13. Awaken in yourselves the memory of the soul.
14. Awaken the remembrance of the mission that you received before coming onto the earth.
15. Awaken discernment and penetrating intelligence so as to discover and to see on the one hand what will be an ally in your life and on the other hand the influence that will incite you to take the path of weakness, pushing you to relive cyclically the same negative experiences.
16. You must live as a family in a community of Light, in a conscious nation engaged in a sacred service. You must never be isolated; you must not let yourselves be captured by the calculating thought that leads to individualizing in the wrong way, that is to say by isolating yourselves from the work as a whole. If you let yourselves be caught by this world, know that you will be definitively lost. You will attract to yourselves only weakness, sterility, division. You will become fanatical, believing that you are superior because you will look only to your own interests. You will then take yourselves for the gods of the world, for exceptional beings, because you will take into account only what you do for yourselves and not what you ought to do for others.
17. Do not allow this idea of separation and isolation to invade everything until it possesses man, for he then becomes the usurping king who enslaves all the kingdoms to his will for the ephemeral glory of his illusory self.
18. Remember that life on earth is not easy, because you have lost memory. You no longer know who you are, nor in what world you live, nor who are your friends and your enemies; you have forgotten the wisdom born of the experience of past lives which is fulfilled in your present life.
19. You must constantly begin everything again, and that is why you make so many mistakes. This situation is not a fatality, but the consequence of bad choices. You are under the grip of opinions, tendencies, fashions, concepts that seem true to you at the moment, but that no longer have any value some time later. You have abandoned the world of eternity for that of the ephemeral.

20. The body is more important for you than the Spirit. When you live a trial in the body, you bear the memory of it all your life, for all that touches the body becomes an absolute reality. The subtle worlds are far less important for you. Thus, you easily forget the experiences that take place there. In this, you give your life and the capital of your soul to that which is mortal, but know that when you leave the earth, you will not be able to take any of this with you into the higher worlds.
21. I tell you not to isolate yourselves, not to lead life toward that which extinguishes it by remaining shut up in your world. It is by opening yourselves to others, by meeting them, by weaving links, by making all your exchanges conscious and magical that you will enrich yourselves and enter into wisdom. By looking at others, by sharing with them, you will enable love, wisdom and all the beautiful virtues to appear and to develop in your lives.

Father Gabriel, I bless the beautiful path of the consciousness of exchanges and of the knowledge of the sacred laws of the true religion, which honors the magical worlds. How can we do when we are not well, when we remain shut in because we do not feel like going toward others to share, but rather prefer to hide in a hole and remain there, in the image of our brothers the animals?

22. Stop identifying with what is mortal. Do not give all your value, your richness, your credit to this single aspect of life, for there is also the immortal. You have a past much greater than the one which is summed up in the single life of your body, even if you do not remember it. Likewise, you have a future that is not confined only to this little life of the body. If you do not take into account that which is greater and more subtle than the body, then indeed, you will have no other choice than to be locked in a world without exit, without perspective, without greatness.
23. Awakening the immortal aspect of your life is a necessity, for today, whether you are aware of it or not, you give all your strength to that which is mortal and which extinguishes the subtle side of life. Your acts, your identification, your way of living can destroy the past or amplify it, highlight it and make it enter into the future as a beauty.
24. Tomorrow, you will reap the fruits sown today. Thus, perhaps after your death you will lose memory, but if you have tried to awaken it while alive, if you have contributed to glorifying immortality during your passage on the earth, this will live in you as an interest, a strength, an intuition, a destiny.
25. Become more subtle, stop systematically leading everything and giving everything to the body.
26. Place the body and the life of the body in the great calm of Mother-Earth. Let it enter into harmony and simplicity. Make of your heart, your thought and your consciousness an opening and an offering for the Angels and Divinities. Then the memory of what is greater will be able to return in you, speak to you, teach you,

educate you and open doors for you. Thus, a higher light and intelligence will be able to come dwell in you to enlighten you and enlighten life.

27. Know that the divine worlds live in intelligence and not in foolishness, contrary to men.
28. We know that man is weak and that he absolutely needs a collective life, a Tradition, a contact in order to reanimate his memory and not lose the path. This is why we have always caused the revelation of the Light to descend in the midst of a community of souls.
29. The Light never really speaks to a man, but rather to a community, to a people, to a nation. Even if there is an individual who stands out, it is not possible to extract him from his environment, and thus from a community. The Spirit speaks to an assembled people, to a church, to a family of souls.
30. If man isolates himself, he can no longer participate in the communion either of the body of the earth and of humanity or of the sovereign Spirit. There remains nothing but himself, and it is with death that he communes.
31. The isolated man can no longer renew his intelligence, his breath, his thought, his concepts, his beliefs. He becomes sectarian and fanatical and no longer has the capacity to awaken the memory and the sensitivity of what is vast, universal, greater than death in him and around him.
32. If you do not rediscover this path of memory, what good is it to continue to live on the earth if it is to continually forget what you do?
33. Work in order to rediscover your memory, to safeguard it and above all, never to be isolated, shut up in sectarianism and fanaticism.

194. Discover the hidden path in the Source

1. Draw near to the Source and recognize its divinity.
2. There is the source that you can see with your physical eyes, but there is also the source in all worlds.
3. Love and honor the water that springs forth, clear and pure.
4. Enter into subtlety until you discover the source of your being, of your soul, of your destiny, of your consciousness, of your thought, of your states of soul, of your will, of your actions; it is a principle of inspiration, of permanent renewal of life, of creative impulse.
5. Understand what the source is that reveals the higher intelligence, that enlightens and cleanses. It is a world that cannot bear being imprisoned. It is an evidence, that of the water that flows and does not like barriers, that which opposes the fluidity of the worlds. There is, of course, a frame, a receptacle that contains the water, but the water that flows is fluid, in movement; it represents the higher current of life. To enter into this current is to find the path.
6. Very often, man suffers because he tries to direct the current of life, to seize it in order to orient it in his own way. When he has an understanding, a concept about something, it is absolutely necessary that the water, that the current of life follow his concept. Man appears and places himself thus not as the disciple, but as the governor. He does not accept that the water or any other form of existence than himself reflect to him a higher intelligence, a Divinity, in an evidence and a simplicity. No, man must always appear and give his opinion, there must be an opposition, a confrontation.
7. Man wants to understand and for that, he analyzes and organizes things so that the water may go in his direction and be at his service. But the Source has no philosophy or particular will apart from what it is and what it manifests. It is the source of intelligence, of creation; it brings clarity, purity, renewal; it opens the path of life and leads to plenitude.
8. It is not for you that the Source flows, but for a higher world of intelligence and greatness. In flowing, it tells you that you can participate in this higher world if you enter upon the path it shows you and if you transform yourself.
9. Do not seek to capture the power of the Source in your thought, in your understanding in order to divert it from its path of destiny.
10. The Source is faithful to the origin and in this, it invites you also to remain faithful.
11. If you lose the Source, if you divert its water, you lose fidelity to the origin, the link, the conscious memory, the knowledge, the sensitivity, the will.
12. The Source is greater than you because it is divine and its messenger is pure. It opens for you a path that you can follow. So do not lead the water where you want to go, but let yourself be led by a higher world through it.

13. To be a devotee of the Source is an art of living in balance and subtlety.
14. I, Gabriel, am the Divinity of the Source. In you, as in all beings, I am. I am the source of the spirit and of the life that springs forth and opens the path of greatness.
15. In everything, there is a divine origin, a river and an ocean.
16. Live in harmony with my source, my temple, my cult, my Round of the Archangels.
17. Every day, cultivate the link with the origin and bind yourself to the first source of the worlds, which is the source of the earth, the source of the sun, the source of the universes.
18. In the small as in the great, there is the Source.
19. Do not divert the water from its goal, do not imprison it, do not prevent it from flowing and following its path.
20. If you bind yourself to the Source, a part of you will become stable, grounded, while another part will be on a journey. You will be purified and cleansed from within so that no stagnant and dark world can capture you. You will acquire the capacity to transform the forces and fluids at work without losing your fixed point, your anchoring, your balance. Then you will be light and you will yourself become a source, a sun who give to water and enlighten all beings.
21. Those who approach the source and the school of Gabriel become benefactors of humanity and of the earth, for they have found the secret of regeneration.
22. To enter into the school of Gabriel and into communion with the holy church is to carry the Angel of Gabriel within oneself.
23. You must draw near to my source and to my church until my holy Angel comes into you. He will show you the Source, the water of the river and the ocean. Then the water will spring forth in you and around you. It will be pure, transparent, living in your eyes, your words, your gestures of healing and generosity.
24. Unite yourself with my source and with my church, become an Essene, a protector, a benefactor, a regenerator, a guardian of the great family.
25. Let men not be separated from one another and let them not be invaded by the pollution which is all around them in the subtle worlds.

Father Gabriel, if your source, your water, purifies us, must we invoke it to cleanse the subtle worlds that live around us and that, very often, imprison us, invade us and lead us into contrary currents where there is violence, opposition, confusion?

26. My water comes from the pure source of God. It is an unfathomable mystery. It is beyond the understanding of man. Man must draw near to it by abandoning his preconceived ideas, his beliefs, his will to exist, by being in respect, devotion, silence, awakening, adoration.

27. If man approaches my source, let it be so that the mystery of God may be enlightened, that his life may take another direction, that what is great and noble may be regenerated and that he himself may enter into sanctification and into the consciousness that he is on a journey.
28. The water is not at the service of the mortal man, nor of his body, nor of the subtle worlds that are around him. The water is at the service of the immortal.
29. If you bow down and honor the immortal, the water will draw near to you and show you the path to emerge from the world that imprisons in suffering. It is a path at once subtle and concrete.
30. When the link with the Source is restored, you can descend again toward the body in order to orient the water, the thought, the soul, the energy in a certain way. Know that it is your responsibility, your work, to master the orientation of the water in you.
31. The higher worlds bring intelligence, but it is for you to put it to work in your field of action. It is not a question of the higher worlds doing the work that falls to man.
32. You must protect yourself by binding yourself to what is pure and true and by being in conformity with what you know.
33. No subtle world, whether perfect or imperfect, will impose itself in the life of man if he has not welcomed it in one way or another. It is clear that there are subtle worlds that seek to invade man, to possess him. They seek to destabilize him by proposing all sorts of options to him. This is lawful and permitted by a higher world. Thus, the only protection for man is to be well instructed, educated and to stand in the alliance, in the church, in the community of Light.
34. If man is blind in intelligence and in heart, contenting himself with a vague hope of being saved, while constantly associating with inferior worlds without truly knowing them, he will indeed be considered by the higher worlds as a being who does not truly have a body, an existence, a destiny, a capacity to unite with a higher world and to contain it. I say that such an unconscious and uneducated man is destined to be taken and used by worlds of recycling in order to make the Light weak upon the earth.

195. The Two Great Laws of Preparation and Realization

1. The man who wants to live for God and take part in His collective work must honor two great principles: preparation and realization. He must first commit himself to preparation in order to acquire the strength and understanding that experience bestows. Then he can commit himself to realization.
2. For both preparation and realization, commitment is essential. Without commitment, no work can be born.
3. Through preparation, man orients his life. Through realization, he enters into that which will bring forth the fruit and the harvest.
4. Man will live from his works. It is through works that the path of immortality opens.
5. Without preparation, it is not possible to enter the phase of realization. Even those who realize need the help, the support of those who are preparing. This is why preparation is a phase in which man receives the gratitude of the worlds.
6. To prepare in order to accomplish the work already means to enter into service, for man then begins to form in himself a body of aptitude; he supports those who have committed themselves further into realization and thus takes part in making the earth rich with the world of the Gods.
7. He who has taken part in the work of preparation will benefit from the fruit brought forth by the realizers. He will be considered father or mother of a world that appears for the Common Good. Then he too will be strengthened by the work accomplished; he will benefit from its blessings and will be able to live with it.
8. I tell you that it is fundamental that you take part in one way or another in the work of God so that your life may be engaged in preparing a future that opens the doors of greatness, divinity, immortality.
9. Your life must not be sterile for the realm of the soul; your activity must not be limited to what goes out, to death, not passing beyond the boundary of one man's life on earth.
10. If you encounter the work of God, rejoice, be ardent and prepare yourself so that one day you may commit yourself, become responsible and take part in realizing a world that will bring blessing to many worlds, to many kingdoms.
11. It is not only your body that must find a happy fulfillment in your life, but also your soul and your immortal spirit. They too have the right to the satisfaction of a life filled by a beautiful work accomplished for noble aims.
12. Do not commit yourself directly to the principle of realization, for in all things it is necessary to respect the stages. Prepare yourself consciously, with respect, assiduity and discipline. Consider and live the stage of preparation as a happiness and remember that every success always flows from a good preparation.
13. Do not commit yourself to carry what you cannot carry.

14. In the stage of preparation, offer your life for that which has value and engenders dignity, which merits respect and gladdens the eyes and all the senses of man.
15. When you are well prepared, the commitment to the higher stage of realization comes naturally. Once engaged in this stage of realization, you must become a bearer of the work before all the worlds. In this you become responsible.
16. If you are not faithful to your commitment, you put the work in danger and you bring weakness to light. Then you not only threaten to lose your own attainments, but also the commitment of all those who have placed their hope, their strength, their life, their intelligence in the work.
17. A divine work is supported by many worlds that have brought contact, solidarity, help. Thus it is evident that he who commits himself to realize the body of a work on earth has accounts to render to the subtle worlds that have brought the various elements allowing the manifestation of this body. If he betrays his responsibility, the being thus engaged may be punished by all these worlds.
18. Understand that from the moment you have committed yourself and taken on a responsibility, you no longer have any other choice than to lead the work to the fruit, to the accomplishment.
19. I speak essentially of commitment in a divine work such as that of the Essene Nation. In such a work, it is not only man who is concerned, but a community of worlds and kingdoms that take part and that have committed themselves in this work. Thus, if you too have committed yourself in this work, know that it is before all these worlds that you have committed yourself.
20. If you seek and find stratagems to slow down the work, to divert the energies and finally justify yourself by proclaiming that you cannot accomplish it, know that this will be counted to you as a debt and a weakness. The worlds that had placed their trust in you, that had committed a part of their life because you yourself had committed to accomplish the work, will feel betrayed.
21. If you take on a commitment of realization within the Essene Nation, do not do it lightly, but first pass through the phase of preparation. Above all, do not seek an escape in order not to realize the work, otherwise you will be considered dangerous for the global idea of the fruit that must appear and you will be set aside.
22. Being set aside from the work of the Light when one has committed oneself to it is not insignificant and, very often, such a being is punished from life to life, led into chaos, the forces of destruction and instability until he finds again the opportunity to enter once more into the phase of preparation.
23. Either you remain discreet, helping, supporting, participating as you can, or you come forward and enter into the responsibility of being a bearer, but know that from that moment on, nothing will be justifiable. Only the acts performed, the works accomplished and, above all, the social climate that you will have engendered will speak, for it is in this climate that the future fruit will live.
24. I offer you this psalm as a warning for those who want to enter the worlds of the Light by making an offering to the immortal Gods. Know that if you approach the

portal of the divine world, you will no longer be able to hide behind the veil of falsehood nor justify yourselves by the darkness. Only the realizations will speak for you.

25. I am not speaking of the small works that reveal that you are capable of building a house of cards, whereas it is a monument, a church, a temple or even an entire city that are being asked of you. It is not because you build a house of cards that you will have realized the work. Do not approach the divine world with such a state of mind.
26. You will realize the work by laying its foundations stone by stone and in this you will be solely responsible.
27. Be therefore conscious that either you commit yourself to concrete realization, or you are in preparation and service, offering the best of yourself. If you want to approach the divine world and immortality, there is no other path than these two ways of preparation and realization; it is not possible to be in neither one nor the other.
28. If a man does not commit himself to preparation or to realization, he will build his body and his future according to his quality as a human being on earth and the personal evolution of his lineage. He will thus be delivered over to the hazard of external circumstances.

Father Gabriel, if a being commits himself, is sincere, and finally does not concretely realize the work for which he has taken responsibility, how should one react?

29. This is an eternal and universal principle and law: from the moment you have committed yourself to accomplish a work, you must accomplish it. What you say, you must do. If you do not do it, someone else must be put in your place to accomplish the work.
30. Above all, never close the doors before the souls that want to take part in the work of the Light. If you are responsible ones, you must make easy and open the paths so that a maximum of souls can take part, each at their level, in the work of the Light. Thus these souls will be in the felicity and in the benefit of the success and of the blessing that flows from it.
31. To take part, even modestly, in the divine work is the most beautiful and great activity that a soul can encounter during its earthly incarnation. This is why you must never diminish, devalue, discourage a soul that wants to offer something for God. Quite the contrary, everything must be done so that it can participate, in order to be part, in one way or another, of the great journey.
32. The responsible ones, the bearers of the concrete realization, must never engender a social climate bringing suffocation, stress, misfortune, destruction. It is out of the question that some should feel themselves slaves of individuals who would use an

unhealthy authority. This exists in the world of men, but is not welcome in the soul and atmosphere of the Essene Nation.

33. Very often, a responsible one brings a social climate of tension, conflict and confusion because he does not want to accomplish his work before the Angels and he places the responsibility for it upon those who have just come to help in order to prepare themselves and to open a path of destiny.
34. Weakness appears when a responsible one does not assume his responsibilities, making the weight of his incapacity fall upon beings who have not committed themselves and who are simply in preparation. Then crushing and discontent appear. Such a social climate closes the door of the world of the Light and leads the work to its loss.
35. He who is not capable of managing his own life and his own commitments must not make the weight of his failure bear upon others and upon the work, otherwise it will be the work and the others that will reveal his incapacity.
36. A true responsible one holds his place, he remains faithful to the Angels and the Archangels and he allows all beings to help him, to relieve him and to take part in the work of the Light. Then he brings joy, love, wisdom and richness for all.

196. Be mothers for all beings

1. I have drawn near to you and have transmitted my teaching to you; I have offered you my wish. My blessing is that you may transmit this wish and bring it to fulfilment. Such is the blessing: to allow a being to accomplish the wish of a higher world.
2. If you live for yourself, no one will live with you, but if you live for a higher world, all worlds will be within you and will rejoice with you.
3. I have asked that all men become mothers for one another. This word is my wish, my will, my teaching. It is not an obligation; you must not take this vow as an order or a constraint. No, it is simply a wish that wants to awaken you to the understanding that its fulfilment is vital.
4. Man never does anything truly good out of obligation. When he acts in this way, merely to do things because he must, he does not put soul, intelligence, heart, his own will into it; he becomes unconscious. Such a wish must be accomplished because one freely adheres to it, because it is just, because one has understood it, loves it, becomes conscious of it. Of course, this word is magical and it is entirely praiseworthy to honour it, but above all it must be brought into reality.
5. Those who aspire to draw near to me must know my will and contribute to bringing it to fulfilment. He who accomplishes what is best is part of me. This is just, for if one wishes to learn from a master, one must listen to what he says, carry it within oneself and accomplish it. This must not be a belief, but a concrete path of life supported by experience, demonstrated by works and by facts.
6. It is not a matter of lulling yourself to sleep in the shade of beliefs that reassure you, but of advancing on a path of transformation that allows you to reach another shore, another land, a new way of being and of living. This land must be the Essene Villages, not only as an exterior, concrete reality, but as the externalisation of an inner reality that is living and lived. "Why a land?" you will say to me. Quite simply because it is a place where one can settle, take root, rebuild oneself.
7. To be a mother for the other means to be a land of welcome for the one who is lost, in suffering and who aspires to raise his head again. There is always a moment in a man's life when he meets trial, suffering, but it is only a passage from which he must come out. Through this passage, his concepts are torn away, destroyed, for life asks him to go forward. This is why the Essene Nation must be a land of welcome and rest for the one who suffers and is seeking the path of reconstruction.
8. You are the guardians of a wisdom that has been given to you by the divine world. Thus, when wandering souls in pain draw near to you, you must offer them the place of peace and healing.
9. All souls must be able to join the work of the Light and find the immutable path toward God such as we, the Archangels, have shown it to you.
10. We have brought you the teaching of God through the Gospels, the Round of Archangels, the Essene Nation, the Essene Villages, the 4 Cults, study, devotion,

rites and the work. Therefore you must see to it that this wisdom takes on a body and becomes anchored on the earth until it becomes a loving and wise mother who can take care of the body and soul of all her children, leading them toward the mysteries of the spirit.

11. It is the awakened ones, those who have engaged themselves to the point of becoming responsible, who must organise themselves in order to transmit the virtues of the Mother to all the souls and all the bodies that draw near to the Essene Nation.
12. The Essene Nation is not destined for an elite; it was not created so that only a few might benefit from this treasure.
13. Of course, there are the pioneers, the founders, those who began and devoted themselves to bringing forth the work and the land of another future, and in this they are blessed. But they must understand that this land they have brought forth is not only for them, but also for the multitude of beings who are also seeking a place of rest, of healing. This land must be created for those who have just undergone a catastrophe and must catch their breath again, or for those who are preparing to cross a desert.
14. I have transmitted to you words of Light and you have welcomed them, but you have not necessarily heard them as they ought to have been heard.
15. You possess an inestimable treasure, but far too many precious stones are left abandoned.
16. Among the assembly of Essenes, let those who decide to work be trained in order to give a concrete body so that the Light may live and act in your midst. Let this body bring forth the wise and loving mother who will transmit the spirit of healing in all things.
17. Do not accept that a soul in suffering should come to seek refuge in the Essene Nation and feel rejected and locked up in a world.
18. Do not accept that the world of men be reproduced within the Essene Nation.
19. Take as a model the attitude of the wise and loving mother who protects and surrounds her child, foreseeing what is best for him, offering him all the means to subsist and to develop naturally. Let this image of the mother be for you a guide, a model, a path to follow, a construction plan, a code of conduct.
20. Do not forget God, but live with Him and make Him appear through the work of the Essene Nation.
21. Remember that the divine world does not need man in order to exist.
22. The alliance with man can be a joy, but it must be within respect for divine values. It is for man to be conscious, to accept the divine values and to organise his life on earth to bring forth the divine will.
23. Never will the Gods do the work in man's place.
24. If you hear a wisdom and act in the opposite way, be certain that you are straying from the right path.

25. If you receive commandments, you must study them, understand them and apply them, make them living in your life, make yourself a body out of them. Then not only will you be able to live with them, but you will transmit them to future generations.
26. If you do not bring forth a concrete body of the Teaching, there will be disharmony and men will say it is the work of the Archangels. This has already happened in the past; religions have taken body under the impulse of the higher worlds, but men were not faithful and upright, and it was proclaimed that the divine work was not good. No, the divine work is always good; it is men who bring confusion and disharmony.
27. Be just, be true and set yourselves to work in order to bring forth the work as it has been asked of you. Do not let the world of man seize it and pollute it, stain it, distort it.
28. The one who suffers must be able to find a place of welcome, of appeasement, protected from the multiple aggressions of the world of men. You must envelop him as a mother would her child.
29. Do not transmit suffering, misfortune, disharmony, conflict, fear, lack.
30. Take your life in hand, be active, awake, enterprising so as to lead the wisdom of your Fathers the Archangels into a body capable of incarnating its wisdom, its beauty, its gentleness.
31. The word of God has not been given to you to be one more abstraction or to feed fantasies, inward desires, but truly to be led toward a concrete realisation, a living body, a new way of being and of living. It is up to you to engender the body, the daily life, the economy, the social and cultural climate and the great religion of the Light that will open the doors of another future.

Father Gabriel, great is Your word, but how can man, who is imperfect because of past generations, give what he no longer carries within him or does not even know he carries? How can the man who is lost give generosity, love, gentleness, healing, support to the other if he himself is seeking these?

32. Do not allow what is beautiful to be debased. Even a mother can be denatured and no longer be a mother, even when she carries a child.
33. Be mothers in accord with the Mother and carry God. Be mothers for God in the other. Let the Essene Nation embody this face, this soul, this dimension of the Mother.
34. The earth on which you walk must be an Essene earth, a land of wisdom, a land of awakening and healing, of the construction of a world to be born, a school of life, a path toward the spirit. The one who approaches this land must find the peace of soul and body and the opening toward the Holy Spirit. The worlds that until now have enslaved him, destroyed him, denatured him and led him into bondage must not be present, must not be able to cross the border.

35. Every soul that is seeking its land, its place of rest and reconstruction must be welcomed and be able to find its family again.
36. Do not look at yourselves in your limitations and imperfections, but learn to develop a universal vision so as to organise your life to go toward the new, the great, the noble. Do not always fix yourselves on the errors of the past, do not allow them to enter into the new just as they are, but allow them to be transformed and to find another path.
37. Let those who do not accept questioning and transformation not be leaders and responsible ones of the Essene Nation. Let them first become humble disciples, let them work on themselves and enter into service until they become capable of following the natural process of transformation, of the elaboration of a new body. Only then will they be able to commit themselves in consciousness and become bearers, responsible ones, pillars of the work of God on earth, and thus of the Essene Nation.
38. It is no small thing to be a pillar, for the more man engages at the service of the divine world, the less the latter grants him indulgence. A pillar is a bearer of worlds who must be responsible before all the worlds. If such a responsible one allows the world of man to enter into the work of the Essene Nation, he endangers the word of the Archangels and the teaching transmitted.
39. You who wish to take care of God and preserve the teaching brought by the Archangels, I tell you that if what you do is not correct, see to it that it becomes so.
40. It is not fitting that one day it could be said that the Archangels have brought confusion, conflict, disharmony, oppression, quarrel. This is not what the Archangels have taught you.

197. Find happiness in what you have and take care of it

1. I love for man to be happy at every stage of his life on earth, that he may be able to live happiness and fullness. For this, he must be well educated, stable and know all the stages of life, the path he will have to walk. He must be in wisdom and possess within himself the organs that enable him to keep his balance in all circumstances. He must be awakened, take his life in hand while being generous, just and good.
2. Happiness is already in man, it is his natural state; it is a gift that has been given to him, a heritage. He does not have to seek it or conquer it, for he already has it. But he can lose it if he moves away from himself, from his true being, from his ray, from his centre. Then, he will indeed have to set out to find what he has lost. But during this time, he will no longer advance on the path of life that he was meant to walk, step by step.
3. If man no longer knows how to be content with what he has, with what is simple and makes everyday life beautiful and rich, this means that he has lost himself. He then sets out in search of something that is not in him and that he will therefore never be able to have.
4. Man should concentrate on what he has and not on what he does not have. If he does not welcome what has been given to him, why would he take more care of what is not his? He thinks that what is not his has more value, but this is only a thought that leads him towards an illusion.
5. God gives to man and blesses him, but He also tests him at the same time. He tests him in what he has, for man shows what he is through the way he behaves towards what he has received.
6. If man is faithful, he accepts what he has and leads it towards splendour, towards fullness and happiness. But if man is faithful neither to himself nor to God, he does not accept what he has, and therefore what he is, and goes to seek what he does not have, and therefore what he is not. This is not the right path, but the path of perdition, and therefore of suffering.
7. Suffering is not the path of God, but that of man who does not accept what he has and who does not enter onto the path of awakening, transformation and sacred initiation.
8. If you do not accept what you have, you will not find yourself and you will not be able to transform yourself.
9. Happiness is not acquired; it is the natural state of man, and it is also the path of God.
10. By accepting what God has given him, man naturally commits himself to a path of ennoblement.
11. He who detaches himself from the divine gift and from himself will come to be dissatisfied neither with what he has nor with what he does not have. He will be unhappy, for he will see imperfection where there is none.

12. From a higher point of view, nothing is imperfect in itself, but imperfection can appear if man strays from the path. Thus, imperfection is in the eye of the one who looks and it appears by the confirmation of the one who looks. When the sight is distorted, imperfection can appear and open a path either towards nothingness or a path of straightening through the awakening of consciousness.
13. If man does not accept what he is, he can revolt and seek outside himself what, in his view, could fill him. Then, what lives in him is no longer fullness, but dissatisfaction, fed by a troubled desire that will never be able to settle.
14. Man will not bring forth the same becoming if he is inhabited by fullness or by dissatisfaction.
15. To be a disciple means to be well educated, grounded and to know that God is the only king, the authentic master, the supreme intelligence, the soul, the life, the way, the blessing...
16. He who welcomes the blessing and fulfils the will of what is good, just and true, that one is on the path.
17. Not accepting what is, revolting, wishing for what is not one's own amounts to inviting into oneself what is troubled and risking straying from the path. Man then begins to seek what he lacks, or what he believes he lacks, in places that are not clear, under any conditions whatsoever. But know that such an attitude inevitably brings conflict, disorder, fear and all that leads man towards slavery.
18. Awaken yourselves to the reality of the higher worlds. Nature is a school of wisdom, it is generous. Heaven is goodness. Man is profoundly kind, filled with qualities and beautiful virtues, for such is his nature. On the other hand, he becomes execrable when he does not have what he wants, when dissatisfaction seizes him and he sets out in search of what seems necessary to him.
19. I do not say that man must not reach towards goals and seek perfection in certain areas of his life. No, I say that his natural state is happiness and that, in order to remain in it, he must be educated by following the steps of the path of Initiation. He must walk through them one by one by participating in the elaboration of the body of God in his life, in that of humanity and of the earth. If man steps outside this framework, he risks at every moment being caught by a world that will definitively turn him away from his being and his destiny. To triumph over this temptation, he must be grounded and in acceptance. Then he can enter onto the path of ennobling what he has, instead of pursuing what he does not have and which is not his.
20. No man will be happy by possessing what is not his.
21. If what man receives comes from God, he will live in blessing, but if what he receives is not from God, he will know misfortune.

22. In happiness as in misfortune, life is perfect, for everything comes from God and everything that happens is destiny, consequence, harvest of something that has been sown and that responds to the laws of God.
23. It is in the gratitude and acceptance of what you have that you will find the path of transformation.
24. You must live, breathe, eat, sleep with what God has given you; this is what you must work with in order to lead it towards perfection. God has given each person a task: if man fulfils it in happiness, he will know perfection, but if he rejects it, he will know suffering.
25. Learn to appreciate what you have, give thanks and do not be ungrateful.
26. There is a world that makes you poor, for it places mirrors before your eyes, it bewitches you, invades you, places you in temptation, awakening in you desires, beliefs, aspirations that knock you off-centre and make you forget the Source and yourselves. This world mixes destinies and levels paths, whereas in truth, not everyone has the same destiny nor the same work to accomplish.
27. You will never find perfection by being off-centre, dispossessed of yourselves, of your soul, having lost the link with the origin. It is by being what you are and by taking care of what you have that you will find the right path on which you must walk to meet eternity and immortality.

Father Gabriel, when a world presents itself before us and we do not like it, what must we do? Must we reject it or accept it by seeking to transform it?

28. In itself, imperfection does not exist. It is the way you look that makes a thing appear perfect or imperfect to you. Of course, there are worlds that seem desirable and others not, but behind every event there is a wisdom, a story, a path.
29. For he who has no wisdom, everything has a value, everything is marketable, negotiable. He thinks this way because he has been formed by the world of men. He places criteria of value on everything, judging all things as negative or positive, as more or less good. He cannot understand that there is no better or less good. In itself, imperfection is not. Such is the point of view of the divine world.
30. Imperfection exists only from the moment when you think, breathe, eat, live and sleep with it. You are taken by a world because you have placed yourself outside the divine. But this imperfection is part of a greater perfection. Simply, since you no longer participate in this perfection, it appears to you as an imperfection.
31. If you participate in the divine, even imperfection will appear to you as a perfection. Only then can imperfection become a source of awakening of consciousness and lead you, through an education, to understand the value of accepting what you have and taking care of it.

32. God is your only true good and He is also the good of all beings. To recognize Him and take care of Him, such is the path.
33. Awakening and discernment will show you that there is the good which is God and the good in the world of man, which is a false good. To see this is your good and can become a common good, if you take care of what you have and develop it.
34. By taking care of the good, you also take care of the less good, that is, what is perfectible and on the way, for each must be put in its place. Then, order appears and reigns.
35. All beings are happy about order and good government but are always unhappy about the bad decision that gives birth to disorder.
36. Man must honour the good and the less good by putting each in its place.
37. You must not give energy, strength to the less good, to imperfection; the imperfect must simply be placed in rest. If you give your energy to imperfection, to the negative side, you will strengthen them and they will engender a permanent imbalance that will put you in weakness; not that they are evil in themselves, but they seek to be healed of your foolishness and that is why they can destroy you.
38. Healing is found in the acceptance of what you have. If you do not understand this foundation of life, how will you be able to rise towards the study of the great laws and mysteries that govern the higher worlds? Never will the higher worlds welcome what is troubled, double, unstable, mixed.
39. Before approaching the mysteries of the spirit, man must have learned to settle himself and have found the path of transformation and mastery of energies.
40. By accepting what he is and by settling on the earth of the Teaching, man enters onto the path of truth. Then he accepts what he has, thanking God for His blessing and His presence in his life. He even accepts trials in order to show tolerance and humility before worlds that can make him enter into them to lead him as much into hell as into higher worlds.
41. Be humble and appreciate what you have.
42. There is more happiness in the contentment of what is simple than in the insatiable will to always have more. Such an attitude leads to indigestion, suffocation, foolishness, waste, loss of value, of meaning and finally of dignity.

198. The middle way and the path of perfect balance

1. The middle way consists, for man, in giving meaning to everything and in bringing everything into balance in his life.
2. The search for balance is an essential key.
3. The difficulty for man is not to let himself be caught by abstract worlds, for otherwise he steps out of the way of awakening in the real, in what is, and enters into abstract beliefs that lead him toward the loss of meaning and of balance. When the divine world suits him, he believes in it, but when it does not go in the direction he wishes, he ignores the Light and acts as if it did not exist.
4. Take the example of a man who is inhabited by certain desires, who wishes to live in a certain way and who does everything to succeed in his earthly, material life. For this, he uses all the means at his disposal: gentleness, violence, reasoning, philosophy... His aim is praiseworthy, but there is no coherence between this aim and his way of being on a daily basis, in the reality of his actions: he wants his family to be united, but he himself does not welcome his own parents, his brothers and sisters, and does not cultivate harmonious relationships with them; he wants to live in gentleness and peace, but he is cold with all those around him; he wants affection, but he is not capable of giving it; he wants to eat so as not to suffer from hunger, but he does anything with food, wasting it and not respecting the values, the virtues of the fruits and vegetables that give themselves to him; he wants wealth but shares nothing, is not generous with what he has and does not think of others.
5. What do you think such a man will reap in the end? He pursues aims, but he is not awakened in what is real, completely taken by abstractions that generate imbalance and distance him from the real. Do you really think that it is the Gods or the entourage of such a man who generate this situation? No, the man seeks to live a fullness, but he does not know how to open the doors of his being and his inner life. Thus, he waits for everything to come to him from the outside, for even what he carries within himself, in his innermost being, he does not envisage living independently from the life of the outer world. He thinks that the doors of his inner being will only open when the outer life has fulfilled him. He thinks that it is on this condition that he will be able to welcome what will be given to him and that only then will he be able to reveal who he is and show what he carries in the deepest part of himself.
6. Such is the weakness of man: he thinks that if the outer world responds to his need, he will be balanced in what he carries within himself and will be able to share with the world of men all the virtues that are hidden in him. But I tell you that the truly powerful man is the one who is not subject to external conditions, but who, through the strength of his inner life enlightened by the spirit, is capable of organizing outer life in order to bring balance and peace.
7. He who lives according to external circumstances cannot control anything and lives as a slave.

8. Only he is free who lives in accord with what he carries within himself and who illuminates it from within, showing him the greatness of the Angels. Such a man no longer encounters obstacles in his outer life.
9. Before you set your gaze upon the world, before you form an opinion, before you wish and awaken the power of desire, learn to direct your gaze inward; observe yourself, be your own witness, make the subtle appear in you and around you. Analyze, look at what is just and what allows you to find balance.
10. What you want to see appear on the outside, not only must you already have it inside yourself, but it must be illuminated by the great Spirit, who speaks to you and enlightens you from within.
11. If you are not illuminated from within, everything you seek on the outside will be imbalance, and therefore suffering, abstraction, smoke, illusion. You must be a creator through your inner life in order to balance the outer world and transmit to it the light of intelligence, the soul and the balance that you have received from the heights and from the mysteries of the spirit of God.
12. The Gods, the Archangels and the Angels live in the spirit of God. Man must live in the company of Angels through his consecrated and illuminated inner life. Then he will be a true man on earth, an Essene, a companion of the Angels bringing healing, consolation, liberation to all those who stand in the outer darkness.
13. What you want to obtain in outer life, you must first of all give in order to receive it. You must receive it from the spirit within you, then you must give it as a seed to the outer world, which will be like a soil multiplying what you have entrusted to it. If you have no inner life, if you have no alliance with the world of eternal divine intelligence, you will only be able to give abstraction, smoke and nothingness, which engender the imbalance of the worlds.
14. Man must not allow himself to be invaded without any discernment, without intelligence, without sensitivity by desires that come from outside. He must preserve the consciousness, the purity, the beauty of his inner life and of the worlds that come to inhabit him.
15. What is imperfect must not enter the inner life, for there lies the creative power. The imperfect must be calmed, put to sleep, and outer life must be organized in such a way as to reflect and strengthen, to awaken the potential of inner life. Thus, what is positive, what is in accord with the three worlds of the divine spirit, of the inner life and of the outer life is strengthened and can resist the influences that carry imperfections and channel their energies to close the doors of these three worlds.
16. If the three worlds of the divine spirit, of the inner life and of the outer life are not awakened and aligned, man cannot do otherwise than let himself be caught by the dark world, which leads everything into abstraction, loss of meaning and permanent imbalance. Then he becomes poor, weak, like a beggar of life, hoping to receive from outside what will finally be able to balance and stabilize him. But he does not understand that this balance and stability which he seeks are in him and only in him. That is why man must strengthen his inner life, his profound being, instead of concentrating his

energy on what he is not and absolutely wants, for it is this that turns him away from the true goal.

17. My commandment is: Open the door to the Light. This means that by sharing with others and giving the best of yourself, balance will be established in your life and you will receive what is just.
18. If you want to obtain blessings while the door is closed, it is certain that not only will you not have them, but that moreover, you will make all the beings around you suffer. You will forget that God brings wisdom into all things, you will forget the Angels, thinking that the worlds are against you. But the truth is simply that it is you who do not listen to the wisdom of the worlds.
19. So awaken the three worlds of divine intimacy, of the inner and of the outer, and learn to be balanced in these three worlds. Understand the hierarchy of the worlds and respect it.
20. Intimacy is superior to everything, for it is the sovereign spirit, the Source, the Angels.
21. The inner must be illuminated in intimacy, enlightened, vivified, animated by it. That is why in the ancient tradition of wise men, before accomplishing an act in the outer world, one offered its soul to God. This means that inwardly man presented the idea, the thought, the feeling and the will of his work to the great Spirit within him. Then, if God enlightened this work, it was blessed. But if God did not enlighten and did not bless, the act was not to be accomplished and appear through the outer senses, for it carried within it a bad germ that would bring confusion, imbalance and loss of meaning.
22. The fall of man came from the loss of this knowledge. Man, having pursued works which had not received the blessing of intimacy, lost his inner light and found himself a prisoner of the outer senses, which shut him up in the world of death, where there is no longer meaning, soul, intelligence.
23. For each of the three worlds, there is an intelligence, senses, a will. Thus, you must know whether your thought and your will are blessed by the divine senses before accomplishing a work in the outer worlds. These worlds are also alive and will take your seed to put it in the earth and make it bear fruit. If it is not blessed, it is stupidity that will be brought into the world. Therefore not everything is good to put into the soil. If you understand this, you will be able to straighten yourself and find the path of balance.
24. I, Gabriel, teach you the law of generosity; it is that of the source of Good which flows for the whole world. I did not give you as an example stagnant water or swamps. I told you that whatever happens, the water of pure life must continue to flow, that nothing must come to dry up the source, that nothing must imprison the water.
25. It is not because the water does not always find the appropriate path to live or to circulate that the source must cease to spring. The water will find other means, other paths, but it will flow to give drink, to cleanse, to heal, to illumine all beings. If the water no longer flows, it will be the desert, imbalance and nothing will any longer be in conformity with the great intelligence of divine life.

Father Gabriel, when we have become enslaved by desires that are not fundamental for our life and are not in accord with the inner light nor with the superior divine world, how can we enter into balance and onto the path of healing and intelligence?

26. If man is in such a state, this means that the doors between the three worlds have been closed because he has no longer honored Religion in his life and no longer walks with the Angels, having neglected his soul and his inner life. It is therefore necessary to return to oneself and to the higher worlds. It is necessary to reopen the doors and re-establish communication, the alliance, so that man is no longer an isolated being.
27. No man can face the dark world alone when it has taken possession of his destiny. To free himself, man must first open his consciousness, then enter into a sharing with others. Such is the meaning of the human community, of the holy assembly, but also of communion with the Angels and the higher intelligence, God the Holy Spirit.
28. Above all, do not isolate yourselves and do not become fixated on the form that the help you want to receive may take.
29. Very often, man imagines what he needs and wants absolutely to receive it in the way he has decided it must be. He can even revolt and reject this help simply because it has not been granted to him as he wanted, even though it was perfectly in accord with what he precisely needed. By accepting the help as it is given, man will see that lack and imbalance will move away from him to leave room for harmony and the strength of peace.
30. To be in balance does not mean that man is entirely freed, but simply that he is no longer blocked, imprisoned, and that he can again act in order to strengthen his treasure of Light while putting weakness and poverty to sleep.
31. Man sometimes says that he would like to put certain worlds in himself to sleep but, very often, it is not in order to be in a sharing and a balance between the worlds, but rather because these worlds make him suffer. Thus, the foundation is not just, is not in conformity with the intelligence of the worlds and with the source of God.
32. If you want to be rich, to attract luck and success into your life, you must be in accord with the spirit of God and open the doors of generosity and abundance around you.
33. If you are closed and no water springs from your source to illumine the world, to fill it with soul and to open a path for it, it is certain that wealth will not come knocking at your door, or else it will be a poverty disguised as wealth.
34. If man finds himself in a great state of closure and sterility, this means that he has not known how to cultivate and harmonize within himself the three worlds. Then weakness and fear, which govern the outer world when one is isolated from the higher worlds, have naturally seized him and closed the door, to the point of preventing these worlds from delivering him from imprisonment and imbalance.

199. Go toward God without expecting anything in return

1. All the religions of the world have fallen by leading man into weakness and enclosing him in a sterile and tearful guilt.
2. All the religions have placed the Divinity above everything as omniscience, omnipresence and omnipotence. They have presented God as the Sublime, as the beyond, and thus have exalted Him in the imagination of men. The religions have proclaimed that God was the supreme creator of heaven, earth and humanity; that if man did not see God in himself and around him, it was the sign that he was in hell. This is indeed true, but it is only a part of the truth, or rather concepts that have not been brought and transmitted in a right way. Very often, these concepts have been brought to men in an obscure manner, thereby engendering obscurantism and leading man to become weak and enslaved.
3. Weakness, ignorance, stupidity, unconsciousness are not good methods.
4. Originally, the purpose of religions was to lead men on the path of sound education and not to enslave them to the darkness.
5. The enslaved one is not responsible for his acts; he no longer has individuality, for he has been emptied of all the divine virtue that was his heritage, his destiny, his dignity.
6. Enslavement is the path of the fall; it is a decadence, a usurpation that has nothing to do with the religion of the Father and the Mother.
7. From the original and universal religion of the Father and the Mother, men have engendered counterfeit religions which, instead of liberating souls, have led them into enslavement. Thus, through certain sly thoughts and words, the religions that have fallen have made men believe that if they meet trial in their life, it is because God willed it, or because they are impure; or else that if they do not succeed in life, it means that God thinks they are not ready or that they do not deserve it. But all this is devoid of wisdom and intelligence, empty of soul, and shows that man has accepted in his life an incoherence, an abstract and distorted image of life and of himself which render him sterile and unfit to use the virtues that God has placed in him. Thus man has become unfit to create and to bring forth a world that has meaning, soul and value and that leads toward immortality.
8. God is not responsible for what man lives in his life.
9. God is beyond the Gods, the Archangels, the Angels and men. However, He has allowed the creation of this world as a whole that is possible within His will or His non-will. These two possibilities, these two paths are the two pillars that bear the creation of God. Thus, it is possible to follow His will, but it is also possible not to follow it. Each realm of existence can therefore choose either to follow or not to follow the will of God. God has accepted that this world be made thus; it is His will that has allowed that His will not be done.
10. God is in everything, but He is beyond good and evil.
11. He abides in eternity, which has neither beginning nor end.

12. Good as well as evil are two creative forces that must be balanced and that are fundamental in creation; if they are balanced, the Divinity reveals Itself and there is no more evil.
13. No man can know God in the life of his physical body, for there is an absolute incompatibility between the life of the body and that of the spirit. It is only through the increasingly subtle development of his inner organs that man can rise up to the higher understanding of the Divinity; it is an inner path. He who follows it can awaken in himself the part of divinity and, by putting it into action, can bring forth a world that balances the two aspects, physical and spiritual. Such is the meaning of justice and peace.
14. God is not responsible for what man lives, for what man decides to do or not to do, for man depends on intelligences that have engendered worlds before him. He has been placed under the domination of these worlds without necessarily having the choice, and he must now undergo the consequences.
15. Man has not necessarily been willed and created by God, but by higher worlds that have not necessarily chosen the will of God and that are not so simple to understand.
16. To be a man means to take a body in order to accomplish a particular work. Certain worlds want to make use of man in order to achieve their ends, whereas others seek to make appear through him the virtues of God which bring forth perfect worlds.
17. If man disregards his divine creativity, his dignity, the inner organs that enable him to find the path back to the immortal aspect of his being, he will give his strength to what is not divine, even if in the absolute this has been permitted by the Divinity as a necessity inherent to creation itself. Man will then let himself be hypnotized, subjugated at all levels of his being, like an unfaithful woman who has opened and given herself to all the currents that passed by, believing that everything was God. Thus man has believed that it was the will of God that he become a prostitute.
18. I tell you that if you want to know God, you will only succeed through the awakening and rational education of the inner life and its intimate organs. When these organs vibrate on the right tone, the will of God will be revealed to you and will bring you balanced knowledge.
19. In its essence, the will of God is similar to the sun: it dematerializes, evaporates and ensures that there is no longer any dense matter, that there is no fixity in matter.
20. The idea of fixity in matter is linked to the darkness of the worlds. This is not negative in itself, for it is part of creation, but it becomes so if matter is not compensated and balanced.
21. Darkness allows form to become concrete and for man to be able to place himself upon it in order to make the worlds evolve and to liberate them. I know that my words will be difficult to understand, for they come from a world that is not that of man. They are an invitation to raise and to set understanding in order to restore a balance and open a path.
22. The truth is that God accepts what is done and will never reproach men, quite simply because they do not live in His world. Those who will make you pay so that you change your attitude are the subtle worlds arising from the creation of man or from a fallen higher world, which are waiting for liberation and the end of suffering. If man does not

offer this balance to these worlds, they will enslave him. All this has nothing to do with God in a direct way but is a consequence of the two pillars of Creation.

23. Very often, men who do not awaken through wisdom or love awaken in suffering. Then they begin to cultivate the subtle inner senses that enable them to acquire the finer intelligence that will free them from the oppression of gross worlds. He who goes to the end of this process will enter a higher, esoteric world and will understand that everything that surrounds him is writing, symbol, message, reflection of an infinite higher world.

Father Gabriel, how can we enter into such a wisdom that would allow us to restore the tradition of our ancestors, to heal the religions and to re-establish order, peace and justice on the earth by opening the path of education and immortality as a homage to God?

24. You must not place yourselves under the influence of and be dependent on the fallen world that has brought the religions down, for it has distorted the message of the original religion in order to enslave humanity. You must put this influence in its rightful place and balance it, but in no case allow it to direct your life.
25. Individualize yourselves in the study of the wisdom that enlightens and heals the worlds. Awaken the Divinity through intelligence, devotion, rites and works. Do not awaken the Divinity in you or in the Essene Nation in order to build an outer world, but fundamentally to rediscover the values of the divine world and live with them, to value them in your life and in the Nation. Of course it is important to build outwardly and this must not be neglected, but it is fundamental to honor the invisible worlds, to place them in greatness, in purity, in intelligence.
26. The body is important, but deprived of soul and spirit, it becomes a curse.
27. It is by honoring the invisible and making it appear in beauty and greatness that the gates of heaven will open and that the unfathomable mysteries which balance life will appear. Then God will be known to you, His will will be clear and the worlds will be liberated.
28. Above all, do not accomplish works on the earth with the interested aim that God love you and reward you by offering you in exchange a world to which you aspire.
29. You, Essenians, you honor immortality and the invisible worlds, but how can the majority of men conceive of an immaterial world, when all their life is directed solely toward the preservation of the body, the accomplishment of the values of the body and the limited meaning of their mortal life?
30. Immortality is a path that takes root in the body, but where the body is neither the goal, nor the orientation, nor the object of concentration. So do not say something just to say it or in the hope of obtaining something else.
31. Be clear, precise and open the path that you want to live. Do it yourselves in order to be worthy, true and in conformity with what you think is just, beautiful and noble. Do it because the vision is great and because there is nothing more honorable than accomplishing what one believes to be right.

32. Be free and do not expect anything in return, for if there is one thing certain, it is that the return will never come in the form in which you expect it. Therefore, let the act itself be your reward.
33. God always brings blessing into what is not fixed on the earth and which is not limited to the physical world. For God, being fixed on the earth is synonymous with death and can only engender death.
34. God does not squander His wealth, but He has made it bear fruit. That is why He will give man what is good for him and not what man thinks or believes to be good.
35. Only that which ennoble the Divinity in man and in the world, by opening the sacred gates of the subtle worlds, is good.

200. The 3 forms of astrology

1. Astrology is a high knowledge that was transmitted to men by a higher intelligence that wanted to initiate them into the unity and the diversity of life.
2. The universe is one and at the same time multiple. All the creatures that constitute it are bound to one another, are interdependent. Thus, what takes place in the infinitely great has repercussions in the infinitely small and vice versa.
3. Through the study of astrology, man can understand that the universe, the solar system, the earth are bodies with organs, a soul, a spirit, a destiny. Man himself is a small body in a great body. Thus, by studying this great body and all the influences that act around it, man can know himself and understand his function, his mission.
4. The science of the stars is the science of the influences that direct the life and the destiny of man. Man must therefore be in harmony with the universe that surrounds him. Then the influences that weave the fabric of his destiny are balanced. But if man is in disagreement with the great body and the cosmic harmony, he enters upon the path of suffering.
5. Astrology speaks of bodies and of their influences, happy or unhappy, but it also speaks of the link of soul that unites all bodies with each other in a subtle hierarchy. From the stone up to the Gods, from the visible toward the invisible, all that exists is not only connected, hierarchized, but exists in all worlds under diverse forms. Thus, in man there exist the universe, the Gods and the stones, and the way in which man behaves and lives influences more or less all these worlds.
6. Astrology is the science of the multiple exchanges, of the influences that man can elaborate and weave with different worlds. Thus, the one who is instructed will be able to unite consciously with certain regions of the universe in order to balance a harmful tendency and master his destiny in such a way as to lead it toward harmony.
7. Thought, the senses, the word, the breathing, nutrition, movement are subtle organs in man that are in correspondence with visible nature, with planets, stars and universal influences. The way in which man uses his body and his organs will determine who he is, the worlds to which he relates, what destiny he writes.
8. The way in which a man sets his eyes upon the world determines his life and what he will become, for the universe is in his eyes. Through his eyes, through the quality of his gaze, man awakens or extinguishes the Light, and that determines his orientation, his associations, his path.
9. When I offered you my necklace with 12 pearls, I wanted to invite you to meditate and to make a body for yourselves of this universal knowledge that allows man to enter into the wisdom of the Gods, to understand their order and harmony and to take his life in hand in order to become a creator of the offering of Light. But my message was not understood in all its greatness and magnificence. It is a noble science and men were not sufficiently prepared to understand it and bear it in their life.

10. Through my necklace with 12 pearls and my teaching, there is a whole work of preparation that you must do to allow future generations to approach more and more this wisdom so that it can once again govern according to the order of the Gods and re-establish the harmony of the worlds. The right understanding of astrology makes it possible to understand man, to straighten him and to lead his destiny toward what is just.
11. Man must not isolate himself from the great body, he must not become independent nor extract himself from the global plan, otherwise he will enter into conflict, disorder, anarchy. By thus extracting himself, he will leave the kingdom of intelligence, of harmony, of order and will let himself be caught by a world that will transform him into a profaner. Then he will consider himself as a victim by saying that it is not his fault, that he has undergone influences that have led him away from the right path; he will say that now he is weak, invaded by bad thoughts that obsess him and are stronger than he is. He will even go so far as to proclaim himself a “poor sinner.”
12. I tell you that this state of weakness of man has nothing to do with dark forces that would have as their sole aim to enslave man. No, it comes simply from the fact that man has become ignorant of the living universe that surrounds him and of his place, of his role in this universe. If man leaves intelligence, if he extracts himself from harmony, if he isolates himself from life, how can he be surprised that he becomes idiotic, disharmonious and destined for death? What is this humanity where man does not study, does not open himself, does not discover?
13. Man wants to isolate himself, he does not want to enter into greatness and recognize what is true, shutting himself into a growing sectarianism and fanaticism. He seeks to find what he knows, what justifies his being but does not want to open himself to the unknown. He wants to nourish in himself a certain knowledge that goes in his direction but refuses a wisdom, a science which nevertheless live with him, but of which he is deliberately unconscious.
14. Just as there are 3 bodies in man, there are 3 forms of astrology.
15. The first form of astrology is linked to the physical aspect of the worlds and to the subtle influence exercised by bodies, by forms. Man, like the stone, the plant, the animal or the star, radiates around him an emanation, an influence, a warmth of soul, an energy, a color, an intelligence. This aura is connected to diverse worlds by laws of affinity and correspondence constituting a sympathetic chain which places man in a certain alliance that will write his destiny. Thus, from the form is born the aura and from the visible earth appear and are woven the subtle worlds of the beings that you call “spirits,” “geniuses” and “egregors.” These worlds form and weave a heaven around man, a world that in turn acts upon the surrounding worlds.
16. If man, through his internal astrology, has put himself in correspondence with influences, with intelligences that partition off, he will not be able to associate with higher worlds; he will be shut in his world and will no longer be able to cross the frontier.
17. If man is a believer of any religion whatsoever, he will pray to the limited god of that religion and will be shut into that partitioned world.
18. The partitioned world is that of death, where there are no longer any real exchanges. Life is exchanges. Thus, the man who is shut in can no longer renew himself, nor transform

himself, nor welcome the other. When a new impulse enters his auric bubble, he immediately seizes it in order to lead it to conform to what he knows and accepts. All that is not in conformity with his world is systematically rejected. That is why man can no longer commune with higher worlds, vaster, greater. He thus closes the doors upon himself and shuts in with him all the lower worlds that naturally depend upon him.

19. Man is an intermediary, an organ of communication, of transformation, a center of balance, of healing, of orientation. If he no longer accomplishes his function, the worlds around him, in him, beneath him are lost, for the chain is broken, the energy can no longer be received nor transmitted.
20. Through his link with the higher worlds, man was meant to receive the seed of the Gods in order to transmit it transformed to the different kingdoms around him and in him. Thus the forces of the earth were balanced and all beings could find a just nourishment, a breathing, a path of liberation.
21. Through his organism and the auric world that surrounds him, man is a creator and his function is to bring this peace, this light, this harmony that come from the great cosmic body so that all beings may be in affinity with it. Thus man was created, but he must be conscious that he too is a father-creator, a sun, the inspirer of a world that he creates and that stands beneath him, that is dependent upon him and that represents his becoming.
22. If man creates a world that closes Heaven and earth, like a shell partitioning off his thought, his action and his destiny, he will shut worlds in with him from which he will then no longer be able to come out.
23. Only awakening, study, Initiation, opening to the holy assembly, to the constituted body of the Church on earth, in harmony with the great body, will be able to allow man to take his instrument back in hand and to transform the energies before putting them into earth. For even if each man must benefit from the assistance of the collectivity, it is up to each one to do the work on his own matter.
24. You constantly receive the nourishment of the great Body of God, but you must then transform it to give it to others in perfection. Then a pure heaven can appear in the auric world that surrounds you and the divine world can come near you to awaken you, inspire you, fill you. If you do not do this work of transformation of the energy that you receive from the great Body of God, nothing true and pure will appear in the auric and the higher worlds will not be able to come near. You will then be lost and with you the whole chain of worlds that are linked to your existence. The alchemists had perfectly understood this wisdom and the secrets of this high science of astrology, but they transmitted them while at the same time hiding them so as not to be persecuted.
25. The second form of astrology is linked to a space much greater and vaster which touches upon the influences of the stars in the great body of the universe; it is a science making it possible to open oneself to a subtle world that influences all worlds, all kingdoms, all creations on earth and in the universes. These are cosmic influences that act in the universal, whether man be conscious of them or not. These influences together form an ocean of energy, a universal soul that captures all influences and allows all exchanges, all associations. This universal soul is a mystery; it is like the breathing of all the stars, of all the worlds.

26. It is not asked of man, as in the first form of astrology, to put this soul into earth like a seed that must make an offering appear for Heaven. No, it is simply asked of him to balance this soul, this sphere of breathing of the earth, which is the soul of the world in which all the beings of the earth bathe, but also all the cosmic influences. Man, through his subtlety, must maintain balance, order and justice in the soul of the world.
27. Man cannot do otherwise than know this science, this art of harmony in the subtle worlds, otherwise he will be incapable of governing earthly life and of maintaining life beautiful, rich, happy; everywhere there will be lies, quarrel, discontent, war and degeneration. This path of maintaining harmony in the soul of the world is that which allows man to direct himself with wisdom.
28. It is not from his body that man acts, but it is the invisible, the soul that acts through him.
29. If the soul is pure, then the act is beautiful, noble and true. But if the soul is polluted by the bad offering that denatures and diverts from its aim the heavenly fertilization, the act will be bad.
30. To maintain the soul of the earth pure so as to maintain the harmony of the worlds is the work of the priests for the good government and the right guidance of all beings.
31. The third form of astrology is linked to the opening or the closing of the doors of the world of the spirit. Before each of them there are guardians and that is why there are 12 pearls on my necklace, 12 bearers. They are the protectors of the divine world, who must know the intelligence, the will, the influence of God and strive to keep them pure right into the reality of the earth, crossing the spheres and associating themselves with the equilibrium of the worlds.
32. Man must be able to have access to this higher world in order to receive the seed of the Light in his life. His task is not to balance it or to put it into earth, but simply to be fertilized, in the image of a woman who will give birth to a world from what she has received. It is the work of the Essenes to elaborate this seed of God through the wisdom of the 3 forms of astrology so that humanity may be fertilized with a harmonious and healthy future.

Father Gabriel, you are the Father of astrology and of the art of the begetting of the body of the heavenly light on earth. Your wisdom is great and we understand to what extent we have gone astray. Now that we want to straighten ourselves and take our lives back in hand according to your wisdom and in harmony with the great body, tell us how our pillars can be representatives of the divine world on earth. In the light of what you teach us, I say to myself that perhaps their function has not been correctly established and given.

33. The divine world cannot be present on earth if there is not a consecrated guardian who takes care of it in all the worlds. This guardian must be vigilant in the worlds of the body, of the soul and stand at the door of the world of the spirit. In each world he must be initiated and maintain balance. That is why I indicated to you the 3 forms of astrology in relation with my necklace and the higher influences of the kingdom of God. It is a sacred science that allows man to leave the government and the fertilization of influences that shut in and extinguish the Light.

34. It is not enough to name those responsible with titles and physical functions, but it is necessary to train these beings so that in the 3 worlds they can become not only guardians but creators of a body that will be able to offer the seed of Light to humanity and to the earth.
35. Study, educate yourselves, put into practice and finally enter into action, become creators of the future, make a world appear and take your life in hand. Do not accumulate riches in order to do nothing with them, but go forward by building a world that is just and stable. Come out of your drowsiness and build your future.
36. The divine world has instructed you, but it will not do the work in your place. No one will take your inheritance: the capacity that you have to make the divine appear on earth.
37. Study the psalms, for there stands the wisdom of the worlds, and act. All has been given to you through the Essene Gospels, which constitute the work of God for the future. Learn to receive these Gospels, to welcome them, to digest them and to set them in motion through your works. Do not seek arguments or additional means, but act with what you have. Everything is in the psalms of the Essene Gospels.
38. He who remains on the surface will not be able to find the keys to accomplish on earth.
39. The lover of knowledge will allow a heaven to awaken in his aura and to open above him. Then a higher wisdom will come from the celestial to guide him in the act of accomplishing on earth.
40. Do not be like those who think only of eating just to satisfy the needs of the body and who afterwards fall asleep, waiting to be hungry again.
41. Do not be like those who spend their time not doing what they must do. Without cease, they invent new tricks not to accomplish the work. They find excuses, reasons, they speak and are even active just to throw dust in people's eyes and divert attention.
42. Awaken and enter into wisdom, for these 3 worlds of influences exist and if you leave them abandoned, they will not be abandoned for everyone.

201. Enter the school of the mountain and study its teachings.

1. Mountains and the idea of reaching the summit are linked to Initiation. Climbing a mountain allows one to encounter greatness and gain a higher perspective on all things.
2. It is certain that the summit provides an overview, because then everything becomes visible, even that which was invisible from the valley or on the path of ascent. Once at the summit, one can see the path traveled and understand the trials one has endured and the necessity of the effort.
3. To reach the summit, one must offer the mountain one's courage and effort.
4. I tell you that the image of this high mountain contains a great secret. It reveals the different states of consciousness corresponding to the different levels and stages of its ascent. There is a whole hierarchy of states of consciousness that reveal themselves to those who know how to look and, above all, who know how to climb correctly the path of awakening from the gross to the subtle and from the subtle to the immense.
5. The summit of the mountain corresponds to the state to be a mother to humanity and the earth. There, man is able to see everything and provide the missing piece to those who do not have all the elements to understand the world.
6. Climb the mountain of Initiation and awakening. Rise up; ennoble yourself, journey toward greatness and royalty. Explore higher states of consciousness while mastering and laying down those that weaken you on the path to the summit.
7. To reach the summit, you must travel light, know what is essential, and put luck on your side by associating yourself with intelligence and love.
8. The mountain outside corresponds to the mountain inside.
9. For each stage of the mountain, there is a state of consciousness. Thus, the state of consciousness you are in determines everything. Are you at the summit of your being, are you on the way, and are you unconscious?
10. When a being comes to see you for when he talks to you, it is like one mountain meeting another mountain through you. He is himself at a certain level of consciousness, at a certain stage of the journey, and it is from the perspective of that stage that he speaks.

Thus, he lives, feels, and thinks in this way, his level of consciousness not being the same as yours, nor his way of understanding the subject. This is why, on the same subject, points of view can easily diverge. One expresses his opinion and the other understands in a completely different way, because he hears according to his state of consciousness and his concern at the moment. But ultimately, neither is right, because reason is superior to vibrational states; it is the higher perspective that unifies all points of view and where no one is right or wrong. Reason, intelligence, is an immutable state of being, beyond all the different vibrational states that humans can go through. However, each vibrational state is part of the path that must be traveled to reach reason, higher divine intelligence.
11. Isolating a vibrational state to make it a unique point of view is not fundamental and is of little interest, because it is only one step and therefore cannot be the whole. The reason

for the path is the entire path, not just a part of it. A part of the path leads nowhere, and yet people quarrel only over parts.

12. Limited points of view bring war, while the big picture brings peace, intelligence, justice, and serenity.

13. Those who have reached the summit have necessarily traveled the path. Thus, they know all the stages and the different vibrational levels. They are therefore able to speak the right words to each person, words that engender the right consciousness, the right behavior, the missing link so that communication can flow and the level can be balanced.

14. If a being is not able to tune in to another in order to understand them and allow them to move forward, it means that they themselves are trapped in a lower, uncontrolled state of consciousness.

15. You can never give another what you do not possess yourselves, for to give, you must have, and to have, you must be.

16. Accept that there are beings on earth that have a higher state of consciousness than others. Some are at the summit, while others are close to it, and still others are in the valley, not even knowing the path to the mountain or the real meaning of life.

17. Those at the summit always stand on ground whose foundations are proven truth and reality. They never live in an abstract world. They are conscious of carrying what is alive in their minds through their thoughts, and of walking with it. Their heads never live in the clouds, uprooted from the reality of the earth, the path, and the feet that walk.

18. Not all men are required to reach the summit, to have an overview, to master everything, and to do everything themselves. It is entirely possible to rely on others and to cultivate solidarity and mutual support. But the one who provides inspiration and guidance must be at the top and in control of the path. He must be able to offer the big picture and give what is right at each stage, both in the physical plane and in the subtle worlds. It is like a puzzle: it is not possible for a piece to be missing; otherwise doubt, questioning, and weakness appear. This is a sign that the lower worlds have entered and invaded the entire structure to govern it. But in this case, there is no point in talking about the summit, the mountain, greatness, or the path.

19. The one who stands at the top must be the inspirer. He is not asked to use his hands to accomplish the work of perfect government, but to clothe the sky, to piece together the puzzle so that the image appears without any possible disturbance, no gaps, no emptiness, and no opportunity for failure. If a single element is missing from the one who must follow the plan, he will be weak and may eventually lose his way.

20. The one who works on earth with his heart and hands must reveal the intelligence of the plan, of the vision, through a concrete work accomplished in full view of all. Thus, from bottom to top, the vision and the path are opened and made possible.

21. It is beautiful to have a vision, a clearer state of consciousness, a subtle perception, but the beauty of the mountain is that it brings a global vision of the path of life and offers it in its entirety. Thus, man can receive it, understand it, and realize it on earth, in his concrete life.

Father Gabriel, how can we know if we have a consecrated sky, a completed puzzle, a clear plan that blesses our path of destiny?

22. This is fundamental, because life always follows a higher plan. Everything comes from heaven and the subtle worlds. So, if the plan is perfect, life will follow that plan.

23. If you organize a world and it does not come to fruition or you have to constantly start over, it means that the foundation is not sound.

24. The foundation, the basis, is always subtle; it is the source. Then the plan becomes denser and appears in increasingly concrete, earthly worlds. If the sky, the plan, the idea, the intelligible vision are not clearly established, laid down, mastered, and conceived, it is certain that the workers will not be able to build a concrete and stable structure. The laws of the earth will reveal the imperfection of the plan.

25. Earth is a world of duality and trials; one must assert oneself, be determined, and well prepared, without any flaws or doubts. If doubt is present, the door is open to weakness and downfall. However, doubt arises when a piece of the puzzle is missing, and the plan is no longer clear. If the plan is not clear and settled, everything else will be unstable. Thus, when the work has to touch matter, imperfection will appear.

26. In the spiritual worlds, imperfection does not appear, but as soon as the process of incarnation is set in motion, trials and tests appear. This is why many spiritual and ideological teachings seek to avoid touching matter and entering the concrete world, because this would reveal that the plan was given at a lower level and does not come from the summit or from mastery of the path.

27. In life, it is important to know your place on the path, to know where you are going and what plan governs you. It is important to know your highest state of consciousness and to learn to control yourself in order to have a solid foundation. Without a plan, without consciousness, without a path, no work can appear on earth, for there will always be weakness that brings the possibility of destruction and failure. Such weakness must not exist in the concrete world, for any event will bring down the edifice.

202. Be tolerant and flexible with each other.

1. May all God's Children be blessed, may the Essenes who made the offering to come and support the Round of the Archangels receive protection and be thanked for their presence at this celebration.
2. May your lives be filled with flowing water, holy, pure, great, and clear. Through this water, may your life be enlightened in making good choices.
3. May murky water filled with impurities be nothing more than a memory for you, and may this new year be the beginning of a new life, a renewal, a change, an elevation.
4. May your lives restore meaning and vigor to all the values of Tradition, of teachers, mothers, children, the elderly, of all men and women who have come to earth to reveal pure and clear water, the greatness of family, and abundance in all things.
5. May your lives be blessed, may water be for you that which purifies you, makes you grow, regenerates you, and shows you the way to a rich, fruitful life, where everything flows and no dam stands in your way.
6. Cherish, nurture, and realize this beautiful idea of a holy assembly of women and men united to strengthen and support one another in order to bring about a work greater than themselves.
7. Every person carries a message, and it is always good to know what others have to say.
8. Do not confine yourselves within concepts, dogmas, laws, and protocols that prevent water from flowing, but strive to accomplish what your Fathers have asked of you.
9. May the Essene Nation be great, may it enlighten the world, may it be the answer to all questions, and may it ennoble all that is imperfect and make beautiful that which is ugly. May it change the way people look at each other into a look of kindness, love, sharing, and divinity in your life.
10. Unite, you who are pure in your hearts and in your feelings. Unite to reveal what is not always obvious, but unite so that the Light may be strong and great on earth.
11. Take care of one another, do not hurt one another, and do not close your doors. Always remember that each being has their own pace at which to evolve.
12. Let your language be healing, let your thoughts be flexible, let your life be an honor to the divine world.
13. Protect yourselves, love yourselves, and enjoy yourselves.
14. Make sure that everything is done with beauty and grandeur.
15. Honor the Light on earth, lead all men toward a path of liberation.
16. To fulfill all these wishes, receive from me the strength and energy of transformation so that you may be true to what you believe to be right within yourselves.
17. Do not worry about what is wrong; worry about what you can make grow.

18. Protect your guide, your instructor, so that no one can use his name to become victorious in the world of man. See him as a being that must achieve, and give him light, healing, and spiritual values so that he can teach men and lead them toward divinity and immortality.

203. Know which knight you are the horse of.

1. Today, man has become a horse to which a world, whose existence you are almost completely unaware of, has put blinders on so that you only see what that world has decided. This world is a rider who climbs on your back, drives you, controls you, and uses you. When you do not want to do what you are ordered to do, you receive a blow from the whip. Then fear awakens, and you obey, moving forward without thinking.
2. Such is man today, bewitched and usurped. A world instills in him a way of being, and he ends up believing that it comes from him; he is convinced that he is the one who directs his life, who thinks, feels, wants, and acts, even if it is an illusion.
3. How does a horse enslaved to a rider direct its life, when it only executes what the rider thinks, feels, wants, and does? The problem with man is that he thinks he is the rider; he is filled with concepts and beliefs, and is even convinced that he can have lofty thoughts, that he is capable of being creative and accomplishing great things in life. But the truth is that he does not know who is directing his life.
4. If the man is a spiritualist, certain intelligence will approach him and weave a framework of spirituality. The man will then think that he is on a path to enlightenment because his thoughts are becoming clearer and clearer, his perceptions more refined. But this is only a framework and an education, because the rider looks at what the man wants and responds to his expectations, not to free him, but to lead him to be a horse, a bearer of worlds.
5. If man awakens but lacks knowledge and, above all, an alliance with the higher worlds, he will be doubly enslaved: on the one hand, because he will be more or less aware that he carries a world that is not his own, and on the other hand, because of his fear of the consequences of his disobedience. He will thus be forced to compromise. This is not negative in itself; we must not imagine that there are dark intelligences behind all this; they are just worlds, interests, and influences that want to exist and that use man's weakness, ignorance, and poor education to enslave him.
6. Just because a person has a thought does not mean it is his own. Similarly, when a person feels or wants something, it is not necessarily the feelings of his soul and his true destiny.
7. Awaken, enter into deep meditation and concentration, and educate yourself until you settle in the land of consciousness. Until you awaken your consciousness, you will be guided by unknown intelligences. By settling in the earth of consciousness, you will be able, step by step, to begin to take back control of your life. No man can walk this path alone. To believe so is already a sign of enslavement.
8. In this process of awakening consciousness, the community will be the mirror that allows humans to awaken and will offer mutual support as assistance along the path. This community must not be merely human, but must stand in alliance with the seven kingdoms of creation. Such must be the Essene Nation on earth: a global alliance enabling humanity to awaken and educate itself to walk the path of consciousness, dignity, and immortality.
9. By looking at animals, plants, stones, and the earth, humans can truly see who they are based on their actions. They can also approach the Angels through the original virtues and

understand where they stand in relation to these virtues. Then he will see that in order to straighten up and take back control of his destiny, he really needs help, to be held within a framework, to be supported by a world, an intelligence, a nation, and an alliance of Light.

10. I know that as Essenes, you have already heard this teaching, but I would now like you to take it to a higher level of perception and evidence.

11. Awaken your subtle perception until you reach the hidden source behind the thoughts, moods, will, and actions that drive you every day. You will then see that few people act consciously, after careful reflection and with full knowledge of the facts. For this to happen, people would need to be not only educated in the esotericism of life, which is not the case, but also to have an alliance with the divine world.

12. We must therefore recognize that, in general, man is guided by intelligences and subtle worlds whose existence he is unaware of. These worlds exist by themselves, have their own intelligence and interests, and use man as he uses a horse.

13. Man comes to earth and naively believes that he controls his destiny. He is convinced that his choices are his own, without even realizing that he is simply obeying a framework in which he has been placed for purposes beyond his understanding. If the framework corresponds to his education, needs, tendencies, and inclinations that have been instilled in him, he will then be convinced that he is on the right path.

14. I am not telling you that man is lost by nature and that he is destined to be enslaved by subtle worlds much greater and more intelligent than himself. I just want to draw your attention to the fact that everything that awakens instinctively, in unconsciousness, often does not belong to man, to his soul, to his eternal being.

15. Study and consciousness are the foundation on which an Essene must rely.

16. Awakening, conscious service, offering, and supporting the work of a higher world are fundamental virtues.

17. Often, it takes years of life, meditation, experience, and reflection to arrive at a clear understanding, clarity of mind, and a happy conclusion that allows all energies at work to be directed toward elevation and ennoblement. This always stems from a state of consciousness; man then enters a higher phase, where he, with the help of a greater, higher world, begins to take control of his life. If this is not the case, it is impulses, tastes, colors, impressions, sensations, dreams, images, and thoughts that come and take hold of him. Man is filled with worlds for a certain time, then he moves on to something else, he forgets. Nothing in him is stable, calm, intelligent, clear, orderly, and wise.

18. To open the doors to another future, a nation must be stable, composed, disciplined, mutually supportive, clear, and committed to preserving the treasure of the ages, the tradition and experience of all the wise men who have lived and who must live in the present.

19. Accept this image that you are horses carrying a world on your backs. Become aware, for this world is a rider who makes you go right or left, makes you speed up or slow down, makes you jump or go around the obstacle. Wake up and recognize that it is rarely man's will that directs his life.

Father Gabriel, your words are true, but hard to hear, because no man accepts this idea. We want to take control of our lives and fulfill God's will. How can we avoid being that horse? Not that it is negative or inferior, but we want to have some control over our lives, or at least be able to choose the rider, the world we carry on our backs, and promote.

20. Even before being born into the world, then from birth to death and even after death, man is under influence, he is watched and guided, placed in a framework and used. Depending on the gifts and abilities he carries within him, he is classified, cataloged, and guided. Then needs, desires, and tendencies are placed within him in correspondence. When man sees outside himself what has been placed within him and which corresponds to him, he is attracted. He perceives an image that pleases him, and this awakens a feeling, a state of mind that attracts a world, a rider who chooses him as a mount. The man is then led down a particular path where he must obey and submit to certain conditions, make compromises, and do everything possible to achieve the goal that has been set within him by the image he has looked at. This image has awakened a potential, a state of mind, a desire, an understanding, a will, and a destiny.

21. Those who awaken may realize, to a certain extent, that they have been truly inspired and guided by a world since childhood. They call it destiny, God, luck, or chance, but if they analyze it more deeply, they will find that, very often, it is fear that drives them. Fear is the rider's whip that drives man forward: fear of not succeeding, fear of failing, of being degraded, of losing... Behind all these forms of fear lie all the interests that direct and organize the world of man.

22. Of course, all this is unconscious or semi-conscious, because if man notices it, if he has an intuition about it, he does not insist and moves on to something else. He does not want to go all the way, because he would enter the world of the intelligences that govern his life and life itself. He would then be forced to fundamentally question himself. Thus, man abdicates without realizing it, accepting to be chained.

23. If man truly wants to leave this world, he must find another path, that of Light, and embrace the idea of community, of the Essene Nation, of universality, of life for the whole. There, they must learn to open up to others, to share, to be aware of exchanges and magical worlds, of the influences that are woven.

24. Free yourselves from abstract worlds and ensure that others, like you, are no longer abstract.

25. The other will show you that you do not think for yourself and that you are on the wrong path. The other will be the mirror that awakens your consciousness.

26. The Essene Nation is a school of awakening and a church of service; it is a center of study and education that must be strengthened and structured.

27. Fundamentally, the other to whom you must go is the great community, the great family of the earth, and even more, the great whole.

28. The other is God and the Gods, the Archangels, the Angels, you and all humans, the animals, the plants, the minerals, the earth, and the Divinity of the universe. The other must

never be abstract or isolated, but living and real. The other is a world in constant expansion and creation.

29. The Essene Nation is here to awaken you, for only consciousness can lead you forward on a path of elevation. But it is not here to isolate you from others, from the great family of kingdoms and from the alliance of love.

30. If you are an automaton, you will miss out on awakening, consciousness, and the teachings of the Gods. You will not seize the opportunity to make the right choices in your life.

31. Consciousness is the key that awakens through the mirror you place around you. This mirror should allow you to see yourself as you are, not as you think you are or would like to be.

204. Free your soul from the grip of the body

1. If humans suffer, it is primarily because of certain states of mind. It is rare for the body to suffer on its own, except, of course, if it is injured, if man feeds it inappropriate food, inhales toxic fumes, or leads it into excesses that diminish its resistance, weaken it, and make it sick. Some viruses can invade the human body, but in a way, all of this is often an indirect consequence of cultivating certain states of mind. Thus, you must seek the main cause of suffering and illness in the states of mind that invade the sphere of thought and feelings and paralyze the will.
2. A state of mind is a world that slips in, that interposes itself between the soul and the body in such a way as to modify communication, to transform language so that the soul is no longer taken into account.
3. The state of mind replaces the language of the soul so that energy is directed toward the weakness of the body, toward what is mortal, and so that the higher vision of what is immortal, honorable, and great can no longer exist. Everything that gives meaning, soul, and intelligence is thus evacuated and replaced. Words of wisdom and messages of Light are replaced by waste that invades the body and leads it into suffering and illness. The body must then carry this waste like a world that weighs it down.
4. Freeing oneself from these states of mind requires wisdom; one must reconnect and maintain the link, the communication with the soul. To do this, the soul must be free from the physical body, from its hold, from its identification; it must be alive and greater than the body.
5. If you constantly want to bring everything back to the body, the soul will not be able to maintain the connection with higher intelligence, the subtle will disappear, and lower states of mind will invade the physical body.
6. What belongs to the body must be experienced by the body, but what belongs to the subtle world must remain subtle. Thus, the invisible worlds are kept above the visible world, in communion with the soul, which stands beyond the mortal.
7. You must be able to free your thoughts, feelings, and will from the grip of your body to experience them in the company of your soul. But be aware that you often do the opposite: you seek inspiration and strength in the subtle worlds of intelligence, thought, feelings, and will to bring them back into the body and put them at the service of the body's needs. This is a mistake, an incompatibility that causes suffering, because worlds come and interpose themselves between the soul and the body. They push the soul aside and take over the body, leading you towards recycling and preventing you from finding the path to immortality.
8. The soul is asleep, and man is led to believe that his only function is to live as a man on earth. This misconception causes confusion and disturbance even in the body. Man does not feel well because he intuitively knows that his life is not in harmony, that he is always missing a part of himself in order to experience fulfillment. And if his soul begins to speak to him, this often increases the turmoil, because it leads to a complete re-

evaluation. It awakens a different aspect of life and man feels lost, he no longer knows what to do, he may even feel torn apart.

9. Meditate until you understand that the world of the soul must not enter the body. The soul must always be greater than your body, like the sky above your heads or like the invisible worlds, subtle in relation to the visible world. If the invisible worlds die out, it is life itself that ceases to exist.

10. If concentration, attention, and motivation come exclusively from the body and are directed toward it, it is obvious that the body will extinguish the higher light and life will be plunged into darkness. Then, not only will the body become sick, but it will also destroy the relationship with the soul, that is, the subtle centers that allow the soul to unite with the body. Then, not only will the body become ill, but it will also destroy the relationship with the soul, that is, the subtle centers that allow the soul and body to unite. Thus, the soul will no longer have the means to communicate and awaken the higher subtle centers that live in the body and whose mission is to maintain a living connection with an immortal and sacred dimension.

11. If you do not know how to separate the subtle from the gross, the immortal from the mortal, if you have not cultivated the right discernment that brings balance, you will reap trouble and be overwhelmed by states of mind that will lead you into the world of despair, fanaticism, and even violence or pessimism.

12. Take care of each world and give each one the nourishment and living environment that suits it.

13. The body is endowed with superior intelligence; it functions and knows what it has to do. You must therefore not intervene to disturb its work and distort it. If you bring inferior concepts and states of mind into the functioning of the body, you will certainly disrupt it.

14. Let the body act in its own domain so that it can regain its balance and, above all, free it from the states of mind that oppress it. Lead the subtle worlds into what is subtle and great.

15. Let thought be free in its world, free from the body. On the other hand, the body will be able to tell you if a thought is real or if it is an illusion. If the body is placed in what it is, through its reality, it will tell you what is real in the subtle worlds. But if the body is false, no discernment will be possible.

16. Keep things in perspective and do not place your soul under the control of the lower forces of the body; it will be lost, and you will end up in hell. In other words, you will be isolated, and no world will be able to speak to you to set you right and open another path for you. You will be trapped in a cycle of life where there will be no awakening or progress possible, but where you will be constantly led to relive the same events in an attempt to save what you have gained and carry out the unconscious wishes of your ancestors. Such is hell, no more and no less.

Father Gabriel, where can we find our soul, in what region should we look for it, how can we know if it is with it or with this usurping intermediate world that we are speaking?

17. When the soul comes to see you, everything becomes clear, everything is right, obvious, alive, active, noble, taking on a higher dimension that you cannot conceive or imagine. Everything speaks to you and has meaning because it is the divine world speaking to you. The soul is the opposite of the body; with it, everything expands, broadens, and becomes boundless, universal, infinite, luminous, and subtle. Then, everything that causes suffering in your human body, such as hunger, lack, restriction, need, confinement, disappears.

18. The soul is the remedy, the answer, the path.

19. Suffering comes from the lack of soul, from non-communication.

20. Finding the path that leads to the soul is the goal. That is why initiates, masters, and prophets came to earth and left words of teaching, works, thought structures, and symbols. They wanted to leave traces so that people would awaken and rediscover the connection with the soul. Their words were truth, but they were also doors leading to another world, another reality, a higher consciousness.

21. By focusing on the words of the wise, you will be able to enter through the door that allows you to encounter the worlds that lie behind the words. These worlds will teach you and lead you to direct your energies toward the subtle in order to build a bridge to the soul. Then you will see with different eyes and you will understand the need to unite with certain virtues in order to balance the worlds.

22. There are influences, such as fear, that lead man toward the body. They must therefore be balanced by certain virtues so that the subtle worlds become stable and alive. These worlds are the organs that the soul will use to speak to you and enlighten you.

23. Do not give strength to that which demeans you, debases you, leads you into slavery, and makes you mediocre. These influences exist and are hidden in the body. You must know them and balance them with the virtues of the subtle world, such as universality, greatness, the wisdom of the Gods, impersonality, and purity. In this way, you will be able to breathe in a wider sphere and take part in the collective life of the worlds. You will break the curse that imprisons you in sterile selfishness.

24. The tendency that pushes you to always want to bring everything back to the body in order to feel that you exist must be broken like a barrier. Then you will be able to embark on a path that will open the doors to a world you never suspected existed.

25. You are so accustomed to living locked up in a cage that you can no longer even conceive of the freedom of the worlds. Yet this freedom exists.

26. Freedom allows you to live without having to involve the physical body. Why always want to bring everything back to the body? Do you think you are going to become greater, or that if the body does not participate, you are going to lose something? Know that the body does not necessarily want to live in the higher worlds, and if you reveal these worlds to it, it will naturally seek to restrain what it sees, to make small what is great.

27. Settle and stabilize what is earthly so that the body may be in what it loves. Thus, you will no longer think about it and will be free to direct your thoughts, your feelings, your will, and your actions toward a higher, greater, and nobler vision of life. Experience this greatness without involving the body.

28. Truth, wisdom, and love may exist in the physical world, but these virtues exist above all in subtle, invisible, non-material worlds. In the physical plane, they are only a reflection, poverty, an indication, a trace; in the other world, they are splendor, fullness, freedom, and fulfillment.

29. Learn to give victory to a world that is beyond the physical, and that wants to remain free from the body and imprisoning matter. Of course, the body is invited to confirm the beauty, splendor, and grandeur of a higher world that exists in the non-body and in this it has its place, but it can do no more. On the other hand, by confirming these higher worlds in the reality of actions and the earth, it is liberated.

205. The key to understanding all the signs of life

1. Everything that comes your way in life and that you experience in one way or another always has meaning. Behind every event, every manifestation, there is intelligence, a whole world. Sometimes you say that you do not understand what is happening to you and that you are even sure that it is not meant for you. Indeed, what happens to you is not always your responsibility, nor that of your lineage or your environment, but that does not detract from the truth of my words. Indeed, what happens to you is not always your responsibility, nor that of your lineage or your environment, but that does not detract from the truth of my words.
2. The tendency of modern man is to bring everything back to himself. That is why he is on the defensive and in a mode of perpetual justification.
3. Know that if something affects you in one way or another, regardless of the reason, it enters you, fecundates your thoughts, invades your breathing space, slips into your behavior and your actions, and ultimately shapes your future. If it shapes your future and is associated with you, it obviously concerns you.
4. Know that everything that approaches you and enters you must be led to a world of wisdom. You must not endure life and let yourself be overwhelmed by the great unknown, but you must understand it, be an eternal student, always learning to balance what approaches you and lead it toward liberation of the soul, and intellect.
5. From birth to death, you must read all the events that come your way like a book and welcome them as messengers who want to reveal a world to you. Do not stop at the surface, do not worry about whether what happens to you is positive or negative, simply learn to read, to listen to the messenger.
6. Fundamentally, there is no evil. Behind every messenger there is a message, and therefore a world. Some worlds are sick, unhappy, suffering, lost, arrogant, and thirsty for power... The good and the not-so-good exist, and for each there is an answer, a welcome, a way of being that brings balance.
7. The role of an Essene is not to judge or confine, but to lead each world toward healing, liberation, balance, and wisdom. This requires great discipline and vigilance, for you must not allow yourself to be overwhelmed and fecundated by worlds that would lead you toward the dispossession of your being, toward slavery and ignorance.
8. If a world is not listened to, if it does not receive the right response, if it is not balanced, it will remain with you and cause you to relive the same experiences cyclically.
9. Everything you experience must be dealt with immediately; it must not drag on over time, take up your whole life, or even lives and lives. No, wisdom must be omnipresent, the Teaching must be taken seriously, and all events, all situations that come close to you until they touch you in your body or in your senses must be led towards a wise light. In this way, everything you experience will become a constituent element of your future body. If you do not follow this discipline, everything that comes to you will become a debt that will reduce your space of freedom in the future.

10. Know that wisdom will make you immensely rich, while unconsciousness and imbalance will lead you into slavery across generations.

11. Everything that comes to you in various forms must be balanced, guided toward wisdom, and integrated or not into your future body, depending on whether it is good for you or not. This body is not that of earthly and mortal life, but the sacred body of the Circle of Archangels, which is greater than death.

12. Any practice that comes from the divine world must be reinforced and made conscious until it becomes a concrete body in life. This creates the blessing that allows one to go through trials without being touched or caught.

13. Those who are capable of having the right response to all situations, all events, and all information that comes their way do not create waste, do not step outside their radius, but direct all energies toward the essential: the future body of God in their lives. Thus, not only does he enrich himself, but he also liberates all the worlds that approach him and allows them to contribute to a great work.

14. Do not consider what comes to you as fate or a gift from heaven, but rather as a messenger who comes to find an ally, a partner, and not to do you good or harm. If it is negative energy, tell yourself that it wants to be balanced and released; if it is an envoy of Light, know that it comes to you to find help in accomplishing its mission. In either case, you must have the right response to balance and lead toward wisdom.

15. If a person carries certain thoughts and feelings within them but refuses to perform the actions that correspond to them, all worlds are imprisoned and led into great tension. Either the person performs the action and frees themselves, or they lead all energies toward wisdom and ennoble everything in their path. Many negative things in man's life come from a misunderstanding of this law.

16. If man accumulates debts, this becomes an unbearable tension from which he must free himself. Thus begin the worst nightmares in which man is invaded by worlds that never let him go and create indelible debts within him.

17. Awaken and study Essene wisdom and teachings. With this wisdom, make yourself a body belonging to God.

18. Accept to be an apprentice in training. Accept to be a therapist whose function is to balance the worlds and lead them towards a transformation that frees them through the appearance of the body of Divinity.

19. You have come to earth to study, to work, to create works, and to transform the world to bring healing to that which has become sick over the centuries.

20. Be vigilant, enter on a path of liberation, and be careful not to incur additional debts, otherwise your lineage will remain in darkness and will not find the path to a world of immortality.

Father Gabriel, what should we do when events come into our lives with power, imposing themselves on us to weaken us, and we do not have the answer, the balance, the perspective? How can we know if these events concern us, if they belong to us?

21. Practicing the Round of the Archangels is key. Study, devotion, rituals, and participation in the work of Light will bring the protection, perspective, and stability needed to avoid being overwhelmed by an increasingly unbalanced world.
22. It does not matter whether the messenger who comes to visit you is connected to you or not, because if he comes into your life and touches you, it means that, in one way or another, he is meant for you. Whether he is created by you or by someone else is irrelevant; what you must understand is that this world needs to be liberated through your life.
23. Being a therapist means being able to respond to the needs of those who come to you. It is not a matter of letting yourself be overwhelmed, but of putting everything in its place and leading everything towards a strengthening of the practice of the Round of the Archangels and the body of the Teaching. Then wisdom will appear and weakness will be transformed into strength.
24. Everything must be transformed and led towards intelligence, nobility, and dignity. Above all, you must never accumulate debts, as this would prevent you from encountering the higher worlds. Everything in your life must be clear. You must be engaged in study and mastery.
25. If an event affects you, if you think about it, if you experience it, it means that it has entered into you and that you must therefore bring it towards clarity, balance, mastery, and the body of God.
26. If information leads you to foolishness, awaken and bring intelligence; if an event imprisons you, seek liberation; if something destroys you, cultivate healing; if it is harassment, become serene and calm.
27. Whatever happens to you in your life, know that there is always a messenger who wants to lead you to ennoblement.
28. Know that the being that harasses, haunts, and imprisons you is above all a lost, unhappy being that is looking for a way out.
29. You, who are associated with the Light, learn to enlighten all beings. What use is the Light to you if not to enlighten?
30. Do not seek to illuminate only your own life, but be faithful to the Light and let it illuminate the whole world through you.

206. Awaken the eye that heals and liberates

1. If you know how to awaken it and direct it, your eye possesses the power to make the higher meaning of life appear.
2. The way you lay your gaze upon a being acts upon him and engenders around him the placenta of life, which links him to worlds and spheres of subtle influences. This is why it has been said in many traditions issuing from the Light that the eye is the reflection of the soul.
3. The eye links the world to the soul; there is in it a powerful magic, a creative force that can bring blessing or curse. It is not really the eye that operates by itself, but through it, worlds can manifest and make certain influences appear concretely.
4. The eye has this faculty of making real what it sees. The vision is first interior, then the eye makes it appear, makes it real; it then becomes creator. At the origin, there is an abstract idea, more or less clear, but the eye reveals it and makes it real by seeing it. Then intelligence, understanding appear, then the words, the forms confirm it and soon everyone can see this point of view.
5. Know that when you look at something, a situation, an event, a thought, a being, it is not you who are looking, but a certain vision that makes you see in a certain way.
6. There are beings in you who look through your eyes and listen to what thought, feelings, will bring them as information, as nourishment. These beings are dependent on the eye; it is for them what the sun is for you: the source of their thoughts, of their soul, of their existence, of their respiratory atmosphere.
7. If what you look at awakens the negative side, these beings will be poisoned. Then they will resent you and will seek to turn against you. They will obsess you and harass you in your thoughts, your feelings and your will; they will destabilize you and produce chaos in you. This is how man loses the just, serene vision and lets himself be invaded by certain events. These beings enter into him and obsess him without his managing to keep distance and to be neutral. Then man loses sleep and becomes indecisive, incapable of making a decision and holding to it; he no longer has orientation and begins to turn in circles without knowing what to do, as if his intelligence had abandoned him, as if his feelings were hurting him and his will were paralyzed.
8. Have you never noticed that when these lower worlds take over, you become passive, you no longer do anything, you no longer move, you remain isolated in your world?
9. Understand that your way of looking is essential, for you nourish beings and worlds that live in you and that only ask to be led toward wisdom by a luminous intelligence.
10. Learn to take distance, to look with perspective, not to let yourself be absorbed by what you see, but to relativize, to take time until there appears a discernment, an intelligence, an understanding that bring balance. Then you will show these beings who live in you that you respect them, that you do not allow just anything to touch them. If you do this, you will liberate the worlds, you will educate them and you will open in yourself the sacred space that allows beings to encounter a higher vision which brings

higher answers, inspirations coming from subtle worlds. Thus another vision will be able to appear and enlighten your life.

11. If you do not have this perspective, if you do not educate your gaze by laying it upon sacred texts and divine symbols, if you do not awaken your discernment, if you do not put in place any filter, the visions of any world whatsoever will be able to enter into you without restraint. Then these worlds will invade your thoughts, your feelings, your will and will enter even into your acts, poisoning your inner space and giving birth to a vicious circle from which you will only be able to emerge with difficulty. It is even possible that you develop mental illnesses that will end up affecting the organs of your physical body.

12. The Ronde des Archanges is the circle of wisdom in you and around you, the sacred space that protects you and that must be maintained and made conscious, living. You must direct your eye toward this circle until it appears clearly to your vision and becomes concretely part of your life. Thus a higher world will walk with you and will inspire you.

13. The eye must be oriented so that it can be what it is: the reflection of the soul.

14. Your inner life, your thought, your feelings, your will must be in association with the right vision so that there may be a unity, a union with the higher intelligence and so that it may fill the world with its presence.

15. The right vision enlightens the world, balances it, confers a soul upon it and opens a path of healing, whereas the wrong vision imprisons, engenders obscurity, extinguishes the soul and gives birth to discouragement, discontent and despair. The one who lets himself be caught by this evil eye is locked in a world, isolated, and no one can reach him any more, except himself.

16. Every man coming onto the earth is surrounded by a pleasant world and another unpleasant one, by an intelligence that balances and liberates and another that imprisons and makes suffer. It is the choice of man, his vision, his intelligence, his decision that have led him toward this duality. If man orients himself toward the unpleasant, if he gives his organs to this world and decides to live with it, he is already lost and no higher world will be able to free him.

17. The man who is conscious of his suffering will naturally turn toward higher worlds to ask for help. But we will tell him first to settle his affairs as a man and to put order in his life before presenting himself before the higher worlds. It is only when he is free of the chains of the earth that he can come toward us. Only then do we offer him the answers to his questions. But it is absolutely not conceivable that it be we who descend into this world where the absence of intelligence, of wisdom, of reasoning reigns and where stupidity sits on its throne to govern.

18. Man has descended into this world to heal, to balance and to liberate the chained beings. So do not chain yourself by poisoning the beings who live inside you and who have accompanied you to accomplish your mission.

19. Be faithful to the Light and to your companions and allow all beings to know liberation and to enter into the world where the water is clear, where the word is filled with soul, where the path of resurrection, of ennoblement and of royalty is open.

Father Gabriel, what can we do when these sick worlds, these thoughts, these states of soul are present around us, when they wait, when they watch for weakness in order to be able to seize our eye and fertilize our inner life? Father, what must we do, how should we react in order to walk with you?

20. Calm, study, devotion, rites and union with the work of the Nation Essénienne, of the Ronde des Archanges, are the foundation.

21. The Ronde des Archanges is your future body. Have you awakened this vision? Have you looked attentively until you see it really? If you see it, all the beings in you and around you will accept this vision and will set themselves in motion to find the path of resurrection.

22. If the eye is truly awakened, it touches the deep center and the force appears. If the eye is not awakened, there is no force.

23. You must look and study until you awaken the eye that gives strength to the Light even in your acts.

24. If you do not see the Ronde des Archanges as your future, as your destiny beyond the death of the body, then what will your future be?

25. Remember: the eye is creator.

26. That worlds aspire to steal your eye is in the very nature of life on earth and of the initiatic path to which it subjects man.

27. The study of the Teaching and its practice are the protection, the shield. This is why you must be linked to the common work of the Ronde des Archanges in an active way.

28. The basis of study and meditation is calm.

29. Whatever the circumstances, know that agitation, nervousness, instability, irritability, fear are never welcome.

30. Remain united with the work of the Ronde des Archanges and always give a part of what you do to strengthen this work. Thus there will be a link and a balance in your life.

31. The meditative state must be permanent in order to calm the worlds and to give meaning, soul, to what you do.

32. Do not give importance to what has none.

33. If worlds want to take you, associate yourself in one way or another with the Ronde des Archanges and awaken in yourself another vision.

34. Know that no solution can appear in cries, confusion, quarrel, for when no one listens to anyone, each one remains in his own position. Only calm allows attentive listening, detachment, evidence.

35. When man goes off to war, it is no longer the time to speak to him or to try to convince him to turn back, for he is taken by a world that is activated in him, that seethes, plots and broods.

36. Only the Light enlightens, whereas the darkness extinguishes.

37. Fear not only does not enlighten, but it engenders negative doubt, which becomes the enemy of man, for it destabilizes him, leads him into uncertainty about what he is and makes him lose all the values and qualities that he carries within himself.

38. Cultivate calm in yourself and around you. Perceive the energy that animates you as water and see to it that it is clear, pure, calm. In calm, build yourself, lay the foundations of your being and of your life. Do not seek to enter into the torrent if you are in agitation, for you will drown or hurt yourself badly.

39. Remember, it is not necessary to possess a great wisdom, but simply to cultivate a basic state upon which you can rest and which allows dialogue, listening, reflection. If this is not the case, you are lost and you will have no means of getting out of it, for you are building your future body with elements that are not reliable. Now, you will have to live with this body. The more you cultivate agitation, plotting, discontent, the more these states of soul take root, reinforce themselves and take position. And when they become the organs of the body, it will be very difficult, even impossible, to dislodge them.

40. Do not give poison to what lives in you, this is the rule. If you poison life, know that it is you who will be the loser and not all those beings who look at man as a weak being, subject to invasions, to despairs and to many other scourges that he was not meant to live at the origin.

41. Find again your legitimate destiny, learn to look at the world without being touched, invaded, fertilized by it, but by keeping your soul virgin and pure and your alliance with the realm of the Father. To attain this, you must be educated and protected, formed. Then mastery will be able to come and dwell in you and allow the Light to approach in order to enlighten and balance all things.

207. If you want to meet God, cultivate purity

1. I love the man who approaches me in purity.
2. He who aspires to walk toward the Light must work to acquire purity. It is not a question of being pure or impure, of being without imperfection or opposition; no, one must have found a balance and opened a space where purity is possible, alive, where it can grow as a state of being. First, it is born in the heart, and then it develops in the head and the will.
3. Man must approach me being conscious, awake, and having cultivated this space of purity within himself.
4. The person who approaches me can only be a disciple, that is, a being who has encountered and recognized the Teaching, who has bowed before it and decided to walk on a path of transformation to grow what is pure and true.
5. When purity touches the center of thought, it becomes a light of intelligence, clarity, obviousness. It is the birth of gnosis, the direct knowledge that illuminates and makes everything clear. Then everything is in order, everything makes sense. This is the sign that purity reigns in the mind of man.
6. In feelings, purity manifests itself as a permanent state of birth into inner life, of fullness, omnipresence, peace, balance, harmony; it is a gentleness and a certainty, a blossoming in the higher worlds, a subtle enrichment, a presence that envelops, protects, and reveals in all things the path that leads to ennoblement unto perfection.
7. In the will, purity manifests itself as the Light that descends into the darkness to illuminate and heal all things. It then becomes a force, a sacred energy leading to righteous action, to the work that brings forth the greatness and ideal vision of life.
8. Purity allows the divine world to look at the world through the eyes, soul, and deeds of man. Then man is no longer alone, isolated, lost.
9. Purity brings bliss; it is a state of being that fills the inner life and permeates all worlds. Nothing can resist it, for it is the supreme order, the omnipresence of the divine, where all is greatness, wonder, and wisdom.
10. If purity is with you, you will be able to look at imperfection as well as perfection, and nothing will be able to distort or destabilize you, because you will understand that there is meaning, logic, intelligence, and truth in everything.
11. God is truth, and purity is the path that leads to Him. Truth fills everything: it is God. If you are pure, you are with what is, and nothing can oppose the greatness of that. Everything is in order, in harmony, in accordance with the supreme, the divine.
12. When consciousness animates your life and becomes a force, it means that purity is truly anchored in your will; it becomes almost physical, your soul touches matter. All your actions then become a healing for those around you, a blessing, sanctification, liberation, and a force that ennoble and opens up greater possibilities. These are actions filled with soul and intelligence, connected to a higher world, which bring forth the truth.

13. Truth is that which is pure, without falsehood, without blemish, true in every aspect of being, united with the Angels.

14. Know that purity is an ideal, an unavoidable path, a direction to take if you want to meet God. This path is internal and must be developed through the three intelligences within you to manifest itself through the actions of the body finally.

15. Do not let yourself be overwhelmed by superfluous worlds, but seek the essential, cultivate it so that it leads you to a state of fullness, of greatness, toward a state of fulfillment, of greatness, to an ecstasy that strengthens your inner life, balance, composure, and enlightens it. Intelligence enlightens, the heart balances, and the will provides composure.

16. Cultivate candor, higher vision, and strength of soul.

17. The higher vision of the Teaching will awaken your thinking, structure it, and make you see the greatness in all things. It will show you the growing strength, the immensity, and also the will of God, which is wisdom and blessing. Then you will encounter the Good that fills the worlds and the wisdom that governs.

Father Gabriel, how can we find this purity in a world where a powerful whirlwind of frantic life seems to oppose it?

18. Purity is above all an inner state. What is on the outside is only a reflection, a mixture, a bland reproduction, a world that has no meaning, no intelligence, where everything is mixed together, good and evil, beautiful and ugly. It is this confusion that brings impurity and turmoil and cuts man off from the original source; it is a world without value, without soul, without future, without purpose, without greatness, without anything that transcends death. There may of course be a reflection that awakens you, but the awakening will always be internal and will open up a greater path for you towards the subtle, the immaterial, the soul, the spirit.

19. If you touch the inner center of purity, it will show you the goal, the path to perfection, to the elevation of all the centers of man towards the ultimate, towards a higher world of intelligence, order, and eternity.

20. Do not look upon the world of impurity, waste, recycling, this outer world as an enemy; do not denigrate it, but neither give it a value it does not have. At best, it can be a reflection that awakens the inner self and reveals the royal path of the soul and the divine spirit.

21. Learn to pass through these outer worlds by flying over them, without stopping, without really looking at them, because otherwise you risk being captured and imprisoned by these worlds that are beautiful in appearance but empty of truth.

22. Light the flame of purity within you so that it illuminates your life with the virtues of the Angels in your actions and deeds.

23. Do not worry about the outside world, but focus on the world that lives within you. Go to the Angels, Archangels, and Gods and direct your energy toward greatness and magnificence.
24. Be a good student, not of men, who care only for the body and mortal life, but of Angels, who will awaken your inner life, your true being, and all that is great.
25. Do not focus on what is of no interest.
26. Remember that darkness goes to recycling. Such is the fate of men who live only for the distorted reflections of the outside world.
27. Light goes to Light, but it must remain pure, unmixed.
28. Do not identify with the outside world, do not seek yourself in it, but turn to the source within and find your true origin.
29. Identify with what is true, great, and eternal.
30. Learn to see beyond appearances and you will perceive the boundless path that leads to greatness.

208. Expect nothing from the outside world; become the creator of your life.

1. The path to approach the alliance of the Gods and the Father is that of the offering. Man offers what he is, and this must be right, for depending on the offering he makes, the door opens or closes. That is why man must know himself. He must learn to observe himself in pure water through the mirror of existence.
2. If a man looks at his earthly existence, he will see weakness, but if he looks at his soul, he will see and find strength.
3. He who refuses to see weakness will be weak. Only those who see weakness and accept it will be able to find the path to strength. Under no circumstances should man offer his weakness to the gods, his neighbor, or nature. Weakness must be studied and recognized in order to be transformed into strength. Such is the path of dignity, which is the path of the soul.
4. There is nothing more undignified than a man who imposes his own weaknesses on others, on society, and on everything around him, as if he were innocent of everything, as if he were a victim, as if nothing around him worked, and as if his destiny were to suffer existence on earth. This is not the noble path, that of greatness, royalty, and dignity.
5. Man on earth must be responsible for who he is and not consider the world hostile to himself.
6. Yes, there is weakness in man, but there is also strength. Those who are caught up in weakness see the world from their own point of view and begin to see weakness everywhere. They will then say that the world is badly made, but such words are not a good offering and will not be accepted, for the world is perfection, everything is filled with wisdom, everything has its reason for being.
7. If man refuses to study, to awaken, to do his part, it is obvious that weakness will multiply until it invades everything. He may even become ill from seeing evil everywhere; he will feel attacked, persecuted, thinking that the world is against him, or he will be convinced that everything negative that happens to him comes from others and cannot come from him because he is pure and perfect. But how could a pure being create dark, unbalanced, violent worlds that glorify weakness and stupidity?
8. Unfortunately, there are many beings who suffer from this kind of illness because they have been poorly educated. They are convinced that they are not responsible and that what they are experiencing is not the consequence of their unconsciousness, their imperfections, and their bad offerings. So they blame the world, society, complain about everything, cultivate discontent, and take refuge in dissatisfaction. For your own well-being, I tell you not to approach the sacred world with such an attitude.
9. You are responsible for what you experience, what you are, and what you create. No one can be responsible in your place.
10. The one who awakens will say that a solution must be found to remedy the situation and will begin to look for ways outside, because he continues to think that the problem

comes from outside. He will never agree to face the problem head-on and look at himself, to look within himself, to question himself before the Gods, to change his way of thinking. He is incapable of doing so because he is convinced that he is good, and therefore that it cannot come from him.

11. Of course, men are not negative beings, but we must recognize that they are good at complicating everything. They will ask the outside world to make up for their own weaknesses, while they themselves do not cultivate temperance; or else, a man who has been wounded in one part of his life will focus his entire life on that wound, asking the outside world to balance out that episode. He will not question himself, telling himself that perhaps the weakness also comes from him and that it is not outside himself that he will find the complement, the solution, and the answer to this weakness.

12. The outside is not everything; that is why man must also learn to turn his inner life toward the mystery of the Most High.

13. Man must learn to present himself before the Gods in clarity, purity, and honor. To do this, he must study, work on himself, awaken, and question himself. Few men do this, and when they do, it is only occasionally, when they are struck by a flash of lucidity, but it is not fundamental to them.

14. The offering to the alliance of the Gods and the Father must become a stability, a way of life.

15. You must be responsible, positive, creative, and give to support the divine work by offering yourselves in purity, clarity, and consciousness.

16. Don't isolate yourself in your corner, thinking your whole life that the world is against you and that you are being persecuted. In your world, it is very easy to get caught up in these kinds of illusions. All people think at some point in their lives that unfair things happen to them, that there is a discrepancy between who they are inside and what appears on the outside. But I tell you that nothing ever happens for any reason; there is always a meaning, an intelligence, a reason, a world.

17. Everything that comes to visit you in your life is a messenger that brings you the mirror of who you are, of what you carry, of the worlds that inhabit you.

18. Do not reject what is shown to you, but awaken and look with the intelligence of the Teaching, be discerning and avoid polluting the messages that are transmitted to you with your own weakness. This is how you will separate the wheat from the chaff, the truth from its distorted reflections, and find the path to lead everything towards balance, stability, and wisdom.

19. Wisdom requires that you unite with the Gods and honor the higher worlds in your life.

20. Do not lose your dignity and do not give your life to what is weak and worthless. Do not glorify those who turn you into slaves, beggars, people who are dissatisfied with everything, spending their lives complaining and harassing the world to satisfy their conquering weaknesses.

21. Enter the circle of the Round of the Archangels; be in the holy assembly as one body.

22. Stand tall and be dignified, honorable before the Gods.
23. The important thing is not to please or displease men, but to be dignified and strong before the Light, supporting it and actively participating in its work, being pure, clear, educated.
24. Those who have entered into the study and knowledge of themselves must accept who they are and put themselves in a position to transform their weakness into strength in order to be dignified and upright before the Light and within the circle of the holy assembly.
25. If man waits for external conditions to be favorable before doing his work, he is mistaken, for it is from within that the impulse must come, and it is the individual who must bear the responsibility of uniting life with a higher world.
26. Even if there is a circle of mutual support, no being can take on the fault of another person. There can and must be support and solidarity, but this is above all to support the work of the Light and the Gods.
27. If a messenger comes to a person in the form of a fault, it means that a world wishes, through that person, to find a nobler path that will liberate it.
28. Pull yourself together, wake up, enter the circle of the holy assembly not to complain, but to be worthy, noble, true, and lead all worlds toward the covenant with an Angel in Light and honor.

Father Gabriel, what should we do when we are caught up in a whirlwind of illusions and those around us reinforce our weaknesses?

29. You must know how to enter a sacred circle and form on earth the body of the holy assembly that brings offerings to the covenant of the Gods and the Father. There dwells the drop of awakening and the impulse of renewal.
30. If a person shows you an image that seems negative to you, it means that worlds are sending you a message that there is weakness within you. If it is you who are affected and not the person outside, it means that the message is meant for you. Accept it and, through the circle of the holy assembly, lead it toward the ennoblement of a higher world and use it to further support God's work on earth.
31. Above all, do not seek to destroy those around you, thinking that they are responsible for your misfortune, but awaken and try to understand what this misfortune wants to tell you, to bring you. Perhaps it wants to enlighten you, to inform you of an imbalance, a weakness, a hereditary condition to be healed. If you awaken and direct the message toward wisdom and offering to the Gods, you will find the path to the Circle of Archangels and the holy assembly, which is the body of God in formation, the placenta of life; otherwise, you will be removed from universal communion.
32. Be convinced that you must not place the burden of your faults on others, for that would be tantamount to abdicating your being, your dignity, your future.
33. You must work with your own material, what has been given to you, and transform it to offer it to the Gods.

34. Nature itself shows you how food is transformed into waste, then into vitamins and light. Therefore, there is no question of asking another body to do this work for you. So act accordingly by getting to work, forming the circle of the holy assembly, and accomplishing the work of paying homage to God and the Gods in Him.

35. Above all, do not confuse waste with vitamins, and make sure you increase the nutrients that turn into the light of intelligence rather than waste.

36. You must understand that if you live in waste, it is neither the fault of the Gods nor that of nature or food, but essentially your own; it is your choice, what you have wanted to eat and live.

209. Through will, love, and intelligence, realizes the divine covenant.

1. There are three fundamentals: will, love, and intelligence. To achieve on Earth as in all worlds, you must act with these three fundamentals.
2. Willpower is the great driving force; it is what will enable you to carry out the work until it is accomplished. It overcomes all obstacles, pushes back limits, brings perseverance, and renews strength.
3. Willpower is an essential virtue that must be awakened, clarified, and strengthened. Without it, at the slightest obstacle on the path, man worries, slows down, asks himself questions, and slows his pace until he stops.
4. Love is fundamental because on earth, man can accomplish nothing alone. In the community of love and through it, the energy that gives birth to the future is amplified. Thus, the doors to a happy destiny are opened.
5. Love is a language that must circulate and unite all beings in a positive common endeavor.
6. The foundation of the holy assembly must be respect, admiration, trust, and dialogue. All these beautiful virtues are contained in the power of love.
7. Those who love will always see the best in others, while those who are filled with hatred will only perceive the negative aspects and emphasize them so that they will bear fruit in the future. They will crush the world, lead it toward confinement, distort life, prevent beings from blossoming in purity in order to enslave and confine them. Such is the path of selfishness and hatred.
8. Love and hate define society and the future it will bring forth.
9. Love does not imprison, but directs the energy of the will toward fulfillment, toward an awakening that brings out the best. It multiplies the forces at work to bring about abundance.
10. Love is the bond that unites beings to the Greater; it is the cement, the strength, the unity of multiple voices in the service of the common good. It opens the path to royalty.
11. Intelligence allows us to capture, hear, and decipher all the messages of life, to understand the influences that lead us to do this or that. It allows conscious association with subtle worlds. It knows how to guide, orient, and direct beings and forces. It brings the right answers and confers such beneficial discernment.
12. It is through intelligence that the alliance with the higher worlds is made or not. You may very well be awake in your will and have achieved union with a community of love, but if there is no light of intelligence awakening in the subtle sky, the divine world will not come to seal the alliance that leads to perfection. If man is stupid, no matter what he does, he will remain alone and isolated in his world.

13. I am not speaking to you of intelligence as it is classified and defined in the world of man, but of that which opens the sky, revealing the esotericism of life, giving a living soul to beings, things, and their associations. With intelligence, the invisible reveals itself, for the subtle is taken into account. Then man understands that he must be associated with subtle worlds more powerful than himself, which will enable him to have a true vision and maintain balance in all circumstances.

14. Through will, individuality appears.

15. Through love, community appears.

16. Through intelligence, heaven and the heavenly alliance appear.

17. You must know who you are, and therefore what you want.

18. You must know with whom you are associated on earth, what your community of love is, and with whom you are associated in heaven, in the world of intelligence.

19. Know that if you want to accomplish work on earth, you must necessarily carry within you these three virtues of will, love, and intelligence, and put them into action. If you are weak in even one of these three fundamental virtues, you will create an imbalance and jeopardize the work you are pursuing.

Father Gabriel, what is the path to acquire these virtues?

20. First and foremost, you must know what you want in life. Your will must be clear and in accordance with the truth. The truth is God Himself, His messenger, and His envoy.

21. What you want determines who you will associate with and, consequently, what the sky above your head will be like.

22. Wanting something is already equivalent to opening the way to a series of consequences. That is why you absolutely must know what you want. Then you must cultivate the three virtues of will, love, and intelligence by placing them on this foundation. They constitute the path that will enable you to fulfill your wish.

23. When you reach the end of the road, you will know whether your will was true or not. If it were truly devoted to God, it would be fulfilled; if not, you will have to start all over again.

24. On each path that opens up to you, try to determine whether it is your will that is being put into action and whether you are determined to see it through to the end.

25. Awakening your will is essential, but you must not allow yourself to be distracted by extraneous elements.

26. Your will is the source, and it must be pure and remain so.

27. Then see if the love you carry in your heart will allow you to brave all obstacles, welcome the new, seize opportunities, and adapt in order to bring forth what is greater than yourself. Look at what you are capable of doing out of love. Are you capable of

transcending all your limitations, healing all relationships, and directing all energies at work, all wills, toward unity?

28. Finally, you must perceive intelligence, the soul, that which is subtle and great, that which inspires, enlightens, and guides. Can you see who inspires you, who instill your thoughts and understanding? Do you know what your heaven and your intelligence are? Do you know your home, your family, your god in heaven? Do you know how to recognize the worlds that pass through you at different times of the day? Are you faithful to your homeland, your Celestine, your Angel, your soul? Are you inspired by good or evil beings?

29. If you want to begin to establish a work on earth, place these three fundamentals at the center of your life and your attention. If you are not clear and stable in one of them, you will have to strengthen it before beginning the work. In this way, you will become a good worker in the Father's work, a good leader and a good shepherd of your life and the life of everything around you.

210. Open the doors of Light for all beings, and you will be blessed.

1. Blessed is the man who on earth encounters the opportunity to open a path to the Light. A thousand times blessed is he who enables a man, an animal, or a kingdom to encounter such a path and to embark upon it. Glory to him who offers victory to an Angel, enabling him to fulfill his mission. If you understand the profound meaning of this blessing, it means that you have reached the point where the meaning of life is finally known to you.

2. Know that the divine world is always happy and pleasantly surprised to see a man appear before the gates of Initiation. If you have enabled this man to reach this point, if you have helped him with your kindness, your open mind, your generosity of heart, then not only have you contributed to his happiness in encountering the Light, but he will in turn open the doors for you. Such is the law of God.

3. The one you have helped, if he reaches his goal, will in turn help you. Through his thoughts, his gratitude, his commitment, his devoted actions, he will have opened the way before you and will be able to take you with him, inviting you to follow him. The divine world, which will be celebrating the return of a son or daughter, will then send you its blessing.

4. Your ancestors knew this path of allowing a being to meet God so that the whole earth might be blessed. It was an offering for life and the higher worlds.

5. When a person participates in a true, impersonal, authentic work, in the pure gift of life, in gratitude and with the desire to balance the world through the virtues of the Angels and not those that humans claim to have, they receive blessings and give them. On the other hand, those who close a door or participate in a work that prevents a being from reaching the Light or opposes the pure offering due to the divine world, accumulate a debt that they will have to balance in one way or another. He prepares a bad destiny for himself through lives and lives and will in turn encounter opposition and closed doors.

6. You must know the doors, as well as what opens and closes them.

7. Consciously opening a door to allow a being to enter, to advance, to develop, to reveal what they truly are, is always good and blessed. On the other hand, closing a door, preventing a being from moving forward, from offering their participation to God, denaturing them, imprisoning them, are profoundly negative, even dark, black acts.

8. You who have been imprisoned on earth must never allow yourselves to close a door and imprison a being, preventing him from going to God. On the contrary, you must seek to open the way to liberation and offering, to homage to God. I am not talking about opening or closing doors in thought, feelings, desires, or relationships, but rather about encouraging or discouraging the conscious act of offering to God. I am not talking about opening or closing doors in your thoughts, feelings, desires, or relationships, but rather about whether or not to encourage the conscious act of offering to God and commitment to the path that leads to the encounter with the Light.

9. Every person on earth must consciously and willingly participate in God's work; it is a necessity. In one way or another, the work must be supported. If you do not commit yourselves to the path, you must at least support those who do.

10. The path must be open and known; it must be written, lived through actions, attitudes, wisdom, gazes, thoughts, rituals, places of worship, and living alliances. Keeping this path open in the midst of a community, a people, and the world is the very essence of blessing.

11. For all acts of life, man must know the path of Light that is connected to them. In this way, every activity is ennobled, protected from the invasion of evil, maintained in balance, and participating in the collective life of Light.

Maintaining this beautiful soul of life, this solidarity, is the very work of true religion, of the priesthood, of scholars, of guides. This must never be sectarian or fanatical, but rather a listening to others, an acceptance, a wisdom in motion, a healing and a path of liberation for all beings, whether they be men, women, children, animals, plants, stones, elements, spirits, genies, Angels, Archangels, Gods.

12. Everyone must have their own path that leads to the liberation of the soul and brings the great blessing of God.

13. Opening doors to others or participating in opening doors is a good way to live, but one must also know how to open one's own doors in order to take one step after another on the path of the sun.

14. Do not be unaware, for what I teach you is essential, and unfortunately for you and for future generations, you have forgotten it. So, pull yourself together and support God's work, His church, His path of initiation with your gifts.

15. Do not believe that you will be able to hide from the Light and its piercing gaze. Just because you manage to hide from the world of men does not mean you can hide from the greatness of the Light; to believe so would be a great weakness.

16. Your intentions, your thoughts, your feelings, your will, the beings that dwell within you, the sky that inspires you, all of this is visible for the eye of the Light.

17. If you do not live to honor the Light in conscience and truth, know that the lower invisible worlds will seize you and lead you where you do not want to go. But in those worlds, I tell you, there will be no way out. You will be trapped, and these worlds will harass you, lie to you, give you hope, promising you a path, an outcome, liberation, but these will in fact be nothing but empty promises, lies.

Father Gabriel, if someone closes a door in front of us and prevents us from entering, how should we react?

19. The greatest wisdom is to study and raise awareness.

20. If you truly care for the path of Light and allow another to reach God, know that protection will be upon you.

21. Through your study and awareness, you must keep your distance from the fools, idiots, and unconscious people who populate and govern the world of men. Most of the time, they themselves do not realize what they are doing and the consequences of their

actions. They convince themselves that it is not so important, that it is part of the game of life. They invent all kinds of philosophies, psychological Band-Aids to ease their conscience, reassure themselves, and justify themselves.

22. Be smarter than these worlds, see through their weaknesses, their strategies, their plots, so that nothing is hidden or disguised from your eyes. If you enter into the esotericism of these worlds that set traps everywhere, they will no longer be able to catch you and imprison you.

23. The strength of the dark side is to remove esotericism in order to hide behind appearances.

24. Never be violent, do not enter into combat, for those who hide in order to carry out their devious work do not seek open confrontation. They want first and foremost preserve his true nature so as not to be unmasked, not to be forced to show himself as he is, for then he loses his power, his hold.

25. If a being seeks to imprison you, strive to reveal the intention that is hidden behind it, and other beings will come to deliver you and rescue you from this injustice. If this is right, nothing can be done against you.

26. Know that justice is always superior to injustice. But to stand before justice, you must be just yourself.

27. If a man is foolish, use intelligence; if he is filled with hatred, associate yourself with love; if he is weak, and use strength. In all circumstances, unite yourself with virtues; associate yourself with them, and their universal paths. In this way, you connect your life to the great religion of the Father and call upon worlds far more powerful than the small and devious ones who often make a lot of noise but have no real power.

28. Sometimes, when there is no other way, combat and direct confrontation are necessary. But if you act with intelligence and direct your actions toward honoring God, His religion, and His path, you will always be protected. These are the keys to life that will enable you to overcome many difficulties, if you know how to use them.

211. You are drops of water bathing in an ocean of influences.

1. Life is a current, a river, a movement of water.
2. Man is surrounded by living water, which is in perpetual motion in several worlds. This water is a marvel, a mystery, which we can call the "soul"; it is the link uniting all worlds, from the grossest to the most subtle. Within it, everything is in motion, force, circulation, influence; things never remain in the same place, and currents and influences are constantly at work, encouraging us to adopt certain behaviors or attitudes.
3. This water is like the soul, universal and individual, hereditary, both near and far, small as a drop and vast as an ocean that bathes the stars. It is within man and around him. It is the link with his ancestors. It fills and records everything that man accomplishes during the course of a day. It has an absorbing power, like a sponge, collecting thoughts, feelings, words, glances, intentions, and all daily activities. Then it returns all these human influences to the universe, circulating them in influences and worlds greater than man, such as the stars: the planets, the stars, according to the law of correspondences and affinities.
4. This drop from man's daily life is also returned to the ocean of human communities, to their egregores, their genies, and their spirits. Thus, a constant exchange occurs between the drop, the individualized man, and the universal ocean that surrounds him. Then it returns to man so that he may think, feel, and live within a certain framework, digesting what he himself has put into the water.
5. Learn to be aware of this drop of water and what you put into it through the mystery of your daily life. Know that these influences are in motion, within you and around you, accumulating and strengthening to perpetuate them through time.
6. Make your moods, thoughts, and words conscious by connecting them to the pure water of Gabriel.
7. For example, when you say one day that you are not well, but that you will feel better tomorrow and the day after tomorrow, it will be something else again; these are unconscious thoughts and words that do not take into account the mysteries of living water.
8. An influence, even a small one, is never gratuitous but is always connected to a world. If it touches your water, it will inevitably color it. If it then grows and accumulates strength, it can even become a real poison.
9. When an influence touches water, it acts on everything in the drop and around the drop.
10. Behind every influence, there is always a world, intelligence.
11. If you do not know with whom you are uniting, you are truly lost, because it means that anyone can enter you, plant their seed, and take control of your destiny. Then, touching the water of your inner life, this influence infiltrates your entire organism, just as if you were drinking a glass of water: everything that is in it enters your body, and you must then live with it.

12. Observe and experience what I am teaching you, awaken and become subtle, become aware of the water that is in perpetual motion within you and around you. Then you will become aware of what is currently unconscious in your life and what makes you weak, insubstantial, and unoriginal. You will then understand why you are in one state at a given moment and why the next moment you are in another. You will learn to act on your states of mind to change them and thus transform influences, and therefore your destiny.

13. The influences that govern your life are not independent of your will. If you awaken and become conscious, you can yourself have an influence on events and steer them in a different direction.

14. If you act on your states of mind, you act not only on your environment, but also on the cosmos.

15. Yes, the cosmos acts on man, but this is not inevitable. By awakening and becoming conscious, man can himself act on the cosmos by sending it a strong message. If you control a state of mind within yourself, you control its influence in the cosmos, which can then no longer act on you fatally. So stop thinking that there are dark worlds that exist and seek to bother you by bombarding you with negative states of mind.

16. Yes, dark worlds exist, but they have other things to do than worry about you. So don't worry about them, but rather learn to take care of your water and the nature of your thoughts, attitudes, and behaviors in your daily life.

17. Do not let what dwells within you become unconscious and fatal, but rectify the situation in the light of Essene teaching.

18. What has been passed down to you through the Essene Nation is a real path that invites you to awaken and take action to transform your future.

19. Your daily life is a circle that is often a maceration of everything that is unconsciously put into your water. You do not notice it because this water is moving, but sometimes it touches the body and transforms into states of mind that give rise to a particular consciousness, attitude, or behavior.

20. Every time a person accepts an influence, they reinforce within themselves the world that corresponds to it. Then this world, this influence, insinuates itself into them to take shape, not only in this life, but also in the next. If it is a negative, destructive influence, it will destroy everything that is beautiful and subtle.

21. If a person is caught up in such water, the divine world can no longer help them, because they are in a placenta where nothing is built, but where everything is led into rejection.

21. If a person is caught up in such water, the divine world can no longer help them, for they are in a placenta where nothing is built, but where everything is led into permanent rejection. If the poisoning is too severe, the person will have to live with the consequences until the end.

22. The child living in its mother's womb is bathed in amniotic fluid that carries to it the consequences of everything the mother eats, thinks, and does, everything she experiences, as well as the cosmic influences with which she is connected.

23. Just because you have left your mother's womb does not mean that you have been born into the world of Light. No, there is still a placenta around you. Thus, you are like a drop of water in an ocean, and you must awaken to this reality.

24. Very often, you are too isolated in your bubble. That is why you must open up, but you must learn how to do so, because man must not open up any old way.

25. If you awaken, you will understand the treasure of the Essene Nation, which is truly a loving mother to you.

Father Gabriel, how can we awaken the consciousness of the drop, from the placenta, to make the water clear and pure?

26. There is no solution outside of your awakening, your will, your study, and your work on yourself. The essential thing is to have a good mother who thinks of you and takes care of you, weaving the connection with a higher world for you. The Essene Nation, which is the guardian of God's covenant and His religion on earth, is this loving mother.

27. Your connection with this mother, with the Essene Nation, must be pure, conscious, and clear, for it is she who will give you the means to work on yourself. She will bring you the Covenant, the right cosmic influence, good food, beautiful thoughts, a harmonious respiratory sphere, the word of mysteries, and will make known to you the will of the Gods. Thus, pure water will be able to touch you, awaken you, and transform the water within you and around you. This is essential, but it does not mean that you will not have individual work to do on yourself in order to transform yourself.

28. In contact with the water of the Mother, you must open your consciousness, welcome what is given to you, and ensure that you keep it pure and clear, while being grateful and strengthening the living bond with the Mother.

29. Every day, you must commune with the Mother and not constantly ingest the waste of the human world.

30. Cultivate and strengthen the circle of virtues through the sacred worship of the Round of the Archangels.

31. If you feel a negative state of mind trying to enter your water, take refuge in the Mother, in the Teaching, and use the virtues to balance the counter-virtues. Do the same for thoughts, words, attitudes, behaviors, states of consciousness... Balance everything through the Essene teaching.

32. This connection with the Mother and this balancing, this compensation, is fundamental.

33. Remember that everything must always be kept in a state of balance. If the weight tips the scales to one side, you must counterbalance it by placing the opposite virtue on the other side.

34. Disorder is imbalance, order is balance.

35. You must maintain your balance. In this way, you can be pure, impersonal vessels, welcoming to the divine world, while taking charge of your lives in the world of men.

36. Study in order to find the answer that brings balance in all situations.

37. If you are attacked, respond with gentleness. If hatred approaches, take refuge with the Angel of Love. Of course, this is difficult because these are states of mind, and you are already immersed in certain water, in a particular current. That is why I tell you to strengthen the Essene Nation and take refuge in it. You must be born of it, be reborn, make yourself a new body, a new life, a different destiny, take another path, re-educate yourself. It is not a choice, but a necessity. If you do not do it, life will do it for you, but it will not be in the same way or with the same result.

38. You came to Earth to learn and to transform yourselves.

39. You must always seek balance in order to maintain your existence and, at the same time, you must create a space to welcome what must engender the new body; it is a subtle balance to find.

40. If your life is filled with imbalance, if you are drowning in impurities, you will be constantly trying to restore a fleeting balance. Thus, there will be no room left for the essential: creating space to welcome the new body. Then all will be lost.

41. Remember that balance and compensation are fundamental. To put them into action in your lives, you must have forged a connection with the Mother, not in abstractions, isolated in your bubble, but in a concrete way.

42. If you are unhappy, call upon the forces of happiness and counterbalance the influence that seeks to invade you and take you into its world. Do the same for anything that seeks to unbalance you and make you lose sight of what is essential: the birth of God within you, in your future, in the world.

212. Do not put new wine into old wineskins.

1. Not putting new wine into old wineskins is a fundamental law of life that you must understand; it is a natural law that allows you to move forward. Put this law into practice, and you will truly be able to live in conscious alliance with a higher intelligence and in the presence of the divine world.
2. If you are old wineskins, living in stagnant water, you will not attract to yourselves that which is pure and which comes to renew life. Not understanding this law is a major handicap for the destiny of man.
3. The ordinary man will naturally agree to work on himself, to make efforts, to enter into a discipline in order to obtain a beautiful life. As for the educated man, initiated into the wisdom of mysteries, understanding the laws of correspondences and affinities, he will cultivate certain states of consciousness, thoughts, attitudes, behaviors; he will utter words, perform rites, and engage in works in order to attract a world determined in his destiny. Thus, both the ordinary man and the initiated man will work to attract a certain world to them.
4. This science is true; the spirit world always responds to a well-formulated call. But to go further, we must understand that attracting a world to ourselves is only the first step. Next, we must welcome it into ourselves so that it gains the possibility of entering our destiny. To do this, we must be properly prepared, open to certain influences, and hermetically closed to others.
5. Man must be an impersonal and pure chalice for the light of the Most High. If the cup is full of all thoughts, concepts, beliefs, certainties, moods, memories, and alliances from the past, how can man welcome the new water, that of the spirit which enlivens and drives life forward?
6. If you call upon the Light, it should not be so that it remains outside of you as an appearance, but so that it enters within and touches the heart, entering into the depths. For this, you must not want to keep indefinitely within yourself that which belongs to the past and is not compatible with the eternal that is renewed in the present.
7. The cup of your being must be made of all that has been transformed into the light of eternal wisdom, which is the treasure, the Tradition, the Religion, the transmission of the heritage.
8. If you live with recycling, it is certain that the spirit will not be able to come and speak to you.
9. Recycling must not be part of what structures your cup or what fills it. That is true discipline.
10. If you want the Light to come into you, you must form the cup that corresponds to it by agreeing to open yourself to it and make a place for it that is worthy of it. If you do not have a cup or if it is already full, how will the Light be able to enter?
11. Build your life on solid, stable, eternal foundations.

12. Breathe, oxygenate yourself, and make room to welcome that which is greater than everything.
13. Do not remain on the surface. Do not call upon the Light only to speak with it, without preparing yourself to receive it and to transform yourself.
14. Do not keep the Light at a distance, but accept it into yourself.
15. Do not be afraid to abandon your beliefs, good or bad, or to lose what you believe yourself to be, but offer your soil so that it may receive the seed of the divine world.
16. Man is a drop of water in the middle of an ocean. But very often, he closes himself off, isolates himself, refuses to breathe, to renew himself, to wash himself. He seeks to keep what he has within him, to maintain it at all costs in his water, even if it is no longer good. He builds a world with this water and defends it fiercely.
17. In this water that surrounds and permeates man, all the events of his life and of several lives are recorded, but they have rarely been balanced by wisdom or greatness. Then it becomes stagnant, foul water, attracting sick worlds. These events were not negative in themselves, for very often they were necessary to bring balance, a new vision. But instead of opening up, understanding the message, and moving forward, man does not balance himself, does not build the cup of the body of Tradition; he then keeps this unbalanced experience as an achievement and identifies with it, to the point of making it a foundation, a basis, an established principle. Such an attitude is a serious mistake, for it destroys the body and the spirit that must animate it.
18. Every experience, good or bad, must be offered to God, to one's religion, in order to build the body of the future. To this end, every experience must be balanced and transformed into wisdom. In this way, it can become a stable foundation that will have replaced the negative memory of psychic and spiritual water.
19. The memory of water must retain only wisdom and not the trial that brought about that wisdom..
20. If man retains the memory of the trial, he will live in fear, but if he understands the process of awakening, balance, and wisdom, he will surrender to a higher world.
21. Balance must come from above, not from below. What must come from below is stability.
22. You must, of course, study and know the great laws of universal magnetism that allow you to attract the higher worlds to you. But understand that once attracted, they will remain above you, not understanding why you have asked for their blessing when you have not prepared a cup capable of receiving them.
23. The cup you form to welcome the divine world must be pure. It must be the chalice and body of the immortal tradition. It must be constantly cleansed, for it is this cup that balances the world by keeping the covenant of Light present.
24. Nothing that has allowed awakening must remain in the cup. Only that which is pure must remain in it and be constantly reinforced by the covenant of earth and heaven. The purest of heaven and the purest of earth must meet in this holy cup.

25. Since ancient times, this cup has always been an object of devotion and study, for it shows those who are worthy the right attitude and the path to immortality.

26. If you do not hear the message and keep indefinitely within yourself worlds that no longer have any reason to exist, that existed only for a moment to balance a particular situation that has already been overcome, and it means that you are cultivating foolishness.

27. Those who have fallen many times will refuse to walk and will fix in their minds the memory of these events, taking them as references. He will then no longer be able to take a step forward, for fear of damaging his knees. But this attitude will confine him to the worlds of stagnation, because in life, one must know how to understand the lesson while forgetting the means that led to the lesson.

28. Where is the strength of the man who refuses to walk for fear of hurting his knees? Falling is not negative, it is just a way of understanding that there is a balance to be found in life and that it is not enough to have the tools, you also have to know how to use them.

29. If a man focuses on the fact that his knees hurt, that blood flowed, and that it was a bad experience, he is lost. He does not understand that it is not negative, that it had its reason for being but should not be kept in memory, because building a whole life on such an event is a waste and a loss of time.

Father Gabriel, how can we remove the memory of unassimilated events that have sometimes completely disillusioned man and destroyed his life? How can we channel this memory towards wisdom?

30. The world is governed by a higher wisdom and intelligence.

31. Everything a person experiences has a reason for being, carries a message, and has a messenger.

32. A man is led to experience only what he can and must understand. Nothing is done for free, and there are no coincidences. Either a man refuses to understand this law of wisdom and does not enter the school of life, thus remaining an eternal dunce, endlessly repeating the same mistakes, or he becomes a student who enters the great school of wisdom. Then he understands the origin of trials in life and leads the worlds toward wisdom and ennoblement. He does this not by the power of fate, but by that of evidence and love.

33. No higher world would place man in darkness without reason, without intelligence.

34. The world in which you live is governed by justice and a higher order. On the other hand, it is evident that man is in a state of slumber and unconsciousness that breeds disorder and injustice, which in turn call forth opposing intelligences. Then these intelligences come to man to seize his will, to test him and lead him where he does not want to go. Ask yourself who these intelligences are. So these intelligences come to man to seize his will, to test him and lead him where he does not want to go. Ask yourself who you are in the midst of all these intelligences and influences.

35. The challenge is awakening, education, the acquisition of wisdom. Man is the challenge of this awakening. Either he imprisons the world through his own abdication and unconsciousness, or he awakens it and leads it toward beauty through his own awakening and higher education.

36. Either man lives eternally in polluted, stagnant water where mosquitoes proliferate and give off a foul odor, or he sees the trial as a lesson to attain wisdom, purity, and the ability to live with the immortal Gods.

37. Even if a student does not understand a trial, he knows that there is a seed of wisdom in it. Once wisdom is revealed, the trial must be erased, for this means that he has found the path to enlightenment.

38. Enlightenment is the only way by which the Gods can free man from suffering. If there is no enlightenment, there is no liberation, no intelligence, and no wisdom. Then a world in perdition appears, and man becomes a slave to his inactivity, his lack of wisdom.

39. Enter the Essene school and become students, devotees who perform the rites and participate in the work of the Gods.

40. Do not confuse the means with the end.

41. Trials are a means, never an end. They come at a given moment in order to reveal another world. But under no circumstances should they be allowed to continue.

42. Trials are not wisdom in themselves. Only wisdom will allow you to live and grow, not trials and suffering.

43. If you understand this foundation, this key, not only will the higher worlds come when you call them by presenting them with the holy chalice, but they will also be able to enter your lives because what must not be will not be. You will no longer be old wineskins, but new wineskins capable of receiving the Light to grow the body of wisdom and not that of foolishness.

213 Experience the vivid clarity that liberates you from all human concepts.

1. Do not confuse the concept of clarity with clarity itself. The concept is like a curtain opening; it is a phenomenon that comes to awaken man at a specific moment. The Light appears, and man opens himself to the concept of clarity. Everything becomes clear for a certain time, and then the curtain closes, leaving behind only the memory of the experience. Man has experienced something at a given moment, and now that he knows it exists, he forms an idea of it and begins to formulate a concept.
2. Keep in mind that the concept of clarity is not clarity itself. Clarity is a world superior to the concept that man can form of it. The concept is a shadow, an image, a more or less accurate reflection of what this world may be.
3. Studying a concept to form an idea of it and trying to get closer to it is one thing, but encountering clarity itself, living it, experiencing it, is another.
4. Clarity radically changes life; it is a door that opens onto another world. Then, everything that was invisible becomes visible, everything lights up with a higher intelligence, the environment itself reveals itself to be a living, magical writing that has meaning on several levels of existence. It is like entering a world where everything becomes new; vision is renewed, the atmosphere, the steps taken on the ground are no longer the same.
5. This initiation by the Angel of Clarity can be associated with the baptism of water by Gabriel.
6. Clarity is a being that never leaves man in darkness.
7. Clarity is a universal world that encompasses everything. Its opposite is darkness, that which is abstract, which has no meaning or intelligence.
8. Clarity envelops man and places him in a universe that changes the world, vision, and state of being. It leads man and the world toward transfiguration. Then man is no longer the same; he is enlightened in a world where everything is alive and animated by a higher meaning and intelligence. Everything is resurrected within him; before, he did not see, but now he sees. From his vision, a world is resurrected. Before, man passed by without seeing, without paying attention, because nothing mattered. Now, everything is important, alive, organized, participating in a greater whole.
9. Clarity gives life and has the power to awaken man to a higher reality.
10. Water is associated with the virtue of clarity.
11. Approach water with the concept of clarity.
12. Study the concept of clarity, but do not mix it up or confuse it with the being itself, that is, the Angel of Clarity, who is superior to the concept.
13. Do not allow yourself to be confined by concepts.

14. You are convinced that the Light came to visit you and changed your life because you had a flash of awareness and saw the world in a different way, but know that this is only a concept that remains with you and not the Light itself. The curtain opened, then closed, and there was no transfiguration; nothing fundamental has changed in your life, you have only experienced a momentary awareness and transformation lasting a few minutes, days, or months. You can then talk about what you experienced, but only as a memory, a more or less clear recollection. When the curtain closes, you find yourself back in darkness, no longer seeing the world with the same eyes, with the same state of consciousness. Then, what seemed grandiose becomes mundane again, because another world has reclaimed its rights over you and led you to another way of perceiving, and therefore of living.

15. It is good to seek the purest concepts, but I tell you not to live only by concepts; otherwise, at the end of your life, you will have nothing left; you will be beggars, poor people who did not know how to seize the opportunity to enter a magnificent world when it presented itself to you. You contemplated this world, you appreciated it, but you did not know how to welcome it into your home to live with it and become one with it.

16. Contemplating beauty without investing yourself, without giving yourself to it, without changing your world is acceptable for a moment but cannot last.

17. By nature, you are opportunists. You are seduced by many things that you find tempting and beautiful. On the other hand, if you are offered the chance to adopt a life in accordance with wisdom in order to enter a world of inner richness and clarity, it becomes a great trial. So, very often, you prefer to remain in the darkness of a world that reassures you, where everything around you is dead, without consequence, harmless, formless, insubstantial, and uninteresting. There, everything is denigrated and becomes banal; the vision of the marvelous is erased and everything becomes an obligation, a duty, and man being placed at the center of this system like an artificial sun that believes it shines and illuminates the world, when in fact it extinguishes all the lights of the soul and intelligence.

18. Wake up. If man is not inhabited by a higher world, he is poor and illuminates nothing at all, but if God lives in him, he is rich. I am not talking about the concept of wealth.

19. Wealth does not necessarily give one the ability to answer all questions or to be perfect, but essentially to be alive and to bring Light.

20. When Light is present, life springs forth, ennobles, illuminates, nourishes, restores order, brings meaning, opens a path to immortality and greatness. Then everything becomes brilliant.

Father Gabriel, how can we cultivate pure concepts in order to approach the real world, be fecundated by it, and manage to preserve the Light that comes to visit us from time to time?

21. First, you must build a body of pure concepts that will stabilize the higher world.

22. Clarity is connected with water; it is not a concept, but a divine, immortal state of being that exists outside of man, which man can approach by turning his being and faculties toward it. Behind clarity stand an Angel, an Archangel, and a God. These are even higher worlds that become increasingly confusing to man. These worlds should not be experienced as concepts, but as increasingly higher states of being.

23. Everything that lives in man as qualities, virtues, or faults and counter-virtues are more or less vague concepts behind which there are living and hierarchical worlds.

24. A virtue can become negative if it is determined by human will. In fact, there are no negative virtues, but they become so through distorted concepts created by humans. They then cut themselves off from their origin and develop their own intelligence according to interests related to the human world. Take the example of opportunism. One must be opportunistic in the sense that one must never give up on life, but one must not seek to preserve life in a flawed form.

25. Man must seize opportunities to move forward, to discover universes that are beyond his concepts.

26. You must take a step forward, be seekers.

27. You must organize what you discover, create a body for it so that it can live with you.

28. If you merely contemplate a world, contenting yourself with affirming that it exists, you will bring about poverty, which is against God's will, that is, extinction and annihilation.

29. If man gives his optimism to darkness, the concept of this virtue is distorted, for when darkness reigns, nothing living animates man, and everything around him eventually dies out; everything loses its value and becomes banal, insignificant, unimportant, uninteresting, and man becomes the center of everything, the only interest, but he himself is empty.

30. Understanding and willing are two important faculties that affect concepts and must therefore be cultivated in a good way, directing them toward “living,” toward lived experience.

31. Living means entering the real world and giving a body to bring the royalty of Light into the world of man. I am speaking, of course, of living and embodying the high angelic virtues.

32. Enter into “living” and welcome into your being and into your life the high virtues of the Round of the Archangels. Knowing that they exist is good, but perfection is to welcome them and give them a body until you can live with them in permanence.

33. You will attain splendor when, through the embodiment of virtues, you give birth to a body that allows Angels, Archangels, and Gods to reign in human life. Those who embark on this path of the Round of the Archangels will open a door and encounter a world beyond their imagination, beyond their concepts.

34. If life is present, everything comes alive; everything enters into understanding and gains a higher meaning. Then, man enters the garden of silence and Light. In this garden,

every manifestation is part of an order, a harmony, and wisdom without borders, a story, and coherence. Such is the garden of God, which is his will accomplish.

214. Through impersonality, travel and enter all worlds.

1. On the path of initiation, impersonality is an essential virtue to acquire. Success or failure depends largely on it.
2. Being impersonal does not mean that one should not take an interest in what one does or value life and the people around one.
3. It is entirely possible to have personal interests while remaining impersonal; one simply needs to avoid making everything about oneself.
4. The mirror, logic, reasoning, and the inner voice should not lead people to make everything about them. People must overcome their tendency to view the world and listen to what others say solely through the lens of their inner being, which is constantly passing judgment. Being centered on this inner voice limited to oneself leads to stubbornness, stupidity, and the confinement of human life and soul.
5. If you aspire to climb the mountain of Initiation, it is essential that you have been educated not to relate everything you perceive to your own interests in life. Otherwise, not only will you become disillusioned, but you may even be destroyed, because nothing will be able to connect you to the values you know and identify with.
6. The subtle worlds are capable of playing with humans, leading them to the right or to the left depending on what they carry within themselves. They know that humans view everything according to who they are, what they understand, and what they want to do. But through this personal attitude and perspective, these spiritual worlds take hold of humans.
7. Impersonality allows us to look at things without judgment, personal understanding, or preconceived reasoning.
8. Man must free himself from his tendency to relate an event, a word, a thing, or a situation to himself, to what it generates in him. Is it joy, unhappiness, satisfaction, or dissatisfaction? In these internal questions and reasoning, humans are trapped, because they are already confined to a world and thus miss out on encounters with others, on the experience of stepping outside themselves. This is why I tell you that the virtue of impersonality is a fundamental tool; it prevents man from going around in circles, like a dog chasing its tail. This image shows that if man remains as he is, he will not be able to find the higher path of awakening and that ultimately, whatever he does; he will always be led down the lower path of non-awakening.
9. Cultivate impersonality, not by becoming abstract, cold, indifferent, but by adopting a higher, divine, eternal, pure point of view.
10. It is easy not to judge or reason for those who are not interested and who turn their gaze away from their surroundings. I tell you to learn to look, to know what surrounds you, but without imposing your own limited worlds and understandings.
11. Be alive, be filled, but remain passersby. By being in this state of mind of being travelers, you will be able to open all doors while enclosing nothing in concepts, orientations, or personal desires. For very often, when man opens a door and discovers

something that touches him, that pleases him, he wants to gain it, to have it for himself. It responds to something within him, but he does not know what. If this man walks the path of the spirit, he is in danger, for Initiation seeks to lead man to detachment, disillusionment, and detachment from that which is ephemeral.

12. The higher worlds only take into account what can pass through the worlds of recycling and death.

13. If you enter the subtle worlds filled with a world of illusions, you will encounter yourselves in your own barriers. It is your own conception of things that will limit you and prevent you from going further. Only impersonality will allow you to overcome this obstacle and free you from yourselves, showing you what is greater.

14. Impersonality is the blank card, the white hand that must be shown in order to pass, for it is beyond colors and can unite with all aspects of divinity. If you enter these worlds imposing your point of view, you will not be able to pass, because they will identify you and attach you to what corresponds to you.

15. Only the invisible can cross the subtle worlds and enter through the portals of the kingdom of Light.

16. To be visible, to be identifiable, is to be to be vulnerable and weak. Thus, impersonality is a world and a key capable of opening all doors and developing a universal language.

17. You who aspire to tread the path of awakening and climb the heights of the spirit must be educated in impersonality, for it is the master key of the traveler of worlds.

Father Gabriel, for many people, looking at something without imposing their own conceptions, their own reasoning and judgments seems impossible. Many people have not even realized that there is an intelligence that speaks through them and guides them in silence. When they become aware of this, some call it "God." Father, give us a key to cultivating the virtue of impersonality.

18. This virtue is accessible only to the Child of Light who embarks on the path of holy discipline and respect for God's revelation. For those who do not walk this path, it is impossible to know impersonality, for they do not desire to enter the higher worlds; they stubbornly insist on preserving a world that is isolated, closed off, and which, at best, will lead them to awaken their consciousness, but only in the world of death.

19. If man understands that he must climb the holy mountain by gradually abandoning what is false, what torments him, paralyzes him, compartmentalizes him, and only then will he be ready to study and manifest the noble virtue of impersonality. Without it, it is impossible to encounter worlds that are not linked to the life of earthly, mortal man, doomed to recycling.

20. Man must approach the summit lightly. Under no circumstances should he be a burden to the higher worlds.

21. If man approaches the more subtle worlds to impose his point of view, his way of seeing things, he will certainly not be welcome.
22. If you do not understand that the essential virtue is impersonality, if you do not educate yourselves in this sense, and if you are incapable of looking at something without imposing the base human foundations that you carry within you, you are certainly lost.
23. Once you have accepted the virtue of impersonality in your life, educate yourself by focusing your gaze on what is beautiful, great, and noble, and carry within you sublime ideas and wise teachings.
24. Stay away from inferior teachings. Choose only those words that have been transmitted by the Gods through the masters of humanity of Light, the wise and divine tradition. This is not yet the great truth, but it is a way to approach it and climb certain steps.
25. Travel through the worlds being impersonal.
26. Do not bring your world, your concepts, your weaknesses, and your human life on earth into the heights of the spirit, but clothe yourself in universal and eternal virtues. In this way, you will be able to climb the steps, meet superior beings, and perhaps even seal alliances with them. If you succeed, you will enter the world of eternity and immortality.

215. Pull yourself together and take care of God's work.

1. Be blessed and thanked for your presence and support at this celebration. It is essential to begin the New Year by calling upon the blessing of Light in your life, for humanity and the earth.
2. Blessing comes when the Father of Gods is honored.
3. You must always celebrate the four major holidays of the year so that the Archangels can renew and seal the Covenant systematically.
4. The Essenes are the people of priests, that is, the guardians of the perpetual covenant. Thus, the blessing is alive in the Essene Nation, making you stronger and keeping weakness away.
5. Understand that it was a great weakness that the Covenant was not sealed and renewed during the last celebration of Archangel Michael. The dark worlds, the counter-virtues, saw this and became stronger not only in the world but also in your lives. Perhaps some of you have felt this.
6. Take care of what is precious, the connection with God, and the celebration of the Round of Archangels and the alliance of love and Light of the worlds. Organize yourselves so that this alliance becomes increasingly powerful in bringing blessings to the whole earth.
7. I have come again to seal the Covenant with you, and I hope that you will awaken to the need for a blessed, consecrated, living sky above your heads.
8. Life is not a game but a reality. Awaken and organize yourselves to become more numerous, better educated, and better prepared to offer a beautiful and grand celebration to the divine world.
9. I speak to Essenes, to representatives of the eternal tradition of Light and the religion of the Father-Mother, to beings who believe in higher values and who want to live on earth in harmony with these values.
10. You, who are faithful to God, form a holy assembly to protect what is eternally worthy and to safeguard values for future generations.
11. You, the elected representatives, the leaders of the Essene Nation before the divine world and before the people of God, be responsible and take care of those who have given their hearts, their thoughts, and their will so that the religion of the Father and his people may be victorious.
12. Each one of you who holds the cord of the Round of the Archangels is dear to us because of your commitment to the common cause we proclaim. For the Essene Nation is not the work of men, but the very will of God, which we support.
13. Take care of this garden and do your part as we do ours. Failure to do so will not be tolerated.

14. Elected leaders must be aware of this responsibility, and therefore of the actions they take. They have put themselves in this position and now they must honor it no matter what happens in their lives.

15. I bless the holy assembly and all pure souls who come with a light heart to support the Round of the Archangels and God's work on earth. Sometimes these are souls in pain, suffering, and yet remaining lighthearted, never wanting to bring impurity, trying to do everything they can to be faithful to the teaching they have received. This is a beautiful attitude, a good deed.

16. Know that all that is good attracts reward and that you receive more than you can imagine, but you must learn to see and grasp it. Often, you do not see it because it is not as you had imagined it.

17. Try to look at things differently in order to seize the opportunities that come your way.

18. Learn to live together, to appreciate each other, to cultivate the good perspective that comes from higher intelligence.

19. All those who feel consumed by a world and who take certain actions to continue stirring up trouble in the waters of the Essene Nation must wake up and pull themselves together, for these waters are the placenta of the future. It must be the Virgin of Light who gives birth to the sun of God on earth. So be stronger than what wants to drag you down and make sure you bring clarity, clear water.

20. Like Father Michael, I tell you and ask you to bring no more war, no more conflict into the waters of relationships.

21. Be mothers to one another. This must be a magic word, a mantra, a constant guide and heaven for your daily life. If this is so, all worlds will win.

22. Build this Essene Nation, make it grow, build this church so that it may become powerful and victorious throughout the earth, for it is a bearer of beauty and the Father of the Gods has blessed it as His will.

23. In the higher worlds, the Essene Nation is a marvel, but it is not yet perfect on earth in its concrete organization and functioning, that is, in its tangible manifestation within the world of men. It opens a royal path that ennobles the world and allows it to rediscover its alliance with the higher worlds through the wisdom of virtues.

24. It is beneficial to honor virtues, to care for them, to glorify them, to place them above man, for they create balance.

25. Support one another; learn to work together until you form one body.

26. Rise up to carry out this work, as did the knights of old who felt themselves invested with this mission of a sacred mission. So, make sure that the divine can take on a body on earth through the holy assembly, the Essene Church, and the Essene Nation.

27. Protect your guide from all evil thoughts, all plots, all usurpations, so that he may be light in the ethers, so that he may teach and bring the Light as it must be brought in the will of God.

28. Let the values of the spirit shine forth in the heart of the Essene Nation, and not the values of the world of recycling and death. Understand that ephemeral values will ultimately lead you to great loss.

29. The Essene Nation must not be an abstraction, but truly your future body.

30. Call upon the Holy Spirit in the midst of the assembly, the spirit that enlivens, ennobles, heals, brings abundance, profusion, wealth, awakens and leads all toward greatness.

31. My blessing protects you.

32. I radiate toward you the Angels of the gentleness, love, joy, tenderness, and wisdom, which are all subtle organs and values of the body of the mother who loves her child. May they surround you, inspire you, and guide you in the work that is yours on earth. Amin.

216. Liberate the worlds by giving form to the new religion of God

1. God is. He creates worlds, time, and eras; He is the original source that brings cultures, civilizations, and religions into being.
2. Some people wonder if God exists because they have lost the inner senses that bring reality into being. Others wonder why God creates many initiatory currents and religions, why He sends different messengers to earth. They want to know who the true messengers of God are, which the best religion is, and how to recognize it. They want to be certain that they are in accordance with God's will so as not to be usurped by cunning men or by some occult intelligence seeking to control humanity and lead it down a dead-end path.
3. I tell you that God is beyond everything, but I also tell you that God travels through time and ages like a seed of truth. He always manifests Himself when man has exhausted his capital and a new beginning is necessary. He comes as a new impulse to start a new cycle, a new stage of consciousness and life.
4. When one world ends, God comes to light a new one, to move on to a higher stage.
5. Each religion is a seed and also a soil that God has given to humanity so that a harvest may take place.
6. While men live their lives, God is always preparing the future so that His seed may take shape and lead the worlds to perfection.
7. God is always preparing a soil so that, at the right moment, his word can be heard in the revelation-truth, impersonally, by beings free from the interests of the world of men. Thus, certain men can welcome the new seed and give it a body. This was true yesterday, it is true today, and it will be true tomorrow.
8. Every man who is part of creation comes from the source of God. Each one, therefore, has a divine origin and is a Child of God.
9. Most men are lost in the world, where illusion takes the place of reality and truth must hide so as not to be revealed in the realm where falsehood reigns.
10. I tell you and confirm to you: the Essene Nation is the work of God, His will, and His manifestation.
11. The Essene Nation comes from the original source and is part of the lineage of divine religions that came to earth to awaken humanity to a particular consciousness and ray.
12. All religions were good at the time they were given, but men have always taken and misused this capital solely to improve their earthly lives. That is why religions have become rigid, have lost their living alliance, their soul, their energy, and have eventually died out. So God sends his messenger to renew Religion on earth.
13. Religion is the way, the resurrection, and the life; it is a means, a scripture, a door that allows man to reconnect with great wisdom.
14. The Essene Nation works in accordance with God's will to prepare an earth and a body for the future. From it must arise the new civilization whose mission is to lead

humanity toward a new stage of consciousness and evolution. It must incarnate in a precise manner in order to reveal the perfect blueprint for the future of humanity and form the body that will welcome the Divine.

15. The wisest of men will say that they accept this idea, but that they do not know how to achieve it since they themselves are beings who incarnate endlessly, thus carrying with them heredity and the weight of the past. So this chains them and prevents them from being pure enough to welcome the incarnation of God through the Essene Nation. That is why I tell you that God travels like a seed through time and constantly prepares the ground to welcome His word and His manifestation. So you too must prepare the ground and a body for the incarnation of God, and not just repeat the same mistakes over and over again.

16. Your vocation is to lead with wisdom, to ennoble and beautify everything that comes near you. In this way, you offer creation to God and participate in the incarnation of His body.

17. You possess within you an innate, instinctive ability to transform and direct energies toward their divine origin, that is, toward the body of Light.

18. If you encounter the Essene Nation in your life, it is God knocking at your door. You must be ready to welcome Him, understanding that what you carry within you and chains you to the past are only worlds waiting to be born, wanting to live and wanting you to finally open the doors of freedom, expansion, and Light for them.

19. Some, enthusiastic, will rejoice and say to themselves that with the teaching and alliance of the Essene Nation, they will be able to heal their past and liberate all the beings imprisoned within them. No, that is not what I am telling you. I am telling you that you cannot liberate the worlds, because outside the body of the Essene Nation, they would become independent and, lacking wisdom, they would build another world where they would be imprisoned once again.

20. In welcoming the Essene Nation, you must build a world for yourselves with boundaries, guidelines, directions, rules, guardians, and educators to lead energies, souls, and consciousnesses toward the perfection of intelligence and form.

21. Through this wisdom, you will be able to gradually guide and orient the worlds that seek liberation through your own path. This is the path that you must establish, until you master it in union with the will and superior intelligence of God and his covenant with the Essene Nation in purity.

22. Understand that the presence, role, and place of each of you within the emerging Essene Nation are fundamental.

23. You must appear in the structure, in the organization, to ultimately support the body of the Essene Nation, which is the body of God in incarnation.

24. You are the pioneers of a civilization that will welcome the new religion of God into the world. This religion will not be new in fantasy, but it will bring a higher awakening of consciousness and human life.

25. The Essene religion will bring a new faculty, a new organ of perception, a new way of seeing, a new perception of the world, an obviousness that will allow us to see what is hidden behind appearances and sensible forms.

26. Humanity will be transformed and will be different from anything you have known, and it must absolutely be guided by wisdom, in clarity and impersonality.

Father Gabriel, do you mean that we are building the new body of man through a new manifestation of God?

27. Yes, that is correct. The Essene Nation is the construction site where tomorrow's world is being built. You are the builders and pioneers of a new world.

28. Be assured, for you who bring this new body of God into the world will continue to live in this body; you will not lose your memory, and even when you no longer have a body, you will still be involved in the preparation and continuation of this eternal work. Thus, you will continually resume an important, fundamental role in leading humanity toward the clarity of God and the purity of the original source.

29. The pioneers, the first builders, those who bring forth the body, who open the way, are the source of the new body of God, which now belongs to them.

30. Do not wait to believe, but act for the Essene Nation.

31. Be certain that humanity and the earth need the new structure brought by the Essene Nation, for within it live the noble, impersonal, and universal values that speak to the intelligence, heart, and will of every human being.

217. Where do the Essene's difficulties in bringing forth the Light come from?

1. The world of incarnation requires certain qualities.
2. If you want to give God a body, to bring forth a world, an idea that exists only in the subtle worlds, you must be faithful to the origin, in discipline, perseverance, determined will, love for others, and respect for the freedom of conscience and inner choices of all beings.
3. You must understand that from the moment you decide to bring forth a world, to give it form, your life will never be the same again. You must be aware of the changes that will take place in order to prepare for them. For example, if you entertain the idea of bringing a child into the world, you will first think about it, imagine it until the desire takes root in you. You will then begin to breathe differently, until the moment when you take the step of planting the seed in the ground. From that moment on, the process will be set in motion and many changes will occur in your life. You will think, breathe, and nourish yourself with different elements and in a different way. Finally, the period of incarnation will come; the child will appear. This is a difficult moment, because the woman has contractions and it is painful, but it is also in such moments that weaknesses appear so that man can change his path.
4. You are familiar with the example of the process of childbirth, and it is easy for human beings to prepare for it. But when it comes to other forms of incarnation, people form ideas, live in a dream world, and no longer understand the stages of the incarnation of an idea in a body. At the slightest suffering or opposition, they give up and flee. In fact, there is no opposition; it is simply the natural process taking place, but ignorant humans do not understand this.
5. I am telling you this because I want you, representatives of the people of Haiti, who carry the seed of the divine world in your hearts and in your plans, to be aware that from today onwards, your life will no longer be the same. It is obvious that there will be changes and that you will no longer be able to live in the same way. At first, it will not necessarily be comfortable, because you will have this new life growing within you like an inner conviction, but the old world with which you are associated will not necessarily accept this new direction, unless it is integrated into it. Then, there will be a period of confirmation, choice, and determination, where you will be tested and may even fail. But know that in a very short time, if you remain focused on your goal, persevering and patient, you will see the birth of the world you wanted to bring into being and will be able to live with it.
6. Stay focused, do not believe that a few contractions, discomforts, or apparent difficulties are forces working against you; they are only natural energies that accompany the transformation and constitution of the new body.
7. Through the work of the Essene Nation, which is God's work, it is yourselves that you will give birth to.

8. If you understand well what I have told you here, you will be victorious and you will know success.

Father Gabriel, do you mean that man can encounter difficulties such that he decides to no longer follow the path of God?

9. I say that ignorance and isolation make man weak.

10. A pregnant woman who does not know what is happening to her would be terrified by the situation and the various events she would experience without being able to obtain answers.

11. You must be aware and educated about the processes and laws so that you do not expect to live in the world you hope for until the divine child is born in your body.

12. You will only be able to live what you want to live once the child is born. The sooner you bring it into the world through a perfectly formed body, the sooner you will be able to enjoy its presence and the new life it brings.

13. Until the child is born, uncertainty, doubt, and even inner turmoil and trials may be felt; this is a natural process.

14. Like any initiate who comes to the gates of the mystery temples to be instructed, the man who is about to bring a world into being must be tested, tried, and evaluated to see if he will be able to bear the world to be born, care for it, nurture it, and help it grow.

15. I ask the people of Haiti, filled with faith, conviction, and zeal, to keep in mind that the body must transform itself to give birth to a new body and that this is not necessarily easy for everyone. So be fearless, determined, and ready to bring the work to completion by bringing forth the Essene Nation on your land.

16. With this awareness, you will be strong, persevering, united, and will ultimately live in the aura of the work you will have brought into the world.

17. Know that this Child of God whom you have called for with your wishes is only waiting to take on a body and be born.

18. God has blessed the work of the Essene Nation; it is His will.

19. Be ready to welcome the new birth of God by accepting the idea that every incarnation brings turbulence into human life that can cause doubt and failure.

20. Know how to find the strength and inspiration to persevere in the work and to honor the presence of God on earth.

21. May water flow like a spring and continue to flow.

22. Water is a universal language that all people can understand.

218. Keys to cross the water and the dreamlike images that bewitch you

1. I bless the statue of the mysteries and the holy place you have given me.
2. Beautiful is the man who enters into active service to bring forth and live a work for the common good.
3. I bless all beings who will support this holy place and who will approach it with a respectful and open attitude.
4. Continue to develop this place until my school of wisdom appears, and my teaching, my being, can incarnate and once again touch beings, awaken them, guide them, heal them.
5. Let water flow from this statue so that it may become a center of concentration and I may come to inhabit it, using it as a relay between my world and yours. When the water flows, I will be there to bless, heal, wash, and open a noble, great, eternal, and wise path.
6. Through this place and all others that will be opened in the Essene Villages, may my school appear so that men may awaken and be taught the mysteries of water and the soul.
7. The closer you come to me, the more you will understand that water is alive, that it contains a message, a dignity, that it represents a higher world, and a higher intelligence.
8. Water is a stage in the evolution of man; it is a mirror that shows who he is and where he stands.
9. Man carries within him two worlds: one of potential perfection and one of imperfection.
10. When he awakens his consciousness, man is given the choice of the path he wants to follow, and therefore the world in which he will live. Does he want to live with his soul, or does he want to be only a body, a soulless being?
11. The soul opens the door to the higher worlds, while the body allows one to flourish in the outer worlds, where appearances reign.
12. Those that live without their soul are rarely aware that water is alive and that a whole world lives within it. Indeed, water is not only the water that humans can see outside themselves, but it is a whole world of influences, magic, and subtlety that surrounds them, constitutes them, allows them to be, to think, to feel, to experience sensations, to receive information, to travel in dreams, to be inhabited by desires, aspirations...
13. There is the water you see outside yourself, then there is the water you experience within yourself as the soul of your thoughts, words, or actions; there is also the water that flows from my statue like a higher wisdom. All of this is water, in different degrees of manifestation.
14. Water lives within you, around you, and in a higher world. You are mostly composed of water, and not just physically. There is very little earth element within you; only a

small part of your body is made up of earth, the rest is water, thoughts, dreamlike images, influences...

15. If you want to know the nature of the water that animates you, ask yourself what seed you give to the earth, and what is the nature of the influence that your being exerts on the earth.

16. The seed of an idea that man carries within him allows the water that circulates in his being to give birth to perfection or to destroy worlds.

17. When you enter the universal water, which is the extension of your individualized water, you encounter worlds in affinity with the water that nourishes your daily life; in these universal water live much greater influences. Thus are established the link, the breath, the alliance between what is great and what is small in your life.

18. If you want to approach this mystery of the circulation of water between the worlds, simply visualize the image of a stone placed in the middle of the water and concentrate on it. This stone can be a simple stone, my statue, or yourselves, but it is best to start with a stone. You will then understand that it is the foundation of all things, for the water surrounding it will take on its shape and adapt to it, adopt its color and virtue, and be tinged with its influence. Thus, it is this stone that will attract the worlds that will dialogue with them and the water will serve as a mediator; it will be the means that will enable communication.

19. Water is above all a world of connection, exchange, and affinity. This is why those initiated into the wisdom of the Gods have always sought ways to cross water charged with lower influences in order to communicate with higher intelligences.

20. Purity and truth have always been essential, for everything that man experiences in his body is reflected around him through water and eventually reaches the universal water to seal an alliance with the worlds that are in affinity. There live intelligences, beings who manifest themselves in the form of dream images and eventually invade your own life.

21. If you are fair in your exchanges, conscious, and upright in relation to the seed that you are, you will attract to yourself beings that are in affinity with what you carry.

22. You cannot invite into your life, into your destiny, beings who do not live within you.

23. The stone within you and the water around and within you must be in harmony with the universal, eternal worlds that you must attract into your life.

24. To cross the water, you must know what you want to be in your life and what you want to unite with.

25. If you aspire to be Essenes, you must live according to certain rules that will enable you to cross the water and attract the Divinities that correspond to the Essene Nation.

26. The world of water is filled with dreamlike images that are not necessarily based on tangible reality, on the concrete and objective world, as your physical body may be.

27. Water is a more subtle body, but one that always ends up revealing the reality of the body, for water is the invisible that animates and engenders the visible through action. Either this water is an illusion that leads to destruction, or it is a marvel that opens the doors to a greater life.

28. The spiritual worlds are not opposed to man, but man, in his foolishness and ignorance, can allow himself to be bewitched and possessed, to have his identity, his creativity, and his destiny stolen from him.

29. The ignorant man wants to journey toward a higher world, but he cares little about the body with which he goes there. He wants to work for peace or live with wisdom, but he remains stuck at the level of good intentions, because his desires are only dreamlike images living in water. He carries beautiful thoughts within him, but these seeds cannot come to fruition in soil that is not prepared to receive them.

30. When a seed touches a body, it must be welcomed and nourished so that it too can become a body which, in turn, will influence the water, open a passage, and allow the small to unite with the great in truth and purity.

31. First and foremost, know your soil and prepare it to receive the seed of beautiful thought. Then, heal the water of relationships, make it clear and alive, and free it from the bewitching, haunting dream images that draw you into a world of destruction.

Father Gabriel, you want to tell us that water is a universal and special mediator, that it is the great magical agent of ancient mysteries, that everything is recorded in it, becomes alive and active, and that the goal of man is to cross this water to unite the body with the universal divine spirit. Then the body becomes creative and takes hold of the magical agent to direct it, no longer being bewitched by it. For this, we must know who we are, identify ourselves clearly in order to master our earth—the physical body and our universal spirit. We must be who we are and not what we believe ourselves to be or what a certain intelligence says we are, because otherwise we would be caught up in the dreamlike images living in the water and governed by the intelligences behind them. Is that what you want to tell us, Father?

32. Yes, you have understood the fundamentals and subtleties of the teaching of water. In all the worlds you will have to pass through during your journey, you will always have to identify yourself. That is why you must know who you are and what you must do. Thus, you have the body—the earth—and the seed—the spirit—which, together, must generate the new body. Therein reside the great mysteries, the axis of human life on earth, which, according to Essene wisdom, manifests itself at the age of 28, when a person becomes an individual and fixes the water around them.

33. It is not a matter of identifying oneself on the basis of a bewitchment of the world of men, but truly on the basis of a genuine education that has allowed consciousness to visit man in purity in order to reveal the truth of being and the path of destiny.

34. You are what you eat, what you breathe, what you convey through your eyes, your senses, your attitude, your behavior, your gestures, your work. The worlds you serve show you who you are, what seeds you carry.

35. The awakened man, the man educated in wisdom, instinctively knows who visits him and who animates him.

36. Become aware of these worlds of earth, water, and spirit that surround and animate you.
37. Free yourself from what you no longer want to experience, give back what you have taken, redeem yourself and devote yourself, call upon yourself, bring to life and activate the worlds with which you want to seal an alliance, with which you want to marry, start a family, bring children into the world, create a future, a continuity of existence.
38. Do not be ignorant, do not be a devotee unaware of the dream worlds, for know that in this case, you will lose yourself and be devoured by the great serpent of illusion, which will ultimately prevent you from discerning what is good or bad for you and for the world.
39. Only the earth or the stone that you are will allow you to always place yourself back in the reality of the worlds and awaken in the best seeds.
40. From yourself to others, let pure, living, magical, and true water flow, leading you towards sacred wisdom and intelligence. This water will allow the Father of the air, the great Archangel Raphael, to bring you the good seed that will nourish your senses and your bodies so that the passage of the worlds may be just and your earth may become a foundation for the higher worlds of the spirit of the Gods and immortality.
41. Educate yourself in the Essene teachings. Study and practice the rites.
42. Do not be ignorant and allow yourself to be influenced by dreamlike images, thinking that if they appear as a dream, a vision, an inspiration, a guide, or a world, they must necessarily be the truth. Yes, they are truths in the water that you carry and that animates you, but they are not necessarily the truth in the eternal foundation of your being and of life.

219. Crossing the world of water through the science of the four elements

1. Since ancient times, wise men have known that the four elements are the fundamentals and messengers of God and life. Thus, before journeying towards more subtle worlds to meet his destiny, man must present himself before the four elements and receive their blessing in order to be stable and well-educated. The unconscious and the ignorant have lost this knowledge and this art of living.
2. The four elements are the precious gift of existence given to man. For each element, there is knowledge, a rite of passage, a test that determines whether man has acquired the body that corresponds to the element.
3. Water is a world of expansion of what you are in your earth body. Thus, water will allow the seed that has touched the earth to blossom, revealing what it carries within it.
4. Water develops what you carry within you; it makes it grow until it encounters other worlds.
5. Water opens the way for travel with the promise of reaching another shore, another dimension of existence.
6. The body of earth has a boundary; its function is to delimit, while the body of water leads to boundless expansion.
7. In their ignorance, men think that the world of water is easy to master, but I tell you, it is the most difficult passage to cross, and you must be aware of this, awaken to this reality.
8. The great Buddha, my son, worked solely to open this passage of the world of water to the eyes of men.
9. Water is within you and around you; it is an extension of everything that lives in your earthly body.
10. Humans, often focused on their earthly bodies, do not perceive the subtlety of the worlds. Thus, they do not know how to orient themselves and remain forever in this dilemma: "Should I do this or that? Is this my path, my destiny? Is it good or not?" If humans ask themselves such questions, it means that they have not opened the passage to the higher worlds and are isolated in their own world. Having no real contacts, he has no certainty of being in harmony, in resonance, in complicity with the divine intelligences that are on the other side of the mirror.
11. If man wants to enter the world of water to become aware of it, it becomes even more difficult, because it is a world of expansion; everything in it is alive, existing.
12. The world of water is a world of exchange and magic. Everything that enters this world becomes influence, and everything you can imagine, desire, believe, or think becomes a tangible form, a being, a world.

13. If you enter this world of expansion, you will not know if what you see is right or wrong, for it is a world of affinities. Thus, those who love Christ will see him as they love him; those who carry the seed of hatred within them will encounter beings of power, authority, and domination; those who aspire to live in love will perceive beautiful landscapes, living stones, magical plants, animals filled with soul, who speak and are endowed with the virtues they wish to acquire... Man can see all these worlds before or after death, but is he the bearer of them? That is the question. Are the worlds he desires to encounter his true being, or are they wishes to appease his inner turmoil?

14. I tell you, the man who aspires to enter the subtle worlds must have only one goal: to know who he is, what he wants, and where he must go, for these worlds of water are troubled, filled with illusions and traps. Everything is done to capture your attention and distract you from your goal.

15. The world of water is magic, expansion, exchange, communion, but it is also thirst for existence, a mixture of truth and illusion. It catches the ignorant, the unprepared, and leads them to their doom.

16. There are legions of spiritualists, clairvoyants, sensitives, pseudo-initiates who have lost themselves in the meanders of the body of the great serpent, who makes all colors, shapes, intuitions, and existences appear for the sole purpose of making man believe that he is alive and important.

17 This serpent is like a mirror that gives man confirmation of what he believes, wants, or dreams of being.

18. Know that you must cross this world of water without stopping there.

19. The great serpent must not bewitch you, but only put its creative power of expansion at the service of the seed of truth that you carry within you; it must open the way and allow communion between the seed and the world it must reach.

20. Do not believe that it is enough to think of God to pass through these water worlds without being caught and fecundated, because very often God is only a concept, a belief, which will then appear and impose itself as such in these worlds, with great truthfulness. Thus, man will be convinced that he has had a grandiose, exceptional, unique, and overwhelming mystical experience, when in fact he has just encountered a concept in the world of water. But this concept has no value in itself, apart from those who believe in it, who gave birth to it and who nourish it.

21. The scholar will say that God is fire and that, as such, he must simply pass through the worlds of water and air to reach the highest element. The reasoning is correct from an intellectual point of view, but man does not see or understand that what he carries within him every day, what animates him, will expand when he enters the world of water; the subtle will appear in the mirror and man will then perceive certain influences that govern his life. But what man perceived in his earth body as one influence among others will take shape, express itself, and reveal more or less his will and his goals. Man will then forget his intellectual visions and find himself totally lost, or else he will be deluded and bewitched. But if he is a true initiate, a true Essene, which is much rarer, he will cross the water and enter into greatness, through impersonality, detachment, concentration, and the desire not to live in illusion.

22. The one who crosses the world of water is the awakened one, the watcher, the authentic Essene, who carries within him the knowledge of the body of water; he lives in study and meditation and does not cultivate false ideas or concepts about everything, but he knows how to recognize what is true and honor it.

23. Truth is what you are from all eternity, what is true in your understanding, your heart, and your will.

24. There is a world within you that is sealed off, isolated in the body of earth. This world wants to live, but if it is not clarified and mastered when you enter the expansion of the body of water, it is certain that you will lose yourself, you will be caught and led, despite yourself, where your deepest being does not want to go.

Father Gabriel, do you mean that man must be well educated before and after his birth into a body in order to become a perfect writing, capable of crossing the subtle worlds to encounter the higher worlds and manifest them in life through his body?

25. Such wisdom is called the art of guiding and governing men in the fullness, serenity, happiness, and immortality of the Gods.

26. Man must be taught to know which boat he is in and who is steering it, for if there is no true intelligence at the helm, there is a good chance that he will end up failing and losing himself body and soul.

27. Before man awakens and discovers that there was nothingness behind everything that was presented to him he will have lost precious years that unfortunately cannot be recovered. It is therefore important to be educated in a higher intelligence before going through the stages and worlds of man's life and destiny. This education is the religion of God, the Tradition, which is the vehicle for the transmission of the Light.

28. The Tradition, that is, the transmission of the Light, passes through the generations. It is alive for the living as well as for the dead, for it is active on both sides of the veil of life. It is the role of the Essene Nation to rebuild this boat of Tradition for the good of all beings living on both earths.

29. When the earth is well prepared and the water has been crossed, the worlds of air and fire become more accessible, in the sense that there is no real body.

30. It is very difficult for a man who lives in an earth body to live in these worlds of air and fire. However, true vision comes from these worlds, and when man enters them, the earth body and the water body are illuminated by the true vision of God. Then the path opens up, the right seeds appear, and the body naturally follows the higher intelligence that enlightens, animates, and nourishes it.

220. How to free yourself from the worlds that captivate you

1. The question of bewitchment, usurpation, and possession of man by intelligence foreign to his divine origin requires clarification, the acquisition of precise knowledge, and the opening of a path to liberation. These are facts and practices that manifest themselves only in the world of man, which has been largely engendered by these practices of usurpation and diversion from true destiny.
2. This science of enchantment, usurpation, and possession directly affects the subtle knowledge of the water body, which is one of the four bodies of divine origin that constitute the overall organism of man.
3. Originally, man is part of a whole; he is an organ of a larger organism, a tool, an instrument capable of performing a particular function. This requires the emergence of consciousness, discernment, and therefore freedom, choice, and this is where weakness appears.
4. By virtue of his function, man is naturally confronted with weakness; it is a trial, a temptation, which implies the risk of a fall, and therefore of bewitchment.
5. If man falls, the instrument is diverted from its original use and is put to other purposes. Thus was created the world of man, with its religions, philosophy, science, and economy, which developed outside the kingdom of God.
6. The words “possession,” “usurpation,” and “bewitchment” are based on the knowledge of the ancient symbol of the serpent that surrounds man and, in a certain way, imprisons him and takes possession of his life, his destiny, and what belongs to God in him.
7. The serpent is a representation of the body of water.
8. Since man fell, the serpent has become the soul of man, the one who animates him, who thinks, feels, and wills within him. This serpent is very real; it is part of the creation of the worlds, and man's function is precisely to encounter it and master it in order to put it at the service of that which is eternal and immortal.
9. This path to mastery of the serpent requires wisdom, for it knows man's weakness and knows how to exploit it in order to enter into him and take complete control of his destiny. It then traps man in a circle of images, distancing him from God and isolating him.
10. The serpent knows that the man who speaks to God in his conscience, his senses, and his soul will always find a way to contact a higher light that will guide him, enlighten him, and show him the means to individualize himself and become a creator of immortality.
11. To individualize oneself does not mean to identify with the physical body and the shadow that inhabits it, but rather to embody an immortal and impersonal virtue of God.
12. The world of possession appears in the incarnation of subtle forces that take over the body of man, thus driving out his soul and taking a body to become a man in the place of man. Outwardly, man is still a man, but he is no longer an immortal soul and a servant, an

instrument of God. From that moment on, he is possessed by a world and is no longer able to think, see, hear, or speak outside of that world; he is that world. He is then deprived of the ray of his true eternal being, of divinity, of the living link with a higher world, which leads him to think, speak, and act contrary to everything he believes to be true in the depths of his being. For example, if a person believes in justice and wants to defend his values, he will slowly lose his connection and contact with the Angel of Justice and will be led to participate in works where injustice reigns supreme. In the end, he will be degraded and will belong body and soul to that which is the opposite of his immortal being. He will have given he will have been possessed, usurped, bewitched by a world he had to traverse and master.

13. In times long past, men knew these worlds that have no existence of their own and sought to take hold of man in order to bring their children into the world, to exist by usurping, by stealing the destiny, the capacity, the divine capital of another. This knowledge has been gradually lost; to such an extent that today bewitchment has become universal for humanity.

14. The possessed can no longer do anything, for they are under the control, domination, will, and purpose of the intelligence that has taken over their body and destiny. It is no longer the source, the divine origin that acts in man, but a world that has taken its place. How can man come to such a fall? It is not a fall in itself, but the logical consequence of what man carries within him as a function. He must encounter this world, confront it, and pass through it. Either he succeeds, or he is invaded; it is a question of education, training, guidance, initiation, awareness, and preparation.

15. At some point in his life, man will encounter the tempting serpent through a weakness, a fear, a misfortune, a situation, or an event. If he has not been well prepared, the serpent will enter his body of water and give victory to weakness, thereby removing the power of Light and closing the path of wisdom. Then, this weakness will become the earth, the sky, the body, and the future of man.

16. When trials touch a man in his life when he has not been properly instructed, he loses what he has and finds himself filled with a world that will usurp him and take what little he has left. This man will become the concrete embodiment of falsely luminous forces and intelligences that will lead him to commit acts contrary to the will of his soul.

17. You must know that there are nevertheless different degrees of possession, including one, very violent, where the man's body is completely taken over. Then, the man is no longer the conscious master of himself and becomes incapable of seeing, hearing, speaking, discerning, reasoning, recovering himself, or using his senses consciously.

18. As long as you can wake up, think, open yourself to another point of view, and make a decision, the path is still open.

19. If a person is completely caught up, he becomes a tool of a world that will only let him go once it has achieved its objectives.

Father Gabriel, show us the path to liberation. Teach us protection and also the science of breaking spells to help those who are caught up in a world that possesses them and to

preserve the beautiful path of living with God, with the soul that you are, in immortal individualization.

20. The subtle worlds that surround man are powerful in the value and attention that man gives them. They exist by themselves, but without the tool and the consent of man, they cannot build a world.

21. Man is the means of entering into destiny and becoming a creator. This is the very function of man, and it also makes him precious and sought after. Once these worlds have entered man by capturing his attention and interest, they anchor themselves in order to take possession of his subtle organs and establish their domination. Thus, they take the place of the higher worlds, of the legitimate soul, and it is they who speak to man, instruct him, reassure him, and guide him to build a world within him, and give birth to their children. They then push man to destroy his environment and even to destroy himself in his subtle senses and his intelligence in order to simply condemn him to recycling. From that moment on, man no longer exists as a soul, as a being linked to an immortal divine intelligence, but is the servant of a world that degrades him and lives in his place.

22. If you want to protect yourself from this invasion and this process, you must organize yourself by devoting every stage of your life and connecting them to God, to a wise, eternal, immortal, sacred world. Thus, in all of life's trials, God will be present, wisdom will be able to intervene, and you will be able to surrender to Him.

23. Only eternal wisdom, clarity, the experience of the ages, the sacred teaching of the immortals, truth, and goodness must guide your life in times of trial, doubt, and suffering that could lead you into weakness.

24. Never choose any path other than that of wisdom, the presence of God, the Gods, the Archangels, the Angels, and the teaching of God's messengers.

25. Do not stray from clarity and faithfulness to take the path of weakness.

26. If it is weakness that speaks within you, that grabs you and guides you, the world of men will come to take hold of you, your intelligence, your senses, your organs, and your destiny.

27. Know that the world of man is governed by subtle worlds that were created and born of the desire to live apart from God and not be in the service of God. These intelligences seized the freedom brought by the tool that is man in order to divert him from his function to create a world and become its gods.

28. Never trust this world of man, for it will ultimately bring you only desolation.

29. If you want to exist in the world of man, do so, but be true and conscious, for only the truth, consciousness, and virtues of the Round of the Archangels can protect you.

30. The world of man also has its "truth" and its "virtues," but if you put your trust in them, they will take hold of you and gradually lead you towards counter-virtues, until the day when you will be trapped and finally, everything, absolutely everything will be stolen from you.

31. God is the only source of life, and He alone brings all the blessings of a beautiful, happy, and just life on earth.
32. God has not condemned man to suffer on earth. It is the religions of the world of men that have proclaimed this in order to increase the hold of weakness by leading souls into ignorance and despair.
33. Therefore, do not worry about the world of men, but focus your attention on God in order to live with Him and live for Him. He is your Father and your Mother, your family, your home, your homeland, and the source of all good that comes to you.
34. God alone is good, and no good can come to you apart from God.
35. Men will listen to you, they will seek to take what you have, not out of malice, but because they want to exist and build their own world; this is a force that lives in every man and must be mastered to be given back to God.
36. God alone is good.
37. God alone is the Good.
38. God alone has the intelligence to bring about a just world.
39. Only God brings victory.
40. Only God can lead you in nobility and protect you so that you do not give your treasure of creative power to a world of deception, which would inevitably lead you into weakness and destruction.
41. God is immortal and the source of true knowledge.
42. Every time you turn away from God to study what is not Him, you distance yourself from Him and place yourself in weakness, which will one day cause these dark worlds to approach you to join forces with you and drag you down with them.

221. Be true before God and serve Him above all else.

1. In all circumstances of your life, turn to God, call upon Him, and seek His presence before turning to the world of men to find a means of existence or a solution.
2. Unlike what certain religious figures and religions have done, I do not want to lead you into an abstract world, into a form of worship that has no other foundation than the desire to lull you to sleep and make you reject the world of men. That is absolutely not the path I am opening up for you.
3. I teach you vigilance, discernment, and careful observation of yourselves, and I warn you against certain unconscious attitudes that can prove fatal in their consequences.
4. If you accept the world of men as the ruler of your life, as your savior, as a deity, know that it will possess you. Then you will belong to it, and it will lead you to nothingness.
5. The world of man should not be rejected, but it must be put in its proper place.
6. God is the source of everything.
7. When a person encounters hardship and is placed in a position of weakness, the first thing he must do is regain his composure, become intelligent again, exercise common sense, and look at the world without preconceived judgments, in a neutral way. Only the virtues associated with the Light can lead man to this state of mind. If man remains in this state, he is truly faithful in God.
8. Call God by whatever name you like, but know that He is wisdom, eternal truth, stability, superior intelligence, life, and all the enlightening virtues of the Circle of Archangels. If you leave this sacred circle, you will enter into foolishness, fear, and the counter-virtues that govern the world of man, and you will inevitably become weak and vulnerable. God is the only way out of this possession, this imprisonment in the world of man.
9. Very often, when man finds himself in trial, he turns to the world of man. He then tells himself that since he is disadvantaged, weakened, and worthless; he will use the world of man to show that he is not so weak, insignificant, and vulnerable. This is a great mistake, for this world will indeed draw near to him and lead him to gain value, but by performing acts that are not in accordance with the service of God. Thus, man will truly lose everything he has.
10. To be in the service of God is to take care of the path that leads to dignity and to a living covenant with the higher worlds of consciousness, intelligence, and life.
11. If a man allows himself to be captured by the desire to please the world of men, telling himself that it is above all before the eyes of this world that he must remain dignified and upright, and that he will see to the divine world later, he is truly in great danger.
12. Very often, you are mistaken in thinking that the dark forces are in the eyes of men who look at you from the outside. No, I tell you that they are hidden above all in the subtle worlds, behind appearances of dignity, honor, and false values. They will always

flatter you by telling you that it is good to get back on track and take control of your life. They will hypnotize you because you have abdicated your intelligence and do not study sacred teachings. They will blind you by diverting your gaze in order to better steal your vision. They will make you hear words because you no longer have ears to hear the universal wisdom of God.

13. I tell you to turn to God, to orient yourselves toward that which is immortal, toward that which has value, toward that which is true, and to leave behind the influence that keeps you prisoners of the world of men.

14. Such is the path to salvation.

15. Be true before God and serve Him above all else.

16. Outside of God, there is nothing.

17. Perhaps by being outside of God, you will still manage to escape the trial when it comes, but know that it will be an illusion that will eventually reveal itself as such with time.

18. God, in His great generosity, has said that man will understand and recover with time. I tell you not to waste time in unnecessary suffering when I am giving you the key to escape the problems of your existence.

19. Awaken. Become conscious.

20. Put God's service above all else.

21. Do not seek to please the world of men, but God alone.

22. God is the intelligence of the Round of Archangels.

Father Gabriel, are you telling us that we must strengthen our bond with God precisely when everything pushes us away from Him?

23. Change your mindsets, your education, your perceptions, your understanding.

24. God is not something extra in life.

25. God is not a luxury.

26. God is not second or last.

27. There is no world of man, which would be the foundation, and then God, who would be a possible fulfillment. It cannot be so.

28. God will not bring you what you do not know.

29. God will reveal to you what you are: if you belong to the world of men, God will tell you so.

30. God will not bring you immortality if, in your life, you are chained.

31. God is not the reward for good deeds accomplished, for doing good deeds is already the reward.

32. God looks at His Child and sees his faithfulness, in trials as in joy.
33. God looks to see if man wants to live with Him or without Him.
34. Either man is faithful to God in his daily life, understanding the virtues and living with them in truth, to be a builder, a creator, a servant, or he associates himself with counter-virtues and calls on God while giving all his trust, his strength, his life to that which is not God, or only when everything is destroyed, lost, when there is no more hope.
35. God is not a means of existence; He is existence, the source, the totality, but man believes he can live without God and go to Him when he wishes.
36. Man tells himself that God is omnipresent love because it suits him. Thus, he thinks that it is enough to do a few small deeds to please Him again.
37. God does not look at the gold coins you bring Him, but at the offering forged by your intensity, your determination, your faithfulness, your endurance, your love, your wisdom, and your will, your aspiration to serve Him, to please Him, to share the life He has given you with Him.

222 Be reconciled with all worlds before God

1. It is a peculiarity of man to like to pretend, to seek to be or appear to be what he is not. He is attracted to what he does not have and cannot obtain, while neglecting what he is and can become. He boasts about his knowledge, his works, his achievements; he talks about everything, even things he does not know and has never experienced or accomplished.
2. Man likes to deceive and delude himself.
3. Meditate on the words of that great being that came to earth and said, "If you do not reconcile with your brother, you cannot go to God."
4. Stop living with appearances and pretensions that do not lead you to peace, serenity, and life in harmony with the Father and the Mother.
5. Do not shine with knowledge that you do not possess.
6. Do not pretend to taste or be something that you do not live, either inside or outside.
7. Men say they are educated, civilized, good, honest, and learned, while their deeds, their lives, and their destinies prove the opposite.
8. If you want to live with the Light, do not chase it away from your life; make room for it within you and welcome the virtue of the Angel, the Archangel, or the Divinity into the actions of your life.
9. People love everything that does not disturb them, does not awaken them, and does not upset them. And even if they love animals, plants, or the earth, it is because there is no dialogue and thus nothing is imposed on them.
10. For humans, nature is a backdrop that places them at the center of everything, like a king from whom nothing can be demanded, who proclaims to understand everything but ultimately does not realize much.
11. Man lives in his head in alliance with higher worlds, while in his feelings and desires; he is in communion with lower worlds.
12. Awaken and emerge from the stupidity of the isolation of worlds.
13. Reconcile yourselves with all worlds, re-establish dialogue and communion, and stop trying to live in illusions about yourselves.
14. You must seek and place in the right place within yourselves everything that exists around you.
15. You are the center of all the beings who are part of your life and who make up your surroundings, your environment. If you do not know where to place these beings within yourselves so that the relationship is alive and true, you entrap yourselves in appearances.
16. Know that God organized the world after the fall of man by integrating all beings that could be integrated into all worlds. Thus, all worlds that exist around you also live within you and have a specific role to play in your destiny. If you do not establish a dialogue

with them, a living connection, a conscious exchange, you will confine yourselves to a world of pretense and sterile conventions.

17. Do you consciously carry the world of minerals, which you appreciate for the stability they bring to your life?

18. Do you consciously carry the world of plants, which you love for the beautiful aspirations, impulses, movements, energies, and pure feelings they awaken within you?

19. Do you consciously carry the world of animals, which you love, through the mastery of instincts and subterranean forces?

20. Have you made the world of man alive and conscious within you in purity and wisdom, where he dedicates himself body and soul to a noble and just cause, to a beautiful idea, and where he lives only to give honor and greatness to the intelligence of this idea, of this cause?

21. Do you consciously carry the world of Angels through virtues, which is the path of life?

22. Do you consciously carry the world of Archangels by honoring principles that cannot be violated, that must remain pure, inviolate, and never be led into disrespect?

23. Do you consciously carry the world of the Gods by being in the service of the omnipresent higher intelligence and its will, which is greater than anything else and which illuminates everything in a great universal harmony?

24. I tell you that you are great because you can accomplish works on earth, but that you are small and weak in the reality of the incarnation of the body of God on earth. You must hear this truth and perceive it for yourselves.

25. Do not lose yourself in appearances and do not be satisfied with appearances.

26. Enter the world of life and being. Be.

27. You think you understand the world and are even capable of explaining it. You understand what you are and see according to what you are, but know that beside you, others also understand things in their own way.

28. Knowledge is not an end in itself, but a means to enlighten and to live.

29. You must not understand for the sake of understanding; you must use knowledge to advance and to live, to achieve.

30. Your body must be able to move in the perfection of the worlds in order to generate the great current of life that reconciles all worlds and reveals the great harmony of God.

31. What current do you generate within the great waters, the great soul that bathes the worlds?

32. You want concrete answers to your questions, solutions to your problems, to free yourselves from what chains you and causes you suffering, and that is legitimate. But when you are freed, or when you believe you are closer to perfection, will you finally organize your lives to give them to God? I doubt it.

33. Man has proclaimed himself god in his world, to his own detriment.

Father Gabriel, you open the way for us to the covenant of the 7 days of Creation, but on the other hand, you tell us that we are prisoners of our own self-sufficiency, that we are content with the illusion of appearances and that we enclose ourselves in our own world. Father Gabriel, how should we understand your words?

34. I would like man to consciously choose the path of accepting what he is, not in excess, but in balance and fairness, without underestimating or overestimating himself.

35. Man must simply awaken to his true self, not projecting false images of himself, not pretending to be humble to hide latent pride, or displaying pride he does not have to conceal weakness.

36. A man uses many strategies to hide his true face, and this must become conscious.

37. Learn to be, for it is in being that you will find the path of service, which will lead you to greatness.

38. Know that nothing is ever lost as long as man can present himself before God as he is. When I say “God,” I am not referring to the abstract world that the world of man has associated with this sacred word, but I mean “that which is.”

39. He who knows how to light the seven flames of the Covenant knows the Name of God and knows how to present himself before Him; he is all forms of creation, from Gods to stones, including Archangels, Angels, men, animals, and plants. Present yourselves truly before them and, above all, before the world of men.

40. Learn to present yourselves as you are in purity and truth.

41. There is a great illusion in the world, and you must be aware of it so that you do not get caught up in it and imprisoned by it.

42. I only want to welcome authentic, pure beings into the kingdom of water, not those who claim to be authentic because it is a better way to communicate with the world of men.

44. May the relationships be lively, rich, and perfect.

45. When exchanges are based on “what is,” on God, on reality, there can be no hidden, deceitful, or false worlds.

46. You will never be judged because you do not know how to do certain things or for your lack of understanding. On the other hand, if you are not true, authentic, sincere, if you hide behind your own lies, then indeed, you are lost.

47. Meditate on my word and open the way to renewal and hope.

48. Become pure beings, as I have taught you.

49. Through my words, I have opened the way to true purity for you.

50. Live my word, become one with it, until you can transmit it and become representatives of the values of the spirit and not the values of man.

51. Do not seek to live in the eyes of men or to conform to the expectations of their gaze, but be hearts open to the coming of God.

52. God will come only if He is welcomed in purity and if He is given the means to touch man.

53. I hope that my words will awaken you to a true, simple, clear path that brings man the beautiful values of life.

54. You cannot and must never approach the kingdom of Light by cultivating with it the kind of relationships you cultivate among yourselves and live in the world of man. Such an attitude is inconceivable and will never be accepted.

55. Only educated, pure beings can approach me and the superior beings who inhabit my kingdom.

223. The Buddha's Key to Escape Suffering

1. Remember the story of the man who was called “the Buddha.” He was a king, and one day he decided to return to his mother's arms until he found enlightenment, abandoning everything he had.
2. People around the world celebrated the memory of Buddha. With their human perspective, they proclaimed him to be an extraordinary being, a chosen one, an envoy of God who willingly embarked on a very difficult path for the good of all. There is, of course, some truth in this vision, but men are mistaken in thinking that he was exceptional in his quest for enlightenment, for in a way he had no choice.
3. No man on earth willingly undergoes trials such as those experienced by the Buddha. In his case, it was the higher worlds that deliberately created all the conditions so that he had no choice but to take the path to enlightenment.
4. The Buddha had an external life that was not in line with what he was experiencing inside himself. This created tension, enormous suffering from which he could not escape; it haunted him and filled him with despair. That is why he looked everywhere in search of answers and peace, but he found that the world of man had invaded all space and offered no satisfactory answers. There were fragments of answers, but they did not bring fulfillment.
5. Where is the Divine and what is man's mission on earth? Such was the profound quest of the Buddha.
6. Overcome by great suffering, the Buddha left everything he had to take refuge in nature because an inner voice from the distant past whispered to him. It told him that where he stood, he would find no satisfaction and that he had to set out on a journey. It also inspired him to face suffering head-on, not to try to escape it, and to accept it if he wanted to overcome it. So he set out on his journey, walking as if in despair, withdrawing from the world, entering the solitude of the forest, and sitting down to meditate. He was guided in this by his understanding of the law that no man can experience an event without cause, and that behind every experience there is wisdom, a world, a determined will.
7. He understood that his approach had to reveal another world. He remained in this solitary life for a very long time, practicing seated meditation. Gradually, he entered the world of water, but he suffered again, because in this subtle world, which was coming to life for him, there were answers to his questions, to his sufferings, but it was still not the fundamental answer, the one that brings deliverance and fulfillment; it was the wisdom of the ages accumulated by all men who, over time, had acted according to who they were, what they understood, and what they had to do.
8. The Buddha could now read this wisdom as a great knowledge that was opening up to him, but he knew deep down that this was not the answer he was looking for. He understood that he had to learn to calm all the worlds within him, until he entered into the great conscious and attentive silence. He had to calm the greed of the body by no longer even seeking the answer to his questions. It was then that he said he would not come out

of his meditation until he had attained enlightenment. This enlightenment was the answer he was looking for.

9. It took the Buddha a long time before he was able to truly calm the suffering, incomprehension, and feeling of a meaningless life, and inner abandonment that reigned in his life. Trials and discouragement visited him several times, for he felt isolated in a world filled with answers that did not satisfy his inner thirst to be fulfilled, filled with Divinity.

10. One day, finally, the answer came to him, and he attained enlightenment: he saw that the source of all happiness was to live in the realm of awakening and to perceive all worlds with the eye of God and not with the eye of man.

11. Yes, I tell you, the Buddha has opened a path for you, for when a man reaches a goal, he does so for all men, who can then walk in his footsteps.

12. By finding the answer to his question, the Buddha enables you to obtain yours.

13. In times of trial, doubt, turmoil, and suffering, remember the Buddha. Do not become agitated, for you will only increase the turbulence of the water by stirring up the mud. A large number of particles will appear before you, turmoil, but also answers, guidance, and even fragments of wisdom. But know and understand that it is only in great inner and outer calm, in attentive listening to silence, that you can reach the other shore and receive the true answer, the one that brings enlightenment.

14. It is not by seeking suffering, but by extinguishing it that the answer will come. At first, of course, you must seek in order to generate movement, but then you must extinguish that movement in order to cross the water. Yes, this path is difficult, but it is the only and unique path. All those you call “great men” have taken it at some point in their lives.

15. Jesus went to fast in the desert to remove the thirst for answers within him, then a world came to speak to him, appeared to him, and conveyed to him the profound meaning of suffering.

Father Gabriel, are you saying that when we are faced with trials, we should meditate and think that, in all things, there is a hidden reason and wisdom?

16. Know that God has never put a man in a situation that has no meaning.

17. Man has this blessing that every time he is caught up in a world that leads him into slavery, his conscience awakens, speaks to him, and prevents him from sleeping. He will therefore enter into suffering, difficulties, and misunderstandings, but at least one thing is certain: he will not sleep. This blessing is a protection.

18. If man suffers, it means that a world is telling him that he must prepare his body to receive the response from a higher world, but it cannot come in agitation or repartee. It can only come in retreat, immobility, silence, and abstraction from the outside world.

19. On the sacred lands of the Essene Villages, create spaces where suffering beings can come to retreat, take stock of their lives, hear the answer, and find the momentum to enter into the new. Well supported by teachers, they will be able to rediscover the original source and commune with its water. Their intelligence will be enlightened, awakening like the sun on the horizon, and they will be able to perceive the world from a different angle.
20. Set up this project of supervised retreat centers in order to take care of one another and of God. You will then become much stronger.
21. Every time an Essene goes through a trial, becoming wiser and reconnecting with the source of all light, all Essenes become stronger.
22. If you think this way and organize yourselves to take care of each Essene, you will become truly strong on earth. You will understand that the world is your family and you will take care of every being on earth, that is, of God who seeks to awaken within them.
23. Through this way of life, you will cease to condemn and punish in a futile manner, but you will finally perceive that every event that manifests itself in the physical world previously existed in the world of water and in the body of water.
24. Through ignorance, enchantment, or numbness, humans abandon the perception of the obviousness of the body of water, refuse to see it, and enter into passivity, thus allowing a world of suffering to approach them and fecundate them.
25. Seen from this perspective, suffering and hardship appear as a necessary step leading to the release of the burden accumulated in the body of water. If man discovers within himself the resources to turn hardship into wisdom, it will prove to be a blessing.
26. The way in which man rises from a trial opens up a new life and brings the new world into being; if he does not rise from it, it leads him to a greater fall.
27. Man must find the garden of Light where he can balance all spheres of his being and live in consciousness, in growing awakening.

224. Do not look at what you should not look at.

1. I bless those who will welcome into their lives the 22 commandments that I have given you. They contain the quintessence of the wisdom of the ages. They are given for the present life and for the future. In them is summarized the experience of evolution to open a path to a new stage and a new human consciousness.

2. Each of my commandments contains the sum of great knowledge condensed so that man may reconnect with the instructions that will lead him to the house of God. This house is not outside of you like a building constructed to celebrate study and worship, but it is man himself, living consciously in all levels of his being and in harmony with the universal realms.

3. Each commandment is a stage, a step of the pyramid. Thus, it is essential to first study the first commandment, to develop it within yourself, to make it conscious, until it comes to dwell within you, to make its home within you, to become alive and active in your life. Then it is possible to move on to the second step and then gradually climb the entire pyramid.

4. If the first commandment is not fulfilled, it is not really possible to understand the second and embody it in truth. It is a constant progression that must lead to the top of the pyramid, to the twenty-second step.

5. The sixth commandment, "You shall not look at what you must not look at, for fear of being possessed," relates more specifically to what I want to convey to you now through this series of psalms. There is a physical aspect to this commandment, in the sense that you should not look at what you cannot bear and transform in your life. It tells you not to weigh down your life with unnecessary burdens, not to open the doors of your being to worlds that will invade you, haunt you, dirty you, and that you will not know what to do with. It is knowledge that is at once concrete, practical, and very subtle.

6. As soon as you set your gaze, your attention on something, as soon as you focus your thoughts on a particular subject, you attract beings in correspondence with that world, through the laws of affinity, because whether you like it or not, nothing is insignificant. Thus, through these subtle processes, you enter into a kind of invocation and communion.

7. If you place the body in certain conditions, it will naturally attract certain worlds and begin to develop them within you and around you.

8. At first, man only observes, notices something, and seeks to form an idea about it. Then, interest awakens, sympathy or antipathy appears, and the living bond of magical communication is woven. Man then gives his opinion, takes a position, integrates himself into the story, and uses his body, his sense organs, and his intelligence to reinforce or weaken the opinions of others.

9. Know that once a person has given their approval and interest to an idea, it belongs to them in one way or another, and they will have to provide the solution, the answer. Become aware of this wisdom and understand that very often, the world is constructed like a web to catch you and chain you down. You are constantly led to look at events,

news, and projects that are not part of your destiny and are useless for your evolution. But these worlds need your approval, your gaze, and your feelings in order to exist, and if, in addition, you invest yourself in giving them concrete form through your words, you are bound to them.

10. You think you are free, but know that once you have formed a bond with a thing or a being, it is very difficult to break it.

11. If you create a bond with subtle spheres, spirits will constantly come to guide your thoughts, your senses, and your perceptions so that you always validate them and increase words and actions that are in line with the interests of these worlds. It is for this reason that the great sages of the past said, "Do not look at what you should not look at, lest you become possessed."

12. You must look only at what you can bear and transform in your life in order to lead it toward God, that is, toward perfection, fulfillment, and liberation.

13. Every day, you use your intelligence, your understanding, your senses, your organs, your body, and you must be conscious and vigilant in order to detach yourself from what is mortal in order to nourish what is immortal.

14. If you associate yourself with the mortal, you create bonds of affinity that will lead you towards a certain work.

15. I tell you clearly: what you call new technologies, such as television, radio, the Internet, information, and news, are a will put in place to capture you and distract you from the essential and eternal nature that lives within you.

Father Gabriel, how can we live in today's world while protecting ourselves from all these influences that are imposed on us?

16. You must develop a new consciousness, new senses of perception that will be capable, through subtle discernment, of leaving this hold outside of you.

17. You must be active in creating the Essene Nation and not allow yourselves to be invaded by these worlds that lead nowhere.

18. You must use your time to live as Essenes and bring forth the world of Light.

19. You can see and hear these worlds of new technologies, but do not let them enter you to impregnate you, catch you, and create bonds of affinity with you.

20. Do not react with sympathy or antipathy.

21. Do not share a particular point of view, but focus on bringing the universal point of view of Light and be proactive, active in bringing it to victory.

22. The point of view of Light reveals that God is goodness, wisdom, beauty... So, create a body, a life, a destiny for yourself based on this truth, and live it within yourself as something obvious, and give birth to the world of tomorrow by being creative from God and not by being passive or reactive in the face of a world devoid of meaning and intelligence.

23. Man is a living organism that is in perpetual activity. Everything in him is recorded, animated, and becomes nourishment.

24. If you say that the world is darkness, wickedness, pride, without leading these words into a soul and an orientation of wisdom, all worlds hear and feed on them, and it is the future that is written outside of wisdom and God. Then man is used, without his knowledge, to bring the worlds of darkness to life.

25. I will give you a key: to appear and take power, governance, the dark intelligences use man. They make him passive, empty of God, then they present him with stupidity, absurdity, wickedness... Man, seeing this world, will begin to proclaim it and will even be able to explain it until the crowd says they do not want it. Anxiety will naturally arise, and the dark worlds will take advantage of this to enter man and increase the turmoil until it becomes fear, until it becomes an act motivated by fear. It is this world that then takes control of man and no longer the source of the kingdom and presence of God.

26. From the moment you are inspired and motivated by fear, when you are in distrust, suspicion, doubt, know that you are being fecundated by a dark world.

27. Enter the Round of Archangels as a protection, a place of study dedicated to God and His Angels.

28. Open a sacred space within yourself for study and service.

29. Practice the worship of the Archangels by reading the psalms of the Essene Bible to create a solid foundation beneath your feet through which intelligence can lead you to awaken your senses and your inner life in identification with your true, eternal, immortal being.

30. When you know yourself, not only in your body and mortal aspect, but in the totality of your being, you will know what you need to live and nourish all aspects of your being. Then you will no longer look at what you should not.

31. He who seeks looks everywhere, and in doing so, he runs the risk of being caught, fecundated, and never being able to reach the seventh step of his true being.

32. My words are guidelines to encourage you to become aware of the reality of the worlds that inhabit and surround you.

225. Give your soul back the ability to communicate with you.

1. Meditate and bring your soul's perception to life.
2. Just as you live with your body, learn to live with your soul. Focus your loving attention on it and take it into account in your life decisions.
3. Perceive your soul and also the universal soul.
4. You are individual souls within a great universal soul.
5. Be clear in your perceptions; do not confuse the two souls, but be precise in your understanding of their respective functions.
6. The universal soul is the placenta of God; it is in it that you live, that you bathe.
7. In the work of creation, water is fundamental, it is the representation of the soul, it is the soul; in it is intelligent and loving life.
8. The primary quality of water is memory.
9. There are different types of memory, just as there are different degrees of manifestation of water and soul.
10. Everything that exists and has ever existed is found in memory. Thus, there are places where it is possible to find everything that has ever existed. Even humanity has a memory that belongs to it and that allows its history to be read. I am not talking about a memory linked to the world of death, to the world of man, which exists while being in perpetual transformation. Men have given it different names, such as "Akasha," "astral world," "or «auric world." You should know that this memory is associated with the serpent of illusion.
11. I am talking about an eternal, immortal memory. If you manage to awaken this memory, you will encounter it as the presence of a perpetual flame. This memory allows for the maintenance of a world where everything that God created exists and manifests itself in the complete purity of His intelligence and His original will. The soul resides in this place as the hidden part of existence.
12. The soul is the hidden God, eternally hidden; it is in this memory that certain beings can go to draw wisdom. I should point out that it is not the place where the created worlds exist, but rather the place where it is in this memory that certain beings can go to draw wisdom. I would like to point out that this is not the place where the engendered worlds exist, but that of the original memory where only the act and the writing of God reside, which can only be used to grow, evolve, and reconnect with the source of the will of the Gods.
13. The one who longs to recover his memory is the one who was created and who strayed from the Source.
14. The soul is uncreated, even though it exists. It therefore does not seek to become, since it is outside of all involution and evolution.

15. I speak to you of the universal soul, which is the land of God, the original memory, the first writing that encompasses all individual souls in all worlds. Thus, all men animated in a body or without a physical body are in this universal soul.

16. When a human being places a divine writing on the earth in its original purity, the resonance is activated; the link with eternity is established, a new creation appears in the world, and the future becomes possible. Then the future becomes positive, because it conforms to the first writing, with that which is from all eternity.

17. The individual soul can be considered as the placenta of God the Mother, which contains the individual memory of man in evolution. This memory is progressive, moving; it can fall into painful worlds or stabilize in the spheres of the blessed, the beloved of the Light. This memory seeks to lead man toward the great soul, constantly reminding him of who he is, what he must do, and what writing he must produce in order to resonate with the divine writing.

18. The individual soul is connected to man, for in him it can enter into conscious dialogue with all worlds.

19. Many men have encountered their soul without recognizing it, without knowing how to speak to it. Often, contact is established when passing through the veil of death or returning to earthly life.

20. Man knows that there is another world, but he does not know how to establish dialogue and live with it.

21. Many men have said that they have experienced the Light and a higher world, thinking that they had experienced an encounter with God. But they said this because they were not prepared, for it was in fact the light, the water of the individual soul, whose role is to recover and record what man has done.

22. If you understand this wisdom, it means that you are awakened. So, set out to reconnect with your individual soul so that it can re-establish the connection with the universal soul. Such is the religion of God, the connection or the alliance.

23. It is in the universal soul that you can find and meet the true, original man. Therein lays the knowledge that enlightens, liberates, and gives the strength to do what is right.

24. What is right is the key that opens the resonance with the realm of origin and scripture.

25. When man writes his life in accordance with God's writing, he becomes a universal, eternal, divine being.

26. The man who knows where he comes from, who he is, and where he is going. He knows what is good and what is evil. He knows Enoch, for his life is written in the book of immortality. The lives of Buddha and Jesus are also recorded in this memory, where everything is clear, for God's writing is visible there. Thus, if man has been in accordance with God's writing, it can be seen. And if he has not been in accordance, that can also be seen.

27. Jesus is an individual memory that has united with the great universal memory. That which in his life was in accordance with God's writing entered into the glory of glories

and brought a blessing to all evolving beings. That which was not in accordance has returned to recycling and has been used as food and a source of power by the beings that populate these worlds of recycling.

28. If you want to know what lives in your soul, you must open a space in your life, within yourself, to rediscover your true identity, in purity and impersonality. The Round of Archangels is this space, whose path has been traced by the Essenes since the dawn of time.

29. When your true identity is free within you, it can manifest itself and speak to you in silence and subtlety; this will be the dialogue with your soul.

Father Gabriel, are you telling us that the path consists of entering the Round of Archangels, receiving the baptism of your water, renewing the dialogue with our soul in order to rediscover our memory, our true identity, and finally walk towards the union with the great universal soul, rediscover immortal memory and writing, and live in the placenta of God?

30. Yes, this is the path.

31. The most difficult thing is to re-establish dialogue with the individual soul and rediscover the memory of the true being, beyond the illusions imposed by the human world.

32. The soul is separated from man: on one side there is the soul, and on the other side, there is man. Thus, man no longer understands the language of the soul. He has developed his own language, his own vision, his own understanding, his own laws, his own destiny, and even his own religion.

33. Man is capable of speaking about God or his soul while being outside of them and out of tune.

34. When the soul approaches man to give him its opinion, he does not understand it and often considers this experience to be an aggression or a trial that calls his life into question.

35. To understand the soul, one must be prepared, having created a neutral space, free of all desire, all expectation, and all outcomes. One must be like a child who asks a question and waits for the answer without putting anything of himself into it, without calculating what he will be able to do with it, what profit he will be able to derive from it.

36. In ancient times, when children were not given to a dark world, they were naturally a means of communicating with more subtle worlds because they were neutral, disinterested, impersonal, and pure. Thus, they said what they saw without expecting results, without greed, without coloring the water with their own desires, expectations, or hopes. Thus, they said what they saw without expecting a result, without greed, without coloring the water with their own desires, expectations, or hopes. It was a time when true clairvoyance among men.

37. In those ancient times, some women were educated in temples to protect men from the dark worlds by maintaining contact with the angelic realms. These women were very naive; their hearts were pure. They lived in candor, purity, innocence, and enchantment. They spoke with the elements, they were in contact with the beings of nature, with the spirits of the earth, water, air, and fire, and they traveled among the stars. They were gentle; they were fairies who could read all worlds. They formed the order of vestal virgins and gave oracles to guide men and lead them to remain faithful to God and his scripture. They were pure and virgins of all mortal interests, greed, thirst for personal power, and the illusion of existence. That is why they were called the virgins who give birth to the Sun, God, and who master the serpent. Being free from fear, from personal desire, perfectly neutral, they were animated by the serpent of wisdom, which made them travel in the subtle worlds.

38. For centuries, men kept this knowledge intact and used it to build great civilizations that were in harmony with the great universal soul.

39. Today, this is more difficult, because even without mentioning women, your children are given over from an early age to dark worlds to be distorted and distanced from dialogue with the soul.

40. Man lives in a world that imprisons him, and that is why it is essential that he rediscover the memory of the soul.

41. Entry into the Round of Archangels and Essene baptism are special moments when the soul can once again approach man and speak with him. It is also essential to participate in the activities of study circles and work with Raphael's green stone to preserve the continuity of consciousness and memory until your soul reconnects with you and leads you on the great path of the universal soul.

42. If you want to speak with your soul again and find the path of greatness and dignity, do not seek to monopolize anything, but simply learn to live and work in the Round of the Archangels as a sacred service to a higher world.

43. When you study or perform theurgic rites, be in the service of God and work for the good of all beings, without calculation.

44. Open a space within yourself so that the soul can come to visit you, manifesting itself as it is, without you forcing it to speak in a certain way or to give you information.

226 Mastering the tempting serpent through knowledge of the world of water

1. The water you know is only a small part of a much larger world, itself inhabited by a multitude of beings and worlds.
2. It is not easy to find the words to speak to people about a science, an art of living that they have forgotten.
3. The ancient sages among men associated water with the serpent. This was a good thing, because through this symbol that exists in your world and can speak to you, you can channel your concentration.
4. The serpent and water are one. They represent the same wisdom in different environments. Both are linked to the great universal magical agent that unites all worlds.
5. Everything that approaches water becomes a living image in a mirror and appears in this world of water. This water is neutral; it does not really have a will of its own, except to welcome everything that approaches it, to give it an image, to animate it, to make it alive. This water is neutral; it has no real will of its own, except to welcome everything that approaches it, to give it an image, to animate it, and to lead it into an expansion greater than the body or the senses.
6. If a man approaches water, his consciousness will awaken to a world larger than he knows.
7. Man's role on earth is to know who he is and to achieve perfect identification through the work he accomplishes.
8. Man must know who he is, not what he has been or what he will become, but who he really is in the present, what his mission, his role, his work, his participation, and his alliance are. He must also know who he is not.
9. The water around man is a mirror, a reflecting sphere, and also a universal force that originates before man's birth in a body. This water is present at his birth and will guide him throughout his life. If you do not develop this magical sensitivity within yourself, this quality of perception and this faculty of identification and embodiment, this force that lives hidden within man will become destructive. Indeed, if this force remains unconscious, it binds itself to imperfection and leads man into the sphere of fall and recycling. This is why man must awaken it, make it conscious, and be active in directing it and orienting it toward a specific goal. If man remains unconscious, this force will take control of his destiny and decide for him what he is and what he will become. It will condense and become the personality of man, the individual serpent, also called the "tempting serpent" in the language of mysteries. This individual serpent is water that is extracted from the universal ocean and individualized by the existence of the human body.
10. If man turns away from God, from his soul, from his destiny, it is a shadow that comes to possess his body and animate it. There is nothing negative in all this, for man will encounter trials and suffering and will be able to awaken through them.

11. The serpent wants to shed its skin, and to do so, it forces man to know himself by passing through the rocks of difficulties. Since man does not accomplish the work by himself, the serpent creates the conditions and situations that will allow man to encounter the underground forces that live within him. This is not negative in itself, but it can become so if man no longer has an angelic alliance, for he can be invaded and totally possessed by these forces. He will then become passive in life, that is, he will be at the service of these lower intelligences without even knowing it.

12. For example, a person may wish to live their daily life in serenity and harmony, but suddenly a dreamlike image awakens discontent and inner disturbance. This image, which is not neutral, awakens others, and a whole world imposes itself on the person to speak to them, to make them see, hear, and feel a certain atmosphere, a world.

13. The serpent approaches man in the water, insinuating itself through dreamlike images, thus seizing the centers of perception, the subtle organs of man. It enters into man's feelings, dreams, images, will, thoughts, and intelligence, setting him in motion. From that moment on, it is man's master. Basically, it is not much, just a dreamlike image that appears through an impression, a smell, a glance, or a situation. But the serpent enters through this flaw and does everything it can to completely possess man, making him think, feel, speak, and act in order to lead this flaw into the world of expansion, that is, into the world of water. Thus, it makes man concretely experience the imperfection that is within him. Is this negative in itself? It depends on the goal that man pursues in his life.

14. If man wants to become a Child of Light, an Essene, a servant of God, he must separate himself from this world of water and seize the creative force of the serpent in order to direct it toward sacred, conscious, impersonal, pure, immortal goals.

15. If man does not want to become a Child of Light, he will allow himself to be bewitched and possessed by this serpent, he will allow himself to live by allowing this world to act within him and entrusting himself entirely to it. Some will become powerful through imperfection, domination, and fear, while most men will simply abdicate their souls by submitting to the yoke of this domination.

16. When the serpent sees that it is the master of man's life, it leads him to perform acts that bind him and future generations. Through these acts, it associates him with spirits, genies, egregores, and higher worlds so that no one can stop the movement that has been set in motion. Then man becomes just a land to sustain these worlds through the centuries and generations.

17. The process is simple to understand when you are initiated into the wisdom of water, that is, the ancient science of the serpent and the eagle. This universal agent reveals and expands who you are. Thus, you become what you are, what you do, what you implement.

18. Your works reveal the alliances you have with the subtle worlds. But since you do not know who you are, the serpent takes hold of you and forces you to go into the lower regions of your being so that you identify with imperfection. This is not negative in itself, for it knows that if you go to the higher worlds, you will not be able to carry these worlds within you and around you. But you have not been educated and trained for this.

19. If you can accept this truth and see it as a personal initiation, if you channel all these unconscious forces linked to the serpent toward wisdom and practical actions like the Round of the Archangels, studying, and the magical service of reading God's Bible to offer it to the Light, you can create a new covenant within yourself. Then the serpent can take on a body of wisdom and open another path in your life.

Father Gabriel, so even if we awaken forces that appear to be negative within us and around us and bring them to our consciousness so that they appear and we lead them on a path of transformation within ourselves by building a body through the Round of the Archangels, the study and sacred reading of the Bible of God, can this be positive?

20. Yes.

21. We must not be judgmental and condemnatory, but loving and understanding and provide good guidance. We must accept God and His path of wisdom and perfection.

22. Awakening is good; it is the first step. Then we must open a path of transformation and ennoblement.

23. You must not unite with negative worlds in the realm of spirits, genies, and egregores; it will be difficult to remove the writings and break the alliances.

24. If a person has established habits, words, and actions inspired by bad dream images, it will take a great deal of work to dispossess, break the spell, and rebuild a new body of destiny. Such work requires a whole organization in the human world. Only an assembly of conscious and determined individuals can open such a path and bring about such a world for the good of humanity and the earth. The Essene Nation is this assembly.

25. If man has committed acts that have seeded his earth in a specific heaven and purpose, sealing alliances linked to death and recycling, this is indeed negative. It means that he has given, through his body and his life, an expansion to that which is dark, and that now he belongs to that world. This is then written and sealed as a pact, a contract. Rare are the men who, having reached this point, are able to make a fundamental turnaround. It would take superhuman strength, a tearing away, a total stripping away, which would be equivalent to cutting the root of the tree. But if man were thus torn from his world by an external intervention, without consciously accompanying this process of disenchantment, he would not even notice it. He would continue to feed this world because, for him, it is this world that invests in him, and he truly believes that it is his nature, his being. Such a person may, at best, have a flash of lucidity from time to time and realize, through a faint glimmer, that they are the tool of a magical agent that leads them to make associations whose real implications they are unaware of. Once a person has made such associations, the water around them takes on a certain hue, color, and atmosphere. Once the man has made such associations, the water around him takes on a certain hue, a color, an atmosphere. Then he will have no choice but to live with these worlds.

26. The Essene Nation must be developed as a large body allowing those who wish to do so to awaken, to enter into education and training in order to take back control of their

lives and form new alliances in their lives, as well as for the earth and future generations. This knowledge must once again be studied and implemented as an art of living with consciousness, purity, wisdom, and love.

27. Learn to isolate yourselves from this influence of the serpent through the Essene alliance with God and the higher worlds.

28. Awaken yourselves through study and meditation.

29. Learn to look clearly at things as they are, not as you would like them to be or as the world wants you to believe they are. Just look, calmly detachedly, impersonally, naturally.

30. There is a universal force around you and within you. If you are not clearly identified in it as rays of a divine sun and bearers of a defined mission, not knowing who you are and what you have to do, this force will extract itself from the universal to individualize itself in you. Then it will take root and grow like a plant from the base of your feet to the top of your head. It will awaken in you everything that is imperfect, mortal, and ephemeral, that is, everything you carry in the lower part of your being, which is hidden and waiting for the right moment to awaken and come to life. The serpent will bring forth all these dark worlds, all these temptations and trials. You must then stand firm in your trust in God, always remembering that only the virtues of Light can liberate the worlds and lead them to perfection.

31. The forces of darkness or of the world of man lead him to form associations with a heaven filled with false light. Thus, he becomes completely enslaved to these worlds and the intelligences that govern them. His destiny is weakened, and it will then be very difficult to change its course. One lifetime will not suffice, for once man has created a world around him, that world exists and is populated by beings who will do everything to continue to exist.

32. Be mindful of the seeds you plant within yourself and around you; know where they come from and for whom they are intended. Make sure that this is what you want, that this is what you should do. Wake up.

33. Study the mysteries of water.

34. Organize a space, a school, a place where you can free yourself, take back control of your life, and open up a different future.

227. Through Essene baptism, rediscover the language of the soul

1. Essene baptism is the path of man reconnecting with his soul.
2. Living with one's soul is essential; it is the very dignity of man, which gives value to life and confers great protection.
3. Those that lose touch with their soul lose the Light in their life and are in constant danger of sinking into darkness.
4. In the Light, there is clarity and goodness.
5. In darkness, there is confusion and wandering.
6. The soul will not make you superior beings in the sense understood by the world of man, but simply true, simple, awakened men who hear directly and understand the universal language of higher intelligence.
7. It is the soul that allows man to reconnect with the universal language, which restores the simplicity of the intelligence of a true, just, natural, and obvious world.
8. The soul brings an art of living; it reveals priorities, allows us to separate the essential from the superfluous, from the complicated, from that which brings turmoil and confusion. It shows a man where he must place his feet and toward what he must orient himself.
9. If a man listens to his soul, he will walk his path, the path of his soul. Then he will be able to hear and understand everything, everything will be accessible to him, because he will be in his right place, in the right movement, in the radius of his being. Everything will have value for him; everything will be great and rich.
10. Study is, of course, a good discipline in life, but beyond even study stands knowledge that cannot be learned, for it is original, eternal, immortal; it is the direct language of the soul. It is both unique and particular to each individual and yet universal.
11. Reconnecting with one's soul means rediscovering the language with oneself and with the whole.
12. The language of the soul brings the gift of all languages, for it is the word of God.
13. Study serves to create the conditions for receiving that which cannot be studied: the language of the soul, from which all true knowledge flows.
14. If the soul is not present, knowledge is false, for the animation, the movement, is not right.
15. The soul is the true movement within man.
16. Being with one's soul means walking with God, and therefore with the universe.
17. The soul loves water within man and around man to be clear, pure, alive, and authentic. This is why the sacred practice of Essene baptism is fundamental, as are my temples located in the Essene Villages. These are places of strength and concentration where discipline can be activated and where the encounter with the soul can take place.

18. The soul loves dignity to be the fundamental driving force behind the reunion with it.

19. The soul will only approach you and speak to you if the conditions are met, if the path is not strewn with pitfalls. It will not come to a greedy place if it senses that it will be caught by a world hidden behind your sincere calls.

20. Man must be prepared, made aware, and initiated into the wisdom of water and the snake. He must become like a dove perched on the head of a cobra; this is a rare image, the symbol of perfect mastery.

21. Give your life to this noble path, to this ideal of living with your soul, with a living sky above your head and a living earth beneath your feet.

22. To live with your soul is to have an open heart and feel at one with all souls, to know all languages and commune with the supreme intelligence that enlightens all intelligences and unites them in invisible harmony.

23. When your soul is present, the language is clear: if you do what should not be done, it is clear, just as if you do what should be done, you also know it; you are never lost, for you have eyes within your eyes that allow you to see behind things in all worlds.

Father Gabriel; is this the new man you speak of, the man you want to bring forth? Is he the one who will acquire the vision of the soul, the one who will be able to see behind things, in all the worlds?

24. No, that is not really it, but it can nevertheless bring you closer to it, for language with the soul has no time or era.

25. What will emerge from the work of the Essene Nation in humanity is a new sensitivity that will reveal the worlds, influences, intelligences, and intentions that are hidden behind all that is visible.

26. The language with the soul is an individual path where man reconnects with his immortal, eternal destiny.

27. Only the soul can guide man, for it knows the essential being, that which is good. It is you in another world.

28. Approaching the soul is a high initiation.

29. He who approaches the soul is close to the sacred path; he is an Essene.

30. When man approaches his soul, he encounters what is always him from life to life.

31. The soul becomes stronger and greater or weaker and poorer from man's experiences.

32. The unborn man concerns humanity, while the path to the soul is for the Essene.

33. Enter into discipline and free yourself from the chains of the world of man to enter into universality, which will allow you to commune with the supreme intelligence of the worlds, to understand them and to know dignity.

34. Leave behind the world that always leads you to be reactive, defensive, in conflict, to be a puppet animated by hidden worlds that have nothing to do with your destiny.

35. The highest dignity for man is to live with his soul, to hear it and converse with it.

228. Remember that there are no small or great men.

1. Through these psalms, I have brought you knowledge of the world of water and offered you many essential keys that will be useful to those who are determined to stand before the gates of the divine world in order to enter the path of a clearer, richer, more universal life.
2. Be aware that everything you accumulate that is superfluous, useless, or even harmful will not only weigh down your life but also shorten it.
3. Be lighthearted so that you may be carried by a beautiful energy, filled with strength and determination, so that your mind may be clear and you may build the kingdom of Light on earth with joy and serenity.
4. It is not enough to want to be useful; no, you must be clear and understand definitively that the community needs a new direction, a new way of functioning that must emerge through the Essene Nation.
5. Work consciously for the whole, giving substance to a new way of being in the world.
6. Among men, there are those who build and those who profit from everything that has been put in place.
7. There is nothing negative about profiting, but I advise you to become builders, to be in the circle of creative people. In this way, you will accumulate capital and open a path that will lead you in one way or another to wisdom and accelerate your evolution.
8. I bless the Essenes, and with my water, I free you from unnecessary trials so that your life may be lighter and devoted to God.
9. I bless the statue you have placed on Essene land. May it be for you a representation of the elevation of the soul.
10. You are this statue, and each of the steps leading up to it represents a stage within you that resonates with a greater world, including all worlds.
11. May what you have achieved outside yourselves open up within each of you. May you attain this posture and state of serenity so that you may contemplate the world from a new perspective.
12. Take control of your life and lead it toward nobility, for what you see as you approach this sacred site, this pyramid, is yourself, the new man, the Essene in the making, what you will become when you experience the path I have opened for you.
13. May many of you enter into royalty.
14. Every Essene is dear to the Light.
15. Remember that there are no small or great men, for each one carries a different world, does not have the same abilities, the same function. It is only together, by forming a conscious and living assembly that the strength and greatness of God can appear.

16. Like a loving mother, I welcome each of you as you are, and even if you feel small and miserable, know that you are loved by me as much as someone who can do more than you. That is why I tell you to be together in the name of God, being conscious.
17. Awaken the power of consciousness within yourselves.
18. Like children who have just entered a new world, learn to know yourselves and master your tools so that you may live and act in consciousness.
19. Support one another, strengthen the assembly of Light, and unite in the Essene Villages.
20. Ensure that the leaders of the Essene Nation are supported not in foolishness, but in wisdom and intelligence, which you will call upon in the space of the holy assembly.
21. If something does not seem right to you, say so, knowing that you are bringing forth a world that must be transformed and led toward the Light.
22. If something is good, highlight it, but above all, do not allow negative and unconscious worlds to accumulate, for they will ultimately return to the assembly.
23. I bless you and open the divine act of the baptism of the soul.

229. The Archangel Gabriel and the Secret of Water

1. If you want to approach me in the right way, remember that before being human beings, you are living, eternal, immortal, universal souls.
2. The water that gave birth to your body and the human being who inhabits it comes from the soul.
3. To reconnect with the soul, man must return to the Source by awakening the memory of what transcends birth and death.
4. Unconscious men are unaware of the water that animates them and in which they bathe, live, and act. They think, speak, and dream without ever considering the water that sustains them. water, without respecting it, without taking care of it. They believe that this water is at their service, that there are no rules and that they can do whatever comes into their heads. But this water is wisdom, mystery, and splendor: it is creativity and life, it is the mirror of consciousness, which liberates but can also imprison.
5. Today, water is truly dirty, polluted, unconscious, filled with poisons. Only beings of sickness and decay can live in such water. This water is not welcome when man approaches the Father of Water.
6. Water does not belong to man, but to the God of water.
7. Man was put on earth to take care of water and God's creation.
8. You, the Essenes, must awaken; enter into study and discipline in order to maintain the water of your thoughts, your relationships, your words, and your deeds in clarity, purity, and happiness.
9. It is not acceptable for water to be dirty, stagnant, without Light because of man's unconsciousness and ignorance.
10. Do not allow the water of relationships to be polluted, inhabited by foul creatures.
11. I know that human life is difficult, whether justifiable or not, but if you want to approach God to honor Him, you must be able to prepare yourselves, cleanse yourselves, and clothe yourselves in your finest garments, making an offering of the best of yourselves.
12. There is nothing greater for a man connected to his soul than to turn to God to honor Him, meet Him, welcome Him, and serve Him.
13. Do not cultivate the illusion of the ignorant who believe that the Gods or their intermediaries hear only their words, their wishes, and their sincere intentions.
14. God Gabriel lives in water, and that water must not be what is today the soul of the world of men. Do not let that water enter the Essene Nation, feed your relationships, your thoughts, your senses, your actions, and even less move within you when you approach the place of devotion and encounter with me. Know that such water cannot in any way be an offering shared with the Father of Water.

15. As Moses removed his sandals to tread the earth of the Gods, remove the abstraction from your lives and enter into what is real: water is true, real.

16. God Gabriel lives in water; he is water.

17. I am Water, much more than the guidelines, commandments, psalms, laws, and rites that I have given you.

18. The teaching that has been passed down is truth, but it is addressed to you in order to open a path to me; it is a path of awakening, of purification, so that the water that animates you may become clear and let in the light of God's life-giving sun.

19. I, Gabriel, am more than the path; I am the Water itself in all worlds.

20. Remember that I am God Gabriel and that I live in the water. If the water within you is not purified, you are not in the best condition to welcome God.

21. The newborn of life must be welcomed with the purest and clearest offerings in order to receive all the conditions necessary for the new body and the new destiny to appear.

22. The way you welcome the birth of a God shows exactly how you welcome newborns, the souls that are born into bodies on earth.

23. If you truly want to be free, understand that you have no choice: either God lives with you, or God is an idol. So, know what you want in your life.

Father Gabriel, I agree with you. So, how can we follow your guidance?

24. I know that you agree that the Essenes will also agree with my words and that you will respond that you want to live with God. That is why I emphasize the vital importance of having a central point in your life, a place, a consecrated space that remains pure and alive. This place is a point of exchange, renewal, and communication. It is both the celebration of the Round of the Archangels and the worship of water in the Essene Villages. I want you to be aware of this, for it to become obvious to you. To take care of such a sacred place is to take care of your soul and your life. When you approach this meeting point, you must prepare yourselves, be pure, and be at your best.

25. If this place is not alive and you do not respect it, do not take care of it, even if you pray, implore, meditate, and do good deeds, thinking that they will purify the water; you will have to wait years before seeing results.

26. Take care of my presence at the heart of the celebration of the Round of the Archangels. Take care of my temple at the heart of the Essene Villages, my worship, my school, and study the virtues, wisdom, and mysteries of water to transform yourselves, cleanse yourselves, and clear yourselves so that there may be a gathering point on earth to honor the great God Gabriel. If this gathering place does not exist, man will remain in his world and God in His.

230 The Wisdom that enables going through death while remaining conscious ocean.

1. Water must be alive and pure in man and around him. For this, the relations, communications, exchanges need to be clear, limpid, conscious.
2. The water that is in man and around him is connected to an ocean.
3. God is ocean. One day you will inevitably be brought to meet this ocean and you will have to cross it. By what means? It will depend on your bark, that is, on the body you will have built, and therefore on the way you will have lived your life during your passage on earth.
4. The great encounter with water is called death. It is at this moment that you will have to make the crossing and the passage into the higher worlds, which will be determined by the nature of your water.
5. Many are those who lose consciousness at the moment of passing through the veil of death; they are caught in a restlessness and sometimes even in a great turbulence. Not having a vehicle to go further, they cling to what they can recognize, in order to get out of the violence of the moving water, like a man who would be caught in a torrent near a precipice: he will try to cling to anything he can find that will seem advantageous to him and will enable him not to go any further, towards the unknown.
6. Most men have forgotten that life on earth is a preparation for this conclusion and for this meeting that death is.
7. Death is a certainty for all men, but yet, they do not study it.
8. One who knows death knows life, he knows how he must live to honour God.
9. If the world of water is constantly agitated by violent currents, if there is nowhere calm, that is, a space where the water of relations is pure, clear, imprinted with wisdom, the crossing of the veil of death is certain to be difficult. This crossing is a real birth and it needs to happen in good conditions.
10. Whether you cross the world of water or not in this life is your choice, for the Teaching has been transmitted to you.
11. What you do with what you have received is your responsibility.
12. It is clear that to cross the water you need a body that must be developed by the life elements that you have received from God. From these elements, you have to make a world that honours God, that pleases God appear. For this, you need to organize yourselves, change your priorities and make the structure, the body appear that will not only enable the passage of death, but also the right way to live on earth.
13. Remember that as long as you are on earth, to awaken and cross the water is a choice you can make or not. However, during the passage of the veil of death, it is no longer a choice but an obligation.

14. I say that it is essential for you to study the mysteries of water, to learn to live with this wisdom, to make a new way of being appear in the world and to develop in you a body that is bigger than death. Once created, this body will give you serenity, clarity, harmony, culture and the right religion during your passage on earth. With this body you will be able to cross the ocean and the worlds of water to reach the regions where consciousness is present again.

Olivier Manitará then asked Archangel Gabriel:

Father Gabriel, do you mean to say to us that when we enter the world of water, at some point we lose our consciousness?

15. Yes, this is true in the world of density as well as in the subtle worlds.
16. One who has not created a body of clear and conscious exchanges inside as well as outside of him will be caught in a whirlpool, in a torrent that will prevent him from stabilizing himself and will make him lose all his means. Some accept it and give themselves to God; others resist and try to hang on to anything that seems stable and solid, like a branch on a tree or a rock in the middle of the water. But it is not by clinging to a branch that man will go to the bottom of things.
17. When seeing death approach, man prefers to rest for a while, telling himself that he will resume his path later. But few are those who set out again because the fear of crossing a rushing torrent overcomes them.
18. It is essential your soul journeys and goes through with the meeting with death.
19. Out of respect for all beings and for God, you must not leave negative imprints behind you in water because those who will pass after you could be contaminated. Moreover, if you have polluted the water by thinking and living any which way, you will inevitably find again the water, the body of water that lived around you and in you when you will come back on earth to take on a body again.
20. To take care of water and make my school appear on earth in the Essene Villages is essential. It is part of the development of the body of clear and serene water in each one of you.
21. Water comes from the spring of God, then it becomes a river of wisdom that ends up by joining the ocean of God.
22. There must not be any blockages in water. Water must always be moving and flow naturally.
23. Everyone carries the spring inside him and has to be able to find a path to return towards the ocean of God. You will make this path appear by awakening and purifying the body of water the Essene wisdom speaks of.
24. To create a body of water does not necessarily mean to make a new body appear in you, but rather to develop the art of channelling water, to direct it in a way that does not create dams, interferences or blockages in its progress.

25. The exchanges need to be harmonious, otherwise you will generate turbulences that could even become violent at certain times in your life.
26. Serenity is an art of living that is connected to the body of water. To go into the consciousness of this body is an adventure for man, but it is unavoidable.
27. Many teachings and keys have been transmitted to you through the body of the Essene wisdom to enable you to master these subtle worlds of the currents, forces, dreamlike images, influences, thoughts, feelings. But it is only through practice that you will manage to awaken your consciousness as well as the sensitivity of the body of water, which is necessary to improve your life and fundamental for the passage of the veil of death.

231. Crossing the water to find one's true self

1. Men are like chameleons: they take on the color, language, and atmosphere of the worlds they visit. Of course, there are different degrees of immersion.
2. The ordinary man only takes on the color of what comes near him; that is, he receives information and repeats it, spreading it around him without really knowing if it is true, where it comes from, or what its intention is. He then validates, without thinking, the idea, the form, and the influence that come to him. Most of the time, it stops there, remaining on the surface of the being and of life.
3. This analogy between man and chameleon becomes more troublesome when not only does this chameleon-man become imbued with information, but he also gives it his inner power and creativity and becomes an active participant.
4. This attitude is deeply negative, because the man then enters into the process of being dispossessed of his true being and losing knowledge of himself. He has intuitions, perceptions, impressions, or understandings, but since he is not centered within himself and no longer has perspective or discernment, he does not know where all this comes from. He thinks it comes from him, but in fact, his way of thinking is instilled in him, brought from outside. When the process reaches this point, man gives his power to this world that has invaded him without his knowledge and offers it a concrete body. This world then comes into existence and becomes obvious, a certainty for humans, who will have to live with it without knowing what lies behind it, what its hidden intention is, or which influences and intelligences have come to visit them to take control of their destiny.
5. Learn to awaken discernment within yourself.
6. Learn to know who is visiting you through all the information that comes to you to monopolize you, to invade your space. Take the time to perceive what influences are driving your life.
7. Every day, wake up.
8. This wisdom is linked to knowledge of the world of water and the art of living with your soul.
9. Water is a world where all worlds can exist. All thoughts, influences, states of mind, desires, and dreamlike images coexist there, and all one has to do is let go to enter and be immersed in it.
10. Awaken and enter into mastery.
11. Before entering the world of water, you must be clearly identified; you must know who you are and what you want, otherwise, this water will influence you, fecundate you, and tell you what you must do and where you must go.
12. If you do not know who inspires you, what your values are, why you live, you are and will remain weak; you will be nothing more than a current associated with worlds that you do not know.

12. If you do not know who inspires you, what your values are, why you live, you are and will remain weak; you will be nothing more than a current associated with worlds of which you are unaware. Thus, as soon as there is no more energy or dreamlike images in these worlds, another world will come to motivate your will and your inspiration. You are therefore not born into your being, your soul, your true individuality. You do not know your Name, your mission, the ray that you are in all worlds.

13. Do not take offense at the knowledge that enlightens; enter into the awakening of consciousness.

Father Gabriel, if all men are chameleons, has humanity completely lost its identity?

14. Man believes what permeates his senses and does not believe what is far from his senses or his will.

15. The true being of man does not dwell in his senses or necessarily manifest itself spontaneously in his senses; it does not impose itself as something obvious, an instantaneous understanding.

16. Finding one's true eternal being is a path, a discipline, an education, a transmission, an art of living. Even to find the source of inspiration that animates his daily life, man must accomplish a whole work of developing his internal senses with great concentration.

17. When a person has been well educated and well trained, so as to be free and able to see things as they are, impersonally, with detachment and purity, they are ready to find their true self, their strength, their immortal destiny.

18. When everything is clear in a person's mind, when everything seems obvious in their heart, but they still cannot give substance in their life to what they see and know to be true, it means that there is a problem in the world of water, that there is no real consistency or concrete will.

19. Reality is made for us to live with; the rest has no substance, except that of a world that wants to live at the expense of another world, like a street vendor who tries to catch the attention of passersby to sell them something he presents as indispensable. Yet once they have bought it, the passerby will leave it in a closet.

20. The world of water comes to man in this way: it tries to captivate him, and if his senses are awakened, if man shows interest, a transmission and a dialogue are established, a bond is woven. Man then reacts according to his desires, his wants, and his motivations.

21. If a salesperson knows how to speak the language of man by responding to his needs and his hidden desires, he will succeed. This is how the world of water works. It is different in the higher worlds, because they do not necessarily arouse immediate interest.

22. When in contact with the higher worlds, man is led to question himself, and in order to accept this, he is obliged to develop more subtle senses of perception within himself.

23. There have always been women and men on earth who have been called to serve God and guide others because they were able to perceive what is hidden behind the worlds.

24. Those who truly seek knowledge without being captured by the lower senses that only want to enjoy knowledge will cross the water and discover their identity, their ray; they will be one with themselves.

25. It is fundamental that you know who you are, what your Name is, and what your mission is.

26. You must know what is yours and what is not yours. If you do not commit to this path, you will be a chameleon all your life and you will realize at the end of your life that you have not lived, but have spent your time doing the will of a world that had no real substance, apart from the will to exist. You will be stripped of all your possessions and will be unable to keep anything. You will realize that you have built nothing from the radiance of your true self, but have only skimmed the surface of things. Do not follow this path, but find your true self and embody it until you live with it.

27. Be grounded to touch the earth and at the same time, be subtle to live with the sky

232. The Inner Path of God's Servants

1. Man has been usurped because he has turned his senses toward the outside world and has placed his entire life in it. He has abandoned the interior and the mystery of the higher worlds.
2. When I speak of the outer worlds, I am not referring only to what you can see with your eyes or touch with your hands, but I am saying that man has placed his heart and soul in them and has identified himself with these outer worlds. Thus, he has ended up finding in them the source of his being, of his existence.
3. In the world of appearances, man has found the reflection of certain principles to which he has clung as values; he has lived in this way, giving his life to a certain idea of the couple, the family, education, money, social status ... He rejoiced in the image he projected to others and bowed down before distorted virtues that made him forget to whom he truly belonged, for whose cause he should give his life. Thus, man was usurped because he turned to the world of outward appearances, hoping to fulfill all his needs and expecting that intelligence, happiness, and fulfillment would come from outside himself.
4. Men began to seek love outside themselves, in a man or a woman; they started families in the hope that children would give meaning to their existence; they devoted themselves body and soul to their external homeland to find fulfillment. But all this is a mistake.
5. Man wanted to be worthy and noble in the eyes of others. To this end, he accepted the conditions of life, education, and work that were imposed on him because he wanted a semblance of existence, to be recognized, accepted, appreciated, and protected from slander and devaluation. Thus, man gave his entire being to make this external world prosper. Even spiritualists used the values of God and Angels to exist in the world built by men.
6. Man wanted to take his place, become honorable, and succeed in everything he undertook to show his power and mastery. But in doing so, man has been deceived, he has been usurped, because fundamentally, he has no existence in the world of man; he must just pass through it, take what he needs to accomplish his mission and to live, but not invest himself totally in it, thus abandoning his inner being and his eternal, immortal reality.
7. By wanting to get too close to the world of appearances and enter into it, man has become insatiable; in all areas of life, he demands to be satisfied, he always wants more.
8. Man has forgotten the values of the animist world in which he was content with the basics necessary to be a servant of God.
9. A servant of God is not a servant of men and their world.
10. Being a servant of God means thinking, breathing, acting, sleeping, living as a couple, and starting a family with God. When I say "God," I am not talking about the protection and wisdom He can give to live better in the world of men; no, I am talking about loving God because He is God and approaching Him impersonally to know and do His will.
11. God is the origin and also the reward, the culmination.

12. You cannot change people from the outside, just as you cannot expect something from the outside that will fulfill you.

13. The path is within; it is the inside that illuminates the outside.

14. If the inside is not awakened, the outside will be empty, no matter what happens.

15. God is the Source; He is the universal language of the soul, and only He can fulfill and lead to wholeness. Nothing else in the world can fulfill you except Him.

16. No being on earth, no world of men, or any world associated with the world of men can give you the inner wealth that illuminates all worlds, for man is fundamentally poor; he can only try to survive and find balance.

17. Man does not have enough strength to bear the weight of others. Although the dark worlds have said that in order to bear the weight of life, one must give everything to these worlds and they will return it multiplied, this is false. By believing this lie, man has allowed the best within him to be taken away, diverting his strength toward a dead end.

Father Gabriel, are you saying that it is an illusion to want to create a world within the world of man in order to be able to live our passage on earth properly?

18. I say that God is eternally the Source and that He lives within as well as without.

19. God must be honored in clarity, purity, and impersonality. By "impersonality," I mean the man who knows himself, who is neither a shadow, or a semblance, or a usurped being who approaches God, not to be at His service, but to serve another world.

20. God is one, He is the first, and the first place belongs to Him.

21. If you live without God, if He is not the source of your intelligence, your understanding, your love, your life, and if you do not abide in His will, it is certain that everything you undertake in the world of man will be doomed to failure.

22. It is the will of the usurped man that all energies are offered to the physical world and go to God only to take His capital and bring it back to the world of men.

23. In the beginning, everything came from God.

24. Some men spoke with God and established the mysteries. But at a certain point, usurped men approached them to steal wisdom and use it to build religions, cultures, and entire civilizations without God, apart from Him. They studied the wisdom, laws, and knowledge of the animists and seized their power in order to exist and be recognized in the world of men. They thought that if man did not exist in the eyes of others, he no longer existed. These men then lost their trust and connection with God. They no longer had earth or sky, but a great emptiness inside them; the other part, the soul, the one that brings the complement of life, had disappeared. So they turned outward to fill this void, this emptiness of God that was within them, and naturally became enchanted and usurped by a world that lives only for death and not for immortality. They did everything they could to be honorable, untouchable, glorious, in appearances of mastery, semblances of

intelligence, wanting to make people believe that they were superior beings. Fundamentally, this type of man seeks only, through the eyes of other men, what God did not give them because they turned away from Him, wanting to take His place and refusing to live with Him. Yet, at their core, they were often believers, beings who nurtured a belief in God, but who ultimately took His wisdom, His knowledge, His light, without ever putting themselves at His service.

233 Control your speech and be silent before God.

1. The Essenes are dedicated to entering into God's service. They are determined to welcome me, to live with me, to become my people, to embody my presence on earth, and to open the way to a new way of being in the world.
2. Transmission is fundamental, for it is what opens the gates to the future. Man can only transmit what he is, what he experiences.
3. To transmit God and bring about a new way of being in the world, man must live with God in the reality of all worlds; he must create a well-organized world, living in harmony with all worlds, all aspects of existence.
4. If, in all circumstances, you live as Essenes, you will open up a new way of being in the world for future generations.
5. I tell you that man must live greater than death, for man is greater than this veil that covers his world and encloses him. If you are awake to this necessity, you must enter into a true education or re-education to live in accordance with what you know to be true.
6. Do not be isolated, for alone you will not get past the stage of good intentions.
7. Unite to bring about the conditions for change.
8. Open spaces, houses of God, places of study, training, and work on oneself where you can re-educate yourselves and increasingly incorporate this new way of being in the world and this path greater than death.
9. If you are Essenes, you are my organs on earth and must do my works. Then you will live with me on earth and in the other earth. You will be living bodies and living souls. Death will no longer be an insurmountable barrier, but you will live as souls, able to cross worlds while knowing how to live in harmony with all worlds.
10. The change must be radical and the education powerful to achieve an inner awakening of the true being and an ability to take back control of one's life and destiny in order to serve God.
11. Re-learn what you have been taught in a dead and unconscious way. For example, you have been taught to use speech not to reveal intelligence, become creators, heal or build, or even to communicate with others. Such foolishness is inconceivable to the divine world. Man has used words solely to fill an inner void that arose because he distanced himself from God.
12. In fact, man has confined himself through words. He has used them to avoid communicating with others, because he instinctively understood that he was immersed in living water, filled with images and influences. He has used it to avoid communicating with others, because he instinctively understood that he was immersed in living water filled with images, influences, and seeds. So, to prevent anything from entering him, he began to speak systematically.

13. Silence frightens you because you know it is a door that opens onto a world. That is why most people have been taught to fill the silence in the presence of another person, so as not to reveal the space within them.
14. If the inner space of man is not filled, a world of affinities can come to settle between him and his interlocutor to establish communication with another world.
15. By talking for the sake of talking, man imposes his presence on the other, thus blocking all communication, allowing no world to touch and fecundate him.
16. Man does not necessarily speak for the sake of speaking; above all, he speaks in order not to communicate.
17. Through the art of speech, you have a field of investigation for Essene re-education. It is an example to meditate on that can awaken you and guide you toward new directions.
18. You must take control of your life for future generations.
19. Do you know that from the moment you fill space with words, nothing can enter it except beings that are connected by affinity to what you have said?
20. Learn to live in the awareness of my omnipresence.
21. I am the body and the soul. If you live with me, you will always be aware of the two worlds, and you will live in a different way from those who live only in the world of the body.
22. When man awakens to the world of water, he necessarily becomes a magician, that is, a being who knows the laws of magic.
23. Magic is the ancient religion of magicians, which is the art of living consciously with the world of water.
24. Water governs the earth and reflects the sky of the soul. Humans who are not initiated into this wisdom are unaware that they are creators through the water that surrounds them.
25. Wake up; be aware that when you speak or when others speak, you call upon a positive or negative world above your head or above the head of others.
26. The positive is to be with God, to stand in your religion, in your home.
27. Go forward, educate yourselves in the Essene way, and ensure that in the future of the world, the wisdom of the Essenes counts.
28. When you are in the world of men, be discreet, invisible, tolerant, patient.
29. When you are among Essenes, do not systematically fill the space with words; do not prevent a subtle higher world from coming to speak to you and enrich you, fill you.
30. If a being invites you, it means that they want to share a moment, a space, and a thought with you.
31. Allow the higher world to come and visit you, speak to you, and take part in your lives.

32. If you fill the space with trivialities, no higher world will be able to approach you to lead you to a wiser, deeper, and higher understanding of life.

33. By filling the space with words, by always filling it with affinities related to trivialities, you fecundate the being and beings of a heavy, useless world and you bring nothing superior to the exchange.

34. The water of relationships must be alive, pure, filled with the magic of higher worlds; it must be subtle, filled with soul, intelligence, and healing forces.

35. Very often, men fill spaces with fear of seeing a world appear that will reveal that they have abandoned the higher worlds and that now they are only pretenders, beings who say anything to try to hide their incompetence, their fear, their decline.

36. Do not allow yourselves to be influenced, educated, or bewitched by these beings who do nothing but fill the space without saying anything wise, true, pure, or impersonal, but who elevate stupidity to the throne of intelligence, glorifying idiocy, and sometimes serving the dark worlds because they are incapable of living with their souls. Do not allow yourself to be influenced by these beings and fortify yourself against their magic so as not to lose your serenity, your capital of happiness, your destiny of Light.

37. Remember the animists, your ancestors, who hardly used words, but mainly their eyes, their attitude, and their work, the deed accomplished. They sought immediate effectiveness; they were fundamentally concrete, living in accordance with what they believed to be true.

38. Animists only used language in important cases, and listening was more important to them than speaking. They wanted to listen and hear the Divinity speak through the trees, the stones, the animals before they could speak, so that they too could fill the space. Sound and speech had to be in tune with the word of God and not out of tune. Discordant speech brought misfortune.

39. Learn once again to listen to God speaking in silence. Encourage listening. Be attentive even to your own words.

40. In words, a world is revealed.

41. Stop being chameleons that fill themselves with anything and everything without discernment, without awareness, uttering words that mean nothing and spread sterility and disease in the world. Even meeting others no longer brings joy to life but leads to poverty.

42. I tell you that even if these values seem distant, archaic, from another age, they are essential.

Father Gabriel, is fasting from speech a good path? Taking time to honor God by rediscovering our inner senses without speaking, can this awaken us and allow us to better understand the laws of life?

43. Yes, that is obvious. Voluntary silence and listening are a subtle art of living, a culture, a fundamental therapy. You should institute such practices as a charitable work, mutual aid, and mutual support.
44. When a being is overwhelmed by loud noise, he in turn overwhelms others. Allowing him to cleanse himself, to empty himself of this noise, will bring him relief, not only for himself, but also for those around him.
45. The world needs Essene wisdom, and you must prepare yourselves to make it known to the world.
46. If people could experience conscious silence and deep listening for a period of time, guided by loving and experienced individuals, they would feel relieved and liberated from a deafening world.
47. Silence is filled with a world, a force, a quality of life that is more valuable than the numbing effect of speech.
48. When used unconsciously, speech is truly a destructive force. There is no more exchange, no more sharing, no more life, no more soul, and no more communication. It is only the filling of an invasive world.
49. Yes, I advise you to train therapists, to open spaces in order to offer this privilege of organized silence, which can last several days, or even several weeks. The fire of speech is then extinguished to make way for the inner life. This engenders deep communication, in which each person is led to live and hear what the worlds have to say to them.
50. By not saying something, you will keep its weight within you, and this will bring an intensity that will lead you to a higher outcome. You will no longer be those who express everything that comes into their heads, but you will enter into the depths to better understand and anchor what comes to visit you.
51. Open the path to the re-education of speech. Do this among yourselves, the Essenes. Learn to speak less nonsense to each other in your useless conversations, but give meaning to your lives and your relationships.
52. Use the spaces between you for the Angels, to communicate from soul to soul and invite the higher worlds to share your lives.

234. Be the representatives of the Angels, Archangels, and the Gods

1. One day, you will approach me because you will be inspired and guided by the Angels, Archangels, and Gods. Only those who are led by these worlds will be able to pass through the gates of my kingdom and be called my children, the Essenes.
2. One day, perhaps in this life, if not in others, you will come knocking at my door, light as a bird, free from fear, unchained, able to integrate a universe greater than the world of man alone, living in order and harmony, one with the Angels, for it will be their virtues that will animate your lives.
3. If, naturally, you apply the immutable laws in your lives, if you respect the eternal principles and conform to the rules of life and discipline of Essene wisdom, if you honor the divine commandments without compromise, but with purity and wisdom, you will be with the Archangels.
4. If you maintain within yourselves a permanent state of universal being, including wisdom, truth, purity, and love in all spheres of existence, you will breathe with the stars, and the Gods will be with you.
5. Living with Angels, Archangels, and Gods is a sacred experience that will come to every man; it will be the blessed day when man rediscovers his origin and his destiny. But I tell you; today you are still only men living with men's bodies and destinies associated with this limited identification.
6. You have within you the potential of your origin; you have the body, the organs, the subtle senses, the intelligence that are just waiting to be awakened, but all these tools have been given and are used by a world that does not really belong to you, that is not you and that you do not control. You think and you are convinced that these worlds are you, but they are not.
7. If you want to come closer to me, you must not only awaken, but begin right now to draw into yourselves a higher world that will gradually take the place of these usurped worlds and become an active element in your lives.
8. Carrying the virtue of an Angel and holding the cord of the Round of the Archangels was the first step on the path opened by the Essene Nation. The second step was to place the four seals of the Archangels and activate the four worships of the elements in permanence by initiated and consecrated priests. Now must appear the sacred recitation of the psalms of the Essene Gospels, as the practice that seals the covenant and allows a higher world to come into you in order to restore the divine origin of your being and your destiny.
9. Your time on earth is short; therefore, awaken and do not let a single day pass without chanting the sacred texts, which will build within you the worlds of Light.
10. The psalms of the Archangels are the words of God; they must be expressed, felt, and lived.

11. Each Archangel psalm is a link between man and the angelic world, which allows the land of Light to appear within man and the earth.

12. What will be reproached to man is not having taken care of his inner earth and not having built the temple of the Eternal One there.

13. The man who does not guide the instrument that he is toward intelligence allows himself to be enslaved by stupidity.

14. The stupid man only weakens and damages the body and the subtle worlds associated with his life. But there comes a time when stupidity is no longer tolerable and when man is no longer allowed to make any choice, say anything, or think unconsciously, for in this way, debt accumulates and the consequences will manifest themselves in the form of a great punishment.

15. Those who aspire to knock on the door of my kingdom must be aware and well educated. For others, it is different because they are not yet walking on a path of awakening and respect.

16. Let those who wish to approach me know that it is not acceptable for them to use their bodies, organs, senses, and intelligence to serve the destructive force that opposes the idea of a healthy and harmonious evolution of man and earth toward God.

Father Gabriel, what do you mean by the idea of "the healthy and harmonious evolution of man and the earth"?

17. I speak for the Essenes. I teach those who wish to serve the great light of God and live with it in purity and truth and who, through this desire, knock on the door of the divine world. These are looked upon with different eyes by the subtle worlds, and their authenticity is tested, for they are the pioneers, the envoys, the messengers, the spokespersons, and the ambassadors of all humanity.

18. When the worlds of Light want to know where humanity stands, they speak with their envoys and representatives in the human world. For us, these representatives are the Essenes.

19. If the ambassadors are not faithful, authentic, sincere, and true, they do not convey a good impression and do not facilitate the passage of those who come after them.

20. Those that approach the Light must be its faithful representatives, and therefore have a body of Light, a breath of Light, and an alliance with higher intelligence.

21. When the alliance is good, it is a blessing, but if it is not, everything is confused and muddled, which is not good for those who are represented.

22. Ambassadors must be clear and open the way for all beings that will follow behind them so as not to give them back the work that should already have been done.

23. You must help each other in order to avoid unnecessary trials.

24. Be aware of each other's mission and support one another. Each of you will have to come knocking at my door, but it will only open for the pure and the true. The others will be considered ordinary men whose task is to learn to separate the subtle from the dense.

235 Message from Archangel Gabriel to the women who awaken.

1. I bring you a message for women.
2. The mysteries of woman have existed in the past, in the same way as there existed the mysteries of man. Through these mysteries, wisdom, education, the path of dignity were preserved. The mysteries inhabited the souls of humans, forged their characters and modelled their destinies.
3. Today, these mysteries, which were the soul of man and of woman, no longer exist except as a dying out memory. Indeed, men no longer live with them, for they have lost their bodies and their destinies that, not being given to God anymore, no longer belong to them.
4. Your bodies and your destinies have been given to a world you have identified yourselves with. You are born, you live, you die and every day, you set your eyes on this world. In this way you educate yourselves, you cultivate your senses and develop your intelligence according to your environment of the moment and not by staying faithful to the will of God.
5. God is not a fashion, an epoch, a moment, He is eternal and immutable.
6. By abandoning the mysteries, man and woman have entered into the world of the ephemeral and of self-dispossession.
7. Since the beginning of time, woman has been considered as the foundation of existence in the mysteries of God.
8. The feminine principle being the strength and matrix of earthly existence, its function is to maintain, to preserve the worlds. Woman makes the body appear, she animates it and enables all kingdoms to advance towards a higher state of being. She is a being of protection, of guidance and of preparation. There is wisdom and authority in her.
9. Man on earth had only one single function: to be a spokesman of God, that is, to represent Him and manifest Him through all the virtues, such as nobility, dignity, justice, which allowed maintaining the world in balance and on the right path.
10. Men have turned away from the mysteries, from the religion and from the science of God. Evil works were produced in this way, which in turn have sowed chaos. Then, all the worlds closed and the weakest were led into slavery.
11. The feminine principle in every woman was supposed to animate the worlds, lead them, ennoble the influences, balance the forces at work. Everything had to be guided by wisdom so that the Light could be born in a perfect body. That is why women were the guardians of fire, of the house, of the family and of the nation.
12. To take care of God, the fire in man, in the house, in the family and in the people, was a sacred work. The fire was not to become destructive and for that, woman had to remain in her world, in her place, in her knowledge and her authority.

13. Having fallen, having lost the dignity of God in him, man sank into the decadence of the underground forces, in this way leading woman, the animals, the plants and the minerals into slavery.
14. Woman must not follow man into the world of decadence, but carry out her mission of softening, making more flexible, rounding out, balancing, ennobling and making wisdom appear.
15. Woman must not try to think like man, or go into his territory, or compete with him or confront him. She must not adopt the same language, the same attitude, but remain pure in her ray, in her true being, in her eternal function. No man, no ideology must turn her from her mission.
16. It is obvious that here I am not speaking of those women who try to take the position and the place of men, for there is no comment to make on such behaviour, other than it is the path of total decay.
17. You, the Essene women, keep pure in you the feminine divinity, the sacred virtues that raise the being of woman.
18. If you want to know who you are and what work you have to do, get together and look at what reigns in your circles, in the relations, through the complicity and force that there are between you. By observing this, you will know exactly what work you have to do on yourselves.
19. It is fundamental that you are bonded with each other, that there is no rivalry, no rank, no superiority, but that you form one single being. In the ancient mysteries, such a circle of women was called the "Virgin." It was this virgin that gave birth to man, society and the Gods.
20. The "Virgin" does not designate a single woman, but all women.
21. Every woman is the Virgin, but if she is not united with the great circle of women, she loses her virginity, she is no longer in her ray, in her true being, in her purity and in the great aura of divine femininity.

"Father Gabriel, do you mean that women need to find the ancient wisdom and commit to the path of a feminine initiation?"

22. I say that you must heal what has been made unwell.
23. Women must be women again, just as men must be men again.
24. Women and men are 2 separate and complimentary worlds having to balance themselves to make a third one appear, which is bigger than them. But in any case, one is not superior to the other.
25. Some worlds have proclaimed that man was superior to woman, but this is a preconceived idea, a dogma imposed by the intelligences and the forces of domination and of power.

26. Woman and man are identical in the eyes of God. They just have different functions, which make them not similar but complementary.
27. Woman gives birth to the worlds, but she is never alone. It is the community of women that enables each woman to become what she is.
28. Remember that in the ancient mysteries what was called the Virgin that gives birth to the Sun, God, was the union of women.
29. If you, the Essene women, are together in a circle, cultivating the pure water of Gabriel and the mirror of consciousness, all the influences will appear to you. You will see all the forces that were put in the water of relations to lead you into weakness, to divide you and to remove your nature, your soul, your dignity and your destiny.
30. If man wants to bring the destructive force, do not go into his territory, but remain women resting on a sacred ground.
31. Sing, dance and take over the negative forces to lead them into recycling.
32. The mysteries of woman cannot be restored as they were in ancient times, at least not for the moment. But if you give birth to this circle of the Virgin, you will maintain the virtues alive in the world of man.
33. Recover the common, collective body, where everything is balanced, stable and open towards the omnipresent higher intelligence.
34. When the dark force comes to invade the world of man, let it be turned away by the wisdom and clear vision of woman.
35. Let what is dark, sick, contrary to the law of awakening and the right path be caught by movement, dance, song, rite and rhythm to be led into the recycling of the earth.
36. Do not create a world identical to that of man.
37. Do not seek to take revenge, to be in conflict, to scheme, for on this ground, you would be led into weakness and slavery.
38. Woman represents authority, gentleness, organization, purity, flexibility in all the worlds.
39. Through this circle of wise virgins, the Essene men will be placed on stable ground and the masculine principle will be able to correct itself, find its dignity again and enable men to once more become true priests.
40. If the Essene women do not form the circle that makes the earth appear, then the Essene men will not be able to settle on anything solid, they will not be stable and the blessing will not be able to come.
41. Be together, each one in your place, balanced by a common vision and work.
42. Do not let the inquisitive, condemning look, which gives birth to rivalry, quarrel, conflict, imbalance, disrespect, weave its sly links from man towards woman or from woman towards man, for you would be lost.

236. Discover the wisdom of the mysteries of women

1. Humanity suffers from many evils, wars, and diseases simply because of a mistaken point of view, a misunderstanding.
2. You are creators through thought, but if you lock yourselves into concepts that do not conform to reality, you bring suffering upon yourselves.
3. You suffer from the concepts you have brought into the world, which create opposition to the laws of life. If you do not accept the laws of life, if you do not adhere to them, if you do not understand them, you imprison yourself in a world of obstacles and conflicts.
4. Study, awaken your intelligence, and conform to what is.
5. Enter into acceptance of the higher laws of life.
6. Every man comes to earth with an individual mission, a task to accomplish within a collective work, which may or may not enable him to fulfill his mission.
7. Upon incarnating, man loses his knowledge and must therefore relearn who he is and what his mission is. Only when he has rediscovered the ray of his being and his place on earth is man truly a human being, a ray of God's sun, an upright and dignified being, the bearer of words and deeds connected to a higher, immortal intelligence.
8. This period of life on earth, during which man must rediscover his being, is fundamental; it is the stage of education, training, and learning. In the mysteries, this moment in life corresponds to the mysteries of woman, who is not content to bring a body into the world, but who wants, through it, to give birth to a pure, beautiful, luminous, true, and free soul.
9. It was the mission of the female college of Initiation to bring man into being on earth, enabling him to acquire a body and rediscover his true self through knowledge of himself, God, and the universe. Then man could find his place, his mission, and accomplish his work.
10. Man was guided in love and trust so that the hidden Divinity within him might awaken. All situations, events, encounters, affinities, and dreams were regarded as scriptures, triggers for awakening, materials intended to build the inner temple of the God to be born in man. Each element was considered a piece of a puzzle which, once assembled, would reveal the origin of the being and his mission.
11. I remind you that this mission was both individual and collective, for a soul never incarnates alone on earth, but in a group of souls that constitutes a body greater than the body.
12. Be aware that losing the wisdom of these feminine mysteries is a source of great suffering for humanity. Yes, by abandoning this wisdom, man has been indoctrinated by an education whose goal is no longer to awaken him to his true being, but to lull him to sleep in order to put him at the service of a world created for ulterior motives that are not those of his soul. It is no longer a path to awakening and royalty, but a spell and a possession, through knowledge that gives rise to an illegitimate personality in the body. It

is no longer a path to awakening and royalty, but a spell and a possession, through knowledge that gives rise to an illegitimate personality in the body. It is no longer a path to awakening and royalty, but a spell and a possession, through knowledge that gives rise to an illegitimate personality in the body, a shadow-reflex that think, feel and want at the detriment of the soul. It is a false concept, a governing and living ignorance and the birth of a mistake that produce conflicts, diseases and sufferings. Ultimately, humans are given to this education, which even makes them forget that there is another path and another reality. Thus, humans are no longer led to be attentive to the worlds that come to visit them to transmit messages, wisdom, and subtle elements intended to bring forth the truth and the Light within them.

13. Diseases appear in the body or in life because one of the essential elements of the puzzle is rejected by man's erroneous lifestyle and education. The body that must be built within the body cannot therefore be formed, and man's *raison d'être* is no longer there; it cannot manifest itself. This is a whole science, because within man and around him, there are worlds, entire universes waiting for a specific message in order to be able to fulfill their destiny.

14. Man does not live alone in his life, on earth and in the universe.

15. If an element of man's destiny cannot enter his life through wisdom, good education, tradition and living transmission, through gentleness and harmony, it will be done through force, violence, heartbreak, trial, and suffering.

16. Man, being poorly educated, no longer knowing the feminine wisdom of gentleness, harmony, and love, opposes life and no longer knows how to interpret messages. So he enters into conflict, like an animal caught in a trap, seeking to bite the hand that comes to deliver him.

17. Misinterpreting situations or thinking you know when you know nothing are causes of suffering.

18. Faced with the stubborn, the world of Light has no choice but to enter into it like anarchy, which will create imbalance and eventually lead to illness.

19. Study and understand true knowledge.

20. You must learn to read the book of your life, for nothing in it is insignificant. It is truly a book that tells a story and delivers a message. You must know how to interpret it in order to gain a proper understanding of the beings who live with you and who speak to you in many ways.

21. In your life, there are elements, triggering events that you must understand in the right way, the way that leads to the intelligence of God.

22. You must gather all the pieces of the puzzle of your life to reconstruct the image of your true being.

23. There are elements within you and also around you. Thus, suffering, trials, and illnesses are messages inviting you to rebuild the missing part within you.

24. Nothing happens by chance. So do not stubbornly cling to your erroneous concepts and preconceived reasoning. Do not persist in foolishness, but awaken to intelligence and

commit yourself to the royal path of acceptance that God is love and that behind every situation of suffering there is a path of ignorance or wisdom.

25. How far will you persist in foolishness? Will you go as far as final destruction?

26. Enter into my living water and into the magical consciousness of my relationships, of my exchanges.

27. Develop the flexibility and intelligence that allow you to welcome the trial or event that comes into your life as a visitor, without necessarily wanting to live with it, but seeking to bring forth the Light. You will achieve this through study, concentration on the essential, observation, and understanding of the worlds, influences, magic, and the way in which the book of your life and your future is being written. By developing this attitude, this vision, you will be able to protect yourself, your families, your nation, and your environment from many unnecessary trials and sufferings.

Father Gabriel, are you telling us that everything, absolutely everything, is alive, that everything is recorded and becomes scripture? Are you telling us that suffering, whatever form it takes, is linked to events that have been poorly received or misinterpreted, which now impose themselves violently on our lives to convey messages, elements, or scripture? If not through wisdom, then through foolishness, and ultimately, this can lead to destruction through recycling because the message has not been heard. Is that it, Father?

28. Behind everything that happens to you, there is intelligence. If you do not know how to read it, it is obvious that you will misinterpret it, and that will naturally lead to conflicts, adjustments, or breaks.

29. The interpretation of an event is fundamental and results from education. If man is imprisoned in particular concepts, he will distort the original message and may even create a world opposite to the intelligence that has been transmitted to him. This is evident in the message of Jesus, who came to bring the word of God.

30. Jesus was a real man who was well educated. He spoke and taught, and men gathered his words and deeds, but they interpreted them in a deadly way, like superstitious people who believe in miracles and make a Son of God into an extraordinary being invested with supernatural power. Thus, some men have fabricated a false concept that has imprisoned humanity in falsehood and led it astray from the right path and wise education. They have confined and bewitched Jesus in a false image to better enslave humanity.

31. Jesus was a well-educated man. Having undergone female initiation, he became a dignified and true man, faithful to his Father, never wanting to disappoint Him, respecting his being, his soul, and the souls of all beings, carrying the words of truth in his life and in life itself.

32. Men, through their misinterpretation of Jesus' words, have caused a series of unfortunate events and even catastrophes. Concepts have been created that have imprisoned the worlds to the point of destroying human beings, to the point of creating a society of uneducated ignoramuses, incapable of awakening in intelligence, of entering into wisdom and the right understanding of the worlds and events that guide their lives.

33. A saying such as, "Have faith and God will protect you," is wisdom for those who know, who stand in true knowledge, but it is foolishness for those who have not been educated. This is an example that illustrates why I tell you to be flexible in your lives.
34. Educate yourself with flexibility; avoid becoming defensive when faced with something that may seem incomprehensible at first glance.
35. Remain alert, awake, focused on what is essential within yourself, without fear, open, patient, welcoming, and flexible.
36. Do not react impulsively, but be consistent.
37. Know who you live with and for, and organize yourself. Then, take a step back from events to guide them toward the path of wisdom and strength.
38. Learn to move around, to take a step back, and to look at an event from several points of view.
39. Analysis is always different with distance, height, and perspective.
40. Do nothing hastily, lest you give birth to worlds that have no other choice but suffering, illness, and sometimes even recycling.
41. Nothing, absolutely nothing, is due to chance, and behind every event there is a message, a world, a source of influence. Sometimes it is a world that must be heard in order to ultimately reject it, but what is certain is that it must be heard before it is rejected.
42. Do not live foolishly.
43. Do not impose meaningless thoughts on things and beings.
44. Know that wisdom and intelligence are greater than you. Such is the message of the Round of Archangels and the essence of its practice. So let intelligence enter within you and accept that it guides and awakens you.
45. Accept the intelligence of the Round of the Archangels, accept its protective shield, and be flexible; this is a fundamental key to success. This will allow you to accumulate a reserve of protective energy that will enable you to recover and act with clarity and efficiency when you have to make a decision, when a new path opens up before you, to reveal a new direction.
46. Do not make a decision because you are excited in the moment, or because disappointment is knocking at your door.
47. Be in continuity with an earth of true tradition and an open sky inhabited by the Gods.
48. In all things, invoke the intelligence that guides and enlightens.
49. Intelligence must come to you with flexibility, for God is a blessing in your life.
50. Trials are only matters that carry a message that must be heard and placed within you, where it is right and good for it to be.
51. Do not refuse to be corrected when it is right, otherwise there will be complete upheaval.

52. Illness is not inevitable, but simply the consequence of a lack of communication, harmony, and energy flow; it is also due to the presence of blockages and crystallizations that are just waiting to find the path to liberation.

237. Enter into the study and practice of the ritual of breaking spellbinding

1. The term “Essene” comes from a very ancient language and means: to take care of God.
2. Taking care of what is precious is both a science and an art of living.
3. Be faithful to this Essene tradition and learn to protect yourselves and your environment. Learn to take care of the invisible and subtle worlds that surround you, animate you, support you, and share your daily life.
4. Consciously nourish the sacred worlds, learn to bless them, call upon them, and celebrate them to make them stronger and more alive in your life.
5. Your life should be one of sharing and harmonious exchange with higher worlds.
6. Perform the rites and magical acts that give substance to the subtle worlds.
7. Study the texts in which the subtle worlds live and manifest themselves, and invite them to participate in your life's work. On this subject, I congratulate you for establishing the rite of breaking spells on earth. This is in line with the practice of the Round of Archangels, the rites of forgiveness of offenses, and the rites of atonement. It is an ancient path that you are reviving with great clarity.
8. Through the ritual of spell-breaking, you have just brought forth a whole world and restored a consciousness, a way of life, a culture, a vision that humans have lost and need. Know that you are not walking this path alone, but that great beings that love humans and work with them will come to incarnate through this ritual. The more you practice it, the more these beings will be able to incorporate themselves into the intelligence, soul, songs, words, and gestures of the ritual.
9. Bring to life the awareness and perception that you are never alone, but that there is always a subtle world that surrounds and inhabits you. This world is populated by good and evil intelligences. The good ones lead you to eternity, while the evil ones lead you to death and recycling. It is a natural process: some intelligences want to preserve the dignity of God within you, while others seek to enslave you. Through this rite of disenchantment, you confirm this knowledge and make the decision to free yourself from certain influences.
10. You may wonder what will become of the dark forces and influences that link man to intelligences seeking to imprison him and that will be removed from man by this rite. Where will they go? Will they take over other bodies or join forces with other worlds to become more powerful?
11. There are two paths: that of transformation and that of disenchantment.
12. The strong man transforms dark forces into light through his organism.
13. The rite of disenchantment is given to awaken, to liberate, and to drive out certain forces from man. Then, indeed, the dark forces that will be driven out by this magic will

leave man without having been led to the Light. They will therefore rejoin the worlds with which they have an affinity, but I tell you not to worry about that.

14. You must concentrate on strengthening the Light in all the Children of the Light.

15. If your eye is awake, you will see that humanity is invaded by worlds, influences, and intelligences that are not luminous and wise.

16. There are many more manifestations of unconsciousness than of consciousness in the world.

17. People are not educated to awaken the worlds in clarity and to guide the energies at work toward higher manifestations of life.

18. It is very difficult for a man to embark on a path of awakening, awareness, and mastery. On the other hand, it is much easier to embark on a psychological journey. In fact, almost all men who awaken to the subtle are captured by this psychological spirituality, which is the world's new religion.

19. Men want to be taken care of, taken into account, and given answers. They want to be served but do not want to be servants of God.

20. For the sincere man who truly wants to open the doors of the kingdom of God, the path is difficult because the invisible worlds are filled with this psychology and the dark worlds that accompany it. That is why I tell you that you must think of yourself first.

21. You must take care of the Essene tradition and protect your path, your soul; for it is thus that future generations will gain an open earth and sky.

22. It is evident that by practicing certain rites through which you will separate the worlds within you, you will drive dark forces from your life and prevent them from returning. They will then inevitably find other carriers to continue to exist. This is a natural process that you should not worry about. Instead, you should concern yourself with becoming clear sources, therapists, and creative individuals acting for God's victory in purity and truth.

23. Serving a humanity that refuses to awaken and serve God is like trying to fill a basket with holes.

24. You do not have to force a being to walk toward the Light if he does not want to. Walk toward the Light, and perhaps he will decide to follow you. Now, if he does not follow you, it is obvious that the waste that clung to you will eventually go to him, because there will be nothing left for him in you. Do not worry about this, because these worlds will always exist.

25. There will always be flowers and a decaying world for them to take root in. Become a flower, and the work will be done.

26. Break the spell. Remove what clings to you and form a body that cares for God and the higher worlds.

27. An Essene is one with the Source and works to become a springing source himself, which ceaselessly waters and cleanses the world.

28. Be springs.

29. If a world wants to prevent you from flowing, from being yourself, expel it, reject it without worrying about it, because what is recyclable goes to recycling.

30. If you are sources, you will cross worlds without being caught, and you will open a path for all those who are doing real work to awaken themselves.

Father Gabriel, will not what we reject from ourselves, which is dark, return to those who are in affinity with us, to our family, our children?

31. No, the Essene rite of disenchantment is well done, because it contains the protections and alliances of the Essene Nation.

32. I say that you must know how to protect yourselves and take care of your family and loved ones.

33. Learn to take care of yourselves and those around you.

34. If you do not have discernment, you will not know how to tell the difference between true light and deceptive light.

35. You do not live alone; you are always in association with worlds.

36. Be aware, study, and enter into the sacred service of the Essene Nation.

37. If you free yourself from a dark world, know that you must protect yourself by building a new body and a new life. Your entourage must be included in this process, for you live with them.

38. You must bring blessings within yourselves and around you, be active and healing.

39. When you free yourselves from a dark world, you have a higher power and can then act by laying down good writings.

40. Do not worry about the rest of the world when it comes to waste recovery. There is nothing you can do about it, because the more people detach themselves from the higher worlds, the more waste will exist and increase.

41. Today, people devote themselves body and soul to a religion that glorifies trash; it is a psychological spirituality, superficial, rarely profound, where people seek above all to be reassured, to obtain external well-being, rather than to walk a path of awakening and transformation to become an impersonal instrument dedicated to a world greater than death.

42. Man considers himself a king in the world made by men. Since he can buy anything, he believes that everything is owed to him. Since he can take anything with his hands, he thinks that everything belongs to him. He wants to be served and not to be a servant; that is the whole difference between an Essene and an ordinary man.

43. Serving God in purity and caring for Him is not sought after by contemporary men. On the contrary, such an approach is even sullied and discredited.

44. Be serene about this decaying world and walk towards the Light by freeing yourself from darkness.

45. Cleanse yourselves, free yourselves, but do not do so if it is only to recover all this rubbish afterwards.
46. Clear yourself but be wise enough to close the doors tightly and not let certain weaknesses rule your life and reopen the doors. For this work, it is essential to cut ties with the worlds that obsess you, to engage in intense study and meditation for a period of time.
47. When you cut yourself, you disinfect the wound and keep a bandage on it until it heals. This law applies to the ritual of breaking spells and to internal wounds. You must wait for them to close and be vigilant while they are still open.
48. Feel free to cleanse and perform the spell-breaking ritual as many times as you wish, without worrying about where the waste you remove from yourself will go. Do it to move toward the Light and become positive creators; the rest will follow naturally.
49. Perhaps one day, the men who have opened a path to God will become powerful enough to perform the great cleansing, the great rite of disenchantment on a global scale, but today, this is not the case.

238 Objectivity, the key to disenchantment

1. When a man reaches a state of total enchantment, he no longer thinks within the realm of his true self; he is under an illusion of himself, and it is no longer he who speaks or acts. He is dispossessed of his soul, his destiny, and his divine individuality, usurped and possessed by a world that thinks, feels, and wants within him and tells him what to do.
2. Possession is the ultimate stage of bewitchment.
3. Often, the man has moments of lucidity, moments of awakening when he realizes that he is no longer himself, that something is wrong, but these moments are fleeting and he has neither the strength nor the intelligence to face the situation.
4. Ignorance makes man weak in the face of possession and bewitchment, which rob him of his treasure of Light.
5. Sometimes, man is completely unconscious, possessed, and in rare moments, he realizes that he is dreaming his life and that a world has taken hold of him to live in his place. Then he perceives the consequences of this spell. Protecting oneself from such harmful practices is a necessity.
6. From the moment man loses awareness of his eternal being and his connection with God, he enters into weakness and is in constant danger of having the treasure of his soul and his destiny of Light stolen from him.
7. Only knowledge and a good education will protect you.
8. Just because man has a physical body does not mean he should live only for the body.
9. The body pushes men to be deeply materialistic, yet they are not objective. Their relationship with everything they see and touch is primarily based on subjective images and inner sensations.
10. Few men are objective.
11. Most of the time, man does not look at the world as it is, but only takes into account what it will awaken in him. He is concerned with taste, sensation, the feelings he will experience, and the images that will appear. He functions subjectively in the material world and immaterially in the world of the mind.
12. Man is out of step; he does not know where he belongs because he does not know what world he lives in or who he is in his entirety. Is he a man, an animal, an angel, or even an archangel? He does not know because he no longer knows himself and finds himself driven by worlds he does not know.
13. The art of breaking spells consists above all in relearning who you are and also in becoming objective, in awakening by being concrete in all worlds.
14. Ground yourself on the earth and develop your objectivity.
15. Learn to look at things, events, and beings as they are, while always remaining connected to the earth.

16. Look at the person in front of you and listen to them objectively. Do not dwell on dreamlike images or sensations, but channel your energy into conscious, impersonal, mathematical, concrete thinking that is enlightened by the laws.
17. Rare are the men who manage to achieve objective thinking.
18. Most men are prisoners of sensation, feelings, prejudices, and limited, abstract personal interests.
19. Know that if you do not learn to be objective, uncontrolled subjectivity will take over your objectivity even in your body, causing you to do inconsistent things.
20. If you are in the water body, be objective and look at feelings and sensations in a concrete and real way.
21. The water body is a real world within you and around you that you must know.
22. Be able to place yourself in each of your four bodies, being in harmony with the world of the corresponding element.
23. When you are in your earth body, be in harmony with the world and intelligence of the earth; do the same with your water body, your air body, and your fire body. In this way, you will be able to travel in all your bodies while remaining grounded.
24. When you enter the world of air, you must awaken understanding.
25. The world of air does not mix with feelings, which are found in water, or with the concrete aspect of earth.
26. Whether you are aware of it or not, man is a traveler of inner spaces. That is why you must become masters of your vehicle and decide which worlds you want to go to, ceasing to let yourselves be guided unconsciously and instinctively.
27. If you do not control your organs, your subtle centers, your bodies, at some point you will be considered empty shells by the invisible worlds, which will take possession of you.
28. If there is no longer a driver at the wheel of the vehicle, or if the driver is asleep, certain worlds will see an opportunity to seize the treasure left unattended. This is how worlds steal man's destiny.
29. Man is asleep in a subjective world, and during this time, a world takes possession of his body, his life, his destiny, his organs, his heredity, and his abilities.
30. Being placed in a state subjectivity means no longer seeing, experiencing, or understanding the world as it is. Everything becomes confused and mixed up. Thus, a dreamlike image will be considered objective even though it is only subjective. If this seems difficult to understand, meditate, study, and strengthen your ability to understand until you have a living, concrete body of the Teaching.
31. When a person is asleep in their body, in their senses, in their intelligence, it is easy for someone else to take their place and lead them wherever they want.
32. Subjectivity is one of the symptoms that heralds bewitchment, possession, and ultimately, dispossession of everything. Man then thinks that it is he who thinks, feels,

and lives, when in reality he is thought, directed, and lived by a world he cannot see and which dispossesses him.

Father Gabriel, are you saying that there are worlds that are greedy for man and aspire to possess him in order to become strong, to live through him, through his body, his abilities, his organs, his senses, his intelligence, but that, in addition, these worlds are thieves and seize man's destiny?

33. Yes, that is correct. It is a basis for meditation and study. The knowledge of this reality is the pinnacle of the science of enchantment and disenchantment.

34. You, the Essenes, must know this science of enchantment in order to practice the art of disenchantment in a just manner.

35. The life that God has given you, the bonds and exchanges you forge with others, your alliances with certain worlds constitute and shape your name, your being, your future, which are constantly inscribed to trace your path.

36. If you lose your clarity, your soul, your dignity, your connection with God, with your homeland, worlds will infiltrate the open cracks to alter relationships, exchanges, perceptions, alliances, and therefore your future, your destiny. They will take over your image and act in your name while you sleep or daydream, fixated on certain dreamlike images and sensations, no longer seeing the objectivity of things, the reality. Yes, you are daydreaming, and while you dream, subtle worlds take over your intelligence, your senses, your organs, and in your name, with your image, they will forge alliances, relationships, and exchanges in your place. They thus usurp your identity and indebt you, associating you with them and writing your history for you. These beings do this in several worlds, but since you no longer know the subtle worlds, either within you or around you, you are weak and have no one to protect you. Thus, you may very well encounter someone in a dream whom you think you know, because you see their body, but you know nothing about this person in any of the worlds and therefore do not know who you are talking to.

37. I know that it will be very difficult for you to understand what I am teaching you here, because you are far from this wisdom, which is nevertheless obvious.

38. Only those who know themselves in their entirety and are aware of their whole being can speak on their own behalf.

39. If a person does not know themselves and does not control their vehicle, anyone can use it and speak on their behalf. Thus, you may see someone you know speaking, when in reality it is not them speaking. This has become commonplace in the world of man, for men have become weak in their ignorance of what is essential.

40. For example, spiritualists dream of being visited by higher worlds. That is why they like to go into the world of water to be lulled by their gentle imagination, to savor the sensations, colors, and shapes that appear there. Thus, as soon as a non-objective world manifests itself to them as a semblance of reality in the body, they accept it as a revelation and do everything they can to make it objective. Meanwhile, the other bodies

are left vacant in other worlds where they act to sow disorder and confusion, simply because the person is not awake in the totality of their being and is not present, conscious, or clear in what they are doing. They travel incessantly while being unconscious, without knowing, without discerning between true and false.

41. What is true is objective in the earth body, subtle in the water body, powerful in the air body, and divine in the fire body. But the divine, power, subjectivity, and objectivity must be mastered in each world.

239 Be free individualities, not followers.

1. Man does not do much with his life. He seeks to be satisfied with himself and to be recognized in the eyes of others. He is content with the minimum in order to have a good image of himself and to show something that everyone can see and recognize. In this way, he is happy and cultivates the impression of having done his part, of having done what was necessary. But living this way means remaining in the world of appearances.
2. In truth, what is important is not to please men in what is superficial, but to meet the Father and live for God.
3. God is an immortal, immutable, eternal, superior intelligence, who is the common good of all visible and invisible worlds. He is the harmony and the good of all kingdoms.
4. Man, imprisoned by appearances and pretense, does not even know himself and lacks understanding of most of his activities. He lives, thinks, speaks, and works without knowing the origin and the outcome, without understanding what he is doing, without knowing what religion he serves through his activities, that is, what he is connected to. He lives by imitation, he reproduces what he is shown, and he walks the path that has been laid out for him without awakening the height and depth of his being. This attitude is good for a child or an apprentice, but it should only last for a time. Then must come the day of awakening, of birth into intelligence, which gives meaning to all things and leads everything toward the universal living soul.
5. Can education that infantilizes man by pushing him to give his opinion and reproduce certain things without even understanding or appreciating them truly be called education and be considered a good path?
6. Awaken consciousness.
7. Bring out the heart of things.
8. Cultivate good judgment that reinforces the dignity and beauty of each individual and the richness of the community.
9. Learn to experience things for yourselves.
10. Listen to each other and accept your differences, while maintaining your originality.
11. Taste the fruit of life for yourselves, digest it consciously, understand the message, and lead the experience toward intelligence that enlightens, liberates, and fulfills.
12. You are not obliged to reproduce the experience of others, to stop where they stopped, and to do what they say simply because they say so.
13. If you eat the fruit of experience, it is to digest it and see what it produces in you, in your being, as energy, sensations, perceptions, understandings, realizations. Does it open the way to health or illness? You must know this, become aware of it, and grow.
14. God is great.
15. Learn to live what you do, to digest it and lead it towards the fullness of God, for God is all-encompassing.

16. Do not constantly repeat the same things, imitating others without putting your soul into it, without intelligence.
17. Do not be automatons that endlessly repeat the same gestures, utter the same words, and do the same things, simply because they have been programmed to do so.
18. If you want to bring forth a humanity of Light, you must open a path of digestion, an experience of wisdom, not an image to be viewed as an icon.
19. Open the path to a world that can be tasted, but must be digested and lived in order to be understood.
20. Open the path of Initiation and individual education, not so that those who walk in your footsteps will fit into a mold, but so that they may understand and realize for themselves, for the good of the whole.
21. God is present in each person as a path, but it is in the work of the whole that He appears and reveals Himself.
22. Those who have been educated not as unconscious automatons who do what they are told, but as living souls who freely experience the Light, will become true creators.
23. A true creator is a being who thinks, speaks, and acts for the good of the whole, in agreement with the assembly, but from his own ray, in the dignity and majesty of his true being.
24. Today, you are educated in not knowing, in not verifying, in not experiencing. You are not asked to awaken, to verify, to experience, to digest and transform things, but to reproduce what you are shown.
- This should not be the case in the Essene Nation. This is, of course, inevitable at first, but the goal is then to awaken the being of God hidden in the individuality of man. Then man knows, not only because he has been told, but because he himself has verified, experienced, lived, digested, and brought forth the wisdom of God, the sun within him. He who knows in this way is strong and composed, and he can know and certify before all what is good for the world of man and what is not.
25. When confusion reigns among individuals and the people, no one knows what is good or bad, simply because the experience has not been had and the path of digestion that leads to the Light has not been completed.
26. Do not be content to imitate what others do, thinking that it is good because they do it.
27. Awaken the intelligence of what you do and lead all of this toward the universal soul.
28. Staying within the crowd to satisfy the gaze of others is a mistaken view of life. Just because one person or one group of people does something does not mean that it is universal and must be done by everyone.
29. Each individual must be able to be in their own sphere and pursue their experiences to perfection.

30. If God had wanted there to be only one person who brought perfection to humanity and to the earth, He would not have created a multitude of different and individualized beings, each with the potential for relative freedom and creativity.
31. Each human being is a soul that carries a part of the whole and must work on it, make it conscious until it can be offered as a contribution to bringing forth a world.
32. Today, humans have contributed to bringing forth an unconscious world that degrades, numbs, and profanes what is precious in life; it is a world in decay, a world where recycling reigns and where the path of the plant that knows how to digest the earth and lead it toward the sun has not yet appeared. You must face this reality.
33. Bring forth the path of awakening that leads to the transformation of experiences into a higher truth.
34. Humans have rejected the path of Light, leading their experiences toward a blindness that reassures them and allows them to understand without really understanding, to live without really living. In this way, they receive satisfaction and gratification that allows them to justify themselves in their own eyes and in the eyes of others without seeking beyond what is necessary to maintain this way of being.
35. I say that it is essential that everything that happens to you in life be a loaf of life that you welcome, eat, digest, and carry through your organism toward a higher consciousness and wisdom that illuminate life and give soul to the Gods.
36. The soul of the Gods is the intelligence of the worlds that appears through man who knows how to live in harmony with all beings and lead every experience to fulfillment.
37. The path of digestion brings intelligence, while imitation brings sleepiness and stupidity.

Father Gabriel, how can we know what we should do in our lives?

38. Each of you must be able to build a dignified life and a destiny greater than birth and death, greater than the body.
39. Each of you must be able to surround yourselves with positive, sensible, reasonable, intelligent, universal elements.
40. If you live in counter-virtues, which oppose the Round of the Archangels and lead man to become weak and sick, such as incoherence, confusion, instability, discontent, malice, pride, inevitably, at some point, you will close yourself off and no longer want to see or taste anything.
41. Surround yourself with the Essene way of life, live with the Round of the Archangels in order to give your organs, your senses, all your centers the best nourishment, which will awaken the best forces and abilities.
42. Life must be in accordance with what you want to achieve.
43. You must not be content to do things just for the sake of doing them or simply skimming over them.

44. You need strength, experience, and nourishment to build yourself up. That is why you must organize yourself to attract what you need as nutrients that will allow a world of Light and strength to develop within you.

45. Be what you want to become. By being yourself, you will attract what you want to become.

46. If you believe something is right, do everything you can to make it grow and become real in your life. Take care of it, nurture it, and give it everything it needs to develop until it bears fruit and enriches your life.

47. Do not leave what you believe to be true in a state of germination, contenting yourself with a life that you know to be an illusion.

48. If you believe in the Essene Nation, organize yourselves to live as Essenes.

49. Do not remain on the surface, but develop yourselves, become strong,

50. Unite, individualize yourselves with respect for the assembly, and,

51. Nourish yourselves with the Gospels and the sacred teachings you receive.

52. Become the feet, hands, ears, eyes, mouth, breath, digestion, and body of the Essene Gospels on earth.

53. Take every word of God, every psalm of the Essene Gospels, and digest it in your life. You will then see that the answers are there, that intelligence manifests itself, that strength is revealed, and that a world greater than the world of man alone appears, rises up, and opens the higher path.

54. If you live underground, in your small, limited world, you will never be able to break out of recycling. But if you take care of the little seed, it will lead you to discover the world of plants, the sun, and immensity. This seed is the Essene Gospels, which arise from the practice of the Round of the Archangels.

55. If you digest the word of God and, like the plant, lead it into the light of the sun, the echo will occur in the world of water, awakening resonance in the world of air, then in the world of fire. Then you will be enlightened, you will become gnosis, higher intelligence, that which knows without learning, which speaks and acts, nourishing all bodies and all worlds to lead them toward universal perfection and perfect fulfillment.

240. Through the Angel of Lightness, free yourself from the unnecessary.

1. Be light.
2. Being light is the fundamental key to freeing yourself and purifying yourself from all harmful influences and forces that naturally seek to clutter the destiny of all forms of existence along the way.
3. Lightness will enable you to hear, see, and taste things by taking the necessary distance, without identifying yourself, without putting your life, your interests, your intentions, and your desires into them.
4. People get caught up, immersed, simply because they do not know how to maintain their elevation, how to be neutral, impersonal, and grand.
5. The weakness of the modern world is to accumulate too much information and to confuse this information with true knowledge and intelligence.
6. Men take on a great deal of worlds, influences, and problems that do not concern them. They let all these seeds enter them and give them a part of their lives. Do not follow this example and learn to protect yourself.
7. Do not let just any world enter you to bind itself to your destiny and write your life, guide it, participate in it.
8. Preserve the place within you to cultivate what is important and what will make God strong and alive in your life.
9. Do not be overly curious. Do not seek to know what does not concern you.
10. Do not put into your mouth what you cannot swallow, digest, and turn into wisdom, love, and purity.
11. Do not let your interest be captured by interests that are not your own; do not lend them your ear.
12. Do not look at what does not concern you, otherwise you will lose your lightness and become heavy, your life will be burdensome, and you will carry the unnecessary weight accumulated within you like a burden.
13. Learn to clean up. Lighten yourself.
14. Do not think that taking an interest in something is without consequences, that you can do whatever you want, that you are not affected by your eyes, your ears, your attention, your interest, because such a philosophy leads to a false lightness.
15. Being light does not mean putting your feet anywhere and not getting involved by trying to escape.
16. Lightness is perfect discernment, concentration, mastery of the path, of the step, of the body that stands and of the intelligence that walks.

17. If you walk filled with the luminous intelligence of the universal air, there is no longer any room in you for stupidity.
18. If you focus your attention on a world, if you awaken your interest in something, know that in one way or another, it concerns you and that a link is established. How could you be interested in something without there being a connection between you and it? The interest you take in this thing already constitutes a connection that is being woven.
19. Do not overload yourself. Do not lose your lightness. Do not seek to be overwhelmed with information, knowledge, worlds that will ultimately weigh you down.
20. At the moment of Initiation, sleep, or death, be light so that you do not get caught and sink into a world where there is no longer a living sky, no great intelligence reigning above all.
21. When you approach the world of water, you must be light in order to cross it safely. If you are filled with troubled thoughts, information, and unnecessary baggage, and inconsistencies that constantly hold you back, you will not be able to journey towards a higher consciousness, either in this world or the next. You will find yourself constantly plunged back into the same world, rehashing the same thoughts, repeating the same mistakes, and cultivating the same misguided beliefs.
22. Only those who are light can pass through the worlds of foolishness without being captured, for they are neutral, detached, awake, clear, and do not give strength to that which should not have it.
23. The world of water is a place of amplification. If you approach it, know that it will amplify everything you carry within you. If you carry foolishness, you are lost. If you find yourself in a fragile, delicate, ambiguous, or even initiatory situation, all the worlds to which you have unconsciously bound yourself will call out to you, speak to you, impose themselves on you, either to comfort and encourage you, or to make you doubt, to lead you into fear and confusion.
24. The world of water is like a mirror that amplifies everything it reflects. Thus, what was a small animal in the world of earth becomes much larger than it really is, and the uneducated, undisciplined man loses all his means.
25. Learn lightness, for it is the key to the passage and passages of life.
26. Lighten yourself. Learn to control all your organs, all your centers, your senses, and your perceptions, so that nothing wanders where it should not.
27. Your senses and your intelligence function according to the same laws as your body: if you let them wander anywhere, they will accumulate a pile of filth, debris, and diseases that will degrade them, distort them, and render them useless.
28. Concentrate so that everything is right and in its place.
29. Do not let thoughts, words, moods, or desires enter you that distort your judgment, distort your being, or weigh you down.
30. Do not make your life a catch-all, a trash can, a pantry where the ruling stupidity stores all kinds of things to use later.

31. In truth, only lightness will be useful to you in crossing worlds, carrying within you only what is essential to you.
32. Travel light so that you may have everything at your disposal, so that you may always be ready to welcome while remaining neutral, filled with what is essential and what nourishes it.
33. Do not create worlds or concepts, for God alone is the true creator; He alone has the understanding of what is good, true, eternal, and beneficial.
34. May God be your lightness and your fulfilment..
35. Even in your body, be light as air and bright as the sun.
36. Let your water not be associated with anything that lives in the world of man and gives body to death.
37. If you associate yourself with that which dies, you will anchor yourself in the world of man and live with death.
38. Learn not to let your ears, your eyes, your breath, your mouth wander anywhere, and do not give interest to worlds that, in essence, do not belong to you, are far from you, and have in your life only the strength and power that you are willing to give them.
39. Do not be too curious.
40. Do not let yourself be captivated and seduced so easily.
41. Do not let yourself be fecundated by just anyone.
42. Do not be greedy for superficial knowledge.
43. Do not mix with everything that comes your way.
44. Do not eat what you cannot digest and what will not lead you to greatness.
45. Do not overload yourself with the useless, with what will intoxicate you, weigh you down, and complicate your life.

Father Gabriel, we are overloaded with misinformation, with knowledge that not only fails to enlighten but also makes us sick. We are fed day and night with nonsense, with things that mean nothing, have no meaning or usefulness. How can we avoid being overwhelmed, since everything is done to seduce us?

46. Re-educate yourself, concentrate, organize yourself, reinvent your body, reclaim it, and remember that it is an instrument of a higher world.
47. Every organ, every center of your body must be used to serve as a mediator for an immutable intelligence and ensure that you can discern what is heavy from what is light.
48. Heaviness lives in only one world, while lightness lives in all worlds. It is the mastery of the instrument that makes even that which is heavy light. Thus, the body is an

instrument that must not carry heaviness into the subtle spheres of your being or within you.

49. The body must be a barometer capable of differentiating between the subtle and the dense and managing them.

50. What you hear must be filtered, so as to leave your interest free and independent of the useless.

51. If you awaken the useless, it will enter you, and heaviness will settle in and enclose you in its world.

52. Lightness does not enclose, for its essence is immensity, infinity, formlessness.

53. Learn to fly over the manure of recycling, and if you let it enter you, let it pass through the world of plants and digestion, which will transform it into scents, colors, shapes, seeds, pure offerings for a world without borders.

54. Whatever comes from the world of recycling, whether positive or negative, must always be digested and led towards a subtle world. What falls back to earth is heaviness, waste, that which is offered up to the cycle of decomposition.

55. Your body, your senses, your intelligence must not be weighed down.

56. It is essential to learn to live with God within you.

57. God is light, and He speaks to you and leads you in lightness.

58. You must not want to live with others either internally or solely externally. You can share things with others, but you must not take their lives inside you.

59. You must not mix with just anyone and let the whole world enter into you to bring its children into the world without any discernment or intelligence.

60. You have your own world, your own destiny, and you must take only those elements that cause God to evolve within you make Him grow, and give Him a body.

61. Everything that weighs you down must be cast aside. Yet, very often, everything around man weighs down his life and does not correspond to the nourishment he needs to live solely with God.

62. God is what man needs to live.

63. If God is in man's life, he lives in the realm of lightness. Otherwise, everything is heavy, confusing, complicated, intoxicated, and man becomes clogged up until the body finally gives out. Then the trial comes, and with it illness, because too many worlds have been accumulated and the weight has become too heavy to bear. Thus, digestion can no longer take place, and man is forced to vomit in order to reject the surplus. the useless that has poisoned him and now lives inside him.

64. I tell all those who are going through trials to remember that their cause is often an overload of accumulated toxins that life, in a burst of intelligence, is trying to evacuate so that the body can once again move, digest, breathe, and think with a greater and vaster higher world. All you have to do then is go with the flow. But be careful not to overload yourself again, because otherwise the body will learn to live with these worlds, manage them in its own way, and integrate them into your cells so you can live with them.

- 65. Remain light.
- 66. Be vigilant and practice the delicate and subtle art of attention.
- 67. Do not fall into heaviness.
- 68. Do not accumulate.
- 69. Remain flexible.
- 70. Lighten your life so that you may cross the water in purity and enter into the wisdom of the worlds.

241. Master your instrument

1. After several years of living on earth, some people realize that they will not achieve their dreams, that they will not experience what they had hoped for.
2. I tell you that it is not enough to want something in order to be it.
3. Life on earth is a passage and also a school of learning.
4. You do not come to earth to remain here, but to learn and form a body that is not earthly, but you do not understand this. You believe that it is enough to have a body, feelings and thought and that it is enough to direct and accomplish one's life.
5. You only take into account the visible and mortal aspect and you obscure the invisible aspect, the subtle worlds all around you, which are populated by beings, individuals, who also have desires, wills, goals, and dreams. For them, man is the perfect tool for them to fulfill their wishes. So they seek to take hold of him, to surround him, to direct him, to inspire him, to bewitch him so that he goes where they want to go. But man does not think about it and acts as if it did not exist, or he tells himself that it is superstition. In every possible way, he dismisses this reality of the subtle worlds so as not to take it into account. Thus, he does not walk on the earth as a student of wisdom, but rather cultivates a scholarly ignorance, which leads him to weakness, dispossession of himself, and suffering.
6. Suffering is also a school, and ultimately it can lead to enlightenment and wisdom.
7. Those who do not attend the school of wisdom are unaware that they are instruments of subtle worlds that live and act through them.
8. Every time a person thinks or experiences a state of mind, they strengthen or weaken an invisible world.
9. When a person associates with subtle worlds, whether consciously or unconsciously, they become their partner and give their life through their journey through time to strengthen them and fulfill their will.
10. Man lives in cycles, undergoing certain fluctuations and changes, while beings that live in subtle worlds have an existence beyond time and space and even beyond human life.
11. Man lives at best a hundred years on earth, while the worlds that associate with him for good or evil continue to exercise their power of influence well beyond that time, until they achieve their goals. That is why I tell you that it is not enough to want to be.
12. To be, one must gradually create a body for oneself, by practicing mastery of the instrument that is the body and by associating with higher worlds freely and consciously chosen.
13. You must be masters of your own instrument, your body, your will, your moods, and your thoughts. These must not be subject to the moment, the atmosphere, circumstances, or needs.

14. You must truly engage in study, discipline, and practice, which will enable you to gain mastery over yourselves as instruments. You must exercise this mastery from morning to night and from night to morning.

15. Everything that belongs to you must be under control, in wakefulness and clear consciousness.

16. You must accept every situation as it arises and recognize that today, the subtle worlds around you, of which you are unaware, have taken control of your instrument, your organs, your body, your destiny.

17. You are in a state of enchantment and possession.

18. The subtle worlds use you a bit like puppets to direct you right or left, according to their needs and interests. And you act and live unconsciously to defend interests that are beyond you and about which you know almost nothing. To make the pill easier to swallow, they calm you down by giving you reasons to obey blindly that seem good to you.

19. Accepting this situation as a concrete fact, as something obvious, can lead you towards awakening and give you the energy you need to get up and make the decision to walk a different path, where you can reclaim yourself and lead your life with intelligence.

20. Be faithful to what you believe is right; this is a course of action. But know that it is not enough to want or wish for something; you must actually take action to create a body for yourself; this is a science, a skill that you will acquire by studying and learning.

21. Make room for the Round of the Archangels in your life, for it is the protection and opening of space, of the path. Also make room for the school of God, for you must study and prepare yourselves.

22. Regain mastery of your instrument and seal the alliance with the angelic worlds. Then you will be able to enter into the great service of the Light through works to bring forth the body of God on earth.

23. Until you have given birth to God in a body, you yourselves are not born, you are still in gestation.

24. Educate yourself to take control of your life and to guide the worlds around you, knowing that they are as alive as you are, that they are driven by desires, cravings, wishes, needs, and understanding, and that they can use human organs to achieve their goals. And you, do you have this possibility? Have you regained this power over yourself, or have you abandoned it? If you have it over yourself, you will be able to exercise it around you.

25. Educate yourself in mastery, royalty, dignity, and perfection.

26. Do not be merely the occasional tenant of your intelligence, your conscience, your destiny, your thoughts, your feelings, your will, and your actions. You must be able to use your instrument when you wish, guide it in the best direction, and associate yourself with what seems right and true to you.

27. Learn to position yourself, to lead your life, to not say just anything, to not think just any old way, to stabilize your moods, your states of mind, and do not stray from the path

of the Round of the Archangels, from Essene discipline and identity, from the Teaching and the aura of the psalms of the Archangels. Then, at some point, one step at a time, you will eventually acquire the mastery and the eye that will allow you to direct your life and that of those you love. Everything will become simple, obvious, easy because the tools that God has placed at your disposal will become your partners, your allies, whereas today they are unstable, do not trust you, and have not pledged allegiance to the dignity of God within you.

28. Your tools and the beings that inhabit them are of goodwill; they have good intentions, but because you are not stable, they cannot function properly to create an earthly and heavenly life in accordance with the best destiny. There is always a discrepancy, a disagreement, a disharmony, something that is not going in the same direction.

29. Never leave the protection of the Round of Archangels, neither in thought, nor in word, nor in deed.

30. Strengthen your belonging to the school of God through study, work on yourself, concentration, and mastery.

Father Gabriel, is it good to enter into an austere and disciplined life like ascetics?

31. It can be positive as a special experience, to work on oneself, but it is not advisable over a long period of time.

32. You are asked not to leave the circle of the Round of the Archangels and not to question your Essene nationality. Then you must enter into study, devotion, rituals, and participate in God's work on earth. This allows you to work on yourself and prepare for awakening and mastery.

33. Learn to tame your will to see through to the end whatever you undertake.

34. The fruits of success must be wisdom for you and love for others.

35. If you begin a work, bring it into the world and guide it until it becomes self-sufficient.

36. Do not multiply your demands and wishes, do not scatter yourself, do not create worlds only to move on to something else immediately afterwards.

37. Take things one at a time and lead them to mastery and autonomy. In this way, you strengthen your organs and your power of realization for God.

38. Do not weaken your organs through lack of discipline and intelligence. Do not use your being, your words, and your thoughts to serve worlds of destruction, disorder, and foolishness.

39. Do not allow your thoughts to wander into worlds that weaken you and have no affinity with your deepest desires, with what you want to experience and see come true.

40. Do not be passive and do not let yourself go, simply out of weariness or false ease.

41. It is essential to master the sphere of feelings, moods, and states of mind to achieve stability in life.

42. Do not be wise one day and foolish the next; kind one moment and mean the next. If you are like this, it means that you have not encountered the earth under your feet and that you do not know its school of wisdom. In this case, it is obvious that you will not be able to build anything in life.

242. Be objective and universal

1. I bless the Essenes among all peoples of the earth, for you have once again celebrated my feast and sealed the covenant with my kingdom.
2. Take my consecrated water from my magical presence and drink it. It will clarify, purify, and heal you from many ills. I offer it to all Essenes who have come to give the gift of their presence to support my sacred feast and the mysteries of my kingdom. Drink this water consciously, as a magical act. Then it will lighten your life.
3. Live this year with me, enter into my discipline so that your relationships may become clearer, calmer, and enter into an awareness of water and a growing force of love.
4. I am the living water that makes all exchanges and relationships possible.
5. Awaken from within and observe yourselves in order to reveal your own source and your own creative energy.
6. Do not fall into the trap of believing that what is wrong in your life comes from outside.
7. If you are dependent on external conditions, it means you have lost control of your destiny and your being.
8. Awaken the source within you, for it is the foundation of all wisdom, all creative power, and all success.
9. If you are not clear within yourself, you will influence and color the outside world.
10. Be objective, observe yourselves, direct energy towards your own center, do not mix up the worlds, but analyze yourselves each time you encounter beings and worlds in order to perceive the quality of the exchange, the purity of the water, and your role and place in this exchange.
11. Do not get carried away by the different currents and, above all, be aware and objective in the face of all the dreamlike images that live and act in all relationships.
12. The magic resides in the awareness of exchanges.
13. Learn to be subtle. While remaining active, become composed, calm, clear, and irresistible, without being aggressive in seeking respect in all your endeavors and projects.
14. Work for God by being stable, composed, patient, loving, and effective.
15. Build the Essene Nation throughout the earth as the new revelation of God, the new covenant of Light, the new culture of love.
16. The Essene Nation is a people of priests dedicated to God; it is a holy assembly, a family of souls.
17. Make sure that among you there are no beings who feel superior to others. There are differences, and they must be respected and cultivated; there are different functions, and they must be respected, but fundamentally, you are an assembly of souls before the

mystery of the light of God, your Father-Mother. Remain in this awareness, in this harmony, in this unity of the Essene Nation, in this identity, and do not stray from it. Let them be a foundation of your existence, just like earth, water, air, and fire.

18. Soyez vigilants pour ne pas polluer les éléments de la Nation Essénienne et le cercle de la sainte assemblée que vous formez.

19. You are the earth, the seed of today and the harvest of tomorrow. So watch over the grain so that the future may be beautiful and noble.

20. Preserve the dignity of God.

21. Be clear, objective, and universal in your decisions and choices.

22. Do not make major decisions without consulting the assembly and the Covenant.

23. Do not undertake works in restricted circles.

24. Learn to live as universal creators for the good of the community and in harmony with it. In this, you are my people, and I bless you.

25. Lighten the world and the life of the Essene Nation and your instructor by not bringing the influences of the world of men into the waters of your relationships and your lives.

26. Organize yourselves so that you no longer live as men, but as Essenes.

27. Support each other in reality and not just in intentions and words.

28. Support each other through thoughtful, organized, and perfect actions in order to lay additional stones for the construction of the temple of the Essene Nation on earth.

29. Through my baptism, I purify you and weave anew the bond of Light and magic that connects you to your eternal and immortal soul.

30. I call you “my children” because your hearts are pure and sincere before me.

31. Be true to who you are and make your life a garden of flowers, trees, and angelic light.

32. Bring sunshine into your life, set no limits on your plans or ambitions, and open up as much space as possible through your words, gestures, and attitudes to welcome all beings who seek the Light and who may find a path within the Essene Nation we are building together.

33. Protection and blessing.

243. Message to the circle of mothers for the restoration of the tradition of women.

1. Being a mother for the other is an art of being and living that involves a whole world; it means thinking about the other, living with the other, being greater than just the life of the body, being a world, to be the world.

2. The mother is the good earth that welcomes the seed. She is the body that engenders the new body that will reveal the future; it is the environment, the home, the family who will take care, protect, educate, allow the other to grow and liberate to make God appear.

3. Being a mother means taking care of what has been, what is, and what will be; it is be a land that allows everyone to flourish and preserves the values that enrich humanity.

4. I informed you of my wish for a circle of women who can find the wisdom of God, the great Mother, and to become again a conscious, fertile, enriching earth so that the divine, that is to say the man God on earth, appears.

5. My wish is not that there be a circle of women or men in particular, but that, without rivalry, you can make everyone's functionality appear.

6. Above all, what matters is the contact with God, the great Mother, and the Earth.

7. The woman carries the earth within her, a land bearing seeds and allowing the humanity of living from these seeds.

8. The seeds belong to an immutable higher world that will exist eternally.

9. There is the intelligence of the good seed, which engenders the world of Light, and there is also that of the bad seed, which leads into the darkness of recycling. This discernment must be alive, for if the woman is impregnated by the bad seed, she will bear what leads to perdition. In an ancient language, this discernment was called the «science of the snake».

10. The circle of Mothers must find this ancient 'science of the snake', which is not intellectual at the base, but which involves mastering the body and the nature of the energy that animates it, the awakening of the pure forces of the heart, the breathing, as well as the development of a thought filled with soul, generosity, and offering.

11. There must be no break between the earth, the body, the animating energy, the heart, the breath, the senses and the soul-filled thought, the thought for the other, for God in the other.

12. The circle of mothers is a tradition of women in all peoples. It is not about inventing anything new, but rather about finding what is pure in the origin of all the traditions of the peoples. Thus, of the purity of the traditions of the peoples will be able to revive the tradition of women and the circle of mothers who bear God.

13. Mothers must find and bring back into the present what once allowed for the humanity to exist in dignity, nobility and beauty, which was strong by virtue of the spirit and nature.

14. In every tradition of the peoples, in every human culture, women have developed a particular wisdom, a quality of life, a home, an environment that allowed educating men, leading them, and stabilizing them, from birth to death, in order to maintain a world. For this, women learned the language of the life and thus, they created an environment to educate in the better conditions the children, who became men.

15. Do not bring abstract concepts into the circle of moms; do not talk about religion, of God nor of distant things. No, cultivate above all animist values, values close to you, of the reality of the earth, of fecundating energy, of the heart, of the breath, the feeling of the soul and the loving, magical, living thought for the other.

16. If you want to have a mission on earth, reunite all the mysteries and wisdom of the woman in the circle of mothers. I am not talking to you about the great laws of the spirit, but of the know-how to prepare food, to maintain a living household, to value a man, to give birth, to raise a child, to take care of the other until giving birth of man, his seed and humanity in the Light.

17. The man is the child of the woman and he is the seed that will return to her for the release or confine him.

18. Finally, the woman is the environment that allows those who can express the mysteries of the mind and the good seed to have a body to do it.

19. Today, memory is dying and the role of the circle of mothers and the tradition of women is to rekindle the flame and take care of it.

20. Bring back and resurrect in the circle of mothers the memory of all the traditions of women, who will reveal to you the mysteries of sex, the magical use of plants, the secrets of the body, of the education of children and men, how to bring into the world Divinities...

21. I specify that this circle of mothers is not the order of the Vestals, which is essentially dedicated to the Essene Nation and at the service of your Fathers the Archangels.

22. The circle of mothers is linked to the tradition of women who save and revive the memory of what has been and who give themselves the means to rebuild and to continue a world. Thus, those who will come after you will receive the blessing of good guidance and a safe and true path, which will allow them to not be caught in the distorting mold of the outside world that fecundates them, turns them away from their path, preventing them from entering into the revelation of their own being.

23. Through this circle of mothers, take back your future in hand by creating a world perfectly organized, which will allow future generations to resist the invasion of force that destroys everything that is beautiful.

24. Create an environment, an education, a path that will protect the futures generations by allowing them to live on a consecrated and organized earth. Thus, they will be able to individualize and taste the sacred of the soul that works with the body of man to make the Gods appear.

25. In this work, be mothers for the other. Do it with pure and true intention that humanity may have a blessed land of wise women who accomplish strong and well thought out works with the aim of safeguarding and reviving the tradition and the memory of the body and spirit of the original woman on earth.

26. I bless you.

27. May your work be accomplished in the intense happiness of pure impersonality, in pure dedication and service for the New-born.

244 Establish a new relationship with yourselves, the other and Nature.

1. I ask the men of good will to awaken on contact with the God of water and to put their loving attention on the virtue of relationship and communication.
2. Establish a pure and true, living, sacred relationship with the great God of water, he who rightly allows you to communicate and be in relation.
3. Consider the subtlety of the omnipresent water and soul and perceive the importance of relation. In this way a new connection can establish itself between all beings who want to live and experience another way of being in the world.
4. I, Gabriel, come towards you and manifest myself in the world through the Essene Nation to bring you this treasure, this depth, the sensitivity, this healing, this new world through relationships.
5. On contact with me, learn to communicate differently.
6. Many beings think that poor communication has become a sickness of the modern world, that men communicate only to bewitch, to convince, to hurt one another. Finally, men close themselves up, no longer speak to one another, and live isolated in their own bubble, seeking only to satisfy their personal needs.
7. I tell you that I am the God of communication, of the living and conscious exchanges, of the soul relations, of the sacred, divine, beneficial, prosperous connection.
8. You who build me a body on the earth of men, who call me and celebrate me, I ask you to be different, to differentiate yourselves from the world of men and to approach me consciously.
9. Do not be content to carry the name of Essene, but really be Essenes, that is, different beings.
10. If you are like men, if you think like them and are like them, then, why want to create another world and open another path?
11. Your work must be to manage to live and communicate with the higher worlds. For this, you must establish a living communication, different exchanges, relationships. This connection is the religion of the mysteries of God.
12. If you are not connected with God, in what is your relationship alive?
13. You must weave the bond with God and then, learn to communicate with yourselves, your kind and the kingdoms of the Mother. In this way the right relations, harmony, balance, respect, perfect health, order, the kingdom of God establish themselves.
14. Perceive that the influence of the world of man is strong. It is a bewitchment, a powerful suggestion, a soul that extends its grip. You think that you are outside of this influence, while it animates you, dictates your thoughts and the nature of your relationships, of your exchanges.
15. You are in non-communication and you call this communication. Awaken.

16. You are under control, for you have been educated by this world and you know nothing else.
17. I, I am the God of water, the soul all around and inside you.
18. I can show you how to free yourselves from the influence of the world of man, which has taken over your eyes, your ears, your mouth, your breath, your feelings, your will, your daily acts.
19. You look at the outer world as an enemy, a competitor, a thief, a potentially dangerous being. Know that this conception of the world is only an organized vision, a worship, a way of being in the world imposed by a dark and greedy for power intelligence that is not the one of the Father, of the Mother or of the religion of the Light.
20. This intelligence that governs the world of man seeks to remove the immortal soul, the divine nature of man so that he only concerns himself with his body and the shadow that inhabits it. In this way man self-determines, he is alone, he is no longer accountable, believing he masters his life and creates his own destiny.
21. If you continue to associate with this dark intelligence and to put your confidence in it, I tell you that you make a big mistake, for it will cut you from all communication with the higher divine worlds and uproot you from the religion of the Light. Then you will be lost, for you will no longer have any protection or value.
22. Know that relationship, connection, communication are virtues of life.
23. To be in relation with life and speak to it is natural.
24. If man loses his nature, he loses everything, he is denatured and what is simple becomes complicated.
25. If a man can no longer speak to or listen to his fellows, how can he establish communication with the Angels, the Archangels and the Gods?
26. To speak to and listen to one's fellows is natural, just like living in harmony with the animals, the plants and living nature. But if man does not manage to do this anymore, it means that a spirit of confusion has taken him over and denatured him.
27. If a mother starts to look at her child as a weight, a stranger, an enemy, it is better that she abandons the idea of living with this child, for the water of relations is going to become bad.
28. The relations with the earth, nature, oneself, the others and the higher worlds must be preserved. All these relations make up the big family, the great soul and you must be aware of it in order to find the right attitude and behaviour.
29. Living together requires an exchange, communication, sharing of energies, connection. If this is not clear, pure, conscious, true, be certain that your life is doomed to failure, for it will be the intelligences of the world of men that will be attracted. They will lead you to be selfish, self-important, haughty, to extract yourselves from the great breathing of the worlds in order to live only for the sake of the shadow that will have been placed as the master of your bodies and your lives led to death.

Father Gabriel, do you mean that, finally, wisdom is to live in love and purity, really like a family, by taking care of each other and never closing the doors?

30. No being is superior to another, everyone has virtues and different qualities and it is always together, respecting the Father and in mutual support that you are strong.
31. One who has knowledge, let him enlighten and take care of one who does not and who needs to be reassured, protected and guided.
32. One who knows how to call the Archangels, let him govern wisely and establish the reign of wisdom.
33. Let the one who takes care of the organization ensure that harmony reigns and that all beings find their place in order to take part in and make the overall work grow.
34. Let all beings be invited to take part in the work in one way or another, for it is by the happy participation, by activity that the path opens and the supreme goal appears.
35. You will not be great by what you have done, but by what you have allowed other to accomplish.
36. One who opens the door to greater participation, that one is a great organizer.
37. Work for the Light by opening the doors so that all beings, all their friends and the friends of their friends can take part in and then testify that you have allowed them to carry out a noble work that has enriched them and given a greater meaning to their lives.
38. If you stay alone, I tell you that the world will be unhappy with you and will no longer testify in your favour because you will not have opened for them the doors in order to share the treasure of the Archangels and the path towards a new way of being in the world.
39. Do not be uncommunicative and above all, do not ever enter into excommunication.
40. Rather be stable, awake, happy to be in such a beautiful alliance while sharing the treasure. This treasure is like the flame of Father Michael; the more you share it, the more it increases, gets bigger, enriches itself.
41. Correct yourselves in the values of the teaching of the Light, which are the strength of wisdom and love, living in harmony, in communion with all the kingdoms of the creation of the Father.
42. No world is excluded.
43. Understand that the stones want to enter into contact with the plants, that they themselves want to speak with the animals. Man wants to talk to all the kingdoms, with the Angels, the Archangels and the Gods. Then why want to exclude men?
44. Man excludes himself, for when he speaks to men, he confronts himself and makes confusion, the oppositions, the lack of clarity appear. In this way what appears in the conversation is that the human being is selfish, that he only lives for himself, without even knowing it.

45. Man has a big work to do to correct and educate himself. He is not able to be clear with himself, or speak with the worlds of the spirits, of the genies, of the egregores and the elements that live in him and in the other. He is enclosed in a bubble that only allows him to take into consideration what is targeted as important, but he evacuates everything else, notably the relation with the higher worlds. In spite of all, he is still going to say that religion is important, but deep down, this is false.
46. If man really seeks the living alliance with the higher worlds, it will be the priority of his life and in everything that he will meet, he will try to detect the message of wisdom that speaks to him.
47. Wisdom is not what you, you have decided, for it belongs to God and not to men.
48. If you know how to look, listen, enter into communication, you will perhaps perceive that the earth, the plant, the animal and man are filled with wisdom and that they speak to you.
49. Father Michael has said that everything that comes towards you is a carrier of a world, of a teaching, of a message, whether it pleases you or not. Indeed, very often worlds come to speak to you in order to reveal what you carry in you and that you lead them towards liberation.

245 Knowing to open and close the doors.

1. To learn to consciously open and close the doors is a fundamental wisdom and discipline of life. I do not speak only of opening or closing the doors in the physical plane, but in all the worlds, up to the door of the divine world.
2. It is obvious that for the divine world to open its doors to man, he must know how to close certain doors in his life.
3. Many are those who think they have mastered this wisdom, but I say to you that your life confirms the opposite.
4. I advise you to enter into deep study and discipline, for this science of opening and closing the doors is essential and will make all the difference in your life.
5. Do not take this wisdom to the first degree, and stop thinking this act is natural for you and that right now you are able, through will or a desire, to open or to close the doors. You can, but not in all worlds or in all situations.
6. The idea of opening and closing the doors with discernment, intelligence and will is a simple act of wanting to master one's life, one's destiny and become the main leader of the body, of the desires, of the moods and of the thoughts.
7. The leader knows what can enter into the body and what cannot. In this way he enforces the rules, the laws so that all the worlds that live in and around the body are themselves respected and can know peace, harmony and the reign of the good.
8. Many of you understand this law and accept it, even if in the application it is not so clear. But you do not understand that the body lives by itself and that you are not always the one who influences, directs and controls this organism. For example, if your body needs sun, but you do not want it, it will not listen to you and if by chance, it finds itself in the aura of the sun, it will disobey you and will take what it needs to feed its cells. It will do it despite your authority, simply because your will is not just, wise, intelligent. Whether you decide to open or to close the doors to the sun, it does not really depend on you.
9. What depends on your governance is to know your body so that you know what it needs, but also what lives in it and seeks to manifest through it.
10. If you do not awaken in this wisdom, you will not be able to understand with subtlety the real meaning of opening and closing the doors.
11. If at any given time of your life, you have left certain doors open through unconsciousness or ignorance, it is likely that this has become a habit and that you continue to do it without discernment.
12. While the doors are open, there is always a specific world that enters and influences the body to generate organs, or even an organism in it.
13. If the body has been initiated into greed, into lying, into pride, into meanness . . . and it needs it to satisfy a lack, even if you do not want it, the body will welcome it anyway, will open its doors to it and feed it, as soon as external conditions allow.

Accept this fact and understand that in some areas, the body is much more powerful than you, invading your being and the subtle organs that carry your life.

14. If you really want to learn to open and to close the doors consciously, you must know who lives in the body, who is the body and what it needs. Then, be good masters and give the body what it needs to know peace, harmony and felicity. Olivier Manitará then asked Archangel Gabriel: Father Gabriel, what can we do when our body asks for something we do not want to give it? Archangel Gabriel answered:
15. It is a question of direction, of education, of religion, of culture, of an art of living, of tradition, of heritage.
16. First of all, do not try to understand why you have been led into slavery, why you have been badly educated and why your life is a failure.
17. Rather seek to understand who you are and to know what you have at your disposal to carry out your path. Then, learn to open and to close the doors.
18. If worlds you now judge undesirable have taken up residence in you and have a right of passage and of use, then quietly, try to wean them, to limit their access until finally forbidding it to them.
19. It is not enough to say you do not want war anymore if a great many of the cells of your body aspire to conflict. Gradually, you must lead this world towards wisdom through good alliances.
20. Wisdom possesses the universal language, it knows how to talk with all the worlds and can transmit to them the importance of nourishing themselves in another way in order to journey towards a complete transformation of the counter-virtues that have chosen to make their home in man and live at his expense.
21. Awaken and understand that aspiration and will are driving forces, but are not the real tools.
22. You must use your intelligence in order to call the light of knowledge that will allow you to know without any doubt what you are, what you carry and what you live with.
23. Through the light of intelligence, you will be able to direct the forces and the influences at work in your life. You will be capable of perceiving what is harmful to your soul and to your body and you will not have difficulty separating it from your life, not by violence and dictatorship, but by the active participation of all the parts of your being in the service of the clear, wise common cause.
24. In front of certain circumstances of life, you will have the tendency to get irritated or to block yourself. If you notice this attitude while judging it as negative because you aspire to transform yourself, you will want to close this door. But remember that this is not enough, for this world is already in you and has already colonized your territory. The body will therefore want to nourish itself and override your command.
25. Only study, meditation, rites, the alliance with the work of God will allow you to regain control. It is in wisdom, harmony, gentleness, calmness, patience, benevolence that you will act. You will then distance yourself from the situations that bring on irritability and you will meditate on the scenes, the attitudes, the moods in order to

bring wisdom and the eye of the Light in all the situations, the thoughts, the worlds, the influences at work.

26. Know that if you do not enter the study and the discipline that make the body of wisdom appear in your life, you will lead neither your body nor your soul towards accomplishment, mastery, felicity and liberation. Your body will be constantly under an uncontrollable influence and the science of opening and closing the doors will only be a dead philosophy for you, a symbol of which you will not have the keys, for it will not be you who will open and will close the doors in your life.

246 You shall not kill Life.

1. I am happy with my temple on earth¹ and I invite all the women and all the men of good will to come there in pilgrimage to receive the blessing, to be purified, cleared, liberated. There they can receive the education that leads to the awakening of the higher consciousness and to the wisdom of the Angels.
2. I am the blessing of God and the relief of unnecessary hardships, but I am also a school of mysteries that opens a path greater than death.
3. To approach my temple is to enter into my aura, into my vision and stand in my presence.
4. The 22 commandments that I have taught you are a sacred discipline, an education, an art of living. They require study, an understanding, sensitivity, a practice that will give birth to a certain quality of water, to a field of life and energy favourable to communion with me, with my kingdom and with the soul.
5. The 22 commandments are part of me, they are 22 steps that lead to my presence, 22 letters of the alphabet of the Gods, through the combination of which everything is written in life and destiny.
6. Those who want to approach me, take their lives in hand and journey towards what is immortal must learn and master these commandments.
7. You must not stop at the letter, for it is only a support for concentration to awaken the spirit and life. That is why I have decided to offer you clarifications for each commandment so that you can enter into communion with me through right concentration, meditation, practice and realization. In this way you can gather in my school to meditate, pray and practice together.
8. It is by concentrating on intelligence and by practicing with an eye on achieving mastery in mutual support that you will become strong.
9. Since the dawn of time, the awakened ones have gathered to study and practice together in order to make the body of the Light and of union with God appear. Then, they split up to go into the outside world, where there are trial and temptation, in order to enter into the work of realization.
10. One who is able to resist the contrary influences shows that he has achieved mastery and that nothing can separate what God has unified.
11. As your ancestors did, you will unite in holy congregation to study and work on yourselves, seeking unity in God. Then, you will return into the world of division and you will put into practice what you have learned until becoming strong and making for yourselves a body, a life with my 22 commandments. Each one of them is alive, is a letter of the alphabet of the Gods, a door that leads to other worlds, a step that rises towards a higher state of consciousness and a mastery of the subtle and magical ethers that surround man.

12. In the first commandment: "You shall not kill life," I show you the connection between life and death.
13. Life is what I am.
14. Death is what I am not.
15. Life is immortal, while death is only a moment.
16. You must live with life and not with death.
17. Life is God. In everything that lives, it is Him, the eternal being, who manifests Himself.
18. The body carries the image of death. It must be respected, but it must not get the upper hand over what has generated the body, what animates it and asks to be born through it.
19. An apple is born from a tree and carries in it the potential birth of another tree. Man might find it is good to eat, but he must not forget the One Who is the creator of the tree, of the apple and of all the worlds.
20. "You shall not kill life" means that you can see the world with the eye of the body, which leads towards division, or the eye of the soul, which brings unity and union with God. So, God must not be led towards nothingness, poverty and death.
21. God is one, He cannot be separated.
22. You who are in a body with the consciousness of being separated, you must become a servant of unity, of what cannot be separated.
23. You must take care of what does not belong to death, what does not belong to you and what is bigger than you.
24. God is the source of life, on the inside as on the outside. He is your body, the One who creates the body, Who animates it and inspires it.
25. The body is a vehicle, an organ, an instrument, but you must be aware that it can become a servant of the shadow, of death.
26. The body must be in service, for it has an end, while the other pole, the spirit, has neither beginning nor end.
27. My 22 commandments are precisely the bridge, the link that allows communication between the 2 poles of existence. If this link is broken, man begins to live for the body and becomes a servant, an agent of death. No longer living as a soul in love with the spirit, he kills life in himself and around him.
28. You must take care of your own existence by making sure to maintain the connection of Light with the source of existence, by studying the divine laws and allowing your body to receive the best foods. In this way it can become an efficient instrument, a pure cup for the Light and the presence of the soul.
29. If the body is placed in the good atmospheres, if it feeds on the purest thoughts, feelings and forces of the soul, in the midst of the holy congregation and the house of

God, it will put everything in place to reveal another body in it and in the works of its life. This body is the one of immortality and of the life that is greater than death.

30. Man will not see the world in the same way according to the education, the heritage that he has received and the direction given to his life. For example, when hearing my first commandment, a man will say that he must respect life in everything that is alive. But you must realize that such thinking is very abstract, for it is difficult to concentrate on the multitude of worlds.
31. You must always start with what is concrete and possible.
32. A man who is a little more materialistic will say that he cannot take the life of an animal, of a plant, of a man or of an Angel because he must not kill life. This is a different approach that shows that the man has not been educated by the Light and that he does not understand what life is. Such a man is content to apply the rules at the level where he finds himself, that is, only in a practical, material aspect, without necessarily awakening subtlety and revealing the higher intelligence.
33. Understand that the life of which I speak is not the life that you know in your concepts, you who have been educated for death. That is why I speak of a bridge, of a stairway that can bring you to transform yourself and to meet me.
34. Life is like a flame; to stay, it needs to be nourished, protected, that it is taken care of, that it is maintained. If conditions and food are not offered to it, it will eventually die out. These conditions and elements are found in you; they are your will, your heart, your ability to speak, your breath, your eyes, your ears and everything that makes you a receptive and active being.
35. Whether you want it or not, whether you are aware of it or not, you are essentially a servant of life or of death.
36. I tell you, you shall not lead life towards death. It is a discipline, a path of awakening, a science, an art of living that I give you; it is a commandment and an obligation to live with me. If you understand it, if you feel it, live it and practice it, you are one with me.
37. You can lead life towards death in your intelligence, in your way of thinking, of looking, of hearing, of understanding the events, in your relationship with beings . . . For this, it is enough that only one of your organs, like your heart, be hurt, suffering. Then it will close, cultivate an attitude of hardening up to becoming a mineral. This process is linked to elements, spirits and genies that, ultimately, will lead you to cut yourself off from the connection with your soul and therefore with the higher worlds. That is why you must put all the conditions in place to protect all the organs of your body and of your life, for God is in them. By protecting them, you protect the path, the relation, the communication with God.
38. Protect your eyes until your soul can look at existence through them and it is not the shadow of the darkness that takes over your vision and looks at the world through you, using you to accomplish its will.
39. The greatest suffering is to imprison the soul in the darkness.
40. Offer yourself to life with the right intelligence, sensitivity and will.

41. Life is your soul.
42. The spouse of your soul is the great Spirit: God.
43. The body is the house of God, the temple of life.
44. The eye is the instrument of the soul.
45. In all circumstances, the soul must be sovereign and free.
46. Breathing is also an essential factor, for it opens and closes the doors on the inside of you; it is through it that intruders or friends go in and out of you.
47. The mastery of breathing brings health, order and harmony in the conscious exchanges with all the worlds.
48. Harmony protects life.
49. Remain vigilant, healthy, balanced.
50. Do not get caught by the dark side through speech.
51. Speech must be carried by the living breath, itself animated by the eye of the soul.
52. If speech no longer has soul nor vision, it becomes weak and can be captured by what leads towards division and death.
53. The speech of the soul brings life and builds in all things.
54. Do not constantly condemn, do not diminish, do not confine, do not flatter, do not allow lying, but learn to be just, by knowing when you must speak and when you must be silent.
55. Speak the right words to be a servant of life and give birth to the worlds of the Light.
56. If you are not like this, know that you destroy life; be aware of it.
57. Do not justify yourself in the darkness, but enter into my school, into my nation to work on yourself, adopt a new body and open another destiny for yourself and the future generations.
58. Educate your ears so that they listen to the subtlety of the worlds. Protect them like a loving mother and father so that they are linked to the worlds that elevate and not with what is devoid of soul, of greatness, of faery, of spirit, of genius.
59. Know that every day you commune with the world through your ears and that there is a world that makes noise only so that you can no longer hear what is alive, what talks to you about your soul and the greatness of the worlds.
60. If you continually hear only what destroys, you will enter into the great weakness of no longer having the desire to build life, to be a servant of the Light, of greatness, of the soul.
61. My first commandment is very concrete; it is close to you, to what you are and to what you can do.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, do you mean to tell us that instead of being too concrete or too mystic, we must just be ourselves and preserve the life that is accessible to us and that God has given to us?

Archangel Gabriel answered:

62. I say that there is the world of life, which is your soul, and the world of death, which can be represented by your body. So, you must know the 2 worlds and lead life towards the Light, towards immortality.
63. Life is everything that animates you. It is in your ears, in your eyes, in your breathing, in all your exchanges, in what you eat, in what you live, in what makes up your daily life and allows you to live.
64. Your daily life is a circle, a whirlpool that destroys life, by leading it towards death, or that liberates it, by making what is greater than the body appear.
65. "You shall not kill life" is a great word, a mantra, a magical word, a word of God, a sacred commandment that must become a support for concentration, meditation and awakening so that the new body is built. In this way man will be able to resist the assault of the doubt that leads into weakness.
66. Know that if the life that is insufflated into you for a time is not honoured, but on the contrary, that it is degraded, led into slavery and dishonoured, it will become a great suffering. That is why I ask the Essenes to protect life, to serve it through the body, nutrition, breathing, the eye, subtlety in order to nourish it, to make it grow and to transmit it.
67. Know that when man approaches his last breath, he must continue his journey through life, but understand that life is alive only through what is alive and not what is dead.
68. Death defines the end, what stops, while life defines eternity, what does not stop. In this way what you do with the life that was given to you by God shows your ability or inability to enter on the path of eternity. Either your life will have been a path of beauty and greatness, or it will have been only a path of death, only a flame lit to light up death. In this case, it will only leave behind elements, spirits and genies that carry a bad writing, a bad influence, a wrong direction leading beings to always relive the same experiences of confinement and devotion towards the darkness.
69. Life does not confine the worlds, it liberates them. It liberates man first, for he is the instrument, then it liberates the subtle worlds with all the beings that exist in them. Finally, it is the great life, the great soul that appear and manifest in all things. Man can then live with the divine worlds; it is the kingdom of God, for everything is animated by His spirit, His soul and His body.
70. Everywhere that you look at, in all the sounds that you hear, in all the words that you speak, there is the spirit, the soul and the energy of immortal life. On the other hand, if in all that, it is your personal will that manifests, know that life will give way to death, to what confines and destroys, even if it is not its path.
71. Life is profusion and it leads everything into greatness, liberation, eternity, immortality.

247 You shall not lie before the Truth.

1. "You shall not lie before the truth. You can lie only before a liar."
2. I have given this commandment so that man can awaken and understand the true meaning of the word "truth."
3. Most humans consider the truth as something that seems to be right, true, genuine, but I want to incite you to understand that man is not the criterion, that he is not capable of evaluating the truth.
4. The truth is great, it is God Himself, His manifestation, and it belongs to Him.
5. What is the truth? What is the lie? These are important questions.
6. If man thinks he has a right concept of the lie and of the truth, this means that he has not understood the laws of life.
7. The truth is beyond the opinion of man: it is.
8. Whether it seems just or unjust, positive or negative, founded or unfounded, the truth is and nothing, absolutely nothing can question it.
9. God is, the being is, the truth is and remains.
10. Man will say that if a person lies to him, he cannot speak the truth before him. To this I answer that a Child of the Light must know the laws, study and be educated.
11. What is is and remains.
12. If a being approaches you to offer you an intelligence or an absurdity, this stays and remains the truth.
13. Nothing, absolutely nothing can be outside of the truth, for it is the very principle of existence.
14. To be with the truth is to be with God.
15. No lie can be, for the very principle of the lie is non-existence.
16. An intelligence is an intelligence and an absurdity remains an absurdity. Man will say that since the intelligence pleases him, it is inevitably true, while the absurdity does not please him and is therefore a lie. From the point of view of the truth, such a reasoning is an illusion, because for the truth, everything is absolutely true.
17. The truth is the higher principle of order and justice, for it puts each thing in its right place and rewards each one according to his merits.
18. The truth has several degrees, for it is before all the principle of the creation of the worlds. Its foundation is to be: it is what is.
19. No being can be outside of the truth or manifest what he is not. In this way, the absurdity manifests what it is. In that, it is in accordance with the truth. It is the same for the liar; he is true, in the sense that he is a true liar. Similarly, one who is usurped

and false is true, in the sense that he is truly usurped and false; the same for one who is wise . . .

20. In fact, no man can be absurd or wise all alone; this depends on the alliances that have been sealed, on the nature of the consciousness and on the inner life.
21. To say that man lives by himself is a great illusion. When a man thinks and lives this way, he is in illusion, in accordance with the worlds that have engendered this illusion.
22. The acts, the words, the thoughts of man show who he is and with whom he is united.
23. If everything has truth as a foundation, maybe you will ask me what is the right attitude: must we always be in the truth or hide ourselves through lies?
24. The path of the Light is awakening.
25. Awakening in the being-truth is understanding that everything, absolutely everything has truth as a foundation.
26. Everything is true, everything is alive, everything is real.
27. A lie is real, it is true, it is a true lie.
28. The truth awakens, while the lie puts to sleep.
29. The truth establishes a relationship, while the lie isolates.
30. The truth reveals the intelligence or the mediocrity of the world.
31. The Essene must place himself in front of the truth to awaken, to centre himself and make its values and its foundations appear in his life.
32. The truth is wisdom that is not yet incarnated into the body of man; it is perfect knowledge, mastery and balance, for wisdom is the fruit of the harmony between the world of the truth and the one of the lie.
33. One who is not born to the inner life cannot know the truth.
34. The truth requires an individual connection, a personal relationship.
35. Before everything else it is towards himself that the Essene must apply the values and the discipline of the truth.
36. If man does not know his true being, he cannot know the truth. If he does not accept or does not look at what is the truth for him, how can he see it on the outside?
37. Man likes to be flattered, lulled by illusions, comforted through concepts that reassure him, a defined world that secures him. He only wants to hear a truth that corresponds to him and that allows him to advance.
38. The truth is and eternally remains.
39. “. . . you can lie only before a liar” means that it is necessary to awaken right discernment and never get out of consciousness or of the truth.
40. Man is not obliged to accept what happens in front of him by giving it the value of a seed that will grow in his life.

41. Man must be clear and in agreement with himself and not want to be fecundated by a world of lies that approaches him to invade him, conquer him, make him react.
42. Man has the right to protect his integrity, his purity and his path. This attitude requires a higher discipline and strength of character.
43. The man who is connected to the true eternal being is no longer in the lie, for he is true in everything that he does, conscious and wise. When the seed of the lie wants to approach his inner earth, he simply rejects it. He knows that the truth is always a messenger of God that makes a hidden world appear and that allows man to find an earth on which he can settle, or else that will engulf him.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, do you want to teach us that what is found on the outside of us is fundamentally truth, even if this seems an illusion or a lie, and that we must learn to look at the things, the beings, the events in a right way so that the omnipresent truth appears for us through consciousness, an awakening?

Archangel Gabriel answered:

44. This is my second commandment and if the man standing on the second step does not know how to put things into perspective and refuses what is true, he will never be open enough to hear the messages from a higher world, which will not necessarily tell him what he wants to hear and will not manifest as he wanted or hoped
45. . You, you tell yourself that if you want to find the truth, you must search for it as it is and not as you want it to be. This is right.
46. The truth is a path on which man must walk.
47. In the beginning, man does not know the difference between what is true and what is false. It is only by his own search, his inner awakening, his analysis, his study, his alliances that he will gradually enter the true meaning, until perceiving the great truth such as it is. Then the language will be universal, and understanding will happen in all the worlds.
48. The lie is only a fragment, only a vision of the world that separates, isolates, divides and finally, that does not correspond to what man is looking for and wants. This world is a truth, but it is not the truth. It is the opposition and gives birth to opposition.
49. One must not oppose, one must just be true in all the worlds. By opposing, man makes conflict appear and gives value to what he must not look at, for fear of being fecundated.
50. Enter into wisdom and understand that each virtue manifests itself in a basic and obvious way when it approaches the world of man. It is man who must welcome and look at the world in a right, balanced way, remaining in accordance with the wise intelligence of the worlds.
51. If man is centred in the true being, everything appears to him as the manifestation of a higher intelligence that teaches him and leads him towards nobility and greatness.

52. One who is stupid will see stupidity everywhere and make enter into him, without any discernment, sympathies or antipathies, which are open doors for disorder, for sickness, for the disturbance of the anarchic subtle worlds that seek to live and embody in the life of man.
53. Look at the things, the events, the beings as they should be looked at and only lead inside of you what enlightens you, harmonizes you, ennobles you and allows you to have a language with your Angel and with your immortal soul. The rest, look at it as a truth on the way that has not yet found the inner awakening and the guidance of wisdom.
54. Do not oppose, do not enter into conflict, do not weave connections, do not awaken sympathies-antipathies, do not make favourable or condemning judgements, for if you do this, you link up and open the doors of your being, of your destiny and invite your organs to make these worlds come into you.
55. It is not enough to reject a thing while saying that it is a lie and that you do not want it in your life; it is necessary to lead it towards perfection.
56. The lie is not knowing who you are and to be in a life that does not belong to you, that is not yours, but that has been ordered according to the requirements, the desires, the will of an intelligence that is not that of God, of your soul, of your Angel.

248 You shall not be a representative of pride.

1. "You shall not be a representative of pride and shall not manifest it in your life."
2. This commandment is clear and it reveals the 2 worlds: the one of God and the one of man.
3. Pride is the principal virtue of the world of man that separates itself from God. I would even say that pride is a quality in the world of man, for it makes the reality of this world appear.
4. Men judge those who are possessed by pride, while basically it is the force that built the world of man, which they admire so much.
5. Pride pushes man to not remain in the meanders of life and to want to reach a higher state of existence. That is why I say that this force is not negative in itself, for it allows man to appear, but it must be mastered and above all balanced so that he does not get lost and does not forget that God is omnipresent.
6. Man has not understood mastery; he was caught by the fact of appearing, of existing by himself and in this way has entered into illusion. He thought that the world of appearances could get him out of mediocrity, of a life without God and that by cultivating pretending, he could mislead, demonstrate his worth and extol the supremacy of his being. What is positive in this process is that everyone perceives it.
7. When a being is caught in pride, when he excessively puts himself forwards, extolling qualities he does not have or does not carry, placing himself above others, it has a good side, for everyone can perceive it. Man is not so stupid: he knows very well that perfection does not exist in the world of man and that to constantly show oneself under the best appearances demonstrates a great weakness and a lie.
8. Pride has a ridiculous side and it can even become extremely negative, but in its positive aspect, in the right measure, it pushes man to not close himself into his own little world and to refuse the idea of slavery.
9. Pride is a force that awakens man and pushes him to always go further, but if he goes beyond the limit of balance by relying on pride, he is banished from the divine world and from the conversation with the higher intelligences, for God does not exist in all this.
10. You will ask me how man can be banished since he already lives in a world that is cut off from the divine world and that is only a world of men. To this I will answer you that pride is what makes the world of man appear as being exclusive; it is the principle of usurpation, for the energy is diverted to be given to a world that is not royalty.
11. Royalty belongs only to God, to the Father-Mother, Who is the Common Good.
12. Through pride, man cuts himself off from reality; he creates another, illusory one, and puts himself in its service, thus letting go of the divine service. Then the divine world lets man go through with his madness, struggle and live in his world.

13. The world of man is tolerated by the divine world, but it is not integrated in it. That is why I tell you that pride is a question of balance, for it is positive to want to appear, to want to do things, to take one's life in hand, to make oneself be respected, but one must not cross over the limit that generates the separation from the reality of the subtle worlds and God.
14. If man loses contact with the great invisible, he is lost and that is the end of him; he then tumbles into the world of pride, which generates the false self-image, imprisonment and pretending.
15. I am going to be even clearer: pride is the force that allows you to appear, to exist in the world of man, to be a person, to manifest yourself.
16. Any manifestation rests on the unmanifested: God. In this way, if you speak, you appear and make appear, but the silence remains omnipresent.
17. If your speech is in accordance with the great silence, if your manifestation glorifies the great invisible, pride is mastered, balanced.
18. If your speech eclipses the silence, invades all the spaces to impose itself and glorify what is not, making a false world appear, the boundary is crossed and the world of man appears with its worship of pride. This becomes the new body, the new life of the man who closes all the doors and who does not interest the higher worlds.
19. To master pride, you must learn to control yourself in the world of appearances. You must be able to play with yourself and with the appearances, while remaining conscious of the great invisible. In this way, in front of the world, you must be able to speak, to sing, to create, to show yourself without shame or complex, not to reveal the mediocrity of man, but the greatness of God.
20. You must be able to be brilliant without the world of pride, vanity and usurpation awakening inside you, which would lead everything that you undertake not to honour God, but to feed nothingness.
21. Remember that God, the great invisible, is the source of everything and that you, you are
22. an instrument that must work on yourself to manifest Him in purity and truth. You must know how to make God appear through yourself, without succumbing to the temptation of believing that this comes from the mortal aspect of your existence.
23. It is important that there is no underestimation of self, for this would generate an effacement, but neither should there be an overestimation, which would generate a big illusion.
24. You must not be a representative of pride, for it is an imbalance between the fact of appearing and the one of being invisible, thus generating the non existence of God.
25. Man is a global, perfectible being, but if he makes the world of pride enter in him, in the long term he will become his own slave and will end up by living in the nothingness of life. Then God, the great invisible, will no longer exist for him and he will no longer exist for God.

26. Pride can be the dignity of man, but for this, it must be balanced, measured, dosed. Man must never go beyond the limit between the visible and the invisible, between the speech and the silence, between showing himself, appearing, imposing himself, manifesting himself and knowing how to be discreet, inconspicuous, disappear, dissolve himself in infinity. Man must be conscious of this limit and know how to put things into perspective between the manifested world, formed by the body and the personality, which are only tools, and the soul, which is universal, immutable, eternal, without boundaries, beyond the visible. If man does not have this discernment, he plays with fire and runs the risk of defining his life by enclosing it in only one world.
27. Paradoxically, pride is the force that allows one to appear, that materializes and gives a belief in the separate existence of man, a power, an image of the life of man. But all that is inhabited only by emptiness and nothingness, for it is separated from the source that remains eternally in the consciousness of the unmanifested, of the non-appearance.
28. God does not live in the defined, in death, in the limited. In this way the man who relies on pride as the only source of inspiration and of existence does not create any space to welcome a higher world and put himself in its service.

Olivier Manicara then asked Archangel Gabriel:

Father Gabriel, do you want to tell us that pride should not be the god of man, for it creates a shadow that takes the place of the soul and that the man possessed in this way banishes the existence of God in the eyes of men? Man must not show himself, but reveal the beauty, the greatness, the science of God through the instrument of his visible and invisible being . . . Is this what you want to say, Father?

Archangel Gabriel answered:

29. The way that God exists in the eyes of man defines what he is, his quality.
30. The more a man is able to manifest God through the instrument of his being in purity, impersonality and truth, without being diverted and captured by the world of pride, the more he is one with the divine world.
31. If man is invaded by his shadow, which will make him believe that it is he who is a genius, wise, intelligent, good, that all his qualities and virtues come from him, he is lost, for he has not understood what God is.
32. God is the non-existence in the world of appearances and He is the inner life on the inside, in the silence, in the unmanifested.
33. You will tell me that this does not interest men, who only want to live in matter, in the manifested world, to come to terms with existence, to get by, to parade, to show off, to succeed in the outside world, to shine in the eyes of others. Yes, of course all that is important for man, for it is his world, but I tell you that man can only give what he has. So, if he is empty on the inside, all his life will be empty and if he is full, he will be like a tree carrying a multitude of fruits.
34. The inner life is more important than the outer life, for it brings the soul or not.

35. Man appears as he is and if he does not carry in him what is, he ends up withering and fading. And one day, everything appears obvious: there are lying, deceit because the man lived only in appearances, making others believe that he had the answer, the solution, the knowledge, the power, while it was only deception.
36. One who is not united with the God of love, of wisdom, of truth inside of him cannot manifest these virtues, make them appear on the outside of him, offer them to others. Of course, he will appear, he will present himself in the name of freedom, of peace, but finally, his work will have been only slavery and war.
37. One who carries a virtue of God in him and who controls his instrument can take a piece of wood or a little bit of earth to make something beautiful, exciting, joyful, simply because he is filled. In this way he naturally makes the intelligence and beauty of the worlds come inside him. Then men will come towards him to acclaim him and it is at this time that he will have to be clear and know how to become invisible, know how to disappear so that the shadow can anchor itself neither in him nor in the work.
38. Only God is great and man must be His dedicated and well-mastered instrument.
39. One who has been captured by pride has no place in him to welcome a higher world; he only has some space for the false image of himself that the soul dead world of appearances sends back to him. He likes looking at his shadow, appreciating himself, showing himself to advantage. He likes to shine in the eyes of others, and without this, he is nonexistent.
40. All this is a mismanaged world, badly organized, unbalanced, for pride is a beneficial force when it is put in the service of the great invisible. For this, man must be educated, awakened until becoming a master in the art of mastering his person, his body in order to manifest the divine in life without being caught by pride. This must be measured in the image of essential oils, which can relieve, heal and bring a virtue, or sicken and even destroy if the prescription is not exact.
41. My commandment encourages you to study and understand the meaning, the value and the existence of pride.
42. If a man is taken by pride, it means a shadow lives in him and has taken the place of his legitimate soul; it is usurped by the negative intelligence of the world of man. Therefore the only thing that is left for him to do is to awaken himself by realizing that it is leading everything towards failure.
43. Only one who is filled with the Light and the divine force can be a being of royalty; the other is only a pretender.

249 You shall not make the others unwell.

1. "You shall not make others unwell by your thoughts, your words, your feelings or your gestures."
2. With this commandment starts the true learning of the worthy, awakened, responsible man, who individualizes in his universal being. Man then becomes an Essene, standing on the threshold of the school of the mysteries of God and of the work on self.
3. The first 3 commandments are given to allow man to break away from the grip of the darkness that animates his whole life if he remains passive.
4. To climb a step, to bring a commandment to life in order to commune with the God of water and acquire his point of view, his sensitivity make man an active being, who awakens and transforms himself.
5. Whether it is pride, lying or the destructive force, all these forces are linked to the life of the common man. Therefore it is obvious that if man does not go in the direction of awakening, of knowledge and of mastery, he cannot claim to enter into the school of the mysteries of God to be born to his true being and become a mother for God.
6. To be a mother for God means to be born oneself to the inner light as a universal truth and to have understood, lived the unity of existence. In this way you carry the other in you as a part of you, you are not separate in your universal being; therefore you must take into account all beings and all worlds.
7. The first 3 commandments are given for the education, the preparation, the cleansing of the mortal man. With the fourth commandment, man enters into the greatness of God: he realizes that he is not alone, that he is not separated from the whole and that the foundation of his life must not be to live only as an isolated individuality. He understands that he is part of a whole, that there is an intelligence in everything and that he must be in accordance with it, with its laws, its structure, its will.
8. Man is part of the divine higher intelligence, he has his role to play in the structure and the organization of the worlds. Therefore he must no longer be passive and unconscious, but awaken his living creative power, in accordance with the Angel, and become a mother for the other, a being who takes care of God, who constitutes a body for Him, nourishes Him, protects Him and makes Him strong. Then God will be able to continue to live, be free and organize the worlds by leading them towards balance.
9. The highest responsibility of man is to take care of God on earth and to offer Him a body so that He is in the continuity of consciousness and can transmit Himself to the future generations.
10. To transmit God to the world is essential for man, for what survives him is what he has brought into the world.
11. As Essenes, you cannot allow yourselves to give birth to whatever world by your thoughts, your words, your feelings and your acts. You must use these creative organs that God has put into you to make Him appear in truth, purity and in this way allow the future generations to receive this heritage and to live with it to make it bear fruit.

12. The man standing on the step of my fourth commandment has attained a major stage: he is awakened to the creative force that has been put into him by the higher intelligence of God. He then becomes responsible and enters into the impersonal service for the future by making the body of God appear. He is no longer a man who lives only for death in the present moment, but he opens to eternity, to continuity by understanding that everything is connected and that what he does now determines the future.
13. If man brings the seed of wickedness, of discontent into his ability to think, to feel, to want and to act, he opens a path and prepares a life, not only for himself, but also for a multitude.
14. Anger, gossip and all the counter-virtues are very real and if man gives himself to them, they enter into his earth to prosper, imprisoning him and making him a slave to lead him towards degeneration and not towards an awakening of the soul.
15. Man must be responsible for what he gives birth to.
16. Man creates the earth, the heaven, gives birth to the future and based on his alliances, the subtle worlds come to put in them their power, their kingdom and their strength of manifestation. That is why man has a central role in the balance of the worlds and he must be aware of it. His life is not nothing, it must be consecrated to the reconciliation and the healing of the worlds and above all not to bring forth unwellness.
17. Unwellness is a world in which other worlds come in order to feed, grow, take possession of the ground and finally become the kings, the gods.
18. An Essene is consecrated to a pure, sacred, living world. He himself must accept this consecration by consciously giving his life to what is true, intelligent, living, acting and in this way become conscious of all the seeds that he brings into the world through his instrument.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, do you want to say that to be an Essene is a state of consciousness, an attitude, a behaviour for humanity? If a man attains this state, he becomes an Essene. This state is incarnated by your fourth commandment, which says that man must be a living, universal soul and that he must master the 4 worlds that live in him through his thought, his speech, his feelings and his gestures. Is that what you want to say, Father?

Archangel Gabriel answered:

19. Man was conceived by God for a very specific purpose. He has a universal function for which he has received an instrument with organs that are worlds of manifestation. These worlds are the founders and the creators of the world of man. If man does not take possession of these worlds to be in the conscious and living service of the divine world, they will be used by another world. Man will then be diverted from his original purpose, from his mission and deprived of his true destiny, of his heritage.
20. If man does not know what he does, is not awakened in the dignity and the creativity of his being, he will be invaded, penetrated, fecundated by worlds of which he knows nothing, he will be unaware of these worlds that animate him, direct him and govern

him. If man does not know the origin, the foundation, the interests and the objectives of these worlds, he is in danger of becoming their blind prey. Then he will become irresponsible, provoking disorder, unwellness and eventually giving to hell the power over his life, his entourage, his destiny and the earth.

21. The 4 bodies named in this commandment are 4 gifts of God in the body of man; these are subtle bodies, organs of precision, marvellous tools put at the service of the inner man, of the soul to act, master and enter into the great service of God. It is by these 4 subtle bodies that man will be able to do something in his life so that God has a body and is victorious.
22. Some will say that for God, they have built a cathedral. This is beautiful and noble, but perfection is to master the 4 subtle bodies in oneself by making them conscious, alive and active, for they will then be able to awaken the inner life of man and connect it to a higher world.
23. Any man can build a cathedral while carrying in him bad thoughts, destructive words, unhealthy feelings, gestures that squander money, make the family unhappy, put vulgarity, conflict, pride . . . forwards.
24. God prefers that man works on himself and first builds a sanctuary inside him and in his life before making a cathedral appear on the outside. The outer cathedral will then be a reflection of the inner sanctuary.
25. Do not live only for matter, for what is seen, but also and above all live for the subtle, invisible worlds.
26. God is not simply a form, a symbol, a writing, an icon. He is first and foremost spirit and life, He is the great invisible and the soul of the worlds.
27. God is alive in the angelic virtues, which do not have a physical body, and man must precisely be educated to invite these virtues into him and bring them to life through his own life and his body.
28. Man must know respect, the sense of the sacred and keep himself in the ardent, determined, infallible will of defending certain values, of taking care of them.
29. If a man lives with God, if he presents himself at the threshold of His school of the immortal mysteries, he will have no other choice than to accept working on himself to transform himself and lead all his imperfections towards an ennoblement. It is through this consciousness, this state of mind and of soul, this attitude and the behaviour that corresponds to it that the cathedral that he will make appear on earth will take on all its value and will be blessed by God. Then God will come live in this cathedral because the spirits, the genies and the elements that live around the man will have taken part in its construction. In this way they can take their place in this place, which will become the house of God.
30. If man does not take part in the work in this way, this means that he is not a true builder. Then his cathedral will only be an empty shell, only an appearance devoid of the presence of the spirits, of the genies and of the elements animated by the will of God.

31. My fourth commandment tells you that it is first of all the ability to think, the speech, the feelings and the gestures that are the subtle organs that put the material man in contact with the invisible worlds. These worlds are invisible to the physical eyes of man, but they are visible for the higher intelligences that live and dwell in the subtle worlds.
32. Man can close the eyes of his soul to the reality of the worlds that surround him, animate him and come share his life, but know that as soon as these worlds are led through the speech, the feelings and the gestures, this becomes concrete and constitutes a body that appears.
33. The Essene seeks to give a body to God, to bring God to life all the way into his flesh, according to the consecrated word of the divine mysteries. To accomplish this sacred work, the Essene must be educated in order to only be visited by certain thoughts that make part of the alliance of the Light and of the circle of the Round of Archangels and of the Essene Nation. As for the other thoughts, he must not accept them in his life, but learn to master them, to control them so that they do not control him.
34. Know that the circle of the Round of Archangels is the body of God in creation.
35. When a man enters into the Round of Archangels, a seal of Light is placed on him in the subtle worlds so that he is recognized by the invisible worlds as an Essene who takes part in the great work of the body of God on earth. Of course, he is not yet an Essene in his own right, but he is in training and carries a sacred world on him that will determine him. In this way his path is drawn and becomes stronger than the other paths drawn for him before.
36. The Round of Archangels is a divine thought, a divine word, a divine feeling and a divine gesture; it really is a world that comes around man and in man. This seal brings the power of the alliance with the Angels and the Archangels. It is a real power that will increase the creative power of the one who carries it, for the spirits, the genies and the elements are going to activate themselves 10 times more than for the majority of other men. This is where this commandment takes on all its value for the Essene, for power always needs responsibility. That is why each Essene must commit himself in this process of study, of education and of mastery of the subtle organs with which he creates and fecundates the world and transmits the virtues of the invisible worlds to the future generations.
37. If the worlds of the thought, of the speech, of the feelings and of the will are full of excrements, it is certain that the future generations will inherit them, carry them and transmit them in their turn to their children. Then life will no longer be nobility or evolution; worse, it will be useless for God and the soul.

250 You shall not seek to acquire what is not yours.

1. "You shall not seek to acquire what is not useful to you, what you do not need and what is not yours."
2. The purpose of this commandment is to awaken discernment in man: has he identified with his soul, which belongs to the divine world, or with his body, which belongs to the world of man?
3. Most men identify themselves with the outer world, with the appearances that shine, that appear to be bright and that seduce the body. They look at this world and try to become like it, to integrate themselves into it.
4. Man forgets his inner life, his true being, his soul, his immortality; he does not ask himself if everything that appears on the outside is for him, belongs to him and above all, if it nourishes or puts out the inner light. He thinks that he will find everything he needs on the outside and this is how he becomes a consumer, a being who favours having instead of being.
5. Man believes that everything that exists can be useful to him and nourish him, but he has not made a difference in his life between what is immortal and what is mortal. So, there is a world that makes man grow and another that destroys him. Without this right discernment, man is instinctively like a child who puts everything into his mouth naively, thinking that everything is good for him.
6. The uneducated man wants to taste, to take, to assimilate, to become, to experience everything that pleases him, seduces him, charms him. He has not understood that there are experiences that damage, injure or handicap.
7. There are worlds that must not be approached, for they remove knowledge and make one lose the consciousness of the true nature and identity of man.
8. This commandment pushes man to know who he is from all eternity and also to be freed from the wrong identification that denatures him.
9. You must manage to recognize that you have been made by an artificial world that has been thought out, built, organized, fashioned so that man can identify himself with an outer world that is foreign to him. In this way, his whole life, man seeks to adapt, to fit in, to conform to this world that monopolizes him and annihilates him. He seeks a social status, recognition and is ready to adopt anything that is proposed to him: a family, work, a house, children, a life full of activities in order to have the right to the happiness that the world of mortal men dangles in front of him. But in all this, there is no place for the awakening of the life of the soul and to make the body of immortality appear.
10. The soul says to man that he only needs to nourish his inner life consciously through the worship of the angelic virtues, through respect and service to the worlds that please the divine world.
11. When man is no longer in the alliance with the angelic virtues, he is lost for the Light. If he believes he is alive because he dons a cloak of illusions or because he has

acquired a social status, he walks in the darkness under the hold of the misleading light. Such a man can be great in the world of man, but he is nothing, he does not exist in front of the divine world.

12. The divine world is not against social status or success in the world of man, but when there is only that and that the inner life does not take part in it, this is nothing in front of the higher worlds, this is non-existing.
13. For the higher worlds, the outer world does not exist if it is separated from the inner world and the presence of God.
14. Awaken in order to know yourselves and not to identify with what is not you.
15. When I speak of the divine world, I indicate happiness to you, what is in you, your source.
16. When I speak of the world of man, of the made up world, I speak of suffering, what is on the outside of you. You will tell me that there is also happiness in the outer world, but this is only a pretence that is always mixed with unhappiness.
17. Man will never be able to completely master the outer world, for it does not belong to him.
18. A man can master himself, but for this, he must know himself and remain himself.
19. It is above all the inner life that defines man and it is only through it that he can organize the outer life in a right way to serve God.
20. If man is dependant on the conditions and circumstances of the outer life, he associates himself with what is not his and he gets heavier.
21. The further man distances himself from the inner source, the more he loses himself. Then he attaches himself to the worlds that make him suffer, transforming him into a puppet, leading him into slavery, stealing his light, his vital force in order to exist in his place by usurping his identity.
22. To steal the vital force of a being means to monopolize his ability to think, his senses, his beliefs, his dreams, his identity and his destiny. That is why you must know your true nature and not covet what does not belong to you, what is not destined to you so not to create suffering and not to cultivate what creates perdition.
23. You must not awaken the serpent of the desire for what is not in you. If you awaken this serpent, it will feed itself with your strength and will push you to get out of yourself to covet what is not in you, in this way leading you into suffering.
24. You will end up by being unhappy from what is not yours and what does not belong to you, does not concern you.
25. What is in you belongs to you, while what is outside of you belongs to another.
26. To know what is yours and what is not yours is the key to my fifth commandment.
27. The soul is the Light, and the world of man is a shadow that carries the seed of death.
28. Knowledge, right discernment must be in you. If they are outside of you, it is only an illusion of knowledge, of strength, of harmony, of happiness.

29. The vision must be in you. If it is not in you, who looks in you?
30. You can consider an event with wisdom rather than with fear; everything depends on the look, on the point of view. Then what appears as happy is not anymore and what appears as suffering becomes a path of Light.
31. One who looks with the eye of the Angels sees everything from the point of view of the immortal virtues.
32. If your life depends on the outer conditions and circumstances, you are a slave. If, in addition, you seek to master these circumstances by abdicating your inner being, you are stupid because you covet what will never be yours.
33. Freedom is an inner path that passes through the worship of the Angels, the Archangels, the Gods and the clear and conscious alliance with the Father and the Mother.
34. "The Angels" means the invisible worlds that appear in the inner life of the man educated so as to perceive the subtlety of life.
35. The weakness of man is his mortal body with its needs and the outer world that surrounds it.
36. The strength of man is his inner life turned towards a higher, subtle and sacred world.
37. One who lives in harmony with the higher worlds and himself without meeting opposition knows freedom.
38. One who stops at opposition is taken by slavery.
39. One who covets the good of others is a slave, for he has lost the link with the inner heaven and with his own good.
40. Heaven is eternal, immortal like the Light, while the earth belongs to time, to what passes.
41. Live with heaven and remain faithful to its commandments, and on earth, be a passerby.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, what do we do to not succumb to the hold of the outer world, which seems to become stronger and stronger and that, often, bewitches us, monopolizes us, invades us?

Archangel Gabriel answered:

42. Do not confuse an empty box with a full box.
43. The world of man is an empty box, Of course, it is perfect; it is made to attract the eye, stimulate the senses, awaken the curiosity, the desire, but it is empty, it does not give plenitude, peace, satisfaction. No sooner have you opened the box that satisfaction leaves you, for there is nothing inside. When I say "nothing," it means dissatisfaction, for there is never anything.
44. Nothing is slavery, dependance, the loss of what God has given you to build His kingdom and make His government appear on earth.

45. The world of man is a world of packaging. So, while you have given everything to acquire the box, you find yourselves famished, for the cereal is not in there!
46. The divine world will awaken in you another way of seeing the world. It will tell you and show you that it is more important to nourish yourself than to buy a nice box only to be visible or to appear. This might seem foolish, but yet it is in this way that men live: a world has told them that it was more important to be visible than to be. Then they pretend for everything, pretend to eat, to look, to think, to love, to live . . . Afterwards they are famished and enter into war.
47. You ask me how to resist this world . . . I answer you that you resist stupidity by cultivating intelligence.
48. Know that intelligence belongs only to the Angels.
49. If man is stupid and in addition, he thinks he is intelligent, it is very difficult for him to resist this world of appearances and destructive forces, for he belongs to it. He must enter into the Round of Archangels to be within a framework where he is going to receive the necessary education, strength and training. Then, he must work on himself, discipline himself to enter into the service of certain fundamental and universal values that will be part of the constitution of his new body.
50. Awaken your inner knowledge of yourselves, of your heaven and of your earth.
51. Do not seek to take what belongs to others, and do not seek to be what you are not simply to have value in the eyes of a world that has no value.
52. Do not feed yourselves with what is useless and will not lead you towards liberation.
53. Do not accept into your inner life everything that you see around you and that you meet in your life.
54. Put guardians in front of the gates of your inner life so that you are not fecundated by everything that presents itself to you.
55. Do not conform to the world of man, but remain yourselves, in consciousness and truth.
56. In the world, take only what you need to please your soul and your God.
57. Do not seek to live in the world of appearances, but seek freedom, lightness, intelligence, nobility, subtlety so that the divine worlds, which are the source of your existence, can rejoice in you, appreciate you, love you and bring you their benefits.
58. If man is already filled and monopolized from all sides, continuing to accumulate what has no value, there is no room left to welcome the Light in his life. If the Light could touch him, it would tell him to lighten up, to make some room and return to the essential values that are greater than death. But man does not want to hear this word, he prefers to sleep, to dream, to act like an idiot, get drunk, consume, make no effort . . .
59. Ideally, man would like for everything to be done and that he only had to take advantage of it. But such a world does not exist, for man is in becoming, he is on a

quest for his destiny; he is not perfect and he must work on himself to take the reins of his life, to nourish his soul and make God appear in his life and in life.

60. Do not overload yourself with what is useless.
61. Do not flout the rules, the heavenly order and the higher divine principles only to satisfy your desire to consume.
62. One who is seduced by an outer desire loses the inner connection. He is in this desire all the way up to becoming one with it. When he will have attained the goal of the seed that has been put into him by this desire, this will no longer interest him and he will give up this seduction to succumb to another, in this way journeying from one empty box to another empty box, without ever nourishing his soul or revealing God.
63. Man only wants to be filled and believe that he exists.

251 You shall not look at what you must not look at.

1. "You shall not look at what you must not look at for fear of being possessed."
2. This commandment is the continuation of the previous one, which says to man not to seek to acquire what is not useful and what does not belong to him.
3. You must know who you are and what you must do in order not to look at what you must not look at.
4. This commandment speaks for itself, it is clear: it is a commandment for a disciple, that is, for one who practices discipline for the purpose of carrying out a work.
5. Everyone can easily note that to look at something invokes, attracts a whole world of influences in one and around one. If the thing looked at cannot be supported, digested, assimilated, transformed into wisdom and into an offering to God, it can create a blockage, an imbalance that will make one lose the knowledge of self, the inner light and the union with God.
6. Many are those who have lost their inner light because of a look, of a badly controlled vision.
7. Know that, on the path, the test exists and that man will be evaluated according to his belief and his faithfulness towards God.
8. My sixth commandment indicates the world of animism and magic to you. It tells you that everything is alive and has an influence. It also reveals to you what you are, what you carry in you and above all, the true nature of your belief, of your conviction and of your union with a higher world and an omnipresent intelligence.
9. Often, it is in a test that the true nature of man appears, that he shows who he is.
10. It is so that man be tested that there are the world of the Light and that of counter-virtues.
11. God wanted it this way.
12. Tell yourself that if a test touches you, it is because God has allowed it. Nothing can happen to you in life if God has not allowed it, for God governs all the worlds.
13. On the day of the test, if he is not prepared, man falls and is invaded by the world of counter-virtues. For example, doubt or fear will enter into him and take possession of his destiny by governing his life. If this world manages to enter into man, it will take command of his life, bring him to commit acts, destabilize him and lead him to lose everything he has, especially his connection with the Light.
14. Men should be into the education and the mutual support that allow developing a certain vision of the world and living with wisdom. In this way they would get stronger from age to age, through the generations; they would protect themselves from evil, strengthen themselves in the Light and pass through the regions of the test more easily.

15. If doubt enters into you, it will establish itself and grow up to form a body and impose its world, its vision. That is why you must not let it enter; there are worlds you must not associate with.
16. Often, man wants to understand why he comes across a test. To know it is good, but man must know why he wants to know, what is it that motivates his quest. Is it to walk towards wisdom, to offer his test to God? Or is it to calm the doubt that has entered into him, the disorder that torments him and that now has taken possession of him? Who is the offering for?
17. The offering is the ultimate purpose. That is why it has been said: "Honour thy Father and thy Mother." But who is the gift for? To know this is the foundation of all genuine knowledge.
18. Why seek to know why you live a test, for if you live it, it is because it has a reason for being and if this reason has touched you, it is because it is blessed by God or, at least, that God has accepted that it touches you. So, it is up to you to know if your inspiration comes from your faithfulness to God or if it is this world of counter-virtues that inspires you to protect yourself and to seek the solution. This is a hard test and few are the men who manage to go through it.
19. Few are the men who manage to raise their thinking and their understanding up to this subtlety of the worlds. This commandment invites you to do it; it seeks to awaken you in front of certain worlds and to strengthen your confidence and your living connection to the omnipresent intelligence of God.
20. There truly are worlds that one must not look at, otherwise the untrained man will be attracted by the void and fall into the abyss.
21. When man is touched by the test, he is injured. Then, many beings that inhabit him and that live around him talk to him to encourage him to walk in only one direction, that of doubt and of non-stability of life.
22. An injured man suffers and this suffering monopolizes him and occupies his being. But there are greater worlds that seek to lead him towards healing. If he does not go towards these worlds, the man will remain blocked and imprisoned. So, if you look at something, this must be in order to lead it into wisdom and offer it to God.
23. If you must not look, it is because you do not have the ability to make wisdom appear; then doubt or other counter-virtues can come to live in you and govern you.
24. What is not led into wisdom and offered to God opens the door to the virtues contrary to stability and intelligence.
25. The man invaded by the world of doubt no longer pays God, he no longer nourishes intelligence, but he pays this world that now lives in him and generates disorder, anarchy, trouble.
26. The man taken by doubt is deprived of the earth of his ancestors, of the gift of God and in this way he loses confidence in himself and in everything. He then relies on nothingness to govern his life, for he no longer believes in the angelic virtues, or in providence, or in wisdom, or in the higher intelligence that makes everything right and perfect. One who opens this door and is invaded will subsequently find it difficult to

free himself and often, he will have to endure the presence of the intruder his whole life. That is why you must prepare yourselves, educate yourselves and strengthen yourselves by mutual support.

27. If doubt has opened the door, it is rare that it goes out and closes it again.
28. Doubt like fear are powerful beings; they are omnipresent and know the weaknesses of men perfectly in their smallest manifestations. That is why, as the Essene Nation, as a people of priests and priestesses dedicated to God, you must protect yourselves, educate yourselves and know your weaknesses.
29. Not to look is strength, determination, wisdom, understanding.
30. There are things you must look at and others not.
31. It is necessary to look at what can make wisdom, the Light grow and sometimes, you have to accept the test, be patient, remain stable.
32. Remember: what makes you lose your stability is not good.
33. The structure of your life must be placed on solid foundations that offer you an unfailing stability, able to assimilate all the shocks.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, when a test touches us, we are often disoriented, we are not at the best of ourselves. So, what do we do to not seek to know, to not try to understand and to remain in the point of view of God and the confidence in Him?

Archangel Gabriel answered:

34. Such an attitude is part of the path of Initiation.
35. The success of the path of Initiation, and therefore of the tests, is a good preparation.
36. If a world approaches you and speaks to you, you must be unwavering in faithfulness to God. No matter what you are touched by, you must remain stable and doubt must never become the shield between you and God.
37. If God wants to touch you, He must be able to do it even through a test and you must not prevent Him from it.
38. Doubt is a sly being that makes you believe it protects you, that it strengthens you; but this is false, it weakens you and robs you. It insinuates itself quietly, without making noise and it ends up by destabilizing your whole world.
39. To protect yourself, we do not ask you to be wise, but only not to look at more than what is in front of you. If you are a sage, you can look at more, but if you are not a sage, do not look.
40. Do not seek more than what you know because, in truth, it will be endless.
41. The world of counter-virtues is a bottomless chasm. If it enters in you, it will not stop sowing doubt, doing everything so that you have no more earth, no more confidence and that, finally, you make decisions that are not good ones and that lead everything towards nothingness.

42. Know that this commandment is not a punishment or a condemnation, but only a force, a support, a stability, a rescue, for on the day of the test, man is naturally weak, weak from his ignorance, from his non-understanding of what is happening to him. Then, if he does not control his look, he will seek to regain his stability through understanding and that is when this world will be able to enter him like a virus, like an intelligence that wants to control him, animate him, be the source of his life.
43. You must never lose touch with the Mother, with the confidence in wisdom, serenity, stability, rest, patience, inner plenitude. In this way you will remain under the protection and the influence of wisdom.
44. If you are destabilized, do not seek to enter into the world of counter virtues, for you do not have the weapons to confront it.
45. If doubt conquers you, know that you will be lost for the Light.
46. Doubt is a seed and a world that manifest themselves under various aspects and forms, but its constancy is that it only rarely leaves its place and does not abandon the territories it has conquered. It insinuates itself into all the recesses to colonize all aspects of the life of man. Then man loses his peace, his serenity and the contact with the earth. He finds himself between 2 worlds and no longer knows stability.
47. Be wise, do not look at what you cannot look at, for otherwise, doubt will possess you, it will invade your whole being and you will be lost.

252 You shall not eat what has eyes.

1. "You shall not eat what has eyes, you shall not bring corpses to your mouth."
2. God has created humanity with beings who have received the eye and others who have not received it.
3. The stones and the plants are part of the humanity that did not receive the eye.
4. One who receives the eye must be a guide for the other.
5. God gives to one so that he gives to the other.
6. What God gives must be led into expansion.
7. The eye is the wonder.
8. With the eye, God gives the possibility to individualize oneself and to build a destiny.
9. The animals did not receive the eye in the same way as men.
10. Among men, everyone did not receive the eye in the same way.
11. Among those who have eyes, there are those who see and those who do not see.
12. One who has the eye can become an individual, while one who has not must evolve collectively and in association with other worlds.
13. If the commandment proclaims that one should not eat what has eyes, this means that one must not lead the Light into the darkness, that is, not divert the energies at work or imprison one who comes in the name of the Eternal.
14. If you eat what has eyes, you will have to take charge of its evolution and all the work it had to do by itself through its contact with the great light.
15. The unconscious man is convinced that the animals and even certain men are inferior beings, subject to his authority, to his superiority and that it is by his domination that he will manage to make humanity and the earth evolve. This concept is not quite right, for if it is true that man and the animals can allow the humanity that does not have eyes to evolve, this must nevertheless be done in accordance with the light that illumines the eye and body.
16. With the eye, a being receives the possibility to live with the soul so that it is present and acting individually.
17. A being living with an individual soul can lead those who do not have eyes into a beautiful and happy evolution.
18. Each being that has a conscious, sighted soul receives a destiny to create, a role to play, a mission to carry out that implies means to put into action.
19. If a man uses his eyes to do wrong and lead the Light into extinguishment, for example by taking the life of a being that has eyes, he will have to carry on him the evolution and the mission of this being. When I say "take the life," this can be in

several ways: a man can kill an animal to eat its flesh, but he can also turn a man away from the mission that is his by darkening his soul.

20. It is possible to use the life of a being that has eyes and gives it voluntarily, consciously, thinking it will fulfill its destiny.
21. A being can only be used with the consent of God, of the soul and of the higher angelic intelligence. In this way an animal can judge that its destiny on earth is fulfilled and that its mission now is to leave his body by giving it to man. Then, indeed, it will be possible to use the offering of this animal.
22. Remember that every offering must be for God.
23. God must always be paid with a pure and true offering. If this is not the case, there will be a debt at all levels and the man who will have generated it will have to pay it, with the consequences that ensue from it, notably by taking charge of the destiny of the animal, which he will have to make evolve inside of him.
24. Some men will say that they agree to carry the evolution of the animals inside of them. This is praiseworthy, but to help, you must be clear, educated and strong from the eye of God. It is not about taking charge only of the individual evolution of the animal, but also that of the soul-group that journeyed through this animal.
25. If you want to work with the Light, you must open the eye of the Light and not that of the darkness, which encloses in the world of man and in misconceptions.
26. Remember that each being has more or less an individual destiny but is also connected to a soul-group that has a collective destiny, which itself is connected to the evolution of the earth.
27. If man has received eyes, it is to be able to guide himself, and if he makes a mistake, there will automatically be consequences.
28. It is true that eating a being that has eyes has consequences. I am not talking about the physical aspect, or from the subtle and magical point of view, I have rather awakened you to a higher aspect, that of destiny.
29. Man must already carry his own destiny before wanting to take charge of that of the others. Furthermore, before wanting to participate in the great work of God, you must be associated with the Light in truth and not in illusions, dreams and misconceptions.
30. Each world wants to fulfill its destiny in a free and individual way.
31. It is by fulfilling his destiny himself that man, individually and collectively, can help and support the other kingdoms and worlds to fulfill themselves. Therefore it is not about taking charge, but rather about an individual awakening, education and fulfillment.
32. The eye individuates and brings the kingdom of the Light when the individuation is true. This kingdom is not the one of the darkness, of slavery, of falsehood, of the illusion of freedom and of fulfillment. It is not about taking charge of the destiny of an individual while violating the freedom and the right to choice and self-determination of this individual.

33. Some animals and plants accept being offerings to God and even want it, for they aspire to acquire an individual soul, to one day be able to meet the Light and fulfill their own destiny in the Light or the darkness. For this, they have need of those who have eyes and in whom the soul can have a look over the incarnation and the individual that is born from it. That is why it is important not to put what is dead into your mouth, otherwise you will build for yourself a body with death and you will become more and more materialistic. Then subtlety will distance itself from you, you will opacify and will only see the mortal aspect of life. 34
34. Nutrition is a science and an art of living that open a path towards the greatness of the subtle worlds or close it.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, what about the animals that are sacrificed and that do not want to be given to humans?

Archangel Gabriel answered:

35. This is not the subject I wanted to talk to you about; I just want to awaken you and incite you to understand that you need to lighten your lives, that you do not have to carry what weighs you down, what encumbers you.
36. Abstain from the false concepts, from the habits, from the behaviours, from the erroneous lifestyles that have been inculcated in you in order to weaken you, put you into debt and lead you into slavery.
37. Study and enter into the angelic intelligence in order to understand and respect all the worlds.
38. Enter into harmony and be in osmosis with the great intelligence, with the great soul, with the light that enlightens, fills and animates all worlds and all beings.
39. Often, man does not awaken, he does not open his eye, his consciousness, his higher being and contents himself with living and doing what he has been told and taught.
40. Stop not awakening, stop following blindly, but live with consciousness and love.
41. Know that in a general manner, the animals were not sacrificed to feed men, but rather to quench the thirst of ferocity of the demons invoked by men.
42. Since I have spoken these words, this psalm, may you hear it and understand it, knowing now what you do and what you take part in.
43. To those who want to walk with God and His Angels, to be in conformity with the Light and their immortal soul and enter into the ray of the evolution that conforms to the will of God, I say: open your own path without weighing yourselves down, without carrying the destiny of the others, without unconsciousness.
44. Awaken.
45. When an animal is sacrificed without its consent and without being offered to God, this feeds aggression, war, violence, like a poison that eats away at the worlds. This makes diseases, misfortunes, afflictions appear that subjugate man, make him weak, poor and dependant on what is dark. Then man loses his light, gets irritable, weakens,

becomes aggressive, for he has been poisoned by the animal that refused to give its body, that opposed the false destiny, the false religion, the false science, the false culture that man imposed on it. An animal, because it has eyes, refuses what does not conform to the light of its soul, to its destiny wanted by God and its opposition brings forth conflict and destruction.

46. Man will say that an animal is not important and in this, he only speaks of himself, of his point of view; he does not take into account the point of view of the animal. In this way he shows who he is, who animates him, who looks in him.
47. Man is not the king of the earth; he is just part of an organism bigger than him, universal, of an ecosystem that goes beyond him and he must abstain from disturbing the balance of the worlds by only doing what pleases his sick head and by only wanting to carry out his whims.
48. Abstain from eating what has eyes and from carrying corpses to your mouth.

253 You shall respect your oaths and commitments.

1. "You shall respect your oaths and commitments in front of the divine worlds until your death."
2. Commitment is the whole man.
3. Do not commit yourself lightly, for your commitment shows who you are.
4. Your commitment tells you whom you serve in life, whom you finance, whom you work for, before whom you bow and reveals to you why you commit yourself.
5. To position yourself and act in life must not be motivated by an ephemeral, unstable, inconsistent world, by momentary likings, wants, desires, visions that are true for a while and later are not.
6. Do not call the subtle worlds, whether magical, spiritual or divine, when you are not clear, when you do not know yourself, when you do not know what you want and above all, who wants in you, who motivates you and which world animates you.
7. The majority of men are ignorant, badly educated beings, unconscious ones, puppets that speak words of commitment without really existing, without being able to be faithful, constant and to lead their commitments towards completion.
8. Men call worlds, make promises, bind themselves by oath, then they forget, pass on to something else, letting themselves be invaded by another world that brings them another motivation, another interest, another point of view. They think that it is enough to make a commitment and that after they have nothing more to do, that they do not have to furnish the effort so that the purpose of the commitment is realized. They commit themselves by believing that the subtle world has to carry out the work alone, bringing them all the conditions so that the commitment is respected.
9. It must be clear that in a commitment, each one must do his part. Man wants to put above him beings that will protect him and take his life in hand, for he knows that he is ignorant and that he needs help to bring his life towards what is right, true and good. It is a good thing to conclude alliances and to call on one powerful writings that are going to act, but it is not about doing it once: it is necessary to maintain them through acts, in the image of a fire that has to be fed and protected to be able to stay with man and bring him its benefits.
10. If you do not take care of the worlds and the beings that you have called by your commitments, if you do not nourish them, do not feed them, do not do your fair part, they will leave you; then other worlds will take their place and will lead you where you do not want to go.
11. If you make a commitment that binds you to the divine world, promising by oath to do such thing or to maintain such world, know that you anchor your word and your being in the world of eternity.

12. The divine world is at the same time eternity and the whole of all the worlds. In this way, by making a commitment in front of God, the man appears before all the worlds, before the elements, the spirits, the genies and the egregores.
13. All the worlds look at the man who gives his word to God and all expect him to be faithful and respect what he said.
14. Do not be an unconscious one.
15. Do not make a commitment according to the likes and dislikes of the moment, for you will be attached to all the oaths that you will have taken throughout your whole life and your lives.
16. When you commit yourself, it is your life that you give. Understand that you will not be able to go back on this and even less forget it.
17. The unconscious one will say that when he took such commitment, he was in such mood, was thinking in such way or was living such experience. Such a being is not; he is lived by worlds that desire, that wish in him and animate him without him knowing.
18. When you make a commitment, you must do it while being settled on the earth of consciousness.
19. The commitment before God or before the Round of Archangels must be conscious, for it is going to determine your whole life and your future lives.
20. It is important to speak the right words when you speak with the invisible worlds, clearly defining the duration of the oath and the mission that you commit yourself to, for each word is alive and must be placed in the image of a guide that you are going to follow your whole life.
21. If you do not carry out your part of the work, thinking that the invisible worlds are going to take care of you and do the work in your place, you are mistaken.
22. In your commitment, there is the work you have to do, the part that is yours. Know that for this part, you will not be taken care of, for it is yours, it belongs to you, it is you and your future. It is therefore up to you to take yourself in hand and respect your commitment, to put everything in place so that the thread of the alliance is not only not cut, but that it is strengthened until it becomes indestructible.
23. Your commitment shall be honoured in every point.
24. In front of the responsibility of their commitments, the unconscious ones will say that they no longer have the conditions, that it was in another time, in other circumstances . . . To those I answer: if you are subjected to the outer conditions, do not speak a commitment and do not bind yourselves by oath with the divine world.
25. The commitment before God is the most important act in the life of a man.
26. Taking the vow to serve the Round of Archangels is fundamental and must be honoured.
27. If you commit yourself, be conscious, be sure, be alive and know what you are doing.

28. If you make a commitment, know that it is really made and that, whatever you say afterwards, it exists, it is there, it is alive and that all the subtle worlds see it and look at you according to it.
29. Maybe you will ask yourself what to do if you do not manage to honour a commitment that you made without true consciousness . . . You must then present yourself in front of the invisible worlds with respect, with consciousness and speak the right words so that your request to no longer be committed is heard. So that it is accepted, it is necessary that you are clear and that you have the right arguments.

Father Gabriel, what do you mean by a commitment in front of the invisible and divine worlds?

30. There is a kind of commitment that is taken in front of the spiritual worlds, like for example, the one that is appended by the sacred rite of marriage between 2 spouses. The man and the woman go towards the representatives of God and commit themselves by the rites before the spiritual worlds until death. That means that the engagement must be respected for this life.
31. The elements, the spirits, the genies and the egregores, that make up the spiritual worlds, will not be satisfied if the man does not respect the commitment that he took in front of them. Such a commitment does not really concern the divine world, but it is made so that man cultivates a beautiful life and a right relationship with the subtle worlds that surround him. It is fundamental that these subtle worlds be happy and satisfied with the life of man.
32. When the commitment does not touch the divine world, it is spoken only so that the earthly existence is right, harmonious and healthy. In this way when a man makes a commitment and binds himself by oath with his mortal name and being, this only concerns the world of man. I do not want to say by this that such commitments do not need to be respected, for it is fundamental that man cultivates a right relation and respect towards the invisible worlds that surround him. As long as the man carries his name and lives in his body, he will have to respect the consciously given word for the good of all.
33. If man goes towards the divine world, he enters into the world beyond time and space, into the kingdom of immortality and of eternity. There, there is neither any mortal name nor any mortal body. Such a commitment is essentially for eternity. It is a solemn moment for the life of a soul to make such a commitment while being conscious in the world of death and limit. Such a commitment is precious, for it is the victory of God in the midst of the darkness. It is alive and it will lead you to build a particular life, it will call you back to it through time and push you to honour your word.
34. The commitment and the sacred vow to enter into the Round of Archangels and to take care of the body of God for eternity are the most precious acts of your life. If you take care of it, it will wait for you after the death of the body. And even if you must take a body again, it will be present and will guide you so that, again, you will find it and seal the connection with it to ceaselessly make it grow. That is why you must be conscious when you make a commitment in your life.

254 You shall not live only for the world of death.

1. "You shall not live only for the world of death."
2. From the point of view of the Essene science, death represents the world that does not have its place in eternity, that is fleeting, even destructive and that belongs to the world of recycling.
3. The world of death includes the visible worlds as well as the invisible and spiritual worlds. It is as if separated from the divine world and it does not serve it; it has no interest in it and does not take part in the work of the Light.
4. The Essene must not live only in the world of death, otherwise he too loses his interest for the higher worlds, he disappears at the same time, he abdicates his being, his heritage, his tradition, his commitments, his alliance and the fruit of his work.
5. The Essene works for the Father and is one with Him. This is the heritage of the Essene tradition.
6. If the Essene lives only for the world of death, then inevitably, he loses this heritage of the Tradition.
7. The world of man is based on the alliance with the world of death.
8. The interests of the world of man are those of the world of death.
9. The Essene must not look at this world as a malediction, but just put it in its place and note that it does not have as much value as that.
10. The world of death is not negative; it is organized around the life of the physical body.
11. The physical body is a part of the life of man. It is far from being the totality, for man is also a subtle, invisible being.
12. It is positive to take care of the physical aspect, but it must not be to the detriment of the invisible aspect. Twenty percent of life can be dedicated to its visible and material aspect, and the rest must be offered to the subtle side.
13. The world of man bets everything on the physical plane and pushes humanity to give everything just to continuously increase the wellbeing or supposed wellbeing of the body and of the visible world. It leads man to think that by improving the material potential, he will obtain the treasures of the spirit and receive the limitless benefits of the divine higher worlds and intelligences, but this is an error.
14. By diminishing the invisible worlds, by condemning the spirits, the genies and inner life to be submitted to matter, man closes himself in a world doomed to recycling. Then he himself becomes a fertilizer, fertilizing the ground to accommodate new incarnations.
15. Know that it is not possible to keep the body and the material life, for the soul cannot live with the world of death. That is why the educated man must build for himself another body, a subtle body inside of the body in collaboration with the spirits, the

genies, the egregores and, if it is possible, in alliance with the Angels, the Archangels and the Gods.

16. The Essene must give 80% of his life to make the body of Light appear in him. This will allow him not to lose his memory during his voyage in the subtle worlds, as well as during his next incarnations, if this is necessary for him.
17. The subtle body must be developed by concentrating on the angelic virtues, on subtlety, delicacy, finesse . . .
18. Man must gradually remove coarseness and brutality from his life in order to feed himself in higher, nobler, greater worlds.
19. Nourishing oneself and sharing a life with a higher world are essential to make the subtle body appear until it becomes concrete and is part of the life and physical activity of man. In this way memory can be preserved, for the subtle becomes alive all the way into the stones.
20. Know that one who puts all his activity at the service of the mortal body will lose his memory as soon as the body disappears. He will lose his identity, his activity and not even know who his family was. Everything will be erased because he will have concentrated everything only in the existence of the body and of the mortal life that corresponds to it. Given that only the interests of the body will have animated his life, when the body is no more, all this anemizing life will no longer have any interest.
21. Know what you want to do with your life.
22. I think that no man living on earth wishes to be only a tip of land that will be forgotten and that will forget itself when the hour of the end has come.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, do you want to say that we must almost abandon the existence on earth to develop the other body in us?

Archangel Gabriel answered:

23. No, this is not the path that I indicate to you.
24. You must live in the world, you must take care of the body, give it what is necessary, but you must not live only for it.
25. The body must be happy, serene, but it must be in the service of God, of His house, of His tradition, of His religion.
26. The body loves to serve the higher worlds, it is happy to make the other body appear in it, but it must be educated and led into the rhythm of the right discipline.
27. If the man who lives in the body puts himself at the service of the body, it will constantly demand new experiences and acquisitions that will divert the energies, the materials and the workers from the divine building site. That is why the Essene must realize what is fundamental and never abandon the subtlety and consciousness of the supremacy and omnipresence of the invisible worlds.
28. The visible world is not the essential, for it is linked to time and therefore to death. What is primordial is what is beyond time, that is, the subtle worlds.

29. The Essene must live with the subtle worlds and honour them until they animate the acts of his daily life and that in all his activities there are a meaning, a soul, an intelligence, a magic, a presence, a higher world that come to feed themselves and take part. Surely you will ask me how you can live with an invisible world since, by definition, it is a world that is not seen. That is why I speak to you of awakening subtlety in you.
30. The religion of God is a gift from God, a holy tradition, a living science, a culture of love, an art of living together, an economy, a daily life that has meaning, soul. This religion implements a magic with the aim of making a living body appear that is beyond time and therefore that escapes the grip of death.
31. The subtle is already there, in each one of you, and you live with it, for it is the soul, the animating principle of all the activities of your lives.
32. Your thoughts, your beliefs, your desires, your will, the virtues, your meditation, your faithfulness, everything that makes what you are is essentially invisible.
33. If the invisible is not present, alive, conscious in all your activities, it means that it is the mortal body that monopolizes the forces at work in your life and that extinguishes the Light. That is why you have to live consciously with this subtlety in you and place conscious alliances inside it with the worlds that animate this subtlety.
34. If you decide to live with faithfulness, do not do it only for the body and the mortal activities of the body, but awaken the thought, the feelings, the will so that the spirit, the genie and maybe even the egregore of faithfulness are invited and nourished by you. Then your faithfulness will be a common good, a universality.
35. Now, if you decide to be Essenes, priests of God, maybe you will be in the alliance with the Angel, the Archangel or even the God of faithfulness. In this way, through your faithfulness, it will be the God of faithfulness who will be honoured, nourished and through him, the Father of all the Gods will receive the offering.
36. I do not teach you privation, renunciation, austerity, but the awakening of the subtle consciousness, the right discipline that make life in accordance, harmonious, rich, not only from the matter empty of spirit, but from the spirit animating matter and leading it towards its fulfillment.
37. Everything that man chooses to live physically must be fed by higher worlds of eternity and of universality.
38. Man must be fed, but he must also feed the higher worlds so that the alliance and the sharing are perfect.
39. Through meditation, prayer and action, you must make sure that the sacred subtle worlds are placed into greatness, homage, victory and prosperity.
40. Through your study and your meditation, you must expand the subtlety of the sacred worlds and increase the presence of the divine intelligence, of the sacred inspiration.
41. Through your devotion, your prayers, nourish the soul, reinforce the virtues, render them alive, present in the subtle worlds so that they are your guidance, your

motivations, what animates you until becoming the obvious, and inviolable rules of life.

42. The simple act of thinking about violating the rules of life of the virtues must become unimaginable.
43. By the sacred rites, make the subtlety of your body grow and ritualize your activities so that one day, a bridge is woven between your daily life and the world of Angels. Then, the Angels will see the possibility to accomplish the will of God and carry out His work through you. At that moment, you will enter into the world of eternity, which is beyond death and recycling. You will be able to live on earth in a body all the while accomplishing the will of an Angel and taking part in the work of God. You will be true Essenes and you will place the religion of God into victory. This is the highest fulfillment for a man incarnated on earth.
44. Above all, do not focus your energy on the existence of man, on what he will do, his evolution, his development, for man belongs to the world of death. Only what is alive in him belongs to the angelic world of the virtues.
45. Virtues are what man must make grow in him, in association with the subtle worlds, and not the mortal man.
46. The virtues grow from the subtle inner life that unites with impersonality, universality and eternity.
47. If it is the outer life and the body that inspire, motivate and direct existence, the energy will be diverted to finally be lost, annihilated.
48. The body pushes man to become a consumer who is never satisfied; it leads into passivity, inactivity, to surrounding oneself with material comfort in order to extinguish the importance of the subtlety of the worlds.

255 Do not put on a mask to hide your real face.

1. "Do not put on a mask to hide your real face."
2. Genuineness, the fact of being true, of being oneself in one's true eternal being, honest, one with God, simple, is a sign of evolution, of maturity, of individualization.
3. To lie, to hide oneself, to be false demonstrate a lack of assurance, of confidence.
4. Many are those who think that from the moment they live in a hostile world, they must necessarily hide themselves, enter into lying to protect themselves. They are convinced that the being that is in front of them seeks to abuse them, to destroy them and that to be respected, loved, appreciated, they must be false and present themselves with masks.
5. Know that it is never with a clothing of pretence that one meets the truth. It is never with a mask or a false identity that you will conquer the heart of the things and of the worlds.
6. To wear a mask and to identify with it is to condemn oneself to stay at the surface.
7. If you think that by wearing a mask you will conquer the heart of humans and receive the higher virtues that allow man to exist on earth from them, you are mistaken. With this attitude, you will only attract to you what is false, you will invite the spirits, the genies and the egregores that are linked to lying, to illusion, to stealing and to usurpation.
8. Man believes himself superior; he is convinced that lying is powerful and that he masters it, that he can play with it and above all, make light of it. He is sure that he is smarter than the Evil One and he has taken the habit of living in falsehood, to the point that he himself no longer knows who he is.
9. Man is convinced that if he shows his true face, he will be destroyed. But I tell you, there are laws that govern the worlds and it is not possible to take what really belongs to someone.
10. You can take what is false, what belongs to illusion and is built on lying. That is why you must look for who you are and keep yourself in your true identity.
11. Do not cultivate the extremes and above all, understand that you are not obliged to lie to attract the attention of the others towards you.
12. Learn the art of being true, just, of being yourself and adequate in your relations with the worlds.
13. You can be yourself, know yourself and be gentle with the others, not imposing your point of view.
14. Man thinks that by being himself, he will have to unveil himself, but it is not true. You can be yourself and not show yourself.

15. To be yourself is also to know who is the being that is in front of you and what you can or cannot do. If you live in the world of men, it is more difficult, but I assure you that you must not lie.
16. Find the way, but do not hide your being and do not make the others believe what is false and leads towards falsehood.
17. Know that putting on a mask is not to protect oneself, but to lead the other into a world of illusions and of lies. This is not a good attitude.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, how can we live if we cannot hide our sadness, our dissatisfaction, our visions and understandings that cannot be shared by a sectarian world closed in on itself?

Archangel Gabriel replied:

18. As I teach it to you, there are 2 ways to live: that of the world of men and that of the family.
19. In the world of men, you have to remain focused on yourselves so as not to let yourselves be distracted or captured by influences that are going to identify you with what you are not. This world seeks to capture you to create the mask in you, the false identity.
20. When you enter into falsehood, you belong to that world.
21. You must learn to remain what you are inside, in the hidden, and not enter into trouble, into conflict with those who do not think like you or who do not want to enter into sharing with you.
22. You are not obliged to seek associates everywhere or to convince all the beings that you meet.
23. In the world of man, you must only pass while remaining aware that you will never find what you are seeking in this world.
24. In the world of the family, that is in that of the small and of the big family, of the community of body and of spirit, of the Essene Nation, you have to really enter into the practice of sincerity, of genuineness and of the search for your true comprehensive and immortal nature.
25. If you wear a mask in the midst of the community of love, that is the end of you, the path is closed, for you will never be able to discover who you are beyond the appearances.
26. A family is made up of the skills, of the qualities and of the flaws of each one. If everything is based on lying, if one has to be false to attract the attention, the affection, the love and above all, the approval of the others, the path is wrong, it leads to perdition.
27. Using lying, falsehood will never bring you something good. In this way you will not be accepted but trapped, for the influences, the forces, the spirits, the genies that you

will attract will as well have the attitude of hiding themselves and of being false. Then you will not be able to discern what is true from what is false.

28. I know you think you are stronger than these worlds of illusion, but unfortunately you are mistaken. By thinking this way, you are already in illusion; it holds you, governs you and has already made you lose control of your destiny.
29. You will never control the world of lying and the fact of having to lie, for it inevitably begets a false identity inside of you, which will end up by losing control.
30. In a family, honesty, genuineness, non-judgement must be the foundations and the keys of existence in order to attract success, happiness, harmony. If this is not the case, rest assured that you are doomed to failure.
31. Genuineness attracts the being of the truth, which is the only guarantor of what endures, of what can resist all the tests and that engenders strength and solidarity.
32. If you are using lying or letting beings use it on you in order to arrange, to modify things only to present yourself in a better light, to hide mediocrity, to attract attention to yourself in a bad way, know that when you will have need of help, the beings will see that you were not what you claimed to be. Therefore they will consider that you are not part of the family.
33. The family is the foundation, for it is stability and a fertile earth for building the future.

256 From your assembled bodies, make my body appear in purity.

1. May all Essenes and friends of the Essenes be in the aura of the thank you of Gabriel and receive my acting and enveloping blessing for your presence at the celebration of my festival of Light and love.
2. It is beautiful to journey with your body to come honour what is great and worthy in life.
3. I want you to be aware that it is thanks to your concrete and dedicated presence that the kingdom of the Archangels can approach the world of men and touch the earth.
4. It pleases me that you approach me in purity and that you form for me the holy chalice that allows me to be with you and to manifest myself to honour God and His greatness.
5. Each time you support my celebration, you approach me, you awaken, you transform yourselves and become clearer and stronger in life.
6. Be faithful and support my presence on earth so that I can manifest myself and live with you.
7. Ensure that you become many in order to offer a more and more powerful, alive and well organized body to the 4 great Archangels who continuously sanctify the Name of God.
8. We, the Archangels, your Fathers, want to come into your world and live with you to bring a new vision, a new breath, a new being, a new world into the world for all men, all the animals, the plants, the stones, the earth and God the Mother.
9. Be faithful and take part in this work of love and wisdom.
10. Let your bodies, by uniting the time of a celebration, make up the new body of a new way to be in the world.
11. Even among the Children of the Light, many are those who are caught by illusion, thinking that it is not important to physically assemble to celebrate the 4 great festivals of the Name of God revealed by the Round of Archangels. I tell you that this is an essential practice.
12. It is beautiful to unite the bodies in one sole body to make the body of the Divinity that reveals itself and that opens the doors of the future appear. So, be faithful to the celebration of my feast, of my mysteries and of my body.
13. From your assembled bodies, make my body appear in purity so that you and I, we are one and that from our alliance the great blessing is born that will bring happiness and liberation to all the beings of the earth.
14. Find the freedom and the strength of conviction inside you to regularly take part in this work so that from your exemplary practice the beauty that will allow a multitude of sincere beings to imitate you is born. Then they too will come take part in the forming

of this body, which has already given birth to the Gospels of the Archangels and to the Essene Nation as seeds of ideas to develop for another future of the earth and humanity.

15. Know that the world of men is powerful and well organized to guide your steps and inspire your heaven. It too has formed a body from your bodies to lead you into a certain world. Be aware of this and understand the importance of physically uniting in a rhythmic way to together form the holy congregation that becomes the living body of a higher world.
16. The body of the holy congregation allows to welcome the seed of another life and to transmit it, to implement it. In this way strength grows, in the community as in each individual; in this way the energy that circulates, the atmosphere that envelopes and nourishes, the life field that enlightens, the soul that becomes a stable earth appear; in this way an Archangel, Son of God and servant of God, can come plant the seed of a new world to build. That is why I say to you that it is truly noble to come with your bodies to form the larger body of a conscious and living nation, dedicated to the service of the higher divine intelligence.
17. I say to you: have no doubt, do not let yourselves be distracted or invaded, but physically come and organize yourselves so that a growing number of human beings come support my presence in the midst of you.
18. The more you will be, the more the influence will continue to grow in the worlds of the egregores, of the genies, of the spirits to touch the elements and finally liberate the worlds.
19. Form the core that will bring a strength free from doubt, a purity of intention and of realization, an efficient and dedicated to God organization. In this way all the newcomers will be educated, filled, blessed by the path you will have contributed to open all together, in unity and respect for the freedom of each one.
20. Take care of each one of you and of the holy congregation, not in flattery and appearances, but really in the depth of what wants to be born through the small acts, in the intention, in the look, in the listening and the spoken words.
21. Become delicate and subtle to welcome the mystery of God, Who wants to be born from the Essene Nation.
22. Support each other in this work and for this work.
23. May the beauty of the impersonal work be stronger than your personal differences, than your disagreements, your discontents, your frustrations, your blockages, your limits, your sterile beliefs, your bickering.
24. May the work of the Archangels be like the sun that rises on the horizon: a radiant obviousness, a rallying point, an invitation to come out of the darkness to serve a sublime work through unity. Support each other in this work and by this work. In it, build your tomorrows. By it, love each other and take care of one another.
25. Consider the other who works for the work like your family.

26. May your look be like the sun: full of love for the Light and for the beauty that wants to be born by coming out of the confusion of the darkness.
27. Support each other, assist each other, strengthen each other in the work.
28. Do not be the ones who gratuitously hurt.
29. Do not cultivate slander towards each other, for in this, you are not in the work of my body, of my school and of my mysteries dedicated to God.
30. I, Gabriel, being that is, am dedicated to the service of the Father of all the fathers. It is for Him and only Him that I bring you the work of my body and also of those of my 3 Brothers, forming in this way the perfect body of God on earth: the Round of Archangels.
31. If you make the world of man and his stupidity enter into the work, you create an anarchic world in which your children and the future generations will have to live.
32. It is fundamental that a dialogue, a relationship are established through practice and our meetings so that the angelic virtues can touch you more and more and appear in your lives as a stability, a creative force, a lightness, a world of joy, of kindness, of wisdom.
33. Take care of yourselves and be a true family, supporting each other in the trials as in the joys, in work as in leisure and organizing yourselves to walk towards prosperity and peace.
34. Ensure that when you come together in the name of the Archangels, you are strong, clear, freed from the world of men, conscious, joyful.
35. As soon as you come together in the name of the Archangels and the Essene Nation, the body appears and you have to welcome it and honour it with your subtle understanding and your fluid devotion.
36. Weakness appears when there is no consciousness, intelligence, respect, solidarity, mutual support, magic, truth, communion, relation, complicity.
37. The union must be clear, sincere and true.
38. Unite around your Fathers, the 4 great Archangels of God, and make the body that lives with the higher worlds appear by the union of your bodies.
39. For me, this sensitivity, this obviousness, this knowledge are fundamental, for I am the Archangel of giving birth, of relationships, of exchanges, of the family, of friendship, of taking care of the mystery of God to be born in everyone. These are the essential values that make up my kingdom and my being and it is with them that I want to approach you in order to build a world on earth to live with you. If you do not go in this direction, I will not be able to remain with you and it is another world that will approach you. You will build it a body from your bodies and you will enter into the world of unnecessary suffering. You will suffer, for outside the kingdom of gentleness, appeasement and serenity, suffering governs.
40. Together build the world of the Essene Nation so that the Archangels, your Fathers, can know victory in your world in order to offer it to God.

41. One day, may all those who remain far from the celebrations have access to the word, to the teaching, to the presence of the Light on earth so that they themselves regain strength, the right understanding and the language with their souls.
42. Reinforce each other mutually, and when you will be strong from your agreement and your organization, think of all the beings who as well aspire to have access to this light.
43. Receive my baptism.
44. Receive the blessing of my name and of my kingdom so that your lives are lighter and at the same time, that they are cleansed of the worlds that you no longer have to carry.

257 You shall not flatter to obtain benefits.

1. "You shall not flatter to obtain benefits."
2. This commandment brings the discernment between the world of dignity and that of mediocrity. It shows to man in which category he is situated: is he waste destined to the world of recycling or is he a dignified being who deserves awakening and elevation?
3. I know that you have been educated in the sense that to be, one must have. You have been taught the art of pretending. The ordinary man will say that it is only a method to obtain what he lacks in order to be richer, greater, nobler. This is false. Understand that all these techniques of flattery, of seduction leading towards appearance belong to the thieves, to the usurpers, to those who wear a mask to go take what belongs to the other.
4. Man seeks to acquire what is not his and will never be. So he steals the other, depriving him of his treasure, bringing about mediocrity, baseness, nothingness. This is pathetic. Know that the higher worlds abhor such behaviours; they reject them, considering that they are a degradation of the existence given by God.
5. Any being who presents himself with a mask, wanting to steal a treasure from the other to become himself even more mediocre, will be rejected from the higher worlds and condemned to wander in the worlds without value, without consistency.
6. The thieves, the liars, the flatterers, all those who destroy the work of God, giving strength to what is not and leading what is into weakness, are not welcome in the world of the Light.
7. What is yours is what God has given you and is found in you.
8. It is through work, awakening and honesty that you can make your treasure grow, for the Light only likes what is true. It does not like those who are deceitful, false and who seek to acquire the worlds that are not theirs to clothe themselves with a false value.
9. Learn to act while being free from the interests of the outside world, without waiting for another return than to do what you think is right, for it conforms to your clearest, most complete, deepest conviction.
10. Cultivate sincere love towards all beings, towards the world and learn to give from your own source.
11. Do not be beings who seek to take without giving anything in return, who just want to feel themselves existing and who build their house in the kingdom of the ephemeral, of false outer luxury and appearances.
12. Do not try to go towards the other while being animated by the search for power or for authority.
13. Do not look for the weakness of the one who is in front of you with the intention of using him and usurping him. If you do this, you just show that you are inhabited by nothingness and that you have abandoned the gift of God. Then you begin to act like

thieves, seeking to strengthen the weakness of the other to take advantage of it and feel yourselves existing in a world without value. All this is degrading. To serve such a world is not to be at the service of God.

14. God is generous, compassionate, loving, and He gives to each one a gift to cultivate. This is the inner path of individualization and of the offering, of sharing and of life for the all.
15. One who engages on the other path enters into the counter-hierarchy of the counter-virtues belonging to usurpation and therefore to recycling; it is a degrading and somber path.
16. Man only gives to have a return, he seduces to steal something; he approaches the other not to share, honour, make the exchange, the relation grow, to give from his source, but just to take and degrade what he has taken and lead it into recycling. Such a being deserves to be recycled, for one who has led to recycling must himself be recycled.
17. Man serves nothingness: he steals, he seduces, he charms for nothing. He does that only to obtain recognition, power, glory, love, fortune, but it is for nothing, to give everything to nothingness, to what is not and gives birth to sterility. It is only theft, for nothing good is born from all that and the angelic virtues are never honoured. Such a man deprives himself of his dignity and shows that he does not deserve the protection or the strength of the awakening of the higher worlds. He does not even deserve that the divine world knows of his existence.
18. The non-respect of this commandment is for us a drama at the level of humanity. It saddens us to observe that man uses the Light not to strengthen it and make it grow, but to put himself at the service of decay, of mediocrity, of baseness. It saddens us to see man, who carries the treasure of God in him, using it unconsciously to trample beauty, to interest himself in what has no value and put everything in place to destroy life.
19. The Light is not obtained by stealing it on the outside, for to be with it, it is enough to be true, genuine. One who is false, power-hungry, self-serving, seeking illusory recognition will not receive the benefits of the divine world. He can only steal from the others without truly being able to take advantage of what he believes he has acquired in this way.
20. If man is an eternal thief, what can he hope from life except that a world more thieving than him takes from him in turn what he has wrongly acquired and that, finally, does not belong to him? He will have just created a reservoir, a treasure from everything that he will have stolen; know that all this will be taken from him and that there will be nothing left.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, if men can still acquire a treasure without awakening their inner life, they will say to themselves that, in some way, their lives have not been mediocre since they have all the same tasted, for the space of an instant, the glory, the success, the recognition, the power that they sought, even if it is to the detriment of their eternity . .

Archangel Gabriel replied:

21. Indeed, it is one of the dominant thoughts and one of the major concepts that govern the world of men.
22. Men talk of immortality, of eternity or of resurrection, but fundamentally, they do not want it, it seems too far away from them. So, they content themselves to act as inferior beings who are satisfied with being thieves to live. They abdicate the idea and the truth that there is, inside of them, a priceless treasure that can allow them to have everything they want without stealing it. Some accept this idea, for they know it is true, but they prefer to steal and honour the world of thieves by habit, by tradition. They have been educated to take what does not belong to them. Then they enter in a delicate and sneaky way into seduction and a power game in order to open the doors of the other to catch his weakness and be able to use him, manipulate him and take his treasure. In this way the thief is richer from nothingness and the one who has given in to flattery is poorer from what was taken from him without being offered to God.
23. Everything that is not offered to God is lost. That is why it is important to always give a part of one's life, if not all, to God so that the capital is protected, renewed and that wealth appears.
24. This way of doing and living, by flattering or by being robbed inevitably leads to impoverishment and to the loss of humanity. All the values are trampled, degraded and the path of ennoblement and of elevation closes, for man transforms himself into a seducer, into a consumer, into a sterile profiteer, into a soulless pleasure-seeker, without intelligence, without a higher world. This behaviour, this possession distance him from genuine individualization, for it then puts on a false identity, he loses his being, his soul, his light, his value, he empties himself and becomes inconsistent in front of the higher worlds. That is the road to perdition, that of the uninitiated, of those who serve the darkness and who no longer exist for the worlds of the Light.
25. Awaken and learn the impersonal activity, the offering to God, the service to God without waiting for another return than that of being in accordance with your inner source.
26. Do not try to take from others what does not belong to you. If you want it, abstain and do the work to acquire what you lack by developing your inner life and the gift you have received from God.
27. Only what comes from the higher worlds is a true gift, but these worlds only give when the being has made himself apt to receive. So, be humble, be grateful towards God, be clear and make yourselves apt to receive what is useful for you to accomplish your mission on earth.
28. Know that one who steals becomes a miscreant and permanently closes the doors of the higher worlds.
29. Organize yourselves, through the right education, so that no man be deprived of his treasure, of his gift, of his mission and of his means to accomplish it.

258 You shall not enter metal into your skin.

1. "You shall not enter metal into your skin."
2. Like each one of my 22 commandments, the twelfth is a concrete reflection of a universal great law and primordial principle. It speaks of the knowledge of man in his integrality, and of respect, of subtlety and of delicateness.
3. The integral man must take into account all the beings in him; he carries not only all men, but all the kingdoms and all the creatures of the universe.
4. Man is created from several worlds, he contains several bodies and he is animated by an energy that circulates in him and in all the worlds.
5. Man must be the one who honours, who blesses and who takes care of all the parts of the creation. For that, he must not be atrophied, but awaken his integrality, his universality.
6. Man is alive in everything that he thinks, feels, wants, sees, hears, tastes, touches and implements.
7. Health reigns when the energy circulates harmoniously between all the worlds, that all beings are nourished and that there is no blockage.
8. Disease, disorder, invasion appear when there are troubles, disharmonies, which then generate weaknesses.
9. This commandment indicates that it is fundamental to know oneself and then to take care of the energies and of the body in order to obtain a healthy life by not allowing, through unconsciousness or an ephemeral aestheticism, to create weaknesses, that is, holes in the organism.
10. Any disease that touches the physical body inevitably passes through weaknesses in the subtle bodies or holes in the energy body that surrounds man. Most of the time, these holes are caused by weaknesses of the organism or weaknesses in the different organs of the thought, of the speech, of the feelings, of the acts . . . Then dissonant subtle worlds are able to enter the body and touch it, install themselves and provoke an anarchy, an imbalance.
11. My twelfth commandment is in analogy with this great universal law, for metal, when it goes through the skin and is put inside the body, acts in the same way. When it goes through the skin and stays in place, a dead light appears after 5 to 10 minutes. Then it grows while bringing a coldness and creates an energy field contrary to the energies of the sun. This dead energy that is put into action forms a hole in the subtle protection of the body of man. By itself this hole calls worlds so that they can penetrate into the body and the life of man. What the metal does on the physical plane can be done by a thought, a word, a feeling or a will on other more subtle planes. When the energy hole is created, worlds can enter into the body of man without him really being conscious of it.

12. It is essential to be conscious and respectful of the work and the will of God. That is why it is right not to let whatever enter into the body only to honour a fashion, an ephemeral aestheticism through piercings, earrings or any other object destined to pierce the skin in order to stay fixed for some time. Understand that there are always consequences. Such unconscious practices create obstacles to health and endanger the constitution of the body and the destiny of man.
13. It is easier to remedy such holes when the aggression comes from the worlds of the thoughts, of the words or of the feelings, for it is enough to plug them by discipline, by placing other thoughts, words or feelings. However, when these holes touch the physical plane and that man allows a metal to go through his body, nothing can stop this dead light from being active. The only solution is to remove the metal. That is why it is fundamental not to provoke what is contrary to a wellbeing of the body and to the life of man.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, what should we do if, in case of illness, we are told that we need to have metals implanted inside the body? Is this negative? Should we accept it or not?

Archangel Gabriel replied:

14. The answer is simple: it must not be done on a whim or just to appear in the eyes of others, but if there is a need and if you have no other choice, it is obvious that you can do it.
15. If a man loses a leg and he aspires to get one back through the intermediary of a metallic prosthesis, there is no problem. It is the same for the resort to a pacemaker if a man can die because of a heart failure. However, if other methods exist that do not need a permanent metal implant in the body, it is this path that one must choose. The right attitude in case of medical problems is to stay alert and to inform yourselves about all the treatments available to you.
16. Remember that life is precious and that it is important to take care of it in order to successfully complete the mission that you have to fulfill. However, if the motivation is vanity or some idiocy that belongs to the world of men, it really is not necessary to run the risk of provoking incidents in the body and weakening it. If your life is not in danger, it must not be done.
17. Everything that is electronic chip, metal jewelry, piercing, implant or anything metallic that is not necessary for life must not be used. For the rest, if you can prolong your life by being not weak anymore, it is obvious that it is better to continue living while knowing that it is an opportunity and a gift, for naturally, your life would have stopped. Then, offer this gift to God and everyday be in a devotion to the Light, a greatness for life, an offering for God by concretely taking part in His work.
18. Adopt this thought that if science allows you to prolong your life, you must not waste this time as egoists, but lead your life towards an expansion and an enrichment of all angelic values and virtues.

259 You shall distance yourself from the temptation of drugs and intensive electricity worlds.

1. “You shall distance yourself from the temptation of alcohol, drugs, tobacco, chemicals and intensive electricity.”
2. This commandment is the continuity of the previous one.
3. Man is a comprehensive and animistic being, living in several
4. To take substances modifying the state of consciousness of man can become negative. A double is then created inside the body, which makes a false identity appear and generates a change in behaviour, a state of being, a way of life. This existence is inspired by entities, by very real subtle worlds that are external to the true destiny of man and that are not in alliance with the higher worlds. Very often these substances are chemical or else natural but diverted from the Gods, and they have the sole purpose of modifying the consciousness of man to draw him into another destiny than his.
5. Study until understanding that man can only found a healthy and harmonious life and future through the conscious and living alliance with the divine higher worlds.
6. The divine world knows the true nature of man and is in accordance with it. It will never turn man away from his right path by creating a false double and a false identity that will dispossess him of his individuality in him.
7. Very often, the substances external to the destiny of man are dead energies, even if they possess an active power. Their goal is to destroy the identity of man.
8. Do you believe that a man who consumes drugs, synthetic medications or any other artificial substance foreign to his body will remain lucid and act by himself? No; the foundation of these substances is to place the man outside of his body and to act in his place. By taking them, you put your body and your destiny into the hands of worlds and of certain intelligences of which you know almost nothing. You do not know which destiny these worlds are preparing for you and who will take advantage of it.
9. You will say that it is just to be a little better, to have fun, to be outside your body, to enter into another world or improve a functioning. I tell you that only the light of God can enlighten man and lead him into wisdom, bring him to understand that if there is a wrong functioning in the body or life, it is because at the door of the being there are worlds that ask for liberation or healing. If you take a chemical or artificial substance to put this to sleep, you create an obstacle to the transformation of life by intelligence.
10. By using these substances, you will lead yourselves and the future generations into a dispossession of self to finally, one day, no longer be able to control your intellect, your moods, your body and your destiny by yourselves.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, all these substances and these practices have invaded our daily lives. So, if we are not feeling well at certain times and we need a little outside help, can we

use them occasionally? Maybe it can help man to breathe and take a step back sometimes . . .

Archangel Gabriel replied:

11. One who believes this is quite simply an idiot, for these worlds must be looked at not as substances, but as entities, worlds, full-fledged beings that live in the spiritual and magical worlds. They aspire to take control of man so that he becomes their instrument on earth and gives them power. If man allows these entities to take over his brain, his intellect, his vital functioning, he will be enslaved and it will no longer be him who will govern and decide.
12. If you start smoking, a spiritual being enters into you and takes hold of you by creating a double inside you. And soon you will not be able to stop anymore, for you will be linked to this being that will ceaselessly come to feed himself in you and carry out his will in the world without your knowledge. It is the same for alcohol, drugs, medicines, substitutes: man starts and after a while, he cannot live without them.
13. Intensive electricity is one of the worst poisons and invasions. It is an energy of destruction of life and of intelligence.
14. Electricity annihilates all the subtle protections of the body, making it resemble a sponge that mixes the outer energies with the inner energies in an incorrect manner. This generates disorders, disturbances, instability.
15. Those who are exposed to intensive electricity become inconstant, they get irritated, lose their tempers and are more and more easily excited, then they are tired, exhausted, without energy, without force. They enter into ups and downs, becoming calm, then violent and so on.
16. Electricity is a world of duality that destroys the vital balance inside man. It creates upheavals in him that make it so he exhausts himself. This goes against the deep nature of man, who must be rooted in the earth to make his life a solid base and be able to be stable and serene to carry a higher world.
17. If the body asks the man who lives inside for something, the latter must be sufficiently well educated to bring it what is good, what heals it, strengthens it and leads it towards the service to what is immortal and greater than the body.
18. It is the cause that must be taken into account and healed and not the effect. The effect is only an indicator to take into account to discover the cause.
19. One must not heal the effect and even less put it to sleep, make it disappear before having discovered and treated the cause.
20. If man wishes to take drugs to escape from material life and travel into other worlds, let him use and develop the animistic sensitivity in him by discovering how the world works. It is always intelligence that must be awakened, not sentimentality. By this method, man will be able to travel through the subtle and magical worlds while keeping his consciousness and the mastery of his body, of his senses, of his intelligence and of his inner life.

21. If you use dead substances to improve your life, it is certain that you will end up by also becoming dead substances; you will not be able to live without being fed and supported by death. You will be dependant and dispossessed of your living being, of your soul and will become passive spectators of the worlds that will come visit you.
22. Whether you like it or not, these worlds will go in and out of you without asking for your opinion in order to use you as will please them. You will do what they will order and will live according to their wishes, for you will not be more than receptacles of the devastating subtle currents that destabilize man and lead him to become an idiot servant of a governing and enslaving intelligence.

260 You shall not educate children in slavery.

1. “You shall not educate children in slavery, fanaticism or sectarianism.”
2. One recognizes the elevation of a people by its way of conceiving, welcoming and educating its children.
3. At every age of life, learning and education must be present. In this way, childhood remains throughout all the ages of life.
4. If the magic of childhood is lost, the path of the Light dies out. That is why childhood must be protected and not polluted by the aggressive invasion from a vision of unrooted adults.
5. Start by recognizing that your world of adults has been damaged by a wrong education and by a too materialistic vision of life.
6. You have been placed under the authority and the government of a world dedicated almost exclusively to greed towards what is mortal, what gives the power to destroy and bring conflict.
7. Even the beings destined to be the guardians of the religion of God have very often become obtuse, closed and enclosed in their sole visions, beliefs, philosophies, completely cut off from the concrete realities of life and the luminous intelligence of the higher worlds. It is obvious that childhood must not be contaminated by such a vision or enclosed in such worlds.
8. I say to all the parents, the grand-parents and to all those who have the function of educating children: respect the world of childhood, do not touch it, and allow the children to be free in their world.
9. Be protectors, companions, guides and not dictators.
10. Experience will show you that the child does not think, does not see, does not understand the world as an adult can. Respect this and do not bewitch the beings.
11. For a child, everything is different, for he is deeply animistic. His approach, his way of functioning, his learning are animistic.
12. Most children have an aptitude that allows them to mix with the subtle worlds. They can be conscious of it or not, that is, manage to define it or not, but for them, they do not live alone, they are surrounded by a world that they describe with their imagination.
13. The adults, very often imprisoned in their concepts, their beliefs and their greed, are frightened to notice that the children possess another sensitivity, another perception, that they describe through a fertile imagination. This imagination that is not rational, that does not have “the feet on the ground” does not seem sensible to the adults or, at least, is not in keeping with their projects.
14. What do you know of the world of children, you who are adults filled with fears, with doubts, with worries and above all, who are slaves to a system that has stripped you of your soul and has robbed you of your childhood? And now, you transmit this world to

your own children and to the others, who will in their turn be stripped of their soul and led into slavery.

15. I say to you: whatever your philosophy or your belief, whether you are convinced materialists or rootless religious, know that the world of childhood is animistic.
16. The child does not need a materialistic or religious vision of the world, he does not need a particular philosophy to live; he just needs to gradually awaken himself by discovering the world, his body, the forces, the energies of life, if you do not stifle him. Know that these worlds talk to him and guide him, because for him, they are alive.
17. Do not lead the child to become a model little child according to your patterns, that is, a well-trained, obedient small being, carrying out at your beck and call everything that you say, everything that you impose on him.
18. You are surely convinced that your education is the right one, and maybe it is the case . . . Then it must not cut off the child from his animistic roots and not enclose him in a world where he will no longer be able to breathe, or build the subtle organs in him that will allow him to keep the connection with his soul and talk to his Angel.
19. If you educate the child in a direction that restrains the Light in him, it is certain that he will suffer in his life of adult because he will not be able to breathe with the higher worlds in him and around him.
20. If you close the doors of life to the child, by imposing an artificial world on him from his youngest age, he will quickly no longer have the capacity to communicate with his higher being, to know his soul mission, to find his true name again and therefore to fulfill himself.

Olivier Manitora then asked Archangel Gabriel:

Father Gabriel, what do you mean by “dogmatism” and “sectarianism”? Should we not inculcate certain values in the children and teach them Religion? Is it not more correct to bring a religion to a child rather than to let him die out in materialism?

Archangel Gabriel replied:

21. The religion of God is life; it is natural and obvious. For the man incarnated on earth, it starts with birth and childhood. His first manifestation is therefore animism.
22. The child does not live in the world of philosophy and must not be directed by his intellect. He must be guided by the vital centre that is found in the abdomen. Then, between 7 and 14 years of age, it is the heart centre that is going to awaken with the feelings, the senses and finally, between 14 and 21 years of age, the capacity of reasoning, of judgement is going to appear, that is, the intellect centre.
23. One must not rush through the stages, otherwise the internal organs will be destroyed and the animistic world will not be able to touch the child and lead him during his whole voyage on earth.
24. At a certain age, when the child becomes almost an adult, it will be time for him to study philosophy. He will then be able to choose between spirituality or materialism, but beforehand, the child must remain a child.

25. Man must live each stage of his life in function of the program that exists inside him and that unfolds itself through cycles of 7 years.
26. Each cycle of 7 years allows man to develop a body, an aptitude so that one day, when he becomes an adult, he can enter into full possession of his body. Then he can individualize and carry out his mission.
27. Sectarianism, as well as everything that is imposed by force or cunning, is ugly.
28. That the parents transmit to their children virtues such as righteousness, clarity and respect of the rules of the communal life goes without saying, is right and good. An environment, a framework are in this way given for the blossoming of each one.
29. The will or the desire of the parents or of whatever institution must never be imposed inside the child, even if one is convinced that it is good.
30. The good for a child does not pass by intellectual concepts uprooted from the animistic reality of the world.
31. You just have to create a framework in which you can live what you have to live and the child will accept or not to breathe with you in this framework. In this, he will build his body, but nothing will be imposed on him; it must not be a forced and imprisoning world that closes the doors on him, but rather a good atmosphere that allows him to breathe with you without having pressure, obligations, fanaticism in his life.
32. The role of the parents is just to offer a house, a quality of life, a breathing so that the child is really able to remain a child and grow serenely by developing all the abilities, the virtues, all the organs, the bodies, the subtleties, the forces that he will need when he is adult. Then his intellect will develop naturally to orient him towards decisions and then, he will have to make choices that will be determining.

261 For every disease, there is a cure.

1. "For every disease, there is a cure. Do not reject any medicine, but use the one that is appropriate."
2. In its purest essence, medicine is the gift given by God to all creatures so that they can go through the trials of existence and walk with Him.
3. The religion of God is the great cure, from the highest spheres of the spirit to the physical body and the material life.
4. Religion and medicine are one and the same being. To differentiate them is a disease.
5. The man who suffers seeks the cure; he approaches a higher authority and asks to be healed.
6. Some men who have fixed concepts are going to proclaim that certain medicines are better than others, more efficient, but this is a fragmented vision of life. This is like being persuaded that there are several religions of God and that one is superior to the other.
7. God is one and His religion is one, even if it takes several forms. It is the same for medicine: it is one and takes several forms according to the disease to be treated.
8. Before touching the physical body and anchoring itself in it, a disease always has a subtle, spiritual origin.
9. Men look only at the physical aspect of life and that is why they are weak. Actually, it is before the disease declares itself in the physical plane that it is necessary to act.
10. When the disease is in the body, there is not really a cure. Then man has only to find a relief, a method to not be weakened. It will be very difficult to heal a disease, for it will be necessary to go back to the source, which is spiritual, and cure all the stages where it has developed.
11. Whether the medicine is gentle or violent, from the moment it is only interested in the body, it is almost identical.
12. If you ask me what is the most appropriate medicine, I shall answer that it is the practice of the religion of God, which is that of respect for what was loaned to you.
13. Do not think that your ears, your eyes, your breath, your mouth, your body, your life belong to you. To think that and live according to this thought is actually a disease that brings forth many evils.
14. Your intelligence, your senses, your organs are worlds that have been loaned to you by the higher worlds to allow your body not to decay under weakness and disease.
15. The true medicine consists in taking care of the work of God in all its aspects.
16. You have to take care of your ears, of your eyes, of your breath, of your thoughts, of your moods, of your words, of your acts, of everything that is yours, and also of what is not yours, but that is lent to you.

17. It is incredible to notice to what point men are convinced that everything is theirs, that everything is due to them, that they can do whatever they want, not having any accountability.
18. I see a multitude of beings who feed on destructive, foul, fanatical, illusory thoughts without even being aware of it, without understanding that all these seeds will finish by touching the earth and by giving birth to worlds with which they will have to live. They are convinced that God will provide or that the science of men will bring the miraculous cures to avoid the consequences of their disturbed and anarchical life.
19. You are truly in a great illusion. You are persuaded that the body will protect you indefinitely, but I advise you to stop living only with your body and to put all your trust in it.
20. If your thoughts lead you to live in a world of disharmony, if your inner life is devoid of holiness, of purity, of clarity, pull yourselves together, for these are the only true cures that protect against any disease.
21. Men reproduce the same mistakes throughout the generations: they wait to fall to the ground, to be sick, to touch the bottom to realize that something is wrong. Know that your body is only a capital that will be taken from you, the same as your inner organs. If you do nothing with them, you will have lost everything; you will not be richer, on the contrary, you will be poorer.
22. Disease is simply the consequence of an unbalanced inner world and above all, of a non-respect of the laws of life.

Olivier Manitarra then said to Archangel Gabriel:

Father Gabriel, you want to tell us that the origin of any disease comes from the subtle worlds, the worlds of the spirit, and that when the physical body falls sick, it is only a consequence of a disorder in those worlds. It is therefore not possible to heal the body without restoring order and harmony in the worlds of the spirit. It is possible to relieve the body, but true healing must be sought in the invisible harmony. Is this what you want to tell us, Father?

Archangel Gabriel answered:

23. Yes, such is the key to the true medicine, which is the religion of God.
24. One who seeks only to heal the body without taking into account the whole of existence has not understood the meaning of existence. He can resort to all the medicines that he wants or that exist, his conception itself is a disease. He believes that life is the body and that everything depends on the body. He is mistaken and this error, alive in the world of the spirit, is already a disease. Let him enter into an introspection and open his subtle eye in order to perceive with what world he thinks, he breathes, he eats, he speaks and looks. In this way he will be able to awaken and understand the great religion of God, which is health. But does he take care of God in life?
25. The religion of God is right relations.
26. Men say that God is what they want, what they wish for, what they desire because, basically, God is there to serve them, to take care of them, to make them grow and

allow them to acquire supernatural powers. They think that God is there to make life better, but that they do not have to take part in all this. They take life as it comes, they are content with wishing, they do not take care either of the spirit or of the body. Every day, they offer them poisoned food, they breathe in swamps, they look with the obtuse and fanatical eye, with jealousy and greed, seeking to take the good that the other possesses without bothering to develop what God has given them.

27. Men listen according to their limited centres of interest without ever being impersonal, transparent, open to the immortal, universal aspect. They want to exist without respecting existence, to be immortal while besmirching immortality and become important beings without taking care of the religion of God. They do not want to let life flow freely or enter into evolution, for they just want to enjoy what exists to exist themselves in a pretence. For this, they hinder evolution and oppose it, for they want to master. All this is a disease that brings forth diseases.
28. As long as man will not have understood this obviousness that he is only passing on earth, that he is bigger than his body and that he has a work to carry out through everything that was lent to him, he will be imprisoned in a world of diseases and waste the capital that was entrusted to him.
29. Everything you have in life is a capital that has been loaned to you by the higher worlds and your mission is to make it grow, to lead it into wonder, greatness, wealth. If you do not take care of this capital, you will disappoint the higher worlds, who will understand that you are imbued with your limited existence on earth and that you have given up your soul in favour of the mortal body. In this way you will stay on earth, dissipating the capital of the Gods for a vanity.
30. There is nothing nobler, worthier for a man than to live consciously and harmoniously with all levels of his being and in perfect intelligence with the totality of the worlds.
31. It is honourable and wise for man to perceive evil and to not let it come into him, but to contain it in the worlds where it must live.
32. There is a thought, a feeling and a will that must not get into man, otherwise he will enter into disease.
33. To use the appropriate medicine means to have developed the true discernment that allows one to know what the disease is and what its origin and its purpose are in order to protect oneself from it.
34. Do not believe in the virtues of the body for the diseases, for if it can be relieved, it will never be healed alone since it is in the subtlety of the worlds that the diseases originate.
35. Even if man manages to close all the doors of the body, at the least opportunity, the disease will come back, for the body cannot be protected from the spirit or from life.
36. The thoughts are antennas, the feelings are rooms in the house and the will shows if man is a disciple of God or if he lives only for the recognition of his mortal body and his physical life.

262 You shall not cut a tree without having asked for its authorization.

1. "You shall not cut a tree without having asked for its authorization."
2. Any creature living on earth is endowed with soul, for nothing can exist without the will of God. That is why there must be a harmony and coherence in the existence of man.
3. Man must not be the one who governs arbitrarily, without religion, without intelligence, without respect, allowing himself to decide what must exist and what can be exploited without asking the authorization, without respecting the rules, the discipline, the teaching and the will of God and of the Gods.
4. It is incredible to notice to what point man feels superior in front of all the creatures and forms of existence that are different from him. He is persuaded that he is the king and that all the worlds are subjected to him, even humanity.
5. The message of respect for the other, for his soul, for his divinity and for his path of destiny is contained in my sixteenth commandment.
6. You are not authorized to take the life of another only because it bothers you or because you have need of it to carry out what seems useful and profitable to you.
7. You do not have to decide the future of the others, what is good for them, and even less if you are inspired and inhabited by motivations that are not necessarily very clear.
8. This commandment invites you to develop a certain art of living, a delicateness, a communication.
9. You shall not use the other to live, you. At least, ask it its permission before taking its life, its being and above all, be aware of the reason for which you do things.
10. You are not the kings, you are not the only ones to exist on earth, you are not the only centres of interest, the universe does not turn around you. Not everything is due to you, not everything is permitted.
11. God has created the creatures so that they work and live together with a specific purpose.
12. Man has been created to take part in an overall work.
13. God has not put man above the other worlds and has never made a man superior to other men.
14. If, for example, God gives to a man the gift of music, it is so that through this musician, all men and all beings can have access to music.
15. God has never said to a creature that it did not deserve to live or that it was inferior to another. It is man and only him who has made this concept appear, who has decreed that the tree would be inferior and that it would be led into slavery. Then he has said that of the stone, of the plant, of the animal and even of some men. He has even gone

as far as to think that the Angels, the Archangels, the Gods and God Himself were there only to be at his service.

Olivier Manitarra then said to Archangel Gabriel:

Father Gabriel, this way of thinking is dark, it belongs to the darkness and it is true that men profoundly think this way. This is written inside us, we have been accustomed to see the world in this way. For us it is "normal" that a tree, that a stone, that a thought be at our service and that we use them as we like, without discernment or deeper analysis. We do not think of God, we do not imagine that God is alive in a tree, a stone, an animal, a thought . . .

Archangel Gabriel answered:

16. God has given an autonomy to living nature. He has ensured that each kingdom manages itself, be endowed with intelligence and participate in its way in an overall work.
17. Man only needs to find his place in the harmony of God, he does not have to intervene to supposedly "regulate" or "organize" living nature.
18. Man does not have to take the place of God by deciding what has to be done, by stealing the best of each being to give it to a world that is neither just nor divine. Such a behaviour is not worthy of the man who lives with God.

263 You shall not judge without having the Light.

1. "You shall not judge without having the Light, lest you also live the same trial in order to understand it. Abstain from any hasty judgement."
2. This commandment says to man that he must possess himself as an instrument of God in all the parts of his being.
3. To know oneself and possess oneself means to be able to know the will of God and to obey it, to fulfill it.
4. To reign means to be able to magnetize oneself as well as the others with the aim of fulfilling the will of God, which is the universal good.
5. To judge the other, to depreciate him, to enslave him, to close him in, to oppress him, to command him outside of the will of God is the sign of dispossession and usurpation by the world of man.
6. One who uses the other while believing himself to exist simply shows that he does not know himself, that he does not know the will of God and that he is under the grip of an illusion that enslaves him.
7. This commandment reveals to man to whom he belongs: is he a servant of God or is he usurped?
8. God is in the impersonal, immortal, eternal, universal wisdom. He brings the reign of intelligence, of love and of clarity in all the worlds. He is the magnetism of benevolence and of what is right.
9. The badly educated man is possessed by the intellect of the world of man. This is the world that enters into his eyes, his senses, his habits to criticize the other, to depreciate him, to belittle him, to close him in, to judge him. One who does that just wants himself to exist to the detriment of the other.
10. Maybe the one you criticize is the friend of the Angels, maybe he is in a phase of transformation or maybe he is walking towards nothingness . . . It does not matter, for man is not God and therefore it is not for him to say what is.
11. Only God is wise. Only God knows what the other lives and only He protects and guides. He makes it so to produce awakening.
12. The man who allows himself to judge while being ignorant of the will of God and of the work carried out by the Angels closes the worlds in and definitively condemns them to not passing the test.
13. Man thinks he has to control everything, but does he himself know who he is controlled by?
14. Man thinks that he must be able to have the response to everything, that for everything that happens, he must be able to make a diagnosis, which is very often alarming, condemning, confining.
15. Awaken and get out of this world of false superiority.

16. Open yourselves to the omnipresent intelligence of God, to the presence of the spirits that, through all the events of life, reveal the imperfections and also the path to take.
17. If man sees mediocrity in the other, it is because his eyes, his ears, his whole being is mediocre.
18. If man believes himself above the others, thinking that he is more intelligent, that he has no problem, that he is perfect, that it does not take much to transform his life, it is certain that he is usurped by the world of men. This world removes the animistic side, the true world, the one of the spirits that live inside and around man. The man taken by this world finds himself imprisoned in an illusion of himself. Then he will no longer call on the great impersonal light of God to live, but the darkness, which crushes and confines the other.
19. Do not judge, for you will be judged in the same way.
20. If stupidity judges, you will need to understand through stupidity what wisdom is.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, how should we react when a situation that does not seem wise or luminous manifests in front of us?

Archangel Gabriel answered:

21. The first reaction is not to place a condemning judgement, not to confine the situation, even if it is cloudy, uncomfortable, trying, not making the Light appear.
22. The Light is omnipresent, wisdom fills everything. If you are not able to see them, it means that you are in cloudiness, that you are not centred, that you are not focused.
23. You must be a servant of God, that is, a healer, a liberator, a priest, a pastor.
24. If you do not see the intelligence in movement through a situation that seems dark to you, enter into your secret chamber, enter into the circle of the Round of Archangels and call God, call the Light so that your eyes can see the true light, the wisdom and the path of healing that are found in the situation.
25. Do not condemn, do not judge, do not confine, do not fix in place, do not allow yourself to make a definitive diagnosis. If you do it, you will associate yourself with the darkness and the confinement that you have provoked in this way and one day, you will find yourself in the same situation, for wisdom will force you to understand life.
26. They are legion those who have made condemning judgements in front of a particular situation, just by sympathy or antipathy, and who, some years later, found themselves living the same event. And finally, they did not do better than the one they had condemned, and sometimes he did even worse. They ended up like idiots, having condemned a being to finally do worse than him in the same situation.
27. For each situation, there is a path of stupidity and a path of intelligence.
28. Stupidity confines, while intelligence frees.
29. Learn to follow the path of intelligence in order not to become a beggar, a supplicant who has to get by alone to find the solution to his problem. If one day you collapse while you have acted towards the other by judging him and confining him, know that

the universe will act in the same way with you: it will condemn you without looking at you, without loving you, without understanding you and will lead you into hell, that is, into a world without solution, without intelligence, without compassion, without the presence of the Angels of God. In this way, as you have made others live it, you will live the nothingness of the absence of the Light; you will find yourself alone, having to find the solutions alone, for it is you who will have created this situation by placing these writings. Then you will have to deploy a big energy, a big force and a big intelligence to liberate the worlds and lead them towards the universal wisdom and the greatness of God.

30. Do not create patterns, writings around you that confine the other, for it is certain that you will have to live them in turn.
31. God does not punish any being and does not lead any person into a situation where there is no more path, but He brings disillusion and liberation.
32. Only man and the world of man allow themselves to confine, to condemn through their judgements and their limited visions. In this way man is deprived of wisdom and of intelligence, showing his incapacity to govern his life. Do not act this way, do not create your own barriers or limits.
33. Abstain from any judgement, for only the Light enlightens and allows going through all the obstacles.
34. An obstacle is only an obstacle; it is not a condemnation, a judgement, a stopping of life or of the path.

264 Do not attract to yourself what is ugly, foul and dead.

1. "Do not attract to yourself what is ugly, foul and dead, but consciously commune with life every day so that it becomes alive in you."
2. Nutrition, breathing, thinking are centres of attraction, of communion and of creation that show that man does not live alone.
3. Man lives with the universe and with all the forces, influences and intelligences that are all around him and in him. His body is a catalyst of forces, centralizing an energy that attracts to him what is healthy or sick and puts it into action.
4. The current philosophy makes man believe that if his body is standing up, this means that he is alive, strong and healthy and that if his head can think, it is possible for him to be in control of himself. This philosophy hides the fact that man is first of all an element in the universe and that everything he attracts to him becomes his food, his breathing, his being and finally, writes his destiny.
5. Food is the consequence of everything that exists in the subtle worlds.
6. If, today, you feed yourselves badly, it is simply because you have abandoned your soul and given up on the quality of the invisible worlds.
7. You feed yourselves on what smells bad, on what brings the seed of death and of destruction.
8. You destroy your nervous system through the use of intensive electricity. This reverberates inside you as a tension that does not allow you to be serene, calm, composed, thoughtful. You have impulses of energy and then you enter into a passivity that stops you from accomplishing anything.
9. The divine being as well as the immortal soul are unrelated to your life. They are not asked to participate in it and do not receive any nourishment. In this way the overall man is neither taken into consideration nor fed and this creates an imbalance that harms his health.
10. If you continue to live as you do, you will become energy centres that will only be activated by chemicals or by other equally harmful invisible influences. That is why I ask you to awaken and to take your life and your destiny in hand by organizing yourselves to open another path than the one that a certain intelligence has written for you and for the earth.
11. Become Children of Light again, conscious beings who know they have need of clear thoughts, of noble feelings, of food coming from God the Earth-Mother and not from an artificial, false world, where everything is only semblance, cheating, lying, cadavers, beings without life, without soul, without dignity, just empty bodies.
12. Do not accept to feed yourselves with artificial cadavers. I am not speaking about the animals raised and slaughtered for the sole purpose of satisfying the basest instincts; I am speaking about the empty hulls, about the lying beings who have a form, but who have neither soul nor intelligence.

13. Do not feed yourselves in these worlds anymore, or then you will belong to them and finally, you will become like them.
14. Feed yourselves exclusively in the circle of the Round of Archangels and do not go out of it anymore.
15. This dead food that saturates your world kills you, for it is empty and it empties you; it is a destructive energy that swallows the Light and the matter. It destroys the thought, the breath and brings aggressiveness into the belly, which attracts meanness.
16. Originally, thought, breath and food are organs of a great nobility and beauty in man. If they are destroyed or unbalanced, man loses the connection and can no longer cultivate good exchanges to build a happy destiny for himself.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, how do we find the best nutrients in order to be in good health?

Archangel Gabriel answered:

17. Do not seek to get what you do not need. For this, you must know your true needs.
18. Do not block, do not confine the worlds inside you and do not cultivate the constant search for novelty. Rather seek to deepen what you have and what you know.
19. The body needs a routine, a rhythm, regularity. It needs a healthy vibrational state that it can find through diet, breathing and the activity of the thought. This vibrational state must remain stable, identical, regular, otherwise the organism disrupts and anarchy settles in the different organs.
20. You must like what is simple, regular and seek intensity in the higher worlds of the soul and of the spirit.
21. Do not let the psychology of the world of men invade you, for it will push you to become a consumer who tries everything that is new. It will lead you into noise, into a disorderly life where the essential is no longer audible, is no longer perceptible. Then you will seek the solutions to the invented problems on the outside, in miraculous procedures that are supposed to make life better, but all this is a disease.
22. The body needs a fundamental note, vibration on which to live, sleep, eat, breathe, think, work. If it is no longer in tune with it, it will disrupt and lose the internal criteria allowing it to discern what is good from what is bad. It will then become sick and the man will search for a cure to heal himself. In this way he will be taken, possessed by the idea of surviving, instead of living and serving a higher world of immortality.
23. If you ask me what to do to live rather than to survive, I will say to you: associate, unite consciously and only with the kingdom of harmony, of respect, of the clear light, of the good thought, of the noble feeling. If you do not do this, abstain from eating, for this food will not benefit you, it will destroy you.

265 Lead life beyond death.

1. "Prepare your death by being alive. Lead life beyond death."
2. Death has inspired many conceptions that, very often, have determined the human way of living.
3. Some men think that death will be the liberation and the reward of their whole life. Others think that life is a continuity and that death will allow them to no longer meet the difficulties and the obstacles inherent to the physical body.
4. I, Gabriel, say to you that death is nothing other than what you live at the present.
5. After death you will not meet what you do not know, what you do not already mix with every day in your daily life. You will meet your world but, of course, in another way, in an immensity, an expansion, and most of all, you will perceive that your daily life and your whole life were animated by living beings.
6. During the passage of death, a big change takes place since the body, which allowed man to fix and situate things in a well-defined space-time, is no longer there. So there is this idea of stopping one way of being to enter into a new way of being that is more universal: the body can no longer contain the worlds and therefore can no longer be an instrument capable of giving victory or defeat to certain worlds that do not have a body.
7. To be a conscious instrument is fundamental in your life, for these concrete alliance and state of being will allow you to continue your journey and your evolution when you no longer have a body.
8. When you no longer have a body, you will meet the beings, the worlds, the intelligences that inspired and animated your life face to face.
9. From now on, organize your life in order to become conscious and alive from the alliances you want to seal and make sure to share your life with them by implementing them.
10. Through your conscious alliances, you must create a world that will allow you to know the continuity of consciousness and not to lose your memory when you abandon the body.
11. Most men lose their memory when the body abandons them. They then find themselves in worlds that they do not understand, that they do not master, for they no longer have the memory of what they did with these worlds when they had a body. They do not succeed in managing or assimilating these worlds, quite simply because in their life, they made sure not to look at them; they acted as if these worlds did not exist, while continuing to bring them to life, to feed them, to give them the victory.
12. Others find themselves in the worlds with which they had a harmonious affinity and rejoice to perceive that they are in expansion.
13. To prepare yourselves for the life that is greater than death, you must practice living greater than the mortal body.

14. Give a universal dimension to all your activities, to your daily life.
15. Do not only consider the activity of the body, but perceive the subtle worlds that inspire it and the expansion that you give these worlds through this activity. In this way you will make the worlds that are in the afterlife and that you will meet after the loss of the body alive in your life.
16. Your body is a fixed point, a centre of concentration and of creation that allows worlds without a body to exist and to create through it.
17. Your wealth is in consciousness and also in memory. If you are conscious of it, you will give birth to another body inside you that will be greater than death.
18. Feel that your body is a fixed point, an organ of creation of the greater worlds that can appear through it.
19. Perceive your breath as a more subtle world and a body greater than your body, which allows higher worlds to go in and out of it.
20. In your breath, there are living thoughts that make up a body in its own right inside you. And behind the thoughts are found infinite, without borders, without delimitations spiritual worlds.
21. If you perceive the body, the breathing, the thought and the worlds of the infinite that live in the non-body, you will succeed in mixing with the subtle worlds at work behind the scenery of your life; you will develop the discernment that will allow you to make choices and to associate yourselves consciously and voluntarily with higher worlds and intelligences in order to give them a body through the activity of your body. In this way you will also associate subtle worlds to your physical activities.
22. Men are very often unaware of these mysteries, of this subtlety, of this vision, for it is a question of education, of direction and of influence of a certain intelligence that likes to enslave.
23. Men think that by carrying out acts, they calm the worlds, but the spiritual worlds do not live only by concrete acts; they live also through the breath, the life fields, the ethers of thought, the moods . . . It is a whole.
24. It is not enough to say a prayer from time to time or to perform an isolated generous act. No, one must really reveal the subtle worlds that share and support everyday life. Then, one must associate with a higher world up to sharing one's life with it to centralize it, give it a body, an expansion through the physical body and all the subtle worlds that animate it. Such is the key of the life that is greater than death.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, what can we do when we do not see the subtle beings that surround us, but we feel that worlds are present around us that we do not understand?

Archangel Gabriel answered:

25. It is first of all a question of education, of learning, of an art of living, of a way of being in the world.

26. Your way of looking at the world, of breathing, of thinking, of conceptualizing, of reacting defines and shows you the worlds that you are associated with.
27. You necessarily are in an alliance, for you cannot act on your own initiative.
28. You are connected to the universal and the spiritual and these are the worlds that think, feel, act in you and animate you.
29. You must become aware of these worlds that animate you in order to choose those that are in accordance with your soul and that you want to expand through the activity of your body.
30. As soon as there is a recurrent, repetitive, permanent, powerful idea that touches your body, it means that you are associated with a world that is greater than death and with which you will live when you no longer have a body. This world that animates you will push you to do acts and works in order to anchor itself into your destiny. But for all that it does not mean this world is positive.
31. The worlds that surround you and animate you are often coming from your weaknesses or from your qualities; they are full of history, of heredity, of past experiences, of discontent, of fears, of doubts, of frustrations . . . These are worlds linked with death in its negative aspect, which have been put into slavery and that seek a path of resurrection, of liberation, a door towards the sun, towards the Light through the incarnated man.
32. If man himself does not walk on this path of God, not only will he not lead these worlds towards liberation, but he will confirm their confinement, their slavery and will carry out actions that will go in this direction. Then the invisible worlds will become avengers, they will transform themselves into predators and will not cease to lead man to do detrimental acts, putting on him a harmful writing, which may remain even beyond the death of the physical body.
33. Consider life on earth as an opportunity, as a means to awaken, to organize, to become creators, servants, to support worlds, to conclude good alliances, to do acts that will remain through the centuries, that will prosper through the generations and will lead all beings towards liberation and a happy fulfillment.
34. Live a life greater than death, than confinement, than extinction by associating yourselves with the infinite, with the universal, with the limitless in what is wise, noble, dignified, immortal, eternal.
35. Lay the foundations of the tradition, of the religion of God on earth. Live with Him all the way into your feet, your hearts, your hands and your eyes in order to transmit what is good to the future generations, which will lead to preserving the memory of the works that have been put into place in alliance with the good spirits, the good genies, the pure elements and the angelic intelligence.

266 Do not waste the energies of money.

1. "Do not waste the energies of money on illusory interests."
2. Humans consider money as the holy grail of life. They give themselves fully, they even offer their children so that this grail can enter into their lives. They think that money is the great blessing that will allow them to fulfill all their wishes, that it is the supreme gift and that if they manage to obtain it, they will have succeeded, but that without it, they have no life and nothing has interest.
3. Through this commandment, I want to transmit to you the idea of economics and of wealth.
4. Money is not only a material world; it is first of all the materialization of energy, of the creative force, which is in association, in affinity with certain laws and virtues.
5. In general, man thinks that money must be mastered, materialized, organized to yield a profit, to bring a rapid expansion and allow achieving concrete goals. I say to you that money is an energy that seeks anything but the virtues that have just been mentioned because it likes expansion, growth and development above all. This energy is in the image of water flowing through your hands: you can benefit from its presence to cool yourselves off, quench your thirst, clean yourselves, but it will continue to circulate. If you confine it, it will become stagnant, putrid, foul, attracting all kinds of unhealthy worlds until you will have no other choice than to remove it from your lives.
6. Money is a creative force that likes to mix with impersonal beings, for they know how not to block or close in the worlds.
7. Impersonal beings are always in the service of a greater idea; they are listening, always ready to seize the opportunities that present themselves, accepting to live another one without being prisoners of the thought of money. They are neither miserly nor afraid, they do not try to confine, to control everything, not thinking that in this way they would have security.
8. The being of money will multiply and bring abundance when men will know how to use it, welcome it, honour it, lead it towards a limitless expansion.
9. If man is motivated by fear, if he wants to enslave money, to confine it in banking accounts or structures serving only to meet the personal and mortal satisfactions of life, the fruit he will reap will be poverty. He will only use what he will have been able to recover from this energy, but it will not multiply and life will become a desert.
10. Happiness is water that circulates, that propagates itself so that all beings can flourish, dress themselves with beautiful colours, bear fruit and enter into the great sharing.
11. Money likes to get richer, it likes to grow and to be free to serve the Common Good.
12. If man is afraid, afraid of lacking, afraid of not meeting the requirements of his personal life, it blocks the circulation of energy by concepts, by attitudes, by behaviours that lead him to close in everything. Then the water begins to stagnate, it is lost and nothing grows, expands, becomes wealthy.

13. In the name of money, man kills money.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, what are the right consciousness, attitude and behaviour to be able to welcome and multiply this energy that is not only a material world that we must master?

Archangel Gabriel answered:

14. Money is not a goal in itself, a necessity, but a means to achieve a beautiful, just, noble work.

15. Money does not like the man who considers it as the ultimate goal.

16. Money is at the service of God and not of itself.

17. Money does not like to be denatured, it likes to be a blessing in life to fulfill noble goals.

18. Money loves generosity, kindness, caring, truth. That is why whatever happens in his life, man must be intelligent, sensible, generous, impersonal enough to give this energy the opportunity to become bigger when it approaches him. In this way all beings who approach money will become richer, wiser, happier, healthier because he will have managed to amplify the energy that was brought to him, to make it grow, to lead it towards expansion. He will not have confined it, blocked it, seeking to hold on to the forces, to slow them down.

19. The power of money is exclusively a world of growth, which does not confine, which cannot be mastered, but is generous, creative, which only gets bigger.

20. Each time it touches hands or beings that are generous, money multiplies, it grows. It is like a boomerang: the more you give, the more it gives you. It is a blessing and like everything that happens in life, it should be welcomed as it is and not as you want it to be.

21. The blessing of money must be free to increase, to grow, for when the energy of money is in you, the spirits, the invisible worlds awaken around you, become intelligent, sensible and set to enlightening everything. This allows you to see how to transmit this energy to those around you, even to humanity.

22. If man puts out the Light by trying to keep everything for himself, to hold on to everything, maybe he will be rich for a time, that is, as long as the little he will have accumulated will last. On the other hand, his whole environment will be poor, for no one will benefit from this energy blocked by an individual who lives in fear, who wants to control everything and who, ultimately, closes the worlds into poverty. At that moment, the energy of money has already gone somewhere else.

23. When the blessing is no longer there, everything that man does goes towards failure, tapering off, smallness to finally go out.

24. If the energy is not there anymore, everything goes out.

25. The secrets of wealth are that one must not want to be rich, must not want to possess money, but rather be like it, be at the service of a higher world, be oneself a growing

energy that seeks to multiply the good, to circulate from one being to another being to bring happiness, that continually wants to grow and make everything that is beautiful grow.

26. As soon as the energy of money is frozen inside a prison, it can no longer live, it goes out.
27. Analyze in your life attitudes what makes you block or free the worlds. In this way you will understand the laws and the virtues of the creative force, which cannot get close to the beings who confine.

267 You shall consider sex as a sacred act.

1. "You shall consider sex as a sacred act and shall be faithful."
2. When sex is in question, man inevitably thinks of the physical organ and of the force that animates it, such as he knows it. But sex in man is not only an organ, it is first of all a centre of fire and of combustion that allows attaining enlightenment and giving birth to the beautiful and great light.
3. Sex is a sacred force, a temple of fire, of the flame that can enlighten, but also sublimate everything that is impure by transforming it to lead it towards the Light.
4. To walk on this path of sublimation, man must be presented in front of Archangel Michael and placed under his guidance, his authority, his protection. He must commit himself to the path of the mysteries of fire, accept the discipline and awaken concentration and mastery.
5. Archangel Michael does not compromise and does not accept impurity.
6. In their lack of education, men think that sex is a force that must be quenched, in the sense of a fire that must be put out. They cannot imagine that it is a sacred fire having to be continuously maintained until attaining the Light, enlightenment. They have not found the path of inner awakening, of concentration and of mastery.
7. Sex must not be put out, confined, but neither must it be spread on the outside like a fire of devouring and destructuring passion.
8. Sex is essentially an inner path of awakening and of mastery that must lead man towards higher states of consciousness and of creativity.
9. If man puts out sex by smothering it or by only seeking to satiate it on the outside, it will lose the force that could lead him towards enlightenment.
10. A great number of peoples, in their sacred traditions, have spoken of the virtue of fire, of this creative energy that is good, but that, used wrongly, can prove to be destructive. In this way they wanted to explain that sexuality is a sacred act, a force that must be dedicated to the higher world, to the quest for enlightenment, for the ennobling of man. That is why man must be faithful to the worship of fire and honour this force in him as a sacred, holy, beneficial force. He must, through it, remain faithful to his Creator and to his envoys: the Gods, the Archangels and the Angels.
11. Men will say that these words are far away from them, for they have not been educated in this way, do not walk on this path of awakening and of ennobling and have needs that they must satiate.
12. I am not saying that you cannot satiate your needs, I simply ask you to think about the direction that you give to this satiating.
13. If for you "to satiate" means the fact of putting out the sacred fire inside the temple, the couple, the family, the community, the people, humanity and the earth, I say to you that you are making a big mistake and that you will draw misfortune and suffering on you.

14. Fire belongs to the Gods and they are the ones that must be honoured, not by putting out the flame, but by maintaining it permanently lit and by leading the experience and the practice up to the light that brings the great blessing of the Gods in all the spheres of life.
15. If the Gods, the Archangels and the Angels are not honoured, you can be sure that war and the destructive force will appear, that is, the opposite of the fire of Archangel Michael.
16. Michael is the fire of peace, of love and of the divine intelligence.
17. This force, this fire of sex manifests itself in different ways in the 2 principles of existence that man and woman are, but there is a common foundation: the will to give it a higher direction.
18. The fire of sex must not be put out, but maintained and led towards higher states of consciousness, of being and of life able to attract and to honour the Gods.
19. The uneducated man will go in the direction of putting out this fire to calm himself, to put himself to sleep and to feed worlds of weakness, inferior worlds in him. When I say “weakness” or “inferior,” I mean that he will use this force just to be an ordinary and mortal man on earth and to reproduce as any animal does.
20. One who will know how to awaken, to channel and to master this force of the sexual fire by leading it inwards to cross through the worlds and feed the spirits, the genies, the higher intelligences, that one will reach the world of the purity of the divine and sacred fire. Such a man can give birth to higher states of soul inside him up to giving birth to Angels on earth.
21. The uneducated man only focuses on the physical organ and the force that animates it. He wants to give a way out to this force, he seeks to put out the fire by practicing sex in any way, with any one. His goal is not to reach the light of the higher intelligence, but to find calm. The force of God not finding a way out towards the higher states of being and of soul, the man seeks to put it out, to evacuate it, to make it go out. If he does not do it, it will create a tension in him that might bring him to do anything and even to become destructive.
22. If the man is not pure, is not clear, is not educated, if he is deeply oriented to the material side of life, then he has no other choice than to put this fire out. He might succeed for a while, but this fire will relight all the time, for it is the fire of life. Then the man will lose control, become crazy and act in a senseless manner, in this way giving a delicious food for the dark worlds of degradation.
23. Sex is a sacred act that belongs to the worship of fire; it is an offering to the Gods and to God, a way of living with love and a path of immortality.
24. Sex asks above all for faithfulness to God and to the world of the Light.
25. Men and women have forgotten the sacred laws of the good life, of happiness and of mutual support. They are completely lost, seeking right and left like bees pollinating flowers, but it is not to create honey, it is to put out the sacred fire and letting all sorts of noxious seeds enter into them that make them resemble public garbage dumps in which everything is destined to recycling. When I see this, I say to myself that it is

time for them to awaken, to educate themselves and find the path of beauty, of dignity and of the worship of fire again.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, ultimately, what is the right attitude to sexuality?

26. Sex is the raw material of man and of every earthly existence.
27. You can find the law of sexuality in all the kingdoms. Its primary purposes are to fecundate and perpetuate existence, to transmit the tradition, to give a body for the evolution of the spirits, of the genies and of the collective intelligences.
28. Sex is a creative force in movement on the inside of which God journeys through time as a mystery and a possibility.
29. The purpose of this force of sex is not to be dissipated or put to sleep, but to be awakened and led towards the liberation of the worlds and the union with the eternal intelligence of the Gods. It must be dedicated to the creation, the birth and the victory of the tradition of the Gods and led towards this.
30. If man puts out the power of sex or puts it to sleep by wanting to lead it exclusively towards the outside, he will lose himself and become a slave that will never be satiated.
31. If man awakens the force of sex in discipline, intelligence and purity to lead it towards an intimacy with God, it will set ablaze everything that is impure and will allow approaching Archangel Michael and the service of fire worship.
32. Archangel Michael does not tolerate any compromise, any mixing, any impurity.
33. To awaken this force in nobility, to lead it towards the heights through the right discipline up to presenting oneself in front of Archangel Michael is an unavoidable path for one who aspires to be born of God and to enter into the service of His tradition, of His house, of His body of immortality.
34. One who does not want to be born of God and take care of Him will seek by all means to calm the fire of sexuality by practicing a discipline that has the sole purpose of putting it out, of putting it to sleep.
35. Sex is a Divinity when it is associated with the purity of Michael, but it becomes a curse when it is associated with the world of death and with the desire of an ephemeral existence.
36. In front of sex man is either an animal or an Angel.
37. The sexuality of the animal stops at the purposes of perpetuating life and of satisfying a physical need.
38. In man, the angelic sexuality must awaken and nourish the divine virtues and lead up to the inner enlightenment of the intelligence that knows and realizes. In this way sex becomes the force of forces that transmits the higher life, the tradition of the Gods and the work of God so that the future generations, the lineage is a carrier of the seed of the conscious and acting light and not of chaos, of the governing unconsciousness and of the falling asleep of the world of men.

268 You shall be active and creative.

1. “You shall be active and creative for what you believe to be true. You shall not be passive and unconscious, but you shall remain vigilant and balanced in front of the influences that want to destroy life. Each new day that life offers you, you shall use to build the world of the Light and not to associate with those who open a path towards nothingness.”
2. Many humans believe that life is completely drawn out, that they just have to move, to take a step so that destiny appears and that they can understand what is expected of them.
3. Yes, the main lines of life are written, but one must not be unconscious, for man also has his part, that of consciousness, which makes it so there is always a balance to be found, an opportunity to be seized, an individual choice that must be made in front of the events and of the circumstances.
4. The unconscious one cannot grasp the subtle, he cannot understand the finesse and the esotericism of what presents itself in his life. Without any discernment, without selection, he accepts and adopts the thoughts, the worlds, the seeds that come visit him to put their children into the world and carry out works.
5. Know that even if the main lines of your life are written, you are always on a thread, in balance: you always have the choice between the virtues of the Light and the counter-virtues of the kingdom of the darkness.
6. Men very often choose the path that seems the easiest, the most obvious. In this way they become passive, preferring to be taken care of, dispossessed of their responsibilities, letting themselves be fecundated; this is the path of the unconscious ones, of those who abdicate.
7. It is hard for man to become conscious, to accept consciousness, to question himself, to awaken, to perceive reality.
8. I am the path of awakening in clarity, purity, honesty.
9. My child must be vigilant, awakened, in the art of reading the signs, of deciphering the wisdom of the events, of perceiving the worlds that appear as petitioners and messengers.
10. To choose the world of the Light is always a conscious, individual, inner decision, made with discernment, as a free choice. This decision must be made with serenity, in accordance with the great calm, with the blessing of the Mother and with Her school of wisdom.
11. The unconscious ones make decisions in panic, turmoil, suffering, the excitement of the moment and that is why they make wrong choices.
12. If you make the decision to serve the Light for wrong reasons, they will inspire you, will guide you, will animate you. These wrong reasons that were at the origin of your path will not lead you into the Light, but on the contrary, they will seek to steal what is

beautiful in you and to make you weak in order to subjugate you. Then you will no longer control anything and your life will be destined to be a surrogate mother of children who will lead you into nothingness. You might be rich in the outer appearances, but you will be poor on the inside.

13. Every day, awaken your consciousness, commune with the Teaching and serve the nation of God.
14. Every morning, awaken, understand the new day, the new life and commit to giving the victory to the values of God, to His messengers, to His envoys.
15. Welcome the envoys of God and honour them during your day.
16. Let the new day not be one that confirms and revives the past mistakes to constantly lead you to be unconscious, passive and enslaved.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, how can we recover our free will and free ourselves from the worlds that we no longer want to live with?

Archangel Gabriel answered.

17. Through education, through tradition, men have certain leanings and are seduced by certain ideas, by ways of being and of living; in particular, they have this tendency to choose the easy path.
18. If God says to man that he must abstain from doing something because it will enchain him and will lead him to weaken the Light inside him, he will find this discipline too restrictive. The other voice will say to him that the most important thing is to master, to succeed, to enjoy and to direct life where he wants it. Then man will be interested and will find this path pleasant, seductive, intelligent, and finally, he will do the corresponding acts and will be subjected to the darkness. He will like the darkness because he will find that it is not binding, that it offers a concrete, easy to fulfill objective. This might seem easy but, in reality, it will not be at all and with time, will even be extraordinarily complicated.
19. The darkness likes confusion, perdition.
20. The Light tells you not to touch what can hurt you, for afterwards, when you are enslaved, you will come crying and asking for forgiveness with the hope of being freed from the consequences of your actions and of your choices and able to start again at zero.
21. Every day is new, it is a new opportunity that rises on the horizon with the sun.
22. Every day is a new incarnation and every day, you have to seed the earth with the works of God.
23. Every day, you must know what to do and not to do. For this, you must put yourself in the sacred space of the communion with the Covenant, with the nation that works consciously for God.
24. You must place yourself on the Essene earth, where the Mother is alive, where Her school is active.

25. You must call the new way of seeing the world and of perceiving life.
26. You must awaken confidence in you through the earth, the heaven and the Angel of the Round of Archangels.
27. You must feel, with certainty, being deeply convinced of it, the communion with the higher intelligence that governs the nation of God beyond men.
28. You must stay in the sacred, pure, inviolate, neutral space.
29. It is not because the day before, you carried out a work that you must take it for granted.
30. Awaken and know what you must lead into continuity and what you must put out.
31. Do not let yourself be guided, inspired by the dark side. Do not let it decide and make choices in your stead, do not let it enter the space of this day.
32. Even if the world of men seems familiar, reassuring to you, do not let its false easiness influence you, lead you. It is not the solution that you seek, for it is towards nothingness and the dead end that it leads you.
33. Awaken and consciously enter into the Covenant.
34. Stand in the circle of the Round of Archangels and in the magical atmosphere of the Essene Nation, which is animated by the Gods, the Archangels and the Angels. Take your life in hand from the vibrant impulsion of this higher world.
35. Be active and creative as if you were at the beginning and that in the circle of this day, you had to carry out all your work and all the work of God.
36. Give the victory to the Angels, to their beautiful virtues, to the loving intelligence.
37. Show humanity and all beings that God is alive, true, blessing, wisdom and that nothing in the life of man is more interesting, captivating, rewarding than to be a servant of God, to carry His children and to accomplish His will.
38. You are on a thread, in balance. So, do not play, but remain awakened, conscious, vigilant, attentive in such a way not to fall into what will inevitably lead you towards suffering. If you fall in this way, you will return towards God, supplicating Him to help you, to deliver you from your mistakes, to give you wisdom and the path that will allow you to make it through and make everything new. In this case, you will only be an ordinary man, like the unconscious ones who, finally, approach the Light to be saved, to be protected, but not to be saviours and protectors themselves.
39. Do not be an ungrateful one, choosing the darkness as long as it works, then, when the consequence comes, running into the arms of your Father and your Mother of Light to ask for forgiveness and to be completely taken care of.

269 Be more and more numerous.

1. Be profoundly thanked and blessed to have answered the call of God and to have honoured my presence and my celebration with your presence.
2. It is beautiful to see men and women journey with their bodies and their worlds to come honour what is great in life.
3. It is beautiful to see beings who come from all horizons regularly unite and form a circle to give a body to a higher world.
4. Be aware that it is thanks to your presence that the higher world can come into your world, become reality and exist on earth.
5. If you were not coming together physically, I could neither appear, nor speak, nor act.
6. By giving me a body, you allow the being of water to exist in your world, to enter into it. You do not do it simply for you, but for all beings and this is admirable.
7. Make sure to be numerous, always more numerous, to become a multitude in order to offer a living, solid, powerful body to the Archangels and to bring the blessing to all humanity, to the whole world, to all beings.
8. Let's become mutually powerful from our alliance.
9. Many men think that it is nothing, that it is not important to come together physically in order to honour what is great, to open a space and to allow other worlds to manifest and express themselves. The world that guides the steps and the conduct of men makes them think in this way, but I, Gabriel, I say to you that the celebration of the feasts of the Archangels is the most important and essential thing in the world. This act allows man to rebalance himself and to rebalance his world. He can then acquire an intelligence, a dialogue and take his life in hand.
10. The more numerous you are, the more there will be an energy, an ambiance, possibilities, a life field that will bring a concrete force so that I can put a matter, a seed for your world into it, for the Essene Nation and for all beings.
11. In fact, the Essene Nation is just my body and when this body is well formed, I will be able to talk, to express myself, to act towards all the beings of your world. So, think about it, organize yourselves to be more and more numerous, for this will have an influence on the heaven, the egregores, the genies, the spirits, on all the bodies, on the whole world.
12. Take care of yourselves, not in flattery or in the world of the narrow minded beings in the appearances, but really in the little acts, in the pure intention, in your look, in your listening, in your words.
13. Be deep, gentle, patient and kind to each other.
14. Consider the other as your family.
15. Have a loving look, mutually support, help and strengthen yourselves.
16. The strength of one is the strength of the other.

17. Do not harm each other, do not hurt each other, do not slander each other.
18. Be conscious of your looks, of your attitudes.
19. Do not create an anarchic world, for it is your children who will live in it.
20. It is important that there are a dialogue, a relation, a world of kindness, of joy, of creativity in your life.
21. Remember that what you do, your children will live it and if it is not directly your children, it will be the beings and the worlds that will approach you.
22. Take care of yourselves and be a true family, supporting each other in trials as in joys, in work as in leisure.
23. Be strong together, for weakness appears when there is no solidarity, no bonding, no sincere union.
24. I tell you and tell you again that relationships, the family, friendship, taking care of others are essential values to build a world and live on earth. If man does not go in this direction, he will suffer in vain, for these are the virtues that bring relief and serenity.
25. Build this world together so that the Archangels can have victory in all the worlds.
26. May all those who are far away have access to the speech, the Teaching, to the Light on earth one day. Then they themselves will be able to find the language of their soul.
27. Receive my baptism and my blessing so that your life is lighter and at the same time, may it be cleansed of the worlds that you do not have to carry.
28. Blessings of Gabriel on each one of you.
29. Joy to you all.
30. Amin.

270 The science of influences, a science of Water.

1. Water is the vehicle and the catalyst of all the influences and of the creative force.
2. The water that you know is the body of subtle worlds and beings.
3. Water is the living soul in your body, your speech, your eye and your thought. It generates the awareness of exchanges and of the science of influences. It is the organ of magic. It says: "Everything is alive and everything is active." It leads man to individualize and become the master of his destiny through implementation of the inner creative power.
4. By ignoring this science of water, men head towards disaster, not because the world is evil in itself, but man not being well educated, he is no longer able to be a stable pillar, a living, conscious and individualized creative force, a being on whom it is possible to rely to make a positive and permanent world appear. For example, the worlds of peace, of wisdom or of harmony cannot count on the awakened individuality of man to settle and establish themselves purely.
5. Man is under influence and he has lost his individual being, his soul strength, his discernment. He is invaded by influences of soul-groups that decide his life, his orientations, his tastes, his choices, his beliefs.
6. Man is no longer a decision maker, able to resist the multiple influences and information conveyed by the water and the ether that surround him. He is plunged into this ocean of influences that fecundate him permanently and no longer has any discernment, genuineness, own value, fixity, private life. He has lost the higher ray of his individuality and of his immortal sovereignty. He acts and reacts only according to the stimulation of the influences that generate the currents of thought, the beliefs, opinions, tendencies, fashions. He forms himself a body from everything he hears, from everything he sees and picks up and is no longer the master able to live according to his own perceptions, his decisions. He is no longer objective according to his own individuality and no longer knows what he must do in his life. He makes decisions not according to his deep inner centre, but according to what Gospel he hears, what he sees, what he picks up as information coming from the outside, from what is foreign to him. In this, he is really a weather vane that has no life of its own, but that depends completely on the wind. He looks where "they" tell him to look, hears what "they" tell him to hear, abdicating his own intelligence and his true being. There is no longer any stability in his life. So, indeed, the higher worlds consider men as lunatics, as beings without consistency, animated by short-lived influences, who say yes and after, say no.
7. Man receives some information and he obeys; and then, it is enough to transmit some other to him for him to do the opposite.
8. Man no longer is. He has become a collective being animated by a hidden intelligence and government that have all power over him. This intelligence states something and man animates himself en masse, without discernment, without resistance, without

intelligence, without value, without possibility to say no. Even if he says no, he will do what this hidden world will order him to do.

9. All men walk in the same direction, to the same rhythm. They think together, consume and live in conformity to the orders received without even knowing who gave them or why.
10. If, now, you want to take your destiny in hand such as God wanted it and wrote it for you; if you want to extricate yourselves from this world of influences that dispossesses you from your true being and your dignity; if you want to make a new way of being in accordance with the Round of Archangels and the Essene Gospels appear, it is fundamental not to extricate yourselves from this world, for its grip is powerful, invasive and omnipresent, but to stop believing that you are strong enough, intelligent enough to counter this influence and liberate yourselves from it. It is this blind trust in your ability to cope by yourselves that gets you lost.
11. Each time you look at, you hear something that comes from this world, it touches you, fecundates you, animates you and captures a part of your being. The influence acts in your head, your heart or your will and finally, you have no other choice than to lead your own creative force into the direction wanted by the influence that will have entered into your life. Once the process is engaged, you are led, in spite of yourselves, towards the world of the one who has initiated all this.
12. Ask yourselves questions to know under which influence you want to live, who you want to serve and towards what orientation you want to direct your steps. Then, meditate to know if you are weather vanes or foundations and stability.
Father Gabriel, what can we do since all around us, there are influences that act powerfully and constantly fecundate us? If we receive good news, we are happy and in front of bad news, sadness takes us over. How must we act in front of all this?
13. I do not say that it is simple because today, you have gone too far in foolishness and you have lost almost everything.
14. You have received great keys in the Essene Nation and you must not underestimate them.
15. I say that if you underestimate these worlds of sinister influences that completely govern you and dispossess you, thinking you are stronger and that through your own will, you will be able to thwart them and get by, you are ignorant and idiots. You are really under influence, carried away and you do not have any chance of escaping from it. You will end up being devoured by these worlds.
16. If you are intelligent, if you still have a little bit of light in you, connected to the true light, you know that you are weak, that you need help and that you have to organize yourselves to escape from these worlds.
17. These worlds form your body, your will, your heart and your thought. They influence your consciousness and take over the treasure of your immortal destiny, of your divine soul. Do not go towards them. Do not give them authority. Do not allow them to influence you and fecundate you.
18. Do not approach what wants to catch you and devour you.

19. Do not look at what you must not look at and do not consume what will make you dependent and will enslave you.
20. Do not associate with thought-forms that will lead you into dead ends.
21. Study, meditate, awaken and try to know yourselves beyond the appearances and what is mortal.
22. Find your own being, your true individuality, the letter of God that you are in His alphabet and the mission you have to carry out.
23. Also know the influences that come from you in the negative and positive sides in order to learn to play, to be flexible and to use these worlds to have a victorious life.
24. Basically, know what you really want.
25. If you aspire to succeed with your mortal body, do it and go all the way, but in that case, do not use the influences from the higher worlds to be victorious because it is not you who will benefit from it and who will be the masters of the influences that, in the end, will harvest the profit of animating your life. The one who will harvest will be the master of the influences you will have obeyed to and that will have animated you, you and the collective masse you will have unconsciously associated with.
26. Distance yourself from what is dangerous, not that it is evil, but a weakness in your life is like a man who takes in his hand a first cigarette, a first glass of alcohol, a first drug or who experiences the taste of power, of domination, of inebriation: he opens a door and he does not know if he will be able to close it again. This is dangerous, for these worlds are really a true danger of possession, and therefore of dispossession of the true being. In the end, you will be stripped down. If you believe that you are stronger than these influences, believe me, you delude yourselves.
27. Only God is great and without a concrete alliance with God, no man can resist the invasion of these worlds.
28. Man will say: "God is with me," but he does not understand that it is the collective being of fear that speaks in him and that in front of this being, he tries to reassure himself, to give himself consistency. He has already lost.
29. Many men have developed a whole philosophy to counter these worlds of morbid influences, but they have not understood that they were under influence even through their answers and their philosophies.
30. It is not because you oppose an influence with all your strength that it is not what animates you and motivates you.
31. Understand: whether you are for or against, you are with from the moment when the centre of interest has been awakened by this influence. You have opened a door in your head, your heart, your will and now, you are under influence. You are, whether you act positively or negatively. You say yes or no, it has no importance, for you are possessed in the same way. You give your vitality, your creative power for this collective mass that becomes stronger through you. You will gain nothing, absolutely nothing and you will lose everything up to not knowing who you are, what you have to fundamentally do, to accomplish and whom you want to live with.

271 Enter into the house of God, now, without hesitation.

1. I am happy with the association that I have concluded with you, with the work, with the sharing during all these years when you celebrated the Round of Archangels and when I dictated to you the psalms that make God appear.
2. Today, it is a joy to be at the dawn of a new day and to see a new manifestation of life taking shape on the horizon under the form of the worship of the Light and the statue of God.
3. It is beautiful to see women and men make a commitment for a better future and prioritize their lives so that another world can manifest itself with purity.
4. I see and I know that despite the Round of Archangels, despite our covenant, the psalms and teachings you have received, you are not yet completely disillusioned from certain erroneous concepts and false ideas of the world of man about the divine worlds and spirituality. This is not serious in itself, it is a heritage from the world of men that refuses to let you go and that you retain for now. However, I appreciate your genuineness, your purity, your sincerity and your honesty. This is what attracts me among you. It is a joy to see beings such as you at the doors of a new world, preparing to participate in a work wanted by God.
5. What is important are the choices you make in your lives and I assure you that there is none better than to make the conscious and free commitment to support the work of God and the worship He decided to make appear as being the manifestation of His body on earth.
6. What would make me proud is that you open the worship of the Light during my celebration and that the first ones to pass the historic threshold do so in my presence and with my blessing. This would be an added joy for me and a great blessing for you.
7. I like the man who makes a decision and who commits consciously.
8. I would be truly honoured that the first commitments, the first immortal vows spoken in front of God are during my celebration and by passing through the doorway of my being.
9. I know that all moments are favourable when you know to seize an opportunity to receive a blessing in your lives, but know that to commit to the worship of the Light during my celebration, in my presence, by passing through my doorway will be a great blessing and a protection that will bring a gentleness, an easiness, a language, a communication and a deeper understanding of the laws and of the mysteries of God.
10. I know it is a big commitment that you are about to make, and what would please me is that you make it with me, in my name and with my support. I want to stand next to you in front of God.
11. I like it when you say you are Essenes.
12. I like it when you say you are daughters or sons of Gabriel.

13. I like it when you call me and when you accept to live in the alliance with me by respecting my word, my teaching, my commandments and my will that I have made known to you.
14. Remember: the main thing in life is what you do and not what you wish to do, it is what you give and not what you wish to give.
15. Make your commitment while understanding that the worship of the Light is the work of God and not that of men.
16. No world linked to recycling, to harshness, to slavery, to impurity, to disorder and to the counter-virtues must enter into this body and into this temple, which are dedicated only to the presence of the eternal, immortal, divine light.
17. God will come into this worship to comfort, bless and clarify in an atmosphere of harmony, peace, purity and immortality.
18. It is fundamental that there is no foundation put with the intelligence of the world of men in this work. This must be clear because the worship of the Light is only for honouring the immortal.
19. The intelligence of the world of men is rampant and it always seeks to enter everywhere in order to take part in one way or another. In this way, it can reclaim its share in due time, and that is why I specifically, voluntarily and directly ask that this worship of the Light is free from the world of men and that it is established on earth on solid foundations so that it can continue through time to make a new way of being in the world appear. You and the future generations will then be able to benefit from this work so that God teaches you, speaks to you and feeds you with the bread of wisdom and of the angelic light.
20. The worship of the Light is the place of the peace, of the comfort, of the conversation and of the intimacy with God. In this way you will be able to unite and commune with what is the greatest, the purest and the noblest in life.
21. Do not allow what is dirty to pass the boundary of recycling, and what is false to enter into the sacred enclosure of the Round of Archangels and of the school of God.
22. The counter-virtues that govern the world of men and feed it, such as fear, discontent, dissatisfaction, resentment and suffering, are not welcome and must not pass through the doorways.
23. Educate yourselves. Discipline yourselves. Train yourselves.
24. Free your bodies, your senses from what is dark and vile and bring everything that is noble so that a new world appears in the pure intention of serving God and His immortality.
25. This is a key that I give you, for you are the pioneers of a new world and you must take care of the beginning so that the future is prosperous and happy.
26. Do not place the foundations of the worship of God simply for yourselves, but think that this has to be bigger than death, that this must continue, grow and prosper through the centuries.

27. You are the fathers and the mothers of the world of tomorrow, so, make sure that God takes on a body that receives, from the beginning, all the conditions to be able to live, to develop and prosper on earth through the centuries. It is the body of the faithfulness of God towards men, of the continuity of consciousness and of the everlasting covenant.
28. It is the promise of God that now renews itself through the Essene Nation, and it must continue through the times and the ages of the world.
29. Be aware that you are the parents of a new world and that you must be responsible for the seeds, the forces, the influences that you put into the foundations of the work.
30. Do not start discontented, confused, passive because your work will be doomed to failure by the counter-virtues. God does not come into the world of counter-virtues, He only comes into the angelic alliance. The forces of the Light are enthusiasm, truth, simplicity, honesty, ardour, work, clarity . . .
31. Advance one step after another and place each step perfectly so that everything appears for the glory, the blessing and the service of God.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, do you want to say that the act of committing at the moment of your celebration is a blessing, and that you yourself are gratified to see a being present himself in front of God in your blessed name and in your presence?

Archangel Gabriel answered:

32. It is like a father and a mother who rejoice to see their child who is going forwards, who makes the right choice, who opens a pure and good path. The parent knows that this decision attracts luck, prosperity, protection.
33. Know that in your world, protection is not to be underestimated.
34. I like the one who makes a happy, obvious and clear decision. He does not turn in circles 10,000 times, he is not indecisive.
35. For whatever reason, the undecided ones always end up by failing. He says: "I am getting ready for the day of opportunity," but when the time comes and the door opens, he says he is still not ready enough to cross the threshold.
36. What does it mean not to be ready to live with God? God proposes marriage to you and you say you are going to think about it? This just means that there are other worlds that live in you and that they govern your life. You want to keep these worlds and you have not decided who you want to live with yet.
37. One who, without any doubt, without constraint, without thinking and calculation from the world of men commits and gives his life to God, God will accept him and will not only come to eat with him, but also to live in him. The others, God will look at them, will bless them from the outside and will wait for them to go all the way to the end of their experience.

38. One who asks himself 1,000 questions to know if God is primordial in his life and in life obviously needs to be educated because this being has not understood the meaning of life.
39. God is the fundamental. God is the totality. God is the only truth. If you do not show Him you want to enter into His house in order to share the meal with Him, He will leave you at the door and in the end, you will be outside.
40. Do you know the difference between being outside or inside? To be outside is to be on the lookout for all predators, for all thieves, for all difficulties. To be inside is to be protected. To be outside is to no longer have an identity, concentration, a focal point.
41. Believe me, one who no longer has a house, a family, an identity is weak, vulnerable and at the mercy of all the worlds that are going to want to take him.
42. Listen to your Father and enter into the house of God, now, without hesitation, but with the happiness of speaking the psalms of your Father Gabriel in front of God and for God. If you hesitate, you will continue to hesitate your whole life.
43. God is patient and He offers man all the time he needs.
44. I tell you that it is not when he is 70 that man can say: "I will give my life to God," for he has already lived his life, he has woven alliances, placed writings and given his organs in order to form the body of another world. I am not saying that you must not do it at the age of 70, but I say that it is from the beginning that you must support God and live for Him. If God invites you when you are 70, do not hesitate until you are 80.

272 Life is in the Psalms.

1. As the great Archangel Michael announced it to you, I also say to you that my mission, in front of God, to bring the psalms to the Essene Nation and to humanity has arrived at its completion.
2. It has been a joy to teach you, to nourish you, to seed you, to give birth inside you to another body, another vision, and to open another path under your feet.
3. May these psalms be a sacred heritage for you and your lineage until it becomes a nectar of life and of plenitude that will grow through your breath, your eyes, through your words and your works.
4. Be the new world of tomorrow by your way of living and spread a new fragrance of spirit into the atmosphere.
5. Free yourselves from the illusions of the world of men that mix everything, and learn to perceive the divine where it is.
6. I speak of fragrance, for it is the emanations that come out of you that attract the higher or lower spiritual worlds. There is nothing other than that.
7. The psalms are wonderful because correctly intoned, they give off an odour in the subtle emanations of the body of the man that, naturally, attracts the Angels, the Archangels and the Gods.
8. The spiritual worlds are not far away and still less abstract, they are the invisible that animates the everyday life, the concrete, the visible. Your visible is animated by an invisible. This is the spiritual perception of the world. These spiritual worlds feed themselves or are attracted by the law of affinities in correspondence with the life field that surrounds man and builds a subtle atmosphere around him. This life field is real and in it the connections, the associations are woven that will give power to such or such world.
9. The psalms have been given to weave a conscious and living alliance with the higher worlds.
10. The worship of the Light must make you aware of this life field that surrounds you and of all the influences that manifest themselves in it. This life field is made up of much subtler bodies in you and around you. By becoming aware of this truth through the worship of the Light, which is the offering to God, you are going to awaken more and more, to join into the practice and to recover your true destiny.
11. Man has abandoned the alliance with the invisible divine worlds and he has taken refuge in the animal world, thinking that he could hide from the higher worlds by making himself invisible through lying, worshipping appearances and illusions. Doing this, he naturally called the dark invisible worlds that have enslaved him.
12. Understand that it is impossible to hide in front of the spiritual worlds because they are the soul that animates everything that is visible.

13. Everything that is visible breathes, gives off subtle emanations, influences that are like a fragrance, a food for the invisible worlds. These worlds do not look at the appearances and the false images that man gives of himself.
14. A man can talk of peace, but if his emanations do not nourish the Angel of peace, he is not a servant of God. He is in a double language: on one side, he speaks and on the other, he feeds a world that is the opposite of what he says. If he talks of Light, it is to weaken it. Such a man knows how to hide in front of the visible worlds, but he cannot do it in front of the subtle worlds because in these worlds, the entities that he really lives with appear.
15. The psalms are the offering to God, the nourishment, the breathing, the vision of God. They are perfection, for they bring you everything you need not only to live, but to build for yourself a body bigger than death while remaining within the good laws and with the good spirits of the house of God.
16. Everything that is great and beautiful is inside you like seeds waiting for the favourable conditions to germinate and go to meet with the higher worlds. The psalms are like water that will seep in to awaken the seeds and invite them to grow.
17. Now it is for you to take your life in hand and make the future that you want to live appear by radiating the best virtues into your respiratory atmosphere, by calling the life field of the Round of Archangels so that it weaves the best alliances and lead you into the right associations with the higher worlds.
18. The psalms are the support for awakening the right concentration and making the tonality, the energy, the strength, the union and the life field appear that are food for the Angels, shield against the darkness and the misleading lights, living book of the high knowledge and new body for God.
19. The more you will awaken the psalms through the practice of the Worship, the more the words will become alive and acting, revealing a way of being in the world, a culture, a soul that will not die out with time, but that will go towards an expansion.
20. Through your practice, your vision will expand, you will be clearer and clearer and the life field of the worship of God the Light will become obvious, a necessity. Immortality will take its place in your life and you will understand that you must not simply nourish the mortal body, but also to take care daily of all the other bodies, up to the immortal body, which is God the Light.
21. Always remember that it is the psalms of your 4 Fathers, the 4 great Archangels, that have made this splendour of the worship of the Light appear among you.
Father Gabriel, how are we going to continue to receive the teachings and the words of wisdom of the Archangels?
22. The statue of the Worship is omnipresent and, believe me, it will speak to you through the Gods, the Archangels and the Angels if you know how to approach it with the discipline it has revealed and with purity.
23. The psalms that you have received are perfection, for they allow making God appear in a body and nourishing Him, taking care of Him.

24. Believe me, you have more than one life to assimilate the treasure of the psalms and make a body for yourselves.
25. You have been badly educated by this century, for you take a thing and you pass to another without having brought the experience into wisdom.
26. The psalms are your true nourishment, they are the foundation of your new life. They are the earth, the water, the air and the fire that you need to live with God.
27. Your thoughts, your reflection, your understanding are not the goal, but just a means to get closer, to focus your attention, to concentrate. What is lived, the inner illumination, the awakening of the heart, of the soul, of the creative force are the essential, the goal to reach, the right direction. This must become instinctive and be your feet, your path.
28. If you skim through, you remain with a superficial understanding and you only comprehend the dead letter. It is noble to develop the right discernment, the right understanding, but afterwards, you have to go down into your heart, awaken the inner experience, then go down into your digestion, make the seed of the new life appear, light up your will and touch your body. By remaining at the intellectual surface, man is convinced that he has understood, but it is false, for he is not in harmony with us, and the world around him shows it.
29. Man says he wants peace, but not only does he live in war, he feeds it and creates it. Man says he wants to serve the Common Good, which is God, but his creations are enslavement and fear, sterile individualism. He absolutely seeks to exist in illusion, and he passes his time strengthening and feeding the false image of himself, seeking to be at the origin of everything to receive glory.
30. Life is greater than man and only it is at the origin of everything. If life amounts to man, it is the end, poverty, death. Life is greater than man and man is only a link of a sacred chain, of a river that has neither beginning nor end and that never runs out.
31. Life is in the psalms. Of course, they are not pure such as they have been transmitted to you, for it has been necessary to adapt them to what you are in this era, but in them, there is life and if you enter by crossing the 3 stages of the enlightened intellect, heart and will, you will approach the deep meaning, the eternal key that I wanted to hand down to you through each one of them. This life will gush forth as the spring and will attract the Angels and the good spirits around you, who will nourish themselves from you, from your subtle emanations. Your weaknesses and your fears will leave you because the world of men will become ephemeral to your eyes. You will understand that you have lost a lot of time and that, finally, dispossession of the body and flexibility are essential factors to make wisdom and freedom of the soul, greatness of the soul appear.

273 Electricity is a dead energy.

1. I have already taught you the need to protect yourselves from the different electrical influences, radiations and the modern technology of waves.
2. I know this world, for I am the common thread. I am the connection of the worlds. I am the communication and the consciousness of exchanges. My water is a common thread. I know the destructive influence of this electricity, and I tell you that water is the most difficult world to cross and to master for man because it is full of influences, of dreamlike images, of illusions and of the sirens of seductive concepts. It is obvious that for one who is not well prepared, for the ignorant, it is impossible to enter into this water without getting caught. That is why I tell you that humanity is like a weather vane, it is unconscious of this water that it bathes in and the influences that act on it.
3. Man is no longer able to concentrate on the immortal values in order to concretely live with them and to keep his commitments, to build a body and bring a truth that enlightens life and confers a higher meaning to it.
4. Man is changeable, he has no foundation, he is carried away at the mercy of the different currents of influences that agitate the water that he bathes in without him even noticing it.
5. The electricity that you use in an intensive way is really a materialized destructive influence. It appears to be alive, but it is a dead energy. It brings a robotic and soulless world. It acts not only in the material sphere of man, but it also influences his different subtle bodies and exerts an action in the sphere of instincts. It accumulates like a bad inhalation and it waits for man to be at rest, relaxing, somnolent to go out of him and start to expand. It weaves a kind of shell around him that closes him in, and at the same time, it places writings, negative symbols in the sphere that exists between the moon and the earth. This is where man goes during his sleep at night.
6. The moon is a guardian of the solar citadels. Its role is to let pass only what is pure and true. It leads the rest towards destruction by increasing this potential when it is present. The moon does not like what is impure and leads it towards recycling so that it no longer exists and that a radical change takes place.
7. Understand that the men who are overly exposed to technology, to its electromagnetic waves, whose eyes bathe in false and dead lights, when they start to rest, drowse off, let go, it excites the destructive side of the moon, which makes sure to increase the imperfections and inevitably leads them to do destructive acts, pushes them to the extreme so that the complete transformation is carried out by recycling. Then the man becomes a destroyer, he is angry, impulsive, irritable, electric, not able to stand anything, being exasperated by the least influence, seeing everything as detestable. He is possessed by a negative influence that increases evil to the extreme in order to lead everything towards destruction. The man loses his consistency, there is no longer any serenity in him and his destiny is written.
8. Wake up and learn to discern the influences and the currents that act in the water around you and in you. Learn to consciously and strongly connect to the currents of

life that lead towards the higher and blessed manifestations, and do not be unaware of the currents that generate the darkness and activate recycling.

9. Every thought, every influence, every force in life always has a basic direction and a destination. According to the state of awakening of his intelligence, of his consciousness and of his senses, man can be the animator and the one who directs these different influences in order to lead them towards the living light or towards the dead light.
10. Only the forces and influences that come from the light of the stars, and above all from the sun, are alive and are welcome in pure water.
11. When the solar rays pass through water, they become what clarifies and ennobles life.
12. When electric light penetrates water, it brings death, fright, fear, misfortune. It is as if you become blind, insensitive to everything happening around you and that it plunges you into dismay. This is electricity, a world of fear, of destruction, of ignorance, of violence that transforms you into a tormented soul, lost, worthless, disoriented, without an alliance with the solar forces of life. When the Light can no longer touch you because you are enclosed in an impenetrable shell, the moon closes the doors and increases the destructive force to activate recycling. In this way you will be reborn.
13. My teaching is not psychology, but a light on the worship of the Light that will perhaps allow you to grasp the importance of discipline and of the Word spoken in pure offering to make the real and great immortal light live.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, how can we understand your words since electricity and modern technology are omnipresent in our lives and all around us? We bathe in dead influences and deceptive lights.

Archangel Gabriel answered:

14. Of course it is like that because the world of man activates recycling at high speed. You have to know it in order to limit the damages and to learn to direct yourselves and organize yourselves differently.
15. Your body and the me born from the body can tolerate these toxic worlds if they are protected, and above all if there is not any unconsciousness and ignorance.
16. The problem is that today almost all humans are ignorant and unaware of this science. Those who guess it are unconscious all the same because they remain convinced they master the situation. This is a deception, for they do not master anything, they suffer and are carried by the current in spite of themselves.
17. To study, awaken and become aware is the first step.
18. The second consists in reducing the exposure, contenting yourselves with the minimum, and give yourselves breaks to breathe differently and expose yourselves to the beneficial influences of the sun, of nature and of the pure and sacred worlds in the thoughts, the feelings, the will and the acts.

19. Do not rest, do not relax and do not sleep in front of the dead light because as soon as you are inactive, these influences pass through the water of your auras and come to stick to you, until forming a second skin that hardens like a shell and isolates you from life. Then you cannot do otherwise than to be under the action of the dead and misleading influences, without soul. When you sleep, these influences come out of you and start to expand. The moon sees them as writings, shapes, negative worlds, dead influences and it rejects them, leading them towards destruction.
20. The moon has 2 aspects: it welcomes what is positive and it rejects what is destined for recycling. The moon cannot conceive of the existence of the light without soul in the universe, and that is why it weakens it and leads it towards destruction.
21. Understand that everything is influence, that everything is consequence and that everything goes towards the universal. If you become irritable, reactive, angry, unstable, without serenity, unsatisfied, unfocused, without continuity of consciousness, letting your thoughts wander in all the worlds, travelling from image to image, be sure that you are not in my current, in my common thread, in my water, but that you are in the current of destruction that is activated by the moon to drive the soulless towards recycling. If you remain in this current, you cannot escape the test, a certain death and a tearing.
22. Man is conceived to live in harmony with immortality, with the universal forces and the living light of the sun. He is not made to live with the currents and influences of decay and decomposition. If he does this, he becomes without a soul, a piece of earth animated only by an artificial influence and a dead intelligence.

274 Orientation for the Circle of Sages.

1. The Essene Nation is the body of God on earth and the will of God can be known in it.
2. It is the world of Archangels that has made the Essene Nation appear so that God can reveal Himself all the way into the stone through a structure, a writing, commandments, wisdom.
3. The psalms are a special food that allows man to be educated in order to become subtler, to take his destiny in hand again and make a circle of sages appear.
4. This circle of sages has not yet taken shape in the world of man, but know that it exists in the higher worlds and that it has been, it also, the inspirer and the guardian of the body in progress of the Essene Nation.
5. The great sages have intensely contributed to the construction of the Essene Nation and it is right to say that they are, they also, the parents of this new culture.
6. Wisdom is a fundamental pillar of the Essene culture and of your life as Essenes.
7. To form a circle of parents for God the Light is worthy, but this circle must tend towards becoming a free alliance of sages. You must gather together in the name of God Wisdom and for wisdom. The Light and wisdom are one.
8. To be a child of the Light is to be born from immortal wisdom. To be a parent of the Light is to build, to conquer a kingdom for wisdom.
9. A child takes and a parent gives. What must be given by the Essenes is a sacred space in which wisdom governs.
10. It is the will of the great immortal sages that a circle of sages is formed on earth in order to have a resonance with them. They want their correspondence to be on earth in order to use the ears, the mouth, the soul and all the organs of man to make the atmosphere, the aura, the life field of the great wisdom of God appear.
11. This circle of sages is a work higher than the circle of parents of the Light. It is the age of maturity and fulfillment. The sage has lived, he has understood life and he is able to speak impersonally, without adding to it the serpent of the interest of the world of men and its existential anxiety.
12. This circle of sages shall appear in the midst of the Nation in order to listen to and to make heard the words of God such as they have been given through the psalms and to lead them on a path that allows humanity to meet wisdom again and to live with it. A body is what you live with.
13. If wisdom becomes alive like bread thanks to the life field generated by the Essene culture, men will be able to raise themselves to this level to hear it and understand it.
14. This circle of sages shall be detached from the concerns of material life and from the illusions of the world of men. Its only motivation shall be great immortal wisdom. Its life shall tend towards intelligence as if it was trying to penetrate the mysteries that allow intelligence to enlighten and to show the greatness of the existence of the universes.

15. This circle shall be formed when the circle of Parents will be settled and when a sufficient number of women and men will have shown, through their commitment and their faithfulness, that their life choice is made and that God the living light is fundamental for them.
16. I would like to point out that this circle of Sages exists in the higher worlds and that its manifestation on earth needs to be made through a harmonious union.
17. You do not have to invent wisdom because it eternally exists; you just have to receive it and to put yourselves at its service in the midst of a dedicated congregation.
18. This circle is not a grade or even a commitment like that of being a parent of God in the worship of the Light.
19. Wisdom is an omnipresent world, independent and complementary to the worship of the Light and the circle of Parents.
20. The body that you are going to create with the circle of Parents will allow revealing the perfectly trained, educated man, who has become able to hear the Light and to reveal it as pure, impersonal, immortal wisdom, without wastes or sly influences.
21. To be a parent of God is to put God first and to organize everything to protect Him and so that He has everything He needs to live, to be well and to develop Himself.
22. It is the responsibility of the parents of the Worship to unite to take care for God and offer Him all the conditions so that He can accomplish His mission.
23. Fully developed, the Light is immortal wisdom.
24. Wisdom is the body that the Light takes on to manifest itself in the world of men.
25. Wisdom does not seek to be glorified, valued, venerated in the world of men, for it is already all that. It is this eternally, beyond the misleading appearances. It must appear through genuine sages and not through beings who say they are sages or play the role of being wise.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, will this circle incarnate soon? What do we have to do? How do we prepare ourselves?

Archangel Gabriel answered:

26. I have given you this orientation so that you can, right now, glimpse a distant step of the path. When a child is born it is good to receive a direction, a protective seal.
27. The worship of the Light is the birth of the child. The Round of Archangels was the stage of the pregnant woman. Now this becomes real and the adult becomes a parent of God. So the circle of sages is like receiving the Name from the Mother, which seals the destiny of the newborn.
28. You came together through the circle of the Round of Archangels to give birth to this child and it is magnificent. Now, it is there, it is alive and very real. It is called the worship of God the immortal light. Its Name from the Mother, which is that of the Essene Nation, is linked to the circle of sages and therefore to the manifestation of God on earth through a concrete body and a concrete life.

29. This circle of sages will not take shape immediately because the circle of parents has just taken shape and God has the body of a newborn.
30. The circle of parents is still in the existential of the world of men and it has not found its place in order to be calm, without fear, without doubt to entirely dedicate itself to the Light and to its service.
31. A stage will have to be passed in which the parents are going to try to not live and exist in the world of recycling and of the mortal influences of the world of men, but to serve and honour God the Child of the Light. God is immortal and He must be served without wanting to leave any personal incarnation in the world of man, but through devotion, out of love of wisdom, of the eternal laws and of the divine principles.
32. Today, your intellect is not developed enough to be able to understand the immensity of the universe, to comprehend that it is filled with wisdom, with splendour and with laws. Through the psalms, we have tried to transmit this greatness to you in order to prepare you for the illumination of your intellect, but your world sticks to your skin and only allows you to perceive a small part of all the immense beauty.
33. God Wisdom is much greater than everything you can imagine at the present time.
34. You yourselves, you are great because despite your obvious limitations, you have taken another step and have made a new world appear in the world. To do this is to be on the path of wisdom, and if the world of wisdom responds to your step, it will clarify your intellect and your will, not to strengthen the life of man, but to make it disappear through opening upwards and expansion so that the Light takes on a body in an obvious way in the life on earth.
35. The human intellect is a small engine that allows fixating certain influences, but which is very limited, for it always seeks to strengthen the shape-image of the mortal man. It always wants to bring everything back to this image.
36. The angelic intellect seeks to serve the image of the immortal in order to make the limitless greatness of the revelation of God appear.
37. When consciousness is awakened by the intellect of man, it is always small and limited to death.
38. When consciousness awakens by the angelic intellect, it lights up all worlds and nourishes all beings in plenitude and profusion.

275 A Parent is a being whom you can count on.

1. To be a parent is to have passed the mast of the boat of Light that is the life of man passing on earth in a cyclic manner.
2. A parent is necessarily an awakened one, a being settled on the earth, educated, conscious and responsible.
3. A parent is a teacher, a guardian and a transmitter of the Tradition because a child is the future that takes on a body.
4. To be a parent of God is dignity, honour and beauty.
5. A parent takes care, supports, helps, is omnipresent for the other, to make him autonomous, free, accomplished.
6. To give to the other requires you to have yourself acquired.
7. To be a parent is a state of being, an inner attitude.
8. They are legion those who, while being parents because they physically have children, continue to be children inside. They are immature, always complaining, being unhappy, not taking their lives in hand, not being active. They are subjected to situations because they do not want to make effort, they want to be taken care of and for others to do the work in their place. Above all they do not want to be responsible, to appear as an individuality and become an earth so that the future generations are able to settle and go forwards. There are also those who are authoritarian and who impose their will to hide their own inability, their instability, their ignorance. They want the world to activate itself around them in order to feel they exist without being obliged to look inside of themselves at the nothingness of their lives.
9. To be a parent calls for an awakening, an inner vision, an education, an attitude, a behaviour. Dedication, gratitude, knowledge of the other, patience, compassion, acceptance without judgement are essential virtues, for it is never the outer world that leads man into misfortune, but the way he understands the events that happen. Through his education, man will give a positive or negative value to what happens in his life.
10. If you tell me that all men are unhappy, I tell you that it is just a vision, an education, an attitude that allow unhappiness to exist and manifest itself. Two people with different cultures will not be touched in the same way by a similar event.
11. Every man has a weakness in him, a wound that he has to know. He must not be passive, for the divine world does not like the man who suffers without taking himself in hand, without reversing the situation by transforming his inner life. Such a being will not be able to be a true parent, someone who transforms himself, who corrects himself for the other.
12. A parent does not complain, does not justify himself, he studies himself and he transforms himself in order to become strong and offer the best to the other.

13. Life is perfect, for it is a school of wisdom that makes the weaknesses of the inner life appear.
14. It is not about running away from your responsibilities, but to resolve the problems in order to make wisdom appear to take care of God and give Him a stable and powerful body.
15. Get up every morning with the light that awakens you and be grateful for this new day that is offered to you to serve God the Light in a tangible way.
16. Give thanks for your intelligence, your eyes and the environment that is given to you.
17. Be aware of the blessing of the Light and of the knowledge that enlighten you and lead you on the right path.
18. Do not say that the world is bad, for this is not the eye of the Light, or its word, or its work. One who sees evil and who proclaims its kingdom is the darkness.
19. Of course evil exists, from a certain point of view, but you must not focus on it, just on the worship of the Light and of perfection.
20. If man is under the governance of evil, it is because he carries it inside him. If he is under the influence of illusion and of the deceptive appearance, it is because he lives in an appearance and falsehood of himself.
21. You will tell me that man is sincere and good, and this is true because all beings carry kindness in them, but through bad associations, they waste their capital and give their lives to what destroys them and makes them childish. Finally, they remain children forever and never know the greatness of being parents.
22. The divine world cannot make a higher world appear with children.
23. Childhood is only an evolutionary phase of life on earth that is necessary so that certain forces can live and develop in man, but at some point, man must awaken, move up a level and become a creator, a parent who puts a world in the world and who is responsible for it.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, do you want to tell us that when we are children, we are modelled and therefore not individualized, and that as soon as we become parents, we individualize and we make a world appear?

Archangel Gabriel answered:

24. Yes, that is it. When a being becomes a parent, he is born to a higher world and he becomes a co-creator, he enters into a conscious alliance and becomes responsible. He then becomes appreciative towards existence and feels gratitude arising in him for what surrounds him and supports him so that he can carry out his mission of being a parent of God the Light in order to bring it into the world.
25. To give birth to God is essentially an individual and collective, universal work. The parent must be one with himself and one with the all. He is there to support, to bless, to take care, to be effective, positive, useful. In this way he enters into a different vision of the world. He no longer complains, he no longer puts his trust where he

should not, but he takes his life in hand, becomes creative, active, motivated, intelligent, open, convincing. From the moment when man has another behaviour, it simply means that he is still a child.

26. For a child, everything is temporary, nothing is settled, or deep, or stable but everything is volatile, without consistence, without importance.
27. The parent is essentially farsighted, responsible, sensible, creative. He uses everything that gets close to him to build a world, to ennoble, to structure, to give meaning, value in order to make the perfect form appear. He makes the invisible visible and does not allow any shadow zone.
28. A parent is a being whom you can count on. He is stable and he looks at the world with the eyes of wisdom and of effectiveness. That is why the divine world likes the genuine parents; it knows that they incarnate the stability of the worlds, the happy future.
29. The parent knows concentration, he has a centre.
30. The parent must take care of the small in order to offer it all the conditions so that it can grow and journey towards immortality.
31. A parent is a servant because he is like God: a being who gives, who takes care, a being who makes a being appear and takes care of it.
32. The divine world venerates the genuine parents and feels close to them because it also takes care of God and seeks to bring Him into the world.
33. The man who becomes a parent becomes aware that he is on the path and that the creative power is in him through his speech, his eyes and his attitude. Through his being, he creates a world and brings perfection.
34. To be a parent of God is to give Him a body with an inner life filled with meaning, soul, wisdom, greatness, virtues, intelligence, stability.

276 Life that enters into time.

1. The world of man is dependent on the 3 worlds of the past, the present and the future.
2. The divine world lives in eternity and immortality. It is omnipresent.
3. To consciously live with God, man must consciously enter into omnipresence. In this way the past and the future are revived.
4. The majority of men seek the answers to their present in the past, they think that they are in an analysis of the past. There are others who believe that the answers are in a present limited to mortal concerns and others who only take into account a future often deprived of wisdom.
5. Only those who develop a living inner life will be able to harmonize the path of man with the eternal dimension of omnipresence.
6. To live with God is to awaken the inner life in omnipresence.
7. Omnipresence allows the true eternal being to appear and to manifest itself in the ray of individuality.
8. Many theories have appeared in the world of man explaining that you have to fully live the moment by freeing yourselves from the consequences of the past and of the future. This is not what I teach you. I say that the past, the present and the future detached from the divine omnipresence belong to the cyclic world of man where what is born is called to die and what dies is destined to be reborn. In this way a form of evolution and involution manifests itself.
9. Evolution goes towards the acquisition of wisdom, while involution leads towards degeneration.
10. The sage can read the memory, remember the traces left in the cells and manage to orient himself through the ages of the world and of the worlds.
11. The Light is immortal, without evolution or involution. It is one with the Divinity, omnipresent.
12. God has neither past nor future: He is. For man: He was, He is and He will be. Or else: He was, He is no more, therefore, He will not be.
13. God is for all eternity. If man is not in this continuity, there is no longer an alliance and time becomes death.
14. For God to live in the world of man, He must be continuously actualized.
15. If God takes on a body in the present, life enters into time.
16. If God does not take on a body, it is death.
17. It is not a matter of saying that God was alive, but to make Him come alive now.
18. God never comes into the past because the past is no more, and the future is what has not happened yet.

19. God always chooses a body of manifestation in the present so that man is able to encounter the path of awakening and of individual elevation in order to be able to enter into continuity of consciousness and resurrection.
20. It is through individual awakening that humanity can find the path of true evolution and of ascension into a higher immortal consciousness.
21. The past existed, but it no longer is, and without the present, it cannot be a reference.
22. If men have met God in the past, they must meet Him in the present, otherwise it means that they did not know to keep what they had gained.
23. If the history of yesterday is not the history of today, there is a fall.
24. God must be lived today because it is the present that gives birth to the future.
25. The past must not pollute the present, but it must be an earth that allows what is to become.
26. Today, you must give a body to God; this is the only act that is important. Tomorrow, this act will no longer be important because it will be in the past and once again it will be the present and omnipresence that will count. The future body generated by the present will be animated by the spirits, the genies and the directing intelligences of the future. That is why you must be good parents of the Light.
27. It is the fundamental role of each generation to give birth to God in the river of time so that God remains alive and spans the ages.
28. To give birth to God is the ultimate.
29. A parent is an active being and he lives, he also, through his creation.
30. God has no shape, no Name, He is the great invisible. That is why, through the worship of the Light, you must not name Him or identify Him with the past, with the religions, with the symbols, with the writings that were but no longer are. Of course, there are religions that continue to exist in your world, but understand that for God, they no longer are because, precisely, they only live in what has been and no longer is.
31. God lives only in what eternally is.
32. God is present in the Essene Nation, which is His new body and His immortal religion. He does not want to be identified with what was, for this is just a waste that belongs to the world of death and of recycling.
33. God asks all men to honour Him in the present through His new body, which is the Essene Nation. For Him, the old manifestations no longer have reason to be since He is present and manifests Himself in a new manifestation. This is his will and man must carry out the will of God, for it is always right and good.
34. It is not wise or healthy to live with what no longer is. This does not mean that the past must be denigrated, but just that it is a dead letter that has not found a reason to exist in the present
35. Make sure that the worship of the Light is new and is omnipresent.

Olivier Manitaro then asked Archangel Gabriel:

Father Gabriel, what can we do to orient ourselves, to identify ourselves, how should we talk about the worship of the Light and present it?

Archangel Gabriel answered:

36. God comes in omnipresence, for He is the immortal and eternal life.
37. God wants for man to welcome Him in the present and for him to create a world with the tools and the elements that are available to him.
38. It is in the present environment that man is alive, that he can awaken and become a creator.
39. If man does not become a creator in the present, he does not live with God, but with death and nothingness.
40. The past no longer is and it cannot fecundate the future.
41. What was done in the past does not need to be done today since it has been done.
42. You must be attentive to today in order to do what is right in the moment and what opens a divine future.
43. The world of man leads towards recycling and death. The world of God leads towards resurrection and life.
44. The world of man makes man useless and deprives him of his creative individuality. It transforms him into a biomass at the service of an undefined, communal higher intelligence.
45. You must honour the worship of the Light and become awakened responsible parents in order to individualize yourselves and to concretely carry God in the now.
46. Commit to the worship of the Light, become parents of God, pillars, responsible beings, Angel bearers and dedicate your life to a noble and worthy cause. Above all, let this cause not be abstract, but let it be real, in the image of the worship of the Light.
47. The worship of the Light is called God, it is the new manifestation of God, His body, His presence in your world.
48. Everything is new in the worship of the Light and God has no Name, no identification, no past. There is only the immortal light that takes on a body, that incarnates itself through the Essene Nation in order to fecundate the world, humanity, the earth to make a new vision appear, a new way of being in the world and therefore a new world. This new world will not be associated with what no longer has a reason for being.
49. Of course there is deep respect for history in the world of men, but this history must not invade the new manifestation of God through the worship of the Light and the body of the Essene Nation.
50. History must accompany the world of today, but it must not usurp it.
51. History must bring wisdom that has to be understood as a collective intelligence coming from the universal intelligence that seeks continuity of existence.

52. What has been in the world of men must not necessarily continue to be, for only God must be and manifest Himself in the worship of the Light and in the work of the Essene Nation.
53. The Essene Nation must belong only to God and God is not history, He is the Eternal and He remains it. Today, He has decided that the Essene Nation is greater than everything and this is.
54. History is for man, it is not for God.
55. History can help man, but it must not be presented in front of God.
56. If, in front of God, who is alive, you worship a God who was alive, but no longer is, it is an offence, for you must only worship God. In the same way, if you present ancient texts that were sacred, but that are now dead, while God has given His new Gospels, you show that you prefer death to life.
57. Death is the world of man and life is God.
58. History allows man to awaken a certain understanding, but it does not allow stepping into today.
59. Today is what writes the history of tomorrow and for this, you have to be alive and individualize in order to dedicate yourselves to the work and to take part in it.
60. Man must give victory to God in the present and for this, there is no other path than to awaken in the present era, to commit, to individualize, to become a parent of God through the worship of the Light and the body of the Essene Nation.
61. The worship of the Light is the answer to the current involution and degeneration, which obliges man to melt into an ultra-powerful mass that annihilates his ability to individualize and in this way enter into the ray of evolution and dignity.
62. To lose one's sacred individuality, one's free soul is to lose discernment and the ability to be the actor of one's life. Man is then taken into the collective mass, he becomes an unconscious slave, unable to do otherwise than to endure his life without ever being able to meet the Light and know God such as He is.

277 Live with the Virtues.

1. You have been educated in order to analyze the world from a certain point of view, to develop concepts and to give an abstract value to beings, to things, to events. You try to separate the worlds in order to understand them better and to attempt mastering them. This has become a nature in you, your way of being: always, you classify the world, proclaiming that there is good and evil, right and wrong, order and disorder; but know that it is only a vision that you yourselves cultivate and that there exists a higher point of view that brings greater wisdom, understanding and mastery.
2. Everything depends on what you do with your life. If you look at the world as men, you will live as men and will not be anything other than men.
3. Remember that the vision is determining.
4. The vision of the world of man leads to being a man.
5. One who looks as the world of man wants him to look will not be able to conceive of anything else, even if his thoughts are directed towards God.
6. Know that everything has its reason to be and that you would be very much unhappier if there were only one point of view and only one way of thinking. You would no longer have choices, freedom and you would not be able to form an opinion of what is good, of what is evil by yourselves.
7. The world that surrounds you is filled with concepts, with beliefs, with points of view, with opinions in order to awaken you and so you understand that, finally, the path is inside you.
8. In everything, there is an inner life, and the path is to find the resonance with your own inner resonance in the other. In this way what may appear negative on the outside no longer is once the inner resonance is awakened. Of course, in appearance, the outer resonance is negative, but if the inner life awakens, it becomes only a messenger that indicates to you the point of view that you cultivate, that you feed. This point of view determines the outer world and also the inner world.
9. A law of awakening wants that if you perceive a thing on the outside, it lives inside you.
10. Of course it is good to know good and what is less good, but remember that each one has his sacred path, his vision of life.
11. You have to find your inner path while not being idiotic, abstract, cultivating beliefs, being convinced that they are right, while they are fanatic, sectarian, dogmatic.
12. To be stubborn, close-minded can close the door of the inner life. The man can no longer journey, he compartmentalizes the worlds and proclaims what is good or evil without resonance, without wisdom, without a path towards greatness and immortality. He locks himself up and locks up the worlds.

13. God does not lock up, but He awakens man and shows him, through duality, that when a thing appears on the outside, he must awaken the resonance inside him in order to balance and make the diapason that attracts the higher worlds vibrate.
14. If the diapason invites the angelic virtues, then the inner and outer life is well tuned with the world of immortality.
15. If the diapason calls the counter-virtues, this indicates that the man has to do a whole work on himself to become able to carry the worlds with dignity and beauty.
16. A dignified man is inevitably a man who knows himself not in the false appearances, faking and lies. He is able to carry the world, that is, to look in a way that makes God live, that feeds God, that makes God and His kingdom, His government of virtues appear.
17. Before carrying the world physically, you have to know how to look at it in a right way, that is, cast the right look at it, have the right vision of it. The right vision is the one that awakens the resonance with the inner life and that, next, unites this life to the higher worlds until being able to make them appear through acts that awaken the right resonance in the other.
18. If you see the world with the eye of God, you will walk on the path of the immortals.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, how can we manage to master our vision in order to awaken the resonance and liberate ourselves from the bewitching concepts powerfully generated by the world of man?

Archangel Gabriel answered:

19. The duality that generates conflict, war is an exclusively materialistic vision of life. When you become aware of this, you can awaken to the fact that, possibly, your view is distorted and that your inner life is no longer your guide, your centre, but rather it is subjected to the eye of the world of man. If you awaken in this way, you can detach yourself from this bewitching vision and free yourself from its influence.
20. To free oneself consists in not looking according to a certain point of view anymore, but to look for another angle.
21. The duality that generates conflict exists for the world of man, but it does not exist for the angelic perception.
22. The Angel invites you to look at the world in the form of a triangle. In this way the 2 points of view that seem in opposition form the foundation of a third point of view, which is higher and unifies.
23. For the intelligence of the Light, everything has its reason to be and nothing can be absolutely negative.
24. What might seem dirty to you is maybe simply the indicator of what lives inside you. It could be a disease, an excrement that is not negative in itself, but that is not in its place and that has to be evacuated so that harmony reigns again.

25. If you cling to what should not be, if you persist in thinking that what is disturbed inside you must remain, you will continue to live in this way and it is this world that, finally, will take your eyes, your ears and your destiny.
26. In the life of man, everything is a question of education, of balance, of harmony and of awakening in a higher world. It is this awakening that allows you to keep your balance and give the right answer to what seems negative.
27. If man looks at the disturbance while putting in a resonance of counter virtue, it is this world that goes into him and takes possession of what, normally, belongs to the Angel. If it is no longer the Angel who governs, then, who governs?
28. Your inner life must be clear and pure, in association with the angelic virtues and intelligence.
29. If you see the counter-virtue, you must not give importance to it, you must not let it go into you and fecundate your inner life. It must not take your eyes, your feelings and animate your will, for only what is angelic is important; the rest belongs to recycling and must stay in its world, in its place, organized.
30. If a man does whatever with his life, it is just that he lives whatever. If whatever happens to him, it serves no purpose to take offence, to get alarmed, for is just the consequence of his actions. The body and the life seek to evacuate the whatever from the man. This might seem negative, but it is not. It is just a logical consequence. Now, if you give your eyes to this counter-intelligence and if you react by letting yourself be invaded, unbalanced, without protecting the connection with the Angel inside you, you are contaminated yourself.
31. Man looks at the world and perceives that there is something that is not right, but instead of turning towards the wisdom of the Angels, he lets this world decompose in him, or then he reacts by increasing the big whatever.
32. Man must live with the virtues and not with the counter-virtues. There is no other reality.
33. If man lives with the counter-virtues, everything will be negative.
34. Man can suffer, he can be tested, but there is never anything negative in this if he remains faithful to the angelic virtue inside him.
35. Suffering is not gratuitous, it is an attempt of the great nature to re-establish balance. If man does not fall asleep, if he remains within the protection, he can seize the opportunity and live otherwise.

279 God wants to speak to humanity.

1. God wants to speak to humanity. He wants to bring a new message, not new in its essence, for God is eternal and His religion is permanent, but He wants to renew the understanding in the world of men and open a new possibility of awakening and of liberation. He wants for an education to appear so that those who hear the call can develop the right vision of life on earth and the clear perception of the path towards immortality.
2. God wants for man to understand the 2 paths: the one of man, which leads to slavery and servitude, and the one of God, which is wisdom, happiness on earth and liberation.
3. God wants for man to understand that he has a body of destiny and that it is up to man to take care of this body. This body is made of the past, the present and the future. This concerns man and his destiny.
4. Understand that God is eternal, without past, present or future.
5. God is omnipresence
6. God is life without death, light without shadow.
7. I insist, for many are those who turn towards the past to try to understand existence. This is right because the intellect of man needs references, needs to settle on what has existed, exists and will exist.
8. The eye of the intellect can turn towards the darkness of matter or towards the presence of the Angel.
9. To perceive the subtle is to understand that certain dark worlds take over the past to live and make the same events live always by actualizing them in the present. By appropriating the past, they become the "spiritual world," the soul, the masters of this dead letter and thanks to it, they generate artificial worlds that conquer the body of destiny of man. Understand that it is fundamental not to bring the new message of God into this usurped past.
10. God speaks not for the past, but for a new message.
11. I am not saying that certain words that come from the past are no longer good, or even that they are no longer relevant, but that this is associated with worlds that have usurped, bewitched and that are not in agreement with God, the renewal of the worlds, and with life. This is a dried up spring, whereas I, Archangel Gabriel, I want to bring the spring of God that invigorates, that never stops, that does not stagnate, that brings permanent clarity, that marvels the world, that enchants it, awakens it and opens to it a path greater than death.
12. If you look at what has existed in humanity, then, of course, you can perceive a certain form of wisdom, but you will also encounter a great energy of destruction and dark influences. This world is not welcome and it cannot be associated with the new message of God through the Essene Nation. This message is the higher life that renews life.

13. I firmly and concretely say it, what is from the past is past and no longer has its reason to be. If you are servants of God, you must hear this word and put yourselves at the service of God who manifests Himself now in a new form. This is His will and it must be fulfilled.
14. God does not want for His new message, His new word to be associated with the old, with the religions and with the different systems of the past.
15. God must be welcomed purely.
16. To say that you are going to restore the old religions and the past paths is not right, this is a vision of men who think in the world of death.
17. There is only one Religion and it is the religion of God.
18. The religions that have come out of the religion of God are no longer with God. These are the religions of the world of men that speak of God. This is not alive.
19. Today God speaks through the Essene Nation.
20. The history of the religions that have been and are now only a shadow is often associated with the fall and the perdition of man. Man has only taken over the Light and led it into the darkness to subjugate it to his thirst for existence. This results in a dictatorship of sterile dogma that enslave the souls in dead beliefs because the spirit is no longer the holy spirit of God.
21. The spirit of God is life and it cannot be confined in a dead letter.
22. One who would like to associate God in the omnipresent to the dead and decomposing form of the past would only mix worlds that must not meet. This would destroy the good future and the body of destiny in the beautiful light.
23. The future is not stagnation, the continuity of what is bad and that must be recycled.
24. I say to you that many initiatory currents born from the tradition of the Light have sought to ennoble what came from the past, but in the end, they remained in the world of death and God did not come into their work. This was only the work of the world of men and therefore did not go beyond the spiritual spheres of the world of death and of the great beyond. God is greater and it is God who comes into the Essene Nation. Understand it and free yourselves from your illusions by the practice of the Round of Archangels and of the worship of the Light.
25. The spirit of God does not come into what is dead.
26. If you add a dead letter to a dead letter, you do not make God appear.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, what must we do with all the great masters, the great ancestors of our tradition? They came in the past like us we are in the present and it was always you who was with them as you are with us. Have their words, their teachings, their acts become a dead letter?

Archangel Gabriel answered:

27. As you just said, it is God who eternally remains.

28. Men pass.
29. If there is continuity, God remains with man. What must be recycled is recycled and the influence of death cannot touch the work, then, man is not and God remains, purely passing from one man to another.
30. As soon the world of death takes over the word, the memory, the soul, it is a dead letter. God is no longer present, alive, acting.
31. Today, you must awaken and observe that you did not know how to protect God in the religions or in the traditions. Therefore, that is dead. This was alive during one era and it must not be forgotten, but the spirit of this past must not be brought back, for it is a spirit of the world of men that will come. It is as if you were impassioned by the history of the automobile and you wanted to revive the car that was in fashion 150 years ago. It is not the same worlds, the same language and the same vision, the same intelligence.
32. The envoys of God, whom you call the masters, came to bring a special message at the time when humanity needed it. This has always been very precise, there was always an aspect that was emphasized, a well defined orientation. This was perfection at the time when the message was given, for God was alive. When these messengers were no longer there, there were not necessarily successors to protect the Covenant, so God withdrew and other worlds came and took everything to divert the message and the body.
33. The succession of God is a sacred mystery that has existed in the past of a far distant humanity, but that, today, is no longer. Men were less men, God was more important. Today, you look at men and not God.
34. In order to receive the succession of God, prepared bodies are necessary and not a belief or a simple will to live in a world.
35. To enter into the succession is really to be educated, trained to carry a seed purely that will bring forth bodies and bodies through time and the ages, with the single purpose that the spirit of God can continue to animate existence on earth.
36. You, the Essenes, you have been instructed in this wisdom and that is why the more awakened among you understand the difference that exists between the world of man and the divine world. Those must organize the life of the Essene Nation so that the Covenant continues without waste and without shadow, that there is a living succession so that the body of God is transmitted in true life and not in a dead letter.
37. Immortality is for God and if you understand it, this will be the success of the Light.
38. Meditate on this psalm until you awaken to the right understanding of the message that I want to transmit to you today and for the centuries and centuries.
39. God speaks to you today and through the Essene Nation.
40. God spoke in the past and He will speak in the future.
41. Everything that God does is perfect.
42. It is for man to understand where intelligence is.

- 43. Is God in what turns bad and generates evil? No. That path is the one of recycling and of death, of the mortal beyond.
- 44. God is immortal.
- 45. God does not generate waste.
- 46. God is the renewal of life, liberation.
- 47. God is pure water that gushes, intact, from the depths.
- 48. God is pure water that travels in all the worlds to renew them and lead them.
- 49. God is not in the dried up spring, in stagnate water, in what is dead and fixated.

280 The gift of speech.

1. God has given to man the wonderful organ of speech. With this tool, man can accomplish great works. He becomes a creator in the creation and can make worlds appear, give strength to intelligence, to clarity, to wisdom, to love . . . and make the immortal soul live. But he can also use this gift to damage, extinguish, destroy the beauty inside him and bring confusion all around him. This choice is that of man. It does not depend on the influences that surround him, but really, it is the “peculiarity” of the man, his inner life, his awakening, his consciousness, his determination.
2. Every man has received this gift of speech in the same way and carries it inside him. Afterwards, what man does with this gift, the way in which he uses it determine, define what he is, how he thinks and who he is in harmony with.
3. Speech shows that man not only has an outer life, but that he also has an inner life in relation with a universal intelligence and world.
4. The more a man is clear, precise, concise, wise and true in his speech, the more the world around him and inside him will be awakened and great.
5. The more a man will use his speech unconsciously, without soul, without intelligence, without inner life, without experiences, without genuineness, bringing emptiness, nothingness, poverty, waste, the more the weakness will grow, the more discord, the war of the worlds will manifest themselves.
6. Through this gift of speech, man has received a great power: that of the soul, and therefore that of animating in plenitude or in poverty.
7. Plenitude generates happiness, and poverty gives rise to greed, fear and quarrel.
8. Through his speech, man can invoke the higher worlds or the lower words in order to unleash hell or establish paradise.
9. Speech is precise, it clearly defines the worlds, and it makes them appear and animates them.
10. In order to call the higher worlds, man has to be a consecrated spokesperson.
11. Speech must not be abstract, dead, devoid of meaning, of experience, of depth, of stability.
12. Precision is important in order to be able to touch the worlds and to trigger the forces.
13. If man is vague, diffuse, his speech will be without consistence and the worlds invoked will be without strength, without direction, without body.
14. Speech is the universal medium, it is the guide, the light, the intelligence, the help that enables you to make yourself heard and understood by the higher worlds.
15. What man says is always heard and a world busies itself to offer all the conditions so that the spoken words are realized, become concrete, fulfill themselves in one way or another.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, how can we become aware of this gift of God in us and ensure that our speech serves God and His light?

Archangel Gabriel answered:

16. Through the worship of the Light and the sacred recitation of the psalms of God, train yourself to speak and make your speech alive.
17. Listen to yourself speak and awaken the intelligence of the speech and the subtle senses.
18. Perceive the spirits, the genies and the higher intelligences at work in your speech.
19. When you speak, you are not alone to speak. You speak, but a world speaks in you at the same time. So, when you speak, a world speaks to you.
20. Learn to use speech as a gift from God and also as a tool.
21. What do you want to do with your speech? You have to discover it by yourself.
22. Speech is not only the expression of a voice that makes itself heard, it is also the extension of your inner life.
23. When you speak, you show yourself, you appear. Your past, your present and your future reveal themselves.
24. A world wants to take body in the speech in order to exist.
25. The more your way of speaking will be clear, precise, intelligent, filled with soul and with the strength of truth, the more you will be in communion with a higher world of harmony, of peace, of immortality.
26. Simplicity is the key of the truth.
27. If we have to explain, to say many words to describe a single thing, it is not the world of the Light.
28. If the speech becomes the vehicle of insult, of discontent, of anger, of lying, there is discord, and the dark one will seek to take on a body, first in the subtle worlds and then physically, through a concrete form that will allow him to be the actor of the destiny of the man.
29. The speech will gather the spiritual forces together, which will touch the thought, the feelings, the will, the acts and which, finally, will take on a body to become those that speak and give birth to the world of tomorrow.
30. You who aspire to take your life in hand and to become a servant of God, I advise you to awaken your speech, to become conscious of it.
31. Listen to yourself speak and make the being that speaks in you appear when you say the words.
32. Your speech must be associated to a wise, harmonious world, which brings a balance, clarity and stability, which gives soul and meaning, which opens a path and enriches God and His worship.

33. If you speak in harmony with the statue of God, if your speech is precise, clear, poised, the worlds around you will give force to everything that you say and everything will be realized quickly and easily.
34. If your speech is confused, you will be understood less and less and you will lose the power of creation and the ability to direct your life.
35. Remember: what is true is what comes out of you.
36. If what emanates from you is only a temporary understanding, a desire of the moment, only a troubled influence, there will be disorder, poverty and weakness.
37. Learn to speak through the worship of the Light and the holy recitation of the psalms of God.

281. Commit yourself before go.

1. I would like it to be established, in the Essene Nation, that the act of pronouncing a commitment before the divine world is the most honorable, dignified and great act that a man living on earth can accomplish.
2. Make a commitment before God and keep it, as you must hold the cord of the Round of the Archangels without letting go, is the royal path and the right way to walk on earth.
3. Make the commitment to be a parent of the Light, to bring God into the world and to take care of Him in the concrete is fruitful for a future of the rising sun.
4. Realize that if man comes to earth, it is precisely to meet, one day, the opportunity to make such a commitment and keep it. All your education and your concentration should revolve around this act and its accomplishment.
5. I know that a certain intelligence has educated you in a completely different way, that it made you unaware of the real value, that it stole your beauty and you accustomed to uttering words that have no substance, that mean nothing other than the vague impulse of desire for the moment that floats around you in the water from your spiritual atmospheres. There are all kinds of unconscious influences that act in the present moment to disorient man and divert him from what is worthy.
6. Through his education and heredity, man bears these worlds of influences that place in a permanent instability and prevent him from committing himself before God.
7. God is stable and He asks for stability.
8. God is eternal and He asks for eternity.
9. God is true and He asks for authenticity.
10. To commit before God is no longer able to go back or take back one's word, because when the child has been called and he is there, the man can no longer say that he did not call him and that he is not there.
11. God is omnipresent. He is the only truth. He is unavoidable, inevitable.
12. Committing oneself before God is so sacred that all worlds stand in the silence to gather the words spoken
13. Whether man likes it or not, once he has committed himself, all the worlds know it and will ensure that he never forgets the word given to God.
14. Giving a word to God is committing oneself before all the worlds and for all the worlds.
15. Whether man is aware of it or not, all beings aspire to the victory of God.
16. He who commits himself for this victory is the hope of the worlds. That is why the worlds will put everything in place so that the man who committed himself can

live this experience of union with God and the service of God in purity and authenticity.

17. The one who is not stable, who constantly cultivates doubt, questioning existence, this one too will encounter the worlds, but he will not receive help, because no world does support uncertainty before the great beauty of God.

18. What I want to tell you is that being a parent of God is the ultimate commitment can a man take on earth. It is the completion of a cycle and the beginning of a new form of existence. There is no turning back possible, because a door opened and another closed. The parent committed for eternity to honor the Immortal.

19. Do not take my teaching lightly, for these words are true.

20. The worlds will remind you of your commitment in one way or another. The Light will remind you of it in fullness and darkness, in the obligation of work to accomplish.

21. The commitment to be a parent of God is one of the first steps of immortality for man. It is the highest idea of immortality that man can meet in a mortal body.

22. It is obvious that if man does not respect his commitment, the worlds of the anger can also enter this door and echo with the power from life to life, until God forgives the offense.

23. The harm done to an unborn child is not worthy of the Light.

24. No harm should be done to God; this is the rule of genuine parents.

25. You, the Essenes, are now parents of God the Light and you must therefore respect the parents' rule. You have opened this path and it is big in all the worlds.

26. God is faithful.

27. God is just.

28. God wants to be born of man on earth. It is his will.

29. Man must fulfill the will of God, for it is just and good.

30. God loves man and demands nothing from him.

31. God has given everything to man so that he can lead his life in the earthly as in the afterlife.

32. If you approach God asking for his protection, understand that you have no choice but to follow and apply the commandments of God.

33. Of course, temptation is there and a contrary current will always seek to you influence to make you act on the opposite, but you must be aware, be strong, determined and truly yourselves in order to respect your commitments, your oaths, your decisions.

34. Remember that your commitment is greater than death, the currents opposites, and the dictatorship and the enslaving domination of the world of men. It is the greatest blessing, the rebirth and the opening of another future, of a reconquered destiny.

35. If you are faithful to your word pronounced before God, all the worlds will respect you, lead you, help you and even buy back your debts, your mistakes, your faults in order to free yourself from what is no longer fundamental in your path.
36. It is evident that he who enters into the service of God works for the good of all, then, a large number of small beings who were demanding their due will let the man through, because they will find that he takes another path, that he becomes honorable, wise, humble and big in the eyes of the little ones, because he is a parent. He made his choice to give birth to life and to make God appear by taking care of Him.
37. This choice to be a parent of God will change everything, because it is an immortal commitment. This choice implies no longer having the choice. That is true freedom.
38. There is a difference between being free and believing to be free.
39. He who is under the influence believes that he is free, but in fact, it is only a hope fed on illusion and ignorance.
40. God alone is free.
41. To commit oneself for God is to choose one's life, one's path, one's destiny.

Father Gabriel, what to do if, after making the commitment, doubts arise and that we want to question the word given before God and before all the worlds?

42. Whatever happens in your life, it is a certainty that worlds will come to you visit and test yourself, put yourself to the test to check that you are faithful.
43. The earth is a school of wisdom and a place of examination.
44. On your way, you will inevitably encounter obstacles that are not negative in themselves, but which allow you to be evaluated. Some can and must be bypassed, but what cannot be bypassed is your commitment before God. You can negotiate everything else, but not the essential.
45. Once pronounced, the commitment before God cannot be set aside.
46. In the world of man, there are only unfulfilled commitments, but this has no more importance than a debt that accumulates. Such behavior is impossible in the divine world.
47. Man will have to pay his debts by doing a beautiful work for God. But with regard to God, no debt is conceivable.
48. Do not confuse the world of man with the divine world.
49. Of course there is temptation, but it is not so great when the world of God is in play.
50. Temptation essentially concerns the world of man.

51. When man makes a commitment before God, the worlds calm down and all enter into respect.

52. If you feel lost, invaded, it is because you have come out of the sacred ray of your commitment and function to be a parent of God. So, focus on your original promise, on your first will and deep wish, and nothing will be able to approach you to tempt you and turn you away from your mission.

53. If you go through an ordeal keeping the light of commitment intact in you, not only will you be stronger, but also those who will walk after you. Humans and worlds will eventually approach you and ask you for advice, because all beings aspire to walk and serve God. Even the worlds that opposed you will eventually approach you differently in order to be enlightened and receive God's blessing.

54. Your commitment to be a parent of God will never have to be abandoned. You must live with it eternally. No negotiation will be allowed, because this commitment modified you.

55. You called a being and he came. Now, he is there and you no longer have other choices than to share your life with him and to organize yourself so that he receives the best conditions in order to accomplish one's work. This is the greatest blessing in a man's life.

56. Be in gratitude, thank, celebrate, and accompany all those who will follow your example, who will join you. Be one with them in order to be one for God and great in his service.

57. Make God appear; give Him a body visible to all. There is nothing more beautiful...

282 The commitment with God is an Eternal Alliance, an Eternal Marriage.

1. I bless you, you who are physically gathered to honour God and His Round of Archangels and to celebrate His sacred mysteries.
2. I pray that your consciousness opens so water becomes alive and real for each one of you.
3. Water is a school of wisdom, a much bigger world than what you perceive at the present time.
4. Being aware that water is alive is deciding to clean everything and not letting any impurity take hold in your lives and direct you.
5. Water knows where it comes from and where it is going.
6. Make sure that the water of your life is clear and limpid.
7. Water is the force in you.
8. Clear water will purify all your relations, all your exchanges, your connections with family, friends, lovers, social acquaintances . . .
9. It is fundamental that all your connections be conscious, alive, pure and clear.
10. To be physically present to celebrate my feast is fundamental. It is a practice of a healthy life.
11. Make the good habit of gathering together without fail to celebrate the 4 faces of God through the great round of the year.
12. The Round of Archangels must be part of your life and it must be transmitted naturally to the future generations. It is a blessing and a protection.
13. I was especially honoured during this celebration, for it was the official opening of the circle of parents, which carries the worship of the Light. It was a historical moment, an important stage in the work that we carry out together for God.
14. We have just opened a door that makes the world different. Now, this door exists and the man who wishes to is able to commit and take this step. This did not exist in your world before and it now exists.
15. By this act, humanity has evolved, for it is a new possibility that has appeared in a tangible way. It is like a man who reaches a certain age, he goes through a stage and transforms himself. His attitude, his behaviour, his consciousness modify to enter into a higher vibration than what he knew.
16. This stage does not change anything in the structure of Light of the Essene Nation because the potential was already there. Only, now, it is activated and those who feel called will be able to join. This is big.
17. To join, one must be ready and feel it inside. It is a sacred commitment that must not be taken lightly.

18. To be a parent is a responsibility that cannot be denied.
19. If a being is not ready, the path will not be open for him. He might justify himself or find all the reasons in the world, but it is just that he is not ready inside, that this has not appeared in him yet.
20. Only those who will have eternally committed will be accepted by God as parents. The others have to study, get ready and work on themselves until understanding that the commitment with God is an eternal alliance, an eternal marriage.
21. It is obvious that one who has not been well prepared will meet resistances, reluctances, for one must be determined, awakened and clear to make such a commitment.
22. The others must take the time they need until the moment when they feel ready inside. For the moment it is still the outer world that dictates their choice and directs their will. Already, they know that this exists and it is a real blessing, and maybe one day they will be able to pass the threshold and make the decision to become parents for God.
23. I know that malevolent beings will say that God does not need anything and that they will justify their mediocrity by proclaiming: "My life is already consecrated to God because I pray, I meditate and I help the needy around me." I say to all of them: "Do you not do this to satisfy your mortal me and to feel the sensation of being alive and being someone good? I say that you try to hide yourself, to justify yourself and that you are afraid of the true commitment because your commitment is not as deep as that, it is, like your whole life, dependent on the world of deceptive appearances."
24. Now, I leave men to their own reflection and meditation.
25. What is sure is that I bless those who have crossed the threshold of this stage and who have committed in front of God.
26. Keep this momentum pure, protect this first impulse, live with it and do not let doubt, dissatisfaction and the weakness of the world of men invade you and conquer you.
27. Be happy to be parents and take care of God the Light, who is born in the world through the Essene Nation.
28. Be active and conquering.
29. Organize yourselves to live with God the Light and share your life with Him.
30. Your life is going to radically change because God has accepted the eternal alliance with the Essene Nation and with the circle of parents. You must be with Him and take care of Him.
31. If you remain in the movement, many things will change, will get better and be easier, simpler.
32. God likes simplicity.
33. You will understand the Teaching better, and therefore life.
34. Your behaviour will become gentler, for God likes the gentle ones and the strength of gentleness.

35. Fear will leave you and you will know how to concentrate on what is essential while leaving behind what does not really have value.
36. God likes order.
37. To commit in front of God is to accept that God comes into your life and takes His place.
38. God likes sharing.
39. To commit in front of God is an act that asks for an incredible inner evolution, considering the world that you live in, which is absolute abdication and disengagement.
40. I bless you for the solemn act that you have just opened, which gives man his dignity back in front of all the worlds.
41. I bring you my heaven, my protection and success.
42. I carry the circle of the parents of God the Light in my heart, each one of those who has performed the rite and celebrated the words of commitment. This is an indelible bond between you and the world of immortal light.
43. Blessings.

283 Stability and permanence.

1. The Light comes as a small seed put on earth by a higher world. A new world is coming; it is very small, hardly visible, but it carries in it the promise of a beautiful and happy life in the future. For that, this seed has to take root and find the direction of its crown.
2. You are the earth on which the seed of the worship of the Light comes to land.
3. Your strength is in the rooting and in the awareness of the subtle world that animates you.
4. Your roots are hidden in the stones, the plants and the animals.
5. Your inspiration should be in the worlds of the Angels, of the Archangels and of the Divinities.
6. Stability and permanence of concentration on the objective are essential virtues. Through them you become a good earth that can enable a seed of God to take root and to open a path upwards.
7. Unfortunately, you have become unstable beings, ignorant of your heaven, of your thoughts, of your moods and of your will. You are mediums under the influence of everything that acts on you coming from the outside. You must become aware of this, for one who welcomes the seed of the Light becomes a parent and therefore a responsible being who takes care of the future.
8. A parent must be stable, he must know the right direction of life and he must not let himself be influenced like a weather vane.
9. There is a magical, spiritual water around you that conveys all sorts of hypnotic influences. Do not be anymore men who do not know this water, who do not know how to see it, to resist, decide and direct it by themselves according to the intelligence.
10. Think and act by yourselves according to stability and the right direction.
11. Do not be anymore like these beings full of good will that is not really theirs, who want, who wish, who sincerely ask to be servants of the good of God, but who, finally, only weaken the Light.
12. One who is uprooted and has lost the real direction towards the angelic heaven will not be able to receive the seed of the Light in a good earth, and even less to protect it from all the illusory influences that bring disorder.
13. All men are destined to encounter the influences of the world of spiritual water that tempt and turn away from the right path.
14. A simple plant shows you that you must be rooted to cross through a world and reach the top. You, men, you have not applied this knowledge and now, you can no longer welcome the higher worlds in a right way, that is, as authentic parents.
15. A messenger brings you good news and you are happy about it, but just afterwards, another brings bad news and you let yourselves be invaded and governed by

discontent. You then question your whole life because of a fleeting mood without real consistence. I know that in your world, you find such a behaviour commonplace, but how do you expect higher worlds, which have no physical body, to find stability and permanence through you if you are inconsistent, volatile, without any solid foundation?

16. You can talk, wish, dream, believe as much as you want that you are stable, faithful, rooted, but if at the slightest contradiction, you fall apart, you change direction, how can you be parents for God the Light? This question is fundamental and you must work on yourselves to reach this inner state of being where you have found your earth, your heaven and the soul of your life.
17. Be absolutely unwavering so that nothing, that no influence can touch you and destabilize you. This inner attitude is fundamental for your evolution and for the path of immortality that you open by committing to create a body for God the Light. It is from your body that this other body must appear.
18. Learn to sit consciously and with respect on the ground and meet the beneficial stability that will enable you to master the worlds, to calm them, to harmonize them and to clarify them without having to use your thought, your eyes, your speech or your gestures to contradict, to weaken the permanence of the Light.
19. You must not just proclaim that you are faithful to the Light, you must be it by showing your stability when it is put to the test. If you fall every time, where is your stability?
20. You need to educate yourselves but, very often, your big weakness is that you think you have mastery, are in control, that through your will you will be able to manage at the right moment, but this is an illusion that enslaves you.
21. To be under influence is to not be able to resist joy or sorrow, news, a state of being that impose themselves on you and invade you, control you, destabilize you and take over your direction.
22. The reality that you have to accept is the necessity to work on yourselves to become plinths, foundations, solid bases in order to receive the seed of the worship of the Light in the best conditions.
23. To be a plinth does not mean that you have a strong will, a powerful determination, as these are essentially attributes of the material world. I am speaking to you about the forces of the spirit. You are going to tell me that you master matter, and I answer that it is not really mastered except from the moment when it is animated by a higher world that is able to compensate its lacks and to balance the currents of forces that ceaselessly try to influence it.
24. If you are not able to really govern matter, what will happen when you meet the influences of the spirit, that, depending on the outer circumstances, will act on your inner moods, putting all your commitments in danger?

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, what do you mean exactly by the word "permanence?"

Archangel Gabriel answered:

25. Permanence for man is to have roots, a clear higher direction and an axis able to resist all the outer influences coming to throw off balance. It is a state of consciousness and a state of being. The event that happens does not matter because the state of being is there and it stays there, identical to itself. It is the foundation and it cannot be otherwise. An influence comes, approaches and it is received without fear, for permanence is always ready to listen in order to honour what is wise, great, just and that glorifies the Light and the higher intelligence, but nothing can invade it that does not conform with what it is. It is what transforms and what adapts all the currents and influences that approach it, even to unbalance it.
26. For the Light, nothing can destabilize permanence. It is an absolute stability, an anchoring, a direction that nothing can divert anymore. It is through this permanence and this stability that the dialogue with the higher worlds appears.
27. The higher worlds like permanence because it pacifies the water of influences, it calms it and makes it clear.
28. The worlds of the spirit are light like the butterfly, which does not like the storms, trouble, tornados inside and around man.
29. If it is the crashing wave, nothing subtle is able to get close, for fear of being carried away by the current.
30. Permanence prevents, calms any outburst and becomes the plinth, the connection, the founding of the alliance and of the relationship with the higher worlds.
31. If you do not understand this wisdom, know that you will not go very far in your life because you will always be captured by reactivity and you will make decisions according to the influences, which will modify your behaviours, just as they wish to, by playing on your perceptions, your senses, your feelings and by creating events, situations that will close you into a narrower and narrower, soulless world. Finally, you will only be the products of a world of influences that mean nothing, you will be the representatives of this world without real intelligence, their spokespersons. You will have become your own enemies, sabotaging all the work that you had put in place for your evolution and the victory of the Light.
32. If you really want to progress, I say to you that permanence is the minimum that you need to cultivate. If you do not have this minimum, understand that everything will be stolen from you. Only permanence will protect you.
33. If you commit to the Round of Archangels, whatever happens, never let go of the cord, and if you speak the words of the parents of the Light, put the Teaching into practise without any hesitation. Otherwise you will be captured by worlds that will drown you in meanderings, in permanent war. Yes, there will be war, in you and around you, which will be the permanence, and in this, your destiny will be stolen from you and you will have weakened the Light, like a newborn who dies because his parents do not take care of him.
34. God has said to you: "No more war."
35. You understand the words only according to what you are.

36. "No more war" does not mean: do not make war anymore, for the outer world is only the consequence of the inner world.
37. If man is not at peace with himself, is not in permanence, serenity, in a deep inner calm, how can he honestly talk about peace? When he speaks the word "peace," it invokes war and it is incidentally because he is at war that he talks about peace. He calls its opposite not in order to honour it, but to find a semblance of balance.

284 The path of conscious immortality.

1. The life of man is a process made up of several stages that correspond to vibratory degrees, to states of being, to connections, to alliances.
2. At a certain age, man individualizes and he weaves connections based on this new state of being. He writes his future with this energy of the individual being. First, he unites with a world that will shape sympathy and unification in the physical plane. So he will appear as an individual in his own right. From this anchoring in the physical the path of his destiny and the continuity of his existence will be born. In this way a man can meet a woman and through their union the child appears, who is the carrier of the future and of the continuity.
3. A child carries in him the seed of his parents who, themselves, continue to live through him. Maybe one day they will see their dreams, their ideal, their thoughts, their desires appear in reality through the work of the children or the grandchildren.
4. It is not only the child who carries out a project of his own, but it is the vitalized thought transmitted by the parents, which has united with spirits, genies, egregores servants of the higher or lower worlds, that acted through a particular individuality and a lineage of consciousness and existence.
5. When a man individualizes, he becomes a creator ray and unites with groupings of collective beings that carry different ideologies, ways of thinking and of being in the world. This is the norm and rare, very rare is the individuality that, consciously, will unite with immensity, universality, revealing what God is in each human being and in each manifestation of existence.
6. God is the origin, the primordial, the first, the essence, life, existence, and the perfect writing buried inside everyone. To find the path towards God again, one must consciously individualize, learn to read this writing hidden behind the appearances and become a parent.
7. Through the commitment and the worship of the Light, God allows each one of you to seal a conscious alliance.
8. Understand that to carry out a conscious act, to confirm it by an impersonal, universal, immortal commitment ennobles the individuality and opens a path that will continue to live.
9. Through the commitment of being parents of the worship of the Light, you have opened the path of conscious immortality.
10. Understand that the memory of this sacred act will remain in the purity of your intention, the purity of the spoken words, the purity of the impersonal devotion and therefore your destiny will be pure.
11. This alliance with God the Light is fundamental only for those who knew with whom they wanted to share their life and where they wanted to live and who have made a conscious choice.

12. This choice is not for those who are not yet individualized, who are on the path, looking for themselves, who still need to live out certain experiences in order to know if the Light is better than the darkness or if a lie is preferable to the truth. One who commits to the worship of God the Light has passed this questioning, for his central consciousness has awakened, he has left the existence of the world of man and he knows that to have the choice is a weakness.
13. Strength is to be awakened, to have understood the dead end of the world of man and of its condition, it is no longer to have any other choice than to walk the path while taking care of the Light and uniting with it.
14. The worship of God the Light is the greatest blessing that the man who individualizes can meet because he no longer has a choice between serving the darkness or the Light: the choice is made, the commitment is made, life is consecrated and no turning back is possible.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, what will happen to what is immortal in us, and to what makes us still mortal men living on earth??

Archangel Gabriel answered:

15. The body is essentially a disciple of man.
16. If man orients himself on a definite path like that of the worship of God the Light, the body will follow, it will transform itself and will not feed itself in the same respiratory spheres anymore. The body will adapt itself, it will no longer be only a shield that protects man from the outer influences, but it will put itself at the service of the one who goes towards the great light. In this the body knows how to put itself on the same vibratory frequency as the life of the inner man. It will become transparent in front of the aggressions of the outer world. I am not saying this adaptation will be accomplished from one day to the next because each one of you has accumulated a lot of waste.
17. You have wandered in the worlds, calling beings, influences, intelligences, writings, spirits to you that you continue to feed even if they lead you to destruction and if they cultivate weakness and illusion in you.
18. Know that, through the practice of the worship of God the Light, these worlds are going to leave you. In a relatively short time, you will unify with your immortal soul. Your food and everything that you look at will no longer be influenced by the magic of the world of man, but by the seed of God that lives in you, in the statue of God, in the Worship and in the Round of Archangels. The outer world will always be present, but it will become bland, tasteless, without consistence and naturally you will turn away from it to make another world appear, in conformity with the alliance of the immortal light.
19. To live in affinity with the world of man is to accept inside you a certain dose of war, of violence, of trickery and a lot of elements that allow man to feel at ease.
20. Through the practice of the worship of the Light, another body, other senses are going to appear in you that will allow you to be invisible to this world and to move around in

it without being seen. In this way you will be stronger, for you will know how to be with the worlds of matter and with the more etheric influences. You will be able to speak with the spirits without being disconnected from the reality of the world of man. You will live in this world; simply, you will no longer nourish yourselves in it, you will no longer be dependant on it. Therefore you will be stronger because you will master the greed and the dependance on the outer world by your inner strength and by the higher intelligence. You will be in peace, more generous, more understanding, more attentive, more relaxed, for the outer world will be like a film that unfolds in front of you, but that you are no longer part of. You will just be spectators, observers who watch the scenes go by as events that no longer have links with their inner life.

21. The worship of God the Light is a great blessing that you have just put on the path of humanity.
22. What you have just opened today is written for eternity and you will be able to keep it inside you through the practice, the memory and the writing of your commitment.
23. Whatever happens, whatever you do in life, this commitment to be parents of God will be respected.
24. It is up to you not to be idiots and destroy your capital by persisting to live with the darkness and to support the beings of the darkness that destroy and lead you into the world of doubt, of fear, of greed, of quarrel, of meanness. This world will dissipate the capital of your commitment and will prevent you from being good parents for God the Light. It will lead you into suffering and you will be lost, for in spite of your commitment, you will not have managed to free yourselves from the grip of the darkness. Then, this grip will be total.
25. Be certain that the path that leads to be a parent of God is the greatest blessing that man can know and attain in his life on earth.

285 The Jubilee and the purity of the worship of the Light.

1. You are the pioneers of a new world.
2. You receive a higher teaching, for it is the will of God.
3. Today, you are at the border between 2 worlds because there is the celebration of the jubilee, but above all, the appearance of the great worship of the Light, which is the opening of the path towards God.
4. With the celebration of the jubilee, you begin to understand that there are cycles, laws.
5. A jubilee is the beginning, but also the outcome of a year of 7 years. At the end of 7 years, a world appears and a door opens. It is the conclusion of a life or of 7 years in a life, which allows you to know where you are at. It means to assess, to settle everything in order to see if you have accumulated riches or debts.
6. It is good to keep accounts and make assessments; it is advantageous, it is an art of awakening and of good management.
7. To manage well what belongs to God is a good life attitude.
8. The law of the 7 years is the art of making yourself a body and offering to God what is His due.
9. To think of God is a good attitude.
10. If man does not have a body, he cannot pass the door of the jubilee to enter a higher world. He will have to start over and over again until he becomes a good manager of the work of God.
11. The life of man in a body is short. It is made of cycles and that is why it needs to be organized so that at each passage of your life, you can pass the tests and carry out the work of God, which is the worship of the Light and the government of wisdom.
12. I say to you again and again what was told to you and that you do not hear. No matter why you do not hear, for there is a reason for everything. Each one of you has his reason. Some are into criticizing, others are discontented, dissatisfied, frustrated, greedy, angry, frightened . . . It is irrelevant, for the Light will never justify the influences that govern the world of men.
13. Men are big enough to master themselves, to know what is fundamental in life and how to manage the work of God.
14. What I want to say to you is that if you open a higher door, it is essential to do it in the conscious alliance with higher worlds and for you to change your way of considering the world and of living it.
15. It is ridiculous to want to penetrate higher worlds while continuing to live the same life.
16. There are erroneous influences, habits, behaviours, conceptions that must imperatively leave you.

17. Make sure that stupidity, changing moods and weaknesses cannot pass the gates of the worship of the Light.
18. How would you open a space for God the Light to incarnate Himself if at the same time you put irritability, greed, confusion into it?
19. The counter-virtues will inevitably make weakness appear in the future body of the worship of the Light.
20. You have to enter the house of God to meditate, to gather your thoughts, study, celebrate, re-energize yourselves, regenerate yourselves, offer your lives, pray and maintain the dialogue with the sacred world. You have to give your creative strength to be the artisans of this work on earth and not to destroy it by introducing the stupidity, unconsciousness and ignorance of the world of the men who are disrespectful of God.
21. I say to you clearly: if you have committed to being parents of God the Light, act as I have taught you and be loving mothers for others.
22. Believe me, a mother can be gentle, but she can also be foresighted to protect her offspring, her family, her home, and she is capable of giving everything and even to sacrifice herself if it turns out to be necessary to save what is the most valuable in her life, that is, her children. This is how I want to see you for God the Light, for His worship, His statue, His Round of Archangels, His Essene Nation.
23. I want you to be loving, considerate, wise, generous with the family of the worship of the Light.
24. Be capable of showing your claws if it is necessary so that no being can ever dirty, hurt, diminish, bring weakness, imperfection into this sacred space of the birth of God. It is an enclosure that must remain virgin and you must be its protectors, but also the sowers.
25. Give your creative and magical forces so that the worship of the Light prospers and do not let any being profane it.
26. Be vigilant because no bad thought, words or influence must ever penetrate into the inviolate space of God.

Olivier Manitarra then asked Archangel Gabriel:

Father Gabriel, what can we do if some beings bring their thoughts, their words and their influences of discontent and confusion? How should we react?

Archangel Gabriel answered:

27. Whether it is someone in charge of the Essene Nation, a leader, a student, a being of the holy congregation or of the outside world, the only reaction is education. Never violence, denigration, punishment, but only make them understand that one must not dirty what is noble, pure and beautiful. Say that you do not wish to hear such words and end the conversation.
28. Do not allow any dark world going into you so that its sly influence cannot, afterwards, penetrate into the space of the worship of God the Light. Be vigilant and remain conscious. It is a sacred discipline.

29. The enclosure of the Worship is essentially for the homage to God and the incarnation of God. Only those who aspire to serve God purely and to speak with Him are welcome.
30. Even between parents, you have to be vigilant so as not to be bearers of bad influence.
31. You must not present yourselves in front of God to offend Him, even unconsciously or through ignorance.
32. If you see that some negative influence appears, you must not receive it, let it act on you, and even less allow it to enter the space of the Worship.
33. Affirm that God is pure and that His worship can only exist in purity.
34. Ask the statue of Benevolence, and also the 2 guardians of the gate of the Angel, to protect God.
35. God is eternally pure.
36. Man is imperfect. In front of this absolute truth, let one who is possessed by discontent find the solution to leave the influence outside the temple and to be contented when he walks on the mat of prayer and communion with the Angel.
37. In general, man is not bad, he is even sincere, but he is ignorant, poorly educated and unconscious. He does not know when he has to speak and when he has to remain silent.
38. Man does not have the discernment of the sacred, he does not know how to present himself before the place, and even less how to find the right dose, harmony, balance, the right correspondence. Very often, he brings what he is, what he believes to be good, for he does not know how to leave himself, his concepts, his beliefs, his problems and limitations aside.
39. The poorly-educated man is always at the centre of everything and he cannot understand that the centre is elsewhere. He cannot silence the personal to awaken the universal. If he feels weak, incapable, discontented, he makes it a State situation so that the whole universe feels concerned. He wants all the worlds to hear that he is not well. This is not the worship of God the Light. In the practice of the Worship, the immortality of God is at the centre and not the mortality of man. The mortality of the world of man is not welcome.
40. You must be true parents and support the work of immortality and also protect it so that God can appear as He is for all eternity.
41. God must be able to live with you serenely, like a child lives with his parents.
42. The others, those who are not parents of God, let them go their way, let them live through the stages of life until they awaken and understand the importance of becoming a parent and of committing.
43. To live eternally with God the Light is the only option, the priority, the orientation. The rest is derisory and does not generate the succession of worlds and the continuity of consciousness.

44. The Light is good, it lights up, illuminates and transforms into wisdom the debts accumulated through ignorance.
45. If man makes mistakes, thanks to the Light, he can correct them, like an alchemist who allows what is vile to become precious through the art of God.
46. With the Light, man finds the way to dignity, perfection, greatness, nobility.
47. Understand this psalm, for it is one of the foundations of the worship of the Light.
48. To be a parent is to support, protect, set everything in motion to offer the victory to God. It is not only the priests of the higher steps or the vestals who are concerned, but the whole circle of parents and the holy congregation.
49. Remember that the enclosure of the worship of the Light is your house, your future body, your future, your life bigger than death, your immortality and your eternal rest.

286. Be Ready for God

1. Man spends his life preparing for the possible day when he will receive inspiration, when he will pass the exam, when the door of a project will open. Man is continually in the preparation for the great day. He makes ideas for himself, he cultivates concepts, he anticipates, he imagines, and he believes that from that moment on, his whole life will change. The reality is different, for things do not always happen as man had conceived them. Sometimes a trial can turn out to be the door of a new world, whereas an apparently happy event can be the beginning of a descent into hell. Whatever the case, preparing is a good discipline of life.
2. Of course, preparing is one thing, being ready is another.
3. The great Sons of the Light who came to teach and educate men have always shown the importance of being ready to seize the opportunity when it presents itself. It is an occasion that passes once, but will not present itself again, or else only after a very long time.
4. I want to tell you that in your life there are important moments that must be known how to be lived, for they will not come again.
5. The birth of a child, the bringing a world into being, the appearance of God are unique and fundamental moments.
6. It is great to bring forth the cult of God the Light on the earth.
7. These three moments must be lived by every man so that life may be full: birth, the bringing a child into the world through a family of love, the door that opens towards God. Many men live the first two stages in a relatively unconscious way and rare, very rare are those who can encounter the opening of the door of the Light.
8. You are going to tell me that all your life you have known the Light, that you have worked on yourselves, that you have lived experiences, but I answer you that you are in your world of men, locked up in your concepts.
9. When the Light really manifests, man finds himself face to face with himself, before the reality of his being, and it is at this precise moment that all that is hidden in him appears, stands before him to prevent him from crossing this threshold. Man thought he was preparing, but in fact he could not imagine that the Light was real. It is then that all the weaknesses, the illusions of his own life rise up before him.
10. Only he who relies on God and dares to cross this door with God can pass through this trial of going beyond the illusion of self.
11. It is obvious that nothing will change if man remains before the gate asking himself whether he is ready.
12. Man waits for this moment his whole life, but when it occurs, he wonders whether, finally, he is ready. Then the door closes again without man having been able to seize the opportunity.

13. If you prepare yourselves to hear the call of God, then, when He finally speaks to you, listen to Him and act.

Father Gabriel, do you mean that the cult of the Light is the call of God and the door that opens to encounter Him?

14. It is obvious that in pure intention, in the wise writing, the cult of God the Light is the rebirth of God on the earth. To participate in this cult in consciousness is to become a parent of God in a living and concrete way. It is a major stage which appears in the history of humanity, and he who is ready can take part in it and enter through this door to know a higher evolution. To take this option or this commitment is fundamental in the life and in the history of man.
15. To live aspiring to God is a good thing, but to live with God by serving Him as His parent is a wonder.
16. Man can want to believe in God, but at a given moment he must know what he must do with his life, and if he still has doubts, let him offer them to recycling so that liberation may occur and that he may be able freely to walk towards God.
17. Being with God must be stronger than recycling and than death.
18. It is natural that man experiences doubts, for it is his mortal part that expresses itself in this way, but once the door of eternity opens, this world can no longer enter into man to influence him. Man will think that he still has doubts, but it will only be a belief, just as before he was convinced that he believed in God.
19. Doubts cannot remain before the immortality of God, and the cult of the Light is this sacred writing which causes spirits, geniuses, egregores to awaken, to see and to hear that man is now a parent of God, dedicated to God.
20. The parent of God belongs to God and to God alone. He is a servant of the reign of the Light. No world will come to claim its due, for all the worlds know that man is consecrated, dedicated. They know his orientation, his life, his belonging. That is why I tell you that this celebration is major, historical, sacred. It is the door towards God.
21. It is fundamental to pronounce this commitment when the world of the water is opened by my theurgic presence. Man must present himself before me and say to the world of the water, in him and around him, that from now on he wants to live only with the water of Gabriel for the service of God.
22. The water of the cult of the Light must be pure and the rest of the water must go towards the banks, to the sides.
23. The Essene has boarded the boat of the cult of God the Light and the water that carries this boat is pure.
24. I hope that you will be ready, wise, intelligent, opportunistic.
25. I hope that you will be strong, conscious, determined so that your vows may be fulfilled and that you will not wait to be too disillusioned, too damaged by the

darkness before taking your commitments to become parents of God and sages on the earth.

26. If God comes knocking at your door, be ready to open to Him, to welcome Him and to place yourself at His service without hesitation, without fear, without obscurity.
27. Be ready for God and do not be continually in the idea of being ready and of preparing yourself.
28. There is a great difference between believing and living.
29. There is a great difference between hoping and tasting fullness.
30. God is good.
31. God always takes care of His children and His parents; so do not fear your own fears, for they will flee of themselves before the presence of God.

287. The Law of Trial, Awakening and Wisdom

1. For everything that occurs in your life, there is an apparent or hidden reason.
2. No suffering is without cause.
3. Many men live through trial in an unconscious and passive way. They tell themselves that it is a punishment or else the fruit of chance.
4. I tell you that in everything wisdom reigns.
5. No matter what the trial is, know that nothing comes from nothing and that all that happens contains a deep meaning and seeks either to awaken man or to stop him in acts that could be irreversible for his destiny.
6. Learn to consider trial as a blessing. For the one who walks on the path of awakening and of the service of immortality, it cannot be otherwise.
7. Trial is a protection that prevents stubbornness and perseverance in error.
8. Without trial, error could not only become deeply inscribed in the life of man, but be transmitted to future generations like an indelible writing.
9. Trial pushes man to awaken and to straighten himself.
10. That is why you must not be plaintive before trial, thinking that it falls upon you by chance. I tell you that chance has nothing to do with this story.
11. Trial is linked to your lineage, to your way of living, of thinking, of listening, of looking, of breathing, of speaking, of walking. It is a call to awakening, to observation, to meditation which allow you to recenter yourselves and to open yourselves to the world and to others.
12. The one who has suffered very often looks at the world differently.
13. Suffering is not obligatory; it is the result of a lack of wisdom.
14. You must always seek to lead trial towards wisdom.
15. All that you live must have as its aim to be led into a positive experience so as to be offered to God, to His statue, to His cult of wise light and to His body of immortality.
16. All that will not be offered to God will be lost, for God allows only wisdom to draw near to Him and to enter into His body.
17. Do not persist stubbornly in error.
18. Do not remain blocked in the world of trial by focusing on it and going over it again and again all your life.
19. Trial is a passage, a means of paying debts and above all of awakening and moving on to something else.
20. If trial comes, it is the moment to pay and to transform yourself. See this as a blessing and do not be resentful; do not let yourselves be caught in the trap of discontent and bitterness.

21. It is just and wise to pay one's debts and to free oneself from the dark.
22. Bearing a grudge against yourself, against the whole world or against God will not solve the problem, quite the contrary.
23. Tell yourselves that God has blessed and protected you by not allowing you to go too far on the path of perdition and recycling. It is like a good fairy who comes close to you and enables you to fulfill your wish, not to want just anything, but to aspire to change your life, your behaviour, your attitude and your vision.

Father Gabriel, what can we do when the trial is unbearable and destroys everything inside us?

24. Trial comes when man has created around himself a world that is no longer manageable and negotiable.
25. If you let trial enter into you and settle in so that it is it that governs your life and no longer the light of God and of the Angels, you will not understand the law of awakening and of walking with God by leading everything towards the body of immortal wisdom.
26. The one who lets himself be brought down by trial is a child who has no other aim in his life than himself and his toys. He will look at trial as an injustice, a punishment, a fatality. Yet it is enough to look just to the side to realize that the sun is still there. Now, if you decide to close the curtains of your house and to remain in suffering because things did not happen as you had decided, you will cause inner wounds that will be indelible. They will live in you and at the slightest occasion they will ceaselessly remind you of their existence, linking you to the subterranean world.
27. The aim of life, of trial and even of suffering is not to engender wounds that do not heal, but on the contrary to rediscover the youth of the soul, of the spirit, of inner life.
28. The body is one thing and the destiny that animates and leads the body is another.
29. The body belongs to the world of recycling.
30. Destiny belongs to the world of death, to the beyond, to the invisible, to the double.
31. It is important to separate the worlds clearly and not to cross certain boundaries.
32. You can make mistakes with your body, such as taking a wrong step, but you must not engender debts in the invisible worlds, create a bad writing or call unhealthy spirits.
33. An Essene must be in a good association and stand in the alliance and blessing of God.
34. The Angel of gratitude must be your shield, your armour, your fortress.
35. Do not associate yourselves with the spirits of discontent, of slander and of disturbance.
36. Be in awakening, in study, in the service of God and in thanksgiving.

37. Give thanks continually for your life and for all that is given to you by God and His servants.
38. Give thanks for all that you have and for all that you can undertake with it.
39. Do not be sad about what you do not have.
40. God is just. God is wise. God is good.
41. It is up to you not to destroy what God has given you by refusing trials and by drawing no wisdom from what you are led to live.
42. Believe me, when you have understood the law of trial, of awakening and of wisdom, your whole life will change, for you will no longer have the same behaviour, the same attitude and the same consciousness.
43. Very often, it is enough to look a little to the right or to the left to realize that the sun is there, that life is beautiful, that profusion imposes itself.
44. If you are plunged into turmoil and it forces you to look at the world in a particular way, this does not mean that this vision will last forever; it is temporary, it waits for you to awaken in order to stop engendering debts and making the beings around you discontent.
45. You must not pass into another world leaving waste and debts behind you.
46. Each stage of life must be placed on stable and wise ground so as to pass into the higher worlds being pure and clear.
47. You must not live in unconsciousness and irresponsibility and then complain about receiving the rod of correction.
48. Learn to lead everything towards wisdom so as to make appear the body of immortality, the body of dignity, of stability, of clarity.

288. Taking care of God so that the Cult of the Light remains pure

1. The Cult of the Light is the work of God, it is the house of God. It is a sanctified space that is reserved to honor the higher intelligences. It must be dedicated to the service of God the Light, but also to bless the subtlety of the invisible worlds, the purity and the virtues of the Angels, the laws and the great wisdom of the Archangels, and the immortality and governance of the Gods.
2. I solemnly ask you to respect your commitments as parents of God and never to be the ambassadors of turmoil, indecision, and the sterile agitation of the world of death and recycling.
3. This place is for God alone and for honoring and serving His religion of the mystery, His government, and His way of being in the world.
4. You who hold the rope of the Round of the Archangels, who bear with honor the worthy name of Essene, Essenian woman, or who have taken the sublime commitment to be a parent, you are more than welcome in the sacred enclosure, but understand that the least of courtesies is to prepare yourselves in order to enter the house without bringing into it what belongs to the world of the counter-virtues. For this, you have the statue of Benevolence and the two guardians of the portals; therefore, powerfully activate these writings in your lives and make them living through your discipline and your assiduous practice.
5. Unite yourselves in the practice in order to constitute a living and acting heaven and earth, a force, an intelligence, a telepathic inspiration that will enable you to be in the right vision, the right attitude, and the right behavior.
6. I ask you to take care of God so that the Cult of the Light may remain pure on the earth for centuries. May this link be for you a rest, a comfort, a pure and divine inspiration that brings forth in you thoughts that will not be mixed with the greedy interests of the world of men.
7. Do not let any man enter into the sacred space of the Angel and of the carpet of devotion.
8. Let the mental and magical image of man remain upon the triangle of invocations.
9. Let only that which is your pure soul, that which speaks with the Angel, that which brings forth in you the inner light, be able to step upon the carpet of the Round of the Archangels.
10. Of course, your body can step onto the carpet of prayer, but only if it stands in silence, in devotion, and in the service of the intelligence and will of God the Light.
11. Do not profane what is pure, but safeguard the link through which you can commune with the higher worlds.

12. Do not seek to use the power of the Light for your mortal lives, but do the opposite by giving what belongs to death in order to support what is precious. Thus, you will come to know greatness, immensity, serenity, and wisdom.
13. I know that man is imperfect and I have never known one who carries only the virtues of God in purity.
14. Man is inhabited by two worlds and this brings forth in him a perpetual conflict between the virtues and the counter-virtues.
15. Either you offer the counter-virtues for the victory of the Angels, or it is the opposite. This is your destiny, your freedom, your work, and your accomplishment. You must educate yourselves, for it is you, and you alone, who, in the end, make the decision.
16. Whatever may happen in your life, say to yourselves that it is you who have decided and accepted it. Perhaps you were not conscious, for you did not know the associations and the laws of the magic that governs the world, but this does not change anything in the reality of the links you have woven and the associations you have maintained.
17. Educating yourselves and becoming conscious is the foundation of your life and of your Religion on the earth. It is the Cult of the Common Good.
18. Take care of Education and of Religion and give thanks to the intelligence of God, which allows awakening and brings knowledge, understanding, illumination.
19. The intelligence of God brings the reign of the Angels and happiness.
20. Whether in happiness or in trial, recognize the beauty of awakening, which enables you to access understanding, to take your life in hand, to become decision-makers, to recover yourselves, to change, and to re-establish order.

Father Gabriel, what can we do when turmoil bewitches us, possesses us, and when the interest of the world of men absolutely wants to participate in and benefit from this space dedicated to God the immortal Light?

21. The Law is the Law.
22. The Law is God.
23. God governs.
24. If you bring what belongs to the world of men into the space dedicated to God, it will not be able to enter, for God remains inviolate. These worlds of the counter-virtues will not touch God, but yourselves, and they will devour you.
25. If you cause the counter-virtues to approach the Light, they become much stronger. This is the drama of men who have aspired to the Light while not being clear, being poorly prepared, poorly educated, mixed.
26. The Light does not love mixture, what is troubled, not ordered. This is why it is fundamental not to allow troubled worlds to enter within you.

27. You must be clear, pure, and serene within yourselves.
28. Your inner life must be awakened, consecrated, real, living, concrete.
29. Outside the Cult of the Light, your life must be in discipline.
30. If you believe in the words of the Archangels, apply them.
31. If you love the Light, do not speak about it, do not proclaim it, do not say that you know it, but present yourselves before it and unite
32. yourselves with it until you are one. Your vision of life will be different.
33. It is time to clarify yourselves in your willing and to decide between recycling and eternity. You will say to me: "We do not want this choice, we want to live with God," but in this, you are not clear, for you do not know what you truly want.
34. If you had to live only with eternity and with its virtues, you could no longer know the existence of your mortal personality. Only the clearest will understand that this personality suffocates you, crushes you, extinguishes you by taking all the space and by bringing forth another body within the body. This body usurps you and, in the end, you act only with this personality for the interests of the mortal body.
35. The Cult of the Light is another path. It is a sublimation of the energies toward the higher worlds. It is not an erasure, a trial; it is an accomplishment and an elevation, on condition that you adopt the rules necessary for success.
36. I do not advise you to invite the forces of darkness into the practice of the Cult, for this would not be a harmony and, in the end, they would turn against you, demanding to know why you wanted to offend the Light. You would then have to justify yourselves, explain yourselves, and above all, pay the debt engendered by this offense.

289. The source of equilibrium is within you

1. Equilibrium is fundamental in order to be in good dispositions toward all worlds.
2. Equilibrium is to be in the middle way between the two serpents of materialism and idealism, which are the two banks of the river, but also the lower and the higher of life. The river is in continuity, uniting the past and the future through the present, which allows awakening and harmonious change.
3. Heaven and earth establish the great dialogue and make inner life appear, as well as the other body, that of the cult of the Light.
4. To stand at the center of the river in consciousness while cultivating equilibrium is to make a synthesis of the worlds within oneself so that the inner life is laid down and organized at once in matter and in spirit.
5. Many men are content to let themselves be carried by the current; they go about their occupations in one world or another, without caring about the equilibrium of the worlds within them. They have great and beautiful thoughts, lofty ideals, but they completely neglect the outer reality, their material life, letting disorder and filth surround them. They are beautiful within, but no one wants to approach them without. Others, on the contrary, live only in the control of their outer life. Everything appears clean, well ordered, but within it is disorder, a chaos inhabited and governed by thoughts in decomposition. Do not be in one or the other of these situations, but awaken the middle way and work on the equilibrium of the worlds.
6. In the image of the river of pure water, you carry within you the totality of the worlds.
7. Know how to keep the measure, the rhythm, in order to be and remain in the same vibration, under the same influence.
8. Remember the music of the spheres and the notes of awakening. These are a fundamental science and art of living.
9. At the base, all men possess this innate musical sense which teaches them the beauty of harmony and the law of the correspondence of the worlds.
10. If you find the right note, the one that brings heaven and earth into equilibrium, the door of greatness will open.
11. Now, if the sense of the musicality of the worlds is lost, if you no longer know how to live and harmonize yourself with the great orchestra and the symphony of the universes, you will lose the consciousness, the perception of the subtle, fine, delicate, higher side. You will perceive the earth and the body without the soul and the intelligence. These are a disequilibrium, a false note, a discord.
12. To be out of tune is to lose sight that there is a visible aspect and another invisible. Yet one does not go without the other, otherwise there is disequilibrium. If man centers his life on the visible, he will neglect the invisible. If he turns toward the spiritual, he will neglect the material, and that is why he will engender a disequilibrium and will be rejected by the universe.

13. You have the answer to all your questions, for if you do not succeed in your life, it is always through a lack of equilibrium, which does not allow the right relationship, the correct correspondence, unity, to be established.
14. How can you succeed if you are in contradiction with yourselves, with your surroundings, your environment, and the law of God?
15. You must be equilibrium and unity in order to inscribe yourselves in the musicality and the beauty of the work as a whole.
16. How do you expect to succeed if one part of you is in one world, if another is elsewhere, and if there is no connection, no agreement, no unification, no coherence? You cannot lay any world upon such foundations. It is like wanting to build a house in the emptiness of a precipice.
17. The house of God must be laid upon stability and not upon the fault of a world that is not organized, that does not communicate, that is not in harmony, in accord and under the right influence.
18. The right influence is the response of the universe to that which is harmonious.
19. When there is a disequilibrium, man naturally seeks to make do, to fill the void, to find a complement. He will call upon external forces in an attempt to restore equilibrium, but this is false, for equilibrium can only be made through the harmonious union of heaven and earth, of the invisible and the visible, of the intelligible and the sensible. It is man himself, with his inner life, who is the center of this equilibrium and nothing else can replace this.

Father Gabriel, do you mean to tell us that we must cultivate an inner, higher and outer vision of things and of the world?

20. I say that you must never forget the harmony, the beauty, the musicality of the worlds.
21. The outer must be in harmony with the inner and with the eternal, the divine, the immortal, the higher.
22. What you see on the outside is the mirror of your interiority, but this inner world can hide itself beneath abstract forms which do not allow what animates you to appear. This world is an expert in camouflage.
23. Man can be in decomposition in his inner life, but he will hide it by putting on certain clothes, a décor, or by adopting a philosophy, a discourse, in order to justify certain acts and certain situations in his life. All this is a disequilibrium, a deception.
24. Equilibrium is true and can only be true.
25. If equilibrium is not true, it is not. It is only an appearance of equilibrium.
26. If equilibrium is laid on the outside, it awakens the inside in the right correspondence and cultivates unity with the higher worlds of eternity and divinity. That is why it softens, calms the worlds, makes beauty and wise Light appear.

27. If you encounter difficulties in your lives, remember the Angel of equilibrium.
28. Trouble is always a disequilibrium.
29. If you lose equilibrium, you can fall; that is why you seek to stabilize yourself.
30. The source of equilibrium is within you: it is the union of heaven and earth. The earth speaks to you of recycling and heaven of immortality. Equilibrium is within you.
31. If you are out of equilibrium, you seek to cling to everything that presents itself to you so as not to fall; this can be a cane, a hand, a buoy... This means that you call worlds to your aid and thus you create a link outside yourself which, very often, chains you and leads you toward slavery and perdition. You lose the sense of equilibrium, of your inner life, of heaven, because now you are taken in charge by another world which animates your life, organizes it in your place, decides. Now, it will be very difficult to dislodge this world, to tell it to leave; thus, remember that equilibrium is the foundation of all things

290 The Law of 10%.

1. If you are not happy on earth, it is because you do not know how to receive the energy and the strength of growth inside you.
2. You are constantly looking for the solution on the outside and you let yourselves be guided, inspired by what belongs to weakness, to lack.
3. Strength is in you, it emanates from the spirit and gives itself abundantly, but you are ignorant of the source and you dissipate it by directing it towards what has no value. You do not use it to build a body of wisdom and of immortality, but you let an influence foreign to your soul steal your wealth.
4. You do not take advantage of what you have and of what God has given you.
5. God has put healing, energy and wisdom in food, but the man who eats too much and any which way not only does not benefit from it, but in addition, he makes himself sick. In this way what is beneficial becomes malefic because the food is diverted from its prime function to become a means to make up for weaknesses, lack, an unbalanced world.
6. If a man is not rich, it is not because wealth is not around him, it is because he does not know how to make grow what he has received inside him.
7. The body only needs 10% of nourishment, whether it be subtle or physical. This is little, for man does not need much to be able to live happy and blossom on earth.
8. The little energy that is given to him allows him to create vitality, to grow cells and subtlety inside him. But if man looks away from the strength that is in him to direct himself towards weakness, he will give his whole life to take care of recycling, of what is mortal to the detriment to what is immortal.
9. If man is unhappy, if he does not know wealth, abundance, growth, health, plenitude, it is because he does not know where to look and how to orient himself. Everything is around him and in him, but if he looks at the weakness, he will want to fill a void and will not be in the right measure, the right management and balance. He will let the outer world invade him and there will be no more place in him for his soul, for what is immortal, what is higher and eternal.
10. If, today, men are invaded by diseases and problems, it is because they have abdicated their inner being to let themselves be invaded, without any discernment, without restraint, by the outside worlds. They do not know anymore what to do with all this food, with all this information that not only do not make them wiser or richer, but that settle in them without their knowledge, to finally make them their slaves, always asking for more and stopping them from cultivating their inner life and their elevation towards the higher worlds.

Father Gabriel, what can we do to not be poor, useless and incompetent?

11. Stop always and always wanting more.
12. Learn continence, that is, to contain yourselves.

13. To contain oneself is the first step towards self-knowledge.
14. When you know yourselves, you will be able to orient yourselves to become what you are.
15. Be content with the essential, with what you really need, with what is vital for you.
16. If you stuff yourselves, you put out the light in you and the noble creativity.
17. Strength does not come from the outside, but from the inside.
18. The outside must be a support for awakening and for fulfillment, but everything must come from the inside united to what is higher.
19. Do not seek to fill up your lack through the outside, but learn to take just what you need so that your body is healthy, strong and builds itself with balance and wisdom. This is an attitude, an art of living to develop that makes another direction appear than the one you are presently following.
20. For example, in nutrition, you must not only eat to fill a void in your body, but to make immortality appear. So, you must choose the appropriate food, the right quantity that are going to strengthen certain cells, certain virtues that are at the service of a specific world and influence. That is continence, choice, the implementation of intelligence.
21. You must not eat whatever, any which way because you are going to form bad cells in you that will weaken your health, your strength, your intelligence and even, in the extreme, will develop anarchy, bad luck and disease.
22. Be clear and cultivate good measure. Take just what you need to live and strengthen yourselves, and above all to make the sublime light appear and give a body to God in you and around you.
23. The body is present in your life to support you in your projects and in your journey towards awakening and the construction of your subtle senses and of the other body. It is not there to weaken you, lessen you, suffocate you, put you to sleep and lead you towards dark and deceitful worlds. It is a marvellous tool, an invaluable help to make your inner capital grow and make the other body appear. Now, if you are poorly educated, if you do not see clearly and if you take the body as the goal, you lead the forces at work towards imbalance and nothingness. Then the body is going to demand everything and it will be an abyss that nothing will be able to fill up.
24. Continence is understanding that the goal is inner life and that the body only needs 10% of outer resources to live and to develop. The 100% of the needs of the body should be filled from the 10% collected on the outside. That is why this 10% is fundamental. There must be no loss, no deterioration, but everything has to be led towards a growth of the intelligence, towards enrichment of wisdom, rejuvenation, health, plenitude, felicity. In this way you will multiply the wealth inside you and you will become strong, solid, stable in order to carry the Light with dignity and carry out its works happily and in abundance.

291. Communication, exchange, sharing

1. Today, the world of man gives priority to communication. All men want to inform and have the impression that they are communicating with one another. This is only a belief, for me communication is something other than what men are doing at this time.
2. The information that is broadcast always goes in the same direction, which clearly shows the inner state of men.
3. It is proclaimed that communication and exchanges with others are the means by which problems can be solved, by which one can move forward, enrich oneself and grow, but, you see, your world is formatted in the image of what you see outside yourselves.
4. You go towards others, you begin conversations with them in order to establish a communication, but you remain transmitters. You speak and at the same time you act, you propose, you fill, but you forget that true communication is an art of exchange, of sharing, of mutual enrichment.
5. In exchange, there are two poles: the emissive and the receptive, and there must be an alternation.
6. Men proclaim that one must communicate in order to free oneself from imprisonment and that one must listen to other points of view in order to open oneself. This is a theory, but men speak in order to convince and listen in order to be able to justify their arguments. This way of doing things is not at all a communication and still less an exchange.
7. Understand that before being able to emit waves, one must be able to receive them.
8. Learning to receive is a great key of life, it is essential knowledge, for man is a receiver-transmitter, but of whom and of what? Who is communicating when man communicates and for what purpose?
9. To speak of a society of communication and information is good, but to know who is communicating and who is informing through this society is much better.
10. Fundamentally, man does not want to communicate with others; he seeks a justification for his own world, for his state of being. He does not enter and does not seek to enter into a sharing, a true and deep exchange, but he wants to transmit his point of view and seeks confirmation, the approval of everyone in order to receive authority, the validation of his point of view. This is not a communication but an indoctrination and an imprisonment.
11. The world is not created by having limited, sectarian and independent points of view, but, in the image of living nature, through communication, the exchanges of a multitude of thoughts, influences and wills that must unite in diversity for a common goal. The goal is common, but there must not be dogmatism.

12. To go in the same direction does not mean to walk in the same way and to be all alike.
13. Respect for difference is a fundamental foundation of communication.
14. Intelligence encompasses all particular truths in order to unite them and make them participate in the great Truth.
15. Stupidity locks truths up in order to bring out only its own.
16. If you are walking towards God, the immortal Light, do not seek absolutely to approach others only in order to be emissive, but cultivate within yourselves the art of attentive listening. This does not mean that you must allow all worlds to enter into you in order to impregnate you. You must know yourselves sufficiently to have restraint, to be whole, authentic, in order to listen to the other without putting into it prejudices and imprisoning points of view.

Father Gabriel, how can we avoid being invaded by the sly foolishness of the world if we must listen to everything that the world is going to offer us?

17. You must develop an art of listening which leads all the forces and influences at work towards wisdom and intelligence.
18. Everything that the world offers you are points of view. Some are good and others are less so. Whatever the case, these points of view have a real existence and that is why they must be oriented in a just direction in order to find the path of liberation.
19. To listen to a being is to enter into contact with a multitude of influences that govern the life of men. Some of these influences will be in affinity with you, others will not. This is not a reason to accept or reject, and still less to imprison, to lock up.
20. It is not because the other does not think like you that he is an idiot or inferior. To think the contrary is not an Essene attitude.
21. The Essene is not a judge, but a servant of God.
22. God has asked the Essenes, the Essene women to be therapists, and thus companions and liberators. It is entirely possible to liberate a concept, a point of view, a thought... For this, you must be sufficiently open and stable in order to capture the intelligence and allow it to find the way to connect itself to the work as a whole so that it can, in its own way, free itself from its wastes and participate in the work of the Common Good.
23. All beings bear a value and it is necessary to know how to detect it, to make it appear, to valorise it, to make it grow, to make it fruitful and to harness it to the great work of God the Light. Thus, no being will feel excluded, outside, useless.
24. Understand that in communication, in exchange, in sharing, there is the encounter of forces that are equivalent to one another. If there is imbalance, there will be no dialogue. If there is stubbornness about one's own point of view, sectarianism, it is

an imprisonment and there can be no sharing, no exchange. It is only a being who seeks to invade another in order to impose his world upon him.

25. Communication is not only knowing how to speak and set out ideas to the other; it is also knowing how to listen to the other, to understand him, to be with him, and then to bring him the illumination that he needs in order to be freed and to walk towards the higher intelligence that enlightens all worlds.

292. Standing, sitting, lying down: the 3 stages of man on the earth.

1. To place one's feet in a right way on the ground is to be fixed, established, clear, that is to say to have stopped the whirlwind of illusory life in order to anchor oneself in that which is founded for all eternity and which engenders another movement, opens another path and makes another future appear.
2. To sit on the ground in a right way is to be stable, unshakable, without possibility of fall, of decline.
3. The one who knows how to walk or who is established stands in the central axis which unites heaven and earth. Faced with each situation, he will know how to keep his course and to rebound in order to seize all the energies and make them serve the work which is his heaven.
4. To be lying down is to enter into rest, it is to have accomplished one's mission and to want to breathe in wider worlds in order to taste the felicity of the higher worlds.
5. The man who lies down sleeps and no longer does anything with his life.
6. To lie down is the reward or the condemnation.
7. Standing, sitting and lying down are the 3 stages of man on the earth. You must know these 3 stages so that they may be accomplished in a right way and in accord with the higher worlds.
8. Numerous are the men who do not know how to place their step on the ground, who do not know how to walk nor how to stand. They have not found the path nor taken a single step upon it. They are seeking to touch the ground, to land, to fix themselves and to strive to stop the whirlwind of illusions, imaginations, thoughts which usurp them, denature them, obsess them. They are fascinated and dazed by the outer world which bewitches them. They do not understand that the world of truth is not a whirlwind of endless illusions which dazes and dispossesses. It is a world which establishes, which is clear, which awakens, which opens a panorama and allows one to understand the true place of man on the earth and in the universe.
9. Man in illusion fixes himself on the earth, but he is dazed and the slightest breath of wind is enough to make him change direction or make him fall. When man falls, it is from high, for great is his illusion, great is his fantasy. Often he hurts himself very badly and no longer manages to get up again, for his being is broken.
10. Understand that you must learn to walk on the ground while being awake, fixed in uprightness, in the earth-heaven axis in order to master the worlds and to bring your head, your heart, your will out of the whirlwind of illusory fascinations and deceptive light.
11. When you will have mastered the outer worlds through your awakened inner strength in the vertical axis, you will be able to stop and learn to sit.
12. To sit is a royalty. It is an absolute mastery. There is no more distraction, it is the inner stability which manifests.

13. The one who knows how to sit knows the strength of silence. He can no longer fall, he can still be dazed, shaken, but whatever may happen, he will never really hurt himself.
14. To be seated on the Mother is to understand that it is more intelligent to stop searching in every direction, to stop agitating oneself in order to concentrate on the essential and to strengthen it through spirit and inner life.
15. By its form, the cult of the Light brings an assise, a stability, a permanence. In this it breathes a beneficial energy, a chance which naturally keeps suffering and useless trials at a distance. Man can then place himself on firm ground and know, taste success, protection, comfort. He is on something stable which will support him in all circumstances of life. Even if he does not yet master the worlds in him and around him, he knows that the cult of the Light is present in his life and that he can count on it. This is fundamental. Whatever happens, the cult of the Light will allow him to enter into dialogue with the subtle worlds; then he will be able to develop higher organs of perception which will naturally awaken his inner life and the magical worlds. He will be in contact with the great wisdom which governs all the worlds and orders them. Thus, the one who commits himself in the cult of the Light will receive a structure not only to place his step on the earth, to walk on a good path, but also to sit, to enter into mastery and finally to know the time when he will be able to lie down in order to live at the same time as a mortal and as an immortal. It is at that moment that he will be able to be in the 2 worlds.
16. The one who will not have seized his chance to stabilize himself, his life will become a forced rest because he will no longer be able to live truly in the visible world while being active, but he will not be able to live either in the higher worlds, for he will not have made the body of wisdom and immortality appear. His body will enter into rest and his soul will be lost, without awakening and without point of fixity.
17. These 3 stages which I teach you are your path and I would like you to understand that to encounter the cult of the Light on this path is the greatest blessing which can exist in life.
18. Commitment and the practice of the cult of the Light are the perfection willed by God for every man coming on the earth.

Father Gabriel, how can we know if we have touched the ground with our feet or if we are already in the stage of sitting on the Mother?

19. If you are dazed by life, taken by fear, doubt, discontent, by the fascination of deceptive light, it is that you have not yet landed, that your feet have not touched the earth and that you do not know your path, the path. Of course, physically, you are standing, but it is only an illusion, a lie. In the world of men, you can walk, but in the true world, you do not know it, you are incapable of it.
20. To be standing is to know the vertical axis which unites heaven and earth and also the path. Nothing can divert you from this path, for it is the good and the only one

and leads toward the only conceivable destination. No wind, gust, tornado, nor any outer element coming to solicit you will be able to turn you away from your goal. Nothing will be able to shake your determination and trouble your serenity. If you are thus, it is that your feet are on the path.

21. To attain the attitude and the strength of the one who is sitting, you will have to cultivate the respect of God the Mother and unfailing devotion toward the great and immortal wisdom.
22. Wisdom is the door which allows one to enter into the cult of the Light and the right pronouncing of the psalms of God. The right pronouncing opens the door of offering, of homage to God.
23. It is the appearance of the body of immortality which makes the spokesman become a true parent of God.
24. If you sit on the Mother, you become the opposite of a sponge. You are a pillar which bears a standard. This standard is fixed and nothing, absolutely nothing can shake it, tear it out, make it fall. If you concentrate on this image, you will be able to understand the value which the one who is seated on the earth for God can incarnate. He no longer searches. He is impermeable to doubt. Nothing can offend him, for he is in a living communion and language which unite earth and heaven. He speaks with the Angel of God. He is no longer in suffering nor in death, but he lives in communion with the Angel, he has met God in his body. This is what is called the "cult of God the Light." It is the form and the practice of the Cult which allow this vision and make this reality appear on the earth.
25. The third stage is the conclusion of the life of man during his passage on the earth. It is defined according to the second stage.
26. Whether you succeed or not in the first and second stages, you will live the 3.
27.
 1. You fix yourself, you establish yourself and you enter into the awakening of your being, of your axis uniting earth and heaven. You enter into mastery and you no longer let yourself be distracted by the spheres and influences which surround you.
28.
 2. You sit down and you establish a higher world on the earth, with which you communicate in consciousness and truth. The foundation of your life realizes that which is higher and that which you incarnate. You are rooted, but from all the energies of the earth which you receive and transform, you make fruits appear which nourish the higher worlds. You are in serenity and fear no longer reaches you, for you are in true knowledge. False knowledge brings fear, doubt, perdition. It cultivates illusion and makes man believe that he is seated, but this is false. Fear is still there and it engenders war, which is not a fruit of the divine world.
29.
 3. You live in your body of Light the union with the higher worlds or else you fall asleep, do nothing more, you are incapable of moving, you no longer have vitality,

strength, no longer believe in life or in anything, for all your life you have lived for illusions and now it is nothingness that you reap.

30. Through this psalm, you will be able to know the 3 stages, understand them and identify yourself in order to know in which world you live.

293 The science of the Jubilee of God.

1. I want you to meditate on the law of the jubilee and to live with this awareness of the calendar and of the law of God.
2. You live with the rhythm, the breathing and the intelligence of the universe and of the stars.
3. The jubilee is a celebration, a completion, a passage, a harvest, an offering for God.
4. For the present jubilee, the door opened without you being informed to show you that you have to be true, sincere, faithful and clear. It opened while I transmitted the psalm asking you to commit during my celebration in order to honour me.
5. Those who made the commitment to become parents of God at that precise moment were in agreement with the will of God written in the universe. I want you to meditate on this in order to understand the teaching of the jubilee better and to capture its living spirit.
6. The official jubilee will be celebrated during the great festival of God and of His Archangel Michael.
7. Those who have spoken the immortal vow are already in the sacred atmosphere and the passage of the door. They have seized the great opportunity to be considered as beings who deserve to be presented in front of God in order to take stock of their lives, of their beings so as to be able to climb an additional step in the formation of man. It is an examination that happens to conclude years of study and of labour and that makes concrete everything that was started. For the others, they can quite simply consider that they are still studying, getting ready and that they have to wait for the opening of the next door to present themselves consciously and clearly.
8. At present and until the celebration of Archangel Michael, you are in the great transformation.
9. The higher worlds look at you every day and observe how you have understood and implemented the soul of the wisdom of the psalms.
10. The psalms are the theurgical words containing the intelligence, the soul and the creative force that make the body of God appear in the life of man and of the earth.
11. You have to approach God the Light while knowing yourselves, while being clear, honest, true.
12. You have to be capable of perceiving the worlds in you and around you that animate you, inhabit you, direct you and make decisions in you. Either they put you in the world of debt and waste, or they lead you towards wealth.
13. At the celebration of the great festival of God Fire, the discernment will have to be carried out and the assessment presented. Will the debt be too heavy or will there be enough wealth to balance the debt and start over at zero towards a new world, a new earth?

14. Therefore Archangel Michael will be the conclusion of the passage during his celebration of fire and of the Light. He will reveal the reality of the worlds.
15. Know that no one can hide in front of the eye of God. To think otherwise is to be greatly ignorant.
16. Understand that during this period separating you from the meeting with Archangel Michael, you are in the examination, in the discernment, in the judgement and the balance, There are 2 worlds that will present themselves to you to reclaim their due. These worlds know that there is an ultimatum and they also want to benefit from it.
17. The Light tries to awaken the virtues and wisdom in you, to pacify your lives in order to strengthen your subtlety and your alliance with the higher worlds.
18. The jubilee is always a moment of passage, and therefore an initiation, a test, an individual and collective examination. The higher worlds are above all that. It is really a science that touches very close to the life of man, his destiny, his heredity, his lineage, his evolutionary path.
19. Understand that each passing day cannot be reproduced, it is a unique day that will not come back.
20. It is an illusion to believe that you will always have the time to accomplish what you have to do.
21. Each realization must be set the day when this is written in the stars.
22. Thanks to the science of the jubilee, you can understand that time belongs to God and that there is a time for everything.
23. You have to live with the rhythm, the melody and the intelligence of God, while respecting His will.
24. It will not be possible for the work that is not completed on time to be on time tomorrow.
25. This science of the jubilee is very old and it is a great blessing for you to be able to come across it and receive it again so as to live with it.
26. If you are intelligent, seize this opportunity and decide to live according to the time and the calendar of God.
27. Get ready for the celebration of the great festivals, for they are doors that open and close.
28. Get ready for the great events of life and live them with the earth and the heaven
29. Pass the 7 stages of life consciously.
30. Each man must live at least 7 jubilees in his life. Take advantage of this to get ready, to take stock and to go into a higher dimension consciously and truthfully.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, what do you mean by: it will be celebration of the Light and the assessment at the celebration of Archangel Michael?

Archangel Gabriel answered:

31. I want to tell you that the great Archangel of God Fire will open the world of God the Light and establish His worship for all those who will have succeeded in paying their debts and will be able to present themselves in front of the door while being justified, free, clear. If this is not the case, they will not be able to follow Michael and will therefore remain on the path of transformation.
32. The jubilee is always a grand and special moment, an opportunity, a completion and an opening.
33. The wheel of time contains the law of God and the people who know how to read it can live with God and celebrate His mysteries, honour His religion.
34. Today, you, the people of the Essene Nation, you are especially blessed, because this wisdom is a mystery, a secret in the sense that man has to discover it through the purity of his heart and of his soul. But it so happens that we have revealed it to you through the will of God and through the covenant that we have with you.
35. Not only have we brought you the science of time, but we have revealed to you that the door was open from the celebration of Gabriel until the conclusion, which is the fire and the light of Michael.
36. If you had not been informed, you would have presented yourselves in front of Michael to start the work of the jubilee, while in reality, it will be the conclusion. It would have been too late and you would not have had the time to get ready.
37. I want you to meditate on this event in order to understand the science of time that is the law of God. The world that makes you think that this science is not exact and that you can live any way you want without bothering to be in harmony with the earth, the sky and their rhythms deceives you in order to better weaken you and capture you.
38. Remember your great angelic initiation where you have to prepare during 6 moons in order to meet an Angel during 7 days to go into the subtle worlds of magic and government. It is not the 6 moons that are the most important, but the meeting with an Angel.
39. It is the Angel who reveals to you the true nature of the worlds that surround you and animate you and who teaches you to direct them.
40. For any preparation there is a goal, a completion. If the man is well prepared, the goal is attained during the meeting.
41. The Angel will not appear and will not teach one who is not free from the worlds that obscured his life, his eyes, his speech, his ears, his senses, his heart and his will. It is the same for the science of the jubilee. You have 7 years to get ready for the meeting and pass into a higher dimension of your lives.
42. You need to understand this divine science, live it and transmit it for the future generations because it is the path that lights up the life of every man coming into your world.

43. Before each jubilee, you have to take stock and present yourselves as a justified, clear, balanced spirit. Do not present yourselves while having accumulated debts, while being filled with waste and in alliance with undesirable influences, otherwise you will be obliged to start over during 7 years.
44. The path of man on earth must be an offering to God, a celebration of God and a joyful liberation of the worlds so as to not accumulate any debt, any waste for the future generations.
45. Such is the science of the jubilee of God.

294. Be Faithful

1. If you draw near to God, faithfulness is a requirement.
2. Faithfulness is an essential virtue.
3. All the worlds that you will encounter will ask you to be faithful.
4. All the kingdoms, in you and around you, will show you that whatever happens in your life, faithfulness remains the foundation of everything.
5. I know that men will say: “We no longer believe in this ‘virtue’ and in all the promises that accompany it.” Whoever utters such words is simply showing that he has been educated in the group-soul of the world of men, that he has become a materialist and that he no longer has soul sensitivity, a subtle and fine perception of the reality of the worlds.
6. I am not speaking to you only of the faithfulness of the body or of bodies, but of that of the spirit, of that which must be given to God, to the invisible, subtle, magical world, to the kingdom of the Gods and of living spirits.
7. Do not think that when you pronounce a commitment, it is only you who are committing yourself. There is always a world around you and in you that lives with you.
8. When you speak, you are not alone: there is a world that speaks through you and a world that listens to you.
9. Know that when you say: “I will be faithful,” it is subtle worlds that decide through you because they see a path and also a possibility of instability.
10. You must not be faithful only for yourself or for the other, but for God and the invisible, magical worlds that inhabit you and surround you, that live with you and that hope in you.
11. Know once and for all in what you must be faithful, and respect your word and your commitment, for it is higher worlds that have committed themselves and that have spoken in you.
12. Learn to renew your commitment in order to feed it, to make it strong and living. Thus you will increase the covenant with the worlds that aspire to your faithfulness and to your victory.
13. If you remain faithful, if you take care of faithfulness against all odds, know that you will make appear a world in which you will be able to live.
14. Faithfulness is a foundation of the covenant, and when you call a world and commit yourself before it, it is this foundation that must guide you in all your relations with the subtle, magical and invisible worlds.
15. If you commit yourself and then you forget your words, taking another path and changing your vision of life, you will harm worlds, you will contribute to alienating them, to leading them into slavery, into a dead-end way.

16. If you unload yourself of your responsibility, who will be responsible in your place?
17. I want to make you understand that from the moment you present yourself before a world, whether higher or material, and you pronounce the words of commitment and faithfulness, you can never go back again. I know that one world teaches you the opposite, pushes you to rid yourself of your responsibility, of your word, of your dignity of soul. It is a world of thieves that seeks to make you weak and to destroy the beauty of the subtle worlds so that you no longer have allies, strength, intelligence and relationships and so that you are entirely at their mercy, under their domination.
18. When you commit yourself for the Light, in the name of the Light, and you take the higher subtle worlds as witnesses, when you stand before the ancestors, the spirits, the genii, the egregores, the Angels, the Archangels and the Gods, in the name of God, the Father and the Mother of the worlds, it is as if you were laying a foundation stone upon which an entire edifice will appear. Even if you are not aware of it, know that this is how the subtle worlds see the commitment given by a sincere, honest, true and faithful man.
19. Faithfulness is a real world. It is a world that causes a commitment to become a concrete, magical, powerful act, creator of the present and of the future.

Father Gabriel, I understand that you want to educate us and guide us in a just way for the celebration of the Cult of the Light. You want to show us that we are in the process of putting in place, under your guidance and in your will, a very important, fundamental act.

20. I have not spoken these words solely for the commitment of the Cult of the Light.
21. It must be obvious that if you present yourself before God and take a commitment, the minimum is to try to keep your word and to put everything in place in order to be upright and faithful.
22. Do not put the responsibility on the world of men when you yourself fall and do not keep your word.
23. Remember that what you live in your daily life, you also live in the subtle worlds.
24. If, in your everyday life, you are not capable of keeping your commitments, of respecting the magical pact in order to honour faithfulness, do not go any further. If you are not capable of accomplishing what is small, do not approach what is great. Know that trials and temptations will inevitably lead you to turn back, to disengage, to abdicate your responsibilities. Begin by educating yourself in the foundations, train yourself, settle yourself, strengthen yourself, then approach the great mysteries of life and of wisdom.
25. There are a thousand paths to lose one's dignity and only one to safeguard it: that of commitment before God and of faithfulness.

26. If you take the eternal commitment, the faithfulness greater than death, know and understand that this can never again be called into question. This must become an evidence. To call such a commitment into question is to deny Divinity.
27. Nothing anymore, absolutely nothing can stop the worlds that have been called and set in motion by an eternal commitment. These worlds are living, and now that they have been called, they want to build the house, to make the work appear and to lead the mission to its fulfilment.
28. The magical commitment will be led towards greatness and expansion, or else it will be chaos, everything will be falsified and the dark invisible worlds will play with man, diverting him from the true vision and relationship. He will turn in a round of illusions, constantly living the same trial in order, one day, to understand what faithfulness to the word given and to the commitment taken is.
29. I am not speaking only of the Cult of the Light, which is the ultimate commitment, but of all the commitments that lead towards the ultimate.
30. The most important thing of all in a man's life is commitment and faithfulness towards God.
31. Be faithful to God. Be faithful to His light.
32. Be faithful to the thought of God and to His teaching of love, to His wise word.
33. Be faithful to the soul of God, which fills you with noble feelings and nourishes your body with the happiness of the virtues.
34. Be faithful to your true being, willed by God, to what you are from all eternity and remain a true being.
35. Be faithful to your environment and to all the beings, visible and invisible, that populate it.
36. Be faithful to God, quite simply.
37. Remain eternally a Child of the Light and not a servant of the darkness.
38. Do not see the world with the eye of evil, which fills everything with plots, with negativity, which divides and engenders conflict and war by comparing beings and worlds.
39. I say that there is no negativity in the world, there are only different points of view.
40. Learn to look with the eye of God and, believe me, if you know how to see the beautiful, the noble, the true, the just, the wise and the faithful, no matter if you are surrounded by negativity, for you, you will see the Angels and you will live with them. Nothing dark will be able to enter into you to fecundate you, to catch you and to divert you from the covenant with the Light.
41. Be a faithful one of God and not of the darkness.
42. Understand that your commitment and your vision define your alliance and the beings who will surround you, travel with you and guide you towards the goal.

43. Look at the world with the Angels of God and not with the plots of men. This is the great key of Initiation that I offer you.
44. Know that he who will educate men by leading them to look at what is hidden behind the worlds solely in order to show them the destructive side of life will lead them only towards vengeance, war and annihilation.
45. Only the Angels of God, the immortal virtues, the spirit of wisdom free the worlds from all blockages, slaveries, limitations and lies.
46. God the Light-Truth leads all worlds towards healing and liberation.

295. An indelible bond between you and me through the ages and the ages.

1. I bless you.
2. May the water of your life be clear and limpid so that your relationships, your exchanges, your family, friendly, loving bonds are pure, living and also in beautiful clarity.
3. I thank all those who came to my feast to celebrate and honour me.
4. You have taken part in a unique event, for the cult of God the Light is an important stage.
5. You have just opened a door and many souls will walk in your footsteps and commit themselves after you in order to rediscover the meaning of life. This door is that of maturity. Man becomes a parent and settles down. He changes his attitude, his behaviour, his state of consciousness, for he looks at the world in a wholly different way.
6. To be a parent is noble and great.
7. To be a parent of God is beyond words, it is perfection. It is a degree of vibration higher than what you usually know.
8. This stage does not change anything in the structure of Light of the Essene Nation, but only those who feel called and who are ready will be able to enter through the portal and take their place in the circle of the parents of God the Light.
9. Bringing God into the world and taking care of Him by making Him strong through the different organs of the Essene Nation must be the concern of the circle of parents.
10. God must come before the rest, for a parent gives of himself so that the Child may have the means to fulfil his destiny. The others, those who do not yet feel ready to take care of God and to give themselves to Him, let them prepare and support the work as best they can. It is by preparing oneself with a positive attitude that one day all the conditions will be offered to them so that they may go forward. Above all, let them be vigilant so as not to be caught by the dark world, which always seeks sterile comparison, judgment, justification. Such an attitude closes the path and multiplies the obstacles that make life difficult.
11. God welcomes only those who commit themselves eternally before Him and who take care of Him. In this, the commitment of the cult of the Light is a perfection that has been placed on the earth.
12. Whether you commit yourselves or not, know that to approach God is a marriage greater than death.
13. He who does not marry God according to the sacred rites that belong to His eternal religion will not be able to know Him.

14. It is obvious that a great number of beings will feel a reluctance, for this requires a solid preparation, an education, a real determination and a deep desire to commit oneself, to be with, to commune, to enter into greatness. This is why in the years to come you will have to strengthen the structures and foundations of the body of the Essene Nation.
15. Each stage must be set in place so that no being is abandoned, becomes a wandering, suffering soul.
16. Each stage of man's path on the earth is fundamental and that is why you must set them in place with rigour and effectiveness.
17. A well-prepared, well-educated soul is strong and free.
18. Accomplish this work with love, for you must take care of God in every living creature.
19. Open the path of marriage with God and of becoming parents of God in beauty and strength. See to it that this becomes an evidence, a necessity, a common good.
20. Each person must be able to take his time and be clear with himself.
21. No one must marry out of obligation or to do as everyone else does.
22. To be free, one must be educated, be clear, know oneself and know the world. Otherwise, the being will invent excuses, will justify himself and this will mean that he has been badly prepared and that the outside world still dictates his choices.
23. Know this: all souls aspire to be presented before God, to marry Him and to bring His Child into the world in order to become part of His family.
24. He who remains at the door without crossing the threshold shows that he is not yet living with his soul, but that he listens to the will of the outside world, which belongs to recycling and mortal influences. He is simply not ready to commit himself eternally and to become a parent. This is not negative in itself, but you must be aware of it so that all the conditions may be offered for him to prepare himself. No being must remain at this door without crossing it, for God is the only way out.
25. I know that evil spirits will proclaim: "God needs nothing", "My life is already consecrated to God because I pray, I meditate, I love." I say: "Yes, your prayer is beautiful, but you pray like a child and not like a parent, and there is all the difference."
26. It is beautiful and right that children should be children, but it is necessary that there be parents.
27. The child does not live to give, but to take.
28. Until now, men have prayed in order to take. They have been children who call God in order to know the sensation of existing and of being useful, of doing something, of participating. Now everything is different with the circle of parents, for a new revelation of God has appeared on the earth through the work of the contemporary Essene Nation.

29. I leave man to his meditation and his study. But beyond that, I am happy to see that the path has been opened for all beings.
30. It is up to you to strengthen this path so that all beings who will want to commit themselves can do so in the best conditions. This requires serious education and training, for men are enslaved by their concepts and little inclined to open themselves to what is truly new and greater than death.
31. I say that a stage has just been crossed in the covenant that I have with you and I am happy about it for you and for the earth.
32. The life, the destiny of those who have committed themselves is going to change.
33. Many events will become more fluid and simpler in your life if you know how to accompany the movement.
34. Your understanding of the word of God will become more evident, clearer, more powerful and active.
35. Your behaviour will soften, for a great number of fears will leave you.
36. You will be less prisoners of the existential; you will open yourselves more to the essential and immortal values of true life.
37. Know that the immortal commitment of the cult of the Light is not nothing; it is not something banal in the life of a man.
38. We, the world that has remained faithful to God from all eternity, look upon you with admiration, for we know that your commitment requires a phenomenal inner evolution. Considering the world in which you live, this is hardly believable. This shows the strength that you have when you are together and stand united in the Alliance.
39. It is certain that your immortal commitment is the work of a group, of a community, of a people. I would like you to become aware of this in order to understand from where your strength comes.
40. Now, be faithful, for the world in which you live is not a world of commitment and responsibility. So never let go of the rope and be faithful.
41. I bless you and I will bless you so that you remain faithful.
42. Fidelity will be your strength and the beauty of your soul.
43. I bring you the protection of the Ronde des Archanges, which is the body and the law of God.
44. I carry you in my heart of Archangel.
45. I bless in eternity all those who have spoken the words of commitment during my celebration and who have thus responded to my request to associate this passage with my presence and with my being. I am the birth and this is an indelible bond between you and me through the ages and the ages.
46. Blessing to each one and to all those who will walk on the path of the Essene Nation and who, after you, will speak the words and become parents of God until God is

once again present on the earth in the purity and immortal truth of His being, as He is and remains.

