

Psalms of Archangel Gabriel

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 Manitará 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 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.