

Psalms of Archangel Gabriel

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.