

# Psalms of Archangel Gabriel

## 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 ambience, 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. Unclarified 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.