

Psalms of Archangel Gabriel

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.