

Psalms of Archangel Gabriel

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.

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