

# Psalms of Archangel Gabriel

## 223. The Buddha's Key to Escape Suffering

1. Remember the story of the man who was called “the Buddha.” He was a king, and one day he decided to return to his mother's arms until he found enlightenment, abandoning everything he had.
2. People around the world celebrated the memory of Buddha. With their human perspective, they proclaimed him to be an extraordinary being, a chosen one, an envoy of God who willingly embarked on a very difficult path for the good of all. There is, of course, some truth in this vision, but men are mistaken in thinking that he was exceptional in his quest for enlightenment, for in a way he had no choice.
3. No man on earth willingly undergoes trials such as those experienced by the Buddha. In his case, it was the higher worlds that deliberately created all the conditions so that he had no choice but to take the path to enlightenment.
4. The Buddha had an external life that was not in line with what he was experiencing inside himself. This created tension, enormous suffering from which he could not escape; it haunted him and filled him with despair. That is why he looked everywhere in search of answers and peace, but he found that the world of man had invaded all space and offered no satisfactory answers. There were fragments of answers, but they did not bring fulfillment.
5. Where is the Divine and what is man's mission on earth? Such was the profound quest of the Buddha.
6. Overcome by great suffering, the Buddha left everything he had to take refuge in nature because an inner voice from the distant past whispered to him. It told him that where he stood, he would find no satisfaction and that he had to set out on a journey. It also inspired him to face suffering head-on, not to try to escape it, and to accept it if he wanted to overcome it. So he set out on his journey, walking as if in despair, withdrawing from the world, entering the solitude of the forest, and sitting down to meditate. He was guided in this by his understanding of the law that no man can experience an event without cause, and that behind every experience there is wisdom, a world, a determined will.

7. He understood that his approach had to reveal another world. He remained in this solitary life for a very long time, practicing seated meditation. Gradually, he entered the world of water, but he suffered again, because in this subtle world, which was coming to life for him, there were answers to his questions, to his sufferings, but it was still not the fundamental answer, the one that brings deliverance and fulfillment; it was the wisdom of the ages accumulated by all men who, over time, had acted according to who they were, what they understood, and what they had to do.

8. The Buddha could now read this wisdom as a great knowledge that was opening up to him, but he knew deep down that this was not the answer he was looking for. He understood that he had to learn to calm all the worlds within him, until he entered into the great conscious and attentive silence. He had to calm the greed of the body by no longer even seeking the answer to his questions. It was then that he said he would not come out of his meditation until he had attained enlightenment. This enlightenment was the answer he was looking for.

9. It took the Buddha a long time before he was able to truly calm the suffering, incomprehension, and feeling of a meaningless life, and inner abandonment that reigned in his life. Trials and discouragement visited him several times, for he felt isolated in a world filled with answers that did not satisfy his inner thirst to be fulfilled, filled with Divinity.

10. One day, finally, the answer came to him, and he attained enlightenment: he saw that the source of all happiness was to live in the realm of awakening and to perceive all worlds with the eye of God and not with the eye of man.

11. Yes, I tell you, the Buddha has opened a path for you, for when a man reaches a goal, he does so for all men, who can then walk in his footsteps.

12. By finding the answer to his question, the Buddha enables you to obtain yours.

13. In times of trial, doubt, turmoil, and suffering, remember the Buddha. Do not become agitated, for you will only increase the turbulence of the water by stirring up the mud. A large number of particles will appear before you, turmoil, but also answers, guidance, and even fragments of wisdom. But know and understand that it is only in great inner and outer calm, in attentive listening to silence, that you can reach the other shore and receive the true answer, the one that brings enlightenment.

14. It is not by seeking suffering, but by extinguishing it that the answer will come. At first, of course, you must seek in order to generate movement, but then you must extinguish that movement in order to cross the water. Yes, this path is difficult, but it is the only and unique path. All those you call “great men” have taken it at some point in their lives.

15. Jesus went to fast in the desert to remove the thirst for answers within him, then a world came to speak to him, appeared to him, and conveyed to him the profound meaning of suffering.

*Father Gabriel, are you saying that when we are faced with trials, we should meditate and think that, in all things, there is a hidden reason and wisdom?*

16. Know that God has never put a man in a situation that has no meaning.

17. Man has this blessing that every time he is caught up in a world that leads him into slavery, his conscience awakens, speaks to him, and prevents him from sleeping. He will therefore enter into suffering, difficulties, and misunderstandings, but at least one thing is certain: he will not sleep. This blessing is a protection.

18. If man suffers, it means that a world is telling him that he must prepare his body to receive the response from a higher world, but it cannot come in agitation or repartee. It can only come in retreat, immobility, silence, and abstraction from the outside world.

19. On the sacred lands of the Essene Villages, create spaces where suffering beings can come to retreat, take stock of their lives, hear the answer, and find the momentum to enter into the new. Well supported by teachers, they will be able to rediscover the original source and commune with its water. Their intelligence will be enlightened, awakening like the sun on the horizon, and they will be able to perceive the world from a different angle.

20. Set up this project of supervised retreat centers in order to take care of one another and of God. You will then become much stronger.

21. Every time an Essene goes through a trial, becoming wiser and reconnecting with the source of all light, all Essenes become stronger.

22. If you think this way and organize yourselves to take care of each Essene, you will become truly strong on earth. You will understand that the world is your family and you will take care of every being on earth, that is, of God who seeks to awaken within them.

23. Through this way of life, you will cease to condemn and punish in a futile manner, but you will finally perceive that every event that manifests itself in the physical world previously existed in the world of water and in the body of water.

24. Through ignorance, enchantment, or numbness, humans abandon the perception of the obviousness of the body of water, refuse to see it, and enter into passivity, thus allowing a world of suffering to approach them and fecundate them.

25. Seen from this perspective, suffering and hardship appear as a necessary step leading to the release of the burden accumulated in the body of water. If man discovers within himself the resources to turn hardship into wisdom, it will prove to be a blessing.

26. The way in which man rises from a trial opens up a new life and brings the new world into being; if he does not rise from it, it leads him to a greater fall.

27. Man must find the garden of Light where he can balance all spheres of his being and live in consciousness, in growing awakening.