

Psalms of Archangel Gabriel

246 You shall not kill Life.

1. I am happy with my temple on earth¹ and I invite all the women and all the men of good will to come there in pilgrimage to receive the blessing, to be purified, cleared, liberated. There they can receive the education that leads to the awakening of the higher consciousness and to the wisdom of the Angels.
2. I am the blessing of God and the relief of unnecessary hardships, but I am also a school of mysteries that opens a path greater than death.
3. To approach my temple is to enter into my aura, into my vision and stand in my presence.
4. The 22 commandments that I have taught you are a sacred discipline, an education, an art of living. They require study, an understanding, sensitivity, a practice that will give birth to a certain quality of water, to a field of life and energy favourable to communion with me, with my kingdom and with the soul.
5. The 22 commandments are part of me, they are 22 steps that lead to my presence, 22 letters of the alphabet of the Gods, through the combination of which everything is written in life and destiny.
6. Those who want to approach me, take their lives in hand and journey towards what is immortal must learn and master these commandments.
7. You must not stop at the letter, for it is only a support for concentration to awaken the spirit and life. That is why I have decided to offer you clarifications for each commandment so that you can enter into communion with me through right concentration, meditation, practice and realization. In this way you can gather in my school to meditate, pray and practice together.
8. It is by concentrating on intelligence and by practicing with an eye on achieving mastery in mutual support that you will become strong.
9. Since the dawn of time, the awakened ones have gathered to study and practice together in order to make the body of the Light and of union with God appear. Then, they split up to go into the outside world, where there are trial and temptation, in order to enter into the work of realization.
10. One who is able to resist the contrary influences shows that he has achieved mastery and that nothing can separate what God has unified.
11. As your ancestors did, you will unite in holy congregation to study and work on yourselves, seeking unity in God. Then, you will return into the world of division and you will put into practice what you have learned until becoming strong and making for yourselves a body, a life with my 22 commandments. Each one of them is alive, is a letter of the alphabet of the Gods, a door that leads to other

worlds, a step that rises towards a higher state of consciousness and a mastery of the subtle and magical ethers that surround man.

12. In the first commandment: "You shall not kill life," I show you the connection between life and death.
13. Life is what I am.
14. Death is what I am not.
15. Life is immortal, while death is only a moment.
16. You must live with life and not with death.
17. Life is God. In everything that lives, it is Him, the eternal being, who manifests Himself.
18. The body carries the image of death. It must be respected, but it must not get the upper hand over what has generated the body, what animates it and asks to be born through it.
19. An apple is born from a tree and carries in it the potential birth of another tree. Man might find it is good to eat, but he must not forget the One Who is the creator of the tree, of the apple and of all the worlds.
20. "You shall not kill life" means that you can see the world with the eye of the body, which leads towards division, or the eye of the soul, which brings unity and union with God. So, God must not be led towards nothingness, poverty and death.
21. God is one, He cannot be separated.
22. You who are in a body with the consciousness of being separated, you must become a servant of unity, of what cannot be separated.
23. You must take care of what does not belong to death, what does not belong to you and what is bigger than you.
24. God is the source of life, on the inside as on the outside. He is your body, the One who creates the body, Who animates it and inspires it.
25. The body is a vehicle, an organ, an instrument, but you must be aware that it can become a servant of the shadow, of death.
26. The body must be in service, for it has an end, while the other pole, the spirit, has neither beginning nor end.
27. My 22 commandments are precisely the bridge, the link that allows communication between the 2 poles of existence. If this link is broken, man begins to live for the body and becomes a servant, an agent of death. No longer living as a soul in love with the spirit, he kills life in himself and around him.
28. You must take care of your own existence by making sure to maintain the connection of Light with the source of existence, by studying the divine laws and allowing your body to receive the best foods. In this way it can become an efficient instrument, a pure cup for the Light and the presence of the soul.
29. If the body is placed in the good atmospheres, if it feeds on the purest thoughts, feelings and forces of the soul, in the midst of the holy congregation and the house of God, it will put everything in place to reveal another body in it and in the works of its life. This body is the one of immortality and of the life that is greater than death.

30. Man will not see the world in the same way according to the education, the heritage that he has received and the direction given to his life. For example, when hearing my first commandment, a man will say that he must respect life in everything that is alive. But you must realize that such thinking is very abstract, for it is difficult to concentrate on the multitude of worlds.
31. You must always start with what is concrete and possible.
32. A man who is a little more materialistic will say that he cannot take the life of an animal, of a plant, of a man or of an Angel because he must not kill life. This is a different approach that shows that the man has not been educated by the Light and that he does not understand what life is. Such a man is content to apply the rules at the level where he finds himself, that is, only in a practical, material aspect, without necessarily awakening subtlety and revealing the higher intelligence.
33. Understand that the life of which I speak is not the life that you know in your concepts, you who have been educated for death. That is why I speak of a bridge, of a stairway that can bring you to transform yourself and to meet me.
34. Life is like a flame; to stay, it needs to be nourished, protected, that it is taken care of, that it is maintained. If conditions and food are not offered to it, it will eventually die out. These conditions and elements are found in you; they are your will, your heart, your ability to speak, your breath, your eyes, your ears and everything that makes you a receptive and active being.
35. Whether you want it or not, whether you are aware of it or not, you are essentially a servant of life or of death.
36. I tell you, you shall not lead life towards death. It is a discipline, a path of awakening, a science, an art of living that I give you; it is a commandment and an obligation to live with me. If you understand it, if you feel it, live it and practice it, you are one with me.
37. You can lead life towards death in your intelligence, in your way of thinking, of looking, of hearing, of understanding the events, in your relationship with beings . . . For this, it is enough that only one of your organs, like your heart, be hurt, suffering. Then it will close, cultivate an attitude of hardening up to becoming a mineral. This process is linked to elements, spirits and genies that, ultimately, will lead you to cut yourself off from the connection with your soul and therefore with the higher worlds. That is why you must put all the conditions in place to protect all the organs of your body and of your life, for God is in them. By protecting them, you protect the path, the relation, the communication with God.
38. Protect your eyes until your soul can look at existence through them and it is not the shadow of the darkness that takes over your vision and looks at the world through you, using you to accomplish its will.
39. The greatest suffering is to imprison the soul in the darkness.
40. Offer yourself to life with the right intelligence, sensitivity and will.
41. Life is your soul.
42. The spouse of your soul is the great Spirit: God.
43. The body is the house of God, the temple of life.

44. The eye is the instrument of the soul.
45. In all circumstances, the soul must be sovereign and free.
46. Breathing is also an essential factor, for it opens and closes the doors on the inside of you; it is through it that intruders or friends go in and out of you.
47. The mastery of breathing brings health, order and harmony in the conscious exchanges with all the worlds.
48. Harmony protects life.
49. Remain vigilant, healthy, balanced.
50. Do not get caught by the dark side through speech.
51. Speech must be carried by the living breath, itself animated by the eye of the soul.
52. If speech no longer has soul nor vision, it becomes weak and can be captured by what leads towards division and death.
53. The speech of the soul brings life and builds in all things.
54. Do not constantly condemn, do not diminish, do not confine, do not flatter, do not allow lying, but learn to be just, by knowing when you must speak and when you must be silent.
55. Speak the right words to be a servant of life and give birth to the worlds of the Light.
56. If you are not like this, know that you destroy life; be aware of it.
57. Do not justify yourself in the darkness, but enter into my school, into my nation to work on yourself, adopt a new body and open another destiny for yourself and the future generations.
58. Educate your ears so that they listen to the subtlety of the worlds. Protect them like a loving mother and father so that they are linked to the worlds that elevate and not with what is devoid of soul, of greatness, of faery, of spirit, of genius.
59. Know that every day you commune with the world through your ears and that there is a world that makes noise only so that you can no longer hear what is alive, what talks to you about your soul and the greatness of the worlds.
60. If you continually hear only what destroys, you will enter into the great weakness of no longer having the desire to build life, to be a servant of the Light, of greatness, of the soul.
61. My first commandment is very concrete; it is close to you, to what you are and to what you can do.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, do you mean to tell us that instead of being too concrete or too mystic, we must just be ourselves and preserve the life that is accessible to us and that God has given to us?

Archangel Gabriel answered:

62. I say that there is the world of life, which is your soul, and the world of death, which can be represented by your body. So, you must know the 2 worlds and lead life towards the Light, towards immortality.

63. Life is everything that animates you. It is in your ears, in your eyes, in your breathing, in all your exchanges, in what you eat, in what you live, in what makes up your daily life and allows you to live.
64. Your daily life is a circle, a whirlpool that destroys life, by leading it towards death, or that liberates it, by making what is greater than the body appear.
65. "You shall not kill life" is a great word, a mantra, a magical word, a word of God, a sacred commandment that must become a support for concentration, meditation and awakening so that the new body is built. In this way man will be able to resist the assault of the doubt that leads into weakness.
66. Know that if the life that is insufflated into you for a time is not honoured, but on the contrary, that it is degraded, led into slavery and dishonoured, it will become a great suffering. That is why I ask the Essenes to protect life, to serve it through the body, nutrition, breathing, the eye, subtlety in order to nourish it, to make it grow and to transmit it.
67. Know that when man approaches his last breath, he must continue his journey through life, but understand that life is alive only through what is alive and not what is dead.
68. Death defines the end, what stops, while life defines eternity, what does not stop. In this way what you do with the life that was given to you by God shows your ability or inability to enter on the path of eternity. Either your life will have been a path of beauty and greatness, or it will have been only a path of death, only a flame lit to light up death. In this case, it will only leave behind elements, spirits and genies that carry a bad writing, a bad influence, a wrong direction leading beings to always relive the same experiences of confinement and devotion towards the darkness.
69. Life does not confine the worlds, it liberates them. It liberates man first, for he is the instrument, then it liberates the subtle worlds with all the beings that exist in them. Finally, it is the great life, the great soul that appear and manifest in all things. Man can then live with the divine worlds; it is the kingdom of God, for everything is animated by His spirit, His soul and His body.
70. Everywhere that you look at, in all the sounds that you hear, in all the words that you speak, there is the spirit, the soul and the energy of immortal life. On the other hand, if in all that, it is your personal will that manifests, know that life will give way to death, to what confines and destroys, even if it is not its path.
71. Life is profusion and it leads everything into greatness, liberation, eternity, immortality.