

Psalm of Archangel Gabriel

249 You shall not make the others unwell.

1. "You shall not make others unwell by your thoughts, your words, your feelings or your gestures."
2. With this commandment starts the true learning of the worthy, awakened, responsible man, who individualizes in his universal being. Man then becomes an Essene, standing on the threshold of the school of the mysteries of God and of the work on self.
3. The first 3 commandments are given to allow man to break away from the grip of the darkness that animates his whole life if he remains passive.
4. To climb a step, to bring a commandment to life in order to commune with the God of water and acquire his point of view, his sensitivity make man an active being, who awakens and transforms himself.
5. Whether it is pride, lying or the destructive force, all these forces are linked to the life of the common man. Therefore it is obvious that if man does not go in the direction of awakening, of knowledge and of mastery, he cannot claim to enter into the school of the mysteries of God to be born to his true being and become a mother for God.
6. To be a mother for God means to be born oneself to the inner light as a universal truth and to have understood, lived the unity of existence. In this way you carry the other in you as a part of you, you are not separate in your universal being; therefore you must take into account all beings and all worlds.
7. The first 3 commandments are given for the education, the preparation, the cleansing of the mortal man. With the fourth commandment, man enters into the greatness of God: he realizes that he is not alone, that he is not separated from the whole and that the foundation of his life must not be to live only as an isolated individuality. He understands that he is part of a whole, that there is an intelligence in everything and that he must be in accordance with it, with its laws, its structure, its will.
8. Man is part of the divine higher intelligence, he has his role to play in the structure and the organization of the worlds. Therefore he must no longer be passive and unconscious, but awaken his living creative power, in accordance with the Angel, and become a mother for the other, a being who takes care of God, who constitutes a body for Him, nourishes Him, protects Him and makes Him strong. Then God will be able to continue to live, be free and organize the worlds by leading them towards balance.
9. The highest responsibility of man is to take care of God on earth and to offer Him a body so that He is in the continuity of consciousness and can transmit Himself to the future generations.
10. To transmit God to the world is essential for man, for what survives him is what he has brought into the world.

11. As Essenes, you cannot allow yourselves to give birth to whatever world by your thoughts, your words, your feelings and your acts. You must use these creative organs that God has put into you to make Him appear in truth, purity and in this way allow the future generations to receive this heritage and to live with it to make it bear fruit.
12. The man standing on the step of my fourth commandment has attained a major stage: he is awakened to the creative force that has been put into him by the higher intelligence of God. He then becomes responsible and enters into the impersonal service for the future by making the body of God appear. He is no longer a man who lives only for death in the present moment, but he opens to eternity, to continuity by understanding that everything is connected and that what he does now determines the future.
13. If man brings the seed of wickedness, of discontent into his ability to think, to feel, to want and to act, he opens a path and prepares a life, not only for himself, but also for a multitude.
14. Anger, gossip and all the counter-virtues are very real and if man gives himself to them, they enter into his earth to prosper, imprisoning him and making him a slave to lead him towards degeneration and not towards an awakening of the soul.
15. Man must be responsible for what he gives birth to.
16. Man creates the earth, the heaven, gives birth to the future and based on his alliances, the subtle worlds come to put in them their power, their kingdom and their strength of manifestation. That is why man has a central role in the balance of the worlds and he must be aware of it. His life is not nothing, it must be consecrated to the reconciliation and the healing of the worlds and above all not to bring forth unwellness.
17. Unwellness is a world in which other worlds come in order to feed, grow, take possession of the ground and finally become the kings, the gods.
18. An Essene is consecrated to a pure, sacred, living world. He himself must accept this consecration by consciously giving his life to what is true, intelligent, living, acting and in this way become conscious of all the seeds that he brings into the world through his instrument.

Olivier Manitaro then asked Archangel Gabriel:

Father Gabriel, do you want to say that to be an Essene is a state of consciousness, an attitude, a behaviour for humanity? If a man attains this state, he becomes an Essene. This state is incarnated by your fourth commandment, which says that man must be a living, universal soul and that he must master the 4 worlds that live in him through his thought, his speech, his feelings and his gestures. Is that what you want to say, Father?

Archangel Gabriel answered:

19. Man was conceived by God for a very specific purpose. He has a universal function for which he has received an instrument with organs that are worlds of manifestation. These worlds are the founders and the creators of the world of man.

If man does not take possession of these worlds to be in the conscious and living service of the divine world, they will be used by another world. Man will then be diverted from his original purpose, from his mission and deprived of his true destiny, of his heritage.

20. If man does not know what he does, is not awakened in the dignity and the creativity of his being, he will be invaded, penetrated, fecundated by worlds of which he knows nothing, he will be unaware of these worlds that animate him, direct him and govern him. If man does not know the origin, the foundation, the interests and the objectives of these worlds, he is in danger of becoming their blind prey. Then he will become irresponsible, provoking disorder, unwellness and eventually giving to hell the power over his life, his entourage, his destiny and the earth.
21. The 4 bodies named in this commandment are 4 gifts of God in the body of man; these are subtle bodies, organs of precision, marvellous tools put at the service of the inner man, of the soul to act, master and enter into the great service of God. It is by these 4 subtle bodies that man will be able to do something in his life so that God has a body and is victorious.
22. Some will say that for God, they have built a cathedral. This is beautiful and noble, but perfection is to master the 4 subtle bodies in oneself by making them conscious, alive and active, for they will then be able to awaken the inner life of man and connect it to a higher world.
23. Any man can build a cathedral while carrying in him bad thoughts, destructive words, unhealthy feelings, gestures that squander money, make the family unhappy, put vulgarity, conflict, pride . . . forwards.
24. God prefers that man works on himself and first builds a sanctuary inside him and in his life before making a cathedral appear on the outside. The outer cathedral will then be a reflection of the inner sanctuary.
25. Do not live only for matter, for what is seen, but also and above all live for the subtle, invisible worlds.
26. God is not simply a form, a symbol, a writing, an icon. He is first and foremost spirit and life, He is the great invisible and the soul of the worlds.
27. God is alive in the angelic virtues, which do not have a physical body, and man must precisely be educated to invite these virtues into him and bring them to life through his own life and his body.
28. Man must know respect, the sense of the sacred and keep himself in the ardent, determined, infallible will of defending certain values, of taking care of them.
29. If a man lives with God, if he presents himself at the threshold of His school of the immortal mysteries, he will have no other choice than to accept working on himself to transform himself and lead all his imperfections towards an ennoblement. It is through this consciousness, this state of mind and of soul, this attitude and the behaviour that corresponds to it that the cathedral that he will make appear on earth will take on all its value and will be blessed by God. Then God will come live in this cathedral because the spirits, the genies and the

- elements that live around the man will have taken part in its construction. In this way they can take their place in this place, which will become the house of God.
30. If man does not take part in the work in this way, this means that he is not a true builder. Then his cathedral will only be an empty shell, only an appearance devoid of the presence of the spirits, of the genies and of the elements animated by the will of God.
 31. My fourth commandment tells you that it is first of all the ability to think, the speech, the feelings and the gestures that are the subtle organs that put the material man in contact with the invisible worlds. These worlds are invisible to the physical eyes of man, but they are visible for the higher intelligences that live and dwell in the subtle worlds.
 32. Man can close the eyes of his soul to the reality of the worlds that surround him, animate him and come share his life, but know that as soon as these worlds are led through the speech, the feelings and the gestures, this becomes concrete and constitutes a body that appears.
 33. The Essene seeks to give a body to God, to bring God to life all the way into his flesh, according to the consecrated word of the divine mysteries. To accomplish this sacred work, the Essene must be educated in order to only be visited by certain thoughts that make part of the alliance of the Light and of the circle of the Round of Archangels and of the Essene Nation. As for the other thoughts, he must not accept them in his life, but learn to master them, to control them so that they do not control him.
 34. Know that the circle of the Round of Archangels is the body of God in creation.
 35. When a man enters into the Round of Archangels, a seal of Light is placed on him in the subtle worlds so that he is recognized by the invisible worlds as an Essene who takes part in the great work of the body of God on earth. Of course, he is not yet an Essene in his own right, but he is in training and carries a sacred world on him that will determine him. In this way his path is drawn and becomes stronger than the other paths drawn for him before.
 36. The Round of Archangels is a divine thought, a divine word, a divine feeling and a divine gesture; it really is a world that comes around man and in man. This seal brings the power of the alliance with the Angels and the Archangels. It is a real power that will increase the creative power of the one who carries it, for the spirits, the genies and the elements are going to activate themselves 10 times more than for the majority of other men. This is where this commandment takes on all its value for the Essene, for power always needs responsibility. That is why each Essene must commit himself in this process of study, of education and of mastery of the subtle organs with which he creates and fecundates the world and transmits the virtues of the invisible worlds to the future generations.
 37. If the worlds of the thought, of the speech, of the feelings and of the will are full of excrements, it is certain that the future generations will inherit them, carry them and transmit them in their turn to their children. Then life will no longer be nobility or evolution; worse, it will be useless for God and the soul.