

# Psalms of Archangel Gabriel

## 251 You shall not look at what you must not look at.

1. “You shall not look at what you must not look at for fear of being possessed.”
2. This commandment is the continuation of the previous one, which says to man not to seek to acquire what is not useful and what does not belong to him.
3. You must know who you are and what you must do in order not to look at what you must not look at.
4. This commandment speaks for itself, it is clear: it is a commandment for a disciple, that is, for one who practices discipline for the purpose of carrying out a work.
5. Everyone can easily note that to look at something invokes, attracts a whole world of influences in one and around one. If the thing looked at cannot be supported, digested, assimilated, transformed into wisdom and into an offering to God, it can create a blockage, an imbalance that will make one lose the knowledge of self, the inner light and the union with God.
6. Many are those who have lost their inner light because of a look, of a badly controlled vision.
7. Know that, on the path, the test exists and that man will be evaluated according to his belief and his faithfulness towards God.
8. My sixth commandment indicates the world of animism and magic to you. It tells you that everything is alive and has an influence. It also reveals to you what you are, what you carry in you and above all, the true nature of your belief, of your conviction and of your union with a higher world and an omnipresent intelligence.
9. Often, it is in a test that the true nature of man appears, that he shows who he is.
10. It is so that man be tested that there are the world of the Light and that of counter-virtues.
11. God wanted it this way.
12. Tell yourself that if a test touches you, it is because God has allowed it. Nothing can happen to you in life if God has not allowed it, for God governs all the worlds.
13. On the day of the test, if he is not prepared, man falls and is invaded by the world of counter-virtues. For example, doubt or fear will enter into him and take possession of his destiny by governing his life. If this world manages to enter into man, it will take command of his life, bring him to commit acts, destabilize him and lead him to lose everything he has, especially his connection with the Light.
14. Men should be into the education and the mutual support that allow developing a certain vision of the world and living with wisdom. In this way they would get stronger from age to age, through the generations; they would protect themselves

from evil, strengthen themselves in the Light and pass through the regions of the test more easily.

15. If doubt enters into you, it will establish itself and grow up to form a body and impose its world, its vision. That is why you must not let it enter; there are worlds you must not associate with.
16. Often, man wants to understand why he comes across a test. To know it is good, but man must know why he wants to know, what is it that motivates his quest. Is it to walk towards wisdom, to offer his test to God? Or is it to calm the doubt that has entered into him, the disorder that torments him and that now has taken possession of him? Who is the offering for?
17. The offering is the ultimate purpose. That is why it has been said: "Honour thy Father and thy Mother." But who is the gift for? To know this is the foundation of all genuine knowledge.
18. Why seek to know why you live a test, for if you live it, it is because it has a reason for being and if this reason has touched you, it is because it is blessed by God or, at least, that God has accepted that it touches you. So, it is up to you to know if your inspiration comes from your faithfulness to God or if it is this world of counter-virtues that inspires you to protect yourself and to seek the solution. This is a hard test and few are the men who manage to go through it.
19. Few are the men who manage to raise their thinking and their understanding up to this subtlety of the worlds. This commandment invites you to do it; it seeks to awaken you in front of certain worlds and to strengthen your confidence and your living connection to the omnipresent intelligence of God.
20. There truly are worlds that one must not look at, otherwise the untrained man will be attracted by the void and fall into the abyss.
21. When man is touched by the test, he is injured. Then, many beings that inhabit him and that live around him talk to him to encourage him to walk in only one direction, that of doubt and of non-stability of life.
22. An injured man suffers and this suffering monopolizes him and occupies his being. But there are greater worlds that seek to lead him towards healing. If he does not go towards these worlds, the man will remain blocked and imprisoned. So, if you look at something, this must be in order to lead it into wisdom and offer it to God.
23. If you must not look, it is because you do not have the ability to make wisdom appear; then doubt or other counter-virtues can come to live in you and govern you.
24. What is not led into wisdom and offered to God opens the door to the virtues contrary to stability and intelligence.
25. The man invaded by the world of doubt no longer pays God, he no longer nourishes intelligence, but he pays this world that now lives in him and generates disorder, anarchy, trouble.
26. The man taken by doubt is deprived of the earth of his ancestors, of the gift of God and in this way he loses confidence in himself and in everything. He then

relies on nothingness to govern his life, for he no longer believes in the angelic virtues, or in providence, or in wisdom, or in the higher intelligence that makes everything right and perfect. One who opens this door and is invaded will subsequently find it difficult to free himself and often, he will have to endure the presence of the intruder his whole life. That is why you must prepare yourselves, educate yourselves and strengthen yourselves by mutual support.

27. If doubt has opened the door, it is rare that it goes out and closes it again.
28. Doubt like fear are powerful beings; they are omnipresent and know the weaknesses of men perfectly in their smallest manifestations. That is why, as the Essene Nation, as a people of priests and priestesses dedicated to God, you must protect yourselves, educate yourselves and know your weaknesses.
29. Not to look is strength, determination, wisdom, understanding.
30. There are things you must look at and others not.
31. It is necessary to look at what can make wisdom, the Light grow and sometimes, you have to accept the test, be patient, remain stable.
32. Remember: what makes you lose your stability is not good.
33. The structure of your life must be placed on solid foundations that offer you an unfailing stability, able to assimilate all the shocks.

Olivier Manitara then asked Archangel Gabriel:

*Father Gabriel, when a test touches us, we are often disoriented, we are not at the best of ourselves. So, what do we do to not seek to know, to not try to understand and to remain in the point of view of God and the confidence in Him?*

Archangel Gabriel answered:

34. Such an attitude is part of the path of Initiation.
35. The success of the path of Initiation, and therefore of the tests, is a good preparation.
36. If a world approaches you and speaks to you, you must be unwavering in faithfulness to God. No matter what you are touched by, you must remain stable and doubt must never become the shield between you and God.
37. If God wants to touch you, He must be able to do it even through a test and you must not prevent Him from it.
38. Doubt is a sly being that makes you believe it protects you, that it strengthens you; but this is false, it weakens you and robs you. It insinuates itself quietly, without making noise and it ends up by destabilizing your whole world.
39. To protect yourself, we do not ask you to be wise, but only not to look at more than what is in front of you. If you are a sage, you can look at more, but if you are not a sage, do not look.
40. Do not seek more than what you know because, in truth, it will be endless.
41. The world of counter-virtues is a bottomless chasm. If it enters in you, it will not stop sowing doubt, doing everything so that you have no more earth, no more

confidence and that, finally, you make decisions that are not good ones and that lead everything towards nothingness.

42. Know that this commandment is not a punishment or a condemnation, but only a force, a support, a stability, a rescue, for on the day of the test, man is naturally weak, weak from his ignorance, from his non-understanding of what is happening to him. Then, if he does not control his look, he will seek to regain his stability through understanding and that is when this world will be able to enter him like a virus, like an intelligence that wants to control him, animate him, be the source of his life.
43. You must never lose touch with the Mother, with the confidence in wisdom, serenity, stability, rest, patience, inner plenitude. In this way you will remain under the protection and the influence of wisdom.
44. If you are destabilized, do not seek to enter into the world of counter virtues, for you do not have the weapons to confront it.
45. If doubt conquers you, know that you will be lost for the Light.
46. Doubt is a seed and a world that manifest themselves under various aspects and forms, but its constancy is that it only rarely leaves its place and does not abandon the territories it has conquered. It insinuates itself into all the recesses to colonize all aspects of the life of man. Then man loses his peace, his serenity and the contact with the earth. He finds himself between 2 worlds and no longer knows stability.
47. Be wise, do not look at what you cannot look at, for otherwise, doubt will possess you, it will invade your whole being and you will be lost.