

Psalms of Archangel Gabriel

254 You shall not live only for the world of death.

1. "You shall not live only for the world of death."
2. From the point of view of the Essene science, death represents the world that does not have its place in eternity, that is fleeting, even destructive and that belongs to the world of recycling.
3. The world of death includes the visible worlds as well as the invisible and spiritual worlds. It is as if separated from the divine world and it does not serve it; it has no interest in it and does not take part in the work of the Light.
4. The Essene must not live only in the world of death, otherwise he too loses his interest for the higher worlds, he disappears at the same time, he abdicates his being, his heritage, his tradition, his commitments, his alliance and the fruit of his work.
5. The Essene works for the Father and is one with Him. This is the heritage of the Essene tradition.
6. If the Essene lives only for the world of death, then inevitably, he loses this heritage of the Tradition.
7. The world of man is based on the alliance with the world of death.
8. The interests of the world of man are those of the world of death.
9. The Essene must not look at this world as a malediction, but just put it in its place and note that it does not have as much value as that.
10. The world of death is not negative; it is organized around the life of the physical body.
11. The physical body is a part of the life of man. It is far from being the totality, for man is also a subtle, invisible being.
12. It is positive to take care of the physical aspect, but it must not be to the detriment of the invisible aspect. Twenty percent of life can be dedicated to its visible and material aspect, and the rest must be offered to the subtle side.
13. The world of man bets everything on the physical plane and pushes humanity to give everything just to continuously increase the wellbeing or supposed wellbeing of the body and of the visible world. It leads man to think that by improving the material potential, he will obtain the treasures of the spirit and receive the limitless benefits of the divine higher worlds and intelligences, but this is an error.
14. By diminishing the invisible worlds, by condemning the spirits, the genies and inner life to be submitted to matter, man closes himself in a world doomed to recycling. Then he himself becomes a fertilizer, fertilizing the ground to accommodate new incarnations.

15. Know that it is not possible to keep the body and the material life, for the soul cannot live with the world of death. That is why the educated man must build for himself another body, a subtle body inside of the body in collaboration with the spirits, the genies, the egregores and, if it is possible, in alliance with the Angels, the Archangels and the Gods.
16. The Essene must give 80% of his life to make the body of Light appear in him. This will allow him not to lose his memory during his voyage in the subtle worlds, as well as during his next incarnations, if this is necessary for him.
17. The subtle body must be developed by concentrating on the angelic virtues, on subtlety, delicacy, finesse . . .
18. Man must gradually remove coarseness and brutality from his life in order to feed himself in higher, nobler, greater worlds.
19. Nourishing oneself and sharing a life with a higher world are essential to make the subtle body appear until it becomes concrete and is part of the life and physical activity of man. In this way memory can be preserved, for the subtle becomes alive all the way into the stones.
20. Know that one who puts all his activity at the service of the mortal body will lose his memory as soon as the body disappears. He will lose his identity, his activity and not even know who his family was. Everything will be erased because he will have concentrated everything only in the existence of the body and of the mortal life that corresponds to it. Given that only the interests of the body will have animated his life, when the body is no more, all this anemizing life will no longer have any interest.
21. Know what you want to do with your life.
22. I think that no man living on earth wishes to be only a tip of land that will be forgotten and that will forget itself when the hour of the end has come.

Olivier Manitarà then asked Archangel Gabriel:

Father Gabriel, do you want to say that we must almost abandon the existence on earth to develop the other body in us?

Archangel Gabriel answered:

23. No, this is not the path that I indicate to you.
24. You must live in the world, you must take care of the body, give it what is necessary, but you must not live only for it.
25. The body must be happy, serene, but it must be in the service of God, of His house, of His tradition, of His religion.
26. The body loves to serve the higher worlds, it is happy to make the other body appear in it, but it must be educated and led into the rhythm of the right discipline.
27. If the man who lives in the body puts himself at the service of the body, it will constantly demand new experiences and acquisitions that will divert the energies, the materials and the workers from the divine building site. That is why the

- Essene must realize what is fundamental and never abandon the subtlety and consciousness of the supremacy and omnipresence of the invisible worlds.
28. The visible world is not the essential, for it is linked to time and therefore to death. What is primordial is what is beyond time, that is, the subtle worlds.
 29. The Essene must live with the subtle worlds and honour them until they animate the acts of his daily life and that in all his activities there are a meaning, a soul, an intelligence, a magic, a presence, a higher world that come to feed themselves and take part. Surely you will ask me how you can live with an invisible world since, by definition, it is a world that is not seen. That is why I speak to you of awakening subtlety in you.
 30. The religion of God is a gift from God, a holy tradition, a living science, a culture of love, an art of living together, an economy, a daily life that has meaning, soul. This religion implements a magic with the aim of making a living body appear that is beyond time and therefore that escapes the grip of death.
 31. The subtle is already there, in each one of you, and you live with it, for it is the soul, the animating principle of all the activities of your lives.
 32. Your thoughts, your beliefs, your desires, your will, the virtues, your meditation, your faithfulness, everything that makes what you are is essentially invisible.
 33. If the invisible is not present, alive, conscious in all your activities, it means that it is the mortal body that monopolizes the forces at work in your life and that extinguishes the Light. That is why you have to live consciously with this subtlety in you and place conscious alliances inside it with the worlds that animate this subtlety.
 34. If you decide to live with faithfulness, do not do it only for the body and the mortal activities of the body, but awaken the thought, the feelings, the will so that the spirit, the genie and maybe even the egregore of faithfulness are invited and nourished by you. Then your faithfulness will be a common good, a universality.
 35. Now, if you decide to be Essenes, priests of God, maybe you will be in the alliance with the Angel, the Archangel or even the God of faithfulness. In this way, through your faithfulness, it will be the God of faithfulness who will be honoured, nourished and through him, the Father of all the Gods will receive the offering.
 36. I do not teach you privation, renunciation, austerity, but the awakening of the subtle consciousness, the right discipline that make life in accordance, harmonious, rich, not only from the matter empty of spirit, but from the spirit animating matter and leading it towards its fulfillment.
 37. Everything that man chooses to live physically must be fed by higher worlds of eternity and of universality.
 38. Man must be fed, but he must also feed the higher worlds so that the alliance and the sharing are perfect.
 39. Through meditation, prayer and action, you must make sure that the sacred subtle worlds are placed into greatness, homage, victory and prosperity.

40. Through your study and your meditation, you must expand the subtlety of the sacred worlds and increase the presence of the divine intelligence, of the sacred inspiration.
41. Through your devotion, your prayers, nourish the soul, reinforce the virtues, render them alive, present in the subtle worlds so that they are your guidance, your motivations, what animates you until becoming the obvious, and inviolable rules of life.
42. The simple act of thinking about violating the rules of life of the virtues must become unimaginable.
43. By the sacred rites, make the subtlety of your body grow and ritualize your activities so that one day, a bridge is woven between your daily life and the world of Angels. Then, the Angels will see the possibility to accomplish the will of God and carry out His work through you. At that moment, you will enter into the world of eternity, which is beyond death and recycling. You will be able to live on earth in a body all the while accomplishing the will of an Angel and taking part in the work of God. You will be true Essenes and you will place the religion of God into victory. This is the highest fulfillment for a man incarnated on earth.
44. Above all, do not focus your energy on the existence of man, on what he will do, his evolution, his development, for man belongs to the world of death. Only what is alive in him belongs to the angelic world of the virtues.
45. Virtues are what man must make grow in him, in association with the subtle worlds, and not the mortal man.
46. The virtues grow from the subtle inner life that unites with impersonality, universality and eternity.
47. If it is the outer life and the body that inspire, motivate and direct existence, the energy will be diverted to finally be lost, annihilated.
48. The body pushes man to become a consumer who is never satisfied; it leads into passivity, inactivity, to surrounding oneself with material comfort in order to extinguish the importance of the subtlety of the worlds.