

Psalms of Archangel Gabriel

264 Do not attract to yourself what is ugly, foul and dead.

1. “Do not attract to yourself what is ugly, foul and dead, but consciously commune with life every day so that it becomes alive in you.”
2. Nutrition, breathing, thinking are centres of attraction, of communion and of creation that show that man does not live alone.
3. Man lives with the universe and with all the forces, influences and intelligences that are all around him and in him. His body is a catalyst of forces, centralizing an energy that attracts to him what is healthy or sick and puts it into action.
4. The current philosophy makes man believe that if his body is standing up, this means that he is alive, strong and healthy and that if his head can think, it is possible for him to be in control of himself. This philosophy hides the fact that man is first of all an element in the universe and that everything he attracts to him becomes his food, his breathing, his being and finally, writes his destiny.
5. Food is the consequence of everything that exists in the subtle worlds.
6. If, today, you feed yourselves badly, it is simply because you have abandoned your soul and given up on the quality of the invisible worlds.
7. You feed yourselves on what smells bad, on what brings the seed of death and of destruction.
8. You destroy your nervous system through the use of intensive electricity. This reverberates inside you as a tension that does not allow you to be serene, calm, composed, thoughtful. You have impulses of energy and then you enter into a passivity that stops you from accomplishing anything.
9. The divine being as well as the immortal soul are unrelated to your life. They are not asked to participate in it and do not receive any nourishment. In this way the overall man is neither taken into consideration nor fed and this creates an imbalance that harms his health.
10. If you continue to live as you do, you will become energy centres that will only be activated by chemicals or by other equally harmful invisible influences. That is why I ask you to awaken and to take your life and your destiny in hand by organizing yourselves to open another path than the one that a certain intelligence has written for you and for the earth.
11. Become Children of Light again, conscious beings who know they have need of clear thoughts, of noble feelings, of food coming from God the Earth-Mother and not from an artificial, false world, where everything is only semblance, cheating, lying, cadavers, beings without life, without soul, without dignity, just empty bodies.
12. Do not accept to feed yourselves with artificial cadavers. I am not speaking about the animals raised and slaughtered for the sole purpose of satisfying the basest instincts; I am speaking about the empty hulls, about the lying beings who have a form, but who have neither soul nor intelligence.

13. Do not feed yourselves in these worlds anymore, or then you will belong to them and finally, you will become like them.
14. Feed yourselves exclusively in the circle of the Round of Archangels and do not go out of it anymore.
15. This dead food that saturates your world kills you, for it is empty and it empties you; it is a destructive energy that swallows the Light and the matter. It destroys the thought, the breath and brings aggressiveness into the belly, which attracts meanness.
16. Originally, thought, breath and food are organs of a great nobility and beauty in man. If they are destroyed or unbalanced, man loses the connection and can no longer cultivate good exchanges to build a happy destiny for himself.

Olivier Manitara then asked Archangel Gabriel:

Father Gabriel, how do we find the best nutrients in order to be in good health?

Archangel Gabriel answered:

17. Do not seek to get what you do not need. For this, you must know your true needs.
18. Do not block, do not confine the worlds inside you and do not cultivate the constant search for novelty. Rather seek to deepen what you have and what you know.
19. The body needs a routine, a rhythm, regularity. It needs a healthy vibrational state that it can find through diet, breathing and the activity of the thought. This vibrational state must remain stable, identical, regular, otherwise the organism disrupts and anarchy settles in the different organs.
20. You must like what is simple, regular and seek intensity in the higher worlds of the soul and of the spirit.
21. Do not let the psychology of the world of men invade you, for it will push you to become a consumer who tries everything that is new. It will lead you into noise, into a disorderly life where the essential is no longer audible, is no longer perceptible. Then you will seek the solutions to the invented problems on the outside, in miraculous procedures that are supposed to make life better, but all this is a disease.
22. The body needs a fundamental note, vibration on which to live, sleep, eat, breathe, think, work. If it is no longer in tune with it, it will disrupt and lose the internal criteria allowing it to discern what is good from what is bad. It will then become sick and the man will search for a cure to heal himself. In this way he will be taken, possessed by the idea of surviving, instead of living and serving a higher world of immortality.
23. If you ask me what to do to live rather than to survive, I will say to you: associate, unite consciously and only with the kingdom of harmony, of respect, of the clear light, of the good thought, of the noble feeling. If you do not do this, abstain from eating, for this food will not benefit you, it will destroy you.