

# Psalms of Archangel Uriel

## 78 The incoherence of adults.

1. If you grow vegetables, let them be true and pure so that when you offer them to others, a blessing touches them and enters their lives. It is always you that you offer; so, be true, for truth shares itself, the Light offers itself.
2. The world of spiritualists is peculiar. They want to live in another world because they do not like the earth. They are content to think of another world and do not look at the reality of the earth, of what they are, of their beings and of what they offer to others. They talk about the Light, think about a higher world without ever living or doing anything, without offering anything.
3. It is positive to want to go towards another world, but it is only an orientation and not yet a reality. It is not good to want to run away from the world, but it is good to awaken through reality.
4. God, the Light, only speaks to those who have a pure heart.
5. Observe yourself in your life, look at who or what animates your being. Are your thoughts clear? I am not talking about your intention or your wishes, but about the reality of your life on earth.
6. Every time you have a bad thought, every time you say a word that degrades the Light, you destroy what is beautiful in you and in others. I am not talking to you here about words that explicitly attack the Light, but rather about the words of daily life.
7. Lying is negative because it shows a face other than the one you really have.
8. Many spiritualists are liars, for on the one hand, they glorify an abstract light and on the other, they pass their time criticizing, judging and, even worse, plotting and developing the scrutinizing look.
9. Some people look at the lives of others with an evil eye and only see their own negative worlds in them. They will not have the blessing of the divine world.
10. The Light does not stand that the heart of a child is hurt. What is pure in man is the child, who does not see the meanness, the bad aspects but only considers what is true, just or unjust. He is not tortured by a demon as adults often are.
11. There is a demon that pushes an adult to disperse his life in all directions. The divine world does not approach such an incoherence. Man is abandoned to his sad fate, he is alone in the world and attracts to him the beings he is in sympathy with.
12. Awaken and analyze yourself. When you are alone with a friend, how are your conversations, your looks, your judgements? Do you share what is the most divine or do you pour out a pollution so intense into the atmosphere that all beings who approach you feel that something is not clear?

13. The divine world loves purity. Know that if it is not God who speaks to you, it is inevitably His opposite. So, whatever you say or do, you do not act with purity, and by using your body, you transmit lies to it that poison and destroy it.
14. Observe yourself in your life. Do you live with lightness and flexibility or are you always afraid, are you anxious? Who visits you, who feeds you, gives you strength?
15. Spiritualists tirelessly repeat that they do this or that for the Light, that their acts and their works are pure. What a great illusion! Do they merely know the Light? Very often, it is very far away from them, but they do not see this, they ignore it. They think they are sensitive, sense influences, receive messages from the worlds of the Light, but this is a great illusion. All those who have gone this way have always ended up by losing everything.
16. If man neglects awakening to the reality of the earth, life and his being, he does not develop any roots in him and nothing true can grow, take shape, get bigger, live. Man then takes refuge in an illusory world in which he is made to believe anything and everything is stolen from him.
17. One who believes he has contact with a higher world when his heart is not pure, when his life is not in order, when he is not awakened to the reality of life only deludes himself. Many are those who have gone astray on this path and brought others to perdition.
18. If God speaks to you, everywhere you go, you bless, relieve, ennable and liberate beings.