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Sparks of Light on Our Path



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The first twelve days of the year

The first twelve days of the year represent the twelve coming months. By living in the best way possible during these days, you create a solid foundation for the year ahead. Since every action, thought, feeling and desire has its consequences, the beginning of each year should be a time of great vigilance.

The science of life is most essential

If you must study only one science, choose the science of life. You will benefit from all other activities and fields of study only if you focus on this essential reality, which is life itself. Instead of considering life as a means of satisfying your desires, ambitions, and whims, learn to consider it as an end in itself. Use all your faculties to fortify, purify, and enlighten it. As soon as you begin to take care of this life within you, your intellect begins to understand, your heart loves

and rejoices, and your will grows strong and creative. The science of life holds the key to all accomplishments.

Bread for the road

Like those who, preparing for a long trek, fill their backpacks with provisions for nourishment along the way, we too must carry our bread, figuratively speaking, to walk resolutely on the paths of life. This bread symbolizes the principles of spiritual science. We are only travelers on this earth, and we must never forget it. This is why each day we must remember to fill our bags with this celestial bread which represents the truths of the soul and spirit, enabling us to continue to study, to work, and to love.

Waking up, the importance of this moment

When you awaken in the morning, try to be mindful of the importance of this moment, as it will determine the rest of your day, which in turn will influence the following days. Tell yourself, 'The past has passed, and the future is yet to come, but today is at my disposal.'

Count only on your inner acquisitions

When you work, bear in mind that you have all possibilities within you. This knowledge will make you stronger and increasingly able to deal with failures as well as successes, which also come with certain dangers. Nothing you have acquired from the outside can be taken for granted, as you may lose it at any moment. Strive to collect inner riches instead: these alone will be yours for eternity.

The importance of the first step

People sometimes embark on endeavors when their minds are troubled, for instance, by anxiety or a bad mood. If you set out for work, a visit, or an important activity in such a mindset, your unease will only increase as you get closer to your destination. As a result, you risk reacting awkwardly and speaking thoughtlessly. Imagine the damage you will then need to repair! However, if you take your first step in a state of peace and harmony, the right attitude and words will come to you as you advance. Whatever your undertaking, always start on the right foot.

Keeping hope alive through faith and love

When people are dissatisfied with their fate or disappointed with events, they tend to look to the future, telling themselves that life will be better soon... in a few days or months. Hope is perhaps what they hold on to until the very end. But in the meantime, they need to discover what they can count on. First of all, they must have faith, knowing that the universe is governed by laws – one of these being that every seed will one day bear fruit. They must also nourish the life within them, gaining new energy thanks to their love. Otherwise, hope is only an escape from reality, and it too will one day abandon them. Faith and love are what enable us to remain hopeful.

Food, a gift from higher intelligence to keep us alive

You have eaten some fruit, and once assimilated, this food contributes to the proper functioning of your entire body. Thanks to it, you can breathe, see, and hear. You can taste, touch, speak, sing and walk. Even your hair, your nails, your teeth, and your skin benefit from it. What is this higher intelligence capable of bringing to each of our body's organs what

they need so we may continue to live? How can we not admire this intelligence and express our gratitude?

Love without expecting to be loved

For many of you, happiness goes hand in hand with love. But if you are waiting to be loved, you will never be truly happy, as you are depending on something which is too uncertain. At one moment you will be loved, but who knows what will happen next? Welcome love if it comes to you, but you should not pin all your hopes on it. Rather, choose to love day and night, without any expectation. It is then that you will be not only happy but also free!

Vigilance: our guiding light

Without vigilance in our thoughts, our feelings, and our will, we cannot gain anything in the long term. Vigilance is like a brake which enables us to master the chaotic world within each of us. We must be vigilant not only before but during each of our actions. Vigilance can be compared to a guiding light in front of us, showing us the hazards and obstacles ahead. We must never let this light go out.

Understanding spiritual truths requires practice

When you study grammar or math, for example, it is not necessary to review entire manuals every day once you have understood the basic rules. But when it comes to the moral and spiritual life, this is not the case: even if you can repeat what you have read or heard, you must continue to deepen your knowledge of certain truths. The life of the soul and spirit is founded on practice. Each day is an opportunity to revisit the same truths until they become flesh and bone within you.

Multiple aspects of reality seen from the summit

Since people are used to acting impulsively, they often end up banging their heads. Then, without further reflection, they take a different direction and bang their heads once again. As a result, their heads end up covered in bruises and bumps. It is about time they followed the advice of the sages: ‘Go within to seek a higher perspective, meditate...’ When they learn to rise to the summit, from where they can see the many facets of reality, they will be able to think and act better.

***Our lives: a series of repetitions,
each an opportunity to do better***

After we have inhaled and exhaled, we must start again. We ate yesterday, but we must eat today and again tomorrow. An experience has helped us understand the meaning of our life, and in order not to lose this meaning, we must have another such experience, and yet another... As for temptation, once we resist one, another will come along, and we will have to strive once again to triumph over it. Life is nothing more than a series of repeated events, but we must see each repetition as an opportunity to do better.

Walking away from a closed door

Why do you believe happiness should come in the way you expect it to? You are presented with so many possibilities! But instead of noticing them, you cling to your own idea of happiness. You hope a door is going to open... but there it is, still closed. Rather than lamenting before this closed door, remind yourself that others may open nearby... or even just a small window. This is how disappointments can prove useful: they lead you to discover things you would have never stumbled upon otherwise.

Links in a long chain

Since each event is the result of a previous one, it is impossible to properly interpret the present without looking back on the past, but we can work on this present moment, itself being a consequence of the past, in order to shape the future. To understand the current situation of other people, we must consider it not only as a consequence of their past but also as the potential starting point of a new life. Looking at what some people go through, we can't help but say, 'What a mess!' But the situation is less hopeless when we know that each existence is only one link in a long chain, and that the following links may be of better quality.

Three relaxation exercises

So many people complain they are tired, yet they keep on working without stopping for a minute! It is good to pursue an active life, but to remain active, we need to know how to relax. There are many relaxation methods available, such as the ones I'll describe here. With your fingers, stroke the area under your eyes, using movements from the exterior of the face toward the interior – not the opposite – with your eyes barely open. Lie on your bed, raise one arm and

let it drop. Do the same with the other arm and then with your legs. Follow these steps three times, not more. You can also slowly turn your head from right to left, then from left to right, while taking deep breaths.

Prolonging precious moments

Now and then, there are moments you experience as blessings, and you must preciousy engrave them in your mind. Do not allow them to be erased by thinking about something else right away. Stop and focus on them for a long moment, allowing them to reach the depths of your being. These moments will leave traces on your soul and will never cease to inspire you.

Creating your self-image

In everyday life, there is no shortage of reasons to worry or get discouraged. But instead of enduring your troubles and complaining to others who are facing the same troubles, imagine yourself surrounded by light, overcoming all obstacles. Soon enough, this image will come to life and produce effects on you. Meanwhile, through the law of attraction, it will draw the corresponding elements from the universe

and instill them within you. If you continue this work, the results will one day become permanent. You will feel as if a living being is hovering above you, supporting you through your hardships.

Fostering joy through gratitude

True joy occurs when the soul can experience life as a gift to be thankful for, despite all the troubles and sorrows. If you want to be overcome by joy regularly, cultivate a feeling of gratitude within you. When you turn gratitude into a habit, this feeling will one day take you by surprise, even when you have no specific reason to rejoice. Just like an impromptu visit from your close friends, it will appear when you do not expect it.

Efforts are what keep us alive

People have an innate tendency to avoid effort and get others to complete tasks for them. Thanks to technological advances, they can now lie back while machines do their work. But this undermines some of their abilities, especially their willpower. If they wish to rise up to any challenge, human beings must learn to refuse

this widespread convenience, which will fulfill them externally but leave them feeling empty inside. Efforts are what keep us alive, standing on our feet.

Today is the foundation for tomorrow

Strive to live today properly because the present day never dies, but extends into tomorrow. This fact requires us to meditate on the concepts of duration and continuity. When someone makes a chain, they must ensure each link is strong. If a single weak link is broken, it is no use for the other links to hold together, as they no longer form a whole. We should therefore live each day so as to create a strong link – this way, the chain will remain unbroken. Today is a new link that builds onto the others, and we should concentrate on this specific link.

Meditation: a way to slow down time

Life is a constant flow, but we must find ways to stop in order to create some order within ourselves and tune in with more harmonious rhythms. Meditation is so essential for this reason. It allows us to slow down the fast pace

of time and instill beneficial rhythms, peace, and light within us. These elements will leave their mark long after the meditation session.

Thoughts are living beings

Every thought you have is a living being, no matter how small. It cannot be seen nor grasped on the physical plane, but it operates in its own realm with the subtle materials it is made from. People would benefit greatly from becoming aware of the creative or destructive power of every thought. True knowledge begins with the awareness that thoughts are living beings.

We should not try desperately to fight our flaws

The desire to fix your flaws is not enough without the knowledge of how to proceed. For example, instead of focusing on your weaknesses and shortcomings, which are a result of bad habits, focus on what you must do to create your future. Every day, imagine yourself surrounded by light and beauty, capable of supporting others and doing them good. Not only will you notice your flaws slowly disappear, but you will also feel invigorated.

***Fortunate or unfortunate events:
wait before judging***

At times, seemingly catastrophic events turn out to be beneficial in the end. When an event occurs, there is no way of knowing if it will be favorable or harmful in the long run, both for ourselves and others. So, in the face of difficulty or failure, you should tell yourself there may be light at the end of the tunnel.

Light is a helpful friend

Consider light as your helpful friend to ensure it follows you wherever you go. As soon as you have a moment to spare, call upon light instead of letting your thoughts wander. If you wish to help a friend or family member who is ill or sad, your sorrow and worries will do them no good. Rather, send them rays of light.

***Technical progress
and the risks of convenience***

Since countless machines, devices, and products exist on the market to make their lives easier, men and women nowadays are becoming physically and mentally lazy. If they are not

vigilant, they will eventually be left without an ounce of willpower. But if they want to develop themselves, they must train their physical, mental, and psychic abilities every day. In any area of life, it is dangerous to fall into the trap of convenience. Instead of always entrusting certain tasks to machines, people should occasionally make an effort to complete these tasks themselves.

Controlling anger to become stronger

Those who do not know how to control their anger are unaware of its deep origins. They even believe, if only for a moment, that currents of anger are a sign of their own power. It is illusory to believe this, for the currents themselves are powerful, not the person experiencing them. Furthermore, once their anger has subsided, these unfortunate souls are left weakened and trembling, from their jaws and hands to their legs. If you want to become strong, learn to master these incoming energy currents and strive to transform them.

The best protection against injustice

When others attack you unfairly, avoid trying to defend yourself with ordinary weapons.

Go inwards and distance yourself as much as possible from your opponents. Strive to live an honest and noble life – thus, your aura will become stronger and act as a protective armor. According to a universal law, evil bounces back to its perpetrators before reaching you. Whatever happens, try to elevate yourself mentally to the regions of light.

Focusing and harnessing energy

Imagine a musician playing a piece, a student writing an exam, or a performer walking on a tightrope. If these people do not focus and harmonize their energies, the musician will play wrong notes, while the student will stumble on his words and the tightrope walker will break their neck. As soon as they scatter their energies, they are no longer supported. We can draw the following conclusion from these examples: no matter the activity, take a moment here and there to re-establish harmony within you. This will harness your energies so you can continue your activities in the best frame of mind.

***Disappointment is inevitable
if we do not know whom to trust***

You complain someone has deceived you or taken advantage of you, but you should have known that this person could not honor your trust because of who they are, as well as their past experiences and lessons learned. Do you feel betrayed? Even if this person was in good faith, they acted according to their own faculties and did what was possible for them. If they did not meet your expectations, it is not entirely their fault. It was up to you to see clearly and think before placing your hopes on this person.

Life is a constant journey forward

You have been given a light to illuminate your path – it is up to you to walk. Once you have embarked on the path of light, never stop moving forward if you wish to stay in control of your destiny. Those who continue on their path will notice barriers come down before them one by one, as they have set the powerful laws of life in motion.

Choosing a direction first thing in the morning

Each day is consistent with the direction you give your thoughts first thing in the morning. For this reason, it is crucial to wake up with one thought that will serve as a foundation for all your other thoughts during the day. If you give yourself a specific goal or direction every day, all of your activities will fall into place, revolve around this goal, and lead you towards the summit.

The magical power of a gesture

Any gesture is magical by nature, as it generates currents, colors, and vibrations that will reach entities throughout space. A gesture can open or close doors, and it binds us to beneficial or harmful powers. Gestures can also be likened to messages that we constantly send to the visible and invisible worlds. Our hearts and minds express themselves through gestures, which enable us to either create or destroy our future.

The importance of each gesture

Whatever is the task at hand, try to make careful, harmonious gestures. Remember that

you are triggering energies and elements that allow you to transpose your activities to the psychic and spiritual planes. True spirituality means using any task to tune oneself with cosmic Harmony. Each gesture imbued with a noble and selfless idea is recorded in the archives of your higher consciousness, from which all beneficial energies will flow: love, hope, joy...

Death: a refusal to evolve

When people block out the forces of the spirit which act on matter, they lose their life. This is the true meaning of death: a refusal to vibrate in unison with the currents of the spirit and plummeting down to the densest state of matter. When a human being forgets about the spiritual imprint they bear within, they become like a stone – the rhythm of their life slows down to the point that they can no longer think nor feel. Life keeps on moving forward, and death awaits those who refuse to follow.

Protective images

When you have an issue with someone, have you noticed that you carry their image in your mind wherever you go? You wake up with

this image, walk around with it, then sit at the dinner table with it and bring it to bed... This is unreasonable. Forget about this person! Instead, seek out images of people whom you admire for their qualities and spiritual elevation, and give them your entire attention. You may not notice at first, but they will work magic on you, erasing the negative images that are hounding you.

***Expecting to be understood
is not always wise***

You complain that others do not understand you... First, ask yourself what you wish they could understand about you. And even if this is your greatest hope, why should you expect that others get inside your heart and soul to see what is going on? Each person has their own tastes and temperament, which are not always of interest to others. Besides, are you sure you truly understand yourself? Of course not... And you want other people to understand you?

***Physical work
is essential to psychic health***

Often, spiritual seekers tell themselves that physical work is not compatible with the life of

the soul and spirit. They are wrong, as physical work is essential. Even if they are not forced to work, they need to push themselves to do so. Otherwise, their physical and even their psychic health will decline – they will become weak and numb. Therefore, these spiritual seekers should do their best to constantly keep busy with cleaning, gardening, watering plants, sewing, crafting...

Pleasure is not happiness

Not only is pleasure not the same as happiness, but pleasure-seeking often stands in the way of happiness. Why is that? Many pleasurable activities are not found in the highest of planes: they only cater to the physical body, and in few cases to the heart and mind. However, true happiness involves your entire being, including the soul and the spirit. If someone or something appeals to you, do not rush towards this person or object. Rather, ask yourself what aspirations you are truly yearning to satisfy.

How to resist temptation

When some people hear about dishonest or criminal deeds committed by others, they say,

‘I would never do such a thing! I would be able to resist temptation.’ But to resist temptation, they must link up to the world of light, justice, and beauty every single day; otherwise, they will succumb just as the others did. They cannot expect to face the power of several thousand years of instinct on their own without bearing images of all that is most great and noble in their minds, hearts, and souls.

How to greet others with your hand

Often, people greet each other with a handshake and part with the same gesture or wave at each other from afar – a sign that they instinctively know the hand can transmit and receive currents. This is why people should be especially careful with the energies coming from their hand. They should only salute each other to share something beneficial, otherwise this act is useless. To those with an awakened consciousness, a salute is a meaningful and efficient gesture that can be used to encourage, comfort, and invigorate others.

***Destiny is a manifestation of the laws
we set in motion***

Too many people still believe that their life is governed by chance or fate, or perhaps by a higher will imposed on them by God or other deities. There is no such thing as chance, nor is there a divine will that dispenses happiness or misfortune. In fact, human beings themselves have prepared their current living conditions based on their life choices in a near or distant past. Destiny, as we call it, is simply the unfolding of laws a person has set in motion through their thoughts, feelings, and actions.

***We should not make excuses to avoid taking
the right direction***

Whenever you have to make a choice, think about it very carefully. Once you clearly see the right direction to take, make up your mind and act! If despite this clarity you tell yourself this choice requires too much effort, goes against your interests, or could give rise to antipathy, you open the door to dark energies. When we make excuses not to listen to our common sense or intuition, we end up losing these faculties. We cannot keep a clear vision of the path to follow while making excuses to go elsewhere.

Adopting a 'first-time' perspective

So often, people are convinced they have seen and understood everything, so they look at their surroundings in a superficial way. This is why they practically stop learning. On the other hand, if they try to imagine they are seeing the world for the first time, they will not only discover new things but also experience new joys. When you breathe, eat, and drink, imagine you are doing so for the first time, and everything will seem delightful. Do the same when you encounter other people and walk through nature. By adopting a new perspective, you will gain a deeper understanding and sensitivity while constantly discovering new things.

Energies to keep under control

When faced with an unpleasant surprise or out of emotion or annoyance, some people shove objects around or slam doors. Why is that? Unconsciously, they are trying to get rid of a rush of energies they are unable to control. But by acting this way, they can only grow more restless. Instead, they should stop moving, link up with light, and focus on a soothing image to find a new inner rhythm, striving to prolong this state for as long as possible.

Sensitivity and touchiness

A person is usually called ‘sensitive’ when they are hurt by others’ indifference, disdain, and criticism – the truth is that they are simply touchy or easily offended. In contrast, sensitivity means being open to the light from higher realms while shutting out the filth and nonsense of human behaviors. We must not confuse the two. Touchiness is the unhealthy expression of a poor, miserly, and vulnerable ‘me’. Sensitivity, on the other hand, is a higher state of consciousness that allows you to vibrate in unison with the beauty of the universe.

Our inner tribunal

We can only criticize others’ weaknesses once we have conquered these issues ourselves, or else we will be judged by our inner tribunal. It is a mistake to think of divine justice as something external, such as God or His angels, who rewards or punishes people for their actions. Human beings each have their inner tribunal. With each transgression, they lose something precious, while kind and fair actions bring them peace, light, and joy. So before criticizing others, they should first take a good look at themselves.



In 1937, the Bulgarian-born French philosopher and educator Master Omraam Mikhaël Aïvanhov (1900-1986) began his life in France. At the outset, what is most striking about his works is the multitude of ways in which he answers this one question: how can human beings reach perfection? The Master addresses each topic with a focus on the practical use of his teachings for deeper self-understanding and better life conduct.

‘Every time I speak to you, I am trying to open new windows and broaden your horizons so you may one day embrace immensity. Life is a vast, infinite realm which we have all eternity to explore. We can determine the significance of an issue by the time it takes to cover all its aspects. When issues can be quickly dealt with, they cannot be deemed essential – essential issues converge with life itself, which is boundless.’

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