

**Omraam Mikhaël Aïvanhov**

# HARMONY



*Complete Works – Volume 6*

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**P R O S V E I T A**

*Translated from the French*  
*Original title: L'HARMONIE*

*Original edition:*

© 1973, Éditions Prosveta S.Coop. (Suisse)

© 1979, Éditions Prosveta S.A., ISBN 2-85566-097-1

© 1988, Éditions Prosveta S.A., ISBN 2-85566-439-X

© 2001, Éditions Prosveta S.A., ISBN 2-85566-811-5

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Prosveta S.A – B.P.12 – 83601 Fréjus CEDEX (France)

ISBN 978-2-8184-0156-9

## Chapter One

# Harmony

## I

A few moments ago, while I was eating some almonds, I thought what a good idea it would be to plant a whole orchard of almond trees here at the Bonfin\*. In the first place, the soil is ideal because almond trees can grow in arid ground – they don't need much water. But, more importantly, almonds are very rich in nutrients. They even contain certain elements that combat cancer. For this reason it would be good to be able to eat at least three a day. Some of you might object you would be tired of them within a week, but you can always grind them up and add a spoonful or two to your salads or your soup, then you wouldn't get sick of them.

So we must plant some almond trees; and then every year, when the brothers and sisters leave the Bonfin, they can take home bags and bags of almonds to nibble on when they are back in their own little corner! We have several acres of land available. Of course, it has not been cleared yet, but that can soon be done, and if some of the brothers were willing to plant some almond trees they would find it very pleasant, very poetic work.

We have not been very lucky with our almonds this year: the frost killed most of them. Only the trees in my own garden

\* 'The Bonfin' is the name of a property near Fréjus on the French Riviera. The members of the Universal White Brotherhood gather here in their hundreds every summer to study the Teaching of the Universal White Brotherhood, as given in the daily lectures of the Master Omraam Mikhaël Aïvanhov, and to put it into practice in all their activities as they work, pray, sing and eat together.

were not damaged by frost, but even they did not produce much. And that is a pity: the biggest almonds I have ever seen grow in my garden, but they were not very plentiful this year. It was the same thing for the olives. Well, there are years like that. It is something that occurs in all areas of life; in fact it occurs for every person, too: the years of plenty alternate with years of famine, the seven fat cows alternate with the seven lean and hungry cows!

While I am on the subject of almonds, let me begin by speaking of something I have often noticed. A lot of people buy almonds (and walnuts, hazelnuts and peanuts, too, for that matter) that have already been shelled. Of course, it is much more convenient: they are lighter and easier to deal with, but I don't recommend it at all. You never know how long they have been shelled, and they have certainly lost all their etheric particles and consequently all vitality, as well as most of their flavour and all nutritional value. It's as though you were eating dead bodies. For some fruits and vegetables it's a different matter: whole rice, for instance, or wheat or beans retain their flavour and nutritional qualities because they have an inner skin. But it is better not to buy your nuts already shelled.

Let me add that you should not eat fruit or vegetables that were picked a long time ago either; they too have wilted and are already dead. You pay less for them, that is true, but in fact they cost more because you get no life from them. And it is the life that counts, the life that is more important than anything else. If you have life you have all the rest too, for part of that life becomes intelligence, another part becomes love, another part activity, will, energy and so on.<sup>1</sup> Whereas when life diminishes you gradually lose all your powers and faculties. People would get along a lot better if only they acquired the habit of counting more on life and less on externals.

And now, why do almonds help to counteract cancer? Because the elements they contain are arranged in perfect harmony, and this harmony prevents cancer – which is the result

of anarchy and disorder – from invading the body. The more the spirit of anarchy prevails in the world, therefore, the more this disease will spread. Medical science does not know this, nor does it know that every disease results from a weakness or vice within humans themselves. It is human beings themselves who create diseases. When there is too much nervous tension, one kind of illness appears; excessive sensuality produces another kind; when disharmony increases, yet another kind appears. Every illness is the result of a specific type of disorder, and cancer is the result of anarchy. To guard against cancer, therefore, we have to work at harmony, think about harmony every day, ensure that we are in harmony with the whole of humankind, the whole universe. Of course, I know that no one is capable of living perpetually in a state of perfect harmony, but you can always be conscious and vigilant, so that if you find that you have slipped back into disharmony you can get a grip on yourself and reverse the situation again. You must never allow yourself to harbour a climate of disharmony for long, for it spreads into all your cells, cuts off all communication, all currents, all circulation, until your organism can no longer resist the disorder.

Nowadays, this is exactly what is happening: the spirit of anarchy is deliberately cultivated and nurtured all over the world. It is almost as though there were schools in which people learned how to disrupt society by inciting others to anger and a spirit of revolt. The forces of darkness are at work; it is these that are responsible for this diabolical work. Some countries, instead of propagating the viruses of disease – because they would be condemned by others for waging biological warfare – have chosen to propagate the virus of discontent and revolt. And the result is cancer! All anarchists and rebels against society are unwitting carriers of the disease. The initiatic orders, on the other hand, which work for the reign of peace, harmony and brotherhood so that all men and women may come to understand and love their fellows and be united with

them, are propagating germs that eradicate the germs of cancer. If these initiatic centres did not exist, the whole of humanity would suffer from cancer. I know that very few people will accept this notion. They will say, 'What on earth is he talking about? There is no connection between anarchy and cancer. No biologist thinks so, anyway!' Well, let them rely on the opinion of biologists, if they like! I am only telling you the truth: cancer is the result of the anarchy so widespread in the world today. This is why, every day from morning to night, we must work for harmony.

Although I have agreed to talk to you about harmony, I realize it is going to be very difficult for you to understand me. Not intellectually, of course, but deeply, with your whole being. Human beings are not interested in harmony: everything in their lives contributes to their being involved in occupations and activities that are far removed from harmony – very far, in particular, from harmony as the initiates conceive of it! But still... try to listen attentively to what I am saying.

Every good thing is contained in harmony: health, strength, fulfilment, happiness, light, inspiration... Harmony is poetry, music, painting, sculpture, dance. The whole universe, all perfections, all qualities and all virtues, are included in this one thing: harmony. Those who sow disorder, therefore, will inevitably be destroyed and obliterated one day, because they are working with negative, hostile, destructive forces. Once and for all, you must make up your minds to learn the laws of nature, but you must also learn how human beings are constructed and how they should relate with those laws.<sup>2</sup>

If you are interested in your own happiness and fulfilment you must think about harmony; work to bring yourself into harmony with the whole universe. If you persevere at this, the day will come when you will feel that your whole being, from the tips of your toes to the top of your head, is in communion and vibrating in unison with cosmic life. When this moment comes

– not before – you will understand what life, creation and love are; before that, it is not possible to understand. Intellectually, outwardly, you may imagine you have understood, but no, genuine understanding cannot be gained through the activity of a few brain cells. It is the whole being, the whole body, that must understand: even your feet, your arms, your stomach and liver... True understanding involves every cell of your body. Understanding is a sensation: you feel something and then you know it; you understand it because you have tasted it.

No amount of intellectual understanding can compare to the understanding of sensation. When you experience love, hatred, anger or sorrow, you know what it is. If you say you know what love is, without ever having been in love, you are lying! But if you have truly experienced love, then you know what it is. You may be unable to explain or express it, but you know it. That is true knowledge – to vibrate as one with all that exists. When your whole body vibrates as one with a truth, a sensation or an object, you know that truth, sensation or object. This is why the essential preoccupation of disciples must be to attune themselves to the heavenly hierarchies and vibrate as one with them. If they work for this harmony night and day, one day they will experience sensations beautiful and precious beyond words.

I have often thought of giving you a whole series of lectures about nothing but this one word, ‘harmony’; about all that it stands for in every area. Compared to the vast numbers of those who work for destruction and create mountains of difficulties and darkness, there is no more than a handful of human beings in the world who understand that we must unite and work in harmony in order to counter the ills that threaten humanity: war, poverty and disease. This tiny minority is not mighty enough to combat the bad influence of the majority. I have always said that numbers are extremely important: the numbers of those who are good, pure, enlightened and capable of taking part in the formation of a universal brotherhood whose decisions would



have some weight in world affairs. Instead of understanding and uniting in this work of transformation, instead of collaborating in this tremendous work, most human beings choose to be individualistic and remain isolated, separate. They work only for their own interests.

For example, if the brothers who come and plant the almond trees we were talking about earlier worked for some kind of reward or because they wanted to be thanked and admired, they would not be disinterested. Truly spiritual people work for a divine idea, and it is this idea that is their reward, for it is directly linked to heaven; it is a world in itself. They work for an idea, and in return that idea becomes responsible for giving them joy, enthusiasm and hope. If you do not work for a divine idea, even if you get a very good salary, you will not receive joy or happiness, because you will not have this link with heaven. But if you work for a divine idea, even if no one ever says thank you or acknowledges what you do, you will always feel fulfilled. This is something you must understand. Plant a divine idea in your head, work for a divine idea, and you will see what that idea can do for you: it will improve your whole existence; it will even prolong your life.

Personally, that is what I do: I work for an idea. If I am different from most people, it is not that I am more intelligent, richer or more knowledgeable. No, there are a great many who are far more gifted in these areas; it is simply that I work for an idea. But how difficult it is to get people to understand the power and efficacy of an idea, to understand that it is alive, that it is active! And yet, believe me, nothing is more potent or more stimulating than a divine idea! I am speaking from experience. In fact, everything I tell you is drawn from my own experience.

A great many people who come to the Brotherhood are very diligent and ardent as long as they think there is some knowledge to be gleaned from my talks or they have a hope of getting to know some pretty girls. But once they have got what they came for, they leave; they see no point in staying

any longer. This shows that they were not working for a disinterested idea: they were working for themselves. And those who come here for my sake, because they find me likeable or whatever, are no better off! There is no guarantee that, one day, they won't find me quite so much to their liking and leave me. I much prefer them to come for the Teaching, for the philosophy. Then we can be sure that they are here neither for themselves nor for me or anyone else, but solely in order to work for the idea of the Universal White Brotherhood, to work to strengthen and nurture this idea and disseminate it throughout humankind.

Some of the brothers and sisters come to the meetings of the Brotherhood only when I am there, and this proves that they cannot be counted on. Don't think I am flattered by their attitude: I am not! If you believe that I am delighted when people come here for my sake, you are very mistaken! One day Nasreddin Hodja\* went to the village café, and as he had come directly from his work he was wearing his dirty old patched working clothes. Nobody took any notice of him. Nobody said, 'Hey, Nasreddin Hodja, come and join us. Have a cup of coffee! Have a piece of Turkish Delight!' Nobody even noticed him and he was very unhappy. So he went home and put on his smartest clothes, his great coat and his fur bonnet, and went back to the café. As soon as he entered, people took notice of him in his fine clothes: 'Hello, Nasreddin Hodja. Come and sit down. How are you? Have a cup of coffee! Have some Turkish Delight!' And Nasreddin Hodja, seeing all this, held up the skirt of his coat and spoke to it: 'Look at all that. It's all for you. Here, eat! Drink!' What a slap in the face for all those people. He showed them that he knew they had only welcomed him so warmly because of his fine clothes.

And, for me, the situation is exactly the same. People think that it gives me pleasure when they come here for me. Not at all; remember Nasreddin Hodja! The brothers and sisters don't

\* Nasreddin Hodja, the name of a popular figure of fun in Turkish folklore.

realize that the 'me' they come for is nothing more than an overcoat. The real 'me' is not the one you see here before you: the real 'me', my true self, is the Teaching. Yes, for I am welded to the Teaching; I am fused with it and identified with it. If you want to love me, love the Teaching, and you will be loving me. You don't know who I am. Some of the brothers and sisters tell me, 'I can feel your presence in the wind. I feel you in the trees.' Yes, I am everywhere, in the whole of nature. The body you see here in front of you is no more than a millionth part of what I really am. The rest of me is somewhere else!

Those who work for an idea are strong, powerful and reliable. Yes, and heaven relies on them. As for the others, they are here one day and gone the next, and they will never really understand anything. Our Teaching is divine, and we must work for it without asking to be rewarded. Whatever work you have been asked to do here, remember that you are doing it for the sake of the Teaching, for the sake of this one idea: that the kingdom of God may be established on earth, that harmony and love may be disseminated throughout the world. If you do this, even your health problems will disappear. Yes, this is why I can say that the only true doctors, the only true healers on earth are initiates, because they go to the roots of illness. Others intervene when it is already too late. Human beings should be cared for before they fall ill. As soon as disharmony (hatred, scandal-mongering, viciousness, envy and revolt) begins to eat into them, illness begins. For illness is disorder. And what can you expect? When one kind of disorder meets another kind of disorder, they get along very well together! Whereas if harmony dwells within you, disorder cannot get in; your inner harmony stands in the way. These are very important laws which you must know.

If you are really concerned about your own evolution, about final victory, you must work for harmony: work to harmonize your whole being with the forces of the universe. The power of a disciple resides, precisely, in their wish to be in harmony: if this is what they really want, no one can stop them achieving it.

They have free will to vibrate in harmony with the body of the universe, to climb to the highest peak and live with the life of God himself.

For the whole universe is nothing but harmony, the universal harmony known as the ‘music of the spheres’, which I once had the privilege of hearing. It was an indescribable experience; the sensation of being drawn out of myself and stretched to the limits of space made it almost unbearable. Yes, heaven gave me the privilege of hearing the music of the spheres.

It is not difficult to know whether or not you have succeeded in achieving harmony: your whole being will tell you. When all your cells vibrate together in unison you cannot fail to feel it. If you are thirsty and drink a glass of water, you don’t need anyone to tell you your thirst is quenched, do you? Similarly, when you have attained a state of harmony, you don’t need to be told: you feel the influx of tremendous forces, your aura pulses and vibrates, you are in a state of wonder and delight. And if, on the contrary, you are in a state of disorder and chaos, do you need to be told what a pitiful state you are in? No, you know it already. In fact, if someone came and praised you when you were feeling like that, you would be so embarrassed you would want to the ground to swallow you up!

You see, the invisible world teaches each one of us, without exception, by means of experience. But the trouble is that human beings do not understand this language, so they do not draw any conclusions from their experiences. And yet this is where your real work lies: in reflecting on your experiences and in drawing the right conclusions from them. This is what will enable you to make much more rapid progress and go much further on the path of spirituality. But do you do this? No, you repeat the same disastrous experiences all your life and never do anything to remedy the situation. You suffer from the situation, of course; you are not very proud of yourself, to be sure, but you are so used to all these disorders that you never react or attempt to change it. Everybody just flounders along

in the same old rut. My dear brothers and sisters: hurry up and understand that you must drag yourselves out of that rut! And the best way to do this is to meditate on harmony; wish for harmony, yearn for harmony, love harmony. Introduce it into everything you do, into every movement, every word, every look. It is not so terribly difficult, after all! You should have been doing this for years now; ever since you started coming here, you should have been working only on harmony. But you all choose just one modest little quality or virtue to cultivate: patience, tolerance, generosity, etc. That's good, but they are only scraps compared to the immensity of collective harmony. Obviously, it is excellent to be generous, kind, indulgent, gentle and humble, but there are a lot of people who still live in disharmony in spite of all these virtues; they are not enough to make them perfect. So you would do better to leave them alone; don't bother about them any more! You are horrified, aren't you? 'But that's a terrible thing to say! How can you give such bad advice? Religion has never taught anything like that!' No, but you would do much better to leave religion alone, too! Take care of this one thing: harmony, and it will take care of all the other virtues.

When you have managed to touch someone's heart, you have touched their whole being. If you touch only their feet, or a finger or an ear, it will not have much effect. But touch their heart, and their whole being will begin to feel involved. If you have been deeply moved by someone, you say they spoke to your heart. So we have to reach the heart: the heart of other beings, the heart of things, the heart of the universe. And you can only reach the heart of the universe by means of harmony. Thanks to harmony you will attract all the other virtues and qualities; they will flock to you because you have touched the heart and not just the outskirts, the fringe.

Ah, if you want to touch the heart of the universe you will never do so with your little qualities that are not worth much. It does not make much difference whether you are avaricious or

generous, irritable or peaceful, compassionate or hard-hearted. There are many very virtuous people who have never succeeded in touching the heart of the eternal Father. You can only touch his heart by being in harmony with him, by vibrating as one with him, in other words, by submitting to him and doing his will.<sup>3</sup> And it is in this context that the word 'submission' becomes crucial. If you refuse to submit to the authority of ignorant, evil human beings, you won't be sinning against the Eternal, since you have no obligation to be one with all the imbeciles and malefactors in the world. But you do have the obligation to obey almighty God, and if you do this your own reason will tell you whether or not to obey human beings. In wanting to be independent and free from the Lord, human beings oppose his will and put obstacles in the way of his plans. In this way they repeat the sin of Lucifer and our first parents. This desire to liberate oneself, to be anarchic, to defy God's orders, is the cause of all the misfortunes of humankind. This is something you simply must understand. For my part, I understand it in all its magnitude and it is very simple, very clear, very easy to express in a few words: the day humans broke the bonds that were their link with heavenly harmony, misfortune began to rain down on them. And things are bound to go on getting worse, for people are moving ceaselessly further and further from God, becoming more and more lawless and anarchic; they have no respect for anything any more. Yes, all this is reaching terrifying proportions. Wherever you look, even those who follow a religion or a spiritual teaching... everyone is contaminated by the germs of anarchy; we had better get used to the idea of catastrophic events to come.

Even in a Teaching like ours, capable though it is of bringing all human beings, all hearts and souls, together in this luminous understanding, there are many who are not really willing to understand. They prefer to open their minds and hearts to the prevailing currents of anarchy, rather than working for universal harmony. This is why I cannot be perfectly happy.

Not that it changes anything for me, personally, of course: I attained this inner harmony a long time ago. But my happiness cannot be complete yet, because the goal of my happiness is your happiness and that of all people. As far as my own responsibility goes, I have done the work I had to do, I have attained harmony with the Deity; I enjoy absolute happiness and fulfilment. But that is not the end of my task: my task is not to be like the many religious people whose only ambition was to save their own souls. My task is to do everything in my power to help others to achieve what I have achieved. But I am not succeeding. I try to lead them forward, to drag them after me, but they don't understand; they don't follow. This is why I cannot be completely happy: I have been given the task not of being happy all by myself but of getting every human being to share this happiness.

If you would only make the effort to understand these truths in greater depth, you would enjoy the same conceptions, the same light, the same plenitude I enjoy. Then I would be supported and helped, and together we could revolutionize the world and do good to every single human being. But a great many of you cannot follow me, because you don't want to understand; I can feel it. Your minds are occupied by all kinds of other things that are opposed to what I tell you. Is there any wonder that this saddens me? I repeat: it is not for myself that I am saddened. I have already resolved a great many problems of my own. But my work is not to find happiness in doing the will of heaven all alone!

So, you see, my dear brothers and sisters, since heaven has sent you here to be 'tormented' by me, there is only one thing for you to do, and that is to work for harmony. Instead of wasting your time thinking about all kinds of other things – your favourite amusements, your business deals, your latest love affair – think about harmony. Think about achieving harmony within your whole being, so that all your cells vibrate in unison. Take the example of an orchestra: everyone has heard orchestral

concerts and knows that all it takes is one player playing out of tune to destroy the harmony of the whole orchestra. And the same is true of our physical body, our whole being, because our organs are the instruments of an orchestra: they have to play together. Try to read when you have a splitting headache, diarrhoea or toothache: the disharmony within you prevents you from taking in what you are reading. But, once the pain has eased and things are beginning to function properly again, you have no trouble understanding. You could find numerous examples in your everyday lives to help you understand the importance of harmony! An orchestra, a choir, a ballet, even a military parade: they all have to be harmonious. Everything in nature and in our own life bears this lesson of harmony, order and beauty, but people continue to live in inner disorder and tumult! Ah, human beings... what a rebellious lot they are! They can never agree to harmonize themselves with the laws of the universe. In fact, human beings are the only ones who behave like that: animals, insects and plants, the spirits of nature, the angels... They are all in harmony, but not humans! Yes, humans are anarchists!

So, now, put everything else to one side and think about harmony: nothing else. Harmonize yourself with the whole of creation. And, in a flash, as soon as you reach a state of true harmony, you will understand all the laws of the universe, for harmony makes it possible to embrace everything in one glance.

The Bonfin, 15 July 1970

### Notes

1. See *Life Force*, Complete Works, vol. 5, chap. 1: 'Life'.
2. See *Cosmic Moral Law*, Complete Works, vol. 12, chap. 7: 'The Moral World is an Extension of the Physical World'.
3. See *Freedom, the Spirit Triumphant*, Izvor Coll. n° 211, chap. 5: 'Sharing in the Freedom of God', and chap. 6: 'True Freedom: a Consecration of Self'.



‘Meditate on harmony, love it, long for it so as to introduce it into your every gesture, every look, every word. Let the word “harmony” impregnate you; keep it within you as a kind of pitch pipe, and when you are feeling worried or upset, take it out and listen to it and do nothing until your whole being is in tune with it once more. In the morning, when you wake, remember to begin your day by tuning yourself to the world of universal harmony... When you enter a house let your first thought be: “May peace and harmony reign in this house”.’

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ISBN 978-2-8184-0156-9

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