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THE MYSTERIES OF YESOD

Foundations of the Spiritual Life



Complete Works – Volume 7

P R O S V E T A

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Part I

YESOD REFLECTS THE VIRTUES
OF ALL THE SEPHIROTH

Human beings fill their lives with all kinds of things, work and study, travel, sport, marriage and children, jobs, hobbies for their spare time, etc., but if you ask them, 'Are you happy, do you feel satisfied and fulfilled?' they answer that for all their activity, possessions and occupations, there is something lacking. What is it they lack? The zest, the taste that makes you savour life and feel happy and fulfilled, the subtle mysterious and elusive element that turns everything into joy no matter how dull and insignificant!

For example, a young man spends his entire time studying, working dutifully, his life has nothing particularly extraordinary or marvelous about it. But let this young man fall in love with a pretty girl, all of a sudden the world changes and everything sings to him, flowers, birds, the sun and stars! The world is the same but the new element in his life has transformed it into beauty and splendour. If the girl betrays him, if he becomes disillusioned, then once again the world will be drab and no matter how brightly the sun shines for others, to him it will be dark. Before, when he was in Paradise, no amount of rain, sleet, privation, insult or injury could dampen his spirits, it was all happiness and inspiration, poetry, music and wonderment... because he possessed the element that clothed his world in beauty.

The fact that love transforms the world is a well-known phenomenon, but no one bothers to draw conclusions. If it is true that love transforms life, might we not be able to experience this transforming feeling that makes everything beautiful without being in love with a man or woman? Of course it is possible. If love can alter your outlook and feelings, then perhaps there are other elements capable of doing that also. If you think the initiates limit themselves to the kind of love that poets and artists seem to find so wonderful (in spite of the results), you are wrong. No, the Initiates, having explored this question thoroughly and carefully, discovered that true and lasting inspiration and fulfillment can only be obtained by going higher, much higher than ordinary men to the place where they can grasp the eternal element that never fades. Once the human heart and soul has this very subtle and imponderable element, everything takes on another, a universal, dimension. It requires work, prayer and meditation over a long period of time but once you capture it, everything is transformed.

Of course, love is one way of obtaining it. If you are in love with a lovely young girl, thanks to the way she inspires you, the element will be there, but it is not in her, nor is it in poetry or music. I have met many creative people who were as satisfied as they could be, but still, something was lacking! Anyone who succeeds in capturing this element on the summit of the universe will not lack anything, he will be able to triumph over all his difficulties.

Do not look for happiness or for the solution to your problems on the lower planes, the soul and spirit need an element that is not to be found on the lower planes. Go up to the heights and ask for it there, that is where you will find it.

Food and drink are all very well, but if you are not in good health, how will you enjoy them? Health gives savour to food, the slightest cold makes everything taste pale and insipid. Swimming pools, cars and money are all very well, but you must be in good health to appreciate them. So you see, the

element of health changes your point of view toward many things. In the same way, if you have no love, no intelligence, then your possessions, your activity will bring you nothing but a shortlived material satisfaction.

Let us take love: when you love someone, the person is a genius, an angel as far as you are concerned; if you stop loving him, all at once he is a demon! You see, it all depends on whether the element love is in you or not in you... that one element changes everything. People think they are chemists, but they don't even know that spiritual chemistry exists, which is the answer to everything that happens to you. Chemists attribute these things to material elements, but it is the spiritual chemistry at the base, the origin of all phenomena that explains them. No one knows this spiritual chemistry that produces miracles in cases where the other chemistry fails. Yes, cases where an element called faith intervenes and miraculously heals someone... that is the important chemistry!¹

I say that health, love and light are elements that bring about great transformations; when they are not present, it is another kind of transformation that takes place. Another element beyond health, beyond love and light, exists that the others all depend on... an element that is part of God himself. How do we obtain this element? Only through sacrifice, abnegation, self-denial.

I often tell you, you put the baby in the bathtub, but then instead of holding onto the baby and letting out the dirty water, you do the opposite, you hold on to the dirty water and throw out the baby! Symbolically speaking, the baby represents everything that is alive and divine and the water, everything that is dead, stagnant, polluted. People throw out the baby and keep the dirty water! You long to possess certain things... very good... but what about making sure that you have the element that will let you enjoy what you possess? So many wealthy people are sad and bored in spite of their wealth because they

have lost the flavour: the joy of owning things is deadened by so much opulence. Everyone thinks possessions are the most important thing, but it is the sensation, the joy you feel because of them that is important. You may have a mansion filled with treasures but if you are dead, will you be able to enjoy them? You have to be alive to enjoy things! People are preoccupied with dead things; the more dead things they accumulate, the less alive they are and the less they rejoice!

Do you long for cars, money, a swimming pool, a lover or mistress? Well, make sure you are capable of enjoying them, that you have the sensitivity inside to rejoice over them. But no, all your time is spent looking for something more to possess. When you understand this truth, you will want to diminish the amount of things you own and increase the quality of your feelings. If you can do it, the little you have left will keep you in a permanent state of ecstasy! The lad who falls in love for the first time, anything the girl gives him, a rose petal, a little lock of hair, sends him into ecstasy! He may not have any money in the bank, no car, no job, but he is ecstatic because the girl he loves has given him something, he holds the rose petal in his hands, breathes its fragrance rapturously, puts it under his pillow at night and writes poems about it. Because of it he possesses the entire world. This is a psychological fact well worth noting; psychological facts are a good source of information.

Instead of running after physical pleasures and possessions, the disciple should try to intensify and embroider each spiritual joy he experiences, which will cultivate sensitivity... and then he will be able to spend centuries gazing at the stars, a rose, a face! There are so many things even here on earth that can plunge one into ecstasy, only the ability to feel is not vibrant anymore, people have lost the faculty of feeling deeply and only rejoice when they are indulging in physical pleasure. That appeals to them, but things that are beautiful, harmonious, musical and poetic, pure, mystic and divine, are of no interest. That is why they encounter so much disillusionment and sorrow.

‘Take this, take that, and you will be happy!’ say the advertisements on television, in newspapers and magazines, to make people want a comfort and pleasure that will never give them what they really need. The initiates say, ‘Climb, climb high in prayer and meditation, to receive the subtle element that will give you a taste for life.’ This element is no more than a little invisible atom but once you have it everything vibrates inside you and life becomes beautiful. Without that element, even if you own everything you ever wanted, you will feel empty and disappointed.

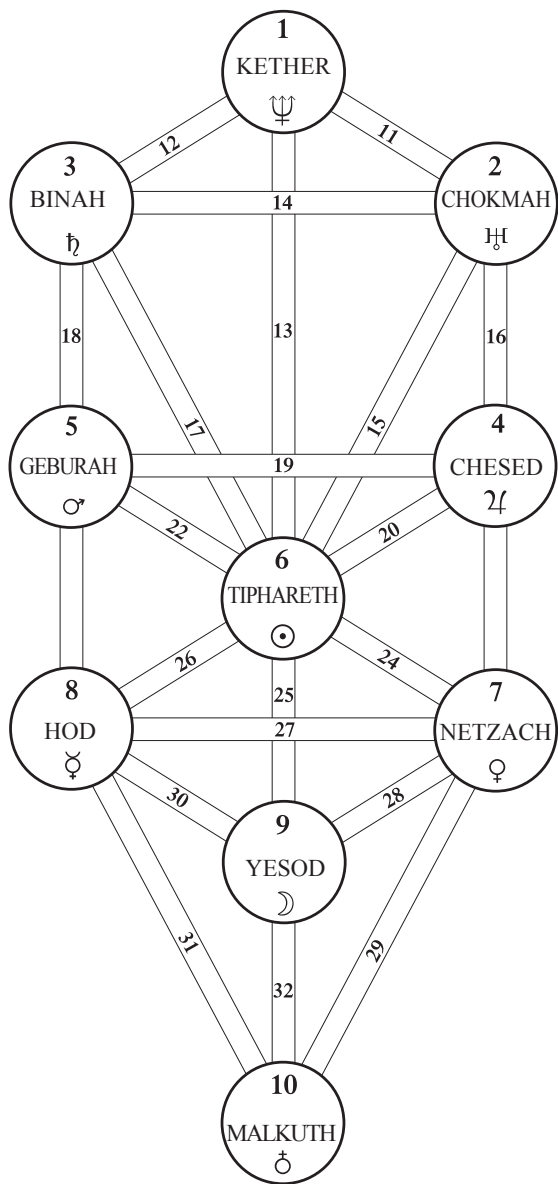
And if you say, ‘Ah, if only I could meet a great Master and learn from him!’ I will answer that you are not on the right track, for unless you already have acquired the element that will make it possible for you to appreciate a great Master and love him as you should, even if he were the greatest Master on earth, you would do nothing but argue and criticize and end up as ignorant as ever.² Do not say, ‘Well, if only I could marry a marvelous girl!’ or, ‘If only I could discover where the Templars hid their treasure!’ for without the element I have been talking about, the most beautiful girl in the world and all the gold in the world will bring you nothing but misfortune.

That is the way you should think, dear brothers and sisters, but you don’t realize the value of what I tell you because you are not used to thinking this way. Do you know, it would be worth working for thousands of years to obtain this one element that makes everything a cause for joy. As it is people trample on things, sacred or not, splendid and precious or not, and no matter how virtuous and qualified the person before them is, no matter if they stand to gain the sun and the stars by paying attention to him, they remain insensitive and nothing can bring them out of their gloom and misery, they feel nothing, understand nothing, and see none of the splendour around them. That is the way humans are! And they consider it normal to be that way. I repeat, even if Angels and Archangels came down from heaven and mingled with you, as long as you

have not worked on obtaining this element that knows how to recognize and appreciate the value of things, you will go on being unhappy wherever you go, even in Paradise you will not see the splendour of the kingdom of God.

When I tell you that heaven and earth can be yours, you do not believe me. It is true, the whole world can be yours. How? By belonging to you inwardly. Why must it be externally... what would you do with all those mountains and forests? I tell you that heaven and earth will belong to me and to you also one day, but you do not understand. How could one thing be the property of so many? What belongs to one person cannot belong to another in the physical world, but in the divine world it is possible. An image: a rich man owns a beautiful garden full of magnificent trees and flowers, but he is so immersed in his business affairs that he has no time to walk in it or see its beauty. Along comes a poet and spends all his time in the garden listening to the birds, contemplating the flowers and fountains, breathing the fragrance of the roses and turning it all into poetry. Does the garden not belong to the poet? 'What about the owner?' you ask. The taxes belong to him! The earth is the property of a great many countries, but it belongs to me. Why not? And to you too. It is simply a question of adjustment.

I am giving you a secret today that will enable you to obtain anything you want. Go to the very highest point, grasp a tiny particle at the summit, absorb it, and you will feel that you own the world, you are Master of the world! Yes, that is how one feels. I am trying to lead you to realize the most subtle and wonderful sensations but if you think possessions are the ultimate solution, you never will. No, there is another element to work on, the taste that will let you enjoy things. Taste is in inverse proportion to quantity, the more you increase the material side, the more taste decreases. Take lovers, in the beginning, they exchange looks and smiles, write little notes to each other and feel that everything they do is heavenly. When



TREE OF LIFE

they go a little further, they no longer have the same joy and inspiration. The truth is that when you weigh down one side of the scales, the other side automatically becomes lighter. Never forget this, each time you augment something, stop and ask yourself what is decreasing at the same time. For instance, if you spend your time increasing your wealth, you might wonder if your health is not decreasing.

Take what I am giving you today and keep it in mind for the rest of your life. Stay on this path, keep on in the same direction, then everything will be beautiful, then you will be happy. A wife who tells her husband, 'Darling, how handsome you are! Never have I seen anyone so attractive!' is using the form of philosophy that transforms everything. But if you use the other, negative philosophy, you will have to grope around unhappily for a long time, believe me. Of course you won't be able to find the needed element right away, but the fact of reaching out for it already improves things, and you will be surprised to find yourself surrounded with Angels and Archangels and divinities. Only you must always keep going towards the top of the pyramid.

You ask, 'What is the element called?' It has no name, this subtle substance can only be found in the Sephira *Kether*³ at the very top of the Tree of Life. Those who have found it were able to transform their bodies to the point of radiating light, projecting particles of light wherever they went. It is the explanation of the phenomenon of the Transfiguration, when Jesus appeared before three of his disciples shining with light. Although they were speechless with wonder and enraptured at what they saw, they had no idea what created the phenomenon:⁴ it was this element.

The element is imponderable and extremely subtle but it is nevertheless matter. Few initiates or masters have ever reached *Kether*, few have ever obtained the element, for *Kether* is a world beyond dimension, beyond knowing, where the heavenly Father, the Creator of all worlds, lives. Few have reached

Kether because of the unbearable intensity of its vibrations, the rare beings who lived to return were able to do so only because of the special grace from heaven which protects the physical body.

The *Book of Revelation* in which St. John describes his visions, reveals that he was one of the few to reach *Kether*. An Angel handed him a little book saying, '*Take it, and eat; it will be bitter to your stomach, but sweet as honey in your mouth.*' This little book found in the *Sephira Binah*, is the symbol of the element that preserves and protects the physical body. The Prophet Ezekiel also refers to a book given him by an Angel to eat. Another symbol of the same element was the burning coal placed on the mouth of Isaiah by the Seraphim.

Spiritual chemistry is the science of the elements used by God in creating the world, of which there are twenty-two. The first one, Aleph, has the power to transform, sublimate and enlighten; the last one, Tav, preserves and protects from destruction. Jesus said, '*I am the Alpha and the Omega,*' meaning, 'I have within me the two elements of the heavenly chemistry, one enabling me to sublimate everything, and the other permitting me to realize heaven on earth.' There you have the meaning of Alpha and Omega, Aleph and Tav.

You must know how to climb all the way to the heights if you want to obtain the element in the *Sephira Kether*. Sometimes it comes down here to us, but most of us cannot receive it, we are closed up in ourselves, barricaded behind thick layers of darkness that prevent it from entering. *Yesod* is the only *Sephira* that opens our doors and windows to the element because of its purity. It is not necessary if you go through *Yesod* to make the tremendous effort (effort is often superfluous) to climb all the way to *Kether*, it is sufficient to wash oneself clean and transparent and pure so that the divine element can enter. When I say *climb*, it is not a question of going up or down, you can stay in place and open the path that leads from *Malkuth* to *Yesod*.

Between *Malkuth* where humans are and *Yesod* which is the first station on the Tree of Life, the path is dark and mysterious, filled with obstacles, it is a region that must be gone through by the disciple if he wants to reach *Yesod*,⁵ but it is fraught with danger for it is where all the deceptions and aberrations and deviations are. *Malkuth* is the region where we live, the Earth, the world. The next station is *Yesod*, the region of the Moon. If he wishes to arrive safely, the disciple must not attempt to go from *Malkuth* to *Yesod* without being armed with advice and instruction and light from his Master. He will have to face temptation, suffer and lose his way, he will have setbacks, but if his desire and will to succeed are unshakable, he will arrive.

Yesod, as I have explained, is divided into four regions, as are the other Sephiroth. The lower part is a twilight region one must go through as quickly as possible to attain the higher regions which are filled with pure light. *Yesod* receives the light and power and riches of all the Sephiroth, it has all the virtues and qualities. The Sephiroth are like reservoirs filled to overflowing and bubbling over impetuously with energy; it is this energy that flows into *Yesod*. By drinking the pure waters of *Yesod*, you absorb the virtues of all the Sephiroth at the same time, you have only to purify yourself to receive them. But unless you open yourself, they will turn round and round outside you and not be able to enter.

If a windowpane is dirty you cannot see through it, even if the sun is shining. In the past when there were only oil lamps, the housekeeper had to clean them every day, otherwise the light of the flame would not shine through. The same thing for man, if he is not pure, his light is obscured and he will not see or feel. As soon as he is pure, he becomes receptive to the cosmic rays which fill him with beauty and riches of all kinds.

It says in the *Gospels*, '*Blessed are the pure in heart for they shall see God.*' God is the plenitude, the abundance of the Sephiroth, that is, the science, the understanding and penetration of *Hod*; the fragrance, colours, beauty and celestial charm of

Netzach; the light and splendour of *Tiphareth*; the power and triumphant victory over inner and outer enemies of *Geburah*; the protection, justice, kindness and generosity of *Chesed*; the steadfastness and perseverance, the knowledge of Karma and destiny, of *Binah*; the eternal wisdom and beautiful harmony of *Chokmah*; the omnipotence of *Kether*. *Yesod* is the foundation, the condensation, the synthesis of all the virtues of all the Sephiroth and is called the foundation because purity is the foundation for all the rest.

Yesod is the pure life. You must decide to put purity first in your life, ahead of knowledge, wealth or power, it must be the basis for your existence. Today people are very knowledgeable and intelligent and learned, but they are not concerned with purity (what good does it do?) they are preoccupied with any number of things but because they lead impure lives, they fall ill or lose everything they possess... because the foundation was not solid. Yes, the foundation is the most important of all, dear brothers and sisters. Once we understand that and do all we can to acquire purity, then through the intermediary of *Yesod*, the qualities and virtues of all the Sephiroth will concretize and materialize themselves in *Malkuth*, the physical plane. There have been saints in the past who had no learning at all but worked exclusively on purity: all the other qualities including wisdom and clairvoyance and the power to heal came and manifested through them because there were no opaque layers, no thick screens to keep heaven from entering. Purity brings health, knowledge, power, and joy. You don't know why, but you are full of joy!

Forget everything else if you wish, but remember the fact that purity is the basis for all the other acquisitions. The quintessence of the science of all the great founders of religion is the pure life.

Sèvres, 16th January, 1972

Notes

1. See *Love Greater Than Faith*, Izvor Coll. n° 239, chap. 4 : ‘Your faith has made you well’.
2. See *What is a Spiritual Master ?*, Izvor Coll. n° 207, chap. 8 : ‘The Disciple and His Master’, and *Truth : Fruit of Wisdom and Love*, Izvor Coll. n° 234, chap. 4 : ‘The Love of a Disciple ; the Wisdom of a Master’.
3. See *Angels and other Mysteries of The Tree of Life*, Izvor Coll. n° 236, chap. 2 : ‘Introduction to the Sephirotic Tree of Life’.
4. See ‘*Et il me montra un fleuve d’eau de la vie*’, Part IV, chap. 4 : ‘L’édification du corps glorieux’.
5. Op. cit., Part X, chap. 1 : ‘La porte du monde psychique: Iésod’.

Yesod, the ninth Sephirah on the Cabbalistic Tree of Life, is the symbol of a pure life. Purity has long been considered as privation leading to repression or perversion... a living death. Master Omraam Mikhaël Aïvanhov dispels this erroneous concept of purity by showing it to be a rich and creative way of life (although unknown and untried at the present time), founded on a precise knowledge of the psychic, spiritual life.

Taking purity as the basis of his spiritual teaching (Yesod means 'base' in Hebrew), Omraam Mikhaël Aïvanhov renews in our times the sense and significance of the ancient Initiations enriched by his own innumerable discoveries. He has personally practised and experimented at length with the rules and exercises he proposes for our use; their purpose is to liberate man and awaken in every fibre of his being the vital, harmonious forces of Divine life.

The Mysteries of Yesod proves to us that the life of a great spiritual Master is like the River of Life in that it purifies all who come near him.



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