

Omraam Mikhaël Aïvanhov

A NEW EARTH

Methods, Exercises, Formulas and Prayers



Complete Works – Volume 13

P R O S V E T A

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Foreword

It will help you to understand my role as a teacher and educator if I compare myself to a rich man who invites many friends to a banquet. I want to be sure that all my guests have what they need, so I put before them a great variety of dishes – every kind of fruit, vegetable, cheese, and so on – so that each one may choose what suits him or her best. No one is obliged to sample every dish on the table. In fact, if they were to do so they would only make themselves ill.

And this applies to my teaching as well: I put a wide variety of methods before you, because I know that the needs of each one of you are different. Your characters, faculties, and capacity for work are all different, and only you can decide which method suits you best. You must not try to apply them all. It would be dangerous to do so. Of course, you should keep in mind the numerous rules I have given you for your daily lives, for they will keep you from going astray and help to further your evolution. But you must not attempt to do every exercise or apply all the methods I have recommended. You would only give yourself a nervous breakdown. Be warned therefore: you are guests at a banquet; the table is laden with every imaginable variety of food, and you must be selective and not try to eat everything. Concentrate on just a few methods – four or five, six or seven – and use them for a work in depth.

And now I should add something that is very important from a psychological point of view. You will sometimes find that a method that gave you great light, consolation, and courage yesterday is powerless to help you today, because

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you are not in the same mood or your circumstances have changed. What should you do? Do not insist. Simply try to find another method that will help you today. Here too you can draw the comparison with food. There are days when you feel like eating an omelette or some pasta, and others when you would much rather have fish, or cheese, or just fruit. And this is as it should be, for our bodies need a variety of foods. It is not good to eat always the same thing. Of course, I know that there are communities in which the people eat the same thing every day, but a restricted diet of this kind is the result of special conditions, and these people have been accustomed to it for hundreds of years. In any case, it is up to each one of you to sense whether or not a method that helped you yesterday is what you need today, and, if not, to put it aside for the time being. You can always go back to it another day.

Cosmic intelligence wishes human beings to develop their full potential and achieve fulfilment. This is why you must not be content to do the same thing every day. If you want to advance you must continually experiment and discover new methods. Consider all the different acts you perform in a day. At different moments, depending on circumstances, you use your brain, your eyes or ears, your arms or legs, and in doing so you learn and make progress. Your physical organs and members are always there and always the same, but you do not use them all at the same time. You use them at different times, depending on your needs and circumstances. And you should apply the same principle to the way you use the methods I give you. Learn to use them wisely, according to your needs.

Omraam Mikhaël Aïvanhov

Chapter One

Prayers

In certain circumstances, the following prayers are recited in common.

The Lord's Prayer

Our Father in heaven,
hallowed be your name.
Your kingdom come.
Your will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And do not bring us into temptation,
But rescue us from evil.
For the kingdom and the power and the glory
are yours for ever.

Amen.

The Good Prayer

Lord God, sweet heavenly Father, who have given us life and health so that we may worship you with joy, send your spirit to protect us and keep us from evil thoughts and from all harm.

Teach us to do your will, to bless your name, to glorify you without ceasing.

Sanctify our spirits, and uplift our hearts and minds so that we may keep your commandments and laws.

Inspire pure thoughts in us by your sacred presence and guide us so that we may serve you joyfully.

Bless our lives which we consecrate to you for the greater good of our brothers and sisters and all who are dear to us.

Help and assist us so that we may grow every day in wisdom and understanding, and live always in your truth.

Guide us in all our undertakings so that everything we do for your holy name may contribute to the coming of your kingdom on earth.

Nourish our souls with bread from heaven and give us your strength in abundance so that our lives may be successful.

And as you lavish all blessings on us, grant us also the gift of your love, so that it may ever be our law.

For the kingdom and the power and the glory are yours for ever. Amen.

Psalm 91

You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,
will say to the Lord, 'My refuge and my fortress;
my God, in whom I trust.'
For he will deliver you from the snare of the fowler
and from the deadly pestilence;
he will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
You will not fear the terror of the night,
or the arrow that flies by day,
or the pestilence that stalks in darkness,
or the destruction that wastes at noonday.
A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
You will only look with your eyes
and see the punishment of the wicked.

Because you have made the Lord your refuge,
the Most High your dwelling-place,
no evil shall befall you,
no scourge come near your tent.

For he will command his angels concerning you
to guard you in all your ways.
On their hands they will bear you up,
so that you will not dash your foot against a stone.
You will tread on the lion and the adder,
the young lion and the serpent you will trample under foot.

Those who love me, I will deliver;
I will protect those who know my name.
When they call to me, I will answer them;
I will be with them in trouble,
I will rescue them and honour them.
With long life I will satisfy them,
and show them my salvation.

Chapter Two

A daily programme¹

¹ The purpose of this chapter is not to suggest a detailed programme for the day. It simply enumerates the highlights of an average day, with the relevant exercises and methods indicated by the Master Omraam Mikhaël Aïvanhov, as well as some general recommendations for our daily lives.

Morning

Prayer on awakening

When you wake up in the morning, the very first thing you must do, before anything else, is to give thanks to the Lord. The first words to pass your lips should be: ‘Thank you, Lord, for giving me life and health. Fill my heart with love, and give me the strength to do your will so that all my actions may be in your name and for your glory.’

Remembering your dreams

As soon as you have expressed your gratitude to heaven, you should try to remember your dreams. If you get into the habit of doing this, you will often find that while you were asleep you have been given a programme for the day ahead. But you have to do this at once, while the images of your dream are still vivid; if you delay you will very rarely be able to recall anything. Sometimes our dreams come back to us in the course of the day, but it is better to try and remember them when we wake up in the morning.

Getting out of bed

The next thing to do is to get up. If you are in the habit of lying in bed after you wake up, you are exposing yourself to considerable danger on the psychic plane: you will be tempted to linger in a twilight state, drifting in an astral fantasy world of sloth and sensuality which will sap your will-power and destroy your character, and you will be permanently crippled. The habit will make a sluggard of you, a prisoner of your imagination, bent on the pursuit of pleasure.

You must get out of bed forwards, never backwards, and put your right foot to the ground first. Details like this may seem unimportant but, in fact, each one is significant: each movement when you are getting up in the morning should be made consciously and correctly.

Morning ablutions

Once you are up, the first thing to do is to wash. Before praying, before doing anything else, wash your hands and face, and be particularly careful not to touch your eyes before you have washed your hands.

The Cabbalah tells us that at night, when we are asleep, an unclean spirit attaches itself to our physical body. In the morning, when you wake, that spirit is still there; your hands and face are still under its influence. Before you do anything else, therefore, you must rid yourself of the fluidic layer of impurities still clinging to your hands and face.

Wash yourself consciously and carefully, for washing is just as important as eating, and you must be careful not

to do it hurriedly or roughly. This is particularly important when you are washing your face, for the particles of the etheric body are arranged in such subtle order that rough, clumsy gestures can seriously disturb them. Observe yourself when you wash, and you will see that if you are careless and in a hurry you demagnetize yourself.

While you are washing, concentrate on the refreshing effect of the water on your skin, for this sensation will help to clarify your thoughts. Try to feel the sacredness of what you are doing, and say, 'May my face shine with God's love,' or, 'As I wash my physical face, so may my spiritual face be washed.' Or still, 'In the name of immortal, everlasting love, in the name of immortal, everlasting wisdom, in which we live and have our being, may this water deliver me from all impurities.' And spend a few moments in prayer.

A cup of hot water

A cup of well boiled, piping hot water every morning on an empty stomach is an excellent way of cleansing your organism. Hot water is a perfectly harmless and very potent, natural remedy. Certain deposits in our bodies can only be eliminated by fasting or drinking very hot water, for the heat dilates the tissues and improves the circulation. Try it, and you will see how many complaints can be avoided or cured by the regular use of hot water: migraine, fever, loss of appetite, insomnia, etc. Arteriosclerosis is a hardening of the walls of the arteries caused by the accumulation of certain substances. Hot water can dissolve many of these deposits and restore elasticity to the arterial tissue.

Meditation¹

Before embarking on the activities of the day, you should sit down quietly and allow peace to flood into you; establish a harmonious contact with the whole universe and with God your creator, and, by prayer and meditation, consecrate your day to him.

Here is an exercise you can do every morning:

Raise your right arm, your hand outstretched, and imagine that you are projecting your astral hand up to the very throne of God. Then say: ‘My God, all I have is yours; make use of me for the triumph and glory of your kingdom. I promise to do your will. May your love, wisdom, and power manifest themselves through me.’ There will be days when you are incapable of repeating this formula wholeheartedly; you sense that there is something in you that refuses to give way. You must try to reach the point of being able to say these words in all sincerity, not just from time to time, but every day.

Blessed are those who can say, ‘My God, I am your servant; do what you will with me.’

Breathing exercises

Breathing is a form of nutrition, and just as we have to chew our food thoroughly, in the same way, when we breathe, we should ‘chew’ the air. When you breathe in you should hold the air in your lungs (which are a kind of stomach) until they have had time to assimilate fully all the nutritional

¹ The teaching of the Universal White Brotherhood recommends that from 21 March to 21 September the disciples attend the sunrise every morning. See chaps. 9 and 10 for further explanations and methods of meditation.

substances it contains. If you expel the air from your lungs almost at once, you reject these substances before your organism has had time to extract the beneficial elements.

Description of the breathing exercises:

1. Begin by closing your left nostril with the middle finger of your right hand and breathing in deeply through the right nostril, to the count of 4.

2. Hold your breath to the count of 16.

3. Close your right nostril with the thumb of your right hand and breathe out through the left nostril to the count of 8.

4. Keeping the thumb of your right hand on your right nostril, breathe in through the left nostril to the count of 4.

5. Hold your breath to the count of 16.

6. With the middle finger of your right hand closing the left nostril, breathe out through the right nostril to the count of 8.

Repeat these six steps six times in all. If you are capable of doing so, you can double the time of each movement, counting 8, 32, 16.

Deep breathing can be extremely efficacious in healing your nervous system and treating many other disorders. If you have a deficiency of calcium, sodium, iodine, etc., a doctor would prescribe a series of injections, whereas an initiate would begin by advising the absorption of these elements on the etheric plane by means of breathing exercises. The way to do this is extremely simple: while breathing, you concentrate on the idea that you are taking from the air whatever element is lacking. Yes, your body

is well aware of what it needs; it has its own team of very efficient chemists who are able to extract the substances you need from the air you breathe. This is why disciples can never be content with the medicines sold in the chemist's shop. They prefer to breathe with love, knowing that they can draw the elements they need from the atmosphere.

But this is not all: you can also draw into yourself substances, forces, and particles from the world above, such as light, peace, and an abundance of life-giving elements. When you breathe, therefore, you should seek to draw into yourself the spiritual elements that you most need at the time.

Mental exercises to accompany deep breathing

1. Choose four virtues that you are particularly anxious to develop: while breathing in to the count of 4, say the names of these four virtues mentally.

While holding your breath to the count of 16, repeat the four names four times.

As you breathe out, say to yourself: 'I expel all...' and mention the four faults or vices that are the opposite of the four virtues you have chosen.

2. While breathing in, say inwardly: 'Thank you, Lord, for allowing me to breathe this pure air and the divine life with which you have filled it.'

While holding your breath: 'May this divine life penetrate my whole body and give it life and health.'

While breathing out: 'I shall manifest this life I have received through all my actions, for the glory of God.'

3. While breathing in: 'My God, may your name be blessed in me.'

A great many people today feel the need for some practical methods that will help them to grow spiritually.

A New Earth responds to that need. It contains a number of simple, effective, spiritual exercises taken from the thousands of lectures given by the Master Omraam Mikhaël Aïvanhov over a period of nearly fifty years. Some concern our everyday life: nutrition, breathing, hygiene, purification, and our relationships with nature and other human beings. Others touch on questions that are more directly spiritual: meditation and prayer, the development of our psychic centres, or chakras, the aura, the body of glory, and so on. All these methods grow out of that immense body of knowledge known as initiatic science, the principal goal of which is the advent of the 'new heaven and the new earth' announced in scripture.

'In the language of initiates, the language of eternal symbols, a "new heaven" means new ideas, a new perception and understanding, a new philosophy; and a "new earth" means a new behaviour, a new way of doing things; in other words, a new way of thinking and a new way of living. Our heads are in heaven and our feet are on earth. Our feet follow the lead of the head into terrain that it has already explored. The "new earth" is man's new behaviour. The things man does and the way he does them are going to have to change in order to conform with his new philosophy. All these new methods you are learning constitute the "new earth".'

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