

**Omraam Mikhaël Aïvanhov**

**LIFE AND WORK**  
**IN AN**  
**INITIATIC SCHOOL**  
*Training for the Divine*

*Part I*



*Complete Works – Volume 30*

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## Chapter One

# The international day of the sun

*Question: 'Master, my friends and I have been with you only a few days, but we are amazed by everything you have already told us. There is so much that is new and of great importance for our lives.*

*This year, France and several other countries have planned a special day of celebration of the sun. In this context, we should like to ask you to talk to us about the importance of the sun and of light in our physical and spiritual development.'*

The subject of light constitutes one of the most important chapters of spiritual science. There is so much to say about it, in fact, that I wonder how I can possibly answer you in a few words.

Before talking about light itself, we should talk about the sun, for light has its origin in the sun. Scientists still have no very clear idea of what the sun is. They say it is an immense furnace, that the temperature at the centre reaches some 15 million degrees centigrade, and that this heat is produced by a constant process of atomic fusion in which hydrogen is transformed into helium. The truth is that the only human beings who have actually visited the sun and the other planets, the only ones, therefore, who know their true nature, are the great initiates who are capable of journeying through space in their astral body. I have already talked a great deal about the sun (you will find some of those talks in my books, particularly in *The Splendour of Tiphareth*).<sup>1</sup> I have told you, for instance, that initiates consider light rays, which science describes as a stream of photons, to be like tiny vehicles, which not only transport

the elements necessary to nourish and bring to full flowering the physical potential of animals, plants and human beings, but also contain many, far subtler elements we can use to further our spiritual growth.

You will, no doubt, be surprised to learn that gold, which has always been so greatly appreciated by human beings, was formed by the sun's rays. Just as there are factories on earth which turn out many different kinds of objects, so there are hidden factories under the earth in which millions of entities are employed in the production of gold by condensing the light of the sun.

You will say, 'But is it possible for gold to be a condensation of sunlight?' Indeed it is. In fact, it is quite simple. Take the example of a tree. The wood of a tree – especially such trees as pines, oaks or walnut trees – is so hard and compact that it can be used to build houses, boats, and so on. Because trees grow in the ground, it is thought that they are made of earth, but it is not so. A tree is made of sunlight. If you burn a tree, however big and solid it is, it will produce a great quantity of flame, a lesser amount of gasses, even less water vapour and, finally, a small heap of ash. So much for the earth.

A tree, therefore, is composed of earth, water, air and fire, but it is the component of fire, sunlight, that is by far the largest. A tree is not made of earth, but of condensed sunlight. If you visit certain forests, such as those I have seen in India, Sri Lanka, the United States, Canada or Sweden, you will see that the trees – which must weigh millions and millions of tons – have not caused the level of the earth to sink one inch. If they had drawn all their elements from the earth, the surface of the soil would certainly have sunk several dozen – more likely, several hundred – metres. This is just one more proof that a tree consists of condensed sunlight. And since this is so, is there any reason why some of the entities that work under the earth should not condense the sun's rays and transform them into gold? Think about it!

I once knew a man who was obsessed by the desire for gold. He had acquired all sorts of books about hidden treasure and magical rites which were supposed to help him find it. For a long time, I left him to his quest without comment (and, of course, he never found anything), and then one day I asked him, 'Why do you flirt with the chambermaid instead of trying to win the good graces of the lady of the house?'

He looked at me in great indignation, saying, 'I'm a married man. I'm not flirting with anybody.'

'I know you are married,' I replied. 'I also know that you are faithful to your wife, but I still say that you are trying to seduce the chambermaid.'

Well, of course, I had to explain what I meant.

'You spend all your time looking for earthly gold, but gold is the chambermaid, whereas the lady of the house is sunlight, the sunlight that has been condensed in the womb of the earth and transformed into gold. When the lady of the house sees that instead of courting her you spend your time flirting with her maid, she is offended and turns you away from her door. From now on, address your attentions to the lady, to the light of the sun. Try to love her, to understand her, to win her favours. In this way, sooner or later, you will find gold. If you are the king's friend, all his subjects respect you. But if you make friends only with the king's door-keeper, nobody else will take any notice of you.'

My friend was very astonished by my explanations, and although he assured me that he understood, I rather doubt it, for he continued to send loving glances in the direction of the chambermaid.

So, as I say, gold is a condensation of sunlight.<sup>2</sup> And human beings are like trees, in that they consist for the most part of sunlight. This is why the more gold you have in your blood, the better your health.

The comparison with a tree can also help us to understand some of the things Jesus said. When the Pharisees, in the hope

of tricking him into committing an indiscretion, asked if it was lawful to pay taxes to Caesar, Jesus pointed to Caesar's image on a coin and said, '*Give to Caesar the things that are Caesar's, and to God the things that are God's.*' The words are very well known and often quoted, but nobody has ever specified how much should be given to Caesar and how much to God. Who is Caesar? Caesar represents the physical body, the stomach and sex; they lay claim to everything, and most human beings respond by giving them all they have. But we must also give something to the Lord, to our higher self. The question is how much. Well, we have just seen that when a tree is burnt, only a handful of ashes remains on the ground; all the rest escapes upwards in the form of flames, gasses or water vapour. This is nature's answer to our question: we must give one quarter to Caesar and three quarters to the Lord.

Light possesses unknown powers, with which some of the ancient civilizations, notably Atlantis, were already familiar. We know, for instance, that they had immense crystals with which to capture and concentrate sunlight for the purpose of powering all kinds of machines and instruments. In our own day, scientists have developed the laser, a device producing an extremely powerful beam of light, with which many marvellous things can be achieved on the technical plane. But modern science still does not know all there is to know about the powers of light.

Now I should like to talk to you about the passage in the Gospels in which Jesus says, '*Store up for yourselves treasures in heaven, where neither worms nor rust consumes and where thieves do not break in and steal.*' Jesus gave us this parable two thousand years ago, but it has never been properly interpreted; nobody has ever understood that thieves, worms and rust represent the dangers that threaten human beings in their three essential faculties: the mind, heart and will.

Now let us look at the danger that the rust, worms and thieves represent. It is well known that rust corrodes metals.

The metal of a tool which is constantly in use stays bright and shiny, but if it is left unused it becomes rusty. There are also many occasions in everyday life when we say that something or someone is rusty: the fingers of a pianist, for instance, become rusty if he or she does not practise regularly. And this applies to every area of life: those who are weak-willed and always ready to take the path of least resistance become rusty.

Worms are those little beasts that attack vegetable matter. They thrive in damp conditions, but dryness kills them. The animal kingdom, as you know, corresponds to the astral plane – the heart – and worms are the impure feelings such as hatred, jealousy, selfishness, contempt and revenge that consume the hearts of human beings and prevent them from producing succulent fruit. Only the warmth of divine love can kill the worms that live in our hearts.

And what about thieves? Thieves do their mischief when it is dark and nobody can see them; they symbolize the dangers that threaten the mind when it has lost its light. When human beings lose their light, thieves – mental aberrations, doubt and anxiety – invade them, robbing them of all their wealth, all their strength, sometimes even of their reason. A great many people are condemned to end their days in psychiatric care, because they have driven light from their mind and so invited thieves to take advantage of the darkness. If you want to defend yourselves against thieves, you must switch on the light. Take a lesson from shopkeepers who leave their lights on all night as a protection against thieves.

I once had a conversation with some police inspectors, and they were surprised when I told them,

‘You are mistaken if you think that you can combat crime by increasing the number of law-enforcement officers and improving your methods of surveillance and detection, for external means will always be inadequate in this area. The only truly effective means is light.’

They looked at me in bewilderment: ‘Light? But how?’



‘Think about it for a moment,’ I said. ‘If criminals are free to break the law and plan elaborate hold-ups, kidnappings and assassinations, it is because they know that most people do not suspect them. The average person’s intuition is not sufficiently keen to warn them to take special precautions. If they had an inner light, a sixth sense that warned them in advance and from a distance of a plan to rob or injure them, they could take precautions and the criminals would be foiled. The only way to eliminate crime, therefore, is by means of light. That is why we have to teach people to enhance their inner light. This is going to take a long time, but it is the only reliable way.’

Needless to say, the police inspectors were considerably surprised. Such a thing had never entered their mind.

Until human beings enhance their inner light, which is the only thing that can enable them to see and foresee, they will continue to be taken unawares by criminals, who spend all their time and energy on planning their misdeeds. Even the most sophisticated technical means of protection against theft are inadequate, because the thieves also use them. Look at how many successful bank robberies there are every year! In spite of armoured cars, electronic alarm systems, and so on, the criminals succeed, because their technology is more highly perfected than that of their victims. Crime will be stamped out only when human beings decide to use light.

And if light is the most effective protection against thieves, it is also a protection against illness. Light bars the way to all the harmful elements, both physical and psychic, that attempt to enter and destroy a human being. We can be truly healthy only when we become capable of forming a pure and powerful aura containing all the colours of the spectrum. This is true medicine. Medicine is not to be found where people usually look for it. They continually break the laws of nature and commit every kind of self-destructive folly, and yet they still expect to be healthy. But their organism cannot stand the strain; everything breaks down. In spite of all the recent discoveries of medical

science, there are always more and more new illnesses. The only remedy is to bring light into our thoughts, feelings and actions.

And now let us get back to the question of the sun. If I ask scientists who first initiated science, they may search their memories for a name, but in the end even they, who know so much, will have to confess that they do not know, because science was not introduced into the world by a human being but by the sun. People say that is impossible because the sun is not an intelligent being; it can neither think nor speak. Oh, of course, only ignorant human beings are intelligent, and this great being, which is the source of all life on earth, is not intelligent! But I say that the sun was, indeed, the first to initiate science. It is not difficult to understand this. When the sun gives its light, human beings can see objects, forms, contours, colours and distances. It is thanks to this light that they can see where they are going, that they can observe, compare and count. Without light science cannot exist. What can you know in darkness? Nothing!

And now, if I were to ask what was the origin of religion, some self-styled philosophers would say that it was fear, the fear of the forces of nature. No, no, that is all nonsense! It was the sun that initiated religion. By giving human beings its warmth, it created within them a need for love and adoration, a need to unfold. Love cannot exist without warmth, and when human beings are warm, they experience a sense of wellbeing that causes them to unfold, and they begin to love. This was what gave rise to religion: warmth, love. For many it may begin as no more than an affection for a man or woman, or even for a pet – a cat, a dog, or a canary – but that does not matter; it is a beginning, and one day it becomes love and adoration of the Lord of the universe, of God.

Today, the predominant religion is the cult of money. Even those who claim to practise no religion pay homage to money: they build shrines in which they bow down and pray, meditate and invoke the power and the blessings of money. The god that

reigns in their hearts and their heads is named Money. In fact, this is an indication that human beings instinctively adore the sun in the form of gold.

And now, what about art: who was the initiator of art? Once again, the answer is the sun, because it is the sun that gives life. With life comes the need to move, to act, to express oneself, and the result is dance, song, painting and sculpture. Art begins with life. Look at children: they are always moving, shouting, scribbling. Their shouts are the beginning of music; their scribbles, the beginning of painting; their little sand pies, the beginning of sculpture; their dolls' houses, the beginning of architecture; and all their fidgeting and jumping, the beginning of dance. Yes, art begins with life, and life comes from the sun.

The sun, which brings light, warmth, and life, is, therefore, the initiator of science, religion and art, but it is the last of the three – art – that human beings love and revere. This is why I would say to scientists, 'Forget about what you study in your laboratories and concentrate on the sun. The sun contains everything: health, wealth and the happiness of humanity.'

You will probably tell me that many astronomers and physicists study the sun. Yes, I know. I am aware of the scientific studies that are going on in the world, particularly in the United States and Russia. But they are looking principally for effective ways of defending their countries, and most of their work is destructive. Some are even using rats: they are studying the possibility of sending rats to destroy submarines or nuclear power-stations by gnawing away the rubber insulation.

If I say that scientists pay no attention to the sun, it is because they have never seriously tried to find out what solar light is or how human beings can work with it, absorb it and thus strengthen and purify themselves. For the sun's rays, which are capable of reaching the depths of the ocean – thus enabling certain species of fish to capture and re-diffuse light – are also capable of penetrating the depths of those human beings who know how to receive them. And when this happens, they set in

motion their psychic centres and light their inner lamps. For my part, as I have often said, the sun's rays are miniature wagons filled to the brim with foodstuffs – filled, that is, with all the elements and energies human beings need for their physical and psychic fulfilment. Our every need is contained in the light of the sun.

If I ask how long a human being can exist without eating, you will say thirty, forty, perhaps fifty days. And how long can we exist without drinking? Ten or fifteen days. And how long without breathing? Only a few minutes. It is clear, therefore, that the solid element – earth – is less important than the liquid element – water – and the liquid element is less important than the gaseous element – air. But what about fire? If I ask how long a human being can exist without fire, many people will say years, because they have heard of people who have survived for years without heating. No, I am not talking about that kind of fire: I am talking about the fire that burns within a human being. At the very instant that this fire is extinguished a human being dies. Yes, as soon as a person's heart loses its warmth, he or she dies. Fire, therefore, is the element that is most important for human beings. This is why they need to learn to nourish themselves with fire.

Here we have something that is completely new. Human beings have long been accustomed to nourishing themselves with the solid, liquid and gaseous elements. But what do they do with the fourth element: fire, light? Little or nothing. They have never learned to nourish themselves with light, and yet light is even more vital than air. This is why all those who criticize and ridicule us for attending the sunrise every morning are simply demonstrating their own ignorance. We attend the sunrise in order to be nourished by light. Instead of jeering at us they should do the same. Human beings need to nourish themselves with light, for light is the food of the brain. The brain, too, needs to be fed; and it feeds on light. It is light that awakens the brain's innate ability to communicate with the etheric plane.

‘We are here between the four walls of this room at the Bonfin, but we are also in the town of Fréjus. Fréjus is in the Var; the Var is in France; France is in Europe, and Europe is one of the continents on earth. The earth belongs to the family of planets in the solar system; the solar system belongs to a galaxy, and that galaxy is a tiny part of the whole cosmos. Yes, the prodigious truth is that we are here in this room and, at the same time, in the cosmos.

What conclusion – if any – can we draw from this? The conclusion that, as cosmic beings, we must not eternally confine ourselves to our own petty interests. We must open our eyes and remind ourselves that we have cosmic work to do. What is the use of belonging to the Universal White Brotherhood if we do not work for broader, more far-reaching goals? For the welfare of the whole world? Henceforth, try to change your mental habits, to adopt a broader point of view; try to become more aware of being part of the cosmos, of being linked to the whole universe; try to see that this means that the things you do as well as the way you do them must change.’

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