

Omraam Mikhaël Aïvanhov

Freedom, the Spirit Triumphant



Izvor Collection



P R O S V E T A

Translated from the French
Original title: «La liberté, victoire de l'esprit»

Original edition:

© 1983, Éditions Prosveta S.A., ISBN 2-85566-228-1

© 1983, Éditions Prosveta S.A., ISBN 2-85566-244-3

© 1986, Éditions Prosveta S.A., ISBN 2-85566-385-7

© 2000, Prosveta Inc. Canada., ISBN 1-895978-13-0

© Copyright Prosveta S.A. 2016. All rights reserved for all countries.
No part of this publication may be reproduced, translated, adapted, stored in a retrieval system or transmitted, whether privately or otherwise, in any form or by any means, electronic, mechanical, photocopying, audio-visual or otherwise, without the prior permission of author and publishers (Law of March 1957 revised).

Prosveta S.A – CS30012 – 83601 Fréjus CEDEX (France)

ISBN 978-2-85566-385-2

Digital edition: 978-2-8184-0401-0

Omraam Mikhaël Aïvanhov

Freedom, the Spirit Triumphant



Izvor Collection – No. 211



P R O S V E T A

Chapter One

The psychic structure in humans

All my life I have been intent on one thing only: how to help my fellow human beings. This is my one great concern, my only preoccupation. I am well aware of the conditions in which people live; indeed, I would have to be blind not to recognize all the difficulties they have to face. But it is possible to overcome these difficulties; there are a certain number of methods by means of which men and women can strengthen their inner life, and if they are to avoid being destroyed by external conditions they must learn to use them.

The table you see here (*See next page, Fig. 1*) sums up in a few key words all the methods contained in our Teaching, and I imagine that you have never seen another quite like it. At first sight, it is simply a collection of isolated words with no apparent relation to each other, but once they have been explained to you and linked up, each in its proper place in the whole, their meaning and relationships will become clear to you, for this table presents a

synopsis or overall view of human psychic structure and the activities corresponding to each human faculty.

As you can see, the table is divided into five columns. The first column shows our basic structure, the constituent **principles** of a human being: the physical body, the will, heart, mind, soul and spirit.

The second column indicates the **ideal** towards which each basic principle tends. Each principle, of course, has a different ideal.

In order to attain its ideal, each principle must find strength, support and **nourishment**, and the third column indicates the type of nourishment or food required in each case.

The fourth column indicates the **price** that has to be paid to obtain that food, and the fifth column indicates the **activity** or type of work that has to be done in order to earn the wages to pay that price.

Just as our physical life is nourished and sustained on the level of the physical body, so our spiritual life is nourished and sustained on the level of the different subtle principles that make up our psychic structure.

As you can see, all these different notions hang together in a perfectly logical and coherent manner. But I think you will understand the whole thing better if I begin by explaining about the physical body, for that is something visible and tangible,

THE SYNOPSIS TABLE

PRINCIPLE	IDEAL	NOURISHMENT	PRICE	ACTIVITY
SPIRIT divine consciousness	time eternity immortality	freedom	truth	identification union creation
SOUL superconsciousness	space immensity the infinite	impersonality selflessness	fusion dilatation ecstasy	contemplation adoration prayer
INTELLECT self-consciousness	knowledge learning light	thought	wisdom	meditation profound study
HEART consciousness	joy happiness warmth	feelings	love	music song poetry harmony
WILL subconscious	domination power movement	strength	gesture breath	breathing gymnastics dance pneumathmy
PHYSICAL BODY unconscious	vigour health life	food	money	activity dynamism work

This table, given by the Master Omraam Michaël Aïvanhov, shows how the spiritual life is nurtured and sustained on the level of the different subtle principles that constitute man's psychic being, just as his physical life is sustained on the level of his physical body.

Figure 1

something that is familiar to us all: no one can doubt the reality of the physical body.

The ideal of the physical body is health. Nothing is more precious, more essential to the physical body than to be healthy, vigorous and strong, and of course this means that the body has to have food in solid, liquid and gaseous form. If it does not get that food it dies.¹ We all need food in order to live: everyone knows that, even children. But to obtain food, we need money, and to get money we have to work. You know the story of the stonebreaker. One day someone asked him, 'Hey, Antonio, what are you breaking stones for?' 'For money,' replied Antonio. 'And what do you want money for?' 'For macaroni.' 'And what do you want macaroni for?' 'To eat, of course!' 'Why do you want to eat?' 'To be strong.' 'And why do you want to be strong?' 'I need to be strong to break stones.' You see: it's a vicious circle! But you all agree, of course: in order to eat we have to have money, and in order to earn money we have to work. It is quite simple!

But just a minute: if that seems so simple and obvious on the physical level, have you never thought that the same pattern might be found on the other levels? The will, heart, mind, soul and spirit all tend towards a goal, and in order to attain their respective goal they all need food of some kind; in order to get food they have to have money,

and in order to earn money each has to perform some particular type of work. Once you have really grasped all the elements of this table, you will possess the key to the psychic life of all human beings.

The physical body, obviously, is the foundation on which the other, subtler principles, are based. The soul and the spirit, for example, cannot truly be said to be in the body, but they manifest through the body – through the brain, the solar plexus, the eyes and so on. When you look at someone very lovingly, with a look of great purity and light, who is it that is looking out through your eyes? The eyes belong to the physical body, true, but who is it that manifests through them, that uses the means of expression they provide? Is it the soul or the spirit? Is it God himself? And if you shoot a black look full of hatred at someone, or say something so terrible that it makes them ill, it is because hostile forces have used you to harm them. Our physical body, therefore, is often no more than the instrument of forces within it or outside it, which can be either beneficial or malicious.

Now what is the ideal of the will? The will seeks power and movement. Perhaps you will say, ‘But the will can also ask for wisdom, intelligence or beauty. No, the will is not interested in wisdom, intelligence and beauty. These belong to other

principles. The will can be recruited in the work of acquiring intelligence or creating a work of art, but the only thing it wants for itself, the only things that really interest it, are power and movement. The will hates to be inactive; it needs to be constantly busy, touching things, moving them about, going from one place to another.²

But, just as the physical body can do nothing without food, so the will cannot attain its ideal without nourishment, and the nourishment of the will is strength. When it is nourished by strength, the will is dynamic and energetic, but without it, it wilts and wastes away. And the element that serves as money for the will to buy the food it needs is action, gestures. Yes, it is important to shake ourselves free from the grip of immobility and inertia so as to stimulate and set in motion the energies of the will. By learning to stir itself and take action, the will ‘buys’ strength and becomes powerful. And the very first movement in life is the act of breathing. When a newborn child draws its first breath it sets in motion all the other processes of life.

If you want to earn the kind of ‘money’ that will buy food for the will, you must get into the habit of practising certain exercises such as the ones recommended in our Teaching: the breathing exercises, a few very simple gymnastics³ and the paneurhythmy dance.⁴ All these exercises are

designed to strengthen the will. Of course, you can add many other activities from your everyday life, which I don't need to go into; there are too many of them and, besides, you all know them. The exercises I have mentioned are those that have a particular significance for the spiritual life.

Perhaps you will say that you never thought that these exercises could do much to strengthen your will; that they were only designed to stimulate your physical vitality and even bring joy to your heart. Of course, they do that too, because everything is connected. At the moment, for the sake of clarity, I am separating all the different levels so that you see exactly what corresponds to each level, but in fact, of course, the different levels cannot be isolated from each other. When you do the breathing exercises or the gymnastics, the body benefits from them also: you enjoy better health, you feel an influx of vigour, good humour and cheerfulness, and your ideas are clearer; that is absolutely true. Nothing exists in isolation; everything is connected.

And now let's look at the heart. Human beings possess a faculty that enables them to have feelings and emotions: this is what we call the heart. It is not the physical heart known to anatomy and physiology, which is a kind of hydraulic pump and the principal organ of the blood system. The true

organ of feelings and emotion that I am referring to and have often talked about is the solar plexus, and we will certainly return to it on some other occasion.⁵

What is the heart's ideal? Does it clamour for knowledge, learning or power? No, the heart seeks happiness, joy and warmth, for it comes to life only in the warmth. Cold is fatal to it. Wherever it goes it seeks the warmth of its fellow creatures. The heart feeds on feelings: every sort and kind of feeling both good and bad – unfortunately! But as we cannot talk about everything, we will only talk about the positive feelings that fill the hearts of the sons and daughters of God.

Happiness and joy have to be paid for with the coin of love.⁶ If you love, then immediately your heart is nourished. Haven't I told you this time and time again? Nothing else can give you happiness, neither wealth nor power, nor even beauty – only love. Love is the only thing that brings happiness. Whatever else you give your heart, it will never be satisfied; it will continue to plead for love, because love is the only currency it can use to buy whatever it needs. When you love someone, your love is a coin that allows you to 'buy' all kinds of sensations, feelings and emotions. Love gives birth to thousands of different sensations every day. When your love runs out, it is your money that has run out, and then you have no more emotions

and sensations, and you can't feel anything any more. No matter how often you embrace your wife, if you don't love her any more you will not get any joy or happiness from it. But if you love her – what joy! Even without touching her you are thrilled by the thousands of wonderful sensations and feelings that race through you – feelings that are quite impossible to analyse, but you experience them simply because love is there!

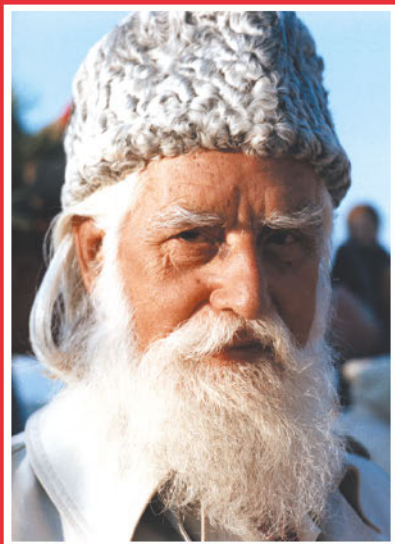
The ideal of the mind is knowledge,⁷ and in order to obtain knowledge, the mind must be given its own special kind of food, which is thought. Naturally, when we speak of thoughts we also have to include negative thoughts, for just like the heart, which can feed on negative feelings, the mind can feed on many different kinds of thoughts; but here too, I only want to talk about the best and most luminous thoughts. Thought is the food of the mind: if you don't think, you will never know anything. Some people say, 'Why bother our heads? It's not good to think too much; you can go mad that way!' Yes, if you think in the wrong way, you can indeed go mad! But to think clearly and correctly is the best possible way of nourishing the mind. If you don't feed your mind it will grow dull and feeble, because you are leaving it to die of hunger.

Here, too, if you want to purchase the best kind of thoughts with which to feed your mind, you will

need money, and that money is wisdom. Wisdom is the only currency that can be exchanged for the kind of thoughts that will enable your mind to acquire the light it seeks. Wisdom is money, gold – gold from the sun! Yes, wisdom is spiritual gold, and it comes straight from the sun. All the heavenly wares stored in the ‘shops’ on high can be bought with the gold coin of wisdom in exactly the same way as we can buy whatever we want in the shops on earth with our physical gold. If you go and ask for what you want from a celestial shop, the entities in charge will ask you if you can pay for it in gold, and if you can they will give you everything you ask for, but if not you will come away empty-handed.

In order to obtain this gold, of course, you have to work: you have to read, study, reflect and meditate, and although the synoptic table does not mention that you also have to go and contemplate the rising sun, you can add this for yourselves: in spring and summer it is important to watch the sun rise so as to receive gold from the sun.

And what about the soul?⁸ What is the soul’s ideal? This will perhaps surprise you, but the soul does not aspire to knowledge, light or happiness. The ideal pursued by the soul is space, immensity. It asks only to be allowed to expand, to stretch, to reach out and embrace the infinite. The soul longs



The Bulgarian philosopher, teacher and spiritual Master, Omraam Mikhaël Aïvanhov (1900-1986), moved to France in 1937. His work deals with the many aspects of initiatic science, but he says, 'I have particularly tried to clarify one subject: the two natures of human beings, their higher nature and their lower nature, because this is the key to resolving all problems.'

Freedom has become such an important political stake that we have lost sight of its true significance. It is this significance, the relationship between spirit and matter, that the Master Omraam Mikhaël Aïvanhov attempts to restore. 'Enter into the realm of the spirit which creates, models and fashions and in so doing you will gradually loosen the hold that the exterior world has on you; you will be free!'

ISBN 978-2-85566-328-9



9 782855 662282 11

www.prosveta.fr
www.prosveta.com
international@prosveta.com