

Daily Meditations by Omraam Mikhael Aivanhov for November 1 (1991–2024)

A fraternal exercise to activate and reactivate students of the Teaching in the US and around the world.

Every year, the newest Daily Meditations volume is the top-selling book of Master Omraam's Teaching. The following excerpts are the Daily Meditations that have been published for Nov. 1 over the years. Many thousands of people have been blessed and stimulated by them, and we want to build on that. Some people get the new volume of Daily Meditations each year, and other people are still using older volumes (these timeless gems never go out of date).

Read as many of these as you have time for, and choose one in particular to be your theme for the day. Consciously join with the energies and intentions of the thousands of people who have read these in the past and are reading them now (and those who will read them in the future). Feel your spirit and soul activated by the Teaching, and pray that all the other readers (past, present, and future) will be similarly stirred and activated. **Together we are co-creating Heaven On Earth—first of all within our hearts, and then outwardly for all humanity!**

Following each meditation, a short prayer or affirmation has been added that you may use, or you may compose your own.

Note that the first Meditation is for Nov. 1, 2023, followed by the one that will be for Nov. 1, 2024. The others go back, year by year, to 1991.

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Note: We plan to upload another document like this for Sunday, November 5. Download it at [Daily_Meditations_Nov_5.pdf](#). After that, look up all the Meditations for each day for yourself!

Daily Meditation: Wednesday, November 1, 2023

Many people complain that they are obsessed, tormented, and on the verge of losing their minds. This is simply because they have come in contact with regions infested by the inferior entities that are enemies of humanity, and these entities are attacking them. Such people put up a struggle, of course, but as they are not strong enough to shake off their enemies, their struggle ends in defeat. They must find other ways of defending themselves. When a bird pecking at seeds on the ground sees a cat come along, what does the bird do? Does it wait and fight it out? No, it flies away. But human beings still do not understand what birds have always understood. Instead of taking flight, they stay and fight and, of course, they end by being stripped bare and massacred.

You will say, “But how can I fly away?” There are so many ways! You can use your willpower or your imagination; you can pray or read or listen to music; you can invoke the memory of a luminous moment in your life, and so forth. There are so many possibilities to choose from. The real question is whether you have the will to free yourself. No, you just sit and do nothing about it except stuff yourself with pills and pester others with accounts of your anxieties and nightmares. It is time you put an end to this negative situation by learning to fly away.*

* Related reading: [*The Seeds of Happiness*](#), Izvor No. 231, Chap. 10.

[When I am tormented, may I always remember how to fly away!]

Daily Meditation: Friday, November 1, 2024

[Note: This will be the Daily Meditation for NEXT YEAR (2024) on November 1. You can read it now to help charge its energies and effectiveness in advance. And you have a whole year to apply it in your life!]

It is good to get into the habit of periodically taking stock of our lives. Why? Because, all too often the lives we lead, day in, day out, become weighed down and clouded by all kinds of concerns and activities that contribute nothing spiritual to our lives.

Subjected to the influences that surround us, we forget that our time on earth is very short, and that all our material possessions, titles, and social rank must be left behind. You will say that we all know this. Yes, everybody knows, but everybody forgets; even disciples of an initiatic school are swayed by the influences around them. That is why it is vital that we take the time every now and again to look back over our lives and analyze the direction we are taking and the activities in which we are engaged, so that we can sort through them and keep only what is essential.*

* Related reading: [*Harmony and Health*](#), Izvor No. 225, Chap. 1.

[I choose to keep only what is essential in my life.]

Daily Meditation: Tuesday, November 1, 2022

Thinking - freeing ourselves from daily concerns in order to concentrate

Thinking means, first of all, being able to free ourselves from daily concerns in order to concentrate disinterestedly on a subject of a philosophical or spiritual nature. Thinking must help us to advance our understanding of a human being, of the universe and of God himself. And this understanding is not achieved by reading books or through discussions. It is in silence that the timeless knowledge buried deep within us gradually reaches our consciousness.

[In silence, I free myself and access timeless knowledge.]

Daily Meditation: Monday, November 1, 2021

The physical body - purifying it so that the soul may record the sublime truths

When the soul leaves the body during sleep, it is not idle; it travels, it contemplates immensity, it communes with celestial spirits and it strengthens its knowledge of love, wisdom, and truth. When it returns to the body, it brings back the memory of all these riches, which it tries to imprint in the mind. Even if human beings are not immediately conscious of it, all these great truths leave an etheric imprint in them, that one day they will finally discover. This is why it happens that certain sublime truths are suddenly communicated to you like a flash of light – you had undoubtedly already carried them in your subconscious for a long while. Until then, the time had not yet come for you to be aware of them, but suddenly there came that auspicious moment when your brain was in the right state of mind, and the truth burst forth. If you wish these experiences to happen more often, you must become much more disciplined in your life, for it is once human beings are in the habit of working to purify their physical body and make it sensitive that their soul can record the sublime truths more easily.

[I choose to purify my body so that my soul can easily imprint love, wisdom, and truth on my mind.]

Daily Meditation: Sunday, November 1, 2020

God is often compared to fire, but most people do not know ...

God is often compared to fire, but most people do not know much about this fire except that it is so intense that it is impossible to bear. It is the fire of the pure Spirit; at its touch, all forms dissolve and disappear. Those who receive the kiss of this fire melt and become one with its flame. A great many spiritualists have written complicated books about the experience of mystics, but the reality is quite simple. The experience of mystics is the experience of fire, of the sacred fire that burns within them and which they feed with pieces of their own lower nature,

exactly as we feed a furnace with pieces of dead wood. Watch a log fire burning: all the separate, scattered pieces of wood are united and made one in the light and heat of the fire and are obliged to think and feel as the fire thinks and feels.

[May I receive the kiss of the fire of the pure Spirit and become one with it.]

Daily Meditation: Friday, November 1, 2019

The Beyond - getting to know this reality

Those people who, while they were alive, never acknowledged the reality of life after death or were only attached to material possessions roam about in the lower regions of the astral plane for a long time when they leave earth. They are wandering souls, who suffer, and although spirits of light try to help them, they still cannot break their attachments. Those, on the other hand, who have cherished a great spiritual ideal during their life rapidly leave their body and fly away to the sublime regions, where they swim in light and joy. From there, they can send blessings to all those they have left below, to help and protect them. But they never come back to visit them, the way many people imagine. From the moment they leave their body, they are a long way from earth and do not come down again.

[May I always cherish a great spiritual ideal!]

Daily Meditation: Thursday, November 1, 2018

Angelic orders - connections between humans and God

Between humans and God there are spiritual beings, which the Christian tradition, inspired by the Jewish tradition, refers to as the angelic orders. The word “order” implies there is a difference in level between these beings. In descending order, their names are: seraphs, cherubim, thrones, dominations, powers, virtues, principalities, archangels, and angels. The angels are closest to human beings, and this is why they have been given the responsibility of watching over them. The seraphs and cherubim however are at the very top of the hierarchy and keep watch over the various galaxies; it is very rare that one of them comes to meet a human being. A seraph travels through space at the speed of lightning. If you happen to be in the right place, vigilant and ready to pick up some of its radiations, you will be dazzled and enlightened, and the effects will persist for the rest of your life. But you will never stop the seraph; they continue their journey through space.

[May I be dazzled and enlightened by every passing spiritual being.]

Daily Meditation: Wednesday, November 1, 2017

Work, time, and faith - conditions for success

Most people readily admit that in order to succeed in the material world, you must be committed and work without cutting corners. But in the spiritual realm they imagine they can obtain results easily and quickly. What a mistake! In the spiritual realm, more so than in the material world, you must first set to work and never relax your effort. Secondly, you must not be in a hurry, because it is a long-term undertaking, and time is not a factor. Finally, you must have faith: be convinced that this spiritual work will one day bear fruit, because nature is faithful and true, and the laws which govern it can never be faulted. Work, time, and faith. You do not realize the wealth contained in these three words. We can, of course, present them in a different order: faith, work, and time, and so on. What is essential is to understand that these three elements are connected, and to know how they are connected.

[May I realize the wealth that is in “work, time, and faith.”]

Daily Meditation: Tuesday, November 1, 2016

Entities of light - how they manifest in us

You may have experienced a sudden feeling of joy, of lightness, of expansion, for no particular reason. It is simply because entities of light came to visit you. You didn't know this. But now that you do, when it happens again, try to welcome these entities and thank them by showing that you appreciate what they do for you. If you are negligent or ungrateful, they won't come again, and however much you strive to experience such states of grace, you won't be able to do so, for they do not come from you. You also have gifts, talents, virtues: friends from the invisible world who have come to live with you to help you with your work. Be aware of this, otherwise as soon as you become too proud of your success, as if you alone deserve all the credit, somehow or other these friends will distance themselves and you will lose that talent or that virtue. So many people have lost their talent because of their pride and arrogance. And others, on the contrary, have attracted or enhanced certain qualities thanks to their humility.

[I am grateful for the entities of light that help with my work.]

Daily Meditation: Sunday, November 1, 2015

Angelic hierarchies - their role in our spiritual work

Make a habit of thinking of the angels, the archangels, and all the angelic hierarchies. Absorb their qualities, for this will make you feel more alive and filled with light and will bring greater

richness to your inner world. But at the same time try to stay modest, knowing that many of these entities will still be out of your reach for a long time to come. Start by seeking to connect to the saints, initiates, and great Masters, whose mission it is to take care of humans. You can later seek to contact the angels, for they are the closest to humans, and maybe even the archangels, but you won't be able to go any further. There are countless worlds in infinite space, and the superior hierarchies have no contact with humans. It is good that you know that superior hierarchies exist, and you can even invoke them. But know that in order to obtain results through prayer and meditation, you must address entities closer to us.

[May I connect with saints, initiates, and great Masters...and also angels and archangels!]

Daily Meditation: Saturday, November 1, 2014

Souls (glorified) - the community of Ishim in the sephirah Malkuth

In the highest region of the sephirah Malkuth live the glorified souls. In Hebrew they are called Ishim, which simply means "Men." These are the saints, patriarchs, prophets, great spiritual Masters, and founders of religions who form a link between humankind and the angelic hierarchies. They have left earth, but they have not abandoned it. They watch over it and direct the cosmic forces that assist with the spiritual development of its inhabitants. When the Christian religion refers to "the community of the saints" or the Jewish religion "the community of Israel," it is always this brotherhood of Ishim. Each mystical movement gives it a different name, but it is always the same assembly of glorified souls, which lives and works in the sephirah Malkuth, the material part of which is our earth. It is this assembly that brought humans all the knowledge we now find dispersed through the symbols and rituals in all religions. It is the true Universal White Brotherhood. All we are doing in our Brotherhood is preparing ourselves for the day when we may be judged worthy to take part in the work of these creatures and be admitted into their community. No one can enter their holy assembly by forcing their way in. The only people accepted are those who have understood where the true path lies and who place themselves in the service of a high ideal.

[May I be judged worthy to take part in the work of the glorified souls.]

Daily Meditation: Friday, November 1, 2013

Hell - within us, and in the lower part of the sephirah Yesod

Who has not experienced the torments of temptation, passions, or remorse?... So there's no real need to ask ourselves in which region of space hell is found. It is primarily an experience human beings undergo during their life on earth. But at the moment of death, when the soul leaves the physical body, even if it has no crime to atone for, it passes through hell – the region represented in the sephirotic tree by the lower part of Yesod, the sphere of the Moon – before reaching the

regions we call paradise, where the elect live. On leaving the earth (Malkuth), all souls travel by way of the Moon (Yesod) before reaching Tiphareth (the Sun). All beings without exception must pass through hell, but they do not all experience it in the same way. And what accounts for this difference? Their aura. Those who have lived in love, wisdom, and truth are surrounded by so much light that they cross this region without experiencing the slightest suffering. They are protected. They even see the skin of demons cracking as they pass through, for divine fire is more powerful than hell fire. Jesus himself is said to have “descended into hell,” where he saved souls before returning to his heavenly Father.

[May my aura be filled with the light of love, wisdom, and truth.]

Daily Meditation: Thursday, November 1, 2012

Living chain of created beings - linking consciously to it

Remember to link consciously to the living chain of created beings, so as to benefit from the currents of energy circulating from the heights to the depths of creation. You will then receive the impetus, inspiration, wisdom, love, and strength you need for everyday life. You will ask, “But can we not find them in ourselves?” Yes, you can for some time perhaps, but your reserves will soon be exhausted. You might start off with great plans but soon have to curtail your work, because it is impossible to achieve anything great unless you remain part of this living chain, whose first link, so to speak, is the Lord himself. It is just as if a lamp thought it could give light without being connected to the power station. It can’t – the power station sends the current, and the lamp itself is only the conductor. The fact is, whether we like it or not, we are connected, plugged in, to the divine Source, but this connection must be conscious for us to fully benefit from it for our own evolution and that of all the created beings in the universe.

[May I always be conscious of my connection to the divine Source!]

Daily Meditation: Tuesday, November 1, 2011

Angelic hierarchies - beacons on the path leading to God

Many believers imagine that because they go to church or recite prayers they are in direct touch with the Lord. As if it were that easy! People only claim to have direct contact with the Lord when they don’t know who he is! I’m not saying people don’t succeed in attaining some aspect of him, but in any case, it is certainly not the Lord in his fullness and immensity. If we are to reach him, there is a great path to travel, a space so vast it is impossible to imagine. And this space is not empty; it is composed of regions inhabited by spiritual entities. All religions have mentioned the existence of these regions and entities in one way or another. The Christian tradition, which builds on the Jewish tradition, teaches that there are nine angelic orders: angels, archangels, principalities, virtues, powers, dominations, thrones, cherubim and seraphim. Each of

these orders is an aspect of the divine power and virtues. For our successful spiritual development, we must be aware of these heavenly entities, for they are like beacons on the path leading to God.

[May I always be aware of the heavenly entities that light my path.]

Daily Meditation: Monday, November 1, 2010

Combustion - in our organism; example of the stove

All activity, whether physical, emotional or intellectual, is accompanied by combustion, as a result of which waste is created. The waste then has to be discharged, because a build-up would prevent the body from functioning properly. When, for example, we have to light a fire in a stove, if we do not first remove the ashes from the previous night, the fire will not take, and the stove will not work. It is the same with the physical body, but also with the psychic bodies, the realm of thoughts and feelings. So you must improve the way you live, that is, the way you eat and the way you think, feel, and love, so that you replace the worn out, polluted elements with other much subtler, lighter, and more etheric ones. This is how you light your inner fire, and you feel sustained throughout your journey.

[I am removing yesterday's waste so I can light my inner fire!]

Daily Meditation: Sunday, November 1, 2009

As often as you can, turn your thoughts to the angels

As often as you can, turn your thoughts to the angels, the archangels and the whole angelic hierarchy. By steeping yourself in their virtues, you will be enlivened and enlightened and your inner world enriched. Try, however, to remain humble, in the knowledge that many of these entities will be beyond your reach for a long time yet. Seek first to connect with the saints and initiates and the great masters whose mission it is to care for human beings. Later, you can rise further to reach the angels, for they are the closest to humankind: they listen to them, help them, and grant their wishes. You may also invoke the archangels, but do not try to go any further. There are countless worlds in infinite space, and the higher hierarchies, which have other work to do far away in outer space, are not in touch with human beings. You should know that these higher hierarchies exist, and you can even invoke them, but only in the knowledge that if you wish to obtain results through prayer or meditation you must address those entities closer to you.

[I seek to connect with the saints and initiates and the great masters.]

Daily Meditation: Saturday, November 1, 2008

Even if no one appreciates the efforts you make to perfect ...

Even if no one appreciates the efforts you make to perfect yourself, don't let that discourage you; you are making these efforts for yourself, not for other people. You will keep all the spiritual riches you are now amassing when you come back to earth. In what form? In the form of more favorable conditions, which heaven will give you for your spiritual development. If you see you are still not able to acquire a particular quality, or conquer a particular fault, or overcome a bad habit, tell yourself frankly, "It's because I didn't make the efforts I should have in the past, and now everything is difficult." That's what you must tell yourself, and then you must get to work at once. Yes, even if you only have a year to live, a single year, you should make a start, for in that short time considerable changes would take place.

[I am amassing spiritual riches by perfecting myself.]

Daily Meditation: Thursday, November 1, 2007

"Glorified souls" are the most highly evolved beings of the ...

'Glorified souls' are the most highly evolved beings of the sephira Malkuth. In Hebrew they are called ischia, or "Men." These are the elect: the saints, patriarchs, prophets, and great masters of humanity, the founders of great religions. Their mission is to create a link between heaven and earth, between human beings and the hierarchies. What becomes of these beings after their death? Where can they be found? They are still there in the invisible world, where they form a brotherhood of luminous beings. They have not abandoned humanity. In the sephiroth above them live other entities who surpass them, who bear other names and form an even larger brotherhood. But here in the sephira Malkuth, the Ishim form a powerful brotherhood which guides humanity, watching over it and directing cosmic forces for its spiritual development.

[I am guided by glorified souls.]

Daily Meditation: Wednesday, November 1, 2006

Whenever you feel out of sorts and no longer quite know where you are

Whenever you feel out of sorts and no longer quite know where you are, as if black clouds hung over you and blocked your view of the horizon, concentrate on the light. This is the most powerful and effective exercise there is. But never forget that how you think of things determines how they will act on you. If you think of them as useful, as magic, you enhance them. By means of your thought and convictions, you have a decisive influence. If, when the light penetrates you,

you are able to remain conscious, attentive, and fully willing to participate in its work, certain that something is growing and unfolding in your heart, all these dark and oppressive clouds will disperse.

[I am certain that something is growing and unfolding in my heart.]

Daily Meditation: Tuesday, November 1, 2005

Thought - its movement can move the entire world

Imagine you are on a beach by the sea. There, you stir the water with a small stick, creating swirls. Little by little, twigs, scraps of paper, and corks begin to circle round. And soon, if you continue, small boats, then large ships, and finally the entire world begins to turn in the circle. The etheric ocean in which we are immersed is similar to this liquid ocean, and if we practice and persevere, by means of thought we can stir the entire world. Strive, therefore, to understand the few principles on which the spiritual life is based, in order to become conductors of the divine world, workers in the field of the Lord. By means of thought, maintain this inner movement unfailingly until all the particles of your being are mobilized in the realization of this luminous work you have undertaken – a work not only on yourself, but on all the creatures of the earth, and even beyond, on the entire universe.

[As a conductor of the divine world, I am stirring the entire universe!]

Daily Meditation: Monday, November 1, 2004

In Death the only riches we carry are our qualities and virtues

Calculate the amount of time you spend each day eating and sleeping – which are of course necessary, even essential – but also the hours you spend in mindless chatter and trivial activities. The years pass by in this way, far from the true life, from a life with God. What a waste! And then when you depart from this world, you leave poor and naked. Be absolutely clear that when you leave the earth, the only precious stones you will take with you will be your virtues; the only gold will be your wisdom, and the only clothing will be the finery of your soul. On leaving this world, we are like refugees who have been driven from their homes and are forced to abandon their land, their houses, and their belongings. They rush to their coffers to seize their gold and jewels, which will enable them to survive. Yes, when death comes, you can only turn to your qualities and virtues; all the rest must be left behind. Starting today, ask yourself whether you possess gold and genuine precious stones.

[Do I possess the true gold and genuine precious stones (virtues)?]

Daily Meditation: Saturday, November 1, 2003

The more numerous we are when we are together, the more our ...

The more numerous we are when we are together, the more our fraternal radiance attracts divine entities that come to help, giving us health, strength, and light. We do not gather together because we are happy to see each other and to pass the time in a pleasant way, but to do a conscious work. And this work consists of submitting our personal, egotistic life to the law of brotherhood, universality, and harmony. Each harmonious vibration we create attunes us to the great cosmic harmony. The word “harmony” embodies every virtue, all blessings. When harmony penetrates us, it will tune us like an instrument; the Spirit will then lightly play us and draw out the most beautiful sounds. This is working for the Kingdom of God.

[May harmony penetrate me and attune me to the great cosmic harmony.]

Daily Meditation: Friday, November 1, 2002

People who work with the principles of Christ, principles ...

People who work with the principles of Christ, principles that are eternal and unchangeable, belong to the true Universal White Brotherhood. They destroy nothing, they do not bring a new religion, but they do abandon forms that have lost their meaning over the centuries. People who cling to form prove only that they have not understood the principles. They imagine that the form will save them. Well no, because in form we go to sleep. If we want to progress, we must not rely on form so much, but work with principles instead. In his second epistle to the Corinthians, St. Paul wrote: “... for the letter kills, but the Spirit gives life.” Laziness makes people cling to the letter, to form. The spirit periodically breaks the forms to renew them, because it no longer recognizes itself in them. The Universal White Brotherhood is not, therefore, a new religion, it is the religion of Christ, but presented in a different form, appropriate to our times.

[I choose to work with the principles of Christ.]

Daily Meditation: Thursday, November 1, 2001

There is no nobler activity than to participate in the work ...

There is no nobler activity than to participate in the work for the coming of the kingdom of God and his righteousness. You have to be aware of this and participate with all the means you have, great or small, even with your weaknesses and deficiencies - no matter - just participate. When there is an election, no one insists that people be necessarily smart or able in order to vote; even idiots can vote. Well, we too must vote for the kingdom of God and his righteousness, participate

in the coming of this kingdom on earth, and be happy and proud to do so. In the eyes of heaven there is nothing more important. It is true that most people participate to a certain extent in all kinds of enterprises, but most of the time these enterprises are mundane or worse - stupid, pernicious or even diabolic. Whereas here, we offer you the most glorious and sublime enterprise in which you can participate: the kingdom of God and his righteousness, the Golden Age.

[I work for the kingdom of God and his righteousness to come on earth.]

Daily Meditation: Wednesday, November 1, 2000

Thought can only be powerful if it is concentrated.

Thought can only be powerful if it is concentrated. If you allow thought to drift, to wander, to roam, it becomes weak and useless. Concentration is vital in spiritual life, and you should practice it tirelessly for many years. Life is littered with examples of how effective concentration can be. You may, for instance, just for fun, have concentrated sun rays on to a magnifying glass to set alight a piece of paper. So learn to transpose this phenomenon to the psychic sphere and you will come to understand that once thought is concentrated on a single point and is kept there sufficiently long, it can “set light” to materials in the emotional, mental, and spiritual worlds.

[May my thought be always concentrated and powerful.]

Daily Meditation: Monday, November 1, 1999

People harbor so many impurities that it is they ...

People harbor so many impurities that it is they themselves who block their entrance to paradise. Those who work to regain their original purity, however, will one day hear God Himself calling to them: “Come on in and look around!” And what will these people see? They will see bodies of light. In paradise everyone is naked, clothed only in light. Light is the only garment worn by angels, because the very substance of their bodies is light. In the mysteries of antiquity, the goddess Isis wore a veil which only the high priests and the hierophants were allowed to remove. This means that the man who wishes to behold the Divinity must be naked, in other words pure, otherwise the Divinity will always remain veiled from his eyes and Her secrets forever hidden from him. To the extent that man becomes more pure, so Isis reveals herself to him, and then he sees, understands, and experiences extraordinary joy. That is true paradise.

[May I regain my original purity and behold the Divinity!]

Daily Meditation: Monday, November 1, 1998

It is good to get into the habit of periodically reviewing our lives. Why? Because all too often we turn our daily routine into a meaningless, dull drudgery and are constantly preoccupied with all kinds of activities which contribute nothing spiritual to our lives. Subjected to the influences of all that surrounds us, we forget that our time on earth is very short, and that all our material possessions, titles, and social rank must be left behind. Obviously, we all know this. Yes, everybody knows, and everybody forgets; even a disciple of an initiatic school is swayed by the influences around him. That is why it is absolutely vital that we take time off every now and again to look over our lives, analyzing the direction we are taking and the activities in which we are engaged, so that we can sort out our priorities—discarding what is not useful and keeping only what is essential.

[I keep only what is essential and discard the rest.]

Daily Meditation: Monday, November 1, 1997

Those who have worked in past incarnations to develop certain virtues or scientific or artistic talents are capable, in this incarnation, of manifesting those gifts when they are still very young. In situations in which others would take months and years to achieve results—in learning a language or a musical instrument, for example—they do so in a flash. They have already sown the seed and now they harvest the fruits of their labors. It is said that a young man once asked Mozart for advice on how to compose a symphony. Mozart looked at him and said, “You are very young; you would do better to begin by composing some minuets.” The young man replied indignantly, “Too young? But you composed symphonies when you were only twelve.” “Yes,” said Mozart, “But I did not ask anybody how to do it.”

[May I manifest the gifts of my past incarnations.]

Daily Meditation: Monday, November 1, 1996

The hand is a summary of the entire human being. In it are represented all the organs of the body: the stomach, the lungs, the heart, the brain, and so on. Of course, no anatomist would accept this idea, but one day they will discover just how intelligent and brilliantly designed our hands actually are. Until now, people have never really understood hands or how to use them. They are extremely sensitive instruments, and you must begin to take note of their signals. Sometimes they give warning that your health is deteriorating, but you do not pay attention. You are not aware that the energy at your fingertips has changed.

By means of your hands, you can also make contact with the invisible world, send helpful vibrations to others, and disintegrate negative forces. Hands are among the most marvelous instruments that nature has given to human beings in order to facilitate their spiritual evolution. But this knowledge is only fully revealed to the disciples of initiatic schools, because for those who are not properly prepared, it is extremely dangerous.

[May I take note of the signals of my hands and make contact with the invisible world.]

Daily Meditation: Monday, November 1, 1995

Scripture says, “The Kingdom of heaven is like unto a merchant man, seeking goodly pearls: who, when he had found one pearl of great price, went and sold all that he had and bought it.” In his eagerness to possess this one pearl the merchant sold all his possessions—jewelry, furniture, houses, livestock, and land. Is a pearl worth so much? Of course, we have to see the symbolic meaning of this parable. The pearl represents Christ's teaching, the teaching of wisdom and light, and it is certainly worth selling all one has to possess it. But the word “sell” must not be taken literally either. To sell means to sacrifice all our superfluous possessions, all those things that encumber us and weigh us down. If we want to approach divine truth we have to be unencumbered and light, symbolically naked.

[I choose to sacrifice all those things that encumber me and weigh me down.]

Daily Meditation: Monday, November 1, 1994

When the soul leaves the body during sleep it is not idle. It travels, it reflects upon infinity, it communicates with the celestial spirits, and strengthens its knowledge of love, wisdom, and truth. It brings back to the host body the memory of all these riches, and endeavors to imprint them in the mind. All the great truths leave their etheric impression on man so that, even if he is not immediately aware of them, the realization will dawn one day or another. This is why occasionally you are suddenly aware, as though in a blinding flash of light, of certain sublime truths, which were almost certainly present in your subconscious for a long while. Until then the time had not come for you to be aware of them, but suddenly there came that auspicious moment where your brain was in the right state of mind, and the truth burst forth. If you wish these experiences to be more and more frequent, your life should become more disciplined. Once you are in the habit of working to purify your body and make it more sensitive, your soul will find it easier to accept these sublime truths.

[May I always be in the habit of working to purify my body and make it more sensitive.]

Daily Meditation: Monday, November 1, 1993

God is often compared to fire, but most people know nothing about this fire except that it is so intense that it is intolerable to man. It is the pure fire of the Spirit; at its touch all forms dissolve and disappear. Those who receive the kiss of this fire melt and become one with its flame. A great many spiritualists have written complicated books about the experience of mystics, but the reality is quite simple. The experience of a mystic is the experience of fire, of the sacred fire that burns within him. and which he feeds with pieces of his own lower nature, exactly as we feed a furnace with pieces of dead wood. Watch a log fire burning: all the separate, scattered pieces of wood are united and made one in the light and heat of the fire and are obliged to think and feel as the fire thinks and feels.

[May the sacred fire burn within me.]

Daily Meditation: Monday, November 1, 1992

Many people complain that they are obsessed and tormented, ready to go out of their minds. This is because they have started to associate with regions infested by the inferior entities that are the sworn enemies of mankind, and these entities are attacking them. Such people put up a struggle, of course, but as they are not strong enough to shake their enemies off, their struggle ends in defeat. They must find other ways of defending themselves. What does a bird do if it sees a cat about to pounce? Does it decide to wait and fight it out? No, it flies away. But human beings do not understand what birds have always understood. Instead of taking flight, they stay and fight, and, of course, they end by being defeated and massacred.

You will say, “But how can I fly away?” Oh, there are so many ways! You can use your will-power or your imagination; you can pray, or read, or listen to music; you can invoke the memory of a luminous moment in your life. There are so many possibilities to choose from. The real question is whether you have the will to free yourself. No, you just sit and do nothing about it except stuff yourself with pills and pester others with an account of your phantasms and nightmares. It is time you put an end to this negative situation by learning to fly away.

[Do I have the will to free myself?]

Daily Meditation: Monday, November 1, 1991

To think is first and foremost to be able to free oneself from everyday concerns in order to concentrate selflessly on a subject of a philosophical or spiritual nature. Thinking must serve to advance our understanding of the human being, of the universe, of God Himself. This understanding is not achieved by reading books and talking. It is in silence that the immemorial knowledge buried deep within us gradually comes to consciousness.

[Silence.]