

# Daily Meditations by Omraam Mikhael Aivanhov for November 5 (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. 5 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new volume of Daily Meditations each year, and other people are still using older volumes (these timeless gems never go out of date).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 or 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. 5, 2023, followed by the one that will be for Nov. 5, 2024. The others go back, year by year, to 1991.

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## Daily Meditation: Sunday, November 5, 2023

Suppose you have eaten too much. No law of society will condemn you, no police officer will come and arrest you, but you will be ill in bed. What kind of justice strikes you down and puts you to bed? The laws of nature are not those of human beings. Human beings will come to visit you at your bedside and sympathize with you: "Poor dear, we're sorry you're ill!" Yes, but they will not be able to do anything for you. Only nature can help. Obey its laws once again, and you will be cured.

**You must learn which laws are the laws of nature, the divine laws to which your mind, your heart, and your physical body are subject.** Remember that everything you say and do means an expenditure of energy, and you must see where your energies go and take care that they do not cause any damage.\*

\* Related reading: [\*Freedom, the Spirit Triumphant\*](#), Izvor No. 211, Chap. 8.

[May I learn and obey the divine laws of nature.]

## Daily Meditation: Tuesday, November 5, 2024

[Note: This will be the Daily Meditation for NEXT YEAR (2024) on November 5. 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!]

Instead of providing humanity with comfort and weapons, pandering to human instincts of laziness and aggression, science should orient its research in another direction. Can scientists be happy or proud to have given us so many increasingly efficient ways to destroy ourselves? As human beings move towards total self-destruction, they are also gradually losing their physical stamina and mental faculties because of all the devices that relieve them of any effort. It seems as though progress is being made, but in reality, our willpower and our spiritual faculties are diminishing. This is why more and more thinkers and even scientists have begun to question whether all this technical progress is really helping humanity. This does not mean that progress should be halted. No, it is nature itself that drives human beings to do research, but this research must be given a different direction. **We must never stop searching, never cease delving into the mysteries of nature, but simply take a different direction, toward the heights, toward the spirit.\***

\* Related reading: [\*The Yoga of Nutrition\*](#), Izvor No. 204, Chap. 4.

[May I never cease delving into the mysteries of nature and the spirit.]

## Daily Meditation: Saturday, November 5, 2022

[Contentment - cultivate it by means of intelligence and gratitude]

In general, we do not think about how vital it is to cultivate contentment. Human beings live in a perpetual state of criticism, dissatisfaction, and revolt, without knowing that this dissatisfaction

is actually the manifestation of a lack of love. However, contentment cannot be based on feelings, because the heart is happy only when it has everything it desires, which happens but once in a while, and for a brief moment. So, feelings are not a very stable foundation. Whereas if you take intelligence, reason, and thought as the basis for contentment, even if you are dissatisfied, you will know that you should be content, and your reasoning will quickly chase the clouds away. It is important to know that prolonged dissatisfaction, whether conscious or not, erodes and damages something in our being, and encourages negative actions. The best way to destroy the bad effects of dissatisfaction (which some people unconsciously maintain and nurture for years), is to **give thanks repeatedly several times a day, even if there is no reason for it.** Giving thanks is simply like an antidote to the poison engendered by discontent.

[I give thanks ... thanks ... and more thanks!]

## Daily Meditation: Friday, November 5, 2021

[Collectivity - everyone benefits if they work for the good of the collectivity]

Most human beings tend to work only for their own ends, but this solution is not ideal, for if misfortune falls on the collectivity it will fall on them too. As long as the whole collectivity does not live in peace and prosperity, the individuals within it are exposed to misery or misfortune. Whereas **if the affairs of the collectivity prosper, all individuals benefit** – even if adversity strikes one of them, all the others will come to help. The foolishness of working only for oneself is very costly: suffering, wars, and devastation. Unfortunately, since the time this has been going on, human beings still continue to work just for their own good, to the detriment of the collectivity. Everyone takes advantage, thinking that by looking after themselves, their future is secure. Well no! If misfortune befalls the collectivity, their happy little world crumbles around them, for they are part of this collectivity, and share in its vulnerability.

[I choose to work for the benefit of the collectivity.]

## Daily Meditation: Thursday, November 5, 2020

[No one will deny that human beings possess a physical body ...]

No one will deny that human beings possess a physical body; but that is no reason to dwell exclusively on a person's organs, on their stomach or intestines for instance. What good will that do you? Of course, you will say that you are not interested in their stomach and intestines; that it is their beauty that interests you and you find that beauty in their eyes, their face, their hands, and so on. Yes, but you must not stop there either; try to look even further, otherwise you run the risk of being disappointed, for you are confining yourself to purely material details. If you want to be happy and inspired, try to **rejoice in the presence and subtle emanations of all those around you,**

knowing that an invisible divinity lies hidden within them. Above and beyond the physical body of a man or woman are the emanations of their soul and their spirit, and that is what is most important.

[I rejoice in the emanations of each person's soul and spirit.]

## Daily Meditation: Tuesday, November 5, 2019

[The Holy Spirit descends only on those who have prepared a home for it.]

Sometimes you meet people who imagine that giving themselves up to vague mystical impulses will attract the Holy Spirit. No, **if you are to receive the gifts of the Holy Spirit one day, you must absolutely not give yourself up, or rather, you may do so but only after you have carried out a huge inner work of purification and self-mastery.** Whenever we want to tackle anything, we always have to begin by preparing the right conditions, and the first of these is to do some cleaning. When you need to pour liquid into a container, you check that the container is clean, and if it is dirty you wash it. So, how can anyone whose inner state resembles a dirty container believe that the Holy Spirit will come and live in them? What will come are dark, impure entities, because they will be attracted by the food that is there for them: all those feelings and thoughts inspired by the person's lower nature that they have been unable to master.

[I am attracting the Holy Spirit by doing an inner work of purification and self-mastery.]

## Daily Meditation: Monday, November 5, 2018

[Loneliness - an experience which forces us to seek that which is essential]

At one time or another in our life we each experience that terrible feeling of loneliness. In this empty and dark space, people no longer know where they are or where they are going. Jesus himself was travelling through this dark wilderness when he exclaimed, "My God, why have You abandoned me?" Sooner or later, all human beings, even the greatest initiates, go through this indescribable loneliness. Why? Because it is a necessary experience in order to understand what is essential. **It is when we feel alone and abandoned that we understand the truths of the soul and spirit,** not when we are happy, satisfied, and surrounded by friends. In reality, no one is ever abandoned in the true sense of the word. Even when we have to pass through the most terrible ordeals, each one of us is surrounded by spirits and beings speaking to us and watching over us. Loneliness does not exist. It is only a passing state of consciousness, and the only way to move through it as quickly as possible is to soar towards the Being who sustains all creation.

[In my loneliness, I understand the truths of the soul and spirit.]

# Daily Meditation: Sunday, November 5, 2017

[Trowel and sword - the symbolic meaning of these two masonic symbols]

The higher world and the lower world are not separate; in both the universe and in human beings, there are connections between these two worlds. That is why, **when humans have a very elevated, very spiritual wish, it can provoke their lower nature which then immediately raises opposing forces.** The magnificent things you desire on high awaken contradictory forces and desires in the roots of your being! These tricks of the lower nature triumph with much greater difficulty in the disciple who understands and is enlightened, because they know they must take precautions. While they build their inner temple, they pray to have around them, beings that watch over and protect them. In early freemasonry, whose philosophy was based on a true science, the mason was represented working with a trowel in one hand, and in the other a sword with which to defend himself. So, while the mason is busy building, they are also vigilant and make sure that in the cover of darkness certain enemies do not try to worm their way into their fortress. And if they do try to enter, the mason wards them off with their sword.

[I pray for beings to watch over and protect me, while I build my inner temple.]

# Daily Meditation: Saturday, November 5, 2016

[Economics - a lesson nature gives us]

**To understand economics, you have to heed nature's lessons.** You will say, "But nature doesn't give lessons in economics! All those plants, all those animals, all those human beings continually being born and dying over billions of years – what a waste! What purpose have all these lives served?" No purpose, of course, the way you understand the word "serve." But all those lives had their use in the cosmic economy. Nature has never been concerned about the billions upon billions of dead bodies of human beings, animals, and plants – they go back to the earth and create other living beings. Whereas you can see how difficult modern societies find it to rid themselves of their waste! They make more and more materials which do not break down naturally once used, and they pollute the earth, the air, the water, and so on. You might say, "But plastic, batteries, petrol, nuclear energy, and so on, represent progress." Of course, I'm not denying that. But as this progress was being made, thought should have been given to all the disadvantages that would accompany it, and to ways of neutralizing them.

[ALL lives have use in the cosmic economy.]

## Daily Meditation: Thursday, November 5, 2015

[Living is not enough; you must ask yourself what kind of life you are living.]

Humans seek power, wealth, knowledge, and love. But really it is life they should be seeking. “And why seek life?” you might ask. “We already have it – we are alive. We should be looking for what we don’t have.” That’s true, you are alive, but the life is not the same in all beings; there are varying degrees of life. **Living is not enough; you must ask yourself what kind of life you are living.** Humans, with their physical make-up, of course live a human life, but within, their life can take on an infinite number of shapes and colors: those of a stone, a plant, or an animal... or else of an angel, an archangel, or a celestial being... When Jesus said, “I came that they may have life, and have it abundantly,” the life he wanted to bring to all humans was the divine life, the current that springs pure and clear from the original source.

[I seek the divine life.]

## Daily Meditation: Wednesday, November 5, 2014

[Binah, Chokmah, Kether - regions the serpent cannot reach]

Only after lengthy work will disciples of a spiritual teaching reach a higher level of consciousness. But once they have reached it, it is just as hard, in fact harder, for them to remain there. This is why **stability is seen as the peak of initiation**, the moment when the disciple can finally say, just as the hierophant in ancient Egypt said, “I am stable, the child of stable, conceived and begotten in the land of stability.” What is stability? It consists in no longer being affected by evil; in other words, we have to have risen to regions where evil no longer has any hold. Why do certain events we once found annoying or discouraging not affect us when they occur again in different circumstances? Because we have attained a level of consciousness where they can no longer reach us. In the Cabbalah we are told that the serpent can climb as far as certain sephiroth but that it is impossible for it to reach the region formed by Kether, Chokmah, and Binah. And as we are created in the image of the universe, we have regions within us too where evil no longer finds favorable conditions for life. In the sublime regions of our being and of the universe there reigns such light, such an intensity of vibrations, that everything that is not in harmony with this purity and light disintegrates.

[May I become stable, no longer affected by evil.]

## Daily Meditation: Tuesday, November 5, 2013

[Answers - we receive from the invisible world]

Although the earth is heavily populated, much of the anxiety humans experience comes from the fact that they feel as if they have been thrown into the world as into a desert, and they find themselves alone and lost, with no one to answer their questions or respond to their requests! Well, no, they are not alone, and they will realize this when they become aware of being part of a whole, that this whole is alive, and they can therefore have constant exchanges with it. If they speak, there are always creatures somewhere that hear them and respond. To everything we do, say, or ask, we receive responses that confirm or refute, approve, or condemn. **The invisible world is continually present, all around us. It watches us, listens to us, and always gives us answers.** Its language, which is very different from ours, is not easy to understand. But it answers us indirectly, whether through a human being, an animal, or a natural phenomenon. They are doubtless unaware that they are carrying messages, and it is for us to do the interpreting.

[The invisible world always gives me answers.]

## Daily Meditation: Monday, November 5, 2012

["Be perfect as your heavenly Father is perfect" – commentary]

When Jesus said, "Be perfect as your heavenly Father is perfect," he did not believe, of course, that humans were capable of attaining the perfection of their heavenly Father. And yet, this is the ideal he presented to us, because it is the only one that can satisfy our need for the absolute. Our existence cannot possibly be limited to satisfying a few ambitions. **We must seek what cannot be found, aim for what cannot be reached, attempt what cannot be achieved.** Thus, we will always remain expectant and alive. Cosmic Intelligence has thought of everything. The dead ends where humans are tempted to stray are strewn with obstacles, forcing them to turn back, whereas on the right path there is hardship, but the way is clear. It matters little that the ideal is unachievable; it exists in them... ideally. It is a part of their daily life, and from it they receive a strength, peace, and joy that more achievable goals will often cause them to lose.

[I receive strength, peace, and joy in seeking to be perfect.]

## Daily Meditation: Saturday, November 5, 2011

[Light - spiritual gold]

We need money to live, of course, but not very much of it. It is the impulses of the lower nature – sensuality, ambition, the will to power – that make humans so grasping and greedy. Their higher nature does not demand money. It requires only freedom, infinity, heavenly splendors, which money cannot give. Money is of no use to the soul and spirit, as it has no power to dispel inner darkness. So look closely at yourself and know that if money is important to you it means you are in the grip of your lower nature. In order to escape it, you must seek light, expansion of consciousness, and love for the Lord. **When you seek the light, you already have gold** – yes, the gold found in the spiritual banks – and thanks to this gold you will be able to “buy” the best of everything you could wish for in heaven’s shops.

[As I seek the light, I find gold in the spiritual banks.]

## Daily Meditation: Friday, November 5, 2010

[Achievement - source of the greatest joy]

Cosmic Intelligence has given human beings the gift of a mind, a heart, and a will. To satisfy their mind, they need to think; to satisfy their heart, they need to experience feelings; to satisfy their will, they need to act. And it is in action that they know the greatest joy. **Fulfilment is found not in understanding or feeling but in action and achievement.** When we are in action, we feel in tune, at one with the primordial force. For an action implies concentrating all one's energies, including all the cells of one's being, before making the gesture that accomplishes it. This is why any act of kindness, wisdom, disinterestedness, or love performed with full awareness brings fulfilment.

[In action, I find joy and fulfillment.]

## Daily Meditation: Thursday, November 5, 2009

[Some teachers and even parents, exasperated by the behavior of the children ...]

Some teachers and even parents, exasperated by the behavior of the children in their care, will look daggers at them, unaware that these children will remember such looks of hatred all their life. **Although children may not understand, they are sensitive, and they can feel what is in a look.** A slap or a spanking, if needed, can do them no harm, but be mindful of how you look at them. Children soon forget they have been slapped or spanked, but they will never forget a nasty look. Occasionally, parents with particularly difficult children have come to me for advice, and I



have told them, “If you have to punish a child who’s done something wrong, speak to them gently and with kindness in your eyes. Tell them they are going to be punished, because there are rules you can do nothing about; even cry with them, if you have to, and then go ahead and smack them! The child will understand they are not being punished out of malice but to teach them there are laws that cannot be evaded. This way you are instilling into their mind true notions of justice.”

[I am mindful of how I look at children.]

## Daily Meditation: Wednesday, November 5, 2008

[Lost civilizations and the history of humanity are interesting, but ...]

Lost civilizations and the history of humanity are certainly very interesting subjects, but that is not where you will find what is essential. **The essential thing is the life that flows today.** You can find Christ’s tomb and go and kneel before it, but there wouldn’t be much point, for Christ is no longer there in the tomb. The Christ is an immense river that flows in the universe, wherever there is life, wherever there is love. And besides, out of all the Christians who go to Palestine to trace Jesus’ footsteps, or even all the heads of churches, would many follow him if he came back today? Not only would they not recognize him, they would once more persecute him and call for his death. Why? Because they haven’t fathomed the secrets of life and love.

[May I fathom the secrets of life and love!]

## Daily Meditation: Monday, November 5, 2007

[People understand happiness in the form of a great love affair ...]

People understand happiness in the form of a great love affair, success, fortune and glory, and they wait for them. If these things don’t materialize, some go and consult astrologers, who tell them: “Yes, love is definitely on the way, and success, too... in six months, in a year, when this transit or that planetary conjunction takes place.” Reassured by this, they continue to wait... Well, no, happiness is not something that comes – or does not come – from the outside. Happiness is a state of consciousness, which depends on a proper understanding of things. Do not imagine that we have come to earth to see all our desires fulfilled. **We have come to earth to learn and to perfect ourselves. And how do we perfect ourselves if not by encountering new problems to be solved every day?** You must be very clear about this: the earth is a school, and as in all schools only those who learn and progress will be happy.

[May I find fulfillment in the desire to learn and to perfect myself.]

## Daily Meditation: Sunday, November 5, 2006

[Human beings are like seeds cast into the world by the Creator...]

Human beings are like seeds cast into the world by the Creator, each imprinted with the image of divine perfection. This is the meaning of the verse in Genesis which says that God created man in his image. And what is the destiny of a seed? To germinate and grow until it becomes a tree. **We are all seeds, which is to say potential divinities.** Yes, and by striving each day to improve what is best in us, we will truly become divinities. To be a seed is magnificent in itself, but it is even better to become a tree with roots, a trunk, branches, leaves, flowers, and fruit, for here we find plenitude. This is why we must work to come closer and closer to divine perfection, to this perfection already imprinted somewhere within us, as it is in the seed, so we too may become a tree of life.

[May I become a perfect tree of life.]

## Daily Meditation: Saturday, November 5, 2005

[Doubt - its paralyzing effects]

**Doubt arrests movement; it paralyzes.** Notice what you feel, for example, when you begin to doubt the faithfulness of a friend: you no longer know how to interpret his gestures and words. Everything about him begins to appear suspect, and it is as if something is falling apart in your head and your heart. You will say that at times doubt is justified, because friends do not always turn out to be faithful. Yes, of course, but I use this example because undoubtedly you have had this experience, and because it can help you understand what happens when you allow yourself to be infiltrated by doubts about what is essential for you: the foundations of your existence, its meaning, and the path you are to follow. Here too, little by little, everything falls apart.

[May I be free of doubts about what is essential for me.]

## Daily Meditation: Friday, November 5, 2004

[Clairvoyance is only given through love.]

Do not seek clairvoyance through occult methods. **True clairvoyance, the true eyes, are in the heart, and it is love which opens these eyes.** When you love another, what do you see in him? You see things that no one else sees, because love makes true clairvoyance possible. A woman who loves a man sees him as a divinity, and do not tell her she is mistaken! Objectively speaking, yes, she is mistaken; but if she seems to exaggerate the beauty and virtues of her beloved, it is because she sees him as God originally created him, or as he will be when he

returns to the womb of the Eternal. You have not yet understood the power of love to open the eyes of the soul. Those of you who wish to become clairvoyant must learn to love. Your hearts must call out for help, like the blind man in the Gospels: “Have pity on us, Lord.” Launch an appeal, and one day the light of the cosmos will come and ask what it can do for you. “Open our eyes!” you will say, and your eyes will be opened.

[Open my eyes, Lord, the eyes of my heart!]

## Daily Meditation: Wednesday, November 5, 2003

[We give ourselves a goal, and to reach this goal, we have ...]

We give ourselves a goal, and to reach this goal, we have to follow a certain path and apply certain methods. But in reality, **the goal and the method are one and the same**. When Jesus said: “I am the way, the truth, and the life,” he was identifying with the path, the way. He walked on the path and he was that path. And those who follow Jesus, those who walk on this path, must themselves become the path. They think about God, they advance toward God, and they themselves must become God. That is, they must identify with their goal. In this way, the goal becomes the method. And the method comprises all the exercises which enable us to advance, so that one day we become one with God and are able to say, like Jesus: “My Father and I are one.”

[May I become one with God.]

## Daily Meditation: Tuesday, November 5, 2002

[Nobody forces anybody to choose a master in order to become his disciple.]

Nobody forces anybody to choose a master in order to become his disciple. Therefore, people who decide to follow a master would avoid serious misunderstandings if they knew, before making this choice, what they are and are not entitled to expect of him. **The road that leads to perfection is infinite and however great a master may be, he is not perfect**. Whatever his disciples think of him, he himself knows very well that he is far from having reached the same degree of evolution as the perfection of God Himself. This is why the disciples who truly appreciate their master and are aware of what he can bring them, have for him only thoughts and feelings of the greatest purity, of the greatest light. And as such they make his work easier and they benefit themselves because the master is better able to help them.

[As a disciple, may I have only thoughts and feelings of the greatest purity.]

## Daily Meditation: Monday, November 5, 2001

[All modern scientific discoveries - the radio, telephone ...]

All modern scientific discoveries - the radio, telephone, television, tape recordings, atomic fission, laser, etc. - had already been made by the initiates of antiquity. And as these discoveries correspond to laws that govern the psychic and spiritual worlds, it was within themselves that the initiates found them. **Contemporary researchers are workers who have come back to earth to apply on the physical plane the laws that exist in the spiritual world.** Everything must be realized in matter. Often these researchers are ancient initiates, alchemists, magi and cabbalists who have reincarnated with a mission: to realize on the physical plane everything they already know and have realized on the spiritual plane. If these phenomena did not already exist on the spiritual plane, they could not exist on the physical plane. "That which is below is like that which is above"; and so one day everything that is above in the world of the spirit must appear in concrete form below, in the world of matter.

[May I be shown the spiritual laws that govern our modern scientific discoveries.]

## Daily Meditation: Sunday, November 5, 2000

[Disciples must do their best to master their own consciousness.]

Disciples must do their best to master their own consciousness, so that they do not give in to all kinds of forces threatening to control them. **The inner voice of a disciple must speak stronger and louder than any other**, in other words, than the voices of the belly, stomach, genitals, liver, brain, and heart, which constantly send out their representatives to make demands. Of course, disciples cannot prevent some suggestions, in the form of images or instinctive impulses, from reaching their consciousness to try and hamper their spiritual work, but they must learn to control them. Only then will they be able to lead independent lives. Disciples are people who have understood that all the conflicting forces of will within them must be controlled and enrolled to work in the interest of their whole being. They impose upon their being the law of the spirit and thus their consciousness becomes superconsciousness.

[May all the forces of will within me work in the interest of my whole being.]

## Daily Meditation: Friday, November 5, 1999

[It is said in Genesis: “God created humankind in his image...]

It is said in Genesis: “God created humankind in his image, in the image of God he created them; male and female he created them.” Which means, according to the Zohar, that God created Adam, primordial man, as male and female, in other words having both principles. You will say, “And what about Eve? It is written that then God created Eve.” Yes, God took the feminine principle from the masculine principle. He objectified her before Him. The meaning of this image of God taking one of Adam's ribs and making it into Eve has greatly preoccupied theologians. Adam and Eve are not a man and a woman. They are symbols. Adam is the masculine principle, who begat Eve, the feminine principle. And what does that mean? That the first principle came out of his state of extreme subtleness in order to condense, and in so doing he created another principle, Eve. It is said in Genesis that Adam was created before Eve because Moses, who was an initiate, knew that the masculine principle always manifests first. He is first because he is the creative principle: he is the basis of creation and therefore also the basis of all matter. Matter is a condensation of the power of the spirit which Moses describes by means of an image: Eve drawn from one of Adam's ribs. **Matter is a condensation of the forces of the spirit** and that is why, symbolically, the feminine principle always comes after the masculine principle.

[I see matter as a condensation of the power of the spirit.]

## Daily Meditation: Thursday, November 5, 1998

Instead of providing humanity with comfort and firearms, pandering to human instincts of laziness and aggression, science must orient its researches in another direction. Are scientists happy and satisfied now that they have provided us with increasingly efficient ways to destroy ourselves? As human beings move towards total self-destruction, they are also losing their physical stamina and mental faculties, because of all the devices that relieve them of any effort. It seems as though progress was being made, but in reality, our will-power and our spiritual faculties are diminishing. As a result, thoughtful people, and even scientists, have begun to question whether all this technical progress is really helping humanity. Of course, we should not try to stop progress, as the instinct which prompts human beings to research is natural and desirable; but this research must be given a different direction. **Never stop searching, never cease gaining an ever-deeper knowledge of the mysteries of the natural world, but simply orient this work differently, toward the heights, toward the spirit.**

[I focus on researching the mysteries of the spirit.]

## Daily Meditation: Wednesday, November 5, 1997

There is a great deal of traffic on the roads on earth, less on the high seas, and less again in the air. This is why it is safe to fly at great speeds.

Now for the interpretation of these facts. If you remain on the physical plane—the plane of the stomach and sexual organs—you will collide with a great many obstacles: the interests of your family, friends, neighbors, and colleagues. “In that case,” you say, “I’ll move on to the astral plane, the plane of feelings and emotions.” Well, you may be safer on the astral plane, but there, too, you will be in danger from the desires, passions, and jealousy of other people. “Then I’ll rise to the mental plane, the plane of thought,” you say. That is better. But even there, you can collide with those who hold different philosophical, scientific, religious, or political ideas. **If you really want to avoid being knocked about, bruised, and trampled on, go even higher.** Move to the subtle, limpid, luminous realms of the ether.

[I choose to fly at great speeds in the luminous realms.]

## Daily Meditation: Tuesday, November 5, 1996

**If we learn to thank God every day, to be grateful for all that he gives us, we shall possess the magical secret that can transform our lives.** When a person is capable of gratitude, the love and light within him are intensified and are reflected in all that he does. He has a new way of looking at things; he brings a new and more positive attitude toward the people he meets; and they in turn are increasingly drawn to him, because they sense that he is a source of peace and joy. Those who meet him say: “What can we do for this wonderful person?” In this way God enters their hearts and, through them, rewards this being who remembers to thank him.

[I remember to give thanks every day.]

## Daily Meditation: Sunday, November 5, 1995

When Jesus said, “It is not meet to take the children’s bread, and to cast it to dogs,” he was talking neither of physical bread nor of physical dogs. Both must be understood symbolically. The bread is that which is prepared by our hearts, minds, souls, and spirits for the nourishment of angels and archangels and other heavenly entities, and we must take great care of it. We must not allow it to be eaten by “dogs,” that is, by the animals of the astral plane.

Blessed are they who are impregnated with this thought! Divine entities sometimes come to visit us, but if the inferior entities of the astral plane have already devoured everything, they go away again. This is the truth. There is nothing to be astonished about. **From time to time sublime visitors, royal guests, come from the invisible world to give us some of their experience,**

**virtues, and light, and when they come, we must be ready and able to put before them the kind of food they like.**

[O divine entities, give me some of your experience, virtues, and light!]

## **Daily Meditation: Saturday, November 5, 1994**

Most human beings tend to work only for their own ends, but this solution is not ideal, for if misfortune falls on the collectivity it will fall on them, too. As long as the collectivity does not live in complete peace and prosperity, the individual members will be subject to misery and unhappiness, **whereas if the affairs of the collectivity prosper, everyone benefits.** If misfortune strikes an individual, he will be helped by all the others. To work for oneself is not only foolish, it is very costly, and has to be paid for in suffering, wars, and devastation. Unfortunately, the fact that this has been going on for centuries never deters individuals from working for their own good, to the detriment of the good of the collectivity. Each one wants the lion's share for himself. They think that by taking care of their own needs they are making their future safe. What an illusion! One mishap to the collectivity and their happy little world crumbles around them, for they are part of that collectivity, and share in its vulnerability.

[May my work help the collectivity to live in complete peace and prosperity.]

## **Daily Meditation: Friday, November 5, 1993**

No one will deny that human beings possess a physical body; but that is no reason to dwell exclusively on a person's organs, on his stomach or intestines for instance. What good will that do you? Of course, you will say that you are not interested in his stomach and intestines; that it is his beauty that interests you and you find that beauty in his eyes, his face, his hands, and so on. Yes, but you must not stop there either; try to look even further, otherwise you run the risk of being bitterly disappointed, for you are confining yourself to some purely material details. **If you want to be constantly happy and inspired, try to rejoice in the subtle emanations of the divinity that lies hidden within those around you.** Above and beyond the physical body of a man or woman are the emanations of the soul and spirit. It is these that are important.

[I to rejoice in the subtle emanations of the divinity that lies hidden within those around me.]

## **Daily Meditation: Thursday, November 5, 1992**

Suppose you have eaten too much. There is no law of society to condemn you, no policeman will come and arrest you, but you will be ill in bed. What kind of justice strikes you down and puts

you to bed? The laws of nature are not those of human beings. Human beings will come and visit you when you are ill and sympathize with you: "Poor fellow, I'm sorry you're ill!" Yes, but they will not be able to do anything for you. Only nature can help. Obey her laws once again, and you will be cured. **You must learn which laws are the laws of nature, the divine laws to which your mind, your heart, and your physical body owe obedience.** Remember that everything you say and do means an expenditure of energy, and you must see where your energies go, and take care that they do not cause any damage.

[I will obey the laws of nature!]

## **Daily Meditation: Tuesday, November 5, 1991**

We generally don't think about how essential it is to cultivate contentment. Humans live in a state of criticism, dissatisfaction, and revolt without knowing that this discontent is in reality the expression of a lack of love. However, contentment cannot be based on feeling, because the heart is only happy when it has everything it desires, which only happens from time to time, and for a moment. Feeling is therefore not a very secure basis. Whereas if you take intelligence, reason, and thought as the basis of contentment, even if you are unhappy, you will know that you must be content, and in a short time your reasoning will chase away the clouds. You should know that prolonged discontent, conscious or unconscious, disintegrates, damages something in the being, and pushes it to act negatively. The best method to eliminate the bad consequences of discontent (which some people maintain and nourish unconsciously for years), is to thank constantly several times a day, even if there is no reason to thank. **Thank you is simply like an antidote to the poison caused by discontent.**

[Even if I am unhappy, I choose to be thankful and content.]