

The Daily Meditation Prayer Collective

Please consider this your personal invitation to join (as you are able) in a worldwide Prayer Collective to help anchor more fully the Teaching of Omraam Mikhael Aivanhov in our individual lives and in all of humanity. It is high time to transform our world and to usher in the next Golden Age!

Ever since the Master left the Earth plane, short quotations from him have been published in a suitable form to be used as daily meditations. At first, they were printed in booklets that covered three or four months, and then, beginning in 1991, they appeared in annual volumes.

The quotations are timeless, and it is really only necessary to focus on one per day, but for those of us who wish to join in a really intense experience, here is a suggestion:

- (1) Gather as many volumes of the Daily Meditations as you can. (See below for ordering information.)
- (2) Each day, read all of the meditations for that day of the year.
- (3) After each one, pause to make a short prayer, to apply that day's Teaching more fully in your life.

Many thousands of people worldwide have used these daily meditations, and the books are continuing to be used. You can tap into that collective mind of prayer and add to it. Feel the passion of these meditations – past, present, and future. Connect with those who have, are, and will be using these meditations, and add your prayers to theirs.

The books are all out of print, but 29 volumes are still available at prosveta-usa.com/daily-meditations. While supplies last, you can get an entire set of them for the special price of \$300 (including shipping in the US) at prosveta-usa.com/set-of-29-daily-meditation-books-plus-prayer-dvd. As a bonus, you will also receive a DVD of the Master's lecture "Prayer and the Value of Community" (spoken in French, but with subtitles in 11 languages).

If you already have several volumes and just want to add to your set, you can use the promo code GoldenRuleUSA and get 40% off when you buy seven or more volumes at a time.

The following pages contain Daily Meditations that have been published over the years for October 2. Following each one is a short prayer that I added (feel free to compose a prayer of your own). Please join in reading through these to experience anchoring the collective love, light, and warmth that they contain.

May every moment of your life be a meditation and a prayer.

With warm regards,
Aaron Rose

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October 2, 1987

Mastering Money

“Money is a dangerous commodity in the hands of a man with no spiritual ideal, for he will hide it away in his head and think of nothing else: the idea of money, the desire for money will balloon to such proportions within him that it will darken his sky and block out the light of Heaven and prevent it from manifesting itself.

“You must have money, that goes without saying, but put it in your pocket, in a drawer or a safe – anywhere but in your head, otherwise it will be the master and you will be its slave. If you are the master, if money obeys you, then you can do a lot of good with it. But if money is the master it will make you want to dominate others or even to eliminate them, and you will find yourself forced to break any number of laws. Only an Initiate is capable of possessing all the gold in the world and never doing any harm, because he is master of himself as well as of the gold. So you must think about the attitude you should have in relation to money and, above all, avoid making it your ideal, your goal in life, otherwise it will be the ruin of you.”

Omraam Mikhael Aivanhov

Prayer: May I maintain a masterful attitude about money.

October 2, 1991

Absorbing the Subtle Elements of Food through Meditation

“To eat is to introduce into our body materials that will enter into the construction of our physical body, but also of our subtle bodies. It is therefore particularly important to perform this act that we repeat every day, several times a day, in a state of peace and harmony. That’s why I always insist on the importance of meditating a few minutes before meals. I know, it’s not a very common habit, most people don’t even pray; immediately they throw themselves on the food, they swallow while talking, bickering, pushing the cutlery... That is why they do not derive great benefits from food, they only absorb the coarse elements of it. To absorb the subtle, etheric elements of food, one must prepare to eat in harmony and contemplation.”

Omraam Mikhael Aivanhov

Prayer: May my mealtime meditations be sweet.

October 2, 1994

Transformation through a Spiritual Collectivity

“The existence of a brotherhood, or spiritual collectivity, is useful and beneficial for numerous reasons, but particularly because it provides mankind with the most favorable conditions for self-transformation and progress. Often, when we are alone, we do not have the willpower to try to improve ourselves, whereas in a collectivity we are stimulated and encouraged, and we find it easier. We certainly learn best from an example. So many people have gotten into trouble – whether through debauchery, alcohol, drugs, or crime – simply because they were influenced by others. So if we can accept that a collectivity has the power to lead people into evil ways, why can we not see that it can also lead them into good ways?”

Omraam Mikhael Aivanhov

Prayer: May I be led into good ways through a spiritual collectivity.

October 2, 1995

Learning to Manifest the Qualities of the Feminine and Masculine Principles

“Evolution is a law of life. Cosmic intelligence does not intend forms to be eternal on the physical plane. They are perpetuated in the higher world of archetypes – for all forms are eternally at the service of cosmic intelligence – but if man attempts to perpetuate forms on Earth, if he refuses to evolve in his manifestations, the invisible world responds by shattering his ancient forms. This harshness always takes people by surprise, but how can they evolve if they cling to the same old forms?

“What happens to human beings from one incarnation to the next? Usually they are not of the same sex. If you were a woman in your previous incarnation, it was so that you might learn to manifest the qualities of the feminine principle. And if today you are a man, it is so that you may learn to exercise other qualities.”

Omraam Mikhael Aivanhov

Prayer: May I evolve to perfectly manifest the qualities of the feminine and masculine principles.

October 2, 1996

Feeling the Unity of All Human Beings

“Human beings tend to neglect the notion of unity. They discuss it from time to time, of course, but where and when? More often than not it is when it is a question of crushing an adversary. Yes, when it comes to resisting those whom they see as enemies, people are ready to call for unity. But this, of course, is not true unity. True unity never combats or excludes anyone. On the contrary.

“Those who strive to raise their mind to the summit that represents unity begin to sense that all human beings are linked. And this is true: on the higher plane we form a unit. Each one of us is a cell of the great cosmic body, and each single cell reflects the entire body. Those who injure others in the belief that they are separate entities, and that they are not thereby injuring themselves, are deluding themselves. When we harm someone else we are always harming ourselves, even though we may not yet be capable of feeling this.”

Omraam Mikhael Aivanhov

Prayer: May always feel unity with all human beings.

October 2, 1997

Adapting without Compromise

“It is important to know how to adapt oneself. To adapt oneself is to be sympathetic, open-minded, and tactful; to know just what to say – or not to say – and when. And what is even more important is that spiritualists must be able to adapt to others without surrendering anything of their ideal – in other words, without compromising their spiritual principles. They must be tolerant, therefore, while remaining perfectly honest, upright, and honorable. This kind of adaptation requires great flexibility of character and a subtle form of intelligence.

“The one thing that really matters is to be faithful to one’s high ideal, one’s divine convictions. Were he to be cut up in little bits, the faith and love of a true servant of God must remain indestructible.”

Omraam Mikhael Aivanhov

Prayer: May I always adapt to others without compromising my spiritual principles.

October 2, 1998

Teaching Children Little Lessons

“Children will take full advantage of any weakness in their parents and teachers, and they cannot be blamed for that. If a child is never taught that some rules must be respected, and if it grows up expecting that its every whim will be granted, it cannot be expected to comply with the great natural laws. Such a child will be disobedient: it will defy everything and everyone, wreaking havoc all around, even to the point of hysterics, rather than give in. This is normal, because this is how it has been brought up, but it is not the child who is guilty. It is up to the parents to watch carefully, letting no opportunity be missed to teach their child all the little lessons it needs in order to learn to reflect and reason. The child may cry a little if he is punished, but the parents will console him, and for the rest of his life he will know that laws exist that must be respected.”

Omraam Mikhael Aivanhov

Prayer: May all parents learn how to teach their children to respect rules.

October 2, 1999

Birth Is a Death, and Death Is a Birth

“Have you ever asked yourself why a child is born head first? The child’s position at birth is deeply significant. Here is the reason: when you dive into the water you go in head down, and when you want to get out you stand upright, head up. The child coming into the world with its head pointing downwards shows that the spirit that descends from the subtle spheres above has to dive into a world that is far more dense. This position symbolizes the spirit that descends to engulf itself in matter. Inversely, when people die, they leave behind a very dense realm in order to enter a more subtle region, just like the swimmer who comes out of the water to get to the air, which is more subtle. Birth is therefore a form of death. Yes, indeed, the birth of a child is a death in the subtle realms. And death on Earth is a birth in Heaven.”

Omraam Mikhael Aivanhov

Prayer: May I remember why I was born.

October 2, 2000

How to Behave with Children

“Adults still have not really understood how to behave with children, and more still they are not thoughtful enough about the way they speak to them. So many parents and teachers continuously tell them they are inadequate, dunces, idiots, and the children, influenced by suggestion, hypnotized, after a while actually do become stupid and inadequate. Be aware that words are very powerful, influential, and what adults say to children may have a highly detrimental effect on them, may make them freeze up, may frighten them. Do children really have to be intimidated into being good and obedient? Is it really necessary to frighten them with wolves, the police, the devil, or who knows what else? Then, all their lives, these children risk feeling intimidated, frightened, and in danger, and they will become neurotic. There are many things adults must change in their attitude towards children otherwise what they call education will in fact be demolition.”

Omraam Mikhael Aivanhov

Prayer: May I understand how to be thoughtful in speaking to children.

October 2, 2001

Uniting with Heaven

“Do not let a single day go by without uniting with heaven, without meditating, praying. For nothing is more important and beneficial for you than to acquire a taste for spiritual activities. Stop for a few minutes, many times a day, and try to find within yourself a center of equilibrium, your divine center. You will then begin to feel that, in all circumstances of life, you have within you an eternal and indestructible element. And even if it does not pay off on the material plane, you become inwardly freer, stronger, and very confident... you are above the events of your life. This spiritual work is the sole richness, the sole possession that is truly yours. Everything else can be taken away from you: only your work is yours forever.”

Omraam Mikhael Aivanhov

Prayer: May I acquire even more of a taste for spiritual activities.

October 2, 2002

Education Is Very Useful

“Education is obviously very useful, because it gives you a job, prestige, authority and money. But you can accumulate as much knowledge in mathematics, history or medicine as you like, it will never transform you, and so if you are timid, sensual, quick-tempered, or selfish, you will remain timid, sensual, quick-tempered or selfish. No university will teach you about the laws that govern the moral world, about the Great Beyond, the afterlife and reincarnation. So even if you are a walking encyclopedia, you will not have the hope, the conviction, or the strength of will that will allow you to transform yourself, because you know nothing about these fundamental subjects. Whereas if you are taught that moral laws are the equivalent in the psychic plane of the laws of nature, that souls continue to live in the other world and how they then reincarnate, you will not be able to remain the same in the face of these revelations. You inevitably become more mindful of your outer and inner behavior.”

Omraam Mikhael Aivanhov

Prayer: May I learn the laws of the moral world.

October 2, 2003

The Higher Senses and the Lower Senses

“Sight, hearing, smell, taste, and touch... our five senses connect us to the world around us. Consider the fact that we can hear sounds from a distance and see things at an even greater distance, but to feel and touch things we must get closer and closer to them, and to taste them we must even put them in our mouth. So the five senses can be classified. Hearing and sight leave human beings freer, while smell, touch, and taste tend to ensnare them, because they require them to come closer to objects and other beings. But it is often the case that the higher senses – sight and hearing – lead people to the lower senses. Yes, eyes and ears try their utmost to sign contracts with the nose, the mouth, and the hands! A man marvels at the beauty of a woman, at the sound of her voice... Will he be satisfied merely to look at her and listen to her? He will not rest until he can get closer to her and breathe her perfume, caress her, and embrace her. But a spiritualist knows that he can break this contract, that if at times he resists approaching people and things in order to feel, taste, and touch them, he will make greater contact with their subtle being by means of his ears and eyes, and he will be freer.”

Omraam Mikhael Aivanhov

Prayer: May I focus more on the freedom of hearing and sight.

October 2, 2004

A Spiritual Master Works for the Divinity which Lives in Each Being

“If I did not believe that you were inhabited by the Divinity, that you are divinities, I perhaps would have become discouraged and abandoned everything long ago. It is for the Divinity that dwells within you that I continue, and that I adopt towards certain people an attitude for which others, who are well intentioned, reproach me. They say: ‘But why do you not see this person as he really is? You receive him and you trust him. Be careful, for he will create problems for you.’ Yes, but I know what I am doing, and it is they who do not know. I know that by acting in this way I can awaken this person’s desire to improve. If he does not improve, too bad! I use this pedagogical method consciously, and I know the risks I am taking. It is a shame, of course, if nothing good comes of it, but I am neither upset nor discouraged.”

Omraam Mikhael Aivanhov

Prayer: May I awaken the desire to improve in others.

October 2, 2005

Solitude – A Sterile State

“Someone says: ‘I want to save my soul,’ and in order to do so, he believes he is justified in distancing himself from others. Well, this ignoramus must learn first of all that it is impossible to save oneself on one’s own. Why? In the first place, we can never be creators on our own. To have a child we must come out of solitude, which is a sterile state, and find someone else, a woman or a man. Those who wish to remain alone will not only fail to save themselves but will also reap sterility, an abundance of it! To be saved, to enter into the light of God, we must unite ourselves with all those on Earth who think of him, who pray for his kingdom and who have decided to work for its coming.”

Omraam Mikhael Aivanhov

Prayer: May I be united with all who pray and work for the coming of the Kingdom of God.

October 2, 2006

How Many People Genuinely Wish for the Peace and Happiness of Humanity?

“More than six billion human beings inhabit the Earth, but how many of them genuinely wish for the peace and happiness of humanity? So very few! And when these few raise their voices they are quickly stifled by the clamor of those who, consciously or not, only want to dominate others and seize their lands and riches. This is why the celestial entities, seeing how few people are capable of voting in favor of peace and well-being for all, have no choice but to leave humanity to its sad lot. Without realizing it, human beings are participating, for good or ill, in a collective endeavor. If the voices of the altruistic and enlightened increase in number – or even if, without increasing their numbers they become more powerful and convincing – the decision will be taken in favor of the kingdom of God and the Golden Age. But people themselves must tilt the balance in this direction, for the spirits on high do not intervene. They are content, shall we say, to register the votes.”

Omraam Mikhael Aivanhov

Prayer: I vote in favor of the Kingdom of God and the Golden Age!

October 2, 2007

A Spiritual Master Is Not so Interested in Imparting Knowledge

“A spiritual master is not so interested in imparting knowledge to his disciples. Instead he wants to give them ways to work, and above all he wants to motivate them. Knowledge will come later. Spiritual knowledge is useless unless people have resolved to work. For example, what is the point of reading books on the creation of the universe and its different phases: saturnine, solar, lunar, and so on? This is so remote and unverifiable! What can you make of these notions if you have not learned to eat, breathe, work, and love properly... in other words, to live? You may know how much time it took God to create the universe, but you torment yourself over trivialities, you make yourself ill, you have your heart broken and break others' hearts. This is not very impressive. What matters most is for the disciple to take a few essential truths, understand them properly, and put them into practice.”

Omraam Mikhael Aivanhov

Prayer: May I understand essential truths and put them into practice.

October 2, 2008

Quality Is a Spiritual Element which Must Come from Us

“The Master Peter Deunov once said, ‘You complain of having an empty stomach, because you’ve had to make do with a quarter of a loaf of bread. It’s not really your stomach that’s empty but your head and heart. If you add a wise thought or a loving feeling to each mouthful, a quarter of a loaf contains enough salt to nourish you for a long time.’ Was the Master really telling us to make do with just a quarter of a loaf of bread a day? No, he simply wanted us to understand that quality is more important than quantity as far as nutrition is concerned. But true quality is hard to find; it’s not supplied in any shop. Quality is a spiritual element which must come from us. We must eat sufficient food, and it must be healthy, but it’s our job to add an element from ourselves to the simplest of food to give it flavor, for this flavor will be a source of energy and plenitude.”

Omraam Mikhael Aivanhov

Prayer: May I always flavor my food with spiritual quality.

October 2, 2009

Human Beings Were All Built to Understand Divine Realities

“In the workshops of the Lord, human beings were all built to understand and experience the same divine realities. On Earth, however, they tend mostly to emphasize and assert their differences and conflicts, causing endless misunderstandings and confrontations. Of course, there are still a few basic needs they all recognize: food, drink, sleep, shelter, bringing children into the world, and so on. On these, everyone is more or less in agreement, but on everything else there is a total lack of understanding, a tower of Babel, as in the book of Genesis. Everyone says, ‘In my opinion, it’s like this... What I think is this...’ Fine, but what about the other person’s opinion? Of course, each one can be right from their own point of view, but each person’s rightness results in a free-for-all. And that’s the way of the world, as they say. The world goes from one fight to the next, because everyone wants ‘their’ point of view to prevail.”

Omraam Mikhael Aivanhov

Prayer: May I inspire others to experience divine realities with me.

October 2, 2010

Bringing Up Children Means Nourishing Their Soul and Spirit

“People stay close to others to take care of them, supposedly out of love. But how will they help them if they have not tried to raise their own level of consciousness? That sort of love is not enough, as can be clearly seen in relation to bringing up children. Parents may be constantly busy looking after their children, but it does not mean they are bringing them up. They do so only if they can find elements from a higher world within themselves to pass on to their children, for these elements will then remain with them for the rest of their lives. You don’t bring up children just by saying to them, ‘Eat, sleep, work hard in class, mind who you mix with,’ and so on. Such pieces of advice are no doubt useful, but they are not nourishment for their soul and spirit. And if parents do not nourish the soul and spirit of their children, they should be under no illusions: they are not bringing them up, and they are not protecting them.”

Omraam Mikhael Aivanhov

Prayer: May all parents nourish the soul and spirit of their children.

October 2, 2011

Objects Can Become the Home of the Divine Spirit

“How many people are aware that in the places they spend time in, the very walls, the objects, in fact everything, becomes impregnated with their emanations? This is the magical side of our presence: we each leave traces on our surroundings which act as good or poor conductors of heavenly influences. If we continually send out negative thoughts, words, and feelings, the objects act like magnets to attract certain dark, harmful currents circulating in the universe. And the opposite is also true: if we entertain thoughts and feelings of wisdom and love, if we say life-enhancing words, we leave beneficial fluids on objects, which become conductors of light, joy, and health. So when you are at home, learn to touch objects with love, to bless them and ask heavenly entities to come and dwell in them. Say, ‘Spirits of light, purity, and truth, I consecrate these objects to you. May they become your home.’ You will soon feel how the atmosphere around you becomes alive and vibrant.”

Omraam Mikhael Aivanhov

Prayer: Spirits of light, purity, and truth, I consecrate the objects in my home to you. May they become your home.

October 2, 2012

Knowledge and Powers: Initiates Must Never Use Them Against Others

“Initiates must never use their powers against others, even if they are unfairly attacked. They must only use them to become increasingly invulnerable to accusations and attacks, so as to not be defeated and to turn the stones thrown at them into gold and gems. To have knowledge and powers and refuse to turn them to their own advantage – that is the initiate’s true greatness. And heaven, which has allowed them to acquire their powers, watches them. Initiates have the right to use their knowledge and powers only for their own spiritual progress or that of others, not to impose themselves, or to retaliate when insulted or to take revenge. Isn’t this the example given by Jesus?”

Omraam Mikhael Aivanhov

Prayer: May I only use my knowledge and powers for my spiritual progress or that of others.

October 2, 2013

Poetry: Its Riches and Its Dangers

“Much could be said concerning the effects of poetry on adolescent sensitivities. Poetry, it is true, can allow access to the world of the soul and spirit, and much better than religion. For poets are known for their ability to contact extremely subtle realities and express them in their works. But some of the perceptions they convey with such talent carry their readers away to the twilight regions of the astral plane. Of course, those regions have a kind of beauty; they are seductive and induce reverie, and they allow us to escape from the coarse material world. But it is dangerous to dwell there, for they cloud the mind and paralyze the will, which is harmful for adolescents, whose character is still forming. It is certainly enriching for adolescents to read the poets, but they should also be made to understand that the place to seek true poetry is within themselves – yes, they must live their life as poetry.”

Omraam Mikhael Aivanhov

Prayer: May I live my life as poetry.

October 2, 2014

We Cannot Foresee How Thoughts and Feelings Will Influence Others

“Suppose someone considers a particular person to be their enemy and often tells themselves it would be convenient if that person disappeared: at last, no more worries! Obviously, they wouldn’t go as far as killing them – it’s not that easy to decide to commit murder. But they think about their death and wish for it to happen... Well, they need to know that if they remain in this state of mind, they may become responsible for another person’s death somewhere else. For these thoughts, feelings, and wishes are living entities that circulate in the world, influencing other people of the same frame of mind who would also really like to get rid of an enemy. If their wish for revenge is stronger, or if they are unable to resist their criminal instincts, one day under the influence of something they do not understand – an impulse, an energy that carries them away – they will commit murder. We do not know what becomes of our states of consciousness across space, but one day when we return to the other world we will be shown the consequences of our thoughts, feelings, and desires. And then certain people who believed themselves beyond reproach may be horrified to see they have been the cause of great tragedies.”

Omraam Mikhael Aivanhov

Prayer: May my thoughts and feelings only influence others for good.

October 2, 2015

Harmonizing Actions with Our Beliefs

“Some people have no religious beliefs and behave well, while others say they have faith but behave badly. Well, that’s very unfortunate for all of them! Why? Those who instinctively act according to the rules of justice, honesty, and kindness, without consciously basing their actions on spiritual principles, are deprived of something essential that would strengthen their convictions and support them in difficulties and times of hardship. How can humans think that they are the source of their most precious qualities? How can they not feel that above them there exists a Being that not only possesses all these qualities in abundance but is the source of them and supplies them? As for those who say they believe in God and do nothing to express divine virtues, they are even worse off.”

Omraam Mikhael Aivanhov

Prayer: May I consciously base all my actions on spiritual principles.

October 2, 2016

The Teaching of the Creative Spirit

“In order to survive on the physical plane, we, as human beings, must receive everything we need from the external world. We would be unable to live without the elements that the earth, water, air, and the sun provide for us. We are creatures, and all creatures have to get what they need from outside themselves in order to survive. Only the Creator is above this law – he has no need of anything external to himself since he is life. But since within each creature, the Creator left a particle of himself, a spark, a spirit, of the same nature as himself, thanks to this spirit that inhabits them, each creature can also become a creator themselves. And so, instead of always waiting for everything to come to them from outside, human beings have the ability to act within, by means of their thoughts, willpower, and spirit, and to capture the elements they need to support their physical life and especially their psychic life. This is why the teaching of the initiates has always been the teaching of the creative spirit. Those who accept this teaching will always be strong and independent, for they will rise above the conditions imposed upon them by destiny.”

Omraam Mikhael Aivanhov

Prayer: May I be given the fulness of the teaching of the creative spirit!

October 2, 2017

Likes and Dislikes Are Not Reliable Criteria

“Every day we meet different people and we cannot stop ourselves from spontaneously feeling either like or dislike for them, for these are natural feelings that even the sages experience. However, the difference between the sage and ordinary men and women is that the sage controls his dislikes and does not give way blindly to his likes, because he knows that neither one nor the other are good criteria. Liking and disliking are often instinctive, purely personal feelings which originate in experiences lived in other lives. They do not provide impartial information about the value of a person, their qualities, or their faults. Many imagine that their intuition dictates these reactions. No, not at all. That is why we must make a habit not only of behaving with understanding and kindness toward people we do not like, but also of recognizing the mistakes and weaknesses of those we do like.”

Omraam Mikhael Aivanhov

Prayer: May I make a habit not only of behaving with understanding and kindness toward people I do not like, but also of recognizing the mistakes and weaknesses of those I do like.

October 2, 2018

Educating Our Thoughts and Feelings

“Parents are held responsible for their children’s misdemeanors until they come of age. When children cause damage at school or elsewhere, their parents are called in and are asked to make reparation. If they refuse, they are taken to court. Well, the same happens within us. If we allow bad thoughts and feelings to run riot within us, like unruly children they will cause damage everywhere in the invisible world, and divine justice will hold us accountable. You might say you have no control over your thoughts and feelings, and you are not responsible for them. You are mistaken. Just as you are responsible for your actions, you are accountable for your thoughts and feelings. In fact, this is one of the fundamental principles of Initiatic Science. Thoughts and feelings are living, active entities which you have the power to educate. Human laws judge you only on your actions, but divine laws also judge your thoughts and feelings.”

Omraam Mikhael Aivanhov

Prayer: May I educate all my thoughts and feelings to be good.

October 2, 2019

Working the Land as Therapy

“On the physical plane, the four elements have the ability to either mutually reinforce or neutralize each another. Air fans fire or blows it out. Water also extinguishes fire, but fire can turn it into steam. Earth, for its part, absorbs water. We can find equivalent phenomena on the psychic plane. I have given you exercises to do with earth, because on the psychic plane, earth also has the power to absorb bad currents which are comparable to water. When you feel troubled or irritated, make a small hole in the ground, place a finger in it and ask the entities that work in its bowels to absorb these negative states. These days, the changes occurring in society are such that humans have less and less contact with the earth; this is a shame, because this contact is always beneficial to the psyche. On several occasions, I have advised people who were suffering from anxiety or obsession to work the land. Ploughing, digging, weeding, and planting can be done as therapy.”

Omraam Mikhael Aivanhov

Prayer: May I find opportunities to stay in contact with earth.

October 2, 2020

The Power of Talismans

You will only obtain results on the spiritual plane if you possess the qualities and virtues necessary to sustain your work. Take talismans, for example. More and more people are using store-bought talismans, thinking that they only have to wear them or place them somewhere in their homes to be protected and successful. How wrong they are! Even if you have a talisman that was prepared for you by a great Magus, its efficacy and power will last only as long as your thoughts and feelings and the purity of your life continue to animate and feed it. Otherwise, it will not be long before its powers fade and die altogether. No talisman can last forever; its life depends on the qualities of the person wearing it.

Omraam Mikhael Aivanhov

Prayer: May the purity of my life surround me with talismans.

October 2, 2021

Loving Life's Trials

“Why are the trials that life sends to humans beneficial to some and harmful to others? Why do some people succumb or become malicious, while others, on the contrary, strengthen their willpower, their love, and their light? In order to benefit from your trials, it is not enough to be sturdy or strong-willed; thought and reason also have a part to play. The first thing disciples must do when faced with a difficulty is to accept it and to tell themselves that, since they are children of God, they have within them the means to overcome it. Then they must look for these means, which are many and various. But the first thing to do is to accept the trial and not say, ‘What? Something like this can’t possibly be happening to me!’ Well, you just have to accept that it is happening to you and try to draw from it the elements most useful for your evolution. This is why you should love your trials! But loving them does not mean that you should be so stupid as to go out and look for them. In any case, they will come your way without your looking for them. You must love them simply because that is the best way to get through them.”

Omraam Mikhael Aivanhov

Prayer: May I triumph over all life's trial through love.

Where to obtain the books:

The books containing these meditations are all out of print, but 29 volumes are still available at prosveta-usa.com/daily-meditations. While supplies last, you can get an entire set of them for the special price of \$300 (including shipping in the US) at prosveta-usa.com/set-of-29-daily-meditation-books-plus-prayer-dvd. As a bonus, you will also receive a DVD of the Master's lecture "Prayer and the Value of Community" (spoken in French, but with subtitles in 11 languages).

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