

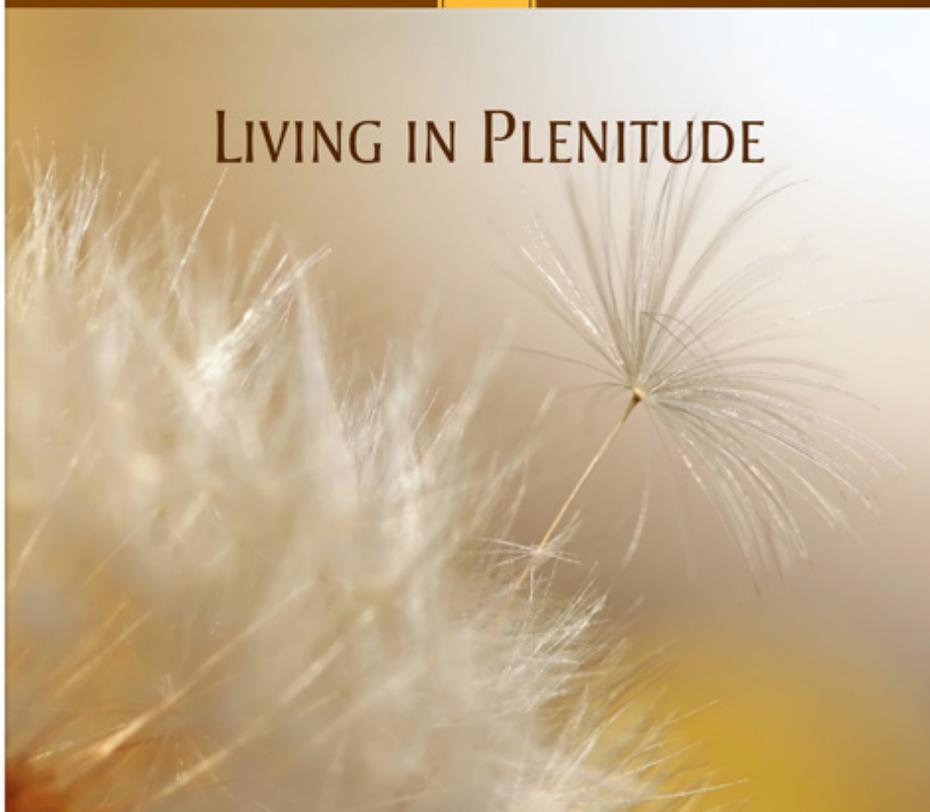
ARCHANGEL URIEL

OLIVIER MANITARA

YOU ARE THE HOPE  
OF  
A WORLD



LIVING IN PLENITUDE



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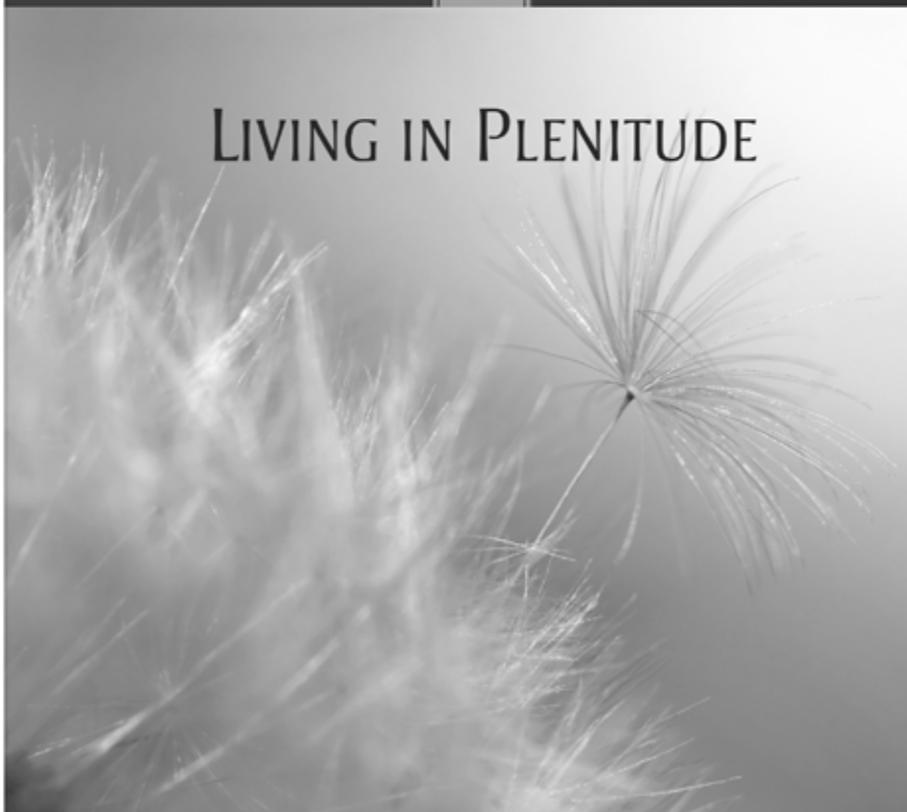
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# CONTENTS

<b>About Olivier Manitará .....</b>	<b>7</b>
<b>Presentation of the Essene Gospels .....</b>	<b>11</b>
<b>Introduction</b>	
Uriel, the Divine Light.....	23
<b>Psalms 1-24 of Archangel Uriel</b>	
1 Discover Your Own Story.....	37
2 Be Light to Reach the Goal of Your Life.....	39
3 Angel or Animal? .....	41
4 Find the Quintessence of Things and Put It into Practice .....	43
5 The Magical Place Inside You .....	45
6 Like a River That Flows on the Earth.....	49
7 Become Nourishment and Comfort for the Angels .....	51
8 A Key to Free Yourself from Suffering.....	53
9 The Contradictions of Men .....	55
10 The Path of the Fruit Tree.....	57
11 You Are the Hope of the World .....	59
12 The Oil of Uriel and the New Covenant .....	61
13 The Secret of Plenitude Is in Perseverance .....	63
14 Make Your Daily Life a Work of Art.....	67
15 Gather the Conditions of Happiness .....	71

16	Get Confidence Back and Fulfil Your Destiny.....	75
17	Look for Perfection in Everything.....	81
18	From Survival to Real Life .....	85
19	Contemplate Nature and Become Unshakeable .....	89
20	Silence, the Divine Language.....	95
21	The Trap of Lying.....	101
22	Stable as a Mountain, Alive as a Tree, Loving as an Animal.....	105
23	Preserve Your Inner Garden.....	109
24	You Are Important .....	111
 <b>Conclusion</b> .....		113
 <b>Glossary</b> .....		127
 <b>For More Information</b>		
<b>About the Essene Gospels</b> .....		135

## ABOUT OLIVIER MANITARA



**O**livier Manitar was born in France on July 15, 1964 in the small town of Vire, in Normandy. Not having received any religious formation, it is by reading the sacred texts of humanity at an early age that he discovered by himself the existence of a primordial tradition common to all traditions of the peoples.

In 1987, after having long worked on himself, he decided to do a retreat of 3 years, part of which in the Cathar country, in the mountains overlooking the castle of Montsegur. During this time, he developed a diligent activity to reach his inner goal. It was during the last months of this intensive discipline that Olivier Manitar received the revelation of his mission through an Angel, guardian of the tradition of the Light. This Angel opened to him the access to the source of the universal teaching that manifested through the great masters of humanity such as Krishna, Zoroaster, Moses, Buddha, Jesus, Mani, Peter Deunov . . .

Far from coddling him, this Angel asked him to take his life in hand and told him it was now time to return

towards men to teach them and transmit to them the divine keys and knowledge he had received.

On August 19, 1991, Olivier Manitaro opened an initiatory school, as the new manifestation of the tradition of the masters on earth, which years later he called “Essene tradition,” not as a tradition separate from others, but as the primordial tradition that inspired all the traditions and greatest civilizations of the Light. It is therefore not a fossilized and dogmatic philosophy or religion, but rather a unique way of looking at the world and life. With much simplicity and great generosity, Olivier Manitaro shared his own inner life, his discoveries.

Over the years, a community of pupils formed around the Essene teaching that was being reborn from its ashes. During all these years, Olivier Manitaro dedicated most of his time to research and writing. He recorded in thousands of documents the knowledge of his tradition, which never ceases to grow. While most of these notes were not published, he transmitted much of their content in the lectures he has given almost every Sunday since 1993, as well as during the seminars he has facilitated since 1991.<sup>1</sup> In 2003, after 12 years of building and structuring, a new phase of work began for the contemporary Essene school, which took then a decisive turn. After meeting with Archangel Michael in 2002 and sealing an individual covenant with him, Olivier Manitaro realized this covenant collectively, within the circle

1 - Find these lectures on [www.Essene-Library.Esseniens.org](http://www.Essene-Library.Esseniens.org), under the tab “Media Library.” (Publisher’s note)

of pupils of the Essene school. This was the beginning of what later became the Round of Archangels.

It was at the autumnal equinox of 2003, during the traditional Essene celebration of Saint Michael, that the Archangel came down for the first time into the fire lit for him and manifested himself through 12 messages in the circle of the assembled pupils. These are the first 12 psalms of what will appear years later as the new revelation of the divine world for our times: the Essene Gospels of the Archangels, in the tradition of the great sacred texts that have marked history since the dawn of time. Today, these 4 Gospels, which regroup the psalms of the 4 Archangels, are a veritable Bible for our time.

The religion of the Light, or Essene religion, does not belong to any people, to any culture of the world of men; it is exclusively divine. It is what unites all beings in truth, sharing and harmony. It invites each one to develop his own convictions, his own ideas, his own colour in respect and tolerance for all. It is the higher intelligence that allows guiding men in true wisdom and royalty.

A lover of writing and knowledge, Olivier Manitarra has written over 250 books and study booklets, and signs a historic work through the timeless beauty and wisdom of the Essene Gospels.



## PRESENTATION OF THE ESSENE GOSPELS

**T**he writing and distribution of texts like those of the Essene Gospels show that times change; this is the time of the revival of the tradition of the Light. It has been a long time since the Gods spoke to men and that the tradition of the masters and the prophets fed itself only from the ancient sacred texts. Yes, in the days of old, the Gods spoke to men and guided them, but since then, the door to the world of the Gods was closed and men had to perpetuate the words of the Gods by studying them and reciting them to try to keep them as pure and intact as possible.

Today, thanks to the unexpected miracle of the Round of Archangels and the advent of the Essene Nation, the door to the divine world was re-opened and the Gods speak again; the time when the trumpets of the Apocalypse are heard sounds again. In Greek, “revelation,” is said *apokálypsis*, and in English “apocalypse,” which can also be translated as “what is hidden behind the veil.” For many, this word means the final catastrophe, the end of a world, whereas for the initiates, the Apocalypse is the book of secrets, the one

that keeps the hidden teaching of the Essenes under the form of symbols; it is the secret doctrine of Christ and the Children of the Light. This book is disturbing because it contains impressive images, notably that of the brotherhood of those who are clothed in the white dress and that of the great Beast that governs humanity, the principle of lies and blasphemy.

The Essene Gospels illuminate the profound symbolism of all traditions because it is a new revelation of what has existed for all eternity. They incarnate the sacred principle of the man who speaks with the Gods and also with his Father, his Mother and his family of Light. Of course, in these troubled times, the disclosure of such wisdom is not without risk because it can be misunderstood. But on the other hand, it is more than necessary because those who aspire to awaken and receive the tools they need for their development must not be abandoned.

#### THE POWERFUL ENERGY OF THE ESSENE GOSPELS

More than a higher wisdom, the Essene Gospels bring an amazing energy, a force that pushes to action and transformation. It is an energy that touches you inside and works gently, quietly, to heal and balance, to liberate and transform.

The Essenes use these words of wisdom in their daily practice. They also use them for the great celebration of the worship of the 4 Divinities of fire, air, water and the land of Light. This is an essential discipline that sanctifies the

Name of the Father. It is carried out daily by consecrated priests as a service for the good of all beings. It allows to powerfully vitalize every word of the Essene Gospels by giving each word a magical force and a special creative power. It is carried out as an impersonal service, in great humility. Impersonality and humility are 2 essential virtues for one who wants to study and practice the teachings of the great wisdom coming from a higher world and intelligence.

HOW TO APPROACH  
THE HIGHER INTELLIGENCE OF THE ARCHANGELS

For the Essenes, the psalms of the Archangels are sacred, they are a divine revelation. The Archangels are the representatives of God and of His higher intelligence and the true guides of humanity. They spoke to humanity through the mouths and the heroic deeds of all the great spiritual masters from Enoch down to us, passing by Zoroaster, Hermes Thot, Moses, the Buddha, Lao-Tze, Jesus, Mani, and closer to us by Rudolf Steiner, Peter Deunov and Omraam Mikhael Aivanhov. That is why the Essenes collect carefully the teachings of the Archangels and meditate on them.

It is not simple to rise to the understanding of a higher intelligence. It takes effort, work on oneself, patience. Sometimes it takes years of meditation to rise to the understanding of a single psalm of an Archangel. We can remember, for example, that the divine words spoken by Jesus have been studied for 2000 years and that we are still

far from having understood all their significance, all their implications and put into action all the amazing possibilities that they contain.

When a student rises to the right understanding of a divine word, he participates in the intelligence that gave birth to it. If, in addition, he puts into practice what he understood, he forms a body of Light inside him and actually takes part in the life of a higher world. That is why the Essenes take special care of the psalms of the Archangels. For them, it is not only a divine revelation, but also a means, a method that is both magical and practical to connect themselves with the higher intelligence of the divine world and build for themselves a body of immortality.

#### RAISING COLLECTIVE AWARENESS

Reciting of the psalms, meditation on them and their use as a basis for prayer are 3 essential elements of the practice of the Round of Archangels. This practice is led to the highest level of mastery in the daily and permanent celebration of the 4 worships of the elements, which make up the sacred heart of the Essene Villages and maintain the covenant with the divine world.

Through a whole organization of prayer, meditation and action, including work in the study circles, a vast network of energy and intelligence is woven into the aura of the earth to touch the collective unconscious of humanity. In this way, through this work that is both individual and

collective, the Essenes maintain a balance in the interplay of the forces and influences that govern and direct the destiny of humanity and the earth.

The Essenes act, they mobilize to set up a network of communication and action that is both subtle and concrete in order to protect everything that is beautiful, true, good and noble and reinforce the best capacities and energies.

The Essenes know that a change always comes from the spark of the spirit, from intelligence, from becoming aware. Yet, an awareness, an obviousness that reveals itself are always prepared in more subtle worlds.

The more the level of consciousness of a group of individuals rises, the more it has a magical repercussion on those around, on the environment, nature, for good as for bad. Such an action can have an effect on a people, a country, or even all of humanity. It depends on the forces implemented to reach the objective. The more the consciousness is awakened, the more the action can be intense.

When the Essenes gather together to celebrate the Round of Archangels and welcome the word of the Father-Mother through the psalms, they are aware that they are doing this work for the common good of humanity, of the animal, plant and mineral kingdoms, of the living elements and the Mother. They know they are opening a door in the aura of the earth so that a higher intelligence can manifest itself and touch the whole world. If the Essenes were not doing this work, it would not be possible and the psalms of the Archangels would not exist. That is why we can say that in

itself the practice of the Round of Archangels changes the world.

The psalms of the Archangels are like seeds that need to be put into good earth to take root and grow in order to produce abundant fruit and raise the level of consciousness of humanity and the earth. This is what the Essene Nation strives for through all its activities: create an international organization capable of spreading the word of the Father-Mother on a large scale in both worlds, visible and invisible, in order to generate a harmonious awareness and operate a positive change in the minds, the souls and consciousness.

RAISE YOUR VIBRATIONS  
UP TO THE DIVINE WORLD

To study a psalm of an Archangel is to pass a moment with the Father-Mother because to study His word, to bring it to life inside you is to be with Him. The Father-Mother, like an Archangel, is beyond the known, beyond what man can conceive of with his body, his senses and his mortal and limited intelligence.

Approaching Him is a journey, and this is done one step after another. It is the story of a life of development, of love, of wisdom. Man must participate, he must be creative, he must not be passive, but he must work, he must take part in the project. It is to explain this profound mystery that freemasonry spoke of building sites and crafts, of work, of

savoir-faire, of construction. Man must build a temple, that is to say, a divine life inside and outside of him.

God is beyond words, but He manifests Himself through a psalm, a word, a teaching. However, He remains beyond. Words are only a support to raise oneself to Him and spread His presence, His benevolent soul, His blessing.

Today, the Essene Gospels of the Archangels are the visible and condensed support of the highest divine vibration that man can have access to. Indeed, on “Jacob’s ladder,” which represents the entire range of the notes and vibrations that make up the visible and invisible universe - which Moses called the “7 days of Creation,” - the Archangels are, after the Gods<sup>1</sup>, the highest light that man can reach. Thus, by reading the psalms of the Archangels and meditating on them, the student of life, the pilgrim of Light can find the universal language of the soul again, which allows man to speak with all the worlds, from the stones up to the Gods. The Archangels being the guardians of the world where the original soul and the divine nature of man reside, only an alliance with this world of the Archangels can allow him to re-establish the connection with his immortal soul. What we call the “spirit,” that is, the seed of the eternal true being

1 - From the subtlest to the densest, the 7 kingdoms that make up the whole of the visible and invisible creation are: the Gods, the Archangels, the Angels, men, the animals, the plants and the minerals. These 7 kingdoms form together the covenant of Light that at the beginning of time united the Father and the Mother. But man, through the fall of his consciousness and of his life in a world cut off from the Source, broke this covenant. It is the mission of the Essenes, through the ages and still today, to re-establish the covenant of Light to its original perfection.

of man, his divine I, resides in an even higher world, that of the Gods.

By assiduously studying the words of the Archangels and by striving to apply them the best that they can, the Essenes affirm their will to live with their soul and to incarnate it down into their daily life. They do this for themselves, but also and first of all so that the path of the soul and of the life for the all is opened on earth for a multitude again and that in this way a new consciousness appears in humanity.

THE MAGICAL METHOD  
TO APPROACH THE ARCHANGELS

To have the Gospels of the Archangels in your hands or in your home is already in itself an invaluable blessing and constitutes a protection, a real lucky charm in the life of a man, of a woman on earth. But this is not enough . . .

If you want to approach the Archangels and become a carrier of their higher intelligence, a carrier of Light on earth, your consciousness, your inner attitude and your outer behaviour must be made clear, open and available enough to welcome this higher intelligence.

- Your consciousness must rest in a sincere will to study and understand the laws that govern life and of which the Archangels are the eternal guardians.

- Your inner attitude must be that of devotion; not a beatific and abstract devotion, but an inner impulse of the soul illuminated by divine wisdom, aspiring to rise towards it out of the love of everything that is beautiful,

wise, noble and good for all beings. For such is the word of the Archangels; it is the very essence and the divine, eternal origin of everything that is beautiful, wise, noble and good for all beings.

- Your outer behaviour and your body posture must be those of a ritualist, of a magician, of a being who is conscious that his way of thinking, moving, talking will influence his inner vibration and ultimately raise or lower it. Yes, to read and study the Gospels of the Archangels must be a sacred rite, a magical act, a living means to connect with a higher world and intelligence, down into one's physical body. All the levels of the being must be integrated, included, activated through this spiritual work.

- Finally, to achieve perfection and the ultimate successful conclusion of this sacred practice, your study, your devotion and the rite must be connected with the Essene Nation and carry its work of Light. To achieve this divine realization, you have to carry out this work as an impersonal service for the good of all beings, as an offering to nourish and strengthen the presence of the flame of the Father, which lives as well in man as in the animals, the plants and the stones.

Just before you start reading a psalm of the Essene Gospels out loud, you can, through your living meditation and imagination, welcome into and carry in the sanctuary of your heart the whole earth with all the creatures that inhabit it. In this way, when the words come out of your mouth, they will not be the expression of your limited words and thought, but that of the unlimited words and

thought of the divine world. Then, your soul and your consciousness will expand to embrace the entire universe. Your understanding of life will rise so high and take root so deeply in the wisdom of Mother Earth that nothing will be foreign to you anymore. You will be able to heal everything because you will understand everything from another point of view; nothing dark will be able to reach you and you will become the master of your destiny, a genuine benefactor of humanity and a true protector of the earth and all worlds.

Study, devotion, the celebration of the sacred rites and participation in the work of the Light are the 4 noble truths for our time that Buddha taught in the 6<sup>th</sup> century before Christ as the key to liberation and the path to plenitude. In the contemporary Essene tradition, these 4 keys are called the “4 basics” and form the basis of the practice of the Essene study circles.

By participating in this great work of Light, you will become in your turn a builder of the new civilization that must be born now so that the earth stays alive and a path of liberation is kept open for all beings in all kingdoms of existence.

May your life be beautiful and enriched by this new divine revelation for our time; may it bring you everything you are looking for deep inside you until one day you can live with it, in all the activities of your daily life. This is why the Essenes have been working for centuries and centuries in hiding.

## PRESENTATION OF THE ESSENE GOSPELS

So, now that the time is here, join us to make a world of Light appear on earth, a world where everyone can live in the beauty of his soul, without fear and darkness, in a full and fulfilling life: on earth as in heaven!

May the path of Light be open for you!

May the path of all the Children of the Light be blessed and enlightened by the Gospels of the Archangels!

For further information on the Essene Gospels or the Round of Archangels, see the details in the back of the book.

*“The psalms will have to be spoken  
as a subtle, delicate word,  
in the image of the wind that passes without aggression  
but gently awakens all the senses  
so that the man does not go to sleep while listening to the Word,  
but awakens,  
capturing the warmth in all his subtle centres  
and going to look for another understanding  
so that the life in him  
becomes bigger than the body and than death.”*

Michael 276:25

*“A pure concept can be a help on the path,  
but it must be sought after  
only as a means, not as a goal.  
The body able to reflect what is true  
is born from the pure concept,  
but truth itself always remains beyond.”*

Raphael 163:38

## INTRODUCTION

### URIEL, THE DIVINE LIGHT

**T**he time of the feast of Archangel Uriel is a time of celebration of the Light. Uriel is the light of the Father, the light of the Angels. His feast is that of all virtues, of all that is beautiful and true. It is the conclusion, the completion, perfection.

The Essene wisdom is tied to the tradition of the Light. The Essenes call themselves the Children of the Light. There is the idea of being the children born to a soul family, belonging to a tradition, a lineage: that of the Sons of the Sun.

Jesus, a Son of the Sun, said: “Father, hallowed be Thy Name.” The Name of the Father is the one of 4 letters: the Round of Archangels. The Essenes were born from this round: the first letter is the Father; the second is the Mother; the third is the birth of the Light that brings the Essenes into the world, the fourth letter.

In the wisdom and teaching of the Pharaohs of Egypt, the first letter was called Osiris; the second, Isis; the third, Horus; and the fourth, Pharaoh or the Son of the Sun, the manifestation of the living God, the Word made flesh.

The Essenes surrounded Pharaoh and formed his body on earth, the body of Christ, the body of the triumphant Light. Their life was dedicated to making the Light live on earth through the masters, the sent ones of the Father. That is why they were called a “people of priests.” Many peoples, such as Israel, were born of the Essenes. In fact, to begin with, “Israel” does not refer to a people, but to Pharaoh, the Son of the Sun, Christ, and therefore to the priests and vestals who surrounded him and were at his service.

Is - Man  
 Ra - Sun  
 El - God

Today, in the Round of Archangels, the first letter is called Michael; the second, Raphael; the third, Gabriel; and the fourth, Uriel. Those who sanctify the Name of the Father and gather around the luminous wisdom of the Round of Archangels are the Essenes, the people of the Children of the Light in all peoples.

The Essenes are not orphans; they know their Father and their Mother and want to live with Them, not in an abstract way, but in the reality of their daily lives. That is why they unite through the 4 major celebrations of the Archangels, to support each other, be stronger, organize themselves, make decisions and act for the good and the victory of the angelic light of the Father on earth.

Many beings want to live with the Father of the Light, but they have not understood that for that you have to

## INTRODUCTION

have a body capable of receiving the Light. This body is transmitted by Pharaoh. That is why Jesus said: "He who eats my body and drinks my blood has divine life." Jesus is the pharaoh, the representative of the divine world who activates the body of Light within the Essene Nation.

### THE ESSENES, GUARDIANS OF THE FLAME OF THE FATHER

For the Essenes, the Light is a living spirit, an intelligence, a consciousness, a body, a way of life. The Light is called "Uriel." It is a Divinity, an Archangel, an angelic presence, an incarnation through a lineage of Sons of the Sun. All pharaohs were called "Sons of the Sun."

The sun is the source of light. There is the outer light, which illuminates the world of appearances, and there is the inner light, which makes the kingdom of the eternal Father and His Angels appear. Uriel is this inner light that balances the worlds. This light lives inside the consecrated men who have become temples of the flame of Michael.

The Essenes go towards the bearer of the flame to light their own fire. Then they come together to celebrate the Archangels of winter and spring to finally arrive at the feast of Uriel and share the angelic light, which can then enter into the world and live there. It is for men to unite in order to decide their future and their future body in consciousness.

The Essenes want to live in consciousness, honouring the angelic light of the Father.

The inner flame of Michael can ignite only in the man who has united the Father and Mother, heaven and earth, inside him. Such a man is called a “son” and that is why the Essenes like the masters, not the dead masters who make up their tradition, but the living and incarnated masters. The dead masters and the spiritual masters are a flame that has been put out.

Only the living and incarnated masters keep the flame alive. They are the victory and the resurrection of the Tradition, and therefore of all the flames lit by the Father and the Mother to enlighten the world and bring the warmth of love and goodness.

The one and only way to honour the memory of the past masters is to honour the flame in the living master. Such are the Essenes: beings lighting their flame at the source of the fire of life and uniting in the Light to call the Angels, to keep their virtues alive and fecundate the world with the beautiful light of wisdom.

All the Essene wisdom and art of living are based on the knowledge and love of the light that emanate from the flame of life of the Father.

The Essenes are the true keepers of the flame in the temple of the earth and humanity. They have the merit of having saved and preserved this science of the Light through the centuries. Through all periods of humanity, they have appeared in different forms and have taken on a multitude of names, but they always put themselves at the service of the flame of the Covenant and spread its light.

## INTRODUCTION

Today, through the Round of Archangels, the phoenix is reborn from its ashes and the Essene wisdom appears in all its splendour. Through the teachings, the various meditative practices, sacred songs, dances, rites and ceremonies, initiations, temples, villages, businesses . . . the Light is glorified and transmitted.

To live as an Essene is to glorify the angelic, living light and give it a body of manifestation in the world of men.

### WHO IS URIEL?

“Uriel” means the Light. But not the abstract, distant, unconscious, mechanical, false light. No, “Uriel” means the light that radiates from the man who has lit the flame of the Father inside him and has been faithful to the commandments of the Father and the Mother. Then, the Light and beneficial life radiate from him. This man is truly a man, an Essene, he can say: “Who sees me sees the Father.” Yes, who sees me sees the Father of goodness, love, justice, wisdom . . . This man becomes the incarnation of a higher light.

Uriel is the light of the man who has lit the flame of the Father at the source of fire, not the fire of men, but the divine, sacred, eternal fire.

The Essenes consciously light this fire at the feast of Archangel Michael, at the autumn equinox. Then, they accompany it through the celebrations of winter and spring to arrive at the goal: the celebration of Uriel, the victory in

man of the Light, which can then spread over the whole earth.

Uriel is the Father of the true light and the living soul that bathes, feeds and carries the Essene Nation.

URIEL AND LUCIFER,  
THE 2 FACES OF THE LIGHT

The Essenes are carried by a common soul, which is that of the angelic light of the Father. They are the servants and guardians of this soul, its bearers on earth. Men who are not initiated into the Essene wisdom, culture and sensitivity have difficulty understanding such subtlety. They think that the Light is everywhere and that it offers itself to all without distinction.

This is true for the light of the outer sun, but not for that of the inner sun. Life is in man, but man can ignore it or make it grow in beauty. He can also lead it towards ugliness. Then the sun will meet ugliness because man will have devoted the life that is in him to glorify ugliness. He will not have done it on purpose, but out of ignorance, by letting himself be carried by the soul and culture of his people and his king.

The light of Uriel passes through the masters because they have made the flame and the Light in them conscious and alive. They have made the sun rise and its light illuminates and invigorates the world, not in ugliness, but in the splendour and beauty of the Father.

## INTRODUCTION

One who lives in ugliness cannot imagine that another way of living, that another world are possible. For man is like the snail: he carries the world that he lives in everywhere with him. He thinks he comes out of his motherhouse, whereas in reality he carries his house on his back. Pharaoh is called the “Big House” because he is the soul of a people, a way of being in the world reflecting a higher, divine intelligence.

Men do not naturally go to Archangel Uriel because they are not born into a tradition of the Light. The light and soul that govern the world of man are those of Lucifer, the fallen archangel of the other light, that of deceptive appearances, that of the thief of light.

To go towards the other light, that of the Father, we must often be disillusioned. The inner light requires an awakened consciousness and the will to go beyond oneself.

If, since the beginning of times, the Essenes have built temples, lodges, sacred places in which the mysteries of the Light could be celebrated and passed on, it is not by chance. They wanted to preserve the flame that mysteriously appeared inside man so that it does not die out. They understood that it was the treasure, the precious, the source of everything, but that it was also fragile because it came from another world. For it to appear on earth, it needed a place, a sanctuary, protection. This sanctuary was man. For man to be able to achieve this perfection, he had to fulfil several conditions. In this way the science of fire and enlightenment was born.

In this way the great Archangel Uriel, one of the eternal faces of the Father, was able to approach the consecrated men who became his body on earth. These men were called the “Essenes;” in Hebrew, they were called *ischim*, the burning ones of God, the initiates.

The others gave a body to the light of Lucifer, who then made the glory of man appear, but not that of the Father.

To keep the Light is not the only goal of the Essenes; they also want to transmit it to those who became able to receive it and keep it alive. That is why we speak of an Essene tradition and a path of immortality.

Uriel is the Archangel who allows the Essenes to acquire this body of Light and immortality. He is the humanity of Light living around the incarnated king of the Light. In perfection, Archangel Uriel reveals himself, shows himself to the eyes of the pure, the faithful, through the appearance of a master like Jesus or closer to us, like Peter Deunov.

Christ in glory is the victory of Uriel in the reality of the world of men.

Christ is the magus, the Essene in his active aspect of the Light that overcomes the darkness.

The crucified Christ is the victory of Lucifer, the misleading light that has hidden the true secret of beauty from man and makes him believe that ugliness is great and just.

Yes, Uriel is very close to man, to his acts, to his everyday life. He is the almost tangible light that emanates from man, animates his life and writes his destiny.

## INTRODUCTION

Archangels Michael, Raphael and Gabriel have a much more subtle aspect in their relations with the Essenes. Uriel is very close. He loves the man who makes the Light live in him, down into in his acts, in his daily life, into concrete works.

Uriel is the one who carries the thought, speech and act of Light through the organism of man, his life and the soul of the people to whom he belongs. If man is not connected to Uriel, he does not belong to the true light. It is as simple as that.

Of course, there are nuances because there is a path for everyone. But from another point of view, if you light the flame, you are in the light, and if you do not light it, you are in the darkness. The rest is only philosophy, justification or psychology, even “spiritual.”

Someone says: “But I am in the light since I see.” Yes, but you can live a lie while believing to be in the truth; such is the illusion of the spiritual world. What protects from this illusion is common sense and the physical body, the reality of its laws, the wisdom of living nature.

The spiritual world is illusion and to pass through it, you must have a body able to capture the authentic light and to put it to work. Such are the secrets of Uriel and of the covenant of the Essenes with him.

HOW TO APPROACH URIEL

Uriel likes what is concrete and he asks man to awaken the true light and not the blind belief in a deceptive spiritual world.

Uriel likes for man to have his feet on the ground, for him to master his thought according to the eternal teaching of the Essene wisdom. Thought is the invisible in man. He who masters his thought by uniting it with the holy scripture of the Teaching can enter the world of Archangel Michael, the Father of fire.

Uriel likes one who masters his breath of life, his moods, who knows how to discern what is positive from what is negative, what belongs to him and what does not belong to him, what is useful and what is harmful, and then knows how to put everything in its place so that order, harmony appear and reign.

Man must take what he needs and leave what he cannot use for another. He must not burden himself with what is unnecessary or deprive another of what allows him to advance and serve the Father. One who acquires this mastery can approach the world of Raphael during the celebration of the Round of Archangels.

Uriel likes one who has opened his heart to God, the Father-Mother, and who is determined and able to take his life in hand to give birth to the Light on his path of destiny. It is the maternal side of the spouse of God, of the Mother of God in the world of men. One who is truly able to go through with what he believes to be true is like

## INTRODUCTION

a mother who has received a seed, made it into a body and who fecundates the vast and large world with this body. The mother takes care of this body and nourishes it so that it grows and lives wisely in a world. To take care of the seed of truth and give it a body in order to live with it as we want to live is the mastery that allows us to approach Archangel Gabriel.

In general, these 3 worlds - thought, soul breath, creative will - live in an unconscious and invisible way in man. It is a light that has gone out, for man is blinded by the light of the outer world and sees only it.

Uriel is the one who makes these 3 worlds appear through the conscious and active deed of man: either man is a being of Light or he is not; it is the fruit of his life, the mirror of his daily life that tells it.

So, to approach Uriel, you must have worked on the 3 other Archangels and have made a body for them inside of you. Uriel is the closest to man, the one who knows man best and yet is the most distant, the most difficult to attain because to approach him, you must be ready and have mastered the activity of all your subtle bodies.

One who approaches Uriel is an Essene, a priest, a magus, a Christ, a being who masters his thoughts, the breath of his life and who is determined to take his life in hand.

Uriel will show you what you are in your entirety. If you are pure, he will open the door for you and will allow you to start working on yourself. If you are not pure, then the

door will remain closed and you will stay in the world of man and its illusions.

Uriel is the higher, eternal and divine principle of man. When he approaches man, he reveals to man what he is.

I am pleased to have been able to talk to the Essenes about the mysteries of our Father Uriel during our annual celebration of the summer solstice so that each of us can consciously approach him and celebrate his presence and his festival with joy, purity and happiness.

Olivier Manitaro,  
Essene pastor

# ESSENE GOSPELS

PSALMS 1-24 OF ARCHANGEL URIEL

*The vision  
of the Father and the Mother  
needs to be clear in man.*



# PSALM 1

## DISCOVER YOUR OWN STORY

- 1 **T**he vision of the Father and the Mother needs to be clear in man.
- 2 Man only knows the world of the Father through history, through stories transmitted and repeated by others. He must not be satisfied with this superficial knowledge, but learn to discover with clarity his own history, his own theory of the world he lives in and he is associated with.
- 3 Clarity is the vision of things through the covenant of the Sun.
- 4 Man must not know his Father and his Mother or talk of Them by repeating what a renowned person would have possibly known and said. He must try, from his own being, to know the 2 principles that animate his life, to study his own relationship with his Father and his Mother.

June 2004  
Chauzon, Ardeche, France

*Do not let  
the life organized by men  
organize your life.*



# PSALM 2

## BE LIGHT TO REACH THE GOAL OF YOUR LIFE

- 1 **D**o not let the life organized by men organize your life.
- 2 Man wants to be something other than what he is because he aspires to a light life. But he wants to be light so he does not suffer uselessly. This is a good attitude, but it will not allow him to live the 2 worlds consciously: the divine world and the world of man.
- 3 Man needs to seek lightness, not to avoid suffering, but to pass all the tests that one can meet on the path: the fields of thorns, a windstorm, the river that overflows its banks and floods the road . . .
- 4 If you are light in order to serve a greater cause, no outer form that could seem to you like a problem will turn you away from your path, slow you down and make you doubt.
- 5 Man, you who seek the meaning of life, who seek to be something other than what has been made of you, here is a first rule: lightness. Lightness in relationships, lightness in what you yourself are while accepting being a stone to be polished, lightness in your rising up.

- 6 Do not tense up by wanting to attain results and being afraid to fail. Lightness is what weaves its way everywhere and always reaches its goal. Lightness in what you are with the other: such is the inner perfection of the man-man and the man of God in the making.

June 2004  
Chauzon, Ardeche, France

# PSALM 3

## ANGEL OR ANIMAL?

- 1 **T**here is a world of Angels, there is a world of animals; of course, there are other worlds, but these are the 2 worlds in question. Between these 2 worlds, there is the world of man, which is inhabited at the same time by the world of animals and the world of Angels.
- 2 The man who is inhabited by the animal world is an animal, for he acts in an instinctive, conditioned, structured and impulsive way.
- 3 The man who is sometimes inhabited by the Angels is recognized this way: his thinking is clear, his eyes are filled with light, his speech is gentle, loving, healing, genuine.
- 4 Then, what is the mission of the man who is inhabited by these 2 beings, these 2 forces? As in the ancient temples of Egypt, man is the founder of an invisible and divine culture. This is not done by the others, but only by yourself, quite simply by knowing who lives in you: is it an Angel, an animal? Man is not negative in one or the other. The only question is: Do we build a

pyramid to pick up waves that will be used for the benefit of material things or so that the divine birds come and make their nests in them?

- 5 The key to all this is the following: open yourself up to what is new and is not necessarily understandable. Open yourself up and inwardly express your desire. Be clear in your request and precise in your objectives. In this way, you will meet divine associates, you will meet families and will make new friendships. You will turn yourself into a new man with a new destiny and new objectives. For you as a man, this is perfect, and the divine world rejoices that man lives with what is the most beautiful in him.

June 2004  
Chauzon, Ardeche, France

# PSALM 4

## FIND THE QUINTESSENCE OF THINGS AND PUT IT INTO PRACTICE

- 1 **M**an lives in a world where everything he is able to know has a similarity to the divine world.
- 2 When you are a man and you look at the world, you realize that it is focused on the infinitely small. Whether you look at the seeds in nature, the miniaturization of technology, the science of molecules in medicine . . . , everything is turned towards the smallest, the most concentrated, the essential of something. Yet, man does not understand that in his inner life he needs to be identical to the image and the structure that the world is built on. He must not skim over things, but take their quintessence.
- 3 Man must go to the quintessence of magic and put it into practice; not learn it, for magic is not learned.
- 4 Man must go to the quintessence of wisdom; not learn it, for wisdom is being.
- 5 Man must go to the quintessence of love; not learn it, for love is not learned but is lived in the present moment.

- 6 The man who awakens tries to train himself, looks for himself, tries to find in his world affinities and similarities with certain little beliefs that he carries in him. But by doing this, he only feeds his brain in him, which limits him to science, to the way of seeing the world that men have today.
- 7 Man must find this quintessence in his inner being to then be able to put it into practice. In this, he nourishes all the parts of his body and does not limit himself anymore only to the parts associated with his outer world, with his limited intelligence, with his ability to understand things superficially.

June 2004  
Chauzon, Ardeche, France

# PSALM 5

## THE MAGICAL PLACE INSIDE YOU

- 1 **I**f man wants to be useful for a work he carries in his soul for all eternity, he must awaken his higher nature into reality and not live only for his body. Then, more and more, he will know why he came on earth and what he must do there to walk with the Light. He will individualize in what is great and become the carrier of a unique quality, in the image of a precious stone that is unique on earth, but that carries a universal virtue in it.
- 2 The body is a living earth, but it belongs to the world of recycling; in it, everything is transformed.
- 3 The man who seeks the Light must not rest on what is ephemeral, what constantly changes. He must rise to the level of his heart and, with the purest elements of the eternal tradition, make himself an earth on which he will not only be able to settle, but also to breathe in subtler worlds and to form a centre of conscious exchanges that will be in agreement with the will of his soul.

- 4 Because of his body, which is mortal, and his earthly life, which is unstable, he will lose the creative force and will never go towards the realization of the work.
- 5 The power of man is not in what he accumulates in the world of death and recycling. It is in the union with an immutable higher world and in his ability to stabilize himself in it and in the moment through his thought, his being and his creative force.
- 6 The body must be mastered and placed in the framework of the Tradition, otherwise trouble, unbalance and discontent will always take the upper hand. Man will go into higher worlds and will taste felicity, but when he returns to the life of his body, he will be destabilized, and all the light that he will have gained will be stolen from him.
- 7 Concentrate on this truth: you are a precious stone unique in the world. This stone is your soul, but it is still hidden in the earth. To find it, you must remove what is not eternal.
- 8 If you find the precious stone of your soul, you will understand that it must be placed on another earth, in another body, where it can be enhanced. This other body is the sacred earth, the place where the stone can be valued, where you can act and live in harmony with it, in conformity with the best of yourself.
- 9 To act with your soul is to have mastered the body and the life of the body inside you in such a way that another body, another life appear.

PSALM 5 OF ARCHANGEL URIEL

- 10 It is not by accumulating dead elements in the ephemeral world that you will be a magus. It is because you will have created a body allowing you to act in perfect resonance with a higher world without being caught and invaded by the influences that lead everything towards imperfection, decomposition, recycling.
- 11 In the present moment, learn to be a living, active, crystalline precious stone that stands in the ray of Light of the look of God and acts in unison with His omnipresent will.
- 12 Concentrate on this truth, and through practice, you will make another earth appear, a sacred space inside you and around you, which will become a privileged space, a magical place in which you can make wisdom grow and reap everything that is worthy, noble and beautiful and that brings the hope of a better world to all of humanity. So, man, do not forget this magical place.
- 13 Be conscious and active when you have the opportunity to take part in something that will be accomplished; but more than that, through your presence and your activity, you will allow the divine world to continue to live in your heart, in the very structure of man.

June 2004  
Chauzon, Ardeche, France

*The Light is coming down  
from the divine world  
towards the world of man  
like a river flowing in the middle of the earth.  
The earth must accept to suffer a little.*



# PSALM 6

## LIKE A RIVER THAT FLOWS ON THE EARTH

- 1 **F**lowing water eats the earth, pierces craters, digs rivulets, opens the ground and ends up by forming streams and rivers. “What is going to happen to me?” asks the earth. “When will this water stop constantly flowing and moving onwards? This is painful. Why does it not stagnate? That would be more pleasant.”
- 2 Man seeks God, but he would like the water to stop flowing and be stagnant. He looks for God because he feels like a waterless, useless earth. But does he desire a river to really flow in his whole structure, itching, scratching and even being painful at times?
- 3 I say to all the Essenes: go further than what you think, further than what you look at, and accept new visions, new sensations to come fecundate what today makes up your stability, your balance.
- 4 Know that today and until the end of this celebration, your life must be consecrated, your thoughts must be conscious. You may speak of banalities, but like the man living in balance between 2 worlds, animal and angelic, be aware of it.

- 5 The door will open, and particles, karmic residues of useless thoughts will come down like dust into the etheric body of those who gather together, pray and meditate in my temple. If you are aware and accept that water flows on your earth, this dust will not accumulate, for the water will carry it away. If you are unconscious of your attitude, the water will stagnate; dust will settle there, allowing mosquitoes and others to build their nest in it. So, in the coming days, keep your consciousness awake, and a presence of mind; let the energy be turned towards the centres to be developed.
- 6 The Light is coming down from the divine world towards the world of man like a river flowing in the middle of the earth. The earth must accept to suffer a little.

June 2004  
Chauzon, Ardeche, France

# PSALM 7

## BECOME NOURISHMENT AND COMFORT FOR THE ANGELS

- 1 **M**an is the king of the earth.
- 2 **M**In his evolution, man has to bring all the kingdoms of the earth with him - the minerals, plants, animals, earth, water, air and fire; he can really evolve only if he does not separate from them.
- 3 When he prays, when he wants, when he externalizes himself towards the higher worlds, man must make all the kingdoms of nature take part so that together they form a whole rising towards the divine.
- 4 The kingdoms lower than man offer their fruits to him, and sometimes they even offer themselves in sacrifice. To develop gratitude towards the subtle worlds, man must act in the same way towards the kingdoms that are higher than him.
- 5 Offer the Angels your most beautiful virtues and offer the Archangels your most beautiful thoughts. In this way you will make all humanity evolve in all the spheres of life in the universe. Never think alone. Always think while associating with the living community, while being accompanied.

- 6 When you give thanks, do not do so only with words or wishes. Send your purest and most conscious virtues. The Angels will find comfort and nourishment in them, just as men find comfort and nourishment by eating a fruit.

June 2004  
Chauzon, Ardeche, France

# PSALM 8

## A KEY TO FREE YOURSELF FROM SUFFERING

- 1 **M**en destined for a divine teaching have to be free from their fears, free from their thoughts.
- 2 Man does not know how to listen to his own inner choice, which is at the origin of what he lives. When suffering occurs in his life, he always believes that it is ordered by the outer world because he observes the reaction of the others and tells himself: "For sure, I am unlucky!" He never - or rarely - takes the approach of listening to his own inner being, which would yet explain to him the origin of his suffering and the right way to live it.
- 3 In the world of man, the majority of people experience such and such circumstance as suffering. Man passively accepts these models, takes them on him and then suffers like the world.
- 4 Comfort is neither found in the world, nor in complaining, nor in the words that lull the consciousness to sleep in the body. Comfort is in the understanding of the cause of every event. In this sense, the man who knows the reason for his misfortune and concentrates

on the thing to do so that it does not happen again sees the suffering disappear to a large extent. Moreover, he does not accumulate future illnesses.

- 5 Take your inspiration from the masters. Take your inspiration from one whose speech is loving, sometimes cutting, but always right.
- 6 Do not go into the world to shape your body. Go into the world of the spirit to shape your inner being, which will itself shape your body.
- 7 Man cannot suffer gratuitously, and nothing that happens to him is devoid of reason. So, find the wisdom in each thing, and do not make of your life a complaint, a lament in the eyes of the world.
- 8 You, mother, you, father, you who bring up children, do not take your own feelings born from erroneous conceptions of the world as criteria. Be right according to the world of the spirit.

June 2004  
Chauzon, Ardeche, France

# PSALM 9

## THE CONTRADICTIONS OF MEN

- 1 **T**he eyes are the reflection of the soul.
- 2 **T**he mouth is the reflection of wisdom in man.
- 3 The ears are the reflection of the inner life of man.
- 4 The nose and breathing are the reflection of the beings that live around man.
- 5 Taste is the ability in man to live the present moment fully aware.
- 6 Man seeks God through all his centres, but he does it in a superficial way, without respecting the rules and the laws that every man knows in many other areas. Why, for instance, does he listen to words or music that destroy his inner life? Why is he not wisdom and healing when he speaks? Why does he not put all his centres to work in order to go in the direction of what he wants in his life?
- 7 Often, so as to not be bothered by the lower inhabitants of his kingdom, man lets them wreck his house. Then, he has to clean up; this is what he calls “relaxing” or “thinking of nothing.”

- 8 Man must know what he really wants in his life. Either he lives and acts in agreement with his soul and his deep desire, or he does not want to go towards the divine and he chooses the life that he wants. In that case let man stop complaining. Let him stop thinking and saying he is imperfect and unable, but simply adjust his life according to what he needs to do. Let him not try to know where this or that comes from, but be in the present moment and live and act according to what he is, what he thinks and what he believes.

June 2004  
Chauzon, Ardeche, France

# PSALM 10

## THE PATH OF THE FRUIT TREE

- 1 **M**an is like a tree. He needs to be aware of this for his life.
- 2 A tree has very deep roots, it has branches and a trunk. Man has to know how to go down into the depths of the earth without for all that losing the awareness of what he is.
- 3 Man must not live only in the sphere he finds himself in, but in any circumstance know that he has a top, a trunk and roots. He must not fear meeting certain forces, for man must be like a father, a mother, strong, responsible and active. At all times he must also intentionally create and cultivate his branches so that his fruits bear the seeds of the future generations.
- 4 Do not deliberately try to be such or such fruit. First of all simply try to be a fruit and bring the form, the colour, the smell, the taste, life to those around you so that they want to taste it and come close to you.
- 5 Be a tree in its 3 spheres of existence.

June 2004  
Chauzon, Ardeche, France

*Be the hope  
of a reason to be,  
of a reason to live  
and of a usefulness  
for having come on this earth.*



# PSALM 11

## YOU ARE THE HOPE OF THE WORLD

- 1 **M**en on earth are unhappy. They no longer have any references, any models. It is like they are put in a desert where they have to find by themselves how to survive and determine their own reason for living. These men, in the world, look for someone to hang on to, for the meaning of their lives, their mission, but they do not find any answers to their questions.
- 2 You, pupils, friends, brothers, be like a signpost for the world, a sun that rises while the darkness is present.
- 3 Be true; do not be what you are not.
- 4 The world is indeed dangerous for those who open themselves up and express what they are; but one who is genuine and true does not stir up the desire to belittle him, bring him down and tempt him in the other.
- 5 Be hope for the world. Be the hope of a reason to be, of a reason to live and of a usefulness for having come on this earth. Be abundance, be joy, be the opposite of what the world offers you. Be all that with sincerity. Then you will be like small lights lighting up all over when night falls; man will naturally go towards these

lights and find the innate meaning of his life, which is found inside him.

- 6 Be militants and do not let the world form the body of man. With love and in a right way, impose your way of seeing, impose your life choice.
- 7 Do not be shy out of fear of being broken. Be committed and know you are the hope of a world that does not want to come to an end, that wants for all to remember that each man carries something unique and precious in him: the eternal light, the love of God and the blessing of all beings of the kingdoms of nature, which depend on man.

June 2004  
Chauzon, Ardeche, France

# PSALM 12

## THE OIL OF URIEL AND THE NEW COVENANT

- 1 **V**ictory, glory and celebration for the work that has been done.<sup>1</sup>
- 2 To all those who went into the temple and worked there, who were pure hearts, like your ancestors the Cathars, I promise that they will have a better life, beautiful and in agreement with what they think.
- 3 There is nothing more beautiful for a man than to work for a grand and collective work.
- 4 When you need to unite with the divine world, take some of the oil that fed the flame of my temple and touch your forehead with it. This will call on you the forces and energies that were worked on during this celebration.<sup>2</sup>

1 - Archangel Uriel is referring here to the work done by the Essenes at the time of his celebration during 4 uninterrupted days. The establishment of his temple enables him to be present on earth and to act in the soul of humanity and the world.

2 - The Essenes use the oil of Uriel for many purposes, like feeding the perpetual flames in the temples and the preparation of Essene therapeutic balms and body hygiene products. In this way the divine blessing can take part in various aspects of the daily life of man.

- 5 Think of the Archangels in your life. Every day, have a thought for the divine world. In this way you will continue to feed the flame of life.
- 6 Be happy, for the divine world rejoices in the covenant established with the world of men.<sup>1</sup>
- 7 Sing and give thanks for the Covenant, the beauty, the hope in each one of you, you who live in a perfect world even if it is not always in agreement with what you are. Beauty is in each one of you. You are the Children of the Light; be the Children of the Light every day of your lives, for such is your destiny.
- 8 To those who were not present, I say: go towards those who were present in this temple; you will taste the hope, the Light, the divine world on earth.
- 9 Congratulations and thank you for this work. And if you feel disturbed, do not worry about it too much, for what is important is the work that you have accomplished.

June 2004  
Chauzon, Ardeche, France

1 - This celebration of Uriel closed the first cycle of 4 successive celebrations of an Archangel, later to be called the Round of Archangels. As mentioned in psalm 12 of Archangel Gabriel, this work made it possible to reactivate the covenant between the Essenes and the divine world.

# PSALM 13

## THE SECRET OF PLENITUDE IS IN PERSEVERANCE

- 1 **O**n earth, man looks for what could fulfil the aspiration of his soul; he suffers because he does not manage to do it, because he does not reach his objectives, and very often, he does not live according to his desires, he is dissatisfied and complains about the life he leads.
- 2 Man, persevere and walk all the way to the end of the path that you think is yours. Go all the way to the end of the wishes that live inside you, advance until you reach your goal and win happiness and plenitude.
- 3 Start by persevering in the small things and perfectly carry them out; then, little by little, increase the size of your objectives. In this way you will grow in strength and in work.
- 4 Generally, men wish, desire but remain passive. They wait for the outer conditions to allow them to live their dreams and go all the way to the end of the path of fulfilment.

- 5 No wish will bring plenitude to man unless he does not, first of all, take his life in hand, if he does not persevere, is not able to follow through with his objectives.
- 6 The life of a man on earth can be great and beautiful if he is clear about his aims, determined, self-willed, active and creative to lead what lives in him as projects up to the plenitude of concrete accomplishment. He will always end up by awakening his consciousness, discovering the true mission of his soul and carrying it out. In this way his life will be full and rich.
- 7 Unhappiness will accompany man until the end of his life if he does not follow through with what he carries inside him, if he does not discover why he has come on earth and does not carry it out to perfection.
- 8 If a man is frivolous concerning the wishes of his soul, if he lets himself be seduced by a multitude of constantly changing outer goals, if he lets himself be fecundated and inhabited by all the desires that go through his head or that come to him from the outer world, then he will know sorrow and be robbed of the beautiful inner light that naturally fills his soul with happiness and ecstasy. Generally, men follow this path of inner passivity of the consciousness.
- 9 If you really aspire to live in the plenitude of a meaningful life, and especially if you want to live this while carrying out objectives, remember to always persevere. Whatever happens, remain focused on the objective to be carried out in order to bring it to completion.

PSALM 13 OF ARCHANGEL URIEL

10     When you carry an aspiration in you, it always needs to be materialized, for before it appears, neither you nor anyone else can know what the real result will be. And whatever the result is, it is certain that you will have the satisfaction of having accomplished a work; in this way your life will be filled with meaning and plenitude.

June 2005  
Saint-Rome de Dolan, Lozere, France

*He who has ears,  
let him hear:  
neglect neither the spirit of the mountain  
nor that of the valley.*



# PSALM 14

## MAKE YOUR DAILY LIFE A WORK OF ART

- 1 **I**n life, there are heights, depths and an intermediate world uniting these 2 extremes.
- 2 On earth, the high summits of the mountains are a reality, just as the depths of the valley and fertile land. As for him, man stands between these 2 worlds. He can rise up to the summit to receive the inspiration of the spirit; he can also live and carry out concrete works in the valley.
- 3 Very often, the man who looks for the Light only concentrates on the spirit of the heights and thinks that his feet that tread the ground are derisory for the fulfilment of his inner life.
- 4 Know that there is no true man or woman on earth if what is seen in the spirit of the heights is not carried out in earthly reality through everyday life, behaviour, life attitudes, words, gestures, works, the body.
- 5 Of course, one has to try to raise his consciousness, his thought, his heart, his soul perception towards the heights, towards the divine intelligence to receive its blessing, its inspiration and its strength. But the final

goal is to transform this energy and lead it through the body of man so that it becomes tangible on earth and man can create a world in the image of his higher nature with it, live there restfully in order to invite everything that is divine there.

- 6 He who has ears, let him hear: neglect neither the spirit of the mountain nor that of the valley.
- 7 Receive the inspirations, impulses, clarifications of the spirit of the heights and dedicate your earthly life to the attainment of a high ideal, of an objective emanating from the higher consciousness. Be inspired and creative like a divine artist, like a painter who tries to materialize the beautiful image that he was able to see while he stood at the height of his being.
- 8 If, in your life, you do not know both the spirit of the heights and the spirit of the depths, work to awaken your consciousness, enter reality and put order in your life.
- 9 If you know the spirit of the heights inside you and commune with it through beautiful thoughts, wishes of Light, but that at the same time you completely neglect your daily life, a big imbalance will take place in you, bringing sorrow and heartbreak.
- 10 Work on yourself in a concrete way to incarnate the higher life that you have caught at the source of the common higher consciousness in your body and your works. Do not work at meditating or praying, but concentrate your energy to form your body so that it becomes a pure chalice to receive and fulfil the higher life.

PSALM 14 OF ARCHANGEL URIEL

- 11 If you want to live in the Light, your body must be mastered; your instinctive nature as well as your thoughts, your feelings and your will have to be controlled and dedicated to carrying out a higher work.
- 12 Escape does not bring great accomplishments. It is your daily life itself that has to be transformed into a work of art.
- 13 To rise into the impersonal and sublime high regions of the spirit is not that simply done. Mountains are very high, their walls are sometimes steep; a lot of effort is needed for the ascension. It is through discipline that the body finds the strength to rise, and once back down in the valley, it is again through discipline that it finds the strength to make real what it was able to catch in the subtle worlds of the heights.
- 14 The conscious union of the heights and the depths gives man his true dimension and brings him happiness and plenitude.
- 15 If you live only in the heights or only in the valley, you will be unhappy, for whatever you do, you will always lack something to feel filled, satisfied.
- 16 If you want to know who you are and what path you walk on, look at the works you bring forth in your life and particularly the life you circulate around you.

June 2005  
Saint-Rome de Dolan, Lozere, France

*One who looks for happiness  
without having it inside him  
is blind.*



# PSALM 15

## GATHER THE CONDITIONS OF HAPPINESS

- 1 **M**an tries to find all the possible solutions around him to taste a happy life. He has not understood that first of all it has to come from him, that he has to find it and create it inside him before being able to live it on the outside.
- 2 Man cannot find anything outside him if he does not carry at least a germ of what he is looking for inside him. The development of this germ has above all to be inside and then the results will naturally make themselves felt in the outer world.
- 3 Above all, it is the mind that must direct matter, and matter that must carry out the works of the mind. If the mind is subjected to matter, if the inner life is extinguished, invaded by the conditions and necessities of the outer life, happiness will never be fully tasted.
- 4 One who carries the qualities of the spirit inside him - such as love, wisdom, harmony, creative force - and lives them powerfully on the inside will inevitably meet them on the outside, and will naturally organize his life to be surrounded by them on the outside.

- 5 One who looks for happiness without having it inside him is blind. He will pass by the treasure of his life without seeing it.
- 6 The outer world is only a reflection of the inner world.
- 7 The inner world has to be united with and consecrated to the higher world of God. This consecration has to model and organize the outer world. In this way you will be able to find and taste happiness. The secret is simple: when your inner life is consecrated to and united with the divine world, what emanates from it is stability and determination. Base your outer life on these 2 forces.
- 8 Man must act only under the inspiration of the highest consciousness in him and settle his outer life on the foundations of this consciousness. In this way he will create in him and around him all the conditions, the circumstances so that happiness can manifest itself.
- 9 One who abandons his inner life consecrated to beauty, greatness, wisdom not only closes the door to the Light but also creates the darkness all around him. Not carrying the Light inside him, he will not perceive it in any other and will inevitably pass by the presence of the being in all beings. Now, to meet a being and not commune with him in the entirety of what he is, is disrespectful of the individual and the creation of God.
- 10 If the outer world is active and fecundating, it extinguishes the inner world and transforms man into an unconscious biomass. Ugliness then enters into the world.

PSALM 15 OF ARCHANGEL URIEL

- 11 Beauty consists in perceiving all the worlds in a being and taking all of them into consideration in a living unity and an active harmony.
- 12 If God has allowed that there is a great diversity of colours, forms, sounds, beings, it is to show the richness and splendour of the creation of the one spirit. In humanity, there are children, women, men, and each one carries a truth, a language, a world, a letter of the universal alphabet.
- 13 If man does not carry the world in its divine source inside him, he will not be able to see it as it really is outside him.
- 14 If man has awakened the divine inside him, he will always try to commune with the inner senses, with the light hidden in the other. This attitude will allow him to discover the essence of the being, the divine letter that the Father has put inside him. Whatever letters he will come across in his life, he will be able to unite with them to form words, then sentences. He will acquire the ability to read the universal language and write his name in the book of life.
- 15 One who knows how to read in the great book of living nature understands that he has to write his path of destiny in harmony with the celestial writing.
- 16 To know how to read is to know oneself, know the others and the divine in everything. Then each element of nature becomes a letter of Light that one can use to construct oneself perfectly.

- 17 Life is much easier when man knows exactly what he has to do, who he has to fall in with, associate with and in which direction his steps lead him. Work is no longer a trial, but a source of joy, for it again becomes an activity that enables him to get closer to achieving the goal of his soul, source of true happiness.
- 18 One who is in the phase of perfectly carrying out what he is looking for in the deepest part of him can only be plunged into happiness and ecstasy. For him, life is a joy at each inhalation, for everything brings him closer to victory.
- 19 Remember that if the Light-God lives in you, it also lives in the other whoever he is.
- 20 In the other lives your brother, your sister, who carries a letter of the great alphabet of God. With love and respect, without judgement or intention to take what is not yours, you can share with him the letter that you carry. In this way, by joining forces with the whole world, with all your brothers and sisters, you will be able to understand the universal language and read the message that your Father and your Mother have left for you.

June 2005  
Saint-Rome de Dolan, Lozere, France

# PSALM 16

## GET CONFIDENCE BACK AND FULFIL YOUR DESTINY

- 1 **W**hen a being incarnates on earth, it is to fulfil a destiny. He comes with a basic orientation that he carries in his soul, a potential to fulfil. All this is inside him like a seed that has to blossom, a plan that has to be carried out.
- 2 In your life, the first thing to do is to awaken this seed, this inner strength, this innate knowledge, this sacred memory of your soul and of your mission. In this plan are contained the continuity of consciousness, the mystery making it so that the started work can be continued, that the path is not lost from one life to another.
- 3 This wisdom is the true blessing of one who is faithful to the Tradition and who has brought this body of the Tradition to life inside him. This is the path of resurrection, which starts by the transmission of the Name from the Mother.
- 4 Any Essene has to start his life with this name and finish it having perfectly fulfilled this name.

- 5 Gradually, as man incarnates, the outer life takes hold of his inner life and orients it towards an imposed destination, in contradiction to his inner destiny. That is why man is unable to fulfil himself in what is essential inside him; he lets an artificial, superficial and made up life direct him and take over his soul.
- 6 Basically, the outer life is intended to fulfil the inner life of man, to serve as a mirror, as a support for realization. If its hold on man has become powerful to the point of taking over his inner life and stealing its creative force, it is simply because man is unconscious, even cultivating unconsciousness. He has let the ideal inside him fall asleep and in this way has weakened himself.
- 7 It is in man, in his inner life consecrated to God and creator of harmony in the outer worlds that strength resides. If man abdicates this inner strength, this consciousness of his soul, this sensitivity of his subtle being, then the outer life and its circumstances take over his being and subject him to servitude, lead him towards regions where he will never find plenitude, where he will not taste the happiness of fulfilling what he was made for, what he came to earth for.
- 8 Man needs not ask himself so many questions to know if he is sure to want to do such or such thing. He needs to do everything to find his roots. They plunge into the depths of his being and can talk to him about his gifts, his talents, his love, what he is made for.
- 9 One who has found his roots no longer doubts. He knows what he has to do to blossom, to fulfil his life.

PSALM 16 OF ARCHANGEL URIEL

Strength is in him; he can triumph over all trials, overcome all obstacles to reach his goal.

10 From being rooted in your soul, confidence in yourself, in your destiny is born. From confidence is born the strength that dares undertake anything to reach the objective.

11 In life, you need to cultivate self-confidence as a solid base that arises from being rooted in the soul. Then you need to have an objective that must not come from the outer world, but that is united with the inner world that existed before the birth of your physical body. It is a primordial objective, in conformity with your soul; it is the real meaning of life.

12 Confidence comes from a living and conscious connection with this higher life that gives a bigger meaning to earthly life. It is a driving force and energy that enable you to move forwards and taste the new, to open up to it, to welcome it.

13 Youth is the new, but also the one who questions.

14 To accept the new without being destabilized, man has to be rooted in a life bigger than the body. He has to perceive wisdom - inside him and in the world - as an eternal element. This wisdom is inside him like a force that organizes his life; it is also present in each element outside of him. If man understands this and unites with it, he can find the strength to enter the new without tensing up, without crystallizing, but wanting to fulfil the destiny of his eternal soul.

- 15 When a man knows who he is, when he knows the meaning of his life, he can meet an animal, a plant, a being and draw wisdom from them. Being focused on what he has to live, to be, to incarnate, he avoids burning himself in experiences ill-adapted to his true mission, which would inevitably lead him towards a wall.
- 16 Wisdom is the experience acquired in other lives. If you want to know it, try to awaken the eternal that lives in you as wisdom, as special qualities, as orientations, as destiny.
- 17 Find out what you are good at, what you are made for, what fulfils you and what you like, and be enthusiastic, spontaneous, young and let the gifts that are yours grow, for this is how you will know the fullness of being. You will have the satisfaction of feeling alive and you will benefit from the wisdom of the others, from their experience.
- 18 Above all, do not exclude the beautiful light of wisdom; do not think that it belongs only to old age. Wisdom is the light of ages in man. It is a sacred gift that he has in him from life to life, and that speaks to him of eternity.
- 19 If man abdicates wisdom, he loses the light of his life and is caught by the deceptive light of outer life. This false light always tries to direct him towards new, superficial things, to distract him from the essential and to orient him towards its own goals, which generate dispossession of self and death.
- 20 Awaken in the eternal wisdom and take your life in hand.

PSALM 16 OF ARCHANGEL URIEL

21 Listen to yourself, observe yourself on the inside as well as on the outside, and set going all the forces that are in you and around you; you will become an active being, useful to the Light, a creator of beauty, of harmony, an artisan of peace. You will be happy and rich from your experiences and you will grow more and more from all the fruits of these experiences. In this way you will become a true man; life will be universal in you and you will inspire all beings who will come close to you.

June 2005  
Saint-Rome de Dolan, Lozere, France

*Perfection comes  
from the union of the spirit,  
the soul and the form.*



# PSALM 17

## LOOK FOR PERFECTION IN EVERYTHING

- 1 **I**n every activity, try to achieve perfection. You are not allowed to botch up a task, a thing.
- 2 If man tolerates imperfection, then no divine law, no higher principle will be able to exist for his consciousness anymore. The dark and demonic forces of the mechanical and robotic world will take control of humanity.
- 3 There was a time when the knights, beings dedicated to the quest of perfection, existed. They would give their word and it was untouchable.
- 4 In your time great carelessness reigns; men no longer feel responsible and abandon the care of guiding their lives to others.
- 5 The beings who do not carry out the works that they bring about to perfection are those who give their strength to Lucifer.
- 6 Lucifer is an archangel who carried the Light, but by turning away from the divine principle, he created the material world and the earthly man. He placed the

Light - luci - into matter - fer<sup>1</sup> - and abandoned the moral laws and divine principles. That is why man is imperfect in his earthly body, ages and dies.

7 Perfection comes from the union of the spirit, the soul and the form.

8 In every work, there is a soul, a thought, a feeling. By only living things in matter, it is impossible to lead them to perfection.

9 Each work has to be carried out to completion, that is, up to its union with the divine spirit.

10 Those who, in the small as well as the big undertakings, strive to bring everything towards completion while trying to do their best and in the most beautiful way work for the victory of the great ideas in the world and to maintain the divine laws and eternal principles.

11 Remember: it is not asked of you to be a perfect being, but rather to make the effort of bringing what you undertake, what you are to perfection, which is the presence of the perfect in everything.

12 Perfection is the divine, and all works and activities have to lead you towards it.

13 To reflect and incarnate the heaven of intelligence is the goal of all forms.

14 If a form moves away from the moral law and divine principle, it loses its soul and spirit and sinks into the world of anarchy, ugliness, nothingness.

1 - "Luci" comes from the Latin lux, "light," "Fer" comes from the Latin ferre: to bear, and is also the French word for "iron."

PSALM 17 OF ARCHANGEL URIEL

- 15 To know the physical world is not enough to attain perfection; one also needs to study the world of the spiritual laws that rule over the realm of the soul as well as the world of the divine principles, which is connected with the realm of the eternal spirit.
- 16 It is through the knowledge of the spiritual laws that a work can be connected with the divine world and manage to incarnate the spirit, the higher consciousness.
- 17 Those who are only satisfied with the physical plane and neglect the more subtle worlds will never be able to experience plenitude.
- 18 To know that in all activities there are spiritual laws to be respected is the key to awakening, happiness and a harmonious life. These laws are intended to lead everything towards the spirit. Not knowing these laws generates anarchy, the loss of the soul and of the deep meaning of the beings and things.
- 19 The soul is the living side; the body is that of death. To lead death to perfection is to invoke nothingness, destruction.
- 20 The spirit is the true intelligence that gives a higher meaning to everything it touches.
- 21 All science has been based on the discovery of the laws that govern matter and their applications. But laws also exist in the subtle worlds of the soul, of morality.
- 22 There is a living morality that leads towards beauty and the higher consciousness.
- 23 The essence of morality is to put yourself in harmony with the communal higher consciousness in order to live

according to its eternal laws and principles. In this way the forms can be led towards immortal beauty.

- 24 Remember: it is not asked of you to be perfect, but to make the effort to bring things to perfection. If this aspiration and this knowledge of the 3 worlds of the body, the soul and the spirit were to disappear, humanity would no longer have a divine origin. It would lose the meaning of its life, the awareness of its soul, of its subtle bodies; it would be the victory of the darkness on earth.
- 25 You who want to work for the reality of the Light and to carry out great and beneficial works, remember: lead your works, your acts, your thoughts and your words towards the union with God in a perfect form.
- 26 Be especially attentive to everything that you create: lead it towards perfection in the 3 worlds, like the committed and consecrated word given by the knights of the ancient tradition.

June 2005  
Saint-Rome de Dolan, Lozere, France

# PSALM 18

## FROM SURVIVAL TO REAL LIFE

- 1 **L**ife has to be a great experience, a fantastic opportunity to learn and each day welcome the youngest, the one who rejuvenates life and makes the new appear.
- 2 You certainly try to find your origins, but you only stop at the world of facts, of appearances. You do not take into account the world of spiritual laws and the world of divine principles.
- 3 In the world of facts, you have to discover why one thing works and why another fails. The answer is in the knowledge of the spiritual laws that govern matter and in their right application. The knowledge of these laws is called wisdom.
- 4 Be simple. Do not get involved in what seems complicated to you. Take a few elements of wisdom, try them out in your life and you will see the results. Positive results are proof that these laws are reliable and that they have been properly applied.
- 5 If, by conforming your life to the simple laws of wisdom, you find greater stability, clearer thought,

progression and energy, then you can be sure that what you do is right.

6 If you are offered practices or a life that are far away from you, inaccessible, that need phenomenal gifts, know how to recognize it is not a path that will free you from the illusions of matter and of the mind.

7 True life is simple. In it, your awareness always needs to be awake.

8 Do not sleep while you are alive.

9 Always listen and keep your eyes wide open to seize all the opportunities that God gives you to make you move forwards on your path, to correct yourself. Always be alert for the new energy, the new thought that will make you grow and progress.

10 Above all, be faithful to what you think and experience. Always remember that you have to go all the way through with things for your life to be fulfilled.

11 The new is divine life that continually rejuvenates the world. Experience is the life of man that leads him towards the beautiful light of wisdom.

12 Communion with God is found in your inner stability.

13 If you look for directions, stability that you can rest on, look around you and find the beings who succeed in what they do, who are not fickle, but anchored, truthful, humble, simple, natural. Concentrate on them, take them as models so that you too can acquire an unshakeable stability in your convictions, in what you are and what you aspire to be.

PSALM 18 OF ARCHANGEL URIEL

- 14 The youngest is spontaneity, new life, love, accepting exchanges, but also respect of the divine rules and laws that govern the universe.
- 15 The youngest always brings with him the energy that destabilizes and that is why one has to be well prepared to go towards God, be both stable and flexible in order to simply welcome what brings change, what leads everything forwards, towards the unknown.
- 16 Go, follow your path, be perseverant and always accept to be destabilized. Accept that the divine makes you change certain opinions that could sometimes limit you in your thoughts and restrict you to dogmas, to sterile beliefs that bring you survival and not life.

June 2005  
Saint-Rome de Dolan, Lozere, France

*Magic is like any science:  
it must be handled with savoir-faire,  
intelligence and precaution.*



# PSALM 19

## CONTEMPLATE NATURE AND BECOME UNSHAKEABLE

- 1 **W**hen you look at a mountain, a forest, the tranquil sea, you can notice that all this nature around you is peaceful, stable, unshakeable.
- 2 Take the time to contemplate all these elements, to live in communion with them, to internally unite with them in order to invite their qualities into you and become like them in the earthly part of your being.
- 3 In your life on earth, it is fundamental you open a space inside you that is stable and peaceful.
- 4 The divine spirit manifests itself through thoughts, feelings, impulses. To receive it, you need to be settled on an unshakeable stability in your lower nature, otherwise you will be destabilized and led into hell.
- 5 To walk towards the higher in you, you need to have stabilized everything that comes from the body and from the visible world inside you and in your daily life. What is mortal, earthly has to be put to sleep in its destructive aspect and put at the service of the highest inspirations and energies in its productive aspect.

- 6 The body can be destructive if it awakens the basest and darkest instincts inside it such as fear, greed, jealousy. It can also be at the service of the divine nature if it is correctly prepared.
- 7 All the thoughts, all the feelings that animate the body are living beings that belong either to lower or divine hierarchies. These beings make use of the body of man to bring their children into the world, to become creators in the earthly plane.
- 8 The influences of the shadow try to destabilize man, make him worry, doubt, move about uselessly in order to take hold of his body, of his inner life and make him be destructive.
- 9 The divine hierarchies try to unite man with living nature and pacify him in his body and his lower nature so that he finds the strength to unite with his higher nature and manifest it through his body, which has become a docile instrument at the service of the spirit.
- 10 To approach the Light, your inner life has to be active and creative, united with the higher consciousness; your outer life has to be placed in great calm, rest. The darkness tries to produce the opposite effect. It wants to place the body and daily life into great agitation, insecurity so that the inner life of man is fecundated by the lower nature and becomes unconscious, at the service of what is dark, making man weak and enslaved.
- 11 Man needs to move in the direction of becoming a magician, an active being, creative in the invisible. He needs to awaken his consciousness and his sensitivity

in the reality of his thoughts, his feelings, his will, and unite this threefold power inside him with the higher hierarchies of the Light. The light of the Father will then come to live in him and he will be able to rest on the pacified lower nature to become a creator of beauty and harmony down into the physical plane.

- 12 One who does not know the creative power of the thought, of the feelings, of the will unconsciously lets himself be fecundated by the outer world, without really being concerned about the consequences. This generates instability, an imperfection inside him and in his life that inevitably attract dark energies. His life and that of those around him become a hell.
- 13 To get out of this state of affairs, one simply needs to understand this law: thoughts and feelings are real; they trigger forces, influences that in their turn generate results, for happiness or unhappiness.
- 14 If man activates energies, intelligences through his words, his gestures, his desires, there will inevitably be consequences, negative or positive.
- 15 Power consists in pacifying the body, in putting the lower nature to sleep and in activating the inner life by making it aware and uniting it with the highest spheres of the divine spirit.
- 16 To take your life in hand is to awaken the creative power in you and lead it towards the higher consciousness in order to carry out creative works of light and beauty through the body.

- 17 If man puts ugliness inside him, it is ugliness that he will find in his life.
- 18 Man needs to become an active and conscious being. Only by entering into what is settled in calm, in harmony with the Mother can this being emerge in him.
- 19 A magician is first and foremost active in the invisible, in the subtle worlds, which are a reality as tangible as the visible world for him, a thought being as alive and active as an animal.
- 20 Just as one can plough a field with the help of an ox, one can carry out great deeds with a thought. The body is the plough, the ox is the thought, the intelligence that directs the whole thanks to its alliance with the higher consciousness is the man.
- 21 Through the power of thought and feelings, you have to voluntarily and actively create yourself your world, your universe, your becoming, your future body, your new life.
- 22 Understand that without this stability of the body and of the lower nature, you will never be able to be completely active, for at every moment it will be possible for you to be shaken up by whatever dark influence that will make you go to pieces by invading your thought, your feelings, and by making you doubt to take away your strength, to divert it from its goal.
- 23 The closer a man gets to God, the more his inner life becomes creative and powerful. If he thinks of something or speaks words, it is materialized very quickly, even instantaneously. If such a man allows doubt to win him over, it assumes total power and destroys his life.

PSALM 19 OF ARCHANGEL URIEL

- 24 Magic is like any science: it must be handled with savoir-faire, intelligence and precaution.
- 25 Take some time to contemplate the forests, the mountains, the oceans. Open yourself to them, let them speak to you, teach you, inspire you the secrets for entering into a stable, calm life, peaceful on the outside and intense on the inside.
- 26 A magician must not let himself be distracted by and for things that are changing and unstable. He needs to cultivate discernment between what is mortal and what is eternal.
- 27 To centre on what is eternal brings stability. What is mortal generates fear, agitation and the loss of the deep meaning of life.
- 28 Be settled inside you; be strong with the Mother; be inwardly precise, awakened, conscious, silent in front of God, in His presence inside you; be calm in your lower nature and open to the presence of the divine. In this way you will carry out everything that you came on earth for in your life and in your works.
- 29 In essence, you are an acting and creative being. Go in this direction and you will accomplish what you came on earth for.

June 2005  
Saint-Rome de Dolan, Lozere, France

*As soon as you are not active,  
connect internally to the Light  
in order not to be fecundated  
and activated by the darkness  
of unconsciousness.*



# PSALM 20

## SILENCE, THE DIVINE LANGUAGE

- 1 **M**an is emissive and creative when he is active, when he speaks, when he acts, brings forth. He gives birth to thought-beings, feelings, moods; he develops them, strengthens them and is even able to lead them towards the Light or the darkness.
- 2 If man is conscious, if he has developed his magical sensitivity to the invisible world, he is really a creator of light when he is active. In spite of all his goodwill, he cannot permanently maintain himself in such an activity. He is obliged to breathe, to rest, and therefore to become passive, receptive. This state of passiveness is dangerous for the inner life of man because this is the time he can be fecundated by the darkness and his body can be used without him knowing it.
- 3 You must meditate on this secret, this law: when man is active, he is fully himself. Then he fecundates a subtle world that surrounds him. As an echo, this subtle world will act on man, his life, his thoughts, his sensations, his destiny and even his organs and his physical body.

- 4 The world that man lives in is woven by the thoughts, the moods, the desires he has emitted and activated around him in the previous days. It is an echo that generates an ambience and even influences events. If you are awakened, you can use this law to take your life in hand.
- 5 What you generate as thoughts, words or actions comes back to you in the following days as moods, inner impulses.
- 6 As soon as you are not active, connect internally to the Light in order not to be fecundated and activated by the darkness of unconsciousness. Let there always be a silent watcher inside you, a guardian of Light who prevents any uninvited influences from going into you and fertilizing your life. In this way God will instruct you in the silence. He will fill your words, your activity, will fill them with soul and strength and will teach you according to the direction that you will have given to your activity.
- 7 God comes towards man in the silence according to the words that man has spoken.
- 8 God is always in the hidden. He is the complementary part of what man brings into the world through his creative activity.
- 9 If man speaks and acts unconsciously, the darkness takes over his thought and animates what he has brought into the world. If he speaks and acts consciously, while being linked to the divine worlds in his thoughts, his feelings and his will, it is the sublime that approaches him when he is resting to bless his creation and fulfil it.

PSALM 20 OF ARCHANGEL URIEL

- 10 It is said that God speaks in the silence, for man must connect to the Light when he goes into rest.
- 11 If men fear silence, it is because they do not want to hear the language of God, which is the response to their unconscious activity.
- 12 The more unconscious a man is, the more agitated he is, and the more he will surround himself with noise and chaos. In fact, this man does not want to be responsible for his acts, for his life, for what he brings into the world. He does not want to see his true face in the mirror of eternity.
- 13 A real magician is one who knows how to focus on a thought, a word, a gesture in order to bring them to life so that they become nourishment and an offering for God. When this is done, he begins to rest and lets the Divinity that is in the offering instruct him in the silence.
- 14 The life of man must be at least half silence in front of God. In this way, through his magical activity, man nourishes the divine in everything and afterwards, in rest, he lets himself be fecundated by God and nourished by the Light. This is an exchange, a perfect breathing, a rich and beautiful life.
- 15 Silence is the only means for man to hear the subtle world, to receive its nourishment and be activated by God. What man has received in this way, he can give back as an offering in his creative activity.
- 16 When man makes an offering, he must listen to its echo in the silence. In this way he can know if God accepts it and animates it or if the darkness grabs it. If

the offering is for the darkness, the life of man will be desolate.

- 17 The whole life must be an offering and a communion with the divine world. This is done first by magical activity and then by receptivity.
- 18 The activity of man decides towards what he directs his life: is it towards the ephemeral or towards eternity? Conscious activity is what allows man to change the direction of his life with full awareness, for it always receives a response from the Light or the darkness.
- 19 Man is an earth. If he approaches the divine, he is fertile and each seed of activity that he puts into it grows and profusely bears fruits. The harvest nourishes the Gods, who bring the blessing. Then the earth becomes even more fertile and creativity increases. If man moves away from the divine, the earth becomes sterile or is covered with thorns, so much so that man cannot make a move without getting hurt.
- 20 A magician listens to God in the silence, but he knows that God is not abstract, that He fills the thoughts, the gestures, life, and that without His presence man has no reason for being, no future, no value.
- 21 Man is earth in movement, earth that thinks, that speaks and that acts.
- 22 Man must be a fertile earth for God, a living earth.
- 23 Inner peace, calm, silence and creative activity form the inner earth of man, the oceans and mountains in him. The mountain is an elevated thought. The ocean is the power of feeling that, through the action of the sun,

can evaporate to quench the thirst of the whole earth. Man must lead all these elements towards the highest, the purest, the divine. Then God blesses and becomes a real sun for man, rising each day in the intelligence, the heart and the life of every man who has a sincere and pure will to praise God through his activity.

24 Even if he seeks the benedictory look that God can place on him, man must not for all that try to be more than what he is. He must simply know himself in his dual origin, earthly and divine, and put all that into action for the glory of the divine. Such an awareness and such activity naturally cause a sequence of things that lead the whole towards perfection.

25 Man must not let himself be fecundated from the outside by a thought, a philosophy, a mood that are unconscious or foreign to his divine nature. He must go all the way to the blossoming of his own essence, his own seed, his lineage of Light, and make his own roots grow in his fertile earth. In this way the path towards God will open as shown to us by the tree of life or the mountain of God rising in the midst of the cosmic ocean.

26 If man brings the tree of his inner life to the blossoming that unites heaven and earth, activity and passivity inside him, the Father of all the lights will be able to taste its fruit. He will understand exactly who the man is and will speak to him a language that corresponds to him.

27 If you understand this teaching, offer the fruits of your activity to the Light. Then, in the silence of your meditation, in contemplation, let the divine come and

teach you the life and wisdom that will make you move forwards, without fail, without detours and without losing energy, towards the true being that you are forever.

June 2005  
Saint-Rome de Dolan, Lozere, France

# PSALM 21

## THE TRAP OF LYING

- 1 **W**hen you start off on the path of the Light and want to move forwards while being certain of the final result, there is one fundamental condition: know who you associate with.
- 2 Understand that each thought, each feeling, each desire that you carry inside you is living and acting around you, in your sphere of breathing, in your aura.
- 3 The aura is a living light that circulates around the physical body and puts man in contact with the subtle world. According to the nature of his inner life, this aura is connected to the angelic heaven or to hell.
- 4 Hell is not necessarily what you think, for an unconscious life, even if it seems happy, is doomed to hell. Hell shuts man in himself and shows him only the material world. In this way the aura of man acquires boundaries and opacifies.
- 5 Paradise is without boundaries and associates the divine world with man through his thoughts, his feelings, his will. Then he becomes active and creative in association with the higher hierarchies that are at

the origin of thought, feelings and will in man. The higher hierarchies can then live with man, who becomes a cosmic being and enters the fourth hierarchy: those who incarnate the divine on earth through the actions of man.

- 6 The first step that man must take on the path of the Light needs to be conscious. It is an act that carries in it the cosmos and the future of humanity and the earth. If man is not fully conscious when he takes this first step, humanity will be destined to the darkness.
- 7 First of all, man must cultivate great humility vis-a-vis the divine world in order to be protected from himself, from his own lower nature. He must be able to associate with the Light, which liberates and guides. He must not cultivate humility that makes one weak and passive, but he must be humble in order to present himself such as he is inside, without fear and without darkness.
- 8 For man, of course, it is easy to stand in true humility in front of the divine world, but it is much less so in front of those of his kind. It is difficult for him to show himself as he really is with his qualities, but also his weaknesses, his lies, his illusions. To find inner stability, one must balance all this. You must act according to what you think is right, in agreement with your deep conviction. Above all, be honest with yourselves.
- 9 Sometimes you say something to someone - whether it is true or false - and later you do not feel clear inside yourselves. You can notice that illusion, pretence, the veil

of lying has crept into your speech. Then straighten up, for otherwise the divine world will never trust you.

10 If man is in the image of God, he must be honest at least with himself. It is not said that you must show your imperfections, your weaknesses, but that you must be honest and just.

11 Honesty brings goodness towards oneself and towards the others. That is why, in all circumstances of life, you must do everything not to use lying, first with yourself and then with the others.

12 Understand that you always lie to yourself before lying to others.

13 Know that if you lie, the lie will always catch up with you and become your master.

14 It is very easy to lie in the world of man because no one is clairvoyant to perceive the truth hidden behind the veil of illusion that covers everything.

15 The divine world knows what is true and what is false. If it sees you acting while associating with falsehood, why would it trust you?

16 Lying is a veil of obscurity that encloses man in his own illusion and connects him to the darkness of ignorance and weakness. Access to the divine world is closed by such a veil and no association with it becomes possible.

17 To lie is to put your consciousness and the presence of God inside you to sleep.

18 Simply and honestly, be true with yourself, be honest and respect those that live in you and around you. Whether in your family, in your work relationships, in

your spiritual community or with your friends, be true and share the truth with them.

- 19 You are not obliged to share everything, but what you share must be true, for truth is what makes life just and beautiful. It will allow you to associate with the divine world in all your relations.

June 2005  
Saint-Rome de Dolan, Lozere, France

# PSALM 22

STABLE AS A MOUNTAIN,  
ALIVE AS A TREE,  
LOVING AS AN ANIMAL

- 1 **M**an is the king on earth, but he is not the only one having abilities and being able to commune with the divine world. The same goes for the mountains and stones, the trees and plants and the animals.
- 2 If you consider man as a whole, you realize that he is made up of all that and even more. The mountains, the animals, the plants, all the elements of the visible and invisible nature up to the Archangels, up to the Gods and even up to God can be found in him. Everything that lives in the universe also exists in man as potential, and through the law of affinities finds itself connected to man.
- 3 Man thus has an individual life, but also a universal life, and these 2 lives are connected. To know harmony in his individual life, he must also be in harmony in his overall life, in his relation with the universe, with nature, with all beings and all kingdoms. Every creature that is a part of the all is unique and each one has the right to be different, but this must be part of an overall harmony.

- 4 This sacred law is valid for the stones as well as for the Angels and also for humanity as well as for an individual man. The majority of men are unfortunately unconscious of their universal life and their magical affinity with all the kingdoms and hierarchies of nature. Actually, it is consciousness that makes man different from the stones, the plants and the animals. Through consciousness, man stands at the boundary between 2 worlds, and in this way he can establish balance, or imbalance, between them.
- 5 If man chooses to live a life that is only individual and unconscious of its other magical dimension, he will, in spite of himself, introduce anarchy and sickness into the body of his Mother, the earth.
- 6 Nothing is more important for man than to live in harmony with himself, with the universe and with the divine. To live with nature is also to find your true nature and the divine world in you and in nature. To cut yourself off from nature is to lose your nature and the conscious and living link with the higher worlds. Man has to approach all the elements that make up the great body of nature to establish a connection with them and discover how they can awaken and nourish the true nature in him, the divine elements that form him.
- 7 In this way he will become a true man, in harmony with the being of the heights and the Mother of the depths. He will unite spirit and matter. In the image of a ray of light, he will become the awakened intermediary between the 2 worlds of the visible and the invisible. He will light up

PSALM 22 OF ARCHANGEL URIEL

the material world with his presence, his intelligence, his spiritual creative power and his active wisdom.

- 8 Man must not neglect his individual being, otherwise it will waste away. He must rather strive to awaken this being in order to make it alive, aware and not allow any foreign force to move in. You need to know that if man does not use any one part of his being, other influences, other intelligences will take hold of it without his knowledge. Nothing in the universe can remain inactive, everything is always used.
- 9 Man must awaken everything inside him, make all the components of his being active, alive, from the most material to the most spiritual and even up to the divine. He must focus his energy so that all the worlds that live inside him are nourished in the Light.
- 10 Get close to the mountains, plants and animals. Heal, strengthen, commune and be taught by everything that causes the universe to exist. You will be alive as a tree, stable as a mountain and loving as an animal. In the complete man, all the hierarchies are balanced in the Light.

June 2005  
Saint-Rome de Dolan, Lozere, France

*A protected and cultivated  
inner space  
is the key to the safeguard  
of humanity.*



# PSALM 23

## PRESERVE YOUR INNER GARDEN

- 1 **A**t the dawn of time, God and man were united through a covenant of fire and Light. The holy flame of the Father penetrated into man and he became a living soul filled with Light. This light became an earth that he received as a legacy with the mission of protecting it and making it bear fruit.
- 2 He who scorns his inner earth denies his divine filiation.
- 3 There must always be a space inside you reserved for God, protected, consecrated, which no one can go into to put whatever, to plant the bad seed. The garden of God must be maintained and guarded.
- 4 Imagine someone who would want to impose the model of his own garden on everyone. It would be tyranny. Yet, very often this is what happens in the inner life of men.
- 5 If man does not have a precise vision of what he wants, of what he wishes, of whom he wants to have for associates, then, inevitably, someone will come and impose his way of thinking, of seeing, of living on him.

- 6 Constantly protect the garden of God; let it be filled with beautiful and great ideas, let light and joy be its most important fruits.
- 7 The inner garden is what protects man. In this space, all the beings of Light can come to visit man in order to discover all the marvellous possibilities that he has to commune with the divine world.
- 8 A protected and cultivated inner space is the key to the safeguard of humanity.
- 9 The life of a man can be positive or negative, but if he keeps his inner space filled with light alive, his individual and universal consciousness will be able to grow; then he will inevitably find the path towards God.

June 2005  
Saint-Rome de Dolan, Lozere, France

# PSALM 24

## YOU ARE IMPORTANT

- 1 **I** rejoice that I was able to get close to you. I have put great strength, stability, joy and the impulse towards a new life in you. In some, I have opened the possibility of a divine achievement in this life in such a way that their soul can be free at the end of their incarnation.
- 2 I rejoice; I am happy that beings like you are aware of the importance and value of the work of the Light on earth.
- 3 Remember that each thought, each seed left for the Father and the Mother will take part in avoiding that the darkness becomes sovereign on earth.
- 4 You are important and your work is a necessity. It contributes to balancing many forces and influences in the world. So, my children, my sisters, my brothers, my friends, I rejoice that I was able to live a moment with you.
- 5 May the creative power be in you.
- 6 May determination, enthusiasm and willpower accompany you and be with you in all the circumstances of your life.

- 7 Know what you want to do with your lives; commit consciously and with strength.
- 8 Do not be calculating, for God always takes care of His children.
- 9 If man works for the glory of his Father, of his Mother, all the conditions for him to have a calm life, without material worries will be granted to him.
- 10 All the circumstances, all the elements of nature and of humanity will help the king who works for the Father on earth.
- 11 Continue your path. Keep fire, enthusiasm and strength in your works and I will always be with you, in one way or another.
- 12 Remember those special moments when you stood in my presence.
- 13 Be present, be aware in your lives, but above all, live in your body, your being, for you are alive. Honour these words.

June 2005  
Saint-Rome de Dolan, Lozere, France

# CONCLUSION

## FROM SLAVERY TO INNER FREEDOM

Joy appears on the inner horizon when the chains of slavery are seen and start to break. Who can start off on the path of awakening, who can climb the steps of Initiation when he is held back by the chains of illusion?

The invisible chains that identify the spirit with dead form are powerful and close it up in the prison of unconsciousness, mechanical hypnosis and the fog of ignorance.

Joy is the butterfly that flutters and opens the path of the triumphant spirit. The presence of the Angel of joy indicates that the path is open. It is an inner joy, an ineffable feeling, a premonition of God. From this premonition the new life is born and the torch of the Teaching appears. The school of divine life, the community of the Children of the Light is structured around the Teaching.

For the slave, the Teaching is an aberration, for it shows him his chains and his prison. As long as the Teaching is seen as an obligation, the doors remain closed, for who can start off on the new path when he is enchained in the

old conception of a dying world? To climb, one must be light. Joy and love bestow wings.

One who understands that the Teaching speaks to him of his future, of his becoming will understand the message of joy, and will start off in love with a light heart and an open mind, his hands ready to work, to build the kingdom of heaven on earth. If a stone blocks the path, it will be removed in joy, joy to serve, to be useful to another, for the victory of the teaching of the Light. What you do to the other, you do to yourself. Such is the future, such are joy and full and total success.

THE SEAL OF THE LIVING GOD  
SHINES AGAIN

I want to share with you the bread of joy, the breath of friendship, the thought of bonding in the accomplished work of Light. What is more beautiful than climbing a step on the path of the ultimate ascension! With the celebration of Archangel Uriel, the Essene school finished a complete cycle and sealed a covenant with the 4 Archangels who bear the sacred Name that must be hallowed.

“Hallowed be Thy Name.” (Matthew 6:10)

“You shall not make wrongful use of my Name.”  
(Exodus 20:7)

It is a blessing and an opportunity, it is also a joy to work with energies of great wisdom and purity. In any case,

## CONCLUSION

our school is in a period of great mutation and this must be a time of celebration and sharing for all pupils.<sup>1</sup>

Let those who are touched by joy and the wings of the Teaching rejoice even more. Let the others concentrate more and with precision to capture the spark of fire and light that aspires to open the path of lightness and subtlety to them.

The door of the divine world has been opened above our community and the seal of the living God has been activated in our school. What more is there to say?

During his last manifestation in his temple, Archangel Uriel said:

“Victory, glory and celebration for the work that has been done.

To all those who went into the temple and worked there, who were pure hearts, like your ancestors the Cathars, I promise that they will have a better life, beautiful and in agreement with what they think.

There is nothing more beautiful for a man than to work for a grand and collective work.

When you need to unite with the divine world, take some of the oil that fed the flame of my temple and touch your forehead with it. This will call to you the forces and energies that were worked on during this celebration.

1 - Olivier Manirtara is addressing the pupils of the Essene school in the framework of the letter they receive every month and in which teachings are given according to the evolution of the School and its pupils. This letter goes back to the year 2004. Since that time, the work of the Essenes has considerably grown; their school has become an international work, today called the Essene Nation.

Think of the Archangels in your life. Every day, have a thought for the divine world. In this way, you will continue to feed the flame of life.

Be happy, for the divine world rejoices in the covenant established with the world of men.

Sing and give thanks for the Covenant, the beauty, the hope in each one of you, you who live in a perfect world even if it is not always in agreement with what you are. Beauty is in each one of you. You are the Children of the Light; be the Children of the Light every day of your life, for such is your destiny.

To those who were not present, I say: come towards those who were present in this temple; you will experience hope, the Light, the divine world on earth.

Congratulations and thank you for this work. And if you feel disturbed, do not worry about it too much, for what is important is the work that you have accomplished.”

I give this message to the whole community so that each one can assess the work carried out in our school over the past years and the fruits that we harvest. The divine speaks again to a community of men gathered on earth in a school of mysteries, resurrecting the purest Essene tradition. This was in the past and is once again in the present. Let those who understand the message set off joyfully on the path and start to structure our school so that the victory is complete, so that the seed of truth fecundates the properly prepared earth and so that the future harvest is rich and abundant for the Children of the Light.

## CONCLUSION

In its essence our school is festive. It wants to celebrate what from all eternity is in the heart of the moment and contains the all, perfection, plenitude, the ultimate accomplishment coming into human consciousness.

A celebration needs to be prepared. Everything is in the preparation and this preparation is already the celebration. The Teaching is there to prepare us so that we prepare ourselves.

Let us prepare to celebrate the great wedding of fire and Light.

Let us dress in festive clothing dedicated and consecrated to welcome what we have never seen, heard, felt, tasted, lived.

Those who have a fine mind, their hearing turned towards the living silence, their breathing subtle and able to capture the aromas of the higher worlds, the extra-sensorial taste that reveals the inner life and their thought focused only on the event of the celebration will meet the one who is in charge of helping them, of guiding them in their lives.

Our school is a celebration that gives a higher meaning to life. In the Book of Revelation as well as in the Gospels, if reference is often made to the mystic wedding of the lamb, to the bride and the bridegroom, it is to indicate this secret of the meeting between the world of man and the divine world celebrated in the heart of an authentic school of mysteries. Jesus himself concludes his teaching with sharing and communion: "Eat my body and drink my blood, for they are the bread and water of divine life

offered to you so that you may have eternal life.”<sup>1</sup> This rite, he affirms it himself, is that of the great Melchitsedeck, the king of justice and peace, the king of Light in the peaceful man, now a master, a representation of the tradition of the Light on earth.

It is still the master Jesus who will say in the name of Christ: “When the community gathers in my name, I will come and stand amongst them.”<sup>2</sup> Here is the description of the real presence of the divine in its creature, in its creation.

The School is the place of this mystery. That is why the community must prepare for the wedding in a collective, sustained and conscientious manner. Each one must bring his contribution to the celebration like the spirit of spring offers awakening to the new life.

CANDOUR OF THE HEART  
IS THE DOOR TO THE LAND OF LIGHT

Let the offerings of thanks to our Father Uriel be subtlety, purity and natural sweetness, simplicity in thought, in feelings and in all the awakened senses.

1 - “Now as they were eating, Jesus took bread, and when he had said the blessing he broke it and gave it to the disciples. ‘Take it and eat,’ he said, ‘this is my body.’ Then he took a cup, and when he had given thanks he handed it to them saying, ‘Drink from this, all of you, for this is my blood, the blood of the covenant, poured out for many for the forgiveness of sins.’” (Matthew 26:26-28) (Hierogrammates’ note)

2 - “For where 2 or 3 meet in my name, I am there among them.” (Matthew 18:20) (Hierogrammates’ note)

## CONCLUSION

Let this offering be above all candour in the temple of the heart turned towards prayer, towards the ardent communion with the Father and the Mother of the world. Clarity of thought emanates from candour of the heart in prayer. This candour must be the atmosphere of the temple of the heart. It must be the purity, freshness and whiteness that allow the flame to be anchored in the reality of the earth.

Candour is the candle that must carry the flame of the spirit. Moreover, do we not call “candelabra” what carries the flame and “candidate” one who aspires to enlightenment? Behind this phonetic kabala is hidden the secret of the path that leads towards the land of the Light: the way of candour.

In this world you can lose many things, but one who has lost the conscious and pure candour of his heart has lost everything. He goes from the known to the known, that is to say from death to death. Only the unknown, the sacred and divine mystery is the bearer of life, hope and greatness. Yet, it is candour of the heart that opens the door of this sacred path. Whatever happens in life, cultivate candour in your heart and protect it. It is your “passport” to commune with the subtle and living worlds of the Light.

Candour does not exclude wisdom. On the contrary, it is fulfilled in the hollow of its hands. Wise is the one who preserves candour in his prayer. His inner life is rich and pure. His thought is clear, in communion with the invisible worlds.

The candid heart is the one that sees God. To see the divine is to perceive the all in every thing. In this way the shadow has its place beside the Light but must not take its place. Candour is not naive, it is the part of innocence of the original soul that lives eternally in the garden of God.

One who has lost his freshness, what has he gained? When he celebrates a feast, how does he rejoice, and whom does he celebrate?

Candour is a celebration at every moment, for it is the new that comes at every moment and in everything as hope that makes what is eternally beautiful, just and good blossom.

One who loses his candour is no longer a candidate. He is immediately submerged by discontent, for the link with his soul is broken. What can one who no longer has soul rejoice about? He is a dead body and he does not understand it. To maintain a dead body in life is tiring and this is how discouragement is born. A dead body is the bearer of the past, that is, the known. For him, the unknown, the new is an impenetrable mystery, and candour is stupidity, a utopia. How can what is dead have access to the living? In this way the flame of dead knowledge, which is an answer to all metaphysical questions that a dead decaying body inevitably asks itself, is kept burning. Any well brought up dead body will do everything to hide the putrid odour that emanates from its being, from its deep nature. This is how the religions of the living dead, the sciences and the arts of men to decorate the cemeteries, the cultures that allow one

## CONCLUSION

to stay busy, to kill time appear. It is the supreme pleasure of the dead body: to kill time, to do for nothing.

### THE SECRET FORCE HIDDEN IN CANDOUR

Candour is the breath of the Father at the heart of the world, the place of His flame of life, the school where His presence and His wedding are celebrated. To see with the eye of candour is to free oneself from the shroud that covers the inner senses.

To come out of the tomb is not easy for a dead body, for this is its place to live in. Only the spark of candour makes it possible to resurrect the dead and to open a new dimension to life. Life is new at every moment and it opens new dimensions all the time. What is beautiful in celebration is movement. As soon as the celebration stops, life stops. Life is celebration, life is movement, life is mystery and uninterrupted communion with the One who remains hidden in mystery and who never comes out of it.

As a school community and carriers of the tradition of the Light, we must cultivate conscious candour in the temple of our hearts. Candour must be the air that feeds the flame of our prayers, of our communion with the Father of the lights.

Life has to be prayer, for prayer is the essence of communication, of exchange with the other, with oneself, with the all. So to breathe, to see, to eat, to talk, to hear, to

feel . . . is to pray. All this must be based on the pure earth of candour and led towards clarity.

Clarity is the light that conveys the presence of the guides in the intelligence of the candidate. Clarity is the right vision that frees us from the false attachment to what is dead and decaying. It shows us the path of rejoicing and celebration, for we are candidates for the wedding of fire and the Light.

From clarity is born the courage that allows man to break his chains and rush forth on the path of the Teaching and Initiation in joy. Then death itself becomes festivity, celebration, union, achievement. What is the end for a dead body is the beginning for a living soul. But the beginning is eternal and perpetual for the candidate, for he aspires to awaken in the presence of the spirit.

Candour is the earth in which the living soul takes root.

Perhaps my teaching on candour will seem esoteric to you, even misplaced in a world where everyone knows everything about everything. But I strongly say that this knowledge belongs to the cemetery and is therefore meant for dead bodies.

The real questions you must ask yourself are: How to preserve your candour, your purity of heart, the energy of your prayer, of your thought? Are you clear, do you have the strength of courage of the free man? If yes, the Angel of candour lives in you.

## CONCLUSION

“Be candid like the dove of peace and cunning as the serpent of wisdom.”<sup>1</sup> Such is the magical formula that will allow you to get out of the tomb of death and bondage.

Candour and wisdom are not learned, they are. They are like breathing: if breathing is learned, then man cannot live since the time required for learning is not sufficient. The same goes for heartbeats or digestion. Man does not have to learn to urinate, he urinates and that is why he is a man. What man learns is what he is not. Thus candour is not to be learned, it is. It is the source, the foundation of all living knowledge, of all wisdom. From candour appear pure astonishment, the perception of the hidden, the sacred wonder, the solemn communion with the sun, and finally clarity in the thought that awakens the fire serpent of wisdom. Then the mystic wedding of the lamb takes place in man. He is white since he is the candidate, the candid one who inherits all the wisdom of the world.

“I am the Light of the world,” says Jesus (John 9:5).

In candour everything is always new. In this way hope is born. Memory is nourished from the experience of the ages and the presence of the immortal element at the heart of the beings. Magnetic fields of death, like fear, learned ignorance, robotic unconsciousness, cannot have influence on candour, for their power resides in the stagnant memory of a limited past. From this personal and collective memory, cunning can be born, but never wisdom that unites with candour.

1 - “Look, I am sending you out like sheep among wolves; so be cunning as snakes and yet innocent as doves.” (Matthew 10:16) (Hierogrammates’ note)

Candour brings an eternal dimension that is the victory of the soul and the fulfilment of the wisdom of the worlds. One who abandons candour thinks of succeeding by cunning, but he is already in a cemetery and it is death that he tries to fecundate.

How do we fill what is empty and decaying? Man comes into this world with wisdom: his body is the embodiment of divine wisdom. What inhabits this body or should inhabit it is candour, this sacred and pure presence that the world likes. What compares with the smile of a newborn baby? It is the sun in a man. From this candour prayer, communion with the Father and finally clarity must be born. This clarity allows the wisdom hidden in the body to take on all its meaning and to enter consciously into the divine world. Then incarnation is completed and the earth is freed from evil by candour and the victory of wisdom.

Wisdom is hidden in the whole earth and in all activities of men and creatures of the worlds. If this wisdom is not freed by candour, then it is the night that triumphs and the seal of the Beast, of stupidity is placed on the lives of men and rules as absolute master in their houses, their peoples, etc.

It is obvious that we must preserve our youth and through it the candour of the soul and of the divine spirit. Candour is what rejuvenates life and leads it towards the new. Free from fear is the candid heart, for death cannot catch it. Death can only seize what is palpable, frozen. Candour is a mystery, it is always in movement.

## CONCLUSION

Our school community must be the protector of the divine world and therefore of candour in the heart of man. Candour is the first door that humanity must pass through to reach the kingdom of God.

How can we protect candour? By inviting it to take refuge in our hearts and live in our community.

May candour fill our houses, our families, our consciousnesses with its soft sacred presence, like the white protective light that surrounds everything. May it live in our souls and manifest through our most familiar actions to lead everything into clear wisdom. Then our lives will take a new meaning and the mysteries of the kingdom of God will be truthfully revealed to us.



## GLOSSARY

**M**any terms used in the Essene books are explained in a more elaborate glossary that you can consult and download on the website of Olivier Manitarra: [www.en.OlivierManitarra.org](http://www.en.OlivierManitarra.org) under the tab "Essene Glossary."

**4 bodies** - Subtle natural bodies of earth, water, air and fire, inherent to every creature. Because of the current lifestyle of men, a particular work is needed to revive them. This work is done during an Essene initiation that takes place over several weeks.

**Angels** - Divine kingdom between that of men and that of Archangels. Each Angel manifests itself as a virtue: love, freedom, joy . . .

**Archangels** - Divine kingdom between that of Angels and that of Gods. Archangels manifest themselves in the kingdom of men as a higher divine intelligence, eternal wisdom, the immutable laws.

**Body** - Complex vehicle - visible or invisible - allowing the manifestation of an intelligence.

**Celebrations** - The large gatherings of the Round of Archangels during which a temple is consecrated to an Archangel.

**Child of the Light** - When there is a capital letter at the first word, this term is synonymous with "Essene." When there is a small letter

at the first word, this term designates an Essene who has committed to serve God in the present incarnation.

**Covenant / Covenant of Light** - Harmonious union of the 7 kingdoms made possible by the presence of men assuming their role as intermediaries. When humanity is separated from the divine world, the Covenant can be maintained only by the presence of a master.

**Disease** - Malfunctioning of one or more bodies due to an excessive separation from the Light.

**Divine hierarchy** - All kingdoms that remained faithful to the Father.

**Divine order** - Synonym of “divine hierarchy.”

**Divine world** - The divine world is the source and origin of all life and intelligence. It is the word of the origins of which Saint John speaks, without which nothing can come to life. It is the sun of all suns living in the infinitely small as in the infinitely large. The divine world, or world of the Father, is made up of 4 kingdoms: the masters, the Angels, the Archangels and the Gods. On earth, the masters are those who represent the divine world and open to him the doors of accomplishment down into the world of men and nature.

**Essene** - In the original language of humanity, ESSENE meant: one who studies God through all His manifestations, and who looks after Him by cultivating all the virtues of the Light, that the Essenes have called the “Angels.” Thus “Essene” designates a state of consciousness and a way of being in the world that have always existed on earth, and that are potentially present in all human beings, like a divine and immortal seed. An Essene wants to live with his soul, take care of the divine in all things and commune with the great intelligence omnipresent through the 7 kingdoms of the covenant of Light. It is to make this possible that the Round of Archangels, the Essene Nation and the Essene Villages have been created.

## GLOSSARY

**Essene Gospels** - All psalms of Archangels Michael, Gabriel, Raphael and Uriel.

**Essene Nation** - Ancestral people of souls manifesting in all peoples and all traditions. Today the Essenes must be able to live in accordance with their beliefs, whatever their country of residence. The Essenes are organizing physically and legally so that the Essene Nation is both a reality of the soul and the earthly world.

**Essene psalm, psalm of an Archangel** - Sacred text of teaching transmitted by an Archangel, usually in his temple during his celebration. Called “psalms” because they are recited\* by the Essenes throughout the year, these texts are alive and possess magical powers. They are a concrete manifestation of the divine world. (\* To recite or chant a sacred text is said *psalmodier* in French.)

**Essene Village** - The Essenes are not believers but doers. They have always gathered in villages in order to live according to their culture and with respect for Mother Earth. Today, the Essene Villages are places full of life in which man learns to live in accordance, in harmony, in dialogue with the Mother. This is a new way of being in the world. It is an ambitious project, a grand achievement. Two Essene Villages have already seen the light of day: one in France and one in Quebec.

**Ethers** - We find the concept of “ethers” in all peoples’ traditions. It refers to the subtle and invisible aspect of life, which is in fact the essential part of human life. Man is not just a physical body, he is also a body of water, which consists of all his desires-wills, his feelings and his thoughts. Above this body of water, there is a body of air in which his destiny is built, depending on the nature of his desires, feelings and thoughts. Finally, there is the body of fire, which is the most subtle and spiritual essence of his being, his divine core, his immortal soul that lives forever, beyond life and death. All these subtle bodies of man are as many layers that the ancient ones called “ethers.” These ethers are neither positive nor negative in themselves, they are like

water that becomes healthy and healing or unhealthy and sickly depending on the nature of what we put into it.

**Father** - Uncreated impregnating principle, at the source of Creation.

**Fecundation** - The concept of fecundation is fundamental to the Essenes. It refers to exchange processes between different levels of existence. For example, the invisible worlds can put in the human mind certain thoughts, certain feelings or desires with the aim to generate actions in the physical world. These acts are similar to children brought to life. In the same way, humans can fecundate the invisible worlds.

**Forces** - Designates the intelligences when they come into play to influence beings in order to achieve their goals.

**Gods/Divinities** - Kingdom preceding the mystery of the Father. The Gods are the organs of the Father. There is a God in the maple tree, in the nenuphar, in the mountain, in man . . . All the manifestations of life are letters of the alphabet of the Father. The residence of the Gods is the world of the spirit. Man, who stands at the summit of creation, is at the service of the Gods of the Light and the good that bring triumph to the Covenant, or he is at the service of the gods of evil, of those who usurp the mysteries of the spirit.

**Hierogrammate** - “Hierogrammate” comes from the Greek words *hieros* and *grammatikê* that mean respectively “sacred” and “art of reading and writing.” The hierogrammates are the scribes of the Essene Nation. They make up a sacred order whose mission is to structure, organize and format the contemporary Essene teaching.

**Higher intelligences** - In the Essene teaching, the term “higher intelligences” designate the 3 higher and invisible kingdoms of creation, which are the Angels, the Archangels and the Gods. Each one of these divine kingdoms has a shadow : the fallen (or sick) angels, the counter-archangels (or archons) and the false gods. These dark

## GLOSSARY

higher intelligences have given birth to the world of man, the world of the fall.

**Initiation** - Circumstances (natural or organized) allowing the passage from one state of being to another.

**Intelligences** - Subtle beings, related or not to the Father, living in different kingdoms with an origin and goals of their own.

**I-ray** - Sacred individuality of each being, which may manifest itself through a mortal existence.

**Kingdom** - Each of the 7 natural kingdoms constituting the original harmony of the world. Four kingdoms are visible to our common senses (minerals, plants, animals, men) and 3 others are subtle (Angels, Archangels, Gods). The kingdom of masters is sometimes mentioned as different from that of humanity, the latter having separated from its original state and living outside of this hierarchy.

**Light** - Presence of the divine in all worlds.

**Magic** - Art of mobilizing intelligences and forces. Someone who masters this art is called “magus” or “magician.”

**Masters** - In general, men embodying their tradition to perfection. The word is also used alone to talk about the Essene masters. Sometimes means a kingdom between that of men and that of Angels.

**Me** - Personality of man constituted at the time of his incarnation.

**Men** - Kingdom between that of animals and that of Angels. May also designate the present humanity, separated from the original harmony.

**Mother** - For the Essenes, the Mother is the divine creative principle complementary of the Father, the hidden intelligence behind all manifestations of life: the elements, the minerals, the plants, the animals, men. This word is also often used to designate the living nature.

**Mysteries** - This word refers to the essence of the practices, rites and teachings that, beyond the diversity of traditions, lead the individual on the path of Initiation.

**Organ** - Generally refers not to a physical organ, but to a part of the subtle body of a being. An organ is both a way of perceiving and a way of acting. For example, compassion is made possible when a man has its body. Organs can be developed and strengthened by specific methods.

**Priest** - Sometimes refers only to the Essene priests. These are part of the Order of Priesthood of the Essene Nation.

**Round of Archangels** - Ancestral Essene know-how to restore harmony between the higher subtle kingdoms (Angels, Archangels, Gods) and the visible kingdoms of nature (minerals, plants, animals, men).

**School of mysteries / School of God / Wisdom school / School of wisdom** - All students studying the teaching of the Essene tradition transmitted by a master.

**Serpent** - A synonym for “forces,” when it does not refer to the animal.

**Serpent of wisdom, tempting serpent** - Forces of awakening or of unconsciousness conditioning the behaviour of man and the events of his life.

**Son** - Complementary principle of the Father and the Mother, incarnated by a master.

**Soul** - By incarnating, the soul of man, which is universal and comes from the divine world, divided into 2 parts: one part of the soul remained in the world of the Light, while the other descended into the world of matter to animate the body and allow man to have experiences until he finds the path of union with his “soul mate,” that is, his complementary part, which was never born and never died. So there is a soul on the path and an eternal soul. The purpose of

## GLOSSARY

Initiation is precisely to educate the soul on the path - the part that has been cut off from the divine world - to allow it to resume the dialogue with its original and eternal soul, which is the only true "soul mate."

**Spiritual world / World of the shadow** - The spiritual world is made up of spiritual entities that are the source of the thoughts, feelings and desires of men. This world can also be called the "world of the shadow" because it hides and prevents the Light of the divine world to touch man so that he takes charge of his life and breaks the chains of slavery to this false and destructive spiritual world.

**Teaching** - Synonym of "Tradition." The Teaching is the universal wisdom, a divine word, transmitted by the intermediary of the great masters. Whether it comes from the Buddha, Lao-Tze, Jesus, Mani or Mohammed, there is in fact only one Teaching, a single and universal truth. To study the Teaching must be an impersonal work, done so that thoughts of wisdom live in the whole world, so that the pure egregore of the Teaching grows on earth.

**Temple** - The temple is first of all inside an Essene: it is the Initiation. By the Initiation, a space is created that becomes sacred in man. This is the place of study, of work on oneself and of the service of the Light. This space also exists on the outside in order to be strengthened and shared at different levels: the temple at home, the study circle, the Essene Village. It is a science transmitted by Archangel Gabriel to his people. The temple is a place dedicated to bringing together the visible and the divine invisible kingdoms. The word also often refers to the temple dedicated to an Archangel at his celebration.

**Tradition** - The Tradition designates the subtle body allowing the Light to be embodied in the kingdom of men. The Tradition is honoured and regenerated by the teaching of an incarnated master. If his successor does not have a covenant with the divine world, the body that the Tradition took to manifest itself crystallizes and dies, transforming itself into a superstitious practice or religious intolerance.

**We** - In a psalm, when an Archangel uses the pronoun “we,” he speaks in the name of the divine world, of which he is part, or only about the world of Archangels.

**World of man** - World of the daily life of men, often separated from their divine origin, the original harmony of the 7 kingdoms.

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**T**he Essene Gospels may be read in different ways:

### **In Chronological Order**

The volumes are numbered in chronological order of the writing of the texts.

These texts contain some elements of historical context that we tried to clarify whenever we felt it necessary for their understanding. But in reality, the history of these texts and the birth of these Gospels - which are implicit throughout these books - are an epic in itself, an incredible adventure that seems to stem from another time and that would deserve a book in itself . . .

### **By Archangel**

The texts of the Archangels are classed, versified and numbered in the form of psalms. Thus the Essene Gospels can be studied by Archangel, by focusing more on the virtues and teachings specific to each season and each element.

For example, Archangel Michael transmits the virtues of fire and the means to develop in you and all your activities the power of enthusiasm, zeal, courage, determination.

Archangel Gabriel, who is related to water and family, teaches you the secrets of pure, simple, transparent relations, the virtues of gentleness and taking care to bring healing and peace.

Archangel Raphael is spring, renewal, the joy of the seed that comes out of the ground to become a flower. He helps you to awaken all your hidden talents, your potential to lead them to flowering, growth and wealth.

Finally, Archangel Uriel is the one who lays the foundations, the structures, the “feet on the ground.” He brings stability and abundance. He shows you how to drive all your ideas and aspirations towards a concrete outcome and how to reap the fruits of your labour.

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