

Omraam Mikhaël Aïvanhov

# Working with Light

ÉDITIONS



PROSVETA

‘In the stories of the mystics, the word that comes up most often is the word «light». Precisely, because the mystical experience is the discovery of the true reality of the world and this true reality is the light.

Those to whom it has been given to make this experience say they have seen that all creatures, all objects, even stones, bathe in light, scatter light. And that is the truth: everything that exists in the physical plane also exists in the other planes in a more subtle, purer, more luminous form.

This is why the meaning of spiritual work is to discover, beyond appearances, this primordial light and to have only desires and activities that allow us to get closer to it.

True spirituality is a work on light, with light.’

Omraam Mikhaël Aïvanhov



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Audio clip



Video clip



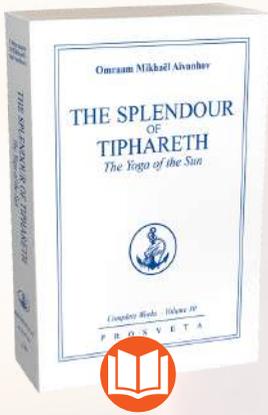
Information



Find this topic online as well as other references

# The Splendour of Tiphareth

## The Yoga of the Sun



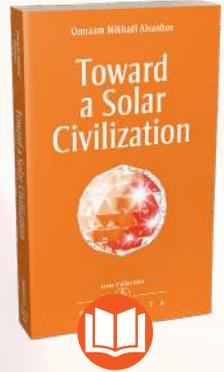
‘When we focus our attention on the sun, the center of our universe, we draw closer to our own centre, our higher self, the sun within; we melt into it and begin to resemble it more and more.

But to focus our attention on the sun also means to learn to mobilize all our, thoughts, desires, and energies, and put them to work in the service of the highest ideal. He who works to unify the chaotic multitude of inner forces that constantly threaten to tear him apart, and launch them in the pursuit of one, luminous, beneficial goal, becomes a powerful focal point, capable of radiating in every direction. Believe me, a human being who masters the tendencies of his lower nature can benefit the whole of mankind. He becomes as radiant as the sun. His freedom is such that his consciousness embraces the whole human race as he pours out the superabundance of light and love that dwell within him.

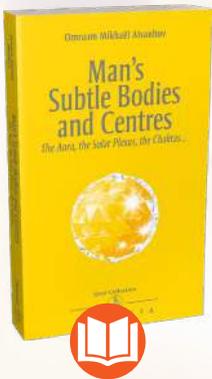
The world needs more and more human beings capable of dedicating themselves to this work with the sun, for only love and light are capable of transforming humanity.’

# Toward a Solar Civilization

'Although we may know about heliocentricity from the point of view of astronomy, we are still far from having exhausted all its possibilities in the biological, psychological, cultural and spiritual spheres. The sun exists within each one of us and, if allowed to, can manifest its presence by awakening our consciousness to a global view of human problems.'



## Man's Subtle Bodies and Centres The Aura, the Solar Plexus, the Chakras...



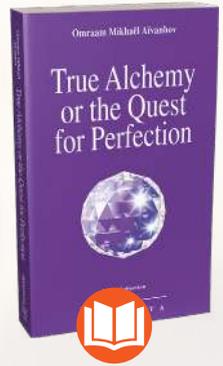
'You will only truly find fullness the day you know how to come into contact with the light in order to vibrate in unison with it and make it penetrate the least of your cells. The practices of meditation and duplication had allowed the Initiates of the past to discover that beyond the organs (stomach, lungs, heart, brain, etc.) that allow him to live in the physical plane, man possesses subtle centres through which he can

come into contact with this world of light.

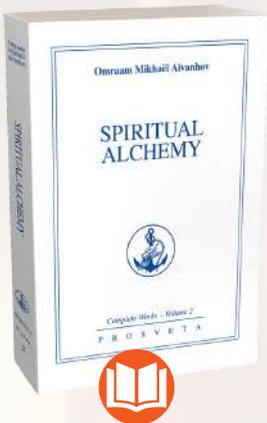
These centers are the aura, the solar plexus, the hara center, the chakras...'

# True Alchemy or the Quest for Perfection

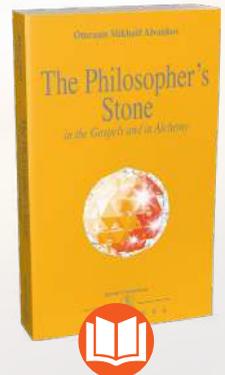
‘Study how the raw sap absorbed by the roots is transformed into elaborated sap in the tree. It is in the leaves that this transformation takes place thanks to the light of the sun... In the same way, thanks to the light of the spiritual sun, we can transform in ourselves the raw sap, our instinctive tendencies, into elaborate sap that will nourish the flowers and fruits of our soul and our spirit.’



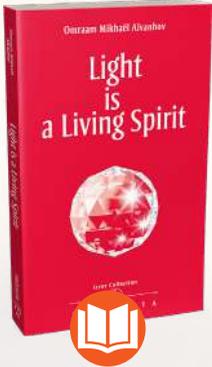
## Spiritual Alchemy



## The Philosopher's stone in the Gospels and in Alchemy



## Light is a Living Spirit



'In the stories of mystics, the word that comes up most often is the word «light». Precisely, because the mystical experience is the discovery of the true reality of the world and this true reality is the light. Those to whom it has been given to make this experience say they have seen that all creatures, all objects, even stones, bathe in light, scatter light. And that is the truth: everything that exists in the physical plane also exists in the other planes in a more subtle, purer, more luminous form.'

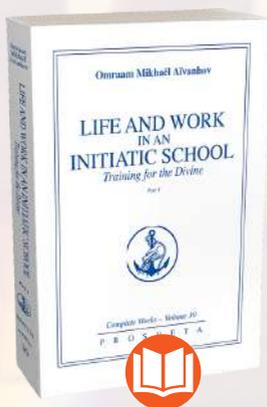
## The Importance of Light

'Ordinary humans nourish themselves only with solid, liquid and gaseous elements. And what do they do with the fourth element, light? Not much, nothing. They don't know how to nourish themselves with light which is more important than air. Very few people think about nourishing themselves with light. In the past, everyone ridiculed us because we went to watch the sunrise in order to be nourished with the most important element, light.'



# Life and Work in an Initiatic School

'During meditation, get used to focusing on the celestial light, in order to attract it and introduce it into you where it will gradually replace all worn, aged, soiled materials with new particles of the highest purity. Then, once you have introduced the light into you, you will still have to practice sending it around the world to help humans.'



## The Rainbow (Poster)

Poster available in two formats :  
42 x 63 cm and 34 x 100 cm  
Also available in Poscard format

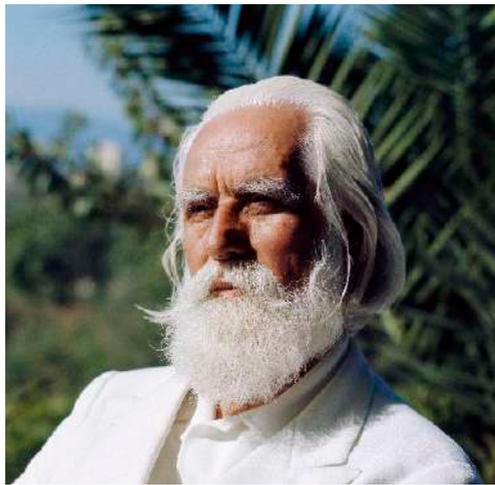


# Vibration, Emanation, Radiation

Video clip



'Vibration is the will in action. The emanation concerns feelings, therefore the heart. And radiation is the intellect. This trinity is also found in the sun and this work in the three planes brings perfection.'



The distinguished philosopher and spiritual Master, Omraam Mikhaël Aïvanhov (1900 - 1986), was born in Bulgaria. In 1937 he moved to France, where he lived and taught for almost fifty years until his death. One of the most striking aspects of the Master's teaching is the enormous variety of ways in which he presents the one central theme of man and his growth in perfection. Whatever the question under discussion, it is invariably dealt with in terms of how man can better conduct his life.

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