

THE GRAIN OF WHEAT



N° 2

TEACHING EXCERPTS OF MASTER DEUNOV

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TABLE OF CONTENTS

The Three Olives.....	5
The awakening of collective consciousness.....	7
What is the new teaching?.....	20
The eyes.....	22
Nothing will be terrible.....	25
The food.....	27



THE THREE OLIVES



They came from everywhere, happy to make contact with Master and to group around of him as brothers who have been separated after a long exile, the heart overflowing with emotion and enthusiasm, the face illuminated by unspeakable joy. One of them had registered at the University, had found a low-paying job, and was staying in an attic. He lived very soberly, but he was satisfied although, sometimes, the silent study of the violin replaced the evening meal. One morning, he perceived an extraordinary animation and saw that several sisters were helping the mistress of the house where he was staying, in the preparation for a reception. A few words exchanged quickly made him understand that Master was invited to dinner.

Returning to his attic in the evening, he gathered his skinny treasure: three olives and a piece of bread, put them on his little table and waited, listening, not to lose anything from this fraternal meeting. The house being low, he heard the prayer with which he joined himself with all his soul, very simple prayer pronounced with fervor by all the audience and he saw in imagination the lit room, the table set with taste and abundantly garnished, the Master in the midst of

THE THREE OLIVES

brothers and sisters. So he ate slowly, very slowly his three olives and his piece of bread in order to make his meal as long as that which was offered to all the guests in the dining room for commune with them until they leave.

What was his surprise, learning the next day that the Master had abandoned all the hearty dishes and delicate to eat only three olives and a piece of bread, which he had not said a word, and that he had immediately withdrawn, the meal finished. The Master heals the body by the spirit. It most often recommends a cure of sun rays at sunrise sun and in the morning, and mostly vegetarian food.

This is the diet he follows at his modest table, where we always find hosts from near and far. He talks with them and if these want to know certain things, he satisfies them. Left alone, he often plays the violin. Always well disposed, the Master loves excursions and the mountains where he drives willingly and in all time his disciples. Not far from Sofia, the fraternal group has a property bordered by fir trees on three sides. A panorama Magnificent opens from there onto the Liouline, Vitocha and Rila mountains. This stay is on a height out of town and there are lots of chalets inhabited by disciples. For the Master himself, there is everything upstairs a room where he spends the night. The Brotherhood has its special songs which express the thrill of a new life. The words and the music were given by Master himself.



THE AWAKENING OF COLLECTIVE CONSCIOUSNESS



Human consciousness goes through three stages, it goes from the essential, representation of the principles of life, in the substantial, reproduction of the vital law and finally in the material, realization of the vital facts. The combination of personal experiences, individual and collective acquisitions, contributes to the enactment of a general law that pertains to the whole of humanity. A positive concept based on this experimental science leaves no room for doubt because it can be only the reflection of a momentary ignorance of small children who have not yet reached spiritual maturity, but whose consciousness will awaken and flourish slowly.

Is this law automatic? Does it work like a mechanical instrument? Is it the set of articles of a rigid code? No, it is the result of a living substance and, only intelligent beings endowed with a consciousness which has made the reality of facts pass into laws, can be subject to these laws. What is the task that seems most important to our contemporaries today? It is the acquisition of fortune. All peoples aspire to a secure and improved material life. That's can explain the global economic struggle. However, human consciousness shifts

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

from the material to the substantial, in other words, the collective consciousness is awakening. Until now humanity had lived, like animals, in the collective subconsciousness, but it now understands the need for human solidarity and the idea of collective consciousness has flourished.

In the past, every human turned in on himself, lived for himself and sought salvation for himself. Today the whole of humanity is lifted up by an inner force which impels it not only to improve one social category, but all classes of society. Hundreds of millions of years ago, the Earth looked like a paradise in which the vegetation was lush. Fruit trees grew in abundance, and men ate only fruit. But there came an ice age, brought on by certain physical causes. So the fertility of the soil decreasing, the men killed animals to eat their flesh and the fratricidal struggle began. Not only the generality of men does not understand the meaning of life, but the religionists themselves, who claim to be the educators, the spiritual guides of their fellows, show the same incomprehension.

Paul recalls that he was tormented, like any human being, by a thorn stuck in his flesh; Until this thorn is removed, man cannot live a reasonable life based on the guidelines of his conscience.

- What does the Bible teach asked an English merchant of a preacher who answered him in an abstract manner?

- No, said the merchant, specify to me, by concrete examples, the nature of his teaching.

- Buy this sacred book, said the preacher, read it carefully and you will learn a lot.

The merchant carefully read the Old and New Testaments, but found, after reading them, that his business was in decline. So he

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

threw the Bible into the fire. However, a small piece detached from a sheet on which were written these three splendid words “God is Love”, was spared by the flame. Hasn’t contemporary Christianity distorted this God of Mercy? And yet Love is the only one capable of uniting humanity and allowing it to live in peace in a fraternal atmosphere. Rulers and ruled, regardless of their social and financial situation must live according to the law of Love taught and lived by Christ. The ideal is to achieve brotherhood of hearts and riches, by listening to the conscience free from all violence and all constraints.

Is man immortal? Is there another life than earthly life? Which is the true religion? Frequently asked questions, but they are secondary.

Only Love can improve the lot of the individual in the present and the future; love which must extend to all beings without distinction of race, opinion, nationality and religion, outside the legal family. When he is imbued with this Love, his eyes will open, the Light will appear to him and he will know the Truth.

The one who loves perceives qualities invisible to others; in the other hand, the one who does not love sees only worst in his neighbor. A feeling of worry, mixed with anguish, is gripping the rich and poor, religionists and unbelievers today. Why these alarms? In our day, there is no such thing as true faith; it is supplanted by belief and if modern Christians suffered the persecutions of the early Christians, they would renounce a readily accepted religion because it is free from reprisals.

However, faith, like character, is tested and is manifested by sacrifice and self-giving.

What is better? The good of the individual, of the nation or of humanity? All this good is incorporated from the individual to the nation, from the nation to humanity as through a phenomenon

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

of osmosis. Is not the individual a link in the chain which links all beings of the same nation, and is not this chain itself linked to all the chains of nations to form one only chain of Love that embrace all humanity?

Man can be considered as a seed, the nation as the growth of this seed and humanity as the tree that springs from this seed with its twigs, flowers and fruits. Man is therefore an essential factor in the development of humanity.

If creatures considered the Creator to be a God of Love, they would constantly live in Heaven. Man is nothing by himself; he can know happiness only through God. The outward forms of human beings are not final, they are incomplete. Each being does not appear on earth for the first time, he has a long past behind him and a bright future awaits him if he realizes the law of Love. When he has reached the stage of Universal Love, he fulfills the conditions for true life and his selfless activities contribute to collective happiness.

What is the cause of the uninterrupted fratricidal struggles on the terrestrial globe?

Let us take two trees planted close to each other, they have developed harmoniously and live fraternally. But one day the wind blows violently, their branches twist and intertwine, the storm and the tornado occur; then their branches strike so brutally against each other that soon leaves and debris litter the ground.

It is the same for human conflicts; their cause is external, it comes from without. It is the economic conditions which push people to throw themselves against each other. As long as a better distribution of wealth is not obtained, as long as they have not learned a salutary lesson from their painful experiences, the storm will break out and they will suffer the painful consequences. On the contrary, if they

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

obey the great universal law of fraternity, the clouds will cease to accumulate and they will avoid the storm and will experience beneficial peace.

All human beings must feel united and follow the directives of their conscience which incites them to Love even to sacrifice and to consider their fellow human beings as brothers.

The notion of nationality is an outdated, narrow notion which leads to national egoism while divine law directs the human being towards the universal homeland while waiting for the heavenly homeland. No nation should have primacy over another nation. Each has its role and its place. Does the index finger of the hand have supremacy over other fingers because it indicates direction? Doesn't each finger have a function to perform? Are not the five fingers necessary to constitute the hand, the organ of touch?

Likewise, each nation is a cog in the whole of humanity and it must fulfill its role at the appropriate time if it is aware of its responsibilities. Our contemporaries are still at the notion of the tyrannical god, of the jealous god, of the god of armies while the Creator is a God of Justice, Mercy and Love who considers all creatures with the same love, always ready to respond to their distress calls and who, when a humble creature has finished its task on this planet, follows it to another, giving it a different form and saying to it: "Continue your work, fear nothing, I am always near you, always move forward".

Is our life definitively ended after an earthly existence of about sixty years?

Towards the decline of her physical life, the one who was a beautiful young girl full of freshness and charm sees her face covered

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

with wrinkles. Should she be affected and upset? In no way if she has grasped the true meaning of life.

In general, human beings love God with all their hearts when their existence takes place in the sweetest tranquility. But when trials come he cries out: there is no justice on this earth. And yet each individual, each nation has his role clearly defined in advance and he must follow the course.

One day, an intelligent woman asked me for advice about a possible breakup with her husband. For ten years, she says, i knew happiness, i had four children but one of them died. However, shortly after the death of this child, i found a note from a diviner that my husband had consulted during the Anvers's exhibition. Here is the content: "You will get married very young, you will marry your fiancée for love, you will have four children and one of them will die, you will be very happy for ten years, but a blonde woman will enter your home , will destroy it and you will live with her. Then you will return to your first wife and you will experience definitive happiness".

"Should I leave my husband"? No, I replied, wait and watch to see if the second part of this prediction will come true. And as she insisted on knowing the origin of these premonitory facts, I explained to her that a succession of previous causes predestined the present fate of human beings, but that this predestination is not fatal, if they succeed in conquering their causes, karma as the Hindus call it. Now, if the human being is not exempt from failures, if he commits sins, he can also rise up and overcome them.

Religionists claim that their religion will totally and permanently transform the lives of men. Human associations, outside religions, claim to achieve the same result. Who is wrong? Who is right? They

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

are partially right because men themselves determine their destiny in a proportion of 50%. Fate and nature complete this proportion. This is why the rise and improvement of the individual occurs when these three factors are juxtaposed as well as the moral elevation of society if many human beings are working in the same direction, in the same direction.

Is spring announced by the appearance of a single flower? No, by millions. Then, it is the arrival of the bees which will forage from flower to flower. And the miracle of creation is accomplished; it is the rebirth of nature.

From the occult point of view, we are like those little flowers that have just blossomed. Like them, our conscience comes out of its lethargy, awakens and allows us to discern good from evil because conscious life does not admit any lie; just as in mathematics no error is allowed, neither in the technique, nor in the architecture because the smallest error would entail incalculable consequences.

However, the lie produces the same disastrous effects as the erroneous calculations of the architects. This is why spiritualists must submit to precise laws like musicians to measure, painters to perspective and mathematicians to formulas. The spiritual life requires the knowledge and the application of the divine laws which are immutable because the happiness or the unhappiness of a man or a people depends on the obedience or the disobedience to these eternal laws.

All human beings must understand them, understand them and realize them.

When the collective consciousness is awakened, human beings more easily correct their mistakes. An evolved nation, subject to

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

collective consciousness, contributes to the common ideal in which the entire Earth must participate.

This divine ideal has already penetrated the humble, the poor, widows and orphans, but the generality of human beings remains insensitive to this collective consciousness.

They are in the situation of this American preacher who gathered poor children every day in his home to feed them and recited the “Our Father” before each meal. Now, praying once with a little orphan, he stopped at the beginning of the prayer and the preacher’s question “why are you stopping?” He replied: “If the Lord is Our Father, you must be my brother, implying you must not sleep in the soft warmth of a soft bed nor eat your fill, while your brothers are trembling with cold and are deprived of bread.”

Don’t we look like this preacher? We also recite “Our Father” but we forget that Christ came to earth to save the world in which there are millions of undernourished, hungry and homeless human beings.

Christ did not incarnate on the Earth as a human for the righteous, but he came to save sinners who must repair their mistakes of the past with a virtuous and altruistic life by feeling solidarity with their brothers and sisters in the affliction.

Human suffering comes from not applying the law of Love. Deprive a plant of sunlight, it will wither; it is the same with the human being whose heart withers if it is deprived of love.

The God of Love should not be considered as an abstraction, but as a living Being who gives a divine impulse to all hearts so that they apply the law of Love with enthusiasm.

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

Whatever their beliefs or their philosophical ideas, all human beings are invited to the great spiritual banquet, not as Catholics, Protestants, Evangelists or Muslims, but as brothers born of the same Father in Heaven and in whom flows the same blood : THIS IS THE BASIS OF THE NEW TEACHING. This is the overriding idea to be spread by religionists and spiritualists. And on the pediments of their temples, believers should read this inscription “God is Love” so that it penetrates ever more deeply into their hearts.

Thanks to the law of Love, all national, racial and economic barriers will disappear. All preachers, educators, judges, spiritualists must highlight it, raise it on a pedestal so that a new life is established on this earth so that it can finally know peace in joy, peace in hearts stimulated by an invincible spiritual force.

Penetrated by this collective interdependence, convinced that death is only a change of state, that the spirit is immortal and that the modification of the form in the course of successive lives is only intended for the blossoming of the consciousness, evolved beings will seek the Truth within themselves not in the outer temples, but in the inner temple of their divine soul.

It is in the depths of the inner being that Love is accumulated; source of life and of divine ideal, just as vital energy is locked in the wheat germ which grows and develops its organs by absorbing the juices of the soil. Likewise, the energies deposited inside the human body are used by the spirit for the creation and development of all its organs.

How many millions of years did it take to build the hand with the articulation of its fingers? It is the whole human evolution, the whole history of humanity that should be told.

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

One day, walking with friends in a pine forest, I pointed out to them that the distance between two nodes is a function of the drought or the humidity. If the year was rainy, the distance is greater, on the contrary if it was dry, the distance is shorter. This observation allows us to see approximately the degree of annual humidity.

We are also influenced by certain individual and collective events. We suffer the favorable or unfavorable repercussions of our beneficent or harmful activities, as well as those of humanity because an inner force connects the lives of all men.

This is the reason why they must create by good thoughts, calming words and ideal actions, the conditions for happiness.

The mother is fully qualified to arouse this state of mind by installing in her children, from their conception, the idea of the Law of Love. It is only in its womb that man can be educated in the Love of God. If she thinks right and intensely, speaks with sincere conviction, and acts with genuine faith, the new generations will live in the fullness of Love and realize in all its splendor the law of Christ's Love which must bind and unite all visible and invisible beings of all worlds.

It is in the mother's womb that the renewal of the human being must begin so that it may continue with any success. Mothers carry the pure torch of Love, they must pass it on to their descendants so that humanity does not sink on the reefs of selfishness. Therefore, pregnant women must be placed in the most favorable conditions to give birth to children aware of their immortal destiny.

The act of procreation itself should not be a mechanical act, but a deliberate act with a view to the participation of the new incarnate in the building of universal Love.

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

The peoples must apply the methods of living nature which contains untold riches. They will be able to free themselves from the chains that they have forged themselves by their egoism and their pride, only by applying the law of Love.

The law of the jungle, the law of brute force can only be suppressed by the law of brotherhood and solidarity.

The slaughter, the carnage, must stop because the wars have brought and will only bring physical and moral misery. We must declare war on war not by violence, but by a crusade of Love.

May the best arise and be, in the midst of sowers of hate, sowers of Love so that this little spiritual seed may germinate and destroy the tares.

Just as each plant finds the most favorable ground for its growth, so human beings must place themselves in the most favorable conditions for the development of their soul-consciousness, taking advantage of their personal interior experiences. He should never think that the conditions in which he finds himself presently are unfavorable to progress spiritually, these are only subjective conceptions. Each man is currently in his place to fulfill his spiritual task. So that he does not envy his neighbor who is rich, that he does not worry about his external life. What really matters? It is the spiritual advancement which can only be obtained by an intense interior life.

Happiness depends only on the good dispositions of the spirit and the gratitude towards the Creator to thank him for all the graces which He lavishes, often without the creature knowing.

May human thoughts should reflect the thoughts of spiritual forces from Above in order to build a new world based on Love.

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

Are current material conditions suitable for this spiritual resurrection? Our contemporaries find themselves in the situation of the Jews when they left Egypt. If it is difficult to obtain many superfluous things because their price is prohibitive, water and clean air are not lacking, they are within everyone's reach and Pharaoh is no longer there to impose his dictatorship. Isn't it better to be devoid of the superfluous but free in the wilderness, than to be saturated with everything but a slave to a tyrant? Isn't freedom an inalienable good?

All human beings have a long way to go to gain access to divine Life, and young people, in particular, must take up their pilgrim's bag and staff to spread the noble ideas of the New Teaching.

During their journey, they will come across orchards and ask the owner: "Brother, can we pick some fruit or will you give us the pleasure?" And the fraternal, spontaneous response will spring forth: "Help yourself!"

When they come to a friend's house, they will ask him: "Brother, can we spend the night under your roof?" And the affirmative, joyful answer will ring in their ears. These will be the consequences of the New Teaching.

In the current atmosphere before responding to these requests, we ask the following questions:

What is your religion? What party do you belong to? In the future, such questions will no longer be asked. Every woman, every man, will be considered a sister and a brother. Mankind, built on the basis of brotherhood, will no longer know division, injustice or indifference because it will lead human beings towards an ideal collective aspiration.

THE AWAKENING OF COLLECTIVE CONSCIOUSNESS

This divine Teaching already spread by the humble. The “little ones” who symbolize purity and selflessness, will announce this amazing news: “Caterpillars no longer need their chrysalis to fly away, butterflies now fly freely on their own wings”.

This law, which makes the human being pass from egoism to altruism, from individuality to collectivity, from the material world to the spiritual world, must enter into the reality of facts. Then, men will no longer think of amassing millions for heirs or of bequeathing them out of pride to good works, because the New Earth will no longer know suffering, disease, or death.

So listen to your soul-conscience, the propellant of feelings and altruistic activities. It is in her that the salvation of the human spirit resides because Love, by its sentimental aspiration towards the underprivileged of the Earth and by its spiritual aspiration towards the spiritual forces from Above, indicates the true meaning of life. It makes us understand our origin, our descent and our ascent.

From the volume: “The New Humanity”.



WHAT IS THE NEW TEACHING?



The New Teaching, based on the law of Love taught and lived by Christ when he came to Earth, facilitates the understanding and application of divine Love in all areas. His irresistible spiritual strength brings a new ideal in this world which lives only for itself by realizing the selfish principle of “every man for himself”.

Synthesis of the Love-Wisdom-Truth triptych, the New Teaching lifts the human being towards spiritual heights and, in freedom, gives a new impulse to life, the true meaning of which it makes understood.

Dedicated more particularly to men with an awakened consciousness, this Teaching of Love is the most direct and the most effective way to build a new world in which each being will become a link in the infinite chain which links all beings together, conscious of universal Life, in the visible and the invisible.

In the New Teaching, no one is solicited, no one is excluded and no list of names is drawn up. Each retains his freedom and is only bound by a spiritual and fraternal bond.

THE EYES



The eyes, reflection of the soul, one of the great treasure of the human being which binds and harmonizes through them with the outside world, facilitate the balance of the energies of his organism.

When the eyes receive light without impurities and harmful admixture, the brain functions better. The right eye is connected with the spirit, the left with the heart and the two eyes with the word. Their shape and size make it possible to detect the qualities and possibilities of the human being whose virtues embellish the form.

The Light also penetrates the human being internally. So he must avoid looking at images which reflect the negative on the psyche. The mind must not allow itself to be monopolized by fruitless and sterile human manifestations. Every impression that reaches the brain through the eyes leaves its mark on the facial lines. Spare your children the sight of ugly pictures, ugly paintings and you too, do not examine them. Leave this study to the wise. Prevent your children from making faces accompanied by grotesque movements which are indicative of suffering, because the man tortured

THE EYES

by suffering instinctively contracts this face. Advise them to open their eyes wide to the light so that it can enter them more easily and freely because the light relieves and heals. Human beings should constantly thank the Creator for giving them the opportunity to keep the eyes with which they can contemplate and come into contact with nature.

Disorder and uncleanness exert a depressing influence on the psyche. Every morning make your bed and put everything in its place in your home. When you wash yourself, remember only to wash yourself and that your mind is solely focused on this action apart from all other thoughts, because water has a beneficial effect on life.

The customs and prejudices of our ancestors are manifested unconsciously through the eyes, the expression of which is also the result of past lives. Observe yourself and correct yourself. Often raise your eyes to the sky. Imagine the beings who have achieved holiness and perfection. Look, visualize their smiling angelic face filled with joy and joy, expressing humility; their spiritual eyes reflect peace, serenity. Soak up these images. The highest spiritual forces in nature, which bring altruistic feelings into the inner being, are transmitted through the eyes.

The more man perfects himself, the more he nourishes himself with spirituality, with divine blessings and graces; light is food, and beautiful thoughts invigorate the brain by attracting beneficial fluids.

If your gaze is drawn downward, your task cannot be completed. Eye rays should be directed upward, above the horizon line. Lift your eyes to the sky, do exercises so that your gaze is aware and directed.

THE EYES

Every morning, opening your eyes, look at beautiful pictures and rejoice in the great nature created by God. Look for the beautiful in your fellows and stop your gaze there. When you have become wise enough to love all your fellow human beings, you will be able to look at the bad, the negative, and you will help them to transform it into the good, into the positive. The more intense the spiritual light, the better it allows to see the depths of the human soul where many things are hidden by thick curtains.

God has given us great gifts. To know how to use them, it is necessary to know the laws of life. It is an art to look at a person with the feeling of beauty, of purity, with Light, with love. Such a look erases all doubt and suffering.

A student says: "I met a woman that I will never forget. Twenty years have passed since then. This unknown sister gave me only one look, but when I remember it, all my suffering and all my troubles ceased".

Look forward to having your eyes, this incomparable wealth. Look after them, use them to look at flowers, insects, beautiful pictures, sunrises, star sky, anything that is beautiful, harmonious and reflects the meaning of life.

From: "The Work of Nature"



NOTHING WILL BE TERRIBLE



“I came not to abolish, but to accomplish”.

(Gospel according to Matthew V - 17)

All good, intelligent, conscious men are now joining hands for common work. All the servants of the life of all the peoples of the world are indeed determined to work in a new direction with a new agenda. You must therefore, all of you who are listening, unite with them in this collective work as the small streams all flow towards the great river.

What good and reasonable men are doing now is for the good of all. Work with them and do not even worry about what will happen to you. It is only through this conscious and collective work that humanity will be able to avoid the catastrophe that hangs over its head. If this experience of uniting and coordinating each other's efforts is successful, all danger may recede; but if it does not succeed, then you will witness the most mind-blowing spectacle the world has ever seen.

NOTHING WILL BE TERRIBLE

Thus, all those who understand the laws feel an intense desire to work in this direction for a new life with all their faith and all their possibilities of action, while those who do not feel the law are content to say with fear: "Something terrible is happening". No! Unite, work, and then nothing will be terrible.

Christ two thousand years ago came to earth for the purpose of saving mankind from the catastrophe that was brewing at that time. He succeeded and the cataclysm was repelled.

Mankind has to straighten out again, in any way, because it can no longer go on living the old way. Man cannot longer continue to allow himself to be led by selfish feelings and banal thoughts. Life must change completely and the only solution to the current difficulties lies in the application of the law of divine Love.

Let us love God and love the divine in ourselves and in our neighbour. Let everyone say to themselves: "I have come to earth to fulfil the divine law".

Then the fulfilment of this law of reciprocal Love will elevate us to the state of true men and the great experiment currently being attempted will give the good results which are expected of it.

In this collective attempt to accomplish the divine law of Love in human life, resides the salvation of humanity.

"To accomplish"

First step: You must feel like a living soul, pursuing a triple goal... To feel, to think, to act according to God.

Secondly: The disciples of the Universal Brotherhood are not men and women, but souls.

From "The sacred words".

THE FOOD



Animals killed for their flesh have a fairly developed conscience and they have a foreboding of their death, their instinct warns them of the approach of their end and they fight until their last breath. During this painful struggle, their troubles, their fever and their hatred, have a harmful repercussion on all their cells and their whole organism is invaded by violent poisons.

Many civilizations have already disappeared or are endangered due to food based only on meat. They were and still are the victims of generalized poisoning, produced by the deterioration of dead flesh.

One of the reasons for the disappearance of the Atlantis race and its degeneration was caused by the excessive ingestion of meat. For the same reason, modern mankind is in great danger and this abuse of meat gives rise to dental ailments, digestive disorders and hair loss. It contributes to the narrowing of the chest and prevents normal breathing.

THE FOOD

In addition to these physiological deficiencies and the sufferings which result from them, the carnivorous man cannot raise his thought towards the sublime nor feel the interior vibrations of his soul which would direct him towards the purity and the comprehension of the infinite.

Aware of this physiological and spiritual decline, the reasonable man must multiply all his efforts to become voluntarily vegetarian and fruitarian. Let him question his inner voice, the diviner in himself, and he will definitively abandon meat to eat only cereals, vegetables and fruits. Then his physical condition will improve rapidly and his spiritual progress will be greatly facilitated.

May he be convinced that no medication can eliminate the poisons contained in the blood as a result of the absorption of meat. Healing can only be achieved through vegetarian food and deep, rhythmic breathing.

However, the absence of meat in one's food is not enough to achieve perfect health. What matters is not just what you ingest but what you digest. However, the assimilation of food does not depend solely on its choice or on a slow chewing which, of course, facilitates the work of the glands and muscles of the organs of nutrition, but also on a certain state of mind.

Like Christ and the first Christians, before each meal let us give thanks to the Provider of this nourishment material with the conviction of also appeasing our interior hunger by a spiritual nourishment appropriate to our degree of evolution but whose basis is always Love.

If the human being does not prepare to put into practice these rules of food and spiritual hygiene, he will expose himself to a

THE FOOD

physiological and psychic imbalance which will affect his whole organism.

All New Life adepts should adopt vegetarian food as a prelude to spiritual food. They must banish meat from their meals and they will regain the joy of living.

From “Conferences”.

The Lord said:

- Do not think that in your life the difficulties are a punishment. They are the whip of blessing.

- Do not think that the obstacles in your existence are a punishment. They are the impetus given to you for your elevation.

- Do not think that your misfortunes are atonement. They are the healing balm in the uplifting hand.

From: “The New in Life”



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