

The Timeless Teachings of Omraam Mikhaël Aïvanhov

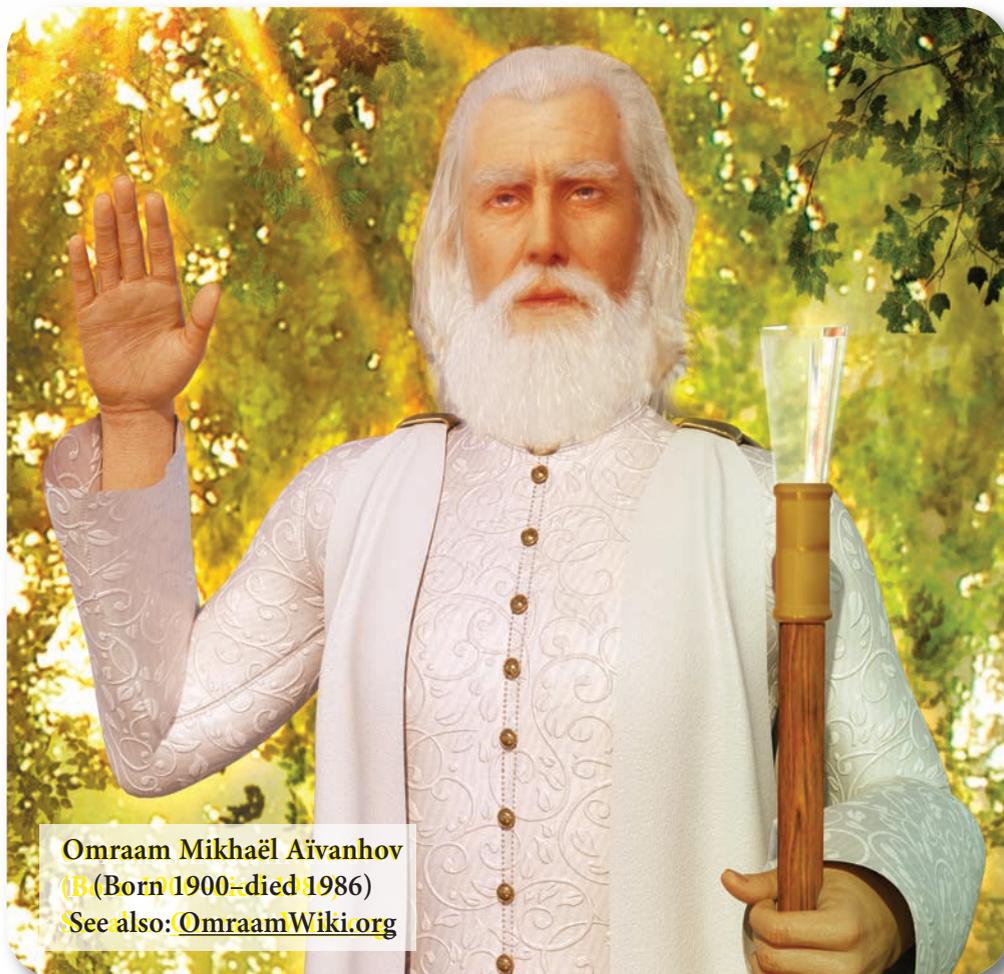
David Christopher Lewis

Of all the more recent spiritual teachers who have promoted what I consider to be advanced teachings worthy of study and application as we strive to initiate the Age of Aquarius, Omraam Mikhaël Aïvanhov is probably the least known in the United States of America, yet also among the greatest of the 20th century. Born in 1900 in an area of Macedonia that is now part of Bulgaria, he met the Master Peter Deunov in 1917 and studied with him for 20 years before Deunov sent him to France in 1937 and before Bulgaria was overrun by the Nazis in World War II. Omraam delivered over 4500 talks over the next 49 years, passing from this world on Christmas Day in 1986. His teachings were given completely orally, yet have been transcribed and translated into over 40 languages and are primarily available in book form.

The Master, as he was called after returning from a year-long trip to India in 1959, during which he was given the name Omraam, promoted a natural and practical lifestyle that is rich in spiritual practices, including silent meditation at dawn before the sunrise, a vegetarian diet, singing prayerful songs, working closely with nature, and communing with divine spirits. Among these are numerous angels, who can inspire disciples to understand the holy sciences and the arts of conscious living. His talks were sublime and poignant to meet the challenges

of his time, as well as now and are replete with practical wisdom that only a true sage can deliver.

It is obvious that Omraam was Self-realized through many previous lifetimes of disciplined inner work. Some consider him to be a “descended master,” that is, one who had already attained perfection eons ago, who periodically returns



to Earth to provide a great boost to mankind in their evolution.

Prosveta, the publisher of the Master’s teachings and located in France, has published nearly 100 volumes of his talks, including excerpts of many sharings about his life that were compiled into autobiographies of both his life and that of his own master. This compendium provides any dedicated disciple with ample material to study and master over a lifetime.

To provide just an inkling of the nature of

his teachings, here are the titles of his first four pocket books: *Toward a Solar Civilization*; *Man, Master of His Destiny*; *Education Begins Before Birth*; *The Yoga of Nutrition*. During the free, 2-1/2-hour, morning, video-streamed broadcasts that we began hosting in early 2005, and have continued through today, we read aloud the Daily Meditation of the Master Omraam Mikhaël Aïvanhov in English, Spanish and French. These have provided heartfriends around the world with spiritual nuggets of truth to consider as we move through our day and live loving, conscious and joyous lives of service to others.

Here is the daily meditation for January 5, 2022:

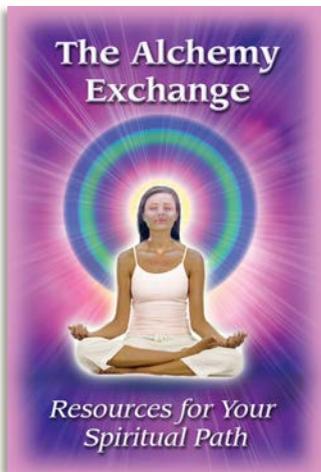
“Winter symbolizes the difficulties we meet in life. In winter, the vital forces of plants sink downwards and concentrate in the roots where they continue to work actively. Roots represent the subconscious. In winter, that is to say in times of difficulty, loneliness and suffering, our energies move inwards to our subconscious, and there they effect great changes.

There is no need to worry, for it means that these energies will soon be set free, and new flowers and a rich harvest will appear. You must just be patient and wait for the tide to turn and to rise to the level of the conscious and the super-conscious. However, it is very important that you know the laws: you must not complain

or rebel against the cold; you must simply light an inner fire to warm your own heart and the hearts of others.” ■

In our Alchemy Exchange store in downtown Livingston we have a complete set of the Master Omraam’s books in English, including the 2022 Daily Meditations book and those of previous years, as well as numerous audios and videos. We also have a few copies of his own master’s works in English, including biographies of his life and teachings.

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