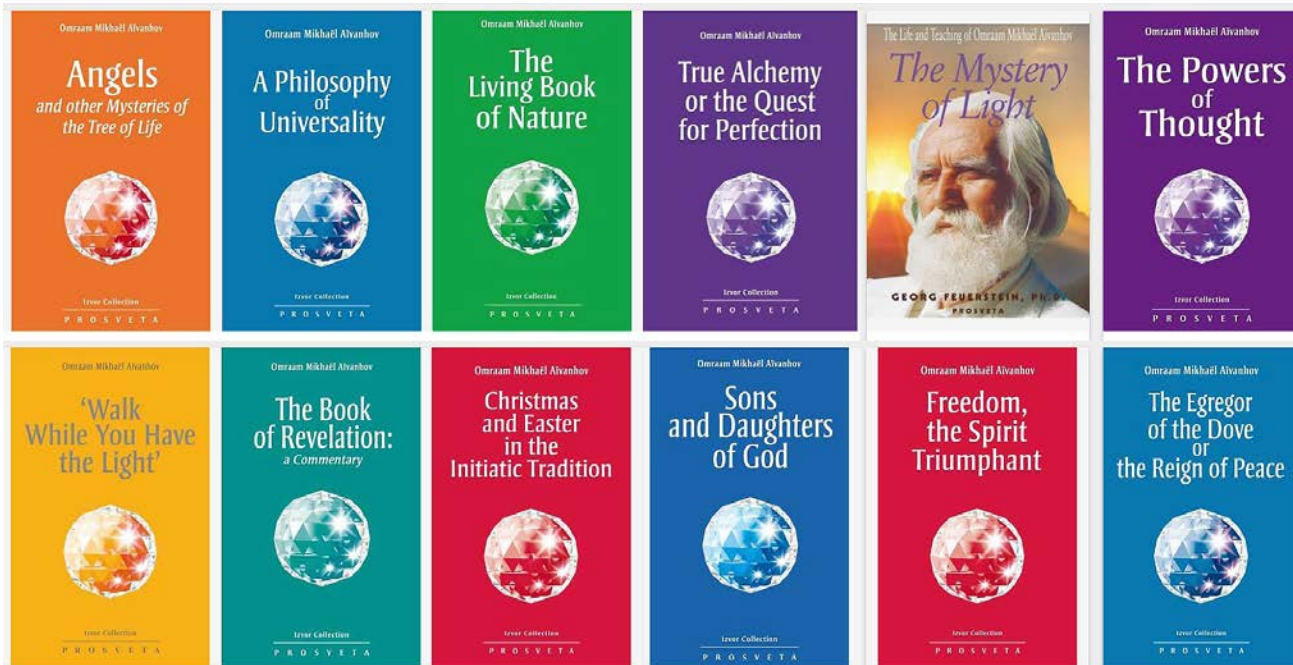


Snowbirds?

Raymond Ziemkowski

Omraam's Teachings on the Inner Life

for The Hearts Center®



It's getting to be that time of year that the snowbirds begin to head south for the winter. Especially in higher and remote mountain retreats, the exodus has begun.

When new to Montana, locals often ask, "How long have you lived here?" If you have lasted three years and not put your house on the market to leave because of the winters, they're usually ready to accept you as a Montanan... I am not sure how that calculus works for snowbirds though.

A typical conversation at the local hot springs this time of year revolves around what date in October someone is planning to close up the house and head south... Some are drawn to the water, some to the dessert, and some to the larger cities. Even the hummingbirds leave their

feeders before the big freeze and go as far as Mexico to winter.

I have always been drawn to the mountains and my wife the ocean beaches. These represent the earth and water elements. Many of my friends go to the desert in winter, which represents the fire element. So, by default, let's say the big cities represent the air element. Each has their unique lessons, challenges and rewards in different seasons.

A study of these elements (*fire, air, water and earth*) in our inner life is well presented by **Omraam Mikhaël Aïvanhov** throughout numerous books published by

Prosveta in his Izvor Collection of forty-four small books.

In *Man's Psychic Life: Elements and Structures*, Omraam associates the physical body of man's lower nature with will, the astral/water body with feelings and the mental/air body with thought. In the higher

nature of man, the Causal body corresponds to Divine Wisdom, the Buddhic body to Divine love, and the *Atmic (subtle) body* to Divine will.

In *The Mysteries of Fire and Water*,

Omraam teaches that fire is associated with Spirit and the masculine principle. Water represents the feminine principle, the original cosmic matter that was penetrated and fertilized by



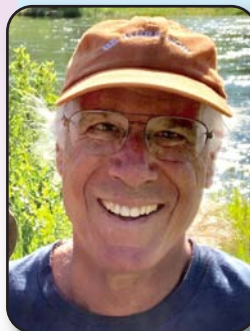
primordial fire, the spirit of God. Omraam's teachings (1900–1986) were nearly all given orally and compiled from transcribed or recorded sources. They are insightful and full of deep wisdom for individuals on an inner initiatic path of self-discovery.

As we course through our lives, most of humanity will have opportunities to navigate through many different environments and life experiences that help us grow on our spiritual journey. Wherever you may be spending your winter, enjoy the rewards and benefits of the season there. And embrace the lessons and challenges of both the outer and inner/psychic worlds that each environment brings to you.

PS: I never quite figured out how the *meadowlark*, that migrates south for the winter, gained status as Montana's state bird. I think the *magpie*, who endures the long Montana winters here, got slighted! ■

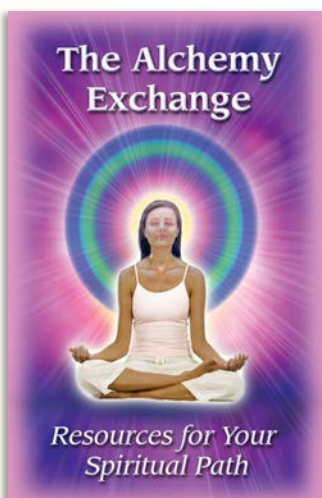
Happy Winter to North & South!

Visit *The Alchemy Exchange*, our local bookstore, for Omraam's books and all sorts of other treasures... If you're not local, visit the [Hearts Center's Online Store](#).

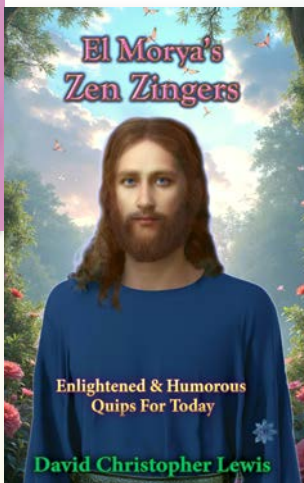


Raymond Ziemkowski is a native Montanan. He has been a student of many spiritual teachings since he was a teenager, often experiencing visionary dreams

and insights. For most of his adult life, he has sold crystals, gems, and books spanning the esoteric teachings of the world religions. "Over the years," he says, "I've listened deeply to the customers in my store. I consider the highest teaching and path, and the best book for them to be the one that guides them to the next steps on their spiritual path." Raymond is a long-time member of [The Hearts Center Community](#).



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