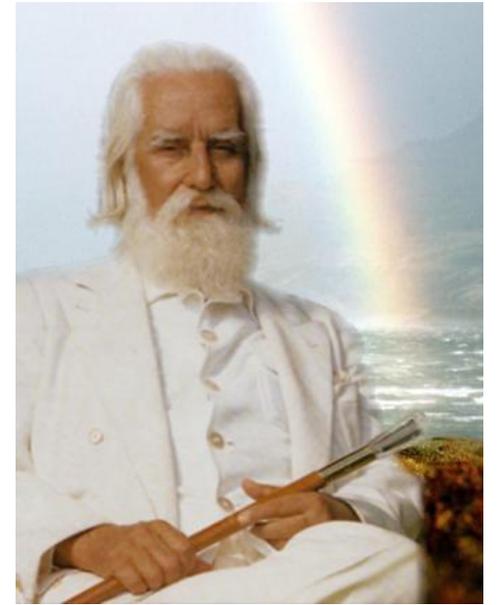


SESSION OUTLINE 2:  
Harmony and Health  
(Nutrition - Respiration)

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On-line Study Series 1- Group 2

21 February 2015



# Session Outline

1. Introduction
2. Round Table - Key Transformational Concepts from the reading - (What, So what?)
3. Discussion/Questions - Transformation Actions - (Now What?)
4. Daily work for the next month from Book 13
5. Next Monthly Video Conference - Date & Reading
6. Feedback on this session
7. Closure

# Session Outline

## Harmony and Health – 225 – Table of contents

- Chap 1 Life Comes First
- Chap 2 The World of Harmony
- Chap 3 Harmony and Health
- Chap 4 The Spiritual Foundations of Medicine
- Chap 5 Respiration and Nutrition (Part 1 & 2)
- Chap 6 Nutrition on the Different Planes
- Chap 7 How to Become Tireless
- Chap 8 Cultivate an Attitude of Contentment

# Main Transformational Concepts 1

What?	So What?	Now What?
<p><b>Ch1.</b> It is time to realize that <b>your way of thinking has a direct effect on your life</b>, on its reserves, on the very quintessence of your being, and that a wrong attitude distorts and damages everything.</p>	<p>Human beings should be taught from their earliest childhood not to fritter away their life but <b>to dedicate it to a sublime goal</b> for, in that way, it becomes richer, stronger and more intense.</p>	<p>... So know exactly what you are spending your energies on, in what direction you are working, for your future hangs on this: you are getting either richer or poorer.</p>
<p>Disciples have a duty to preserve, purify and intensify their life because <b>life is the source</b>, the starting point for every other development: on the intellectual, religious, emotional, aesthetic or any other plane.</p>	<p><b>No one is capable of obtaining joy, beauty, power, wealth, renown or knowledge without making a mess of his life. ??</b></p>	<p>Decide to work exclusively for the intensification, purification and sanctification of your life, all your faculties will be enhanced because, harmonious life reaches out to other regions and other beings come to help and inspire you.</p>
<p>Life possesses every possibility in itself, but it has to be channelled in the right direction just like water.</p>	<p>If you send life upwards and nourish all those anaemic, somnolent beings in your upper storeys with it, they will wake up and begin working again..</p>	<p>Make up your minds, at last, to vivify those beings that dwell in you, in <b>your brain</b>, so that they can do their work.</p>
<p><b>Ch2.</b> You can only touch the heart of the universe by means of harmony. <b>Harmony is the synthesis of all qualities and virtues</b></p>	<p>Thanks to harmony you will attract all the other virtues and qualities; they will flock to you because you have touched the heart..</p>	<p>Take care of this one thing: harmony, and it will take care of all the other virtues. (Your little qualities make much difference...)</p>

# Main Transformational Concepts 2

What?	So What?	Now What?
When you cultivate harmony you touch the heart of reality, <b>the Universal Soul</b> , the Centre. And from this central core come the orders and the currents and forces that transform and organize everything.	If you are <b>guided by harmony</b> you will be capable of unravelling all kinds of difficult situations and of helping others by finding solutions and giving good advice. <b>Harmony is related to every virtue</b> , to perfection and even to health.	Shun disharmony as your worst enemy for, once it gets a grip on you, it will ravage and destroy you, and there is no virtue capable to save you.
There is only one language spoken in Heaven, <b>the language of harmony</b> , and if you are capable of speaking to Heaven in that language, it will respond by sending you everything in abundance.	It is very much to your advantage to work ceaselessly and untiringly to achieve harmony, for it is the only thing that can give you all the other things you long for: friendship, love and, above all, the divine presence.	Continue to make every effort, to do everything in your power until Heaven yields and comes amongst us; and I assure you: It will come. It is already with us. It is behind all our efforts and, one day, you will witness its manifestations <b>Prayer for Harmony</b> - P.
<b>Ch3.</b> The day men broke the bonds that linked them to Heavenly Harmony, misfortune began to rain down on them.	Every <b>illness</b> is the result of a certain disorder, and cancer is the specific result of anarchy. The more the spirit of anarchy prevails in the world, the more <b>cancer</b> there will be...	Every morning, when you first wake up, you should begin the day by attuning yourself to the world of <b>universal harmony</b> .
It is not difficult to know whether or not you have succeeded in <b>achieving harmony</b> : your whole being will tell you...	The Invisible World wants to teach us by means of our own experience, and no one will be spared the lessons of experience!	<b>This is where your real work lies:</b> in reflecting on your experiences and in drawing the right conclusions from them so as to go much further on the path of spirituality – And hurry-up...!

# Main Transformational Concepts 3

What?	So What?	Now What?
<p><b>My task</b> is to do everything in my power to help others to achieve what I have achieved. <b>My work</b> is not to find happiness in doing the will of Heaven all alone but to carry you along with me!</p>	<p>When we live in this harmony we are projecting into the world, and even as far as the stars in the heavens, currents, waves and forces of such power and splendour that, sooner or later, the whole of mankind will be obliged to transform itself...</p>	<p>Every day, if only for a few minutes, project messages of love to all the luminous beings that people the universe. Tell them, 'I love you; I am attuned to you, I want to dwell eternally in your harmony'...</p>
<p><b>Ch4. It is the invisible dimension that controls the visible</b>, the subtle world that takes priority over the physical, the spirit that is in command of matter.</p>	<p>The true causes of disease lies in the way human beings think and feel and behave. The endocrine glands only carry out orders received from elsewhere (thoughts and feelings).</p>	<p>Be aware of the psychological attitude with which you receive things. It is the most important factor of all.</p>
<p>Initiatic Science takes <b>the whole man</b> into account, not just one part of his being or one organ:</p>	<p>The first thing to do, therefore, is to restore harmony to the whole, and then the part that is ill will be cured by the organism itself. The only true therapy is the way one lives!</p>	
<p>No true progress can be achieved in any area whatever (scientific, economic, psychological or medical), as long as <b>the structure of man, the forces that inhabit him and his relations with the universe</b> are ignored or unknown,</p>	<p>The first thing to realize is that, above and beyond his physical body, man has other, subtler bodies ..., the first thing to do is to study man, and <b>his invisible dimensions</b> for man is the key to the universe.</p>	

# Main Transformational Concepts 4

What?	So What?	Now What?
<p><b>The medicine of the future</b> will be obliged to take into account all the needs of human beings, including those of the soul and spirit, and to supply them with the elements lacking to them.</p>	<p>And when the soul and spirit are satisfied, they have a beneficial effect on the physical body and new processes are set in motion...</p>	
<p>it is an absolute law <b>that man attracts to himself whatever he has formed ties with</b>, and in this law can be found the explanation for all health or sickness, strength or weakness</p>	<p>This means that if you are experiencing difficulties in your present life it is because of your ignorance in the past which caused you to perturb the right order of things. But now you are in a position to build a new body...</p>	<p><b>Work on the level of causes</b> (the level at which forces are set in motion), and you will live in peace and security, for you will know the effects which are bound to follow. And <b>this is how we can begin to cure psychic illness: by giving men knowledge and certainty.</b></p>
<p>The therapy of the future will be the <b>therapy of the sun...</b> (A whole new science will grow up around the study of the sun's rays.)</p>	<p>And we shall apply it by watching the sunrise, by forming a bond of affection with the sun, by concentrating strongly on it in order to receive its particles.</p>	<p>Keep your links with the forces of nature intact.</p>
<p><b>Ch5.</b> In order to undertake spiritual work of any kind, you have to protect your organism and be careful not to demand wasteful expenditures of energy from it.</p>	<p>If you want to encourage <b>your etheric body</b> to become active, you must take care not to gorge your physical body;</p>	

# Main Transformational Concepts 5

What?	So What?	Now What?
<p><b>Nutrition and respiration</b> are two processes governed by the same laws. The health of the nervous system depends on the work that is done in the mouth.</p>	<p>If you want to have inexhaustible reserves of nervous energy and be in command of your physical body, your emotions and feelings, <b>chew your food for a long time</b>, slowly, consciously...</p>	<p>Begin by learning to eat correctly! When you take a breath of air it is like taking a mouthful of food, a mouthful of extraordinary forces</p>
<p><b>The sun</b> pours tremendous quantities of energy into nature for the benefit of the creatures that absorb it, and this energy is present in the air: <b>the prâna</b>. Also see Ch.6</p>	<p>The <b>best time of day</b> in which to absorb the subtlest and most powerful element from the prâna is in the few minutes just before the sun rises. Prâna is at the root of all the energies of the cosmos and it travels like fire through the network of nerves that run down either side of the spine.</p>	<p>So, <b>go and watch the sun rising</b>: it is so soft and gentle... one feels almost as though one could drink it...And if you want to get the greatest possible benefit from the air, you have to chew it, to compress it and hold it in your lungs.</p>
<p><b>The great secret</b> is to transform each element into one of greater subtlety: to liquefy what is solid, to transform liquids into gases, to transform gaseous elements into ether.</p>	<p><b>We must liberate energy</b>, and this is the function of breathing during meals: it allows a greater quantity of energy to be released from the food.</p>	<p>If you take a few deep breaths while you are eating, the combustion of your food will be more complete. It is enough to pause three or four times in the course of a meal and breathe deeply.</p>
<p>Our role is not to condense or materialize energy; it is already sufficiently condensed. <b>Our role is to set energy free</b>, to release it.</p>	<p>So, in order to release the etheric elements contained in air, you have to 'chew' it...</p>	<p>You must practise breathing deeply, from the abdomen and send the air down to the bottom of your lungs .</p>

# Main Transformational Concepts 6

What?	So What?	Now What?
<p><b>Ch6. Respiration</b> has a role of paramount importance in the life of a spiritualist. Regular breathing exercises improve one's health.</p>	<p>So you must organize your daily programme so as to do your breathing exercises in the morning, on an empty stomach.  <b>The breathing exercises</b> at Sunrise Meditation:</p>	<p>4-16-8 (6 times for each nostril) - Once the exercise has become easy for you, you can double the time of each movement, counting eight, thirty-two and sixteen (8-32-16)</p>
<p>Each individual has his own method and his own rhythm which he must find by listening to his inner doctor.</p>	<p>Listen to your inner doctor; he will show you how to breathe, how often and at what moments of the day to do these exercises; you are all different and you must all find your own particular rhythm.</p>	<p>One method: take a few deep breaths, several times a day, while placing your left hand flat on your solar plexus with the right hand over it.</p>
<p><b>Good breathing habits</b> and deep breath breath will help you to remain in control of yourself and also make your exchanges with other people more harmonious</p>	<p>Before shaking hands with your friends or before going in to their house, take a deep breath (discreetly, of course); in this way your encounter with them will be harmonious.</p>	<p>You must all these exercises into practice. They will strengthen you and enable you to contend with your problems.</p>
<p><b>Part2 - There is a link between respiration and every manifestation of the spiritual life.</b> Meditation is a respiration; prayer is a respiration; ecstasy is a respiration...</p>	<p>The slower our breathing, therefore, the nearer we come to the rhythm of God's breathing</p>	<p><b>One of the very best exercises you can do</b> – and I advise you to do it every day, several times a day – <b>is to breathe light.</b>  <b>P.</b></p>

# Main Transformational Concepts 7

What?	So What?	Now What?
Jesus could say, 'I am the Alpha (or Aleph)', for he is the only one who irradiates a light as pure as that he receives.	If your ideal is to give back light, the divine light and purity that you yourself have received, this is already a preparation for the day when whatever you project, all your emanations, will be pure light.	<b>There is only one way to achieve this ideal:</b> to devote all your work to propagating the idea of brotherhood throughout the world, to work for the coming of the Kingdom of God.
Ch7. Nutrition is of prime importance. Yes, but <b>nutrition on every level:</b>	Prayer, meditation and ecstasy are all forms of nourishment...a celestial food, ambrosia... <b>Light</b> is the only thing that never creates waste because light is pure.	Attend the <b>sunrise every day</b> , during spring and summer, in order to drink in this ambrosia, this quintessence of life that the sun distributes to every region of the universe.
<b>Ch8.</b> In order to remain active without tiring oneself out, we must <b>know how to relax</b> ... not once or twice a day, but ten, fifteen, twenty times a day, if only for a minute at a time and deliberately become passive	If you want to become indefatigable you must learn to work with the two principles, masculine and feminine, emissive and receptive.	Take better care of your nervous system and give it a chance to relax from time to time. Take just a quarter of an hour each day - fifteen times one minute - in which to relax. Stretch out, arms and legs relaxed, and let yourself go as though you were sinking into an ocean of light..
The real key to being able to sustain a high level of activity in the best possible conditions is to learn to <b>work with love.</b>	Feel a great deal of love for everything you do, for it is love that awakens all man's latent powers. Love strengthens, vivifies and resuscitates.	Whatever you do, do it with love, or don't do it at all!

# Main Transformational Concepts 8

What?	So What?	Now What?
<p>Ch9. <b>Dissatisfaction</b> is acceptable only if it is aimed at oneself. Initiates are not satisfied with themselves but they are very satisfied with the works of God..</p>	<p>You must not be satisfied with yourself even if you achieve considerable spiritual progress.  <b>Contentment</b> for God's works, on the contrary, puts you squarely on the road to life.</p>	<p>From now on, learn to be contented... Try to find at least one beautiful thing to marvel at every day and enshrine it in your heart and mind. This is the magic secret that will enable you to transform your life.</p>

## Daily Work – February to March

### **Book 13 – A New Earth - Methods, exercises, formulas, prayers**

- Chapters 9 & 12 - **Sunrise & Solar Plexus**
- Start the practice
- Keep a Reflective Journal – The Master encouraged us to take notes
- Share if you wish with the group on Facebook (Online Study Group...)
- I am available if you have questions 😊

## Next Month – March Session

- Session Date: Saturday March 21, 2015 - Theme: **Meditation, TBC**
- **Man's Psychic Life**, Izvor book 222
- Make a note of Key Transformational Concepts as you go
- Select 1 or 2 to share during our conference
- Keep a Reflective Journal
- Share if you wish with the group on Facebook
- I am available if you have questions 😊

## Monthly Programme 2014 - 2015

- 29 November, **Solar Civilisation**, Izvor book 201
- 21 February, **Harmony and Health** (Respiration & Nutrition) Izvor book 225 (& OC 13 - A New Earth, optional)
- 21 March, **Man's Psychic Life**, Izvor book 222
- 25 April, **Angels and the Mysteries of the Tree of Life** (Introduction to the Sephirotic Tree), Izvor book 236
- 23 May, **Man's Subtle Bodies**, Izvor book 219
- 27 June, **Powers of Thought** (Meditation & Spiritual Laser), Izvor book 224
- ... July, **Man Master of his Destiny** (Moral Laws & Reincarnation), Izvor book 202

Note: Readings are provisional at this point and may be revised

## Between session work Feb -July

From Complete Works, **Book 13 - A New Earth** - Methods, exercises, formulas, prayers

- February, Chapters 9 & 12 - **Sunrise & Solar Plexus**
- March, Chapters 2, 3 & Appendix - **Daily Programme, Respiration, Gymnastic & Nutrition**
- Avril, Chapter 10 - Mental Work - **Concentration, Meditation, Contemplation**
- May, Chapters 5, 6 & 7 - **Overcoming Evil, Purification & Human Relations**
- June, Chapters 14, 15 & 16 - **Working with Light, the Aura and the Body of Glory**
- July, Chapter 17 - **Formulas & Prayers**
- August, Izvor Book 206, **The Philosophy of Universality**

Note: Readings are provisional at this point and may be revised

# Course Materials

This slide pack will be uploaded to the Journey with Omraam Mikhael Aivanhov website :

<http://with-omraam.com/groups/>

Please click 'Join Group' and then click on Media then Documents Tab.  
If you have not registered, you will need to do this. Here are the instructions

<http://with-omraam.com/register-log/>

Thank you for your time  
and look forward to keeping in touch on Facebook  
See you in March 21, 2015!

