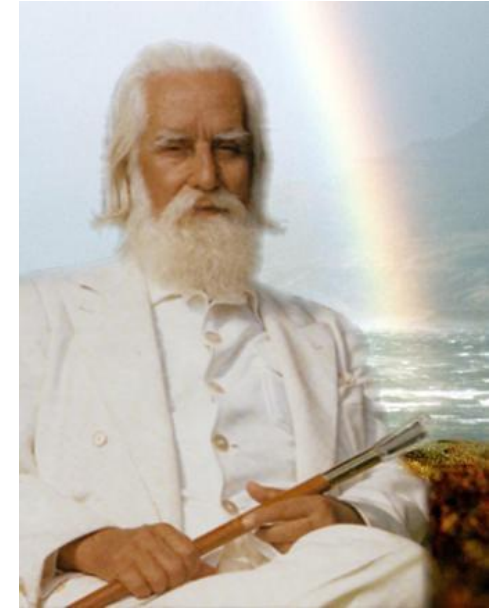


# SESSION OUTLINE

## Book 201 Towards a Solar Civilisation

Omraam Mikhaël Aïvanhov  
On-line Study Series 1

November 2014



# Session Outline

1. Introduction
2. Round Table (Key Transformational Concepts from the reading) -(What, So what?)
3. Discussion - 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

# Top 10 Transformational Concepts (1-5)

What?	So What?	Now What?
<p><b>The sun is at the origin of everything.</b> Everything that humans need is contained in the light of the sun.</p>	<p>The sun was the first to bring Science, Religion and Art to humankind. It is at the origin of all culture and civilization.</p>	<p>Learn how to receive the sun's rays within us, they would set in motion certain centres and light certain lamps that have been prepared within us from the beginning of time.</p>
<p>Surya Yoga is the best of all <b>Yogas</b>, it encompasses all others and has faster results</p>	<p>All these different kinds of yoga will, one day, be replaced by Surya yoga, which surpasses every one of them, for through the sun we work with God himself.</p>	<p>If you want to create a bond between yourself and the sun, when you look at it you must be fully conscious of what you are doing. Start doing Sunrise meditation - Prepare the day before</p>
<p>Although you don't realize it, <b>you are already in the sun</b></p>	<p>That part of ourselves, that entity which lives in the sun is our higher self.</p>	<p>It is in the morning, very early, that you should expose yourself to the rays of the sun, let them do their work and all your seeds will begin to sprout.</p>
<p>Everything that now exists on earth first existed in its etheric state, in the sun. The best way, the way that leads straight to God, is the sun.</p>	<p>Each element, is a condensation of another more subtle element...But beyond the fire that we know exists another fire, the light of the sun, which is the true origin of all things. The nearer we get to the sun with our spirit, our soul, our thought, our heart and our will, the nearer we come to the centre which is God.</p>	<p>The very first thing you have to do, then, is to realize the importance of the centre and to understand how, when we seek it, important things begin to change in us, even if we don't feel anything.</p>

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# Top 10 Transformational Concepts (1-5)

What?	So What?	Now What?
Ch2. Surya Yoga is the best of all Yogas, it encompasses all others and has faster results	Our work builds a bridge between Higher and Lower Selves – the goal of Transformation - p. 33-35	Start doing Sunrise meditation Prepare the day before
2. Seek the Centre – of the Solar System and of yourself, around which everything revolves	The nearer we get to the sun with our spirit, our soul, our heart, the nearer we come to the centre, which is God - p. 52-53	Hold this thought during Sunrise meditation
3. When something goes wrong, (health or relationships), look for the cause at the astral or mental level	One day medical science will look for causes of diseases at higher levels - p. 68-69	You can start now by... being conscious of your thoughts and feelings, and p.70: Raise yourself to the subtle regions
4. Food at all levels – the first man ate fire and drank light. You need all four elements to nourish yourselves (Earth, Water, Air, Fire). Our cells are replaced every 7 years and are influenced by imprints already engraved in the living matter of our being	You have control over this process of cell replacement – You can replace the particles of your physical and psychic being which are diseased and worn out with new particles direct from the sun to completely renew all materials of your being – p. 76	Nourish yourselves consciously with Light – Drink Fire and eat Light (The 4th Element) With the right attitude, just attend the sunrise, and your soul and your spirit will absorb what they need We should be conscious when we watch Sunrise to renew our cells.
5. Solar Plexus is the true heart and our link to the universe	You can replenish your solar plexus in the morning sun p. 82-83	Exercise at the end of the Chapter (p. 87)

# Top 10 Transformational Concepts (6-10)

What?	So What?	Now What?
6. The Sun is always giving By giving you receive and become luminous	What makes the sun so luminous is his desire to give – The stronger your desire to enlighten, the more light within you will increase and spread until it becomes an extraordinary sun - page 93-96	Take the sun as your model, think of giving to all around you like the sun. Tune into the Sun every day if you want to have a beneficial influence on people
7. The Sun, the prism 1-3-7, and the aura as a protection against dark entities The old Adam must give way to the Christ within us.	Only Initiates and disciples who have worked on their mind, heart and will, are able to refract white light into the 7 colours in their aura - p.114	You can work with a different colour every day, and move upwards or downwards, and consciously visualise yourself wrapped with colours
8. The sun as our model of Perfection	The desire to communicate light, warmth, and life to other creatures will make you more luminous, more loving and more alive – p.120	Never get tired of doing good to human beings, for love produces light! Learn to be like flowers to attract divinities
9. All this is a profound Science, a real Training Programme which requires serious work	One of the essential aspects of the Solar Philosophy : it leads to a spirit of Universality p. 136-141	Contemplate the Sun, the most perfect representative of the Holy Spirit to become like him
10. CHRIST, a Cosmic Principle that has no beginning nor end, is the Head of all religions : the Spirit of Christ dwells in the Sun (Jesus was a man in Palestine)	Buddha brought compassion and benevolence (acquired by detachment to avoid suffering). P.144	Jesus brought the concept of Fraternity – Brotherhood (Love your neighbour and your enemy)

# Daily Work – December to January

## **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 (The Initiatic Teaching..)
- I am available if you have questions 😊

## Next Month - January Session

- Session Date: Saturday January 25, 2014 - Theme: **Respiration, Nutrition & Gymnastic**
- Izvor 225, **Harmony and Health**
- Optional: Izvor Book 204, **The Yoga of Nutrition** -Brochure **Respiration** 303: spiritual dimensions & practical applications
- 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
- 24 January, **Harmony and Health** (Respiration, Gymnastic & Nutrition) Izvor book 225 or Book 13 (A New Earth)
- 21 February, **Man's Psychic Life**, Izvor book 222
- 21 March, **Angels and the Mysteries of the Tree of Life** (Introduction to the Sephirotic Tree), Izvor book 236
- 25 April, **Man's Subtle Bodies**, Izvor book 219
- 23 May, **Powers of Thought** (Meditation & Spiritual Laser), Izvor book 224
- 2 November, **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 December-June

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

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

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

Thank you for your time  
and look forward to keeping in touch on Facebook  
See you in January!

