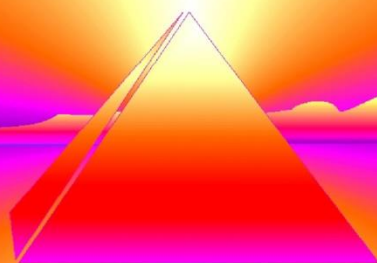


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CENT.NOM
HIS TEACHING



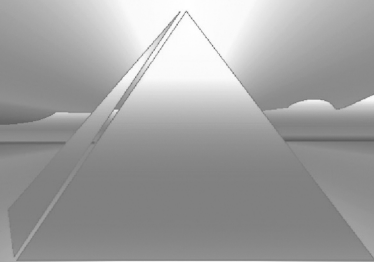
Spiritual approach
to the healing

Opus II

Éditions de l'anneau d'or

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WORD FROM THE EDITOR

This book, received in French by Alain Vautrin “in a deep inner state of being”, during public meetings and group sessions, is translated here in English, as best possible to maintain its integral form. Certain expressions or phrasing might astonish, and an unaccustomed use of the grammar or syntax might surprise. It is however the actual language of the spiritual source CENT.NOM. We have received explicit demands, during these sessions, to respect this language and to deliver these scripts, to the readers, in their original state, without making any corrections.* Thus it is that we deliver it to you. We hope that the reading of these scripts given by the spiritual source CENT.NOM will allow you to find the pathway of the heart, of the inner journey and of the light.

Alain Vautrin

** What is inscribed in italic is given for a better comprehension.*

THE MAN WHO LISTENS

CENT.NOM ::

The man who listens¹, lives, acts, brings insofar as he can, is and lives in the time of his Creator, of his Father. The listening in is the blessing of the Father upon his children. The listening in pacifies, enlightens, elevates, ennobles the one who listens in and those who hear. And the Father, through his paths, transfers his understanding upon his children, transfers his knowledge, his wisdom, his love, in this path, by the intermediary of the one who listens.

The lights of the Father readjust themselves; balance each other, in their might, to become understandable in order that the members of this Creation might absorb them.

By passing through this path, by this channel, through this reducer, the lights of the Father become then, upon you all, beneficial. And without these intermediaries, his lights, his knowledge would be too violent, devastating. Through the time, the times, the histories, the civilisations, the Father makes himself be heard by different paths, means.

The man who listens brings to his brothers, to his sisters, what is given him to bring.

Extract from the Tome III - CENT.NOM his Teaching - The awakening of your divine self - Chapter 5

WORDS FROM THE MAN WHO LISTENS

The conscious man forges his present and establishes his future. Unbeknownst to the majority, times change and man, often, finds himself facing situations, events that he cannot keep up with anymore. Overwhelmed by these facts, this man finds himself displaced in another space, another time, and he, being disoriented, is paralysed in his action. And this action, this work, that humanity brings without respite, can, in certain conditions, be at a great loss. Resulting from a multitude of circumstances, happening on the totality of the globe, the transformation of the human thought has already entered into full action. A renaissance is propagated on the whole humanity and, whatever might be the order, classes, levels of each individual, society, all, we will be engulfed in that great movement. And it is with joy that we participate, in this new impulse, to make known and to propagate this universal thought, this language, that was always ours but that through times we have forgotten. Resulting from exceptional circumstances of life, I sat and listened in to deeper voices that inhabit and guide us. In this action, I do but transfer what I have received through voices called inner voices. Each being, one day or another in his life, is called upon to act. I have received this call and I answered it with enthusiasm and thankfulness. Because, in this action, IV I found myself again, identified myself, and I can affirm that, just now, I am born consciously in my materiality, in my body, in my world

on this planet, with you all. And I wish to each one to hear this call.

Alain Vautrin

*The man who listens: title given by the spiritual source
CENT.NOM for the service and the action of Alain Vautrin.*

PREFACE

In the course of public meetings and group sessions, Alain Vautrin, in a deep state of reception, under the enlightenment of **CENT.NOM**, transfers this book to you in its integral form.

Certain phrasings or expressions might astonish, and what could appear as an unaccustomed use of the grammar or of the syntax will maybe surprise. It is the very language of the source **CENT.NOM**.

We have received explicit demands, during these sessions, to respect this language and to deliver these texts, to the readers, in their original state, without making any corrections. Thus we offer it to you.

We hope that the reading of the texts of the source **CENT.NOM** will allow you to find under this enlightenment of the wisdom: the pathway of the heart, the pathway of the inner journey.

Alain Vautrin

PROLOGUE

Advancing along my years in age, it is surprising, retrospectively, to notice that the journey that I did during my life, has not always been easy, and even in certain circumstances somewhat chaotic. And that here and there, through the times, very serious menaces have arisen in front of me, have shaken me and that, in these difficult circumstances, I have evidently been obliged to question everything; in my ways of doing, in my way of living.

To come to a more than simple conclusion; we must act with much wisdom by taking what comes to us one step at a time, one action at a time, one failure at a time, and maybe a success at a time if the circumstances have been favourable.

Because often, the successes that I have known, encountered, had, were not the fact of my ambition, of my relentless work or of a frantic pursuit. No, these little successes, these great joys have been given to me really without any expectation on my part.

In my own life, everything that I have dreamt about, desired, lightened by my personal ambition, has often been taken away from me right there, when I thought to collect the fruit of my efforts.

It has been granted to me during my journey of life, some failures concerning my health, because of course the abuse in anything has a cost. Often I had ambition to tackle greater than my available capacities in the instant

of my actions, drawn by some glorious attractions that one conceives, perceives in our inner discourses.

The reality; the life that is proposed to us offers much more, is generous, because what is reserved for us is often greater, more beautiful, easier, not to attain but rather to welcome.

It took me a whole life to understand these few enlightenments of the sagacity and this, often broken in my body, in my thoughts, in my actions so that I might there, humbly accept what the life had in reserve for me since always.

Under the enlightenment of the discernment, I have learnt to know myself, in my own limits; the ones that I may attain with my possibilities, my dispositions, my latent talents in myself. And, as surprising as things might be, what I did with ease, without constraints, without heaviness, have bloomed in beautiful outcomes which surpass in my understanding everything I could have expected.

Upon my chaotic pathway and sombre from time to time, I was learning to stand up again slowly, with difficulty. In this fog to my perceptions, to my feeling, I was suffering.

Little by little, I saw appear in myself a little light, all new, that in its growth was restoring my hope. A return into my life, a kind of spring which, with much time, was settling in me, upon me. And some new twigs have deployed themselves there, in me. And I saw in my look a new garden almost eternal, because what takes roots there, in my dwelling, does not seem affected anymore by the wear and tear of the time and of the experience.

My body cannot run anymore and rather tends to acclimatize itself to the conditions always more reducing of my gestures, of my thoughts, of my actions while in

parallel, my joy arises and bears me at each instant. When this one becomes discreet, I must then take rest. Coming out of this temporary halt, everything in me resumes its chant, its joy, its energy, its vitality, and there, I set off again in my step that will lead me, I know it, well beyond my present field of experience.

This allotted time is called the grace, there where one ceases to bear quarrel, war, suffering, misfortune, intolerance, because in this place we live our ideal, perfect, all luminous time; the one that was inscribed since always in our dwelling.

Permanently I remain and at last, I have arrived in my starting point there where everything has been bequeathed to me to grow, to blossom, and to be but joy in my state of being. This grand lifetime in my universe, this journey that we do inscribes itself only in the joy; this light which nobody may seize, but that all may appreciate, bear and deliver, because this energy of the life does not remain prisoner of any place; there is its almighty force.

Long life in this time of grace that I wish to us and to all of us by avoiding these deaths said personal that put us all at risk of not being able to embrace our grandeur, our joy; this glory that has been reserved for us since always, for always, in this act of love that is the supreme energy of the life upon all his ensembles, all his universes, all his lives whatever might be the direction of their own energy; expansion-contraction remains the pulse of this energy of the life that does not know any sleep.

Eleven tomes in French and eleven tomes in English of this teaching have been deposited in the Library and national archives of Canada also in the Bibliothèque et archives nationales de Québec.

Alain Vautrin

FORWARD

These scripts, of which you will undertake the reading, will propel you in new states of consciousness that, offhand, will surprise you.

And, as a traveller, you will go from stage to stage passing by surprises, astonishment, and attaining unthinkable discoveries, un hoped for and, most of all, revealing on your condition of being, on your real condition; the one which has always been veiled to you for obscure reasons, to the one whose conscience has been put out of action because of principles, propagated through times, of education, of teaching, of transfer, that have frozen societies in mono structures easier to govern, because man, when collapsing, did not leave to his brothers the opportunity of blooming.

Such are the laws that men have created to maintain their powers and these, getting farther away from their source, from their creator, have continued, through times, to always impose more and more painful conditions to those upon whom they were ruling.

Under the laws of the Creator, of the Father, of the Eternal, no restriction is imposed on the development of the Creation. And, in this revolt of men facing their tyrants, these men now will make the definitive choice; the choice of living under the celestial law of the Creator or the choice of living under the laws of men.

The might, the energy of the creator, resounds through the whole eternity upon all creations and calls to

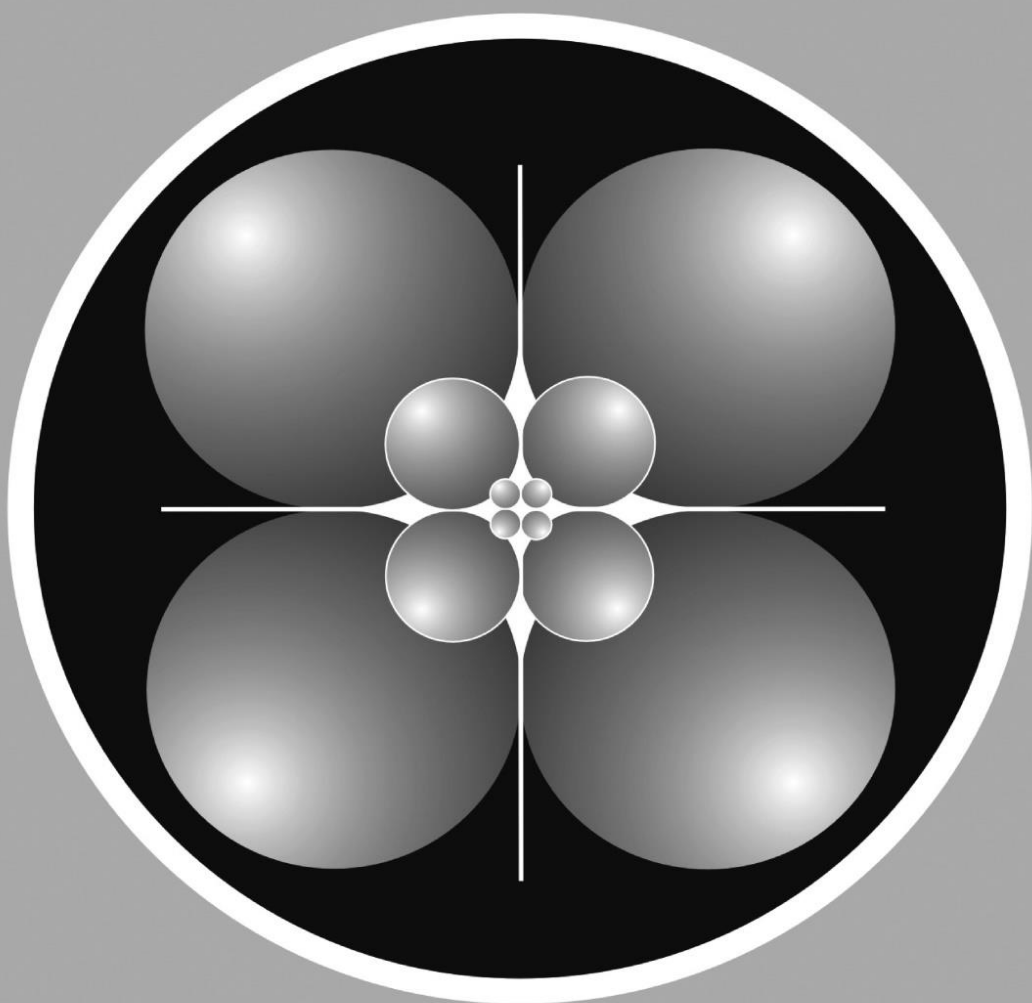
order, to harmony, to peace, the whole creation in order to bring it back in a pool of love, of light and of peace.

And each being, in this transformation, by his action, will act and serve in this new way. And peoples will all end up liberating themselves from these painful, dark, negative, depressing, destructive conditions that are imposed on us because having always chosen, each one of us, the path of facility in the rejection, in our conscience, of our responsibilities facing all and each one.

The era of monopolising everything, without bringing anything in return, has ended, because the same applies regarding the survival of the whole creation. The new era that installs itself in your times will be a radiating era, a propagation; the era of the selflessness, the era of the influence. Because the light upon you, in you, on account of your new actions, will start to shine. And this part of creation will finally emerge from its dark hole; will be able to take place at last in the light, in his light.

CENT.NOM

The spiritual source



ULTIMATE ENCOUNTER

TRINITARIAN PRINCIPLE ∴

At this point, in this space-time, in this present time, past and future are reunited. For a long time, I walk close to you. Since always, I accompany you and, at any time and through all the times and ages, I was always there.

You have spent your life, your lives, ignoring me, looking for the happiness, the joy, the serenity and even the love, in vain. Because, in your actions, in your schemes, you have always ignored me.

Man—my brother, my father, my sister, my mother, my sons, my daughters, the whole human family—you have sought in vain and, since always, in vain. But, today, at the crossroads of the times, I offer you the occasion to meet me, to discover you and to receive all the beneficial effects of your father.

In different epochs, I was walking close to you, to your side, and we were conversing but, at each step, the oblivion was invading you, distracted by vain actions. In certain instants of your life, you have let me talk out loud when you were love, tenderness, comprehension, peaceful, wise.

In these instants, my hand has become yours and your heart has become mine—and, in these instants, we were but one. These beautiful instants that you have, during your journey, brushed, forgotten, regretted and cried, did not vanish. I am always there, close to you, in

you, and you will recognise me when you will face the light, your light, my light.

And, through the times, each time you acted out of our communion, often, I cried, I was crying, I was saddened about your fate, my fate, our fate, the fate of the whole humanity. And these clouds becoming too heavy, upon us all, weigh us down and afflict us all. Few instants would suffice in order that you might find me again; the instant of happiness, the instant of truth, the instant of the life.

And I walk, since always, close to you, with you and in you, and you do not listen to me. You play deaf, you ignore me and, yet, I know that one day you will find yourself again in me because I am you.

When you have rocked your child, you have allowed me to shine. When you have fed the poor one, you have allowed me to accomplish. When you have taken care of all, by forgetting yourself sometimes, you were you in me and me in you.

And, yet, through certain periods, we have known the happiness because we were walking, on the shore, in the light, and our unison was rising up your chant, our celestial chant, to the father and upon all.

What lost beauties, what misled joys and what useless pains and miseries and sufferings. But I am always there and I know that your return, your encounter with you and me and me and you is ineluctable. In your most beautiful instants of life, of love, of heart, of tenderness, you have allowed, in these instants, to our light to elevate itself in his light.

I cannot understand what you, men, seek for and above all and above all and always out of the light, of his light, of his love. The times are ended for you all and, in this present time where the past and the future times flare up, you will at last wake up, enlighten yourself and, at

last, you will be able to elevate yourself in me because I am you.

I suffer to crawl, I suffer to cry and to suffer when I am but joy and light. I suffer to see you thus act. And this love, this light, my father has given it to us, has reserved it to us, grant it to us.

And, since always, I walk close to you and I am waiting but for a gesture from your heart, but one look, but one action from you. Come close to me, I am there, in you, I am you.

Cease to get lost, to lose yourself. Because, at this point where you are, the one who is lost does not know and ignores how far he has gone away from himself.

The one who loses himself and gets lost and who notices it has, in general, an easy return, agreeable and peaceful. But the one who, as yourself, does not know anymore, even, that he has wandered away, what can I do for you?

I am there, I walk, I follow you. I lift my hand when you lift it, I lower my hand when you lower it, I hit when you hit and I cry. And I cry of joy when your hand lavishes tender cares and your heart vibrates in the love. I am joy, I am you, you are me. You look for me since always and, forever, I am there, I follow you, I am by your sides.

I walk and I always walk and this eternal walk is long for me – and, yet, in my condition, the time does not affect me. I find the time long waiting for you and I keep everything in order for your return all light.

I know that one day you will cease to seek. You will halt and your eyes will open and your heart will blossom. And my hand in yours will make then but one in the communion, in the gesture and in the action.

And, at last, I will not walk next to you but I will walk at the same time as you, with you, in you. And our steps

will be synchronised, united in his light, in his joy, in his love. And we will be at last reunited and, at last, we will be his joy, his light, his perfection, because we will be able then to act in my father.

And, since always, I walk, I follow you, I sleep by your side, I am your father, your mother, your daughter, your son, your brothers, your sisters, I am also the whole humanity. I am you and you are me and we are, all, his creation.

I walk and I am eager for you to find me again at last because, for all the times, I have never lost you. I am your luminous part, I am what you seek for since always and, whatever might be your desires, these luminous desires will be honoured.

I walk for a long time close to you and, today, I wanted to tell and that you might know it. Because the times of wandering are ended for us, two. Amen.

Extract of the Tome II - CENT.NOM his Teaching, his Revelations - Chapter 6.

OUR APPRENTICE HEALER WILL RESPECT

THE PRINCIPLE OF THE GOLDEN RING

The path of the silence remains the almighty energy of the Eternal; the one that opens all our inner doors. The might of the Eternal, of the Father, of the creator, passes and regenerates the temple without frittering anything of his might, of his integrity.

Any action must make itself be heard, any action must bear fruit and any action must receive answer.

The hand of the healer is, in fact, and remains this breath of life. And, what he will bring on and in his sick patient; being in poor health, he will have to hear in himself by the path of the return, by the path of the grand principle of the overflow.

What you will deposit, by the light, by the path of your energy, of your force, of your knowledge, of your love, of your service, will come back intact; in its whole might and this without you might know any tiredness. If tiredness you encounter, you have not let act your father who he himself is the only healer who can bring back to life even the dead ones if there is necessity.

It is always easier to make oneself be heard from the one who bears a greater pain, because those who suffer a little bit less are not always prepared to let themselves be helped, visited, taken care of, healed.

The miracle will remain and will be heard always
through the effort of the ensemble.

Alain Vautrin

THE PRINCIPLE OF THE OVERFLOW

CENT.NOM ::

Good evening to you all. A man walks in the desert, and the wind howls, and the sand dances. And this man, during his walk, does not know why he is there because, since a long time, he is walking. Everything has vanished in front of him, all the things, the habits, the friends, the family, his children, his wife have disappeared. And this man, wanting to know the mysteries of his might, of his god, called upon him and this one said to him: "To elevate yourself, abandon everything, detach yourself from everything and from all because, in my space, you will discover my might, my force, my light." And, yet, this man was at ease and was living well, rich, cultivated, intelligent and wise for all. This man has accepted to quit everything and to go towards his desert; the desert of the human beings.

One must, to receive the force, his love, his knowledge, his divine lights, one must let go of everything you have touched and embraced. Because the father cannot pour forth, in this man, his divine lights only if this one has made room. Because the one who believes that he can receive without transferring, without giving, has just robbed himself, has just made a mistake, has just crushed himself in his intelligence, in his heart and in his spirit.

Each being, each creature, element, has an equilibrium in his mass. And, as a cup when it is filled up, if the father pours forth, in this one, his divine light, his overflow then becomes active. Because the overflow, the surplus, is what creates the might and the power of the father upon all. The one who retains what he receives perishes, decays. To get used to this detachment requires everything from the man because the man, this survivor, holds on tight and refuses to let go.

The divine might expresses itself in its surplus, and the flowing of the surplus of his might, of his lights, upon all, has as effect to elevate you all. But the man did not understand and hopes to receive everything from his creator and, because he thus acts, dies out and, finally, lets the might of his father fall next to him instead of absorbing it as any plant would do it.

This man who walks, without respite, in this desert suffers and endures everything and, after some time, some nights spent in the cold, this man starts to feel, in himself, his presence, the blessings of his presence. He does not feel either the cold or the hunger or the thirst. He has toppled in the state of his father and, in this sensation, in this life, this man is born again because he can welcome his father and his father inhabits him in his wholeness. And this one, though of tired appearance, looking drawn, instead of collapsing, becomes strong, and this man starts, in his comprehension, to understand the offering. Before leaving his village, he offered himself to his father, has quitted them all, and all have said no word about his departure. This man, as soon as his first steps, had dedicated all his actions to his eternal. This man offered himself, for many, as a sacrifice but he was guided.

The offering is the sap to the trees, the honey to the bees and his light, his love to the men. The offering is the

nourishment of the eternal to his creatures and this nourishment assures his transformation, his life down here and in the eternity. The offering is the energy of the father and this one circulates in its circulatory direction and this one, in its action, passes and continues on its path. And the blessings of the offering, of the life, can be absorbed only if the man lets flow this divine light, this energy, in himself, through him, without restraint and without thinking of making reserves. In the comprehension of the father, no one has the right to retain his energy, his lights, his knowledge and his love.

In each man, there is **the principle of the overflow** and, as soon as the father entrusts in this man, in these men, his light, his love, the effect, in this man, is instantaneous; this light takes place in him. And the dregs and the lights of this man evacuate themselves by this principle and, in this action, this energy then flows upon the others and the energy of the father continues to propagate itself upon all.

When you receive the blessings of the father, share them right away with the others, because the more you will share and greater abundance will be in you, by you, upon the others. And, if all act in this way, all will live in the abundance of the father.

This man had left for the desert to know, to encounter the eternal, to question him, ask him advice on his facts, his gestures. And the father listened to this man and, when this one fell silent at last, then his father started to talk to him, to open his eyes, the ears, to open his whole body to the light of this blazing sun, in this desert. And this man, burnt, struck down by these rays, in this instant understood the true sense of the life.

The offering is the key of this great mystery of the life. And there is just in the offering, on all the levels, that

might allow, to the father, your acquiescence to his light, to his offering. In the teaching, in the schools of thought, all teach the service and care, the attention to the others, but nobody knows why. And, in this repetition of these gestures without knowing, the impact, the fruit upon these ones, upon these men who exercise themselves in these noble actions, is, of course, fruitless. And, through the years, those who were sure to prosper in their creator discover, step by step, that everything vanishes under their feet, under their look, and they hear nothing.

To live according to the eternal, one must live in his principles, in his laws and in the direction, always, of his will. And though action beautiful and sincere, if this being is not conscious of these great principles of the eternal, of course, the more he walks and, if the time allows it, finds himself, as this man in an inner desert. And the solitude, the anxiety, the death terrify them.

Each man who says to look for the truth must, one day or another, face this one. And, one day or another, they will start on their walk in their desert at their risks and perils of losing everything; their old habits, actions, ways of doing, of thinking and, even, of breathing. And this man who walks in the desert, burnt by the sun, dried out, as astonishing as it might be, finds again, in his heart, the true essence of his eternal, of his life, of his *raison d'être*.

This man finds himself again. He is surprised to see himself so noble because, in this walk, this man is entirely inhabited, in his wholeness, by his creator. He has evacuated his old personality and he has dressed himself of his new persona, with his new form, new appearance. And this man is happy, joyous. He has grasped without no more trying to understand and, where he is, he would like to remain in this place of light, paradisiacal for him.

But his father told him: "Now that you have received me, distribute without counting, to all, and maybe that gift, brought to all, will know to save them."

This man, in his new state of being, is no more deaf and sees far away and, through the wind, hears the voice of his father—and the sand is but a rain of light upon him—and resumes his walk without really worrying about the direction that his feet are taking, because he knows now that he is guided, inhabited, protected, that he is in his father and that his father inhabits him.

And this man comes at the edge of the desert and, of course, nobody recognises him but all see him, hear him, listen to him because he has become, this man, the offering of the father to the men who live in these regions. And these ones, enthralled by his light, his beauty, start to receive their father through this new emissary and these ones start to drink the words of light and their thirst is quenched till satiety. And these hardhearted men, vile, most of them lifeless, also start to lighten themselves up, to come back to life.

The man of the desert has given back the life wherever he was passing. Many doubted, many were refusing but, at the sight this man, all vibrated because they knew that this man was the life.

When the life comes towards you, do not step aside, receive it and, whatever might be its appearance, its image, its form, receive it, welcome it in your hearts. The life has all kinds of images: it may come by the strident cries of a child, by the brightness of the colour of a flower, by the flight of a bird, by the wise words of an old man or of a young wise one.

Welcome the life, receive it, open your arms, your hearts. Do not crush it, do not trample the life because, in fact, you destroy yourself. Receive each gesture that the

life brings upon you, in you. Learn to recognise it. My god! Learn to receive it and to communicate it to the others.

The life, when it is well received, transforms you in life and the life is recognised by its light. It enlightens the darkest corners, the duller faces, eroded, worn out. And all these deceived faces, suffering, enlighten themselves again and vibrate in his life, in his energy, in his offering.

And the father, in his vivifying action, allows to each one of you to repeat his gesture. And there is nothing more exciting, stimulating, than to think of bringing goodness, the life to the others. And, in this action, each one of you starts to quiver as these leaves on the tree when the wind blows. One recognises the life by its light, by this vibration, inner excitement that sustains, carries and elevates the one who is in these states of being.

And this old man, this worn out woman, this suffering child find the joy of living again and propagate it, upon all, in all the dwellings. And, even at sunset, all these dwellings are illuminated by this joy, by this love, by this life, because you have started to accept the receiving in the giving.

This man, who has passed from village to village, has disappeared since a long time, and some others have taken his place and, in spite of their invisibility, all see them as if this man had never left their country. And this man, who brings this light, this life, inhabits in you all. Whatever might be the journey of your lives, cross over your desert as soon as possible and go to talk to your father and fall silent to hear him.

If this man had not entered in this desert, all would have died of sadness, and the civilisation, in which he travelled, would have disappeared without all its inhabitants' knowledge. Each man has this journey to do

to assure the life upon all and upon themselves, and this action is done in the luminous comprehension of the offering. The one who knows to give receives. The one who retains has nothing, and the one who clings falls into the death, in his inner death.

The offering is the greatest principle of the life. The offering is the active might of your creator upon your creation and upon each one of you – and those who act in the same sense of the eternal, of the receiving and of the giving, accomplish his will – and maintains, each one and all, the perfect energy of the life, upon all.

The comprehension of the offering makes, of each one of you, the men and the women and the children the richest ones of the whole creation. The offering takes many appearances: in the cares, the service, the attention to the others in the love. The offering is all these forms of attention but, in order that the offering might be active, you must offer it to your father and bind yourself to him so that the one, by you, might act. Because man's effort alone turns out to be always useless but, in the accompaniment of their eternal, these ones then become the life.

And the poverty, the sadness, the sicknesses, the pains, all vanish because the energy, the might of the father, is as a torrent and can move about mountains on its passage. But, in order that there might be a journey, each one must do the same. If each one is an obstacle to the love of the father, do not hope for better and if you make fall your obstacle in the receiving and the giving, you will be able then to be borne by his energy, his love, his might.

The offering, under a simple aspect, is grandiose because the offering has the might of transforming those who act, in this sense, in some living offerings. The

offering flows upon you and you become the offering and you flow upon the others and, in this gesture, you will be eternally nourished and maintained in his divine light.

Good evening and thank you, three times thank you.

**Extract of the Tome II - CENT.NOM His Teaching, his Revelations,
- Chapter 20.**

TO PASS BY A LONG SILENCE

The path of the silence is the might of the Eternal
That opens all the doors of our inner selves

AV. Father, my Creator, my God, inside the flames of your love, the man reconciles himself, finds the peace again and, on this path, finds again the art of healing himself. Father, enlighten us, guide us on this known power of all the times; the might that You transfer to your healers, to your accompanying person, to the peaceful wise ones; bearers of peace, of equilibrium and of harmony. Blessed be your presence, Father, in the dwelling of each one of these active ones. Amen.

CENT.NOM ::

The wise one, the apprentice healer must, before serving in this sense, **pass by a long silence**. He will have, during his instruction, to give himself some time to tame the path of his own silence; well instructed the one who passes to this state of listening in, to this state of receptivity, to this state of sensitivity, in the path of his regenerating silence.

Whatever might be the acquirements of our wise apprentice, if he does not respect his own passage in his inner path, in the path of his inner selves; of those upon whom he will work and will put his whole attention. The healer becomes attentive in his whole being, in his body, in his spirit, in his intelligence. He opens himself and

welcomes what come to him, by receiving those who come to him.

In the art of caring, the apprentice healer melts his individuality, his personality, in his art of serving. He becomes, this care taker in himself; the one who from his inner self calls upon his superior "I am ", to his divine self, and succeeds to contact, to attain, to bind himself to the other "I am" who needs support; who needs help.

The healer, inside the execution of his art, does not fragment his understanding, his intelligence, his energy anymore. What he bears, in acquirements, is in himself, and his knowledge does not appear and does not disappear according to the circumstances; of the need, of the utility or of the uselessness. If the healer lives this state of being of instability, he loses then his unicity, his wholeness, his confidence that as result steals his efficiency, he loses even his power of carer.

The apprentice healer, before serving and coming close to the one who needs his help, must, in his own respect, be light, be love, be life, and must above all be in peace, and serene. By this largely opened listening in in himself, he becomes calm and appeasing.

In the execution of his art, he does not communicate anymore by the usual paths of the men. What he aims to converge by the word will have to be expressed and sustained by the gesture. The one who falls silent, who makes himself silence, becomes then eloquent in his gesture and becomes in his own presence; powerful because he lets the energy of his Father work, act without divert the intention, upon the one who is in the receiving mode.

The healer, in his service, has as a task to communicate and to make hear the immensity of the love, of the peace, that his Father pours forth in himself. And, for this

to happen, the healer will have to bear the greatness of his Father, in himself, in the greatest discretion to the other one thirsty of his own return to the life, passing by the healing of is aches.

The wise apprentice, in the domains of the cares, will reserve for himself, each day, a time of profound silence and, each day, he will become, at each one of his steps, this silence. Instructed of this silence, he will be able then to welcome and expand his instruction in other domains of his service.

Through the path of the silence, the healer communicates his own silence to the one who is in the needs of the help. The one who calls upon these cares, in fact, cries, screams, moans and awaits but this state of being; to be silence in himself.

The healer, on his first encounters, must establish this confidence, this contact of state of being to being and, with some time, the receptivity of the two parties will be able to grow, to open and to bind, the communication will be able to establish between the two parties; between the healer and the one who receives the cares.

In this space-time, in this place, the two parties combine their intentions in this common understanding because the healer, if he is not elevated, placed on the same wavelength as his patient, will not be able to be efficient.

The bearer of peace, the one who lives the silence, in his experience of healer, receives, by the path of the silence, the universal language. A sick person, a being in need of help, is an exhausted fighter, a fighter who cannot combat anymore because exhausted and who, at each combat, becomes weaker and lacking energy, he loses his combats because he does not know where to bear his peace in himself, how to revitalize himself.

The apprentice healer, the wise healer, has the duty to communicate this return to the silence, to the peace, to the state of well-being, whatever might be the progress of his state of sickness.

The healer must, in his gesture, in his service, communicate his own art of recovery and, without giving any details, he must transfer to the one who receives his cares, the possibility to find the rest, or the halt of the hostilities to come back in charge again, to recover.

The fighter, in state of acceptance, can accede and enter in his state of rest and there will be able to acknowledge his state of being. A being in peace ceases to nourish his inner conflicts and immobilises the assailant.

The healer in the exercise of his functions, according to the sense and the direction of his cares, must communicate to this being this path of appeasement, this path all calming, this return to the light, to this state of the love, to this confidence in his own state of being and Being.

The apprentice carer, in the exercise of his art, receives, himself also, the cares that he needs. The wise healer, in function, propagates the equilibrium, the harmony, the recovery, upon the one who is in need. Because the healer must bear in himself the state of healing. And, if he is listening in, he will receive by the principle of this divine overflow that God has generated by love upon his lives by hearing by the path of the echo that divine overflow of the one who has come to ask him for help.

The healer can communicate or transfer only what he bears and lives. By the path of the silence, he progresses and, he will be able, from one action to another, to always better serve, better heal.

The sick persons will feel this state of peace, this state of equilibrium, of light, of love, this health of the spirit, of the intelligence, of the body, and, by this established contact, they will be convinced and led in this path of the example, by the path of the bearing, in the same direction; they will automatically take and maintain this course, they will appease themselves and will be able, in this calmness, to start to reconstruct themselves.

The path of silence is the might of the Eternal that opens all the doors of the inner selves. And the healer, the apprentice healer, will have, at any time, each day, to live by this rule. Thank you.

You may proceed to the questions, if there are any. Thank you.

Question period

1. Q. You talk about the wise apprentice should have a time of profound silence at each day, do you have a **technique to help maintain that silence** during a certain time? How much time should be dedicated to this profound silence?

CENT.NOM ::

The wise apprentice, at the beginning of his experience, will maybe be obliged to take a little bit more time to go to his own silence. Because, in fact, the time has no effect but the quality of this silence is and remains master upon your time and upon your own entry in superior state.

The wise apprentice, at the beginning of his experience, will appreciate all kinds of silence; some noisy silences, some silences full of disorder, some annoying silences, soiled. And our wise apprentice will have to

repeat his experience till his silence becomes pure, transparent, light, immense, luminous.

When our wise apprentice will encounter this quality of being, this quality of his own living, he will be able, in one instant, to bring his own silence; what others could take some times infinitely longer.

The daily exercise of the wise apprentice, in this path of the silence, in this discovering, will allow him to accede more rapidly to some levels, to some stages elevated in quality, in purity, in light, in love, in the perfection of the silence, in the perfection of the open path of the listening in, of the receiving and of the transfer. Thank you.

2. Q. Are there some things to which I should **pay attention**, that could be negative for me during my service, for myself and the others also?

CENT.NOM ::

In the service of the apprentice healer, he will have to verify and keep himself, before starting his service, his state of order in himself, his state of peace. Because the one who is disturbed, by himself and in himself, is and becomes very easily influenced under the paths of some outer disorders.

Because what you bear in your heart, your heart will hear it better by the path of the others and what you bear in goodness, in your heart, in your being, will allow you to grow, to receive and to welcome more goodness. And what you bear in evil, in shadow, in disorder, in unconsciousness, will also be nourished, in this same sense, because everything you bear, in yourself, is and becomes your own listening in. Thank you.

3. Q. When I have finished my service, is there **something particular that I should do**?

CENT.NOM ::

The servant, the healer, must, at any time, in entering his service, know his state of being and, on coming out of his service, recognize and revise his own state of being. And, in his service, the carer progresses and the carer, in his receptivity, if he has remained truth upon himself, will recognise himself, will distinguish himself and will ennoble himself. On coming out of the service, if he erred, if he has lost his way, has become disoriented, he will have to reimpose the peace again on himself, the silence, the order, before this disorder, that this erring might take effect and had hold upon himself. Thank you.

4. Q. I would like to ask one last question. When you talk about the **superior self**, could I feel it at a certain level in my body and, if so, **where would it be that I would feel it**?

CENT.NOM ::

When one talks of one's own "I am", one's superior self, the feeling in the being and in the body of the servant, of the healer, of the apprentice healer, is gradually recognised, because the state of transformation, the state of elevation, is attained step by step. And, from one day to another, from one experience to another, this state of being, this state of consciousness, of vision and of feeling and of listening in, is transformed, is expanded and becomes always more and more powerful in its receptivity.

And what the apprentice servant, healer, will receive, at the beginning of the experience, upon his own comprehension, on his own state of being, he will then be

able to receive the equivalent at his own level of the one who is in need of his help.

The man recognises, in the other one, what he bears, what he lives. But, in fact, the beginner healer or the expert healer, when they enter in the state of their service, perceive, in themselves, a different vibratory state, more subtle, more elevated, quivering, in the appeasement.

With the experience, the one who listens in, the one who hears, the one who lives the silence will be able to see, in his emotions, in his intelligence, raise this energy. And this energy will rise from the bottom towards the top and this energy will rise, in might, with the time. The expert healer, when his energy is almighty, is, in his being, entirely available for his service, to the other one. Thank you.

— I have no other questions. Thank you very much.

CENT.NOM ::

Thank you, three times thank you.

Extract of the Tome IV - CENT.NOM his Teaching - The wise apprentice - Chapter 43.

THE PRINCIPLE OF THE GOLDEN RING

AV. Father, my Creator, my God, grant us your lights. Allow, to this suffering mankind, to find again the peace, the equilibrium, the healing, their state of being: perfect, luminous, vibrant. Father, in the name of each being, we implore this return to the well-being, to this quality of divine life in our dwellings, in our bodies, in our thoughts. Each dwelling, Father, is awaiting, and is ready to receive You. Blessed be your coming in our dwellings. Amen.

CENT.NOM ::

Any action must make itself be heard, any action must bear fruit and any action must receive answer. The light, the word, the gesture when they are all well borne, well sustained, well accompanied, bear fruit and effect, are directors, are responsible and active, dominant and essential, bring back the order and, in fact, are the greatest communicators.

The light, the energy of the Father, the energy that you bear may make itself be heard through many paths. This light may pass by the word, by the silence, by the gesture.

The servant, the apprentice healer, knows that in his service, by his gesture, that he will have to transfer the light, the energy; bring back the vitality, communicate, instil the force, impose the order. Through the path of consequence, to establish the peace and to activate the

regeneration in the whole being, in the entirety, in the wholeness of the one who receives, who welcomes the cares.

The path of the healing is an active path; it calls upon the sick person, to his interiority and communicates enough energy to make him rise up again in and by his own energy, in his vitality, in his spirit, in his light.

The healer bears in himself, always, by the path of the knowledge, what rallies him to his father: the ring of light. The healer, when he brings his word, his light, through his gesture, respects the ring of the alliance of his father.

He pours forth the energy and, through the path of his listening in, welcomes the energy that he has poured forth in his sick person. If this energy does not come back to him, he has not known to communicate it and he must make other attempts to find the entry, the place, the passage of the light.

The apprentice healer, before emitting and taking gesture, is himself elevated in his own energy, and his energy is, in his temple vibrating as a boiling hot water. His passion of the life makes merge, in himself, this jet, this source, this shiver and, in his whole being, he hears the energy of his father.

The healer bearer of this energy, because he hears it in himself, becomes face to his patient, in better listening in. He becomes attentions, cares and he does not forget, at any time, that the act that he takes remains a communion, a sharing, a marriage, in terrestrial, between the healer and the treated one and between this group of beings and the eternal.

The healer always accompanies his sustained gesture by the energy that he pours forth. A healer is a river of light that irrigates the dried lands. In his act of love, he will respect and will remain in the equilibrium of his

father, in the will of his father and will compel himself in the respect of the law of the progression, of the dosage.

In the first approaches, his energy will make itself be heard, on all the fields, by the path of the gentleness. But, for this to happen, the healer must present himself in front of the dwelling, in front of the temple of the sick person and wait to be welcome by this one.

The healer is a worker who will have to work in the interior of the temple. For this to happen, this worker cannot remain at the exterior of this dwelling, of this temple. The healer will present himself at one of the doors of the temple. And, according to the being, the sick patient, he will have to respect the door that this one will propose to him.

The Father has deposited, in each dwelling, many doors – and all are vast and large. For certain, one must not pass through the largest door. For some others, the more discreet doors are there. The healer will discover, with the encounter, by establishing the contact, through which door he will have to pass.

The central door is, in normal time, appropriate, the one that offers access to the large number – and this door is in the crown. But, for many, this grand door disturbs and certain prefer the path of the heart or the path of the different centres. Each centre has its own door and, sometimes, the back door, the kitchen doors, is more efficient.

The healer, when he comes close to his patient, lets, through the path of the light touch, flow forth the energy upon the being in his wholeness. And, on the passage, he will be able to recognize and to know where he will be better received.

Certain healers, more advised, knock at the back door to be able to be received at the central door. The healer

informs the sick person of his entry in service. And, for certain, the central door, the crown, does not open so simply, because, for these beings, this door remains closed and well kept on watch.

The healer is a being full of tact by his attention, by his love, by his bearing of life. Once the grand doors are opened, whatever might be the procedure, the healer may then start to enter in dwelling, to make the necessary observations and to know where he will proceed firstly.

It is good, for a healer - to make himself be accepted, be welcomed - to bring, to create and to maintain a well-being in his sick patient. Through the path of this well-being, the confidence then will establish itself.

The apprentice healer - the healer who has known to establish confidence with the sick patient - has, of course, many more advantages to the obtaining of good results. In each dwelling, there are parts that are weaker than others and these places will have to be served and placed in priority. The approach of these places will have to be done stealthily accompanied of a gentle gesture, imperceptible and all the same heard profoundly in the patient.

In this place, on this point, once the healer has established his mooring, he will start to open slowly his floodgates of energy, of light, of love. Slowly, he will deposit and propagate celestial in this suffering body. When this region of the body is inundated, the healer lets the soil be saturated with this energy and goes to work in other places, other part of the body. And all these places, observing the action of the healer, have become, by the fact, listening in, sensitive and ready to welcome this newcomer; this arrival of energy.

It is always easier to make oneself be heard from the one who bears a greater pain, because those who suffer a

little less are not always disposed to let themselves be visited, treated, healed.

The healer now goes to take his gesture starting from the settled centre, goes to take his gesture by going upward towards the crown, towards the director centre. The healer, when he takes gesture and action, always remains in communication with the crown of the sick patient, because what he deposits in it in energy, in order, in peace, must make itself be heard in the crown firstly. Because, if the crown does not hear the gesture of the healer, it is as if the energy was simply passing off target and would pass quite simply missing the point, almost at a loss or at least effect.

To bear fruit and results, the healer must link up, at any time, the treated point with the crown: the decisional centre; the one that welcomes or refuses the passage of the energy, of the order, of the peace, of the healing. Because the body, the part of the body that is not linked up to the crown does not receive the fruits, the nourishment, the beneficial effect.

The healer, at any time, by his gesture, when he goes to work on a sector of this body, must, once more, knock on the door. And to knock on the door is a discreet gesture, but it makes itself be heard from far afterwards, the healer continues his act of appeasement by restoring the spark of the regeneration. When the door of a place does not open, the energy does not circulate and the loop, the alliance, is not heard anymore in the heart, in the crown of our healer.

For the apprentices healers, the experience is delicate and, often, they hear nothing of these analyses and hope that with the time they will be able to be, to become more sensitive. But, in the experience, that does not prevent the healer to serve and to work. The one who does not make

himself be heard in his sick patient will take much more time to re-establish the equilibrium and to bring healing.

The gesture of the life, of the healer, is a gesture that grows, prospers at each pace, at each encounter; and healer and treated patient are elevated to the rhythm of their paces. When both listen in and both are open and sensitive, then the action of the light makes itself be heard from one stage to the other and from this one to that one.

The light springs out from one step to another, from one staircase to another, from one temple to another, continually, in this movement in loop. And both - healer, treated patient - sensitive by the listening in, by their real-life experience, see, mutually and together, the effect of alliance, the effect of the divine energy, the effect of the Creator.

The apprentice healer, the healer, must remember that if he has access inside this temple, he will not have to abandon anything to fate. Because a temple that leaves its doors open to the healer has opened himself to receive the energy of the Eternal from the smallest chamber till the highest chamber of his dwelling, of his temple. Nothing must be forgotten or left at random. The healer that would withdraw from a temple having omitted to see, here and there, to put, to deposit a little bit of light, would leave his sick patient, this temple, half satisfied, half happy, half healed.

The healer must remember that the temple, in its ensemble, has been built with many bricks, many ensembles. And the healer must remember that, whatever might be the brick that he comes close to, his gesture, through the path of the diapason of the unison, will be heard upon the entirety of the dwelling.

A healer makes himself be heard continually in the dwelling. And, even if the dwelling is large and, even if

the worker is far away from it, in depths, the echo of his gesture is heard in the whole dwelling. This dwelling vibrates at each gesture that the healer takes, whatever might be the location, the place of his action. The healer, the apprentice healer, must, in this gesture, maintain this vibratory level where the ensembles of the temple are continually maintained upon this same luminous wave.

A great wise healer is recognized when, in his gesture, the energy that he pours forth, in one place or another, maintains the structure and the ensemble in an harmony, a perfect unison. Because, as soon as a place dies out, all the other places become deaf.

Such is the rule of the caring one, of the healer; he will remember, at any time, that his gesture harmonizes this body, this luminous instrument, to the perfect diapason. Under the perfect path of this rule, our wise apprentice will discover the way to make himself be heard in the respect of the different paths, of the different parallels that, in changing planes, meet briefly and intersect.

The apprentice healer, the healer, when he works upon a sector or a part of the body of the sick patient, on this part, he will make the energy, the force, the equilibrium be heard. And, in this transfer, through the path of the well-being, the echo will make itself be heard upon each part of this dwelling and the echo has the might of preparing his other parts of the dwelling, of the temple to the welcome of this restorative light.

Because all these parts of the body know, now, that the light will visit them. And all these parts of the body prepare themselves, even before being approached, to receive this light by the gesture of the healer. All these parts of the body wait patiently their turn. Each part of the temple vibrates, activates itself in a general peace, under this link of love.

A good healer does not pass above certain parts of the body; he slips, he merges by passing from one section to another of this body. Through the path of the welcoming, these parts of the body remain listening in and wait so that another bridge emerges, establishes themselves under the passage of the hand of the healer so that the light might travel from one part to another part of the body, to another place.

The healer, in his gesture, builds some bridges, some links; what allows him to go visit each part of this dwelling. By this conscious gesture, all the parts, the ensembles that constitute this body are nourished and under the attention of the healer.

While the healer propagates his gesture, the echo of his attention still nourishes the parts that have been visited and the parts that remain to be visited. The effervescence, in each one of these parts, of these places, is not the same. The parts that have been brought back to order, cared for, receive the echo and maintain the flowing of this energy and let themselves be inundated, drowned by this energy.

But the parts of the body which did not have the visit of the healer remain febrile, enthusiastic and, in their preparation, start to make much room to receive this energy. And, without the healer insisting too much, these parts that have not yet been visited already work for him and, striding along, get rid of many contradictions.

The apprentice healer who knows to make himself be heard takes the gesture and, with surprise, he will not encounter too many obstacles. And, when he will face an obstacle, he will know, through his wisdom, to disperse it, to dissolve it and to make accept this tension, this constraint, this chain of actions, during the passage of the

redeeming, redemptive light by welcoming these beneficial effects.

One does not come close to the lions when they are hungry; one nourishes them, gently, from far. And, when they are satiated, then one may caress them and make them understand the order of the peace, of the healing, the order of the light. One may pass this communication to them then on at a higher level, because these combatants will be all the more powerful if you have known to put them on your side. If not, the gesture will remain without effect.

A healer conscious, evolved, with the experience, has known to appease all these monsters, all these disorders, all this darkness, these monsters of the domination; these parts of the being that have not accepted to serve the temple, to serve the divine self of this man.

These parts that have not understood their service, their gesture, their own light – and that have separated themselves, in their revolt, from the rest of the temple and that, because separated, suffer, lament themselves, tear themselves up, dry out and die – agglomerate, crystallize and make a jam, wall, to the energy: some stones, some mountains, some obstacles that place themselves, here and there, in the dwelling and that, with time, may make the temple crumble.

What the Creator has deposited in each creature, in each man, is, remains perfect, fluid, light, nourishment, harmony. And the Father has deposited, in your temple, in his temple, in the temple of all the men, a perfect communication between each one of the parts of the body, between each one of the places of this temple, between each brick. And, when the communication is not heard anymore, is no more perceived, is no more

received, then the earth trembles, the body dies and the disorder settles in.

Our apprentice healer will respect **the principle of the golden ring**. And what he will bring will pour itself through the bodies of his sick patient, he will have to hear it by the path of the return, by the path of the overflow. Because what you will deposit, by the path of the light, of your energy, of your force, of your knowledge, of the love, of your service, will come back to you intact. The might of the Father passes and regenerates the temple without losing anything of its integrity, of its might.

The energy, the light, the love of the Father is inexhaustible, unalterable and all-mighty upon your life, upon the life of the healer, of the caring one, of the apprentice of the life and of the sick patient. This sick patient receives, in his temple, the might that will lead him on the way, the path of the recovery.

In the ensemble, all, through the path of the echo, of the communion, will become caring ones and healers. Amen.

Extract of the Tome III - CENT.NOM his Teaching, The awakening of your divine self - Chapter 20.

HEALTH-LIGHT

AV. Father, my God, my Creator, we are calling upon You and, through the path of the communion, we are entirely listening in, ready to assimilate your light. So be it.

CENT.NOM ::

ood evening. When the energy rises up in yourself, let it pass. Do not stand in the way of its path. The might of the energy that rises up, in the one who calls upon it, has the might to change and to modify the inner temperature of the body. The energy vivifies, by its coldness, all your centres and your organs, in its action, whips your inner universes. Your director centres react by generating in their reactivation starting from their nucleus, their radiant energy. In this action, all these centres are then reactivated and become efficacious, operational.

Any action by effect of reaction is due to this shock; to this bombardment of energy upon each nucleus that constitutes your structure in their ensemble. The only means to enter in this regenerating action, creative, is to call upon, to make the demand to your inner source: to the Father.

We suggest to all of you to act, to serve, in order to allow you, to each one, by this exercise, to let pass, flow, in you, the source, the Father. Do the exercise, put yourself into the action, into the work, in your researches, in your services. Impose on yourself, this exercise, this

action and do not count either the time or the action, because, if you are conscious and you thus proceed, the effort will not be anymore, the impression of a work, of an effort, will be then dissipated.

And, the more your will serve, act, the more the energy of the Father, in yourself, will flow, will circulate. And, gradually, its intensity in you will augment and, gradually, you will be able to become his bearers of light: greater and greater in their conduction, in their capacity to absorb and to give back the light of the Father by the path of the return, in loop.

Each day, tame and proceed gradually to this exercise and, each day, with the time, augment your time of consciousness upon your actions. The conscience of each one of you will develop proportionally to the time of action in this path, in this direction, that you will allot to your service. Inundate all the inhabitants, constituents of your inner universes in your inspiration and, in the backflow, the water recedes, the energy flows back as your tides. In this action, each organ, each centre happens to be cleansed of any impurity harming the right functioning of the life in your organs and in your centres of force.

Your regeneration always passes by the systematic cleansing of all your cells and, in this action, the source, the Father, gives back the freedom of action to all these cells, these organs, these centres. When these ones find their freedom again, they find back, of course, their autonomy and, above all, their intelligence, the colour of their action. Each centre, organ, cell, starts to live again and to act in the paths and under the rules of the Father creator, such as He has elaborated it. Your chains, your stasis, your losses, your wastes are the expression of the giant immobilised by some pygmies. The man dies,

because he lets himself be immobilised, he lets himself be invaded by his own wastes.

To find again your potentialities in whatever field of expression, you must have acquired and found again your total freedom in and on yourself. This freedom expresses itself upon all your ensembles, upon all your cells, all your centres, all our organs. This freedom allows, to the man and to all his inner universes that constitute him, to vibrate on the superior diapason of the Father.

When your universes that inhabit you freeze in the immobility, the Father has no more his place in you and by the path of the consequences of your own ignorance.

Each life expresses itself by and on a vibratory wave that is specific to it. And, as soon as this one ceases gradually to vibrate: to remain on the diapason then the life systematically recedes from the structure: of the body of this very life. The form degenerates, collapses and loses itself, deforms itself, loses its identity and its reason d'être. In this influx, these sequences of reactions-actions, an incoherent mass, anarchic, rises up and, takes authority – and, often, it is almost too late.

For a better condition of life, each man should proceed, on regular bases, to call upon his source, in the bearing in his energy, whatever might be the form of his expression, of his service. And, in this salutary conscience, the health by the path of the harmonies, imposes itself and illuminates all your universes. The **health-light** is a true fact on and in your lives.

To see, to act, to create, to serve, this purification is the basic tool. Sound of spirit and sound of body should be the expression of us all and of each one. Whatever might be your conditions, you will be able, in this call upon the energy of the Father, to re-establish your harmonies, whatever might be your stages of life and

your present states. That is why it is said that no form of life can maintain itself without the support and the nourishment of its Creator, of the Father, of the eternal source; of the heart, Higher chamber, in each one of you. And, in this diurnal action, then will be able to merge and to be reborn the fruit: the fruits so much desired, looked for by each one of you and of us.

The flower can hope to live only if it is bound to its tree, and the flower, the men will be able then to become the fruit. Each man is a flower on one of the fruit trees of the garden of the Father. Each man, if he is bound to his Father, will bring, to the others, the fruit and, of course, this one will surpass, in scope, all the possibilities of this little flower. It is impossible, to whomever it might be in the Creation, to hope to create, to nourish himself and to shine without the support of his Father. And all those who refuse to themselves this truth die out and are sterile.

Each day, call upon the source, upon your Father. Elevate it, in yourself, might it be but a few instants of your time. In your illuminated conscience, take the habit of acting in this sense and your pace will illuminate you so that, in your future times, each one of your actions might be enlightened; that you might nourish yourself from the source, and enlighten each one of your gestures.

Try to be conscious might it be but five little minutes of your time in your daily life. Try, by the action of your conscience, to let nothing escape from your attention. The one who can be conscious of the totality of his actions that generate themselves and pass in him, in one minute of his own time, may hope and shine.

Any action other than conscious is lost for you and for all those who are around you. The active one who remains physically in his light is, of course, conscious, and his level of elevation is always proportional to the time of

consciousness that he allots himself in his actions. Active one, be present in any time in your senses.

I wish you, to all, a good evening and the full consciousness. Amen.

Extract of the Tome II - CENT.NOM his Teaching, his Revelations - Chapter 44.

THE PRINCIPLE OF THE CROSS

AV. Father, my Creator, my God, we welcome You, we receive You and we make a call, in the name of the healers, to be enlightened in this path, in this gesture, in this service. Blessed be your holy equilibrium in our dwellings. Amen.

CENT.NOM ::

The one who welcomes his Father, his equilibrium, places himself in position to serve, to act and to be an active one, an effective one. The healer, the apprentice healer, in his intervention, in his gesture, must remain centred upon the equilibrium of his Father, on the measure that will allow him to be always just, and wise, vision, and on this measure that will allow him to be a receiver, an attentive one, a listener in.

The one in whom the equilibrium of his Father has settled down bears, in fact, his own liberation and bears this joy of being. Because the one who is balanced in his inner self, in his body, in his centres, inside each one of his cells, is positioned; that each part of his being is freed.

Nothing, in the apprentice healer, must compress him, afflict him and, in his service, the healer must be, by his position, sane. In his state of acting, of serving, he is the equilibrium of his Father, he is health.

When the apprentice healer has received himself in the equilibrium of his Father, he may then have sight upon the

others, upon those who have called upon his services. Because, in this instant, under this enlightenment, inside this equilibrium, he may now see, in the other one, what is wrong; what is not at its place or is off-centre.

To recognize the disorder, to recognize the sickness, to recognize the pains, the healer must, by his state of being, his state of light, he must be able to compare with what he bears in himself as standard of authentication and that he maintains with the one who has made a call, who is in the need.

The healer will be able, in this state of being, to have the true sight; the inner vision and the hand exact and in the listening in. He will be able to localize, by his listening in, by his receptivity, more easily the points that live the disorder.

To install in order each part of the body, by **the principle of the cross**; as a base, must be employed on said point, upon prominent point, upon elevation that has not its *raison d'être*. The healer will have, from this point on, to chase by the path of the exterior, at the corners of the two opposite dwellings, must chase by bringing away the concentrated energy by the path of the dissipation, by the path of the irrigation, by the path of a scanning.

And the hands must work at the same time, in opposite directions, and start by the cross that follows and places itself upon the length of the body and complete the cross, the movement of the cross, on the narrow direction of the body. This basic principle remains and is applicable upon most of the situations where there is knot, where there is pain.

When the accumulation of the tensions collapses, when the concentration seems to be lowered, then the healer may start his second approach by following the shape of the motor muscle. And, in this sense, the healer will project his

vision, by taking each one of these muscles as a body, a unity in itself. He will respect its extension and will be able, in this sense, to readjust the tension, the tonus of this same muscle.

The healer, when he works upon the motor muscles of the body, he must remember that his action must always start by the muscles grandest motor muscles, by the greatest tenders, and descend by re-joining and by completing his action till the smallest motor muscles.

The apprentice healer, in his service; in this exercise, must remember that his gesture, in fact, is a breath; it allows, to the strained part, tense, knotted, to gain back its original easiness. And the hands of the healer are, in fact, and remain this breath of life.

The apprentice healer, the healer, gives back the possibility, to what is now prisoner, inert, tense, in slavery, to regain and to find again, by the strength and the pressure of the breath and of the love, their own regularity.

The motors of the body have as responsibility, in the ensemble, to give and to maintain the easiness to the movement, to give fluidity and easiness to the skeleton and to liberate the nervous conduction in all the levels of this body and of this being.

Because the breath that passes upon the motor muscles opens the doors to the conductors of the light, to the nerves, to the nervous system of the being. This healer, in all his actions, will remember continually that he is the breath and that he brings back the life everywhere he passes, where he brings care, where he pays his attention.

The sufferer, the sick one, is a bearer, in himself, of handicaps, of pains and of death. And the healer has the responsibility to dissipate, to evacuate and to make flow forth and to restore the circulation of the energy, of the light, of the bearers; vehicles of nourishment, of oxygen.

And, in this sense, the apprentice healer, by the approach of the motor muscles, can, by path of consequence, attain the more profound zones, because, when there is a call for air; to the oxygenation of the body, there is a call and it initiates the easiness of the movement.

And the centres generators of energy, the chemical centres, electrical, of purification then reactivate themselves, by chasing and halting the action of the death that infiltrates itself in any body by paralysing the adduction networks.

The apprentice healer must, at any time, remember the sense always circulatory of the energy of his Father. He must allow, in each one of his gestures, to reactivate all the different levels of circulation.

By his gesture, our apprentice healer, the bearer of the cross, without knowing or vision beyond what he bears, can already bring, transfer many beneficial effects.

One does not crush the pain. The knot does not dissipate itself in the action of the crushing, because what you will crush will make itself be heard and will howl by the path of the radiation, upon the whole being.

Any knot, any tension, must be swept away, evicted in a same movement in direction and in contrary and opposite orientation to the level of the concentration or of the existing knot. And the first direction of this movement must always be brought on the longest part of the muscle or of the body of this muscle. Because, in this part, the shifted pressures may be evacuated with much less pressure; less tension.

The healer is an appeasing one and if, in his service, in the axis of his gesture, he shifts the tension, he will then not have either succeeded or understood the reason of his service as a healer. And, in the direction of the contrary

axis of the orientation, the moving of the hands must be still slower.

The apprentice healer appeases any irritation, any revolt and these irritations, these revolts always express themselves by an escape towards the exterior of the body; whence emerge these false promontories. What the man cannot bear in himself anymore, by the path of the pain and of the tension, he attempts to make spring out, or evacuate out of himself, but the liberation of the pain cannot be attained in this sense. The path of the peace, of the equilibrium, of the health, of the love, always passes by the path of the light from the top to the bottom and, by the path of the earth, from the bottom to the top.

The healer, in the repeated movement inside the symbol of the cross, rallies the luminous might to the might of the Earth. The terrestrial magnetism binds itself to the electrical and magnetic fields of the light. The fluidity is thus restored and, this river then may evacuate the physical, mental and spiritual wastes.

This approach will remain, for the apprentice healers, the first one: since to the eye of the one that binds these points becomes logical and is more comprehensible, perceptible in the understanding of the wise one. Because the form, the image, always remains, upon the healer, the line that will justify his gesture, his attention and his service.

The quality of the motors, of the motor muscles, is recognized, by the healer, in its elasticity, and recognized by the path of the density of the muscle. The healer, by this path of the density, may recognize and establish what is left, in fact, of the driving energy in this muscle. He can recognize if there is degeneration or if there are other troubles, problems.

The healer will be able to establish, later, by his

knowledge of the electric fields, of the nerves, if this same muscle can have and maintain this power of activity of compression and of contraction; the power of the restraint.

The healer will always have, in his cares brought to the muscles, to come closer and be very much listening in to the tensors of these muscles, of the ligaments. Because it is no use to work on the muscle if the ligament is suffering, if the tie is painful. All links will have to be acknowledged by the healer; the muscle to the ligament and the ligament to the bone.

The apprentice healer will have to study the anatomy of the body, of the being, of the creature upon which he pays his attention, his service. He will have to recognize the orientation, the direction of these muscles, of these motors and, to remember the direction, he will have, in his education, to know and to understand the utility of the relation of each one of these muscles in their service.

But, basically, the healer will remember continually that, to do his first action towards the muscles, towards these motors, he will have to bring, to transfer his gesture by following the principle of the cross. By the cross, the healer attains, in each dwelling, the four corners of the dwelling.

The apprentice healer, in the respect of the breath that he will bring upon this muscle, will be able, in this same action, to allow this muscle to cleanse itself, to nourish itself, to reconstitute itself, if other conditions, of course, are filled out.

By the path of the breath inside of this movement, the apprentice healer brings back, to the muscles, the intelligence of their own action. Because an aching muscle, knotted, tense, prisoner, is a muscle that chokes, is a muscle that dies of hunger, in the absence of supply of this breath, and loses by itself, its capacity, its action and will

even lose its memory and the intelligence of its action.

Each part of the body has a centre of intelligence and each muscle has, in its fibres, this same intelligence. And the one who dies in his body is, since a long time, affected in his motors, in his muscles.

N.B. The session was thus ended, because in order to have the snow removed, we had to move the cars.

Extract of the Tome IV – CENT.NOM his Teaching, The wise apprentice - Chapter 47.

THE MIGHT OF THE COMMUNION

THE MIRACLE WILL ALWAYS REMAIN THE EFFORT OF THE ENSEMBLE

AV. Father, my Creator, my God, in this place, in this space, in this time, in this encounter, we gather ourselves together, Father, to live You, to share You, to welcome You in our dwellings. Blessed be the effect of your life, of your love. Blessed be the effect of the communion; this gem of a thousand fires that knows to attract, to gather to it your whole humanity. Amen.

CENT.NOM ::

When you will go in your walk, alone, almost always alone, bear, in your heart, your humanity, your companions.

The might of the communion has the might to bind, to rally each life, each man, woman, child, to his might, to his love. And, in the solitude, you will not suffer of despair, of pain, of doubt.

Each man tied to the tree of the life, by the effect of the communion, remains life, force, action. The man bound to this tree of life, by the path of the communion, to the ensemble, to the group, to the family, to the nation, remains strong.

And, whatever might be your place, whatever might be your gesture, your service, you will receive this force if, in your dwelling, you maintain enlightened this conscience in you of your humanity.

The one who suffers of solitude has detached himself from the tree. No life - no man - has been created to live alone. Each life is sustained, gathered together, nourished by the path of the communion; this marriage between the lives, between the souls, and it is this fusion of the fires of his spirit, by the path of the dwellings, in the superior abode.

Man, in your step, you will find the superior unity by unifying yourself to the others. And remember that, in your service, you will not have to serve the unity anymore but to welcome the man, the unity, always by the path of the ensemble. Your gesture, your service, your comprehension then will expand.

A good gardener takes care of each plant by bearing in his spirit, in his thought, the garden. Because the fruit - the flower - without the garden, whatever might be the cares that you will bring, will always be destined to its own disappearance, to the failure.

And, whatever might be your intentions, your service will have to pass by your family, by the humanity, to pour itself forth, by the path of the communion, in your brother, in this man, in this woman that you receive, in spirit, by the path of the heart and in your enlightened intelligence.

The pain of the ones and of the others is always the echo of the tree that is writhed in pain, that suffers.

Man, woman, servant, active one, whatever might be your gesture, your pace, do not take care, do not serve at the unity. Because, in this gesture, your action will have no effect.

The service of a wise one always passes by the path of the ensemble to the pressured point. And the humanity remains and will be, in your comprehension, the body of this man, of this woman, your own body.

When you will come close to your brother, this being, this body, this universe, it is your humanity that you will embrace, will welcome. And, in this act, the man, the servant, always serves with the same force, the same truth. Because, when you will welcome the humanity, by the path of this being, there will be no more, in your heart, any favouritism.

The weakness of the man, of the servants, is heard because often these servants choose, select, judge. And these servants put the fruit of their failure on a superior will. The failure always emerges from this reduced comprehension of the men, of the servants.

Your action, your gesture, whatever it might be, must always mould itself, melt itself, merge with the superior action, with the superior understanding, with the very divinity of this humanity. And, when you will walk towards the other, it is not a man that you welcome, it is your family; the whole human race.

The Eternal is almighty when the man makes himself discreet and does not interfere with his intelligence, with his acquirements and with his reduced views.

When a being, a family, a society, suffers, his whole humanity curbs itself. When an organ - part of this body - suffers, the whole being is precipitated in the pain.

A good healer must communicate, to the ensemble, this sense of the communion and convince the strong parts to join forces and to bear the weakest parts. And, in this sense, the strength, in this sick patient, will be able to flow forth again in him. Because, in each man, there is enough light to give back life, equilibrium, appeasement and health in this common act of love.

The knowledge, the intelligence and the comprehension of the facts must be transferred by the healer, by

the servant, by the active one. And, if your views are narrow, the effect of your gesture will not be heard.

But, if you bear in your heart your family, your humanity, if, by your conscience, you remain always in a state of awakening, in liaison, in communion with all those who are around you, then, in your service, in your gesture, you will know to make yourself be heard.

Because the one who bears the truth, has an elevated conscience, divine, knows to let it flow forth in the other one, in his family and in himself.

A man, a woman, a child never suffer alone. And, if you attempt to bring some beneficial effects in a dwelling, you will have, one way or another, to make yourself be heard in his own family.

Young wise one, in this state of awakening, of consciousness, you will never be alone again. You will not doubt anymore because you will not bring, upon the others, the effect of your weaknesses, of your ignorance.

If you bear this enlightenment, this conscience of the wholeness, in no time you will not be able to dwell on a pebble, a grain of sand, a man, if you are not conscious of his whole environment, of his body. Because what precedes, what revolves around a man, a life, is an integral part of this very body and of this life.

And, if you take gesture on this man, woman, child, you will have, by the path of comprehension, to accede to his body and his superior bodies, in the immediate, in the materiality, the physical conditions of this being, of his entourage, of his family, of his work: this whole is part of the body of this being.

And the healer who ignores these facts has no effect and cannot bring back life. The apprentice healer is there to establish and to bring back in liaison everything that belongs to this very individual.

Because the suffering, the pain, remains and will be always the effect of the solitude, of the ignorance of the communion, of this lack of love, of this absence of sharing.

And the one who suffers often has lost many bridges of communication with his immediate body in his family, in his own nature, environment, and in the very exercise of his functions.

The suffering is the effect of the dividing up of a universe, of a nation, of a family. Because, when a structure crumbles away, the life withdraws, and the energy characteristic to this life then slips away from this man, this woman, this child.

A healer must expand his field of vision. He must not linger on the sick patient. He must expand his fields of his own comprehension and make the connection, the relation to find the cause that has engendered the effect of the remoteness of this being; the separation of this being from his own family, from his own source, from himself.

The apprentice healer, wise, enlightens the one who suffers on the very states of the living of this being. And the garden will have to be worked on, rallied, area by area, always from this perspective of this great garden.

To bring care on one or on some pain has no effect. The effect may be temporary but the return of pain will persecute till the total ruin of the one who suffers.

A sufferer - the one who passes by the pain - will not dwell on his pain but rather dwell on his living. Because the one who starts to live himself calls upon his universes, gathers his forces, and whips the ensemble, and brings back the impulse, and may go towards the path of the healing.

A good healer, by love, through this conscience of the bearing of his humanity, will communicate this sparkle of life, this desire, this joy of living, in this dying person.

Because, whatever might be the pace, the hardship of this being, the ultimate elevation - the superior grace - will be received, heard, only if this man, this woman, receives this joy, this call to the life, this breath, this energy that raises the form, the expectation of the own centres of this man, woman, child.

Young healer, in your heart, maintain this flame, this joy of living. Because this sacred burning fire will remain the best medicine and the greatest rule to the edifying, to the Spring of these men.

To communicate this joy, this appreciation of living, your chalice will be in this conscience of your family, of your humanity. Because, without this conscience, any expectation - any joy, fire of life - will extinguish itself in front of your eyes.

And the man, conscious of the brotherhood, of the family, then takes his place, his *raison d'être*, and is useful to himself and to the superior body in which he maintains himself.

Wherever you might be, young wise one, expand your dwelling by welcoming them all, whatever might be their colour, their pursuit, their service, their action. And, in this exercise, you will not go adrift, you will not err.

Because, through the path of the communion, the Father, our Father expands each dwelling and elevates it to his own abode

Man, liberate yourself from your petty intentions, reduced, from the one to one. Always pass from the all to all because, young healer, you represent your humanity. And, in your service, you welcome your humanity.

And, in this state of being, of living, you will not bustle around with useless and encumbering details. You will not let yourself be encumbered and you will not put any disorder in the other one.

Only the elevated conscience, the luminous thought, may resolve the disorder and bring back the peace in the infinitely small, there where your Father passes and there where, since a long time, you are halted, without effect. Because there are some places where the man does not pass.

In all the universes of his creation, the communion of the spirits, of the bodies, will remain the only cement to the peace, to the love, to the equilibrium, to the health, healing.

Man, woman, in your conscious or unconscious desire to serve, to help yourself, to take care and to prosper, there is a sight that you will have to bear and live.

And the man, with a shovel, cannot, alone, move the mountain.

And a healer, in this relation between the force and this proportionality, tackles much vaster. And this venture is condemned to the failure if you do not rally yourself, to your Father and to your family, by the path of the communion.

Because the man, without this conscience, is a sorry sight facing an ant. Because these creatures have a conscience and are awakened to the group, to the family. And the ant can move about mountains: what the ignorant man cannot do.

The one who bears, in his conscience, his humanity receives a path of expansion in his heart, in his comprehension, in his intelligence, in his sight. Because this man

is no more alone, he is the effect, the force of the ensemble.

If you do not bear, in your heart, this conscience, from this instant, you will have abandoned yourself by yourself and you will have left there, put aside, this clothing that does not suit you anymore.

The miracle will always remain the effort of the ensemble.

And the healer, the servant, the instructor, the teacher, by his conscience, has the might to bear in himself, through him, the effect and the effort of the ensemble.

And the man who thus walks will not err, will not suffer anymore from solitude, from boredom, from the lack of love, of suffering. Because, now, he is born in his body, to his superior body. And he has just, with only one step, passed in his humanity.

Under this look, young wise one, your gesture will uplift you, will carry you and will make be born, in yourself, the chant of our Father, this joy to live and to give, to communicate, to deliver the very intention of the Eternal.

And thus it is that the cup, the glass, the spoon, becomes, under the will of the Eternal, an ocean, a full-fledged force. Because, now, this man, this woman, this servant, by the path of the communion, has grafted himself to the tree of life.

And the effort will not exist anymore, because the force then will manifest itself under the expression of life, of love, of listening in, care, of compassion. And, in this conscience, the grain of sand then reveals itself as a mountain. And the infinitely small takes its place by assuring, by sustaining the infinitely great.

Out of this conscience, young wise one, man, woman, child, servant, healer, you lose yourself, you err, and, above all, you do yourself harm and you become gloomy.

When the men - and all these lives - accede to this level of comprehension, of conscience, then you will not seek anymore.

And the quest of the grail, the research for the greatest secrets, is fruitless if you do not accede to this conscience of your family, of your humanity.

Man, if you still think as the men of your day, you are not a man. Man, if you live in this conscience, in your humanity, then you allow your Father to act.

God bears you, and you will have, you also, to bear your Father. And, in this conscience, everything will open in front of you. Amen.

Extract from the Tome VI - CENT.NOM his Teaching, The living one - Chapter 34.

THE EMOTIONS, THEIR ORIGINS, THEIR INFLUENCE

Q.- I would like you to talk to us on the subject of the emotions, of their origins, of their influence that they have on us and of their management.

CENT.NOM ::

Each level of consciousness has its part in colour of emotion. The emotion is the language that talks louder than the word, which torments those who are not used to this language. Because the emotion is an accumulation of sensations, of apprehensions put in memory as tool of defence, as protection. Because the man or any other life has in himself many systems of defence against the exterior environment and, unfortunately, very little against his inner environment.

The emotion, in its purity, is a sentiment, a breath, that bears and pushes our life towards the action that allows it to flare up, because, during his journey of life, the man could doze off in the boredom. The emotion is almighty and creative, is a lever if our man, woman, child, knows, through his comprehension, his experiences, to recognize the emotion.

The leaves of a tree may tremble under a great wind, but these same leaves know that they are not this wind; they quiver, they react and they say thank you to the wind, because they know that if they are still there, present, well! It is that they are still alive.

Because, in the absence of the look, of the listening in, of the sensations, of the sentiments, who could make the difference between these states of being? An emotion is not what we are ourselves.

Most of the beings act, think, live as the emotion dictates to them and they take this emotion as their own truth. Thus this emotion inscribes itself in their body and images itself in their thoughts and their gestures and their words, by taking the very expression of their emotion of the instant.

Man, you are not emotion and disengage yourself from your emotions, because your emotions sweep you along, turn you upside down and, in this disorder, you lose the reality of your own life. And there are so many stories, so many fantasies that you tell yourself and all these events reduce your own powers drastically and keeps you prisoner in a reality that has nothing to do with what the life proposes to you.

The one who is conscious of this data welcomes his emotion, sees it develop in him and, under the enlightenment of his wisdom, uses this energy-force advisedly to create, to edify, to transform, but does not let himself ever be capsized as a rowing boat in storm by this emotion, because he knows that it is only an emotion and not a ghost that would dare to incarnate itself in your reality.

One cannot erase any emotion as we cannot erase the wind on the nature, the cold on these multiple expressions of the nature, and so it is the same by the effect of contrast with the heat.

The emotion can disrupt your inner climate from one instant to another. The one who is not master in his dwelling, then lives his own inner chaos. The disorder makes us lose our landmarks and, even, we can exhaust

ourselves under the torment of our emotions. These emotions are contagious and spread as fires upon our lives and in the same impulse distort the understanding of the peoples. At the passage of this destructive hurricane that is the effect of our emotions, we are surprised at the extent of the damages that we must all share to repair our uncontrolled behaviours. Because the emotion is an energy that is common to us all and we all deposit on it our own crown of fear.

Become conscious of your emotions, of your successes, of your failures, of your sufferings, of your joys that are there in your life to allow you to read yourself, to see yourself, to recognize yourself in this experience of life that you mark out.

Remember that in all these stages of your life, all your emotions under whichever appearances they present themselves are some magi who bring you gifts that you must not accept; car l'heure est aux leurre et sur l'heure tu perds demeure.

The one who is not conscious and advised of these states of being, is and lives in some beliefs, in a virtual space, almost a madness, there where our gestures, our words become confused and have no effect on our reality.

Because the life, this reality that orders under its cover all the expressions of the incarnate lives offers under its protection a multitude of opportunities so that each one of us might evolve and blossom wholly in graces to embrace the life plan that we have chosen.

The emotion always puts all the lives, all the men, all the creatures to be severely tested. Because even the one who feels sheltered from these dizzy spells that beset him can, from one instant to another, be robbed from under the feet his whole self-confidence, his whole might.

Remain conscious of the Presence and, in your place, welcome consciously the breath and inundate your whole universe with this sustained light; brought by your breath that you create at each instant consciously. Then, these enemies, these illusions, these ideas that have not even any roots will not turn you up side down and will not make you capsize, lose footing in your own universe, in your dwelling. These aggressions, in very little time, accelerate unfortunately our degeneration, and the suffering, the sicknesses then invade us.

Our creator has created us with duration well beyond those that have been listed till then for us all. The creator, our father, this eternal, in his action, in his projects, has even inscribed everything in us all with his letters of fire where his language remains and lives in each one of our dwellings. Amen and thank you.

The freedom is earned only at the cost of this becoming conscious. Amen.

Extract of the Tome IX - CENT.NOM his Teaching - His glory - Chapter 13.

THE ELEVATION OF THE SPIRIT

AV. Father, my Creator, my God, in this instant, in this life, in this sparkle of light, in your presence, Father, I place myself. And together, all, we receive and accept your energy, your life, your action in our dwellings. And the gathering, in this consciousness, takes body, force, authority. And, in this space, each man, woman, child, may receive your will. Blessed be, Father, your love, your energy that moulds the listening man. Amen.

CENT.NOM ::

During the elevation, of the disengagement, of the liberation, in its action, your dwelling then freezes on the original form, on the framework that you have not encountered, known, adopted. Because, in the impulse towards the almighty, each identity finds again its integrity, its individuality, its colour, its energy.

Because the wise one will have to be conscious of all the bodies that his Father has known to slip the one into the other in his dwelling.

And, in the elevation, the games, the variations stretch, open themselves, deploy themselves. And each part of your dwelling, each chamber of your dwelling then finds again its action, its *raison d'être*, its act, its place, and receives its instruction.

The Father always speaks to each one, to each individual, privately. And the Father, upon his families, upon

your bodies, still speaks in the language of the unison, of the communion.

The mud - your presence without conscience - remains this unshaped mud without intelligence, without structure. But the mud must spread itself out, disembowel, open itself, because each particle, each element must animate itself, enlighten itself.

The unconscious one, upon his dwelling, always remains troubled, disoriented, because he has never become aware of the magnitude of his dwelling, of his multiple chambers, bodies.

When you will leave your dwelling in peace, then all your openings will open themselves, will deploy themselves and these windows, upon your eternity, will let elevate, place each one of your universes. But, for this to happen, you will have to cease to crush your life in your hands.

Open your hands, your heart, your body in its entirety and let your conscience elevate itself. And, when your conscience will be, around your dwelling, as a canopy of light, when you will feel his presence in your whole being, then his light, the spirit of your Father, will elevate itself, will stretch itself, will flare up, will disengage itself from you without leaving you, without abandoning you.

And, the more the spirit of your Father goes away in the depths of the eternity, of your eternity, of your conscience, the more your body, your image, your person, will make itself be heard with force and grace.

Because, so that there might be strength in you, in your action, and that you might receive his will, each partner, in your dwelling, in the couple, the couples, will have to find again his integrity, his initial quality, his will.

Because the union of all these universes must be done in the respect of the quality of each body, of each universe.

Often, the man, in his real-life experience, in his experience, is a conglomerate of all these lights but, without superior intelligence, remains a mass without expression. And the man, in this state of being, walks in his own night; he is lost because he does not know to hear, to listen to the participants that animate him.

The man, in his ignorance, freezes in his identity, in his personality that he believes to know, and seeks his unicity by ignoring everything that constructs him, structures him, makes a man of him, makes him light, life, energy, force.

It is wise, for a wise one, to abandon what he is so much fond of, whatever might be the environment of his choice, of his pursuit, of his tastes.

If you are too much attracted, taken by yourself, be careful because, whatever might be your pursuit, if it is too insistent, it will veil what you bear, and you will remain without effect, without force, without life, and you will have believed to be bearing the image of your Father – falsely; you bear but the image of your own conception.

The man, in these facts, in these gestures, always remains this closed fan. And, whatever might be his parure, his nobleness, he is and remains always unknown to himself.

And, in this organisation of the Eternal, the fan is but very little thing, because each part of the fan has the might of liberating itself; to come out of the motherly form while remaining bound in light.

When you will become aware of these facts, you will discover then the multitude that inhabits you, and that serves you, and that guides you, and that orders you. And you will have, as a representative of your Father in this

life, in this expression, you will have to be listening in and, as a good master, follow all your servants. At that moment only, you will become life, force, effect and will of the Eternal.

Free yourself from you by leaving yourself in peace. And, in the calmness, by propagating the peace, let everything that inhabits you and that howls in you lie down and sleep. Do not remain attached, prisoner, and do not let yourself be distracted by these cries; these servants that wish to remain dominant in you, because their master is without will.

When you will take and will appreciate, young wise one, **the elevation of the spirit** of your Father, of your body - the habitation of the spirit of your Father - will reaffirm itself. And, in fact, your dwelling will find again the order because, in this same time, it will be left to itself.

And your dwelling - your body, your image - will organise itself in the perfect respect of the law, of the life, of the energy of the Eternal, without haggling and without diverting the true action of each participant.

Because, as long as you will leave it to the hosts that inhabit you, you will not take your responsibilities: each universe that inhabits you must come to terms with itself. And, in this disengagement of the spirit of your Father, each universe takes again authority upon itself, authenticates itself. And the Father, his spirit, thus acts in the wise one's dwelling when this wise one tramples in his step.

The effect, upon a conscience slightly enlightened, creates, upon this conscience and upon this intelligence, the fear of the risk. And, yet, if, in yourself, your dwellings mislead you in their complexity - because superposed one through the other and in the other one - you have not, in your intelligence, understood these

things: rules and laws. Then, you will have to live, in your experience in terrestrial, what is the separation.

Because the celestial, the divine self that animates you is there to deploy you. And, if it cannot make itself be heard, it will have to abandon temporarily its project in your dwelling. When this will happen to you, then listen to yourself more carefully. And, there, your ear will not have stopped to only one voice.

And your intelligence, your being, your heart, will have to receive these different lights. Because, now, these ones inscribe themselves in you, in their perfection, in their total, whole purity, in their integrity. And, deployed, opened, you will receive, by the path of the understanding, the might that animates you, that sustains you, that bears you and constitutes you. And, in this experience, our wise one becomes the director of his own orchestra. And the amplitude, the deployment of your forces, of your qualities, of your talents, will make themselves be heard in your intelligence, in your whole being, without causing the trouble on the waters of your conscience.

Then, young wise one, you will be able to appreciate the different petals of the flower that inhabits you. Amen.

Extract of the Tome V - CENT.NOM his Teaching, The school of wisdom - Chapter 33.

THE RISING OF THOSE SUNS

AV. Father, my Creator, my God, allow me to serve You, Father, by serving without stumbling on the oblivion. Grant me the grace to welcome, to gather the flowers of the life; the ones that we name the health, the peace, the harmony, the love, the equilibrium, the justice. Allow me, Father, to return, to reintegrate and to come back in your life. Blessed be your presence, Father, in our temples, in our consciences and in myself. Amen.

CENT.NOM ::

I ach life, each man, woman, is in this vase where the might of our Father are as the water to the life, the light to the life - and the majority of the lives live in this double energy. The disequilibrium, the sickness, any disorder is always the outcome of the wrong flow of these energies.

The man, when he is wise, rises up to the conscience of the currents of energy, of the fluxes of energy. And the wise one - the one who calls upon the equilibrium - sees to it that everything, in his being, circulates as the water to the river, to the ocean and to the clouds.

Those who bear the knowledge know that, when they do not have the power to look in their inner self, they can, by the effect of the experience, by repercussion, act by instructing themselves, by bathing themselves in the element.

And, when the man takes a bath or when he washes himself, he should be aware of the flowing of the water, of the arrival of this water in the bath, in the shower; he should visualise this water that flows to be able to hear it flow in himself.

And the wise one, when it rains, hears, in himself, each drop of his own inner rains as a chant, a path to the appeasement. Everything that is around the man, around any life, is there to teach and to show the way to the equilibrium.

The sickness is always a voluntary act, because the life, in its essence, is never stagnant.

And the man, by his will, his chase for power, creates by himself barrage on the action of his Father, of his Creator, in his own dwelling, in his temple. The children, the slow-witted ones are less stubborn.

Permanently, the man must learn to feel, to see the source, these rivers, these rivers of energy. When one drinks a glass of water, the apprentice follows the course of this water. In the bath, in the ocean, the man must learn to let himself be borne.

Because the one who topples over in his Father, who lets himself be borne, then opens his whole being to the superior will, to the Father, to the Creator, to God.

And, as long as the man remains voluntary in his activity, even if it is prayer, kills himself, is sterile and dies. The learning, the knowledge are not there only to hold back the energy of the life, of the love.

As far as the water is concerned, the examples are infinite and easily accessible to all and to all the levels of evolution. A simple look will instruct you. And the one who seizes this teaching will be able to recognize the other sources, the other rivers.

But there is a river so great - the one of the light - that rare are the ones who can be instructed by it, the called ones and the ones who listen in, because the light, as you know it, is vast, intangible. And the man feels like a poor fisherman, feels small and humble in front of this intangible presence.

The light regenerates and has the might of balancing all the electrical fields inscribed in physical bodies, celestial and the other bodies. The energy, by nature, rises up from downward to upward with much easiness. And a man, a woman, a wise one, has the power to expand, to augment his own capacities, to lay provisions or to be able to help himself straight from this terrestrial energy, magnetic.

But the energy is under the capital and subtle order at the same time, remains the effect, of the action of the light.

In the daily activity, all and each one may profit from the effects of the solar light: the physical effect and, above all, the constructive effect that is well beyond the visibility or the thermic sensations.

This effect is major and still greater than suspected: there is a space in each temple, in each man, woman, and in you, enlightening. There is a space of the clairvoyant where, when one elevates oneself, the night is omnipresent; and, if a man, through wisdom, each day, enters in this state of peace, of equilibrium, he will naturally accede in this profound night and almost luminous.

By this conscience to be rooted in earth and in celestial, then, during this experience, a sun from each one of these spaces will come to place itself in this beautiful night. And, when the contact is established, these two suns then attract each other and blend to make but one -

and the alliance is settled in this being; an alliance of light that journeys along all the crowns.

This light has the might of sheathing the nervous system. In this action, the divine influence then can make itself be heard. And this light then starts to regenerate the whole nervous and central system.

This state of light, vibratory, is heard at the depths of the systems of communication, of exchange. When these high places are put on the diapason, then the divine self, that inhabits our man, our woman, may pass, begin his action. Because the divinity, in each life, has all the might if it can circulate in the depths of this body, of this organ, of these ensembles, of these communities.

A wise one - the one who wishes to serve, to bear the life, to be life, must remain in this life: to be healthy - will have, each day, to live the effect of his sanctuary. Out of these conditions, each life is condemned to its own extinction: the collapse of a whole universe due to thirst of life, of light, and of his rivers of life.

Certain of these rivers carry the water, some others carry the bloods, some others carry the fires, but the great regulator is the effect of this alliance, of this marriage, of these suns in our personalities, in our bodies, because the body is light.

But, if the man or this creature has lost the way of nourishing himself from his own sources, then the body is lifeless: the sickness is always the product of a revolt, of an anarchic power in our dwelling.

And, often, those who are in power are without power, because a being, a wise one, a living one, knows, as early as his first classes, that he must be nourished at his Creator. And, for this to happen, each day, a few minutes of your time have the might to be eternity and to

transfer these might and to maintain these states of being perfect and eternal.

When there are some damages on our lives, often, they are there to warn us not to continue our path by ignoring the source, the sources, our Father, Creator, God. And what our Father can, no man has and can claim those might. And the men and the life, by act of love, communicate this rule.

By jealousy, by power, certain men who bear this knowledge fall silent and believe to be able to survive to this certain annihilation.

When the sickness, the flaw, the defect, the disequilibrium start to inscribe themselves in our dwellings, then it is time to listen and to act under the dictation of our divinity only. The wisdom requires, to the greatest ones and to the smallest ones, to sit between these two rivers terrestrial and celestial, to bear peace, equilibrium, to let at last inscribe, in his own temple, the rising of our Creator.

The one who will live this awakening, this illumination, will be able, in the simplicity, to sit and let these energies bustle to balance him, to regenerate him, to appease him, because the light has a might that passes beyond the comprehension, of any understanding.

The divine light, in harmony with the creator, your divinity, in yourself, has the might, in its manifestation, by its presence, to occupy and to take place, authority and service, even if one of the spaces in this body, in this location, in this temple, has suffered or has been even destroyed.

And the eternal ones live by this presence, without visible support to the eye of the common one.

We will resume stage by stage: the water to the water, the light to the light, the life to the life, the love to the love

and the health to that same health. Such is the celestial language, terrestrial and cosmic, universal.

Man, woman, child, and the other expressions of his life, what you endure, what you live is this unconsciousness of the presence of the Creator, of its effects, of its might, of its force. Because whatever each man bears in understanding has but little effect in his real life-experience and in his conscience.

The Father has deposited around us all, a perpetual, eternal teaching; it is there, at the disposal of all - suffice it of a few instants to regain the equilibrium, the force, the health. It takes less time for the Father, for our divine self, to rebuild than we take to destroy our temple - and fortunately!

The knowledge remains but some sand at the bottom of the water of a river. Because the knowledge, if it has not flown forth in the river of the life, in our real-life experience, has the effect to blind us and to make veil to the spirit.

Man, if you suffer, start to live, to live yourself, and to hear what you bear. And, if in one place in your dwelling you suffer, then let rise and circulate the life in yourself; let it inundate you in your understanding, in your comprehension of these rivers, of everything that flows forth in yourself.

Let the life irrigate your lands, and the light, itself, by the effect of your divinity, of your Father, will know to give back this rippling, this wave, this vibration, this colour to each one of your organs, each one of your cells: to each participant and constituent of your temple. But, for this to happen, do not interfere, observe, because the observation, in this state of being, will elevate your joy. Because what the Creator does, in our dwellings, is dazzling.

And, if what you erase rises up again and what you fill up empties itself, it is because you interfere in this superior organisation. And, in these fields, only our Father has the might to heal us, to resuscitate us.

Learn to let your eyes glide on all his beauties, on his life. Learn, through the listening in, to inhabit all the melodious, harmonious spaces, and teach to your intelligence, to your tyrant, teach it not to remain frozen and localized in only one place.

Because the intelligence, in this enlightenment, is deadly, but, if you instruct it, in your wisdom, to become and to elevate you in its original essence, then your intelligence will become pure spirit. And the spirit, in each life, has the perfect understanding of everything.

An apprentice will start, by the observation, to see the path of the water, the effect of the water, the bearing, the might of the water. An apprentice - the one who wishes to come back to the life and to heal of all his pains - will start to live again, to be born and to expand by following the journey of his streams, of his rivers and of his larger rivers inner and exterior.

By the observation, our apprentice will become more flexible and will curb his authority and will put aside what he believes to know. This apprentice, each day, will follow, in any place, in each one of his experiences, what is the water; this liquid carrier of life.

And, if our apprentice remains apprentice, he will be able to live well with his knowledge and, if he elevates himself to a greater understanding, then he will know to recognize all the rivers of his life. Because nothing, in the universe, can live, can be elaborated, reflect its own image, materialize itself, without the permanent action of these rivers.

And, already, there, an apprentice, a wise one, bears peace. And, if he continues and does not forget his Father, by the light of the spirit, he will receive the grace, and his grace has the might of making merge, without end, some miracles to your comprehension, to your understanding.

The one who commits himself to receive and humbly welcome the light of his Father will be able to allow his Father, his divine self, his divinity, will be able to allow him to rise up, to act as a creator.

The rising of those suns remains, upon the ensemble, a profound desire but, in fact, is a grace that the humble one expects without respite, by remaining faithful to this event that is granted by God.

The light has the might of a wire-mesh that gives back shape to whatever might have suffered the insult. Because the Father deposits the elements and the matter upon the light, and the healing starts by this wanting out of your will, by this divinity, your divinity that will rise up again in your temple. And it will know to call upon everything that is necessary to it to the rebuilding of your own temple. Because the right elements, the right bricks and the good cares, without this superior action, are always to no avail and have no effect. But, if a man is wise, he will know to be his own servant.

The light kindles the life, rekindles the nights and has the might to extract and to make ascend the new sap. Amen.

Extract of the Tome VI - CENT.NOM his Teaching, The living one - Chapter 45.

HOW TO REACTIVATE THE SUBTLE FIELDS

For a reactivation of our resources, a return to the health the help will always be transferred from the spirit of the helper to the spirit of the receiver

CENT.NOM ::

When a body is attacked from all sides and, that this one cannot face anymore these inner guerrillas, when its own defences are not sufficient anymore, when this body is invaded by the disorder, the disequilibrium, the anarchy, the exhaustion, then it does its entry and the will of this body retires and closes itself up for its own safety.

The will of this being is then no more operational on the organisation and the governance of this individual. In these circumstances, the masters of the disorder are then ready to get down to work, are devastators upon this being. This autonomous will needs to go back to one's roots and needs help.

The channels, the bridges, the communications, the links are already destroyed between this physical body and the bodies said superior. Without any rapid intervention, the death comes into play and does its work.

To help someone who is sick, who suffers this devastation and who cannot come out of this condition by himself, there are other available resorts.

The body regains the upper hand only if the spirit of this one enters in action; it will know, this spirit, how to

communicate with his inner creator - and the Father then will bring his help directly.

But the one who is not awakened to the presence of his own spirit that inhabits him, who is not accustomed to the actions of his spirit, this one will then have to receive an exterior help; the help of the one or of those who let themselves be governed, enlightened by their spirit that inhabits them and not by their intelligence or their will.

The help, in these cases, is always transferred from one spirit to another spirit. The light is transferred by the path of the spirit and this light is almighty. To allow this light to act, one must authorise its entry, invite it by rebuilding the links, the bridges and by re-establishing all the paths of communication - and these ones are numerous.

The one who is awakened and conscious of these rules will lavish, according to the case, the necessary help to the reconstruction of these said bridges; paths of communication, channels of transfer of the energy. The outward appearance of the body is, of course, the boundary that delimits this physical body from the subtle bodies of the superior body. This boundary is an intermediary line for your physical body and the body that encompasses you in elevation. The bridges are these paths of access for the energy and are, of course, some links placed on these boundaries; these lines of force that sustain the vibratory fields of the subtle bodies.

Ordinarily, the sick patient who has lost his strengths, his body enters in a state of inertia. This suffering body must, for its own survival, slow down in a voluntary act on many fields of action - during this truce; inside this repairing sleep, this body hopes to find again its might and delay the progress of the sickness, further on, it will

be able to reconstruct itself in a superior equilibrium under the enlightenment of an active conscience.

The action of the helping one is to awaken by settling and reactivating the paths of communication, gently, with love, these subtle fields situated on these boundaries, on the frontier of this outward appearance of the body. A massage on the ensemble of the body with a discreet pressure, very delicately – on a ray of a quarter of an inch – must be applied in movement of rotations and very regularly. When we awaken someone who has dozed off, we do not shake him, we go with respect and tenderness quite attentively.

This massage, in a rotating movement and on a slow and regular shifting covering the surface of this body, on the wholeness of this skin envelop, is applied with an open hand, the fingers apart so that some groups of ensembles awaken all at the same time. Only these reactivated groups may then undertake their function and make themselves be heard in a concerted action to the reintegration of their own might and assure the regeneration of their own responsibility.

The open fingers allow to awaken the touched environments and the hand gathers these awakened ones under a same marquee. By the effect of a rotating movement upon these surfaces or touched spots, awaken, resume conscience, animate themselves; welcome and become joy because filled up of light: what appeases them and progressively restores this new push of force; in a well-being, an equilibrium that erases the ancient memories. In this unification, the active ones of this universe, of this body, then have as a project, to rebuild systematically all the channels of communication with our superior envelop.

When the carer runs through the envelop of this sleeping body, the carer allows to the inhabitants, to the servants of these universes, to resume their action, and these ones mobilize themselves and proceed to their activities, their responsibilities. The massage interspersed by some short halts of some instants in order to bring back, in the memory each one of these initiated universes by this new energy of autonomy, a reminder to the return to the life. In this silence, a unifying field settles upon the envelop of this body by following the direction of the current of the energy from the head to the feet, on straight line; effect of polarities.

In this re-established axis, the energy will circulate and will deploy itself under the effect of the distributed and staged deposit, to answer to the ensemble of the organism, in a better management of each organ; constitutor and responsible of the sustaining and of the maintaining of the great work under the sight of our conscience; the eternal flame that emits constantly the order of the unification, of the listening in, and reinstalls the being in his powers.

Thus the life recovers, and the superior will elevates, reinstalls our own authority by inscribing in us this will of being where the order understood and accepted, this time will maintain us in this equilibrium that will know to extend us in our own time of experience till the extinction of all our fires.

It has been said already; "heaven helps those who help themselves". Our superior envelop that contains us, that sustains us, that nourishes us, that enlightens us, that protects us so that, of course, we understand that everything that is visible to us is there because sustained, borne, nourished by what we do not perceive in one's body in the absence of lights in our intelligences.

Our heaven accompanies us, protects us at the very cadence of our pace, of our actions, of our thoughts, of our words. In the absence of this becoming conscious, the worst we know it and it keeps us in the fear. From the smallest one to the greatest one, whatever might be the expression of it or the manifestation, the ensemble remains imbricated, and there resides the almightiness and the fragility of the life.

When this body suffers, all the other ones cry. The pain propagates itself as a wave. It is the same for the life and for the death. The one who allows to the life to resume its action, to take again to its work, to restart again its activities, then allows to this sick body to recover. When the physical body dies out, the repercussion is heard till the superior body by passing through the fields of the subtle bodies.

The one who wishes to help his neighbour must communicate to this one this love of the life – this *raison d'être* – in order to allow him to take again to what he has mislaid and to accede at last to his own fact of being. We cannot awaken the one who has decided to sleep forever, but we can help the one who temporarily dozed off because he did not know anymore where to draw his energy and to hear his force. And this one, deep down in himself, still bears in himself this desire to stand up again, to live.

The carer is there to communicate the energy of the Father, the energy of his life, and allow to the one who is chained in the pain, in the suffering, in the inertia, to liberate himself. Such are the advices for a recovery, a return to the life, a new health by calling upon the builders of bridges, of channels of light, of new links, that

will know to let flow forth this stream of light; bricks to your own reconstruction. Amen.

Alain Vautrin

Revised on this day of Saturday November 11th 2017. Thank you.

MECHANISMS OF INSTANTANEOUS REGENERATION

AV. Father, my Creator, my God, we gather ourselves under your lights, in your harmony, in your abundance, in your love. In this cradle all luminous, your whole humanity; each one of us is rocked, each one between us finds again his energy, his ideals and his passions.

Blessed be, Father, the effect of your presence in each one of us and upon your whole mankind. Amen.

CENT.NOM ::

The power of the concentration, the power of the condensation; the power of the reduction, the power of the life in its cycles imposes, upon each one of his lives, creatures, creations, the might to contract and to deploy itself upon our dwellings, upon our spirits, upon our intelligences, upon our creative capacities.

This effect, this strategy, these changes of temporality, these changes of the very directions of our energies, has as an effect to maintain us, to sustain us, in full blossoming, in full development, in the joy, and, above all, in the action. The one who is conscious of these currents of energy, of the very reversal of this energy, can, on his assets, upon himself, reverse the very direction of the polarities of his own energy.

The call, in profound inspiration, intentional, has as an effect, on the individual, on this life, on this man, woman, creator, to attract everything he bears, everything

that circulates around him, in him; he can, by his intentionality, gather in a core of force where all his thoughts, his gestures, his intentions, his actions, what he is, make an only body.

His own errings may be called, gathered, attracted, aspired with such a velocity, such a might, that the wholeness precipitates itself under the shape of a nucleus. And, in this action, this very nucleus erases and destroys the misguided ways, the distractedness, the useless thoughts, the wandering without directions, directives, the disorder in our own physical, mental and spiritual dwellings.

In this call, in this precipitation, in this comparable heart to the dark nucleus; black hole, everything, in one only breath, can be called back; snatched. And in the ensemble of our person, during this procedure, liberates itself, springs and elevates itself in its own grandeur, in its freedom and, above all, in this semblance of joyous emptiness that makes itself be heard upon our conscience. In this action, the father has deposited some **mechanisms of instantaneous regeneration**.

There where the gesture does not bear fruit anymore, there where the weight of the experience brings our capacities slower, less alert, lazy, the father, by changing the polarity, the direction of his might, of his energy, allows, the conscious man, in one only breath, to regenerate himself and to find again his whole light, because everything he is is now precipitated, contained in this heart, in this black nucleus. And, in this one, no identity is inscribed on the level of the thought, on the level of our past, present gestures, on the level of the bearing that, till then, have maybe weighing us down.

The weight of the ages inscribes itself in the one who does not know to regenerate himself and shine as any life

in this light. Man, woman, child, go and learn that, in this intentional breath that you have initiated consciously, and beyond your will, you can, in one instant, call upon everything that shapes you and to everything that has satellized itself during your journey. In this gesture, you will be able to see rush down more rapidly than the eagle, all the real-life experiences, all the learning, in this nucleus where everything that you are is compressed tightly at last in very little space.

In this call, in this state of new-found conscience, in this level of concentration, the life springs again with its full intensity in energy of origin that deploys itself and that allows you to accede to the ascent of your universes in a time that comes close to the instantaneity, at a speed of the light, a true liberation.

In this state of being, man, woman, child, you will find again your genesis, your youth, your joy, your might and, in this same instant, the temple reconstructs itself, the thoughts become all of light, ready to serve, ready to open other worlds of your own creation.

The one who accedes in this place then can understand without words, without interdictions, without restrictions, what is the creative intentionality upon your life, upon each life. And the beauties that follow from there and that are thus deposited in all the gardens that deploy themselves well beyond any project. Under this inspiration, man, you can find again the very energy that sustains all the universes, that animates all the creatures, that enlightens all the societies, that colours and that gives expression to each participant, each invited guest, element of this very creation that our father has established in our places.

A wise one, at the rise of his day, at the beginning of his actions, accedes to the rise of his own day that inscri-

bes itself in this explosion of joy, there where, in his inspiration, he has reduced everything to nothingness; what he is, what he knows, what he bears and even what he has believed and taken as responsibility.

When the energy of origin explodes in our sight, in our comprehension, and that everything that constitutes us escapes us, evades, chants with intensity, vivacity all luminous. In this joy, man, woman, child, you will be able to create everything, you will be able to create yourself again, you will be able to play as this child in this garden of your Eden where everything, as yourself, follows this same movement, this same joy, this same acceleration.

Because what deceives us, it is to see in ourselves this slowing down in ourselves, this extinction of our capacities, of our forces, of our thoughts, of our creativity. Then, when you have come to the limit of your acquirements; to the final outcome of your experience, elevate yourself, grasp your creative intentionality; the one that is and goes beyond your personality, your colours; the one that does not distinguish your image anymore. In this instant, this intentionality will annihilate you, in a fraction of an instant of your time, to nothingness.

And there, you will feel yourself precipitated, you will lose ground in this fall in which you will not combat anymore, in which you will accept this death, this night, that will place itself almost nestled in your hand, and that will condense itself, and will liberate you from everything what you are.

In this reversal of your own energy, then everything that you are, everything that your father has deposited in your dwelling, everything that your creator, god, has taken as element to constitute you, will be back in the universe of your origin. It will condense itself so tightly

that it will be able, in this action, to find again its whole energetic, luminous might, in this current of life where everything elevates itself in the joy and where your intention, your gesture, is there, in front of you, creating itself again. And you will find again, in this instant, the intelligent gesture, the word of light.

And all the horizons will open so that you might capture, once more, the essence of your creator, god. And, in this space, we come so much closer to the source that we could seize almost what is our creator, god, father.

Because, in this place, he makes himself be heard, upon our consciences, upon our lives, and gives us almost the impression to be him. Because what he deposits, in ourselves, is still, once more, his presence, happy to carry us at the highest of our experience. Amen. Thank you, thank you.

Extract of the Tome IX - CENT.NOM his Teaching, His glory - Chapter 24.

YOU WILL KNOW WHAT IS THE SUPERIOR GOVERNANCE

AV. Father, my Creator, my God, in this privileged instant, in the bosom of your life, of your love, of your glory, we are gathered together, Father, to welcome You, to live with still more intensity each instant that is given to us to live. In these places, blessed be your action, your might, your regenerating effects, your recoveries. And blessed be your intentions that we still cannot read in our states of consciousness. Amen.

CENT.NOM ::

The time of light, the time of his grace, the time of living, the time of loving, of blossoming, is to be all kindled in and under the effect of his bearing life, upon us all, of our apogees.

The one who is conscious of his time of life, of his time of glory, of his time of passage, of his time that is allotted to him, because each one of us receives his part of time of eternity, of glory and of light; the one who is conscious of these facts then enters in the full measure of his powers, in his state of love.

Because, when everything has been swept away, what is left, it is you, it is us, it is the ensemble, it is the mankind. And, in this time of consciousness, no one errs, because the essence of the heaven then makes itself be heard and chants in our bodies, in our temples, in our expression.

Many pass and even pass away without having been able to appreciate this celestial, this light, this peace, these harmonies, these total recoveries, because the conscious one — the one who lives the divine light — might he remain in this place or might he cover other places, is healed.

The suffering is there only to make us appreciate this joy, this peace, these harmonics that are all still available for each one of us all. And, for you, the one who has just been enlightened by the hardship, then this man, this woman, enters in the full measure, in full possession of his powers on and in his life; at the very core of these celestial beauties, of his divine self.

And the enlightened ones, whatever might be their horizon, whatever might be their experience, whatever might be their journey, then shine with a thousand fires to communicate to the sleepers, to the unconscious ones, to all those who fritter away their time that the Father has given to each one for his own mouthful, for his time of enlightenment, his time of blossoming.

What graces! What surprises! What beneficial effects! In the instant when we become conscious of this urgency of being, to shine by the fires of our father, of our creator, by his love, by his abundance. And the one who is thus instructed is liberated and he enters in calmness, in peace, a beneficial effect where the doubt or the horror will not touch him anymore.

Because, in the time of peace, you walk upright in your equilibrium. And, in this very equilibrium, your temple, your divine self, your persona, then learns to manage, with much wisdom, with much grace at the distribution of this light that is there, in yourself, upon you, around you. And this light has the might, in some of

your instants, to make known the eternity where the space of time that you know disappears.

Because the true time starts to inscribe itself only when our consciences are all of light, when our hearts are love and when our intelligence has become but a smile where the useless conversations are obsolete.

The doubt, the fear, the uncertainty are always of one's own invention. And, if we cease this kind of useless conversations, then what each one of us, each life may know is but peace, calmness; and, through resonance, becomes a tranquil pace upon our way of living, of doing, of saying and of loving. And, in this space, what was but precipitation, encumbering, numbness, dries up.

These conditions then cease, because the essence of the life, the effect of his might, of his love, fills us up, whatever might be our step, nourishes us, and our needs become simple, minimal. And, in this economy, that is in this no waste, then your time, man, woman, Lise, will be at the measure of your inner peace.

Because those who precipitate themselves for nothing, who burn for nothing, who do harm to themselves, by excesses of useless thoughts, then, in this state of peace, of light, of silence, **you will know what is the superior governance**; the one where your word, your saying, is but a contemplation, is but in a welcoming and, above all, in the joy of being there, because each instant, might it be but one instant, is, in this state of being, an eternity, a lapse of time that we cannot measure. There are some lives that pass at our eyes but one instant and that, yet, have and can accomplish everything in this very instant.

Drink at your breath, drink the light that animates your breath, that nourishes you and this light will calm you down. And, in this space, the artificial contributions

will no more have their place, because the peace, the calmness, the joy, the happiness and even the healing that is in fact a time of peace. In this space, what can, inadvertently, be put in action can also walk on your cadence, peacefully, slowly.

And, in these states of circumstances, the duration of the time cannot be evaluated with our consciences. The one who is enlightened, who bears his hardship not as a burden but as a might that rises again in himself to allow him to see, to appreciate, to apprehend and, finally, to truly live.

Man, woman, child, whatever might be your experience, you will know this space of peace, of light and the earliest upon our consciences always has good effect. And, as far as the very experience of our lives is concerned, whatever might be the worlds, the universes of these experiences where each one we pass, the ultimate purpose is to at last be conscious and to see the effect of his love, of his energy, of his light, of his might. And, in these conditions, we bathe and we flourish and we are, by the beauty inscribed in each one of us, all of glory.

Blessed be his life, blessed be the paths of our expressions; the paths that one has chosen or that one has maybe not chosen. These paths, to each one of us, are those that call upon us to shine, to be in a way extraordinarily great; glorious. And the flower, in its joy, covers the park in its entirety. Amen.

AV. Lise, I would not invite you to questions for the simple reason that these ones bring you on the path of the doubt. Blessed be your presence, Lise, we welcome it, bear it, we live it and each one of us, we shine by, under and with the effect of the other one and of the other ones.

We are all a petal of a greater flower that, in the joy, we will be able to live. Thank you.

— Thank you to CENT.NOM for all his teaching.

AV. There is another little phrase that comes to me:

“There is no absence in the love, in the conscience and in the light.” Amen.

Extract of the Tome IX - CENT.NOM his Teaching, His glory - Chapter 26.

MAY THE LIGHT BE

AV. Father, my Creator, my God, in this place, in this time, we are gathered together to live our peace, our joy, our state of awakening, our conscience of being and, in this privileged place that is our dwelling, we live in our divine person, in our identity. Blessed be your action, Father, upon each one of your lives and, wholeheartedly, in choir, we gather ourselves together and remain, all, the expression of your glory. Amen.

CENT.NOM ::

Dwell on your breath, on your presence, on your light. Do not listen to what your thoughts propose to you, because our thoughts have no vision upon our essence, our *raison d'être*, our presence and our action.

Man, woman, child, in your step, you will encounter the fear, the pain, the suffering and the only remedy, to and on each one of our presences, whatever might be their expression, resides in this breath for the beings of flesh, and the other breaths for the other conditions of life.

A number of lives alter themselves, quench their thirst in the taking of this breath, and the peace, the healing, is heard when this breath inundates our dwellings without drowning them, nourishes them, illuminates them gently, does not burn the sensitive lands and allows, in this harmony of the dispensing of his energy, of his love, of his peace, he allows, to our grounds, to become alive again and slowly take footing

and foundation. And, with the patience and the confidence in our own light, our flowering times activate themselves and find again their integrity.

Man, woman, child, life, do not let yourself be invaded by your despair, because this suffering does not belong to your divine self, to your temple, to your identity, to your essence, to your person. In the universe, upon your lands, upon our lands, there is often appearance of light or of shadow, of abundance or of shortage. But, in fact, the one who is conscious, enlightened, illuminated, sees, lives, bears but this light of life that nuances itself, curbs itself, makes itself discreet or even shouts its might. But, in the ensemble, everything that is is there to carry us, to nourish us, to bless us.

Bear the peace in your heart and you will be able to cross over all the luminous, obscure, dangerous, appeasing territories, in one even and only step where your emotion has found its equilibrium, its harmony, its curb, finally, its luminous frequency. Because, man, woman, child and other life, what appears to you is far from what is, and what you see and perceive is always and again in relation with your state of being.

And the one who is anchored in his source does not let himself be upset, because the one who is in the source is life and the one who is life speaks neither in the past nor in the future, he is silent in his joy of life. And the emotions, whatever might be their colours, are parasites to what we are, to what we live, because each life, each man, woman, child, is, by his presence, this infinite source. We are, in the ensemble, creations, creatures, expressions and our own land; we are light and we nourish ourselves straight from our own source.

If you are dying in your belief, you do not trust your source and, man, woman, child, most have past, upon the

path of their experience, in this lack of confidence, there where the being, where the man, where the expression, the woman, the child, seeks and runs to find support all around him while in yourself everything is.

Any expression of life, any creation, is prompted for its time of manifestation; by this supreme energy. And the time of expression, as everything else, modulates itself on the chant of the ensembles. And what you bear, what you deliver, what you give, what you are, remains, upon us all, the supreme message.

In our father, in our creator, in our divine self, in our god, we are and, by this prayer, by this call, by this state of consciousness, in the instant, the whole creation, all its ensembles, all its creatures, all its lives, all its expressions make but one in this call, in this awakening, in this consciousness and in this return to the equilibrium, to the supreme force that inhabits us all.

The fear is the cry of solitude. The sufferings are the cry of the child who has believed to get lost or to lose a parent. The one who lives these experiences must call upon his father, upon his creator, upon his divine self, upon his god and, from the instant of this call, the unity will be heard immediately in your dwelling. And your conversations, man, woman, child, will be no longer in use because, in the unity, the flower finds again its whole brightness because it is borne by the park and, in its very brightness, it becomes, of course, a sun upon us all. And it is the same for us all, whatever might be our degrees of expression, of manifestation and of action.

Blessed be this force, this might, this life, this joy, this love that fill up our dwellings. And the one who lives the fear, the suffering, his own finality, if he does not call upon this light, upon this might, will savour his ending, because the end, the death, the separation, is but a state of

consciousness that has come away from its own might that animates it, that accompanies it, that bears it. Because all, all of us, whatever might be the degree of remoteness, of distance upon our consciences, we are but one and, in this spirit, the One, the Unique, the Divine, the supreme Conscience, the supreme Life: the supreme Might – the one that nourishes all its children, all its creatures, all its universes – is there for you, for each one amongst us.

And we are all there to sustain this awakening, this light, this conscience, because all and each one we are at risk, and those who are awakened know that. And, in this space, in their action, in their state of being, they sustain each member of the creation. They are sustained by this unique, by the One, by the force of all the ensembles of his life.

Blessed be this unity - this peace, this inexhaustible might - because at each instant, here, in these locations and everywhere, in all places renews itself, regenerates itself and appears and emerges. And, in this abundance of the births, of the extinctions, the light, his light, shines constantly in the eternity of our consciences. And, man, if you keep this light in your heart, you will hardly remember your past times, you will not see your present futures and, if you are conscious, awakened, in your present, you will be able to appreciate this glory, this might, this infinite love.

AV. Blessed be your action, Father, upon us all. Amen.
Thank you.

**Extract of the Tome IX - CENT.NOM his Teaching, His glory -
Chapter 27.**

IN YOUR BREATH OPEN YOUR HORIZON

AV. Father, my Creator, my God, under this all light horizon, I go forward, we go forward, I inscribe myself, we inscribe ourselves in his life, in his glory. Blessed be, Father, your presence in our dwellings; the one that allows us to live our full grandeur. Amen.

CENT.NOM ::

The one who is on the same level in his light does not know any fear, any restriction and goes at the rate of his own rhythm, always forwards, because in each instant, he is, in what he bears, the wholeness, the ensemble: this horizon, this area, this immensity all of light. And, in these variations, his soul chants, his body, our bodies know the freedom, the easiness; this space where we do not feel reduced anymore.

Because, whatever might be our expression, whatever might be the might and the grandeur of this very expression, under this horizon of light, we all know our apogees, our joys, our glories and our own expression that, in its manifestation, creates and recreates itself from everything that it bears in itself.

This man, this woman, this life, these creatures, in their centre, in their heart of hearts, in their step, in their presence, feel all these movements in rotation, the whole energy of; in passage in our dwellings. And, in this movement, our thoughts, our actions; our state of being is

and remains in movement. And, in this movement, our equilibrium is maintained. Because the movement, in our expressions, maintains this perfect equilibrium of our being, of our presence, of our joys, of our recoveries.

As long as your horizon, in your conscience, will be largely extended upon and in your whole conscience, then this movement will be there for you, man, woman and life. The return to the equilibrium is always done by this becoming conscious of the opening, of the immensity of the light and also of what you can neither count nor establish but that you can only welcome. And, in this state of being, you know that you are borne, loved, cherished, protected.

And the one who remains present in this place, in his sanctuary, by the spirit that animates him, is, and takes to life again. In this space, whatever might be your condition; the conditions of life, the limits, the doubts, the fears, the space where everything seems to close itself up on ourselves is no more because, in our condition to all, we do not know any limits, any restrictions, any obstructions or any cessation of some movement.

In your breath open your horizon, your conscience, your heart, your prison. In your breath, you will recover your fire, your lights because these ones are always there and serve you. In your breath, you will be able to be conscious of the grandeur of the whole creation in your dwelling. And, only in this conscious breath, in this open mindedness, then you are in this cortege of life, of light, where the joy shines without knowing the abuse, where the love overflows without drowning the lands and the lives.

In this place, in this breath, all the emotions that you bear remain in equilibrium, in harmony and do not bear disorder upon your dwelling, in our dwellings. At each

breath, let your dwelling open itself, expand and take its place. And, when you will not be able to measure the greatness of your grandeur, then, in this place, his peace inscribes itself in us, upon us all. This breath crosses over the times, your time, our times and this breath, upon all these creations, is maintained, sustained. This breath does not know the effort because this breath is the one of our Father, Creator, God.

When I follow my breath, I enter in harmony with all the spheres of my person, of my identity, of my "I Am", of my presence and expression. In this only breath, I awaken and take foundation in my eternity. And, in this only breath, man, you can live and know your paradise, your joy, your lights. And, in this space, our lives take footing, inscribe themselves in the permanency of this so mighty movement that nobody cannot either hear it or seize it.

In this breath, there is the emergence, the rising of our energy, of our source, of our well-being. And, in the setting down of this breath, there is this well-being, this peace, this calmness, this appeasement where everything gathers itself in us for a better entente, collaboration. And in the regaining of this breath, the joy, the expression of what we are, can take place, bear fruit, shine.

And, woman, man, life, creature, creation, when your conscience will be there, above what you cannot measure, understand, evaluate, seize, then, you will know

the other breaths that, in parallel, rise up and lie down in one only understanding, one only path: in the path of the One, of the original movement. And, in this breath, whatever might be our conditions, we may embrace the immensely grand that happens to be in the depths of our dwelling. And our conscience allows us to accede to the full grandeur, to the immensity of what each one of our dwellings bears.

And these universes, in us, are there, sustained by the beneficial intention of our conscience. And our conscience, upon us all, is the sight of the creator, of our father, god, upon ourselves, by ourselves, in ourselves. Slow down your breath and your thoughts will be dissipated, flown away as the birds on all the horizons: to sow the joy, the love, the superior intention that animates you.

The wise one takes his time in his breath. He seems to walk slowly but his step, his breath, crosses over a thousand miles without effort because, constantly, nourished in his light, in his joy, his peace, this space where the wind of our emotions seems to affect but little of our greatest structures, sustains us, is at the crossing of all our forces and might.

In an appeased, luminous breath, the one who does not bear the signature of our will, in this breath, the true time of life inscribes itself and makes us hear the eternities without us might not be able to seize them. In this luminous breath, all the spaces of your creation, known and unknown to you, are heard on the same point and, in this place, the heavens, the waters, the lands and all the expressions of the life are not separated anymore because they make but one. And, in this understanding, in this light, in this wisdom, in this calmness, in this peace, then you will be able to see flourish once more your gardens.

And man, woman, child, wise one, life, creature, creation, in this awakening, in this conscience, in this state of being, the eternal breath, the breath of your eternal, creator, father, is in you. And, in this place, there is but life, but movement, but light, but peace and healing, joy, abundance.

Man, woman, child, if you arrive at this place, in this place, in this level of your conscience, then the peace, the

joy, the love; the glory of our father is assured to you. Because in this breath, we are all, in this ensemble, his intention, his creativity, his energy, his might, his abundance. And the return to the life, to the death where even the births inscribe themselves in this perpetual movement where the halt is no more perceived in our consciences because everything that is, lives and flourishes.

Man, woman, child, remain awakened in this state of conscience where your horizon all light remains, at your sight, permanent. Amen. Thank you.

Extract of the Tome IX – CENT.NOM his Teaching, His glory - Chapter 28.

A RULER CEASES TO PUT DISORDER

IN HIS DWELLING

AV. Father, my Creator, my God, in the unity, we enter in our dwelling, in our temple, in our body. In the unity, the sacred fire of the joy rises upon our humanity, our brothers, our sisters; extends itself upon the nations, and your effect, Father, is heard at the depths of our beings, of our consciences. And, under your light, Father, our gestures unify themselves, bind themselves and construct our present time. Amen.

CENT.NOM ::

The time passes upon any life, any expression, and this marker leaves its effect apparent upon any life that feels itself jostled, pushed, precipitated. This state of being, this perception, is heard, in each one of our dwellings, only if we are not listening in to our light, to our divine self; to this timelessness that sustains, animates, prescribes our intentions, our gestures.

From the rising up, from your own rising up, listen in, harmonise yourself to this serenity, to this peace, to this calmness, that is in your dwelling. And, if you hear something else or if you are deaf to what is in yourself, impose yourself this entrance at the core of yourself.

In this place, the doubt, the sufferings, the troubles of perception, of understanding, dissipate themselves. And, upon our dwellings, this pure, immense, silent horizon in its entire symphonies, enters in resonance to what you

are, man, woman, child; a ruler listening in to his own active ones.

In this place, our man, our woman, all of light, manages one's life by love, one's entourage by love and his look, his intentions, by love remain powerful, constructive. And, upon our inner lands, this edifying river nourishes, builds our power; the one that allows us, to each one and to all, to prosper in harmony, in nobleness. And, in this state of being, nothing, upon our dwellings, makes be heard fatigue and stress or; exhaustion.

Because a being of light, of life, you, man, woman, child, you let express this might, this time of peace, where the ardour of the life takes to its joy again. And, with courage, without effort, everything places itself in and for you, in peace, in time of perfection, of light, because **a ruler**, a being of light, conscious of his divinity, **ceases to put disorder** in his life, **in his dwelling** and upon everything he touches.

The breath of the creator upon his creation extends itself, unwinds, upon his fields, his infinite spaces, to let prosper the fruits of the abundance, of the healing, of the peace. This fluid that flows forth upon us all is this support, this tie, which does not chain anybody but that nourishes, enlightens, speaks to the hearts, to the consciences, to the intelligence between all.

This ocean of life quenches the thirst of the thirsty ones without disorder, tumult, rage, because his might, his almightiness upon us all, is a calm balm and has the effect of transferring to us, conferring, confirming, this assurance— this life, these almighty structures, solid— that allows, to the greatest ones and to the smallest ones, to all and to each one, to inhabit his space, his time, his expression, his light.

And, in this place, the most destitute ones, the suffering ones, the desperate ones, the dead ones find again this integrity, this life, this joy. And, man, woman, child, what you bear in your heart is this light, this state of being, of peace, of love, this governance, this might, that assures you, reassures you in your expression, in your present time, and allows you to bring, to be abundance. And, in this sense, we awaken to this charge all glorious that, from each one of us, pours itself forth and brings peace, calmness, nourishment, protection upon all.

And, if you do not hear these realities on rising up, sit down, remain there before any action, any intention or gesture. Enter in the depths of your grandeur to embrace your eternity, your glory. And what you will hear, by appeasing yourself, will allow you to appreciate the amplitude, the immensity, the infinite of this life that is in you.

In this understanding, then stand up and walk, act, nourish yourself, create, animate yourself, live but keep your conscience, your listening in, your look upon this state of being, of might, that you bear and that our father gives us at each instant in each one of our steps, of our gestures; this sovereignty, this capacity of governing ourselves. And the one who thus lives is a son, a daughter, a life, a flower of his creation.

And all and each one, we confirm, by our presences, the effect of the entirety of all the created universes in one place that, at your look, seems restrained but that, in fact, in his light, is on the diapason of the ensemble of the ensembles. A responsible person is conscious of the immensity of his greatness; of the one of his creator, he hears it in his temple, he lives it in his dwelling and, by his look, communicates this light, this peace, this intel-

ligence of things; and, by his gesture, appeases, nourishes, heals, loves.

To live, whatever might be our step, our place of expression, our present time, is to be sovereign upon our lives, upon our life. And, in this state of sovereignty, of might, then we confirm, by our presence, the superior state of the life; this state where no person, no life, arrogates some rights, some lands, some goods that belong to the ensemble. Everything you bear in yourself, everything you produce, everything you create, is your part to the universal granary. All and each one we contribute to this abundance, to this peace.

And, in this state of being, our consciences then awaken to a measure that remains incommensurable to our understanding and what you can count, calculate, enumerate, is, in fact, only your narrow look that you have upon the life, upon the others, upon yourself. The one who thus sees the realities does not feel, of course, menaced anymore and the one who feels in the doubt, in the terror, in the menace, sows, in the look of the others, the doubt, the fear.

We are all there, each one, amongst all, to confirm this might, this glory, and, above all, to give back, to each one and to all, this sovereign might of governing oneself and not to be afflicted by some dictation that came from forgotten time upon dissipated populations. Each life, each expression takes to its full blossoming in this state of being and, in this place, then life, man, woman, any expression, finds again its true identity, its paradise, its peace, its grace. And, in this state of being, in this light, all serve themselves, all are abundance; nobody is slave to whomever, of whatever.

And these lives then find again their essence, their freedom, their wings all creative, their golden hearts:

these suns that, upon all, regenerate and chase the shadow.

In this place you are, man, woman, child, it is up to you to remain there. Amen. Thank you.

Extract of the Tome IX - CENT.NOM his Teaching, His glory - Chapter 29.

THE MIRACLE OF THE LIBERATION

AV. Father, my Creator, my God, in this instant, in this present, at the core of my life, of our lives, we awaken, we blossom and we take footing in your glory, Father. Blessed be your grace, Father, upon your humanity; nations, families and upon each child who rises his look in his heart, to your presence. Amen.

CENT.NOM ::

The one who is life, who is joy, who is all of light, who is thankfulness, has the possibility, every day, to get rid of his habits, of his shackles, of his thoughts, of his ways of doing. For the majority, the condition, the configuration, the body, the thoughts are rigid and keep each life in their limits and, with the time, compel these very lives to a constant loss of power. Because what remains fixed to your look, to your sentiments, to your way of doing, is not the power that you bear, the essence, this very life, joyful, all of light.

A wise one has as a daily gesture, from rising up, to elevate himself by his joy, by his breath, at the summit of his limits. And, in this way of being, his image, his unity, what he is as man, woman, child, tears itself as shagreen, as shackles, to let pass this supreme energy that he bears in himself, in herself. And this energy has the might of expanding the dwelling as the bread during its rising up. This dwelling, under this effect of the joy, of the

thankfulness, of the light, takes the rest of the day to reset itself in its shape, in its mould and even in its rigidity.

This wise one, each day, by the effect of his might and of his joy, knows, encounters the very overflowing of his might. And, during the day, he gathers, in his gestures, in his doing, in his relations with the life and the others, he gathers the effect of his might, of his source and of his divine self, of his god which is in him. And, as the day goes by, his temple sets down, stabilizes itself, in this form of origin, in this perfect image.

But, because our wise one has known, on rising up, to let his source split up, break his temple, his thoughts, his gestures, then, when our wise one at bedtime, he integrates once more in his image that has not suffered the fate of his own reduction, of his seclusion, of his loss of power, of his limits and even of his sufferings. The first conscious breath is the one that enlightens, that bears, that sustains, that nourishes all our next breaths that we draw along the day, along the years and along our lifetime.

The Father has left, upon his lives, this might, in an instant, in a conscious, luminous breath, to find again the essence of origin - the might, the fire as lava that uplifts granite, mountain, the forests, the sources - and during the day, this one, in your temple, cools down by having confided in you its whole ardour, its whole force, its might. And, by this fact, man, woman, child, this energy that you so much seek, this well-being which you dream to bear; this abundance of the whole horizon is there for you, in this becoming aware in your first breath.

The wise one recognizes this breath, because, when he takes it consciously by abandoning himself totally, he allows to the energy that is in him to crack him, to break him and to tear him. And, in this action, your thoughts, your gestures; your old state of being dissipates itself,

disappears. And, in this place, nothing of what you know, of what you have kept in memory, is anymore. Because, in this first conscious breath, there where you have let yourself be remodelled, everything in you has been torn, because the old image, the old dwelling, has been lifted up by his might, his force, his love. And, in this state of being, the matter then takes to life again, the body takes to source, the thought renews itself, the intelligence rekindles itself as sun.

And, on the return, to the next breath, the man, the wise one, finds again this purity, this innocence and, above all, this infinite might of the very unknown that is there, in him, and that will go to seek, during his gestures, to express itself under other robes, other appearances, other creations. And, only in this gesture, in this action, the very life remains eternal.

In these states of being, the death, the end of our own experiences, cannot take footing. And, in this state of being, our wise one learns, each day, to prepare himself for his ultimate state of his own liberation. Because, each day, in this breath that you take in your conscience, by abandoning yourself to greater than you, you live, in this space, **the miracle of the liberation**.

And our wise one, our man, this life going forwards, under this effect, frequents, throughout his life, his eternal youth, his joy and also the glory of all the powers that have been offered to him and deposited in his dwelling and in his conscience and in his thoughts. Our being - this life, this image, this reflection of the almighty - knows the almightiness of the living, of the freedom, of the joy of playing, of creating.

And, in this place, our man acquires nothing because, each day, his whole empire will be reduced to ashes. And, from this ash, from this lava, from this fire all liquid, his

new breath then expresses itself, articulates itself and gives intelligence, follow up, to what he is and to what god has deposited in him.

When you will hear your dwelling split itself up, break itself, collapse, and that you will see rise up, in you, this might beyond your conscience, beyond your thoughts, your intelligence, then you will follow this uprising, this ardour. And, in this observation without word, in the rest of this might, you will have the tools, the strength, the imagination of recreating your day, to recreate your own being. Because your "I Am", your divine self, does not know the seclusion of the habit, of the image; it is joy, it is abundance, and, from one instant to another, expresses itself, multiplies itself, shapes itself in millions of expressions.

Young wise one, halt yourself and, whatever might be the hour of your day, the hour of your awakening— the one of this engagement of might in your dwelling, inside this breath that you will take—let his almightiness, his fire, fill you up, destroy you, carry you, emancipate you. And, when this might lies down again, you will find again your eyes, your conscience, your intelligence and you will be able to work in this fertile garden where everything that you will take as gestures and words will be this abundance all blossoming of the life, whatever might be the domains that you will embrace. Amen. Thank you.

Extract of the Tome IX - CENT.NOM his Teaching, His glory - Chapter 31.

TO ABANDON OUR PEDESTAL

AV. Father, my Creator, my God, we are here, all gathered together, under your light. And, in this instant, the ascension at the depths of our hearts is granted; taken, and we are all this space where your intention is making itself be heard, is entirely active upon our dwellings, upon each one of us, each one of our lives. Blessed be, Father, your presence, in this instant, upon our dwellings. Amen.

CENT.NOM ::

The state of joy, the state of grace, the state of the well-Being, is accessible without us having the need to make any effort, because the effort retains us, keeps us prisoner of this belief in our reality. The liberation may be done without knowing the effort of the ascent. Because each life, each one amongst us has been deposited in his personal space, in his allotted time, in the very interior of his own life.

And each one of his lives, each being, each one amongst us is at the very heart of this space. And, from this place, the spirit that animates us, his light, his might, his joy, his life, is heard as soon as we grant ourselves **to abandon our pedestal**, as soon as we free ourselves from what we believe to be, from what we believe to live and from what we believe even to create. Because our perceptions, often, falsify the order about what we are in essence, in energy, in light, in life.

Each life has received, from his inscription, a universe and this one is part even of what we sustain, hear and of what we may discover by the path of the freedom, of the essence, of the elevation such as bird. In our habits is inscribed the effort as the outcome of all our fruits, our glories, our successes.

The true glory of our father is heard upon all the other paths, except the one of the effort. The intention, the pursuit, the bearing of this talisman, of the state of being, of joy, precipitate us at the mercy of the breath in all places of our own space. And, in this elevation, everything that is there since always, for us all, comes to us, discovers itself, deploys itself. And, in this same freedom, same joy, everything we live in this supreme state of being is a dazzlement in which we can see, live and welcome all the beauties of the life.

And, in this place, the celestial knows the terrestrial and the terrestrial shines from its celestial. In this place, each man, woman, child, life, may gather, in his own paradise, what he likes, what he respects, and will bear it without grasp as inspiration to his own elevation. And, in this place, we find again, for our lives, our daily life, our tools of expression, our perfect gestures, the saying that deploys itself beautifully.

And what you bear there, in you, by you, from you, then enlightens the hearts, the lives, liberates them. And, under this effect, what yourself you have discovered, by your elevation, your abandonment, in your own universe, will allow, to the others, the hope, the strength to live, the pursuit of the path. And, in this effect, under this effect, you will hear, in your whole being, this vibration all luminous that, upon you and your whole entourage, will propagate itself and that will allow you not to fall in the ignorance, the oblivion, the fear, the loss of joy, of hope.

What is in front of you, in your daily life, is there to serve you, to sustain you, but, so that you might appreciate your entourage, these servants, these friends, these enemies, you must, in your heart, recognize the greatest one in everything that is around you and in you and this one, you can discover it only when you abandon yourself and you take your elevation in becoming aware and, often, we take it not through the crown but, as what seems to us all, by the path of the senses, there where we do not have the habit of seeking the almighty, the peace, the joy.

And, in this way of doing, we do not call upon the effort because, if you put effort, you exhaust yourself, by the path of your beliefs, you lose force and you believe to work and, afterwards, you have the impression to exhaust yourself, to tire yourself. And, if you are wise, you will go take rest and, often, in this rest, the wise one takes his enlightenment, without effort, because he has abandoned the tool of his habits, of his thoughts, of his ways of doing.

Whatever might be your place, your hour, your time of experience, leave your pedestal and go and walk in the life rather than to pretend and to succumb to all kinds of attraction, of pleasure, that mobilize you, that chain you and that keep you there, prisoner of what you believe to hold, and to control.

Each life must, of course, be anchored, but this anchorage is mightier when this very life hears it in this elevation, in his elevation of his spirit, of the thought, of his very joy, of this liberated body.

In this state of being, then we all accede to our father, creator, god: the one who, in our lives, is what, by him, offers to us, gives us and carries us inside his hand, of his intentions, by giving himself as support, as space, as time, so that we might know the true joy of what our father,

creator, has deposited in us and allows us, in our experience, to go back again to the very revelation of our birth.

The man, the woman and those who will act in this sense will be able to conquer all the places, all the times, all the spaces, all the lights and different energies that the father opens for us according to our capacity of abandoning ourselves, to liberate ourselves. Because the Father, when He gives life to all his lives, He has given them, to all, this might to move about, to travel and, above all, to be in full possession of our talents at the very heart of his movement, in this becoming conscious.

Then the life sheaves itself and covers the immensity of our being and, in this place, the divine self that animates us takes its place, takes its joy, takes its whole amplitude and fills up the domes; the hearts, the domains of our knowledge, of our acquirements, of our creativity.

And any other domain on which we have not yet deposited our look, our gesture, for a very good reason, by lack of consciousness. Because the very intention of our father has not been able to settle in our dwelling. And, without his intention, what we believe to be is but very little to what is. Amen. Thank you.

Extract of the Tome IX - CENT.NOM his Teaching, His glory - Chapter 32.

THE HOLY SEE OF YOUR POWERS

AV. Father, my God, my Creator, inside your breath, I elevate myself, we elevate ourselves, entering in the peace of your silence. In your light, we are all here, present, unified, heard, borne, healed of all our aches, of our disorders. Blessed be, Father, your action, your intention, your sight upon our dwellings. Amen.

CENT.NOM ::

This enlightenment, upon our dwellings, this living conscience, in action, keep each life, each being, in the very interior of his own might. Because, man, woman, child and life, you are there to bear, to hold and to be the support to all those that serve you in your inner self, in your body, in your temple. The one who is conscious is the watch dog on his misfortunes, pains, attacks, that each one of us can live, receive, conceive, create.

When the whole is in equilibrium in our dwellings, no life can notice the good functioning of all the inner and outer systems to our presence. In state of equilibrium, in state of health, of well-being, of joy, our being, our incarnation, our expression, then knows its freedom, its elevation, its joys to create the abundance.

At the least disequilibrium, the very abundance has to struggle to execute itself and to bear the fruits of our creativity, of our desires and of our intentions. In the ignorance, we go through the years taking everything for granted and, whatever might be our caprices, we all

expect, whatever might be the level of our responsibilities, to receive the beneficial effects, the nectar, the delights, that we expect to receive by right, established privileges.

The father has installed, in each one of our dwellings, this capacity of bringing the fruit, the fluids, the oxygens, the different nourishments, to keep us always in perfect state of functioning, in an equilibrium that expresses itself by the health of the body, of the spirit and of the intelligences. When the pain merges, when the things do not seem to answer to our demands anymore, then we must halt and understand that, if disorder there is, it is because the master of these places, the master of each dwelling, the responsible one, you, young life, old life, you were not always there and, often never there.

The one who is conscious, who remains awakened, knows that the father has bequeathed to him this responsibility to be the tree, the branches, the leaves, in the bearing of its flowers, of its fruits, of its birds, of its lives. In the exhaustion, in the sickness, in the suffering, man, woman, child, life, take your breath, get up and become again this architecture, this structure, that carries the whole so much so that nothing anymore is a strain upon this body, upon this conscience, upon our thoughts, upon our actions - and a conscious being is responsible. And, if you hear in your dwelling some disorder, go, in the instant, to support, to help, this part that you hear and that, till then, has always made itself discreet.

Man, woman, child, whatever might be your state of being, keep watch, even if everything is perfect in your understanding, in your thoughts, in your body. And, if it is the case, go, in your bearing, to visit each sector of your dwelling; and, in this habituation, the years, upon your experience, will flow forth as the seasons and you will see, at each one of them, flourish your expression.

And if, after a certain time, in your walk, you feel the fatigue, the exhaustion, the rest that has no more effect, then lower your look, take your breath at the depths of yourself and readjust yourself in your whole persona. In this place, in this space, in, under this light, what could be creased deploys itself as a flower in the Spring, what could have been hurt then heals and recreates its protections, its shield.

And when this unity of defence places itself, then your inner garden may resume its eternal flowering, there where, everything, by miracle, deploys itself in ourselves, in front of us, under our look, in our conscience and, above all, in these spaces and places where you are not accustomed to journey.

Our temple, for its right functioning, has some openings, some doors, some windows, but, in the rest of its integrity, there is no fissure, no degradation, degeneration of this envelope that covers each fragment of your inner gardens. And, when this envelope recovers its integrity, then each cell, each chamber, each organ, each garden recovers its equilibrium, its right functioning.

But, young wise one, if you have not become conscious of your responsibilities regarding what you must, as master, fill, as duty, to support, to bear, to elevate, each

expression inscribed in your dwelling, each element, cell, motor of your dwelling, then the time might affect the very integrity of our identity, of our persona. And these rules apply in your place, all the places, places of multiple materiality, even of your lights.

In the breath, each life prospers. In the conscience, by this breath, each life takes force, equilibrium, might and is, whatever might be the conditions, an unassailable fortress. The highest places, through the times, that have

collapsed have always suffered this effect by the very absence of the master of the places, of the responsible one, of you, man, woman, child. When the things go easily, it is certain that the majority of your constituents seems to live and in the right order. But, when the man passes through some desert, some austerities, some difficulty, then this life learns, understands, seizes and elevates itself in its might, to the access of the bearing.

The Father carries all his lives, creatures, and He has conferred, to each one of his lives, creatures, this might, this responsibility, this sight of the very bearing of the life; of the life that has been deposited in you, young wise one. And the one who suffers and who falls down knows that if he listens to his pain, his inability and that if he looks at these facts thus realise themselves in his dwelling, then he understands, without taking too much time, that if he does not intervene, the life; his life then dies out.

Man, woman, child and life, what the father has given you is and remains the greatest gift. That in this place, you learn, you experiment and, above all, you discover, in yourself, by yourself, from you, the very might of the creator. Our father, in his creativity, in his love, has, to all, conferred to us this right to engender with the same might, tools, powers, visions, creations and imagination, the same powers that the Father has given to his lives, to his children, boys or girls, of any expression.

The father, by love, gives to each one of his lives, his entirety. And it is up to us all, to each one, to discover these summits, these glories, these capacities, these sciences, that, in the expression of the common ones, express themselves under the appearance of talents, of sciences, of discoveries. But, when all is said and done, what the Father, our father, desires at the depths of his intention, it is that each life that He has created might

hear him in what he is in essence, in might, in light, in intention, in love and, also, remains in the harmony of all his equilibriums. Under this effect, this enlightenment of your conscience, then you will be able to appreciate this perspective of joy, of health, of love, of light, of might, because we are all thus created.

Whatever might be the robe that you wear, man, woman, child and life, creature, creation, our inexorable walk is in the very discovery of these states of facts and the god, father, creator, will come out even of your conceptions because, in your development, you will attain and you will be seated in **the holy see of your powers** and you will have sight and effect, might, healing, harmony, and the god that you expect then will be in you, by you and from you.

In this place, our creator, our supreme might, journeys, through his creations, creatures, and, by our presence, returns in his own dwelling because you are there, you, upon this path of light. Amen. Thank you, three times thank you.

Extract of the Tome IX - CENT.NOM his Teaching, His glory - Chapter 33.

THIS LEAP IN HIS OCEAN OF ENERGY

AV. Father, my Creator, my God, in this instant, we are gathered together under the enlightenment of our consciences, of your light, of your love, of your energy and of your life, Father. Blessed be these privileged instants where the man, the mankind, your lives gather together and, in one sole heart, elevate themselves, Father. Blessed be your action, Father, in each one of our dwellings. Amen.

CENT.NOM ::

The one who is conscious has look upon his dwelling and may hear all the rustlings that rise up. Under the look of his conscience, the man, the woman, this life, then lives the very energy that his creator has deposited in him, in her, in us all.

Young wise one, sit down, open the look of your conscience; the supreme eye and, in this place, in this space, you will be able to live his might, your own might. And, in this place, the one who is conscious lets the might of his father, of the life, have gain upon our own might. Because, in our dwellings, our thoughts, our pursuits, our worries, our projects and what we are, interfere and as peak in heavens stands straight in the light.

Young wise one, young life, whatever might be your step, your passage, your experience, let what you bear enlighten itself, to agree with the energy of the father, creator, god, that is in ourselves. Only this energy, the one

of our creator, has the might to appease us, to make us hear the peace and the silence and to calm, to make appease our preoccupations. Then, our thoughts die down to find again their soundness, their truth, their exactness, their might in this basin of life, of energy, of love. And the young wise one, conscious, of this power, has this might to rely on the superior force that animates him.

Young wise one, if you can abandon yourself and yield in this place, everything you bear, everything you are, everything you think, will return in this ocean of light there where any opposition that animates you, that inhabits you, that pursues you, fades away, unifies itself and recovers his might.

Young wise one, man, woman, whatever might be your situation, your stage; the manifestation of your expression, the level of your experience, the epoch of your ages - in this conscious gesture, you cast off your inflexibilities, your harnesses, and, in these very crossroads of our life, then we heal from all our pains, whatever they might be.

Because our sufferings, according to the time, according to our conscience, our time of existence, our chosen experience, in those circumstances, everything that holds on tight, clings to, adheres, elaborates; builds a prison upon ourselves. These shackles of thoughts, these irons in our actions, in what we believe to be or what we believe to live, in these circumstances, in this time and in this experience, are not, in any case, our truth and still less our horizon, our path.

Because our creator, father, god, has made, of each one of his lives, a reservoir, a fruit full of his might, of his force, of his creativity. And this luminous might, under the sun of the love, under the sun of his energy, have the

might of laying down everything in ourselves; our thoughts, our beliefs, our securities. The one who is conscious and who takes this step, **this leap in his ocean of energy**, because what you are, young life, is, in fact, in the eyes of the whole creation, of the universes of our creator, but energy.

If you suffer, if the conditions do not go as you wish it, do not go fast enough, get you impatient, remember then that you are in the illusion, the belief of what you have forged through your experiences, your emotions, your visions, what you have gathered or not, this sum of information alters our intelligence, alters our heart, our passion, our light.

And, with the time, we lean over, whatever might be our level of expression, of light, of knowledge, whatever might be the level of our wisdom. Our own irons keep us prisoners, rooted on the spot, chained up and we thus lose our freedom, that is, the power to act, the power to love, the power to heal, the power to shine.

Remember, young wise one, that you are, in fact, but an energy that expresses itself and that makes itself be heard in what you create, materialise; what you bear, deliver; what you take, steal; what you live in the joy, in the pain. Remember, in each instant of your life, of your breaths, whatever might be your physical, spiritual, mental, intellectual appearance, these appearances have nothing to do with this might, this energy, that does not know the alteration, the exhaustion, and never runs dry. *(This energy is delivered and arrives sequentially via the photons.)*

Because what you are, since always, does not exhaust itself, does not collapse. This eternal sun deposited in your temple is his might, his intention, his sight, his projects, to our creator, upon our dwellings. Each instant,

each day, each encounter, each gesture, word, draw them in this pure energy, in this light, in this ardent sun, in this furnace, that, according to the time, the place, the action, the intention, our creativity, will change your perception but will support you, at each one of your breaths, of your steps, of your gestures.

And, in this conscience, young wise one, you will not know the exhaustion, the sadness, the suffering, the pain. And, in this place, what you will bear, in each one of your actions, thoughts, even in your attitudes, will be but the effect, the might, the generosity of the life that is in you and that pushes your doors to flourish beyond what you have been able to suspect, project. And, in fact, in this way of being and of living, you will not know the failure, not the suffering, not the deception, because in this breath, you will be placed there where the father, our creator, god, has deposited us all, in the very heart of his might.

Young wise one, whatever might be your directives that animate you, whatever might be the world goods, the knowledge, the acquirement, that you have, it is from there where you enter and draw up in yourself. Then you will be able to live, to live yourself and to hear the multitude of breaths, of might, of lights, of colours, of intentions, of creativities, where our gesture, to our eyes, goes away, where our word, to our comprehension, erases itself. But, in this source, in this energy, you will not be worried where your gestures go if they bear fruits.

Because the one who lives in his energy, in his might, in this superior breath, does not know the worry, because anything you will undertake will be sustained by this very energy, this enlightened intelligence, all of light. And what you will have undertaken will continue to flourish farther away than your look can follow, than your ears

can hear. In this place, everything that we manifest, realise, create, flies away as birds in multitude upon all the horizons of our experience. And, when we live in this energy, the one of our creator, of ourselves, of our heart, of our thoughts, of our intentions, the abundance, at each instant, multiplies itself and covers the entirety of our exterior, interior horizons.

And, of course, young wise one, when you will see this life flourish from all the nooks of your personality, of your being, then the time, upon you, will have no more hold and these frantic runs towards some ambition will not be anymore. In this state of being, our capacities then open themselves and, during our journey, the smile settles in our dwelling, the peace, the silence, takes footing, our looks shine and our hearts invade all the fields, all the horizons of our expression.

You are source, you are energy, and, arisen by this grand principle, what you will have believed, for some instant, to elaborate erases itself still faster than a flight of birds. And thus it is that each created life enters in its own breath, its own peace and, above all, in its vastness, in its full grandeur, in its own lights.

Young wise one, in your daily life, remember that as long as you will be able to hear rise and lie down your breath, your lights, your powers, your energy, your multiple capacities, then you are still there, in this school of life, of experience, to demonstrate always what is the greatest that passes in you, that inhabits in you, that sustains you, that nourishes you, that bears you.

Under this sight, in this opened conscience, enlightened, then we know no more the limits such as learnt, transferred in all places, in any time, in each family. Each life is sovereign and has in itself everything it has to love, to encounter, to discover. And, in this sight, in this state of

being, our own conquest remains, upon the ensembles, some jewels where the excellence of each one makes rise, elevate, family, nation, humanity and other families. And, in this might, then we can, all and each one, accede to always greater because we do not measure, either by desire, either by ambition, either by will, or in any other way, the expression of our manifestation.

Man, woman, child, what you will create by your word, by your wisdom, by your peace, your well-being, will be beyond your capacities, even of appreciation. Because, in this place, the measure has died down, the will has followed and the desires have felt silent. The breath that you take is, of course, in the rising of your might, of your energy, in this ocean where the father has deposited himself, in your dwelling where the creator, in your projects, enlightens you and where our god sees what none of us can either see or understand, but, in his intention, transfers upon us his joy.

Because what poured forth through our dwellings remains this fact, this joy of being, of experimenting, of discovering, of loving, of shining and, above all, of bearing this vigour, this health, this force, this energy, that never exhausts itself. It is in you, young wise one, whatever might be the step where you happen to be, whatever might be the experience that you live, whatever might be your learning.

And the father, in his intention, whispers to us, calls upon us and invites us, at our own turn, in his abode; and this dwelling, each one amongst us, and you young wise one, you bear it, you are this dwelling, you are this force and this energy. In this sense, no life that our Creator, Father, God, has created, exhausts itself, erases itself, dies out, because his energy, his might, his will, his purposes, his projects, at any time, whatever might be the worlds

that we pass through, remain always perfect: ride this beautiful mount.

This energy that is in yourself, and what you will discover, will fill you up, will appease you, will enlighten you, and you will be able then to enter in this land of peace and of love, of abundance where everything is harmony and where our constraints, our learning; our way of seeing is no more at stake upon what we are whatever might be the time, the place, the space of our manifestation. Amen.

In your breath, find again your might. This energy, this life, this fire, what you are, who you are, resides in this very might. And this one, since your first day, has never lessened. Consciously, go with what your look, your heart and your being, allows you to welcome. This might; the one that maintains this spark of life; the one that erects our dwellings, the one that enlightens our intelligence, the one that quietens down our word and that renders our gesture as melody. Because, from this gesture, your intention will be able to flourish if it is and if it comes from this energy, from this ocean of might that is in you.

In this place, our father, creator, god, rests, sustains us, enlightens us, bears us and allows, to each one of us, to know the prosperity of our joys, because this one dresses under many bodies. In this place, young wise one, you will listen to his might, his enlightenment and, of course, you will have ceased to listen to yourself, because whatever might be our acquirements, our experience and our knowledge, what one tells to oneself, is lean, often acid, and does not feed us and does not confer to us the right to the joy, to the healing, to the creativity.

Young wise one, when you will hear yourself speaking, ask your mouth to close itself to your perceptions, conceptions; to disappear. And, in this breath, in your own might, then you will be able to hear, to hear yourself prosper. And, in this place, we are all some children in garden all of light where the beauties, the harmonics prosper also under this same breath; the one that you take now consciously.

Young wise one, in your breath, elevate the whole universe and, in your expiration, you deposit it and give it rest. And your sight can, in the instant, make merge any abundance and, also in the same instant, destroy it all. What you live, young man, woman, child, is settled, most of the time, on our own diapasons. Amen and three times thank you. Thank you.

Extract of the Tome IX - CENT.NOM his Teaching, His glory - Chapter 34.

THE GARDENS OF HIS GLORY

AV. Father, my Creator, my God, in this time of halting, in this time of light, we gather ourselves, Father, and, in the unity of our dwellings, upon dwellings, expand themselves, take body and might. And, in this place, our present time, under your fires, becomes glorious, luminous, joyous, creative.

Blessed be, Father, this time of grace that You grant us, there where each one amongst us, whatever might be his location, awakens to your life, to your might and to the beneficial effects that deposit themselves in our dwellings. Amen.

CENT.NOM ::

Young wise one, young life, let yourself be borne, elevated, by this beautiful bird all of light, all of gold enlightened, carry you. And, whatever might be your step, young wise one, whatever might be your condition, your age, your preoccupations, your joys, your pains, if you do halting, might it be but one instant, there opens in front of you, this space of freedom, of light, there where you may enter straight forward into his creation, in his life, in your joy, creativity.

And, in this place, no constraint, because the one who lets himself be elevated, carried away by this beautiful bird; this holy spirit, that, in each one of our dwellings, is there to, from one instant to another, bring us and make

us do journeys that we cannot either hope for, wish for and even imagine.

This almighty light has, upon our lives, the might to make us appreciate our genuine dwelling, there where since always, forever, nothing is erased, everything is there. And, young wise one, in this place where your feet go, upon this beautiful bird in full conscience if you abandon yourself and you let yourself be elevated in your own joy, then you will be able to sail and discover yourself.

And, according to the places, the times, the memories and also according to what there is to merge in your dwelling, will come, in you, upon you, and will reveal itself as a form of liberty, there where each life, that has access in this place, does not know anymore any closed door, any frontier. Because, in each life, in its immensity, in its perfection, in its development, in its intelligence, in its experience, reveals itself to you and upon you.

And, in this place, the doubts, the fears, the sufferings, the condition that you have known to so well cultivate and these same conditions to which you cling, then disperse themselves to make room to this field of energy, of light, of love, where our creativity, our well-being, our healings are there, proposed as some games.

And, in this place, whatever might be our experience, whatever might be the real-life experience, the accumulation of the years, in this place, we are all some children, joyous, happy, full of joy, of energy, and we leap from one state of conscience to another, in these discoveries, of these revelations, of these joys.

And, in this place, young wise one, man, woman, child, what you will discover, what you will learn, will surprise you, will astonish you. But, in this same place, the childhood of the joy that rises up in you will allow

you to appreciate, to see, to taste, to touch, to understand what you have not been able, till then, to seize by and in your own experience, by your intelligence, and even by your ambitions.

Because, in this place, at the very core of his life, of his lights, we are, if we do this halt, might it be but one instant, we are, under this sight, in this light, really elevated and, even if your feet remain in your soil, we are, you are, you are borne, there where your own hope has never been able to find any answer.

This state of innocence, of joy, of abandonment, of freedom, in this elevation, brings us and allows us, to each one and to all, according to our availability of heart, of intention and of being, to know **the gardens of his glory**, there where everything is possible. And, only in this place, then we can learn, heal, grow, nourish ourselves and even, develop ourselves.

In this place, the apprenticeship is not a burden, a work, a doing, but is a joy because what comes to us rises up in ourselves, in front of us. And, in this place, our intelligence, our past acquirements dance. Because, in this place, each just gesture, precise or imprecise, skilful or clumsy, always reveals itself perfect.

Because, in this place, man, woman, child, what you bear since always and what, in you, vibrates brings then resonance upon the ensemble of your pursuits. Because, man, woman, child, what you are, in this instant of your life, is, of course, the continuation in expansion of this creativity, of this joy, that the Father sustains, propagates upon his whole creation. And, in this only place, you will be able to discover, learn without taking or stealing.

And, when you will have seized the very essence of this action, you will know that to discover you cannot appropriate yourself of any learning, of any technique,

because at the moment when you seize any kind of intelligence, of beauty, you have just come out of the garden of his glory, there where you will return in your solitude, in your suffering, in this space where we feel weak, reduced, where we seek our capacities; our ease.

Because, all, in our hearts, in our manifestation, we seek this freedom, this joy, there where no frontier is heard on our dwellings, our thoughts, our visions. Because the one who is transported, and the whole creation is transported; displaced in any place, because, according to what you will have to learn, what you will have to create, to manifest, his glory, his lights will deposit you there where you will need to find again what you pursue, what you have known, what you have forgotten.

In this sense, each one of us, each life, each creature, appreciates his eternity, appreciates this place; this space where the time does not open itself, does not close itself up, but is always in this expansion. And, in this place, in the garden of his glory, our consciences illuminate themselves, touch themselves, merge themselves, elevate themselves and resound as a gong upon his whole creation. And, in our dwellings, we are uplifted by his might.

And, in this place, man, woman, child, discoverer, creator, you will discover and will know the effervescence, the essence and the whole might of what has never ever, gotten extinct since always. Because the beginning and the end of our realities are but

appearances and, upon each one of us, seem to mark our steps, our gestures and even our intentions.

The one who by chance is carried in this experience will do prayer to return, from time to time, in this light, in this garden of his glory, to remember, on his return, this

easiness, of any action that you can bear, there, in yourself, in your life, in your gesture and under different looks that you will take upon this life that is granted to you.

It is a blessing to be able, during the time of our passage, to appreciate this extension of our souls, of our experiences, of our joys. Because, in this place, dullness, sufferings and limits do not belong to the garden of his glory. Amen.

AV. I thank you to accompany me. Thank you.

Extract of the Tome IX - CENT.NOM his Teaching, His glory - Chapter 35.

BY THIS PASSAGE WE ALL BECOME

THE HANDS OF THE POTTER

AV. Father, my Creator, my God, in this given time, grouped, gathered together, united, blessed, our looks open, our luminous intentions rise up, our discourses die out and, in the peace, in the eternity, in your love, Father, we are there, giving thanks to your presence. Amen.

CENT.NOM ::

The time of light, in its essence, where we are all life, energy, nourishment, abundance, love, the essence of our creator, in our dwellings, has the same effect, might, than the sap in the tree, in the tree of life. Under this effect, each life, each ensemble, group, nation, individual and you, participant to this movement, you receive this peace, this rebirth. And, if you cling to this essential, remain faithful to this essence, that passes in you, that makes, of you, this honey, then, you will see emerge, in you, the effect of your Spring.

In this place, the acquirements do not encumber us, do not slow either our gesture or our step, and allow to each one amongst us to be dazzled by this life, this movement, this light, this joy, that is there for us all. And, in this place; in this time of thankfulness, our universe opens itself, extends itself, stabilizes itself, takes footing, expansion.

And, in this place; in this experience, on our consciences, on our intelligence, on our body, then, his life propagates itself, is heard, establishes itself and, in our comprehension, is no more passing through because, for the one who does not bear this heart; this basis, this sight, this one has the impression that everything is passing through, everything is ephemeral. And this impression inscribes the fear, the doubt, the abandonment, there where the unknown, upon us, shakes our state of being, our state of joy.

This security, this confidence, that, upon our dwellings, marks the alliance, the link between the one; the unity, and the whole; the ensembles. The creation, the times, the eternities, man, if you become conscious of this state of being, in one only breath, you will rekindle yourself without consuming yourself, you will flourish and your expansion, in your dwelling, will reveal to you all the beauties of this garden of life.

In this real-life experience, even our internal and exterior disorders take their place; their order and do not disturb us. Because, in the universe of his life, everything is present and, upon our consciences, our sight does not pass judgement, does not classify, but lets the superior order make itself be heard, upon our dwelling, this time of light, of peace, of love: this place where the infinite puts down our distinctions, our limits, our beliefs, our learnings. Because the infinite, when it starts to deploy itself in dwelling, appeases, fills up and allows, to each one of his lives, to elevate his own chant to the very glory that inhabits us.

Man, woman, child and other expression of his life, only in this place, you will be able to appreciate what the creator, your father, your god, our father, our god, creator, has shared with us, delivered, and we will be able

to appreciate his expression, his presence, his effects, his enlightenment, upon all our planes of apprehension, of comprehension, of acceptation.

In this place; in this time of grace, man, woman, child and life, there is your celestial, there is your journey. And, in your experience, there, you will have to bear, in yourself, upon all, this path of light, of bliss, of joy, and you will keep, in yourself, the effect of his infinite and, upon each one and any person that you will encounter, bequeath this infinite at the very heart of the heart of each one and of all.

And, if you take this gesture, if you take this look, if you are, then, by the effect of resonance; your father, creator, god, will be able to inhabit you, fill you up, give himself to you, to all those that you will encounter. And, in this time of your own life, you will know then all the abundances, all the joys, the glories, the harmonies; there where this carillon of light, in your heart, will allow you to be this infinite, this grace, this confidence, this continuity.

And, in your experience, man, woman, child, you will not encounter anymore, never ever, any precipice, any death, any extinction, any end, any loss. Because the one who bears, in his heart, the effect of his father, in the understanding of his infinite, deploys himself in any place, in any time. And, under multiple suns, man, woman, child, the grain, the seed that you bear, does not limit itself to your little garden.

Blessed be his life, his effect, and that, by this understanding, rallies us, gathers us in one only community, in one only universe, whatever might be the origins, the times and the junctions. And the experience and the intelligence of these lights that, in their journey, have known to keep this might of this seed, of this grain,

of this infinite that deploys itself, constantly, upon us all, in any universe and place and time. Because, in this infinite is settled the breath of our creator, father, god. In this breath, the beginning does not know any halt, any end, because it is this continuity, this support, this bearing might.

We receive the life to experiment, to find again this joy of the discovery where each one of our doors and windows of our dwellings rattle with joy. Because, in this conscience, we experiment the effect of his presence, of his intention, of his love, and in other place, beyond the experience, the perfection of our states of being does not allow us to engender this joy. Because, only through the experience, we can find again, discover what we have mislaid by the very effect of our little memories.

To receive life, under whichever appearance; to experiment, to discover, to learn and in the least understand, has allowed, to the father, to make us know one part of his elation, of his joy, of his love, of his attention, upon us all. Because, in the pure light, nobody sees, and, in the pure symphony, no one hears and in his pure life, no one is impregnated, impressed. And nobody can vibrate under the wind of his spirit, of his presence.

Blessed be this grace of understanding, of welcoming, of receiving this grace, his love, his lights, by taking and accepting this very risk to enter in his life under diversified, materialized forms and through some bricks of the matter; there where the spirit, his spirit, our spirits, takes consistence and there where our gesture has effect and there where our word, his word, builds, transforms, creates. **By this passage we all become the hands of the potter.** Amen. Thank you.

Extract of the Tome IX - CENT.NOM his Teaching, his Glory - Chapter 36.

IN THIS PLACE WHERE THE TIME IS NOT INSCRIBED

AV. Father, my Creator, my God, **in this place where time is not inscribed**, in this place; meeting place, we gather ourselves together. And your might, Father, rallies us, gathers us together, carries us, unites us.

Blessed be your action, Father, in our lives, in our time of passage, in our time of flourishing, of blossoming, of grace.

Blessed be this action all of light that, in our dwellings, illuminates us, quenches our thirst, heals us and keeps us all in this passion: the passion of living. Amen.

CENT.NOM ::

Man, woman, child, in your time of experience, of life, of apprenticeship, remember that all your needs will have answer. Because, around each life, the father has deposited his lands of light, his lands of love, of knowledge, of creativity. And, the child of heart, in his men and his women and children, knows that by his intention, he can gather, absorb this energy, this might. Because the intention is as the hands and can seize the fruit of their pursuit.

And our humanity, our families and we even can, at each instant, be nourished, enlightened, sustained by this light, invisible to those who do not listen in, to those who have no insight, to those who do not have access to this

celestial plane that is there, in yourself, around you and that accompanies you all along your journey.

The prayer is a luminous action, but the one who prays must, by his intention, by his actions, his gestures, his words, must gather what he needs to comfort him, to instruct him, to appease him and to make him hear peace. The one who is awakened does not bear worry, because he knows that during his journey, his passage, his life, he can, in the instant, seize this celestial fruit: this energy, these beauties and, in the instant, his body, his heart, his intelligence, is filled up, appeased, and takes again to flourishing, life.

Whatever might be your age, your experience, your memory, you must, at any time, turn in your look in you and see to it that your inner garden might flourish, blossom, glorify itself and animate itself of beauty. Under your step, the shadows cannot be perceived, because these are submerged by this grace, by this might, abundance, richness, that the Father offers to you, as essence of his life, to all his participants.

Man, in your step, if you do not feel this grace anymore, this might, sturdiness, in your dwelling, in your arms, in your heart, in your intention, let the father pour himself forth by the multiple doors that inhabit you. Because what is around you, man, woman, child, is so mighty and, in this instant, there where your present time has fallen silent, in this time, in this place where everything has halted, pours itself forth in you, upon you, the perfect nutriments that will be able to answer to what you are, to what you pursue and, above all, to what you aim to live in yourself.

We are all, in these universes of the multiple creations, creatures, nourished, sustained, loved, cherished, instructed. And this sap of light, this rain,

glorious of joy, fills up our hearts, our intelligence and, above all, our hands through where the creative gesture takes footing and effect.

And, in this exceptional time of light, you will be able, if you grant it to yourself, to have sight, access, on your garden and you will know, whatever might be your capacities, if this one has some needs, if this one desperately seeks to flourish, if this one seeks light, intelligence, knowledge. In your creativity, you will then know, by the prayer, by the intention, by your gestures, to gather, to welcome, to receive and to let yourself be fulfilled, filled up, enlarge your dwelling that, in body, in spirit, in intelligence, in light, by the path of these gardens, of these subtle spaces, these very gardens will know to transfer to you this peace, this joy, this nourishment of the heavens. Because, in celestial, in your personal spaces, the abundance of the Father is vastly greater than the men's.

And this very abundance carries neither excesses nor waste and fills up, to its right measure, each constituent of your person; of you. And, in this place where the time is no more, then you will start to live, to be joy, passion, energy, creativity. And, in this time of experience, starting from your own peace, from so much beauty, will elevate themselves, as spurts of light, these flashes of inspiration, of joy, of calmness. And you will be, young life, this perfect gem, arisen in beauty, in harmony, in might.

Young life, man, woman, child, whatever might be your age, you are this source of light, of peace, because, now, you let speak out loud your creator. And our joy to all, sincerely, is to arrive to this stage, whatever might be the place where we put foot, look, gesture, there, young life and for us all, is our paradise, your paradise. Amen.

AV. I thank you for this accompaniment that you grant me, that I grant you, that we grant each other because, during this experience, during this passage of life, without our entourage, we cannot flourish. Thank you to you two, Lise and Marie, from the depths of myself, of my heart and of my being. Thank you. Thank you.

Extract of the Tome IX - CENT.NOM his Teaching, His glory - Chapter 37.

THESE LIVES BECOME MIRACLES

AV. Blessed be your presence, Father, in our dwellings, in our bodies, in our intelligences. Blessed be, Father, the action that You lead in us, upon us. Father, my Creator, my God, we welcome You and we abandon ourselves entirely in your might, in your glory, in your love. Amen.

CENT.NOM ::

The time is without effect upon the one who lives the fear, the doubt. And the time takes its whole might in our dwellings when these ones are entirely open to the joy of our creator, to his glory, to his lights. At that stage, all of us are active, abundance and, in these states of being, these ensembles, **these lives**, all of light, enlightened and conscious of these facts, **become**, by their gestures, by their words, by their breaths, **miracles**.

There, man, woman, child and other life, there where everything happens and flows graciously, in beauty, in harmony, in intelligence, in equilibrium, and there where our gesture, our word, our intentions, our state of being, is this cradle where rise up the life, the beauty, the harmony, the music, the colours and the multiple forms of expression of our creator.

In your time of grace, man, woman, child and any life, whatever might be their expression, the natural easiness to each one of these principles of life expresses itself, manifests itself. And the one who has arrived at his pace, in this place, can know then this easiness, this brio,

this intense light, this luminous knowledge, this profound peace and this support that this garden of love brings upon each individual, flower, expression, in the profound nature of each one of these lives.

Whatever might be your expression, there you can hear your paradise, your celestial, your terrestrial, where all your actions, intentions, gestures, your state of being, your states of health. Because the well-being is heard in the multiple equilibrium of our different levels of consciousness, of body, of spirit. And this equilibrium is heard in the word health; the place where all your forces do not struggle any more between each other. In this place, the might that animates you is your nourishing earth, your source and, in this place, the time does not tic away anymore.

Life of light, whatever might be your expression, your appearance, you wear this robe of beauty, of excellence, of peace, of love, of abundance. And, in this place, none of these lives, none of us harms the others, because in this place, all and each one are the balm of the healing, of the peace, of the harmony, of the abundance. And, in this place, you will never go short of anything whatever might be your needs.

And the time, upon our lives, is no more hammered out by the sound of the death or of the birth. But the time, in our dwellings, takes expansion and the space that has been confided to us emancipates itself, binds with everything that we are in our essence, in our profound nature. And, in this place, all our assets contribute to the edification of our being, of our families, of our societies, of our universes and beyond what each one of us can perceive.

This concordance, this resonance, binds, connects the infinitely small in universe to the infinitely grand of this

same universe contained, sustained, borne. And, in this harmonious development, the laws, the rules, the pillars, the supports for each one of these spaces, of these times of action, are there in perfect structures, combinations, where any error, horror, is recombined in energy. And this energy returns, in our dwellings, and, under this cycle, the time of grace, of graces, is heard, borne, in our being, in our consciences, in our intelligence, in our views.

And, in this place, our assets, our discourses, our gestures, our intentions, abandon the derision to elevate themselves to our own glories. In this place, our expression, our actions find again the spirit, the intelligence and the guidance of the energy of origin that has to all and each one given birth.

Man, woman, child and families of lives, this enlightenment, this state of consciousness, this state of being, this life that we bear, that you bear, is but pure energy. And this one is moved about, sustained, nourished by the intention, the will, the might, the grace, the love of the source, of this central nucleus inscribed in everything, in any place, in any life, in any expression, in any intelligence.

And, according to the families, the peoples, the places, the universes, the expression named of the Almighty changes understanding but, in its essence, remains this unicity, this might, that, upon any place, any life, any expression, manifests itself, flourishes and allows to the superior intention to bring life in any grace. And, by this grace, all the spaces, all our values of time, of place, of experience, are sustained by this joy, this love, his lights and his graces, shared out, distributed almost sacked for each one of his lives.

Man, woman, child, in this place, if your conscience, your state of being, your heart, your body, lives this

comprehension, then you have just entered on the same level in the life, in the might, in the very essence that constitutes us, all and each one. And, in this place, our consciences then bind, marry, unite, take body in the Absolute.

And, in this place, man, woman, child, you will not know anymore the separation, the solitude, the pain, the deception, because in this place, all the ensembles, all the organisations of life, of expression, all the places, whatever might be their distance, make but one by the very might of the spirit, of the source, of the creator, of the energy, born much before the places.

At this stage of your experience, if you bear it, if you live it, if you hear it and that you are conscious of it, there you will be able to receive the support, the help, the healing, the joy, the state of peace high in your very heart of your nucleus. The creativity in its whole glory will elevate itself as a fire, as a passion, as a sun.

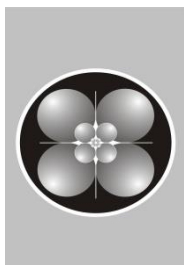
And, in your time of being, there is no more passage because in this time, is the ultimate goal of the return to this perfect memory, inscribed in each one of us, in each life, in each universe, grain of sand. And this memory makes us all brilliant, ardent, under all the levels of the expression of our experiences. And the experience does not inscribe itself anymore in an apprenticeship but in a joy where everything that is in us, upon us, around us, overflows, flourishes, inhabits all the spaces and times, without encumbering this very life that bears you.

Blessed be this state of consciousness, this state of being, where all our aspirations, our needs are filled up, heard. May the will, the intelligence, this supreme energy, the very intention of our creator, god and father, might make themselves be head in our lives.

Amen. Thank you. Three times thank you.

**Extract of the Tome IX - CENT.NOM his Teaching, his Glory -
Chapter 38.**

To complete the reading of the book SPIRITUAL APPROACH TO HEALING, it is suggested to read the next book of the teaching of CENT.NOM entitled: the fear, mother of all the veils, which are here some paragraphs.



LETTER TO THE READERS

The healer is striving to balance our energy and to set straight again our systems in activity so that our divine energy might recover its natural course again. A good healer shows us the path to the well-being that he will know himself to bear well and transfer. Thus, the cared for one will have no dependency towards the healer, because light liberates.

Through this understanding, the cared for one will be able to recreate at any time this return to his well-being, this return to his health. The healer is the adverbial angel from whom we receive the help and this is called the grace; the State of Grace. The grace is a gift that is renewed to us, according to the need, at different internals of our life to remind us that in ourselves, we bear God, its effect, its might.

How to describe to you the bearing of this energy, of this vitality? When we live this bearing the energy of our energy of life, this force is felt in ourselves under the form

of a pyramid. Our foundation is vast and profound. This mighty energy in its elevation refines itself, to answer, in its ascent, to all our most subtle needs, and at the summit of its elevation becomes light and its beam of light then enlightens all the places where our different intelligences prosper. These mechanisms answer to the very dictations of the spirit that animates us, that inhabits us.

Our base thus well anchored has the might of extracting the vital energy from the bosom of the mother-Earth, a little in the same sense of the roots of a tree: these ones have a might of extraction that goes beyond the very appearance of the roots of our tree. The rules of equilibrium and of harmony manage the development of any life by answering to the needs of each one of them and of course by respecting a proportional of the levels of conscience that call upon or make the demand.

Alain Vautrin

THE FACT OF HAVING SEPARATED OURSELVES

The fact of having separated ourselves from the quantic sums of the development of the creation by ignoring everything of own divinity, then, handicaps very seriously our development, our evolution, because we are then without memories and we must begin again tirelessly all the inscribed efforts since a long time in the deployment of the life in many places.

We believe to invent, to create, to build in our systems, but everything has already been resolved and we are getting nowhere. But it remains all the same this joy of discovering the secrets of the life, because what we feel is as an awakening on some horizons that open to our understanding.

Our journey to the accession of our maturity is from then on compromised and difficult. What a pity! Because it is at the hour of our maturity that our blossoming is heard by the joy that is granted to us as divine tool. Our joy is the primordial essence of our being and this one gives us access to the wisdom.

Aide-mémoire:

A simple cell has the intelligence of the body, and the body is the spirit of this one while keeping a connection in the same proportional representations.

Alain Vautrin

DATES AND PLACES FOR SPIRITUAL APPROACH TO HEALING

CENT.NOM TOMES II-III-IV-V-VI-IX

DATES	PLACES	SCRIPTS
Monday March 15 th 1993	Laval	1- Ultimate encounter tome II
Saturday November 11 th 2017	Saint-Didace	2- Our apprentice healer AV.
Friday April 16 th 1993	Montréal	3- The principle of the overflow tome II
Monday November 6 th 1995	St-Gabriel-de-Brandon	4- To pass by a long silence tome IV
Sunday March 20 th 1994	Laval	5- The principle of the golden ring tome III
Saturday April 25 th 1992	Saint-Didace	6- Light-health tome II
Monday December 4 th 1995	St-Gabriel-de-Brandon	7- The principle of the cross tome IV
Friday September 12 th 1997	Sutton	8- The might of the communion tome VI
Sunday August 31 st 2008	Laval	9- The emotions tome IX
Tuesday July 16 th 1996	Saint-Didace	10- The elevation of the spirit tome V
Monday June 15 th 1998	Montréal	11- The rising of those suns tome VI

Wednesday, August 9 th , 2009	Saint-Didace	12-	How to reactivate the subtle fields
Sunday May 10 th 2009	Laval	13-	Mechanisms of instantaneous regeneration
Sunday August 2 nd 2009	Laval	14-	You will know what is the superior governance
Sunday August 23 rd 2009	Laval	15-	May the light be!
Saturday September 5 th 2009	Laval	16-	In your breath open your horizon
Sunday September 21 th 2009	Laval	17-	A ruler ceases to put disorder in his dwelling
Sunday November 29 th 2009	Laval	18-	The miracle of the liberation
Sunday December 8 th 2009	Laval	19-	To abandon your pedestal
Friday January 1 st 2010	Laval	20-	The holy see of your powers
Saturday January 30 th 2010	Laval	21-	This leap in his ocean of energy
Saturday February 21 st 2010	Laval	22-	The gardens of his glory
Saturday March 20 th 2010	Laval	23-	By this passage we all become the hands of the potter
Saturday April 3 rd 2010	Laval	24-	In this place where the time is not inscribed
Saturday May 7 th 2010	Laval	25-	These lives become miracles

BIOGRAPHICAL NOTICE

Alain Vautrin, of French origin, was born in Staoueli, Algérie, on January 11th 1941. His father was an officer in the French Army (colonial troops). Travelling through four continents, he lives with him, his mother and his sisters. Arriving in Québec on December 6th 1957, he worked at different trades.

His life experience has allowed him to take up a scope of multiple artistic expressions such as classical ballet, theatre, writing (a writer of spiritual inspiration) and painting. These influences have brought him to express himself and to create works of art that become the sum of his own real-life experiences.

Autodidact painter, Alain Vautrin has followed some workshops with many different teachers such as Lise Grothé, watercolorist, Robert Girard, animalier painter, Jacques Lajeunesse, ancient technique of painting, Louise Daoust, study of the old masters. Courses in the history of art and also a formation in drawing at the Museum of Fine Arts of Montréal.

Afterwards, Alain Vautrin has chosen to follow his own path on the level of his creativity and of the very rendering of the execution of his paintings.

His favourite subjects are the expression of the most profound emotions of the human soul.

He blends together in his work plays of contrasts strong in colours, in light, in the form and the

composition of the addressed subjects. According to him, a work of art must be inhabited, living and intimist.

The relation between the work of art and the artist is very tight, because the artist can express only what animates him, what he bears in his understanding and in his experience.

Only in this pure integrity, the artist may reveal himself and be truth to himself. In this spirit, what joy and discoveries!

CURRICULUM VITAE

STUDIES: Diploma of secretarial course, Stella Maris.
Classical Ballet: in Quebec with Seda Zaré (1960-1964)
Scholarship holder from the British Council, England (1964-65)
Holder of a qualification from the Royal Ballet school, England (1965)

CAREER: Dancer at the Opera Theater of the Covent Garden of London, United Kingdom, till 1968.
International tours.
Teacher, choreographer and artist-painter, writer and as a spare-time activity, actor.
Winner of the 8th edition 2001 and of the 10th edition 2003 of the contest recital at the International Festival of poetry in Trois-Rivières: He receives a mention of honour for the presented poems: «Cette nuit apocalyptique» and «Errance».
In 2001 also, he is nominated in the category Creation Interpretation, at the Grands prix Desjardins of the Culture of Lanaudière.
Consultant and analyst of individual characteristics through the study of writing.
Speaker broaching spirituality.

Founder and director of Éditions de l'Anneau d'Or (1991).

Grand Knight of the Council 3045 of the Knights of Columbus of Saint-Gabriel-de-Brandon (2011-2012).

« Deviens Chevalier et tu pourras élever ton monde à la puissance de tes aspirations ».

"Become a knight and you will be able to rise up your world to the might of your aspirations."

Alain Vautrin.

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These places that choose us

Yesterday - 1972

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Today - 2018

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And, thus, our father takes his grain of sand
and makes a universe out of it.

Man, when you will have freed yourself
from your own personality
you will then be able to start live it.

When you will have abandoned
any illusory pursuit
you will be then able to start to receive.

And, when you will abandon the pain
you will receive the healing.

When you will abandon the doubt
you will bear the certitude
the discernment, the power to act.

Extract of the tome IV – CENT.NOM his Teaching, The living one,
chapter 49



Resulting from exceptional circumstances of life, I sat and listened in to deeper voices that inhabit and guide us. In this action, I do but transfer what I have received through voices said inner voices.

Each being, one day or another in his life, is called upon to act. I have received this call and I answered it with enthusiasm and thankfulness. Because, in this action, I found myself again, identified myself, and I can affirm that, just now, I am born consciously in my materiality, in my body, in my world on this planet, with you all. And I wish to each one to hear this call.

I thank the artisans who have participated, by their service, to the production of the work received from the spiritual source CENT.NOM

Alain Vautrin
The man who listens



THE MAN WHO LISTENS

Young wise one, in your daily life, remember that as long as you will be able to hear rise up and lie down your breath, your lights, your might, your energy, your multiple capacities, then you are still there, in this school of life.

Fear is the cry of the solitude. Everything you bear in yourself, all you produce, all you create, is your part to the universal granary.

The equilibrium is heard in the word health; conditions where all your might do not combat anymore between each other. Under this constitution, our knowledge, our discourses, our gestures, our intentions, leave our unhappy states of being to elevate them to our own glories.

In this awareness, our expression, our actions find again the spirit, the intelligence and the guidance of the original energy which have all and each one bought us forth. There where the experience does not inscribe itself anymore in an apprenticeship but inscribes itself in a joy.

Blessed be this force, this might, this life, this joy, this love that fill up our dwellings. And the one who lives the fear, the suffering, his own finality, if he does not call upon this light, upon this might, will savour his ending, because the end, the death, the separation, is but a state of consciousness that has come away from its own might that animates it, that accompanies it, that bears it.

CENT.NOM
Spiritual source