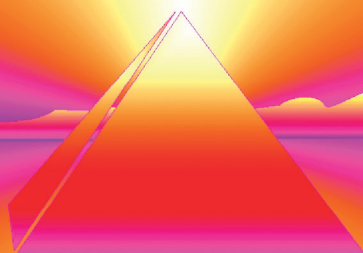




Alain Vautrin



CENT.NOM
HIS TEACHING



Questions
Answers

Opus III



Éditions de l'anneau d'or

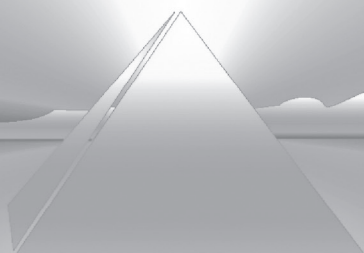




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Éditions de l'anneau d'or



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The teaching of the oral reception
Of the spiritual source CENT.NOM :
Alain Vautrin

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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 parenthesis is added for a better comprehension.*

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, 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.

INTRODUCTION

Blessed are the actions that will allow you the return to the light, the return into your inner selves: the action generated by your inner selves in this awareness of the consciousness that is the one of the man who refuses to eat non-luminous bread; the bread of the dead

This book is the lever that will allow, each one of you, to ascend by his own energy to the father. This tool that you have in your hands is a generator in itself and elevates, in your inner selves, your vibratory states to bring them to the highest spheres of the luminous vibration, in the energy of the father.

By this tool, each one of you will be transformed in his most subtle, enlightened parts. Everything is managed by the vibratory state. And, to allow man to rid himself from his material condition, from his sufferings, from his incomprehensions, the man of today, in his actual development, will have to proceed according to the rules of elevation: to the enlightened spirit, shining body, enlarged comprehension and perfect action.

This tool that you have in your hands, from the moment that you skim through this script of light, will act, directly and in the instant, on you, seekers. These scripts have the might to speak to you out of your actual comprehensions, out of your normal hearing. These scripts are active and elevate, in the instant, the participant. Open yourself, open your hearts to this new ambiance that is creating itself in you, on these new horizons that spring into existence in front of you. And, in this action, you will all be elevated in your said perso-

nal spaces of your perfections. Each one of you can, according to his condition, elevate himself, improve himself, build himself up—wronging nobody—develop and progress beyond all his expectations.

The might of the tool that you have in your hand is, will always remain beyond your comprehension. Let yourself be carried, each one and all, by this stream, by this knowledge, by this light, and let it penetrate you, enlighten you, inundate you and, by the fact, will enrich your soils. And, in these new conditions, any hope will be, to each one of you, renewed. Whatever the condition of the individual might be, it is always possible to be, to become, in this action, his own universe.

Read, skim through these lines, these paths, these ways, continually and have indeed no rest in this action that you undertake. Forge ahead in your reading. These pathways are to be furrowed in all directions. Go back and forth without halting in these scripts because these will allow you to widen your fields of action, your possibilities, and to establish, at last, your own individuality.

These scripts have all the enlightening, nourishing, and constructing might upon each one and on all. Never cease your action in these enlightening, elevating pathways. Do not halt yourself on your journey. Listen to your inner voice. Never let yourself be directed. You are, yourself, the only one responsible for your elevation.

These scripts are not written in a dead language, these scripts, in the reality of facts, are not writings, written by the hand of man, but they are active, operating, because they are the very might of the light. And the light, wherever it travels and on all, it engenders, generates the life.

If you do not drink from the light any more, let someone else have the joy of drinking plentifully. If you refuse the life, at least, allow it to the others and, in your action, you will be, whatever your decision might be, helped. Because, if you allow the light to travel, to nourish others, you will then be, in

the facts, nourished, elevated and saved.

Take the wise decision to go through these scripts and, whoever you might be, wherever you will be, you will find your way. From the moment you take this book in your hand, you will never be the same. You will not recognize yourselves anymore since you will transform yourselves. And, according to your actions, you will be able so far as all be transfigured, because such are the might of these scripts.

The might, the light, the knowledge and the powers, which are now in your hands, are impossible to retain, are incommensurable. And nobody will be able to halt the action of the light, because such is the new order that descends upon you and that establishes itself, into you, by you, upon all your societies. Nothing will halt this mighty action.

Such are the conclusions on the aforesaid superior action. No human will will ever be able to impede the luminous will of the Father. Amen.

CENT.NOM

The spiritual source

PROLOGUE

The reading that you will undertake is a compilation of questions and of answers that have been asked to the source CENT.NOM, and that during a period of many years. **Ten tomes in French and ten tomes in English of this teaching have been deposited at the Library and national Archives of Canada as well as the Library and national Archives of Québec.** By doing some researches under the Éditions de l'Anneau d'Or, The Teaching of CENT.NOM, you will find these volumes available to those who are called upon to do the reading of it.

It is astonishing that through all the times, passing by different periods of our civilisations, of countries, of lands, the conditions of the men and of the women who have rushed into these days gone by have of course changed somewhat. But, basically, the needs, the worries, their interrogations remain the same than the needs of our citizens sojourning here.

Following a great number of public meetings, inside these very sessions, often there were open periods for the questions from the public. During this teaching of CENT.NOM, an enlightenment through the answers to the questions of the public often reinforced the very rules of this teaching.

The answers that seemed personalised to the seeker proved to be in fact an answer to all. Because the worries that each one encounters in his own life are often heard as in echo upon the ensemble of our communities, of our societies. And it is astonishing that, whatever might be our origin, our descent, our culture, our life conditions often resemble each other.

Because as for the development of each one of us, the paths often have an appearance that differs, but our ex-

perience as human beings remains this constancy that we name the apprenticeship through which we progress. And this school of life keeps everyone on the alert and allows to each one not to doze off whatever might be the attained age.

This life that is offered to us is there to allow us to discover what we have received so that we might exploit it and increase tenfold the crowns that have been bequeathed to us. In this journey, the effort will be present as long as we ignore what we are. And returning from some experience if not of many, we receive this inner enlightenment that allows us to welcome in the joy everything that deploys itself in our lives.

In the ignorance of what we are, we suffer a kind of fatality where we have the belief that we are powerless. The one who is instructed through his human experiences may still doubt a little bit, but does not let himself be shattered by the final term of the events.

Whatever might be the results that we obtain, we notice that our journey, that our experiences are not in vain, but that from one step to the other one we embrace this joy of being, this state all luminous that, during the progression of our allotted time, fill us up. And the human experience becomes then, for each one of us, a little masterpiece, a glory, that will know to transfer our knowledge upon the ensemble.

Through these questions and these answers, even if they are not directly personally oriented to us, you will hear by this enlightenment your own answers to the questions that barely arise in your dwellings.

I wish you a good reading, and above all, to remain conscious during this journey in yourself; what will know to assume with the time a greater appreciation of what the life proposes to you. And you will be able to enter in a state of gratitude, of joy, of sharing and of love; what is our true *flèche du temps* upon our evolutions.

Alain Vautrin
February 8th 2017

FORWARD

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

And, as a traveller, you will go from stage to stage passing by surprises, astonishment, and attaining unthinkable discoveries, unhopèd 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 har-

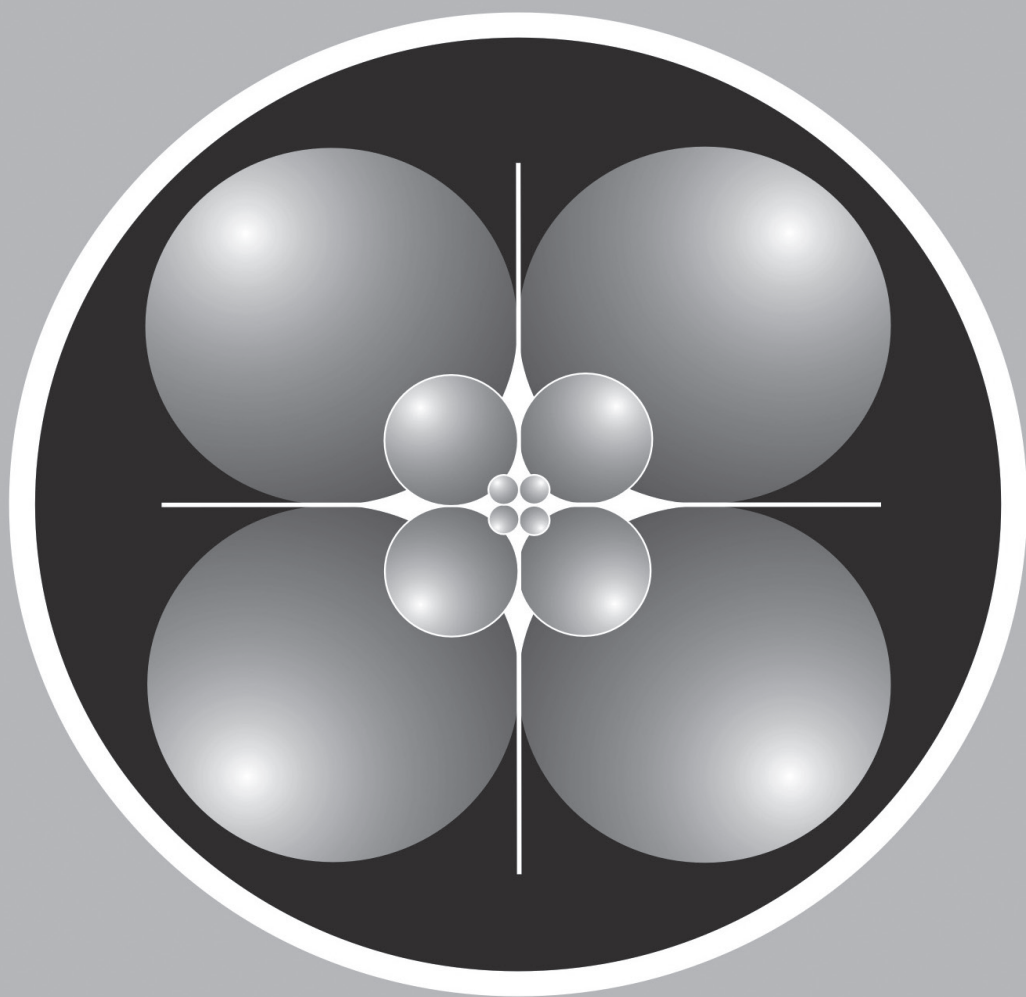
mony, to peace, the whole creation in order to bring it back in a pool of love, of light and of peace.

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 an era of propagation; the era of selflessness, the era of influence. Because the light upon you, in yourselves, 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



OVERTURE

AV. My inner light, the one that is forever present, wholly inhabits me. When calling upon it, it enlightens me, regenerates me and makes me vibrate in a celestial colour that is life. Its call brings over me, over you, over us, the Great Vector of force; this great spiral of energy that approaches us, me, you, and that happens to be in direct communication with what is the highest, the purest.

CENT.NOM ::

I am energy, force. I have the power, I rule, I command everything that you will need. I bring what you already have. Everything is in you, in us, in me. I am there only to enlighten what you need, so that you could visualize it, seize it and use it as you think proper.

God: the force, the Father, the Creator are; is present. Each one of us, you, of them, will be the pillars of this superstructure that is the canopy of heaven, light, eternity. Lift up your eyes, your souls, your spirits, towards it, it will then give you the strength, the power — it will regenerate you — to act, to accomplish the will.

And, at that moment, you will not ask for anything anymore because you will be nourished, immersed in the love of god the almighty. He loves you, cherishes, rocks you. Let yourself be loved, rocked, cherish, and indeed, you will do, unto the others, as much to those who cannot lift their eyes.

When you will have understood, you will act accor-

ding to the will of the father, and to obey in these conditions: joy, rejoicing or some other form of expression of evolution. You will chant, and this chant will allow you to go wherever you think proper to serve the creation. Amen.



Energy is everywhere: downward, upward, to the left, to the right, light, no-light, because God is Himself everywhere. Roots have, as a duty, to search for nourishment. Roots are not only in darkness but also in light to bring force and energy to the development of the Creation.

Darkness scares only those who do not see the light. Whoever knows the light knows that the no-light is an integral part of the Creation, it acts. Whoever experiences the light then knows that darkness will be at his service. Therefore, darkness is no more darkness.

No hell for the one who knows the light. Hell is for those who do not know light because divine light is the presence of god. The duty of each one, of those who know, is to propagate in a great or in a very small manner, a reflection of divine light to each one of the beings who needs it: then, to accomplish that for which one is responsible to-day, yesterday, to-morrow. Amen.



The most difficult part is the first step; in your case, to try to elevate yourself a little. The more you will elevate yourself, the more you will be lonely physically, but together with the spirit of the creator. This spirit joins all the souls that lift themselves up, might it be but very little. The effort is well rewarded, not quintupled, but much more.

Lift the little finger and everything will be accomplished. No action is ever, ever lost. It accumulates, constructs, grows, generates eternally, this ring of divine light. Your action, as little as it might be, even after your demise continues to grow, to profit, to bloom. It becomes even in your physical absence, you, and, by the fact, you are. You are an integral

part of divine light, of the spirit of God, of his love. No death for the one, him or her, who did a little effort of love. This one, be it he or she, they will forever be amongst us. Amen.



For those who use the word, remember that this one must be but a projection of divine light. When the word is divine light, the latter can then construct and serve the Father. This is the true word, the only one that we can bequeath to those who take the responsibility upon themselves. Never forget: only words of divine light, if not, the speech has no echo, no vibration, no constructive effect on the whole Creation; the contrary could prove right. If the word is without divine light, abstain yourself. Amen.



CENT.NOM ::

(Tools of communication). North, the north, when one centres oneself upon it—facing it, above it, northbound. The two letters in the centre are o-r. Gold is the pureness of the element transcribed in the flawlessness of the direct line. The letter o is for the symbolic of the ring. The letter r is for Râ, symbolic of the sun. The symbolic of the ring is what encompasses the whole Creation; the ideal.

When one sits, one places oneself in straight line or in perfect equilibrium between the energies. This line is a road; a path on which one can walk, travel, move about. The equilibrium between all forces, by this means, is attained. No inner element, exterior, can influence this path, this vision. Harmony, peace, is accomplished, is thus granted to those ones who proceed in this way.

Q.— *How to make known the celestial light* through actual and future communication?

CENT.NOM ::

The most direct communication is of course, the communication by verbal communication, but there are many other ways of communication. To exploit verbal communication, the subject must be able to analyse all situations that surround him, process them and direct them. To analyse means to have a general outlook on a situation or some given situations.

To process is the art of classifying or directing each result so that it might be active. Active means that it might act. The result of a thought on one subject, when it is active, it acts on the seeker and, after, on the others, otherwise this very result is put aside and often forgotten and not used.

To analyse, process and lastly, communicate: to communicate is the transfer of received information, to others, so that these ones might make the granted knowledge bear good fruits. Communication is, finally, the transfer of knowledge from one individual to other individuals, and knowledge, being propagated, makes humanity evolve.

Q.— *How to know what we want to know?*

CENT.NOM ::

To know what one wants to know, one must meditate deeply in order to come as close as possible to our origin. To become aware of our personal demands and to understand them, once we have acknowledged our demands, then we can attract towards us, the missing part of knowledge or the necessary elements to the construction of one's own individuality. At that moment, one starts to know what one wants to know. And, for this to happen, one must make acquaintance with oneself. And, when one lives, when one knows oneself and one lives intimately with oneself, one discovers one's needs. Thank you.



AV. I regenerate myself. My force is growing from my

centre and irradiates, as a sun, in multidirections. Heat emanates and passes through my body.

CENT.NOM ::

Heat is always sister to the light and expresses itself under a different vibration.

AV. I am united with you, I create an invisible bound. We are united, we converge towards the same goal. Father, bless us, guide us, purify us so that we might approach other spheres, together. Amen.

CENT.NOM ::

Force, energy, when it is guided, happens to be accelerated, amplified, mighty and realising. The intention always determines the action. At that moment only, the action has its justification. At that moment, the action becomes alive; the action where the miracle can be realized.

I carry you, together, suspended in a determined space. We float, gravity does not exist anymore. Our spirits in communion can now, starting from this instant, converge towards your demands of the group. Because, whatever might be the demand of one compared with the others, the answer will strengthen the participant. Amen.

Q.— We would like to know if it is an entity or a group of entities that manifest themselves through Alain Vautrin to give us answers, and of *what name could we call you?*

CENT.NOM ::

We are neither entities nor a group; we are an ensemble in one. We think, act for the same cause. We are, this evening, one but many. We are CENT.NOM—c-e-n-t.-n-o-m—CENT.NOM. (The name CENT.NOM spelt by the spiritual source CENT.NOM). You may continue.

Q. – *How to see and transfer the visions?*

CENT.NOM ::

How to see, transfer the visions? To transfer a vision, one must understand it, feel it, live it. At that moment only, the transfer will be possible otherwise, the vision will be only a vision, it could not be transferred to materialisation.

Live profoundly what we send you. Live inwardly the messages that you receive. Try to penetrate them, to reach the core of these visions, to take the pulse of the message. When you have a proper sense of it, it will manifest itself with such ease that it will hardly need your hands to express itself. Thank you.



I say thank you to you all. Thank you is our password. Thank you. Take the habit of saying thank you: thank you, because each one of us is at the service of the others and, because of that, we must say to each one that is around us, thank you, because each one, consciously, unconsciously, serves his neighbour. Remember: thank you. Good evening, good evening, I leave you. Continue the undertaken effort. Your effort is the confirmation of the success of our own efforts. Good evening.



CENT.NOM ::

The law of contrasts is always based and, in value, as regards to the direction of light and of its intensity. The absence of contrasts would mean that light would be above the subjects as by aerial flight.



We are most attentive, at all times, everywhere, to each one of the beings who communicate, who live in communion

or think of us. Never, never! Do we leave people without help if they ask for it?



Light, in each one of you, arrives at regular and constant intervals. It is up to you, of your duty, to place yourself in the state of perception, because these moments of light are there to show you, make you see, what you will have to understand.

Flashes of light are instants of light. Light is always present. Light penetrates in a fragmented way. You will have to retain these instants of lightning. A flash of genius, that is what a flash of light is. There is nothing genial, one only had to capture it, retain it and remember it then, we create a genius.



Free yourself from useless, ephemeral aspects that one claims important in this world. What is permanent, eternal, the long term vision, the infinite thought, the radiating love, dazzling, are the only tools with which each being or those who wish to want to progress, can work.

These tools are indispensable, because each being can lift a mountain, mountains, with the tip of his fingers. But, for this, for this accomplishment, you need these tools that are – that will be – that are your levers that stretch out, that extend, according to this eternal vision. And the power of these levers, according to the force and the length and the radiance of these levers, can lift, accomplish whatever it might be with whomever.



This is the beauty of miracles. Each being, as little as can be, can, according to his thought, his heart, his direction, make miracles; the miracle is permanent. And those who want to accomplish it – or become conscious of this accomplishment – must, will have to, will be obliged to follow the laws

of perpetuity, of eternity, in every field, in love, in spirit, in thought and, even, physically, bodily. If this thought is discovered and maintained and kept by the being, then everything is possible, everything will be accomplished by whoever will wish it. Listen, stop yourself, listen to us. To act physically, to stop inwardly, this is the beginning of any accomplishment. Amen. Thank you.



You must, each one of you, live according to this thought that starts to spring into existence amongst each other, amongst them, amongst the others. This thought must be kept, taken care of as the flame at the beginning of times. The flame, at the beginning of times, was the responsibility of each being. It had to be kept, perpetuated because it was difficult to accomplish, to perfect. When it died out, it demanded many an effort to blaze it up again. Then, those who had succeeded to make this fire, light it up, became, felt responsible for the transmission of this fire, of this light, of the knowledge.

Keep, in spirit, this thought. Live it twenty-four hours a day. Maintain it, this thought, maintain this image of fire. Without fire; cold. Without fire; the perishing human condition, deplorable, destructive. Thanks to the fire; protection, comfort, possible elevation of the spirit, of the soul.

As long as the being fights and suffers, has domestic worries, he has very little time then to think of the divine, to think of evolution, to think of the eternal. You must now, each and each one of you and those who will accompany you, maintain this thought.

Live, live now and with this image of the fire, of this enlightenment, of this knowledge. Tongues of fire, when they descended in the beings, they informed them of everyone, of everything that they need and, by this means, they will be able to accomplish the superior will. Amen. Thank you.

Q.— *What is knowledge?*

CENT.NOM ::

Knowledge is a subject of wide extent for you, for us, but knowledge, in its essence, is the one that rules the reason why and the birth of each law. Knowledge is a being that creates as its needs arise, according to its development, according to its evolution. It creates, as the information comes, data in all the fields so that each one could proceed in these ones. By acting, each one in his field, we improve, you improve a small fragment, a facet, a quality of the aforesaid knowledge.

Knowledge, as a human understanding, will be transferred, explained to each one of you, in your fields. But, to understand it without seeing it, without touching it: imagine a being — well, it is the word that we can give you — but a living environment, reacting, responding, interacting, evolving permanently.

Knowledge is unlimited. It develops proportionally with each universe, in its form, in its force, in its texture, according to the universes wherein we are.

Knowledge, for your universe, has its form, has its personality, has its exigencies, has its caprices. It is an identity amongst other identities that also are other fields of knowledge. And these, between each other, according to their degree of evolution, communicate, exchange, transfer the energies of knowing, the energies of the will of the highest, of the greatest, of the eternal.

Knowledge will help you in your fields, but knowledge as so far, for the majority of each one, is as incommensurable, out of reach, unapproachable. It serves you, it enlightens you, it guides you, it allows you to advance, to progress. Without it, you would not be where you are at the moment, you would be scratching the earth to seek to understand. Your conditions are improving, but the ideal, it is to never forget, never, never, never forget where you come from; your basic origins.

Moving back in time — try, you, to remember it — that will allow you to put yourself back in contact with the reality

of the creation. Because each one of you, by living his instant, dreams; he has but lost contact with the distance covered, the journey that he must accomplish. And this is why the majority cannot see from where he comes and where he goes. And, for that reason, for the majority, the mysteries of life, of the creation, are insuperable, insurmountable, whereas all those who will have made the link with the point of departure will be able and will see their point of arrival.

The insight, comprehension, knowledge, love are not measurable by your understanding. But, if you try to accept at the beginning and understand this state of eternity, you will comprehend then what you will have to accomplish, and to proceed on your way will be easy and direct.

Knowledge is a subject on which we shall come back, step by step, because it is a subject of wide extent, immense. Remember: think, eternally think eternity. Think in a great manner—we used to say: it is not enough, one must think eternity in every field—then the walls, your handicaps, your ignorance will collapse in front of you.

And you will be giants who march through space, because nothing will stop them anymore. Great beings, luminous, strong, with infinite potentiality, multiple, will be able to rule, create, direct, act in a unity, an extraordinary understanding. These giants will become the musicians of an immense orchestra of which the Conductor is invisible because in the Light; Himself all Light.



You may cover these spaces if you can start to comprehend, to visualize this eternity. And your lives—as short—will become, instantly, eternal. Just but a few steps in eternity and it transforms a whole humanity. What beauty! What splendour! What joy! Any misfortune, any sadness, any sickness, any suffering, disappears if you could grasp this comprehension of the eternal: eternity.

Each one of your actions, as small as it might be, must

be thought, gauged, measured, on the scale of eternity. Then, even an inspiration is immense, unlimited, capable of everything. The boundary of knowledge, of eternity, does not exist. The border-lines are abolished, agglomerated, are, become, all these frontier-lines; a very dense nucleus, pitch-black – and there remain but light and space at unlimited times. You will be able, each one of you, to experiment, at different levels, this vision of knowledge. Amen. Thank you.

AV. I would be happy to take you to see, feel, live in these spaces where time does not exist anymore. I hope that one day, during my time, I shall be able to take you to these places; they are glorious. If each one of us would know these spaces, there would be no more apprehensions, no more sufferings. I shall do my best to help the others to abolish their walls, their sufferings, to help them become immense, become enlightened, because such is the will of God.

I thank you for having accompanying me because, without you, I could not have achieved or attained that space, that dimension; a dimension without dimension, without frontier-line. Because whoever says dimension says frontier-line, but this one is without border-line. Thank you. Good evening.



Q. – *How can we best help the others?*

CENT.NOM ::

To help the others, one must first take notice of their existence, of their place that they take around you, around themselves. One must see them, grasp their meaning, understand them, communicate through their inner self via yours. At that moment, you will be able to act towards the others as you would act towards yourself, because the others, at that moment, will become an integral part of you – and the exercise is very good because they will open for you unhopd-for

horizons – they will allow you to develop in all directions, because your listening in will be such that the slightest rustle, the slightest demand, will be heard.

And you will be able to guide your energy, our energy, through you towards the others, and the help that you will bring, thanks to us, will fill you up, will make you bloom, will embellish you and will allow you to attain summits, spaces that you have not been able to attain by yourself. The others are the key. The others are your awakening, are the discovery of your own self. A new land. Oh! Yes. You will start to discover yourself by going towards the others. Thank you.



Confidence, the horn of plenty, self giving to others instantly regenerates all demands, whatever they might be, of the one who lavishes that deed. This is valid for all. Forget money, think only of energy. Money, seen in its form of energy, circulates much better. Money, thought in terms of money, in terms of human thought, limits itself and expresses itself in slavery for it in exchange for money. This is the reason why all beings who think in these terms are poor. Think energy, give energy and you will receive it in an unlimited abundance. Amen.



Remember that the success of any enterprise, in any case, is to go, towards the others, listening to others, bring what they need. Forget the word work. Rather think of the action, the movement, the impulse towards the others. We repeat ourselves a thousand times and, yet, it is so simple. Go and meet the others with an honest heart, beautiful, pure, they will be astonished, dazzled and will react accordingly. This is the law. Success is simple when one knows the few basic keys that seem absolutely unparalleled, in their simplicity, to you, humans.

The greatest ones of this world have understood that and, thanks to this comprehension, possessed all the powers.

Power is granted to the one who lives according to these laws and serves and does not serve himself. One serves and the others serve you: “what goes around comes around”. The more you will give with your heart, enthusiasm, the less you will miss anything, but you must know how to redistribute this richness: these energies that will be transferred to you. You will be allowed to keep a part of this, but energy cannot be kept captive, must be redistributed to those who really need it; help them, help them to educate themselves. Good evening. Thank you.

Q.— *Who was Joshuanne?*

CENT.NOM ::

Joshuanne is, was and will be the woman of heart, of emotion, of tenderness, of love; a source of generosity towards her brothers and sisters, a being of exceptional beauty as much outside as inside. One could not know, one cannot know and one will never know, when seeing her, if we see her from outside or if we inhabit her from inside. She is magnificent. She is a light that one cannot see but that penetrates you as she approaches you, inhabits you, transmutes you. She is, she was, she will be, forever, this abundance of love. Amen. Thank you.

Q.— *Could you instruct us on the subject of energy?*

CENT.NOM ::

This is another subject very much in demand, in very great request, because the one or those who will master it, will then have the possibility of eternity. Energy divides itself in stages: energy to be, to be, to be or not to be. To be is energy. The fact of being is the proof of the existence of it.

The central part of it — as you use the word “nerves” — nerves are supports of transmission of light, and it does the transfer of all particles serving to the construction of all forms

of life. The “nerves” in energy are the same as the nerves in the human structure; they are the conductors, the conductors of electrical might, magnetic, luminous, that are detected solely by these vital centres.

The third part of energy — “gy” for gyratory, centrifugal action in spiral for the best penetration of light from one incommensurable point to an infinitesimal point — is a transfer of this light between the macro and the micro.

We transfer these powers in the use of the shape of a spiral; a continuous action and the return of the energy are in effect by reversing the magnetic fields or polarity in this spiral. I should stop for this subject, because this is not of your competence. Thank you.



Sit up straight, on your chairs, stand up straight and you will feel then the force of energy rising up all the way to your brains. Action awakens, propels energy. Energy is the force and the nourishment needed, that allows you to be, to create, to perpetuate and to accomplish the will.

Your own sole responsibility is to generate this action. You always have, in you, a minimum force to generate it and, by the fact, to accomplish. This action will allow you to put in movement the circulation, in you; this energy of unlimited powers to the one who knows, who knows how to control it. The control is the discipline that one imposes on oneself to remain cool-headed and calm at all times and in all places.

In any event, to dominate the situation; it is the power that some beings with a certain degree of evolution have. To dominate the situation does not mean—and above all does not mean—to dominate his fellow-men. Many beings have misunderstood this information and it has led them, induced them in fatal, severe, painful errors. You must generate the action, but to act must be guided by comprehension and it is attained only in calmness, fearlessness, confidence.

How can one be sure when one is calm? One is not

sure of anything. Calmness does not carry confidence but brings power. Confidence is a very small power compared to calmness. The one who is calm appeases his surroundings, calms the situations, and these, in return, harmonise themselves, bind themselves and disseminate and construct themselves by following the law. Thank you.

Q.— Do you have a final comment?

CENT.NOM ::

We knew where you stood. We do everything in our power to help, but you must, you, on your part, act, because what we give you and transfer is not for nothing. Remember that. We help you to help yourself, to transform yourself. Without your participation, we cannot do much to help you. I thank you and I leave you. In peace, remain. Amen.



AV. Bless this session that is presided in your Name. Guide us, protect us, bind us, unify us in your Holy Name, Holy Love, in your will, and may Your will be done.

— My God, we ask You to be with us during this session. We are gathered in an inner research, personal and together. We ask You to enlighten us and may your answers help us on our path, and we thank You in advance to be with us.

Q.— *What is the best way to pray?*

CENT.NOM ::

A prayer is a thought articulated by a being, or many, in order to generate a unison, a note of togetherness that allows to direct your demands towards the one or those who have the responsibility. The best way to pray is to unify your inner self, all your central parts that control your energy; to unite them. Unify, unite means “all for one and one for all”.

That is the prayer in its essence but it must be directed towards the one or those whom one is used to deal with, as one would say.

When you get together, the number is not important because the number becomes a unity; one. At that moment only, we can come in contact with you because we, in our ensemble, we are all united and proceed by the voice of the One, of one unity. You must proceed in the same way.

Prayer as such must, in its first approach, unify you. In its second approach, calm and purify you. In its third approach, must direct your thought towards the Creator, towards God, towards the Highest One.

You must all, the ones and the others, direct your thought as the symbol of the pyramid: its footing is large, its summit is the one and only. The more you will be, acting thus, the more your power of elevation will be able to accomplish itself and be attained. The required minimum is three persons. One may always pray alone but when we assemble, three is a good number, ascending.

Prayers, in a near future, will create themselves, model themselves, as to your group and to the future ensemble; your ensemble. We cannot build this prayer right away, too many elements are missing. The base, in any case, will be the same and, according to the groups that will join the ensemble, this prayer, this call, this impulse, this force, this desire, will mould itself, realise itself, and will become concrete, according to your will of the ensemble, of your group, to unite itself to the will of the almighty. Amen.



You will have to proceed slowly. We shall make the same demand again: think, vibrate in harmony with your question and remain bounded, the group, remain united. The question of one regenerates the others.

Q.— *What is the responsibility of a mother towards her daughter?*

CENT.NOM ::

Your responsibility towards her is total — and we shall explain to you why and how you must proceed. Total means: to envelop, to treat one with all manner of attention, protect by your thoughts, your intentions, your actions. The protection that you transfer to her, will develop, in herself, the sense of responsibilities, the sense of values, the sense of force: of autonomy.

And, in this example, in this feeling for her, she will then develop, bloom, and will be less and less of a burden for you. And, even, she will help you, she will support you even in unexpected moments for you. Be confident, she has what is required. We protect you all, the ones as much as the others, and you must do the same. In this spirit, your actions will then be positive and constructive.

Think protection, think surroundings (home background); you are her environment, her atmosphere. It is in you and you are her closest source — of energy — ; she must then draw from somewhere. For the moment, for her state of elevation, you are her source. Later, through you, by you, by your example, by your findings, by your evolution, she will be able to see, perceive the source and she will see and perceive, through each one of the beings who will surround her, the source. For you, for to-day and forever, remember the word protection; protection is a part of love. Protection can be physical, visible and invisible. I thank you. Thank you.

Q.— *What is inspiration?*

CENT.NOM ::

You look for inspiration. Inspiration, there is no need to look for it; it is always there, it is all the time there.

Inspiration, for you artists, is the source, for us and for you. Inspiration can be reached by making your prayer. The prayer that you asked us is the same action for inspiration. It is a state of unison so that it might flow in you. It is all around but, for it to be canalised, you must unite yourselves, you, inwardly – and that is why we talked to you about calmness. In the state of calmness, you can then proceed to unison, to unity. Inspiration is a dimension, a very jolly entity and it does not support war. It is a maiden, a young being full of life, full of joy, full of light. Such is inspiration. Make room for it and it will establish itself in you.

Q. – *What is the difference between soul and spirit?*

CENT.NOM ::

For you, there is no difference because you know neither one nor the other. The spirit is an integral part of God. The spirit is God. The soul is the part of god that God lent to you. The soul is your god. The spirit is god.

The soul: your soul is in charge, is responsible in front of god, of your actions and of your development. And it, only, renders accounts to the creator, and you, human beings, must render accounts to it. Amen.

Q. – Do you have a comment?

AV. There is a *sound* that I hear, that is *disturbing*.

– It is the dog that is licking its paw.

AV. Thank you.

CENT.NOM ::

Well, disturbing. We will proceed in the comments. This sound – that we hear and that disturbs because not used in its positive potentiality – this sound is, as any thing that lives, is marked by time, as the metronome marks a space, the

pulsation of the heart, the rhythm of breathing, the rhythm even of your thoughts. Rhythm: rhythm establishes and rules the speed of your development and this, in relation with time, can modify and change the value of the actual time of each life.

If you want to accede to your superior state: divine — work or create in this aforesaid state — you will have to modify your actual time. Your actual time is the one in which you evolve, the one in which you accomplish the daily work. When you write, when you paint, when you create, you do not proceed in this actual time, to you, physical. You proceed in another absolute time, but real to the subject in which you move.

Time, to make you understand, is one of the greatest factors, one of the greatest walls of the human being. If he can understand time and the different times, he can then pass and cover different dimensions. And, if time is, for man, a limit, it is because he has coloured it with his own imagination, he has limited it.

Time, in our worlds, has different values and, because we know that, we can then proceed in different worlds. And there is no need to know or to be acquainted with the different rhythms of time, of different worlds, to be able to proceed. Suffice it, to you, to know that the other times exist and, already, that will open a door for you, doors that will allow you to go wherever we see fit according to the will of the Greatest One, of the Almighty.



We allow, to those who understand, who grasp these matters, we allow them then to act, to create, and this is why each one of you, of us, do not have the same rhythms. And, fortunately, because it is these different rhythms of evolution, of you, of us and of them, that permit to the Creation to be what it is, multiple and unique; multiple unique ones and unique ones.

And if, in your lives, you feel, by instants, limited in your actions, it is because you are not conscious, in any case till now, of these different words that you use; you know them according to your understanding, according to your comprehension, but each of the words that you use are immense, are themselves spaces, creations in themselves.

You will be able to receive much information, much knowledge and much love only if you forget, from time to time and more often than not, your physical, material, conditions, so that you may allow yourself – and allow us – to take you to the dimensions that are part of the Creation and that you will come and that you will get acquainted with, in future times or immediate futures. Let yourself be, remember the prayers, let yourself be rocked.



We will give, we will give you a lot of explanations on these different dimensions, on the value of words, so that you could widen your comprehension. And knowledge, by the fact, will establish itself, and one will say of you “what wisdom!”. Amen. Thank you.



I believe that the session will end and I thank you to have been present so that we could continue our work. You will have to repeat these experiences in regular times. Respect the interval because intervals determine rhythm, rhythm determines time, time determines the dimension and the dimension, the dimensions determine your evolving processes. Respect your intervals in your work, in your efforts and in your actions. Good evening. Thank you. I leave you. Amen.



AV. God, my Father, my Creator, welcome us in your infinite love. Guide us so that we do not get lost during our distance covered. Make it so that only your will be accomplished

through our actions. Bless us.

CENT.NOM ::

Force, energy, penetrates, enters in each one of you in a continuous and regular manner if, in full consciousness on your part, you take and accept it in a sober fashion. It is in temperance that energy takes its whole might. For yourselves, moderation: economy, regularity, assiduity; a permanent contact to this thin flow of purity: of divine light that penetrates into you. Do not feed yourself forcibly with it, not yet.

Get used calmly, progressively, to consume it so that you get used to it and that it adapts itself to you, each of you in particular, adjusts itself to you. It is in this manner that you will take advantage of it to the maximum. One does not drown a plant, one waters it with care and delicately, and on you behoves this task and this responsibility towards you. Dispel overindulgence, maintain the permanency of this streak of energy, in yourself, constantly, then, you will be able to profit and progress according to our good care, and mistakes will be avoided, eliminated.

We shall be able to proceed with your demands, and you will, according to what has just been said to you, communicate them to us in the same way that we transfer energy to you at this moment; slowly, peacefully, regularly. The spirit – and your thought – in a continuous flow, will deliver your demands, will converge them towards us. Amen. We are happy and joyful, in your accompanying, to be with you. Thank you. Proceed peacefully and in calmness.

Q. – *How to acquire this calmness and this peace in our inner self?* Thank you.

CENT.NOM ::

Calmness, peace are not objects to acquire, they are

there, present; they are your regulators, your controllers of your income of energy and, by these, generate and direct them in your inner self. The only thing that you have to do is to create an instant, an instant of silence in your inner self. You must know how to halt yourself.

Silence is a condition that you must impose on yourself in a simple discipline: stop yourself simply, stop yourself from thinking about your daily problems, stop looking for something and, when you proceed in this way, you will then find your answers. You lose too much time looking for something; to seek would imply that there is a rarity of knowledge, of love, of everything that you ask for. This questions your faith, your confidence because, if you had that faith, that confidence, then you would not look for it anymore, you would halt and you would enter in contact with us, with god, and you could receive everything that you need and not that what you desire.

Attention must be drawn on desire because, often, it is a need that one believes useful to us, to you. That is why we force you, you, in a natural process, to sleep, we make you stop, because you have not yet learned that this was your condition to be given to drink from the divine light. The one who knows how to halt, in full consciousness, can then hardly have a need for sleep, if such is his state of inner force.

Masters of the past, of the present and of the future, do not sleep but these have acquired a state of eternal rest. They do not get tired anymore, they do not consume anymore, they do not suffer the conditions of your states anymore.

If such is the need to help yourself, you will have then to proceed to these voluntary halts, at the beginning, on your part and, during this time, your will will doze off. Then, you will know that the pause has well taken place because who says human will is the proof that you, you have not stopped, is the proof that you are still, on yourself, your control. So that you might receive our help, the help of the almighty, you must commit yourself to his hands, abandon yourself to him

and put your trust in us.

We will explain to you, in time and place, the means to proceed to these stops. For the time being, make temporary pauses might it be but seconds, minutes, consciously and, abolishing your will—because it disturbs you and interferes a lot in your inner self—let yourself be, be rocked. Confide in us, let yourself be guided, think of love because, in love, solely can these states be reached. Amen. Thank you.

Q.— *How can one lose weight* without feeling deprived of eating?

CENT.NOM ::

What we have just explained to you, this evening, regarding the reception of energy, must be put in action because, this one, when penetrating you, will eliminate this physical need of food. This need that you have is a normal need—and because you have not yet explained it in its proper value—that is the need to nourish yourself directly from the source, in the light.

When you will proceed to these exercises—remember that when absorbing the energy by your slow and deep inspirations, is added the energy that your elders called the prana—the pure energy will start to penetrate you in duo, coupling with your oxygen. But, when the former will get used to penetrating into you, it will enter by other channels than the one that you use at the moment, that is inspiration, the lungs.

You will attain then calmness and peace and, by this fact, will reduce, without wanting, gradually, automatically, regularly, your physical demands because they will be replaced and largely compensated by the source. But, for this to happen, you must start to experiment it—through your physical needs, by oxygen, by water and by calmness—so that at last we may create, in yourself, this state of peace.

Because the one that is in peace has no longer any demands because he receives on a constant and regular basis.

He is nourished by the purest nourishment; the one that rebuilds, that constructs, that transforms you and that prepares you to your superior states, to your more elevated, more evolved stages.

And this change will be made gradually, unknown even to your body but you will be able to notice it yourself by the state of your well-being. And, in these states, the struggle will disappear because each of your actions will be constructive.

Do not think of depriving yourself of eating, your discipline is too weak for this. Think rather of your well-being that you could acquire, through our advises, by peace, calmness and the few exercises that we suggest to you.

Pause, pause, inspirations and the elimination of your will, because it is not yet ready for the moment. When you will acquire and receive these energies then the will of the highest, our will, your will, will be united and only this one is valid for you. Amen. Thank you.

Q.— *What are phosphenes* and how can one recreate them in pictorial art?

CENT.NOM ::

What you call phosphenes, you humans, are the emergence, the birth and the proof of the luminous existence in your cerebral cells. It is what one might call — like the presence of a chemical element that we call, you call — phosphorus. It is an element that recharges itself in the source, in the light and that, in its absence, regenerates it to you, gives it back to you, distributes it to you, redistributes, in order to allow you not to be in want of it. This energy possesses great powers of vitality, because it regenerates all your centres, all your powers, all your faculties, all your senses of reception. It activates your brain and, in its work, in its execution, it needs it.

Phosphenes, for you, for us, as such, are not little apparitions, little games, little effects but are accumulators, stabili-

sers and distributors of energy; are — if one might say — batteries; the word is a little short, a little poor.

When you feel weak, sick, exhausted, you regenerate yourself, by instinct, by the light, by the sun and it works on the phosphenes. What you call phosphenes, it is like pigments, they are captors of energy. And you, in your work, if you wish to show their presence, you shall have to remember that it is an active light in the painting, in your creations.

And, for it to be active for you, for the others, it must be emitted by, under impulse, that is: generated — cut off, generated — cut off, generated — cut off; a time of action, a time of pause, a time of light, a time of absence of light. And the more you will succeed in mastering this thought, the more active the painting will be. But, if you wish to produce a peaceful painting, you should not make too many cuts in the light.

You will have to diffuse your light upon surfaces, and do as much for the absence of light. Phosphenes that you paint are active paintings, generators of energy for the one or the other who is in need of it. You will have to be attentive, most especially, to the purity of the colour in the activity of your phosphenes.

The activity of light does not support colours that are too mixed because that lowers their vibration. If you want to know more about phosphenes, you should work on them in the manner that we have formulated to you. And we will continue to help you, and your questions, that will arise during the course of your researches, will have to be asked directly or in the same way that you proceed actually but will have to be extremely accurate.

We insist upon a pure research. Only a pure research makes you come to the exactitude of your demands, and this is valid in all fields. Avoid using phosphenes if you cannot generate very pure and very transparent colours, because phosphenes have a positive effect and a negative effect and, by your demands and through your comprehension, you become evidently responsible for the results of these phos-

phenes upon the others. It is a big word, great word, we cannot find smaller.

We thank you to have asked this question, because it is a very important one for us because we have many ways, to generate this energy on you, besides the phosphenes. Amen. Thank you.

Q.— *Why the existence of shapes* and what generates the form?

CENT.NOM ::

Each shape has its *raison d'être* and its existence depends upon it. Each form, in itself, is incumbent on a responsibility in the transfer and the placement of molecules, of structures of matter.

The sphere is generator of its own energy. It knows how to accumulate and distribute it. The sphere or the included volumes, in this form, are generators of blessings, of love, of knowledge, and manages all that is matter of knowing.

Pyramids—the triangles but the pyramids as such—are, themselves, synonyms, generators of action, of strength, in the direction of power, of change. They are, in your terms, the will of the Almighty, ours and yours; the one that is directed, in a unique direction, unilateral and in communion, in a permanent union with the Highest.

The cube and its other derivatives are slowing down forms that lower the luminous vibration, that allows the forms of the creation to build themselves up gently. A cube, one on the other to perpetuity does not require much equilibrium on your part, because this one represents the slowing down, the basis, the density. One might say that it constructs your environment in which you live.



When you progress towards the light, you must think of the cube in which you stand: those are your own dimen-

sions, to you, human being. And, to advance towards us, you must pass through the pyramid which, itself, is not your will but our wills so that it may rejoin the sphere, the spheres inside the sphere and its superstructures in greater spheres.

You must open your box, your prison, when you want to be in a state of reception. And, once you are generated, you will be able to reintegrate your dimensions. And then, at that moment, only your actions will become very efficient. You must know how to construct, in your dimensions, well knowing that the others exist.

All forms, other than the sphere, emanate from our will, from this one, because this one, in its action, must proceed thus: by giving, the others construct, by receiving, we allow you to build yourself. This must be understood. This will be all, for this evening, about the forms. We shall return on this subject, if it is necessary, at the proper time and place. Amen.

Q.— *What is rhythm?*

CENT.NOM ::

Rhythm is a space in a period determined and variable according to whom this rule is applied. The whole Creation is ruled by rhythm. And each of the dimensions, each of the states, each of the creatures has its code, its rhythm, measured with the greatest precision, because it determines the development of each one and the elements of the creation.

Each one of you lives, in a way, the same time, the same eternity, according to his rhythm. For some, the space of a life is of but a few seconds, a few minutes, a few hours, a few days, a few years, for some others, a few centuries, a few millenaries. But the impulses, to each of you, have been given in an equal way to all.

During your evolution, in the evolution of each element of the Creation, there are stages, transfers, changes of dimensions and, in these dimensions, other rhythms are imposed,

adjusted by the Creator, to his creatures, to his creation.

If you could grasp the comprehension of rhythm, you could, in your actual states, experiment eternity. And you will have to experiment it in order to feel a need, in yourself, to continue your stages of evolution. If you do not come to meet this comprehension, you could cut yourself from great possibilities.



We take charge of giving you, to each of you, to each element of the creation, might it be but one moment of this comprehension in order that you become conscious of it and that it impregnates you and, by his will, will sculpt its new form of perpetuity. Amen. Thank you.



I think that we will have to stop the reception; too great a fatigue has installed itself in you. The effort, the attempt, the impulse that you have generated, this evening, will be taken in consideration.

I wish you a good evening to you all who were present. This is good and, in the future, you will have to proceed with more personal questions in your case because, soon, you will not have much space for this kind of demands. Your demands will not be personal, and their demands will take space. Take advantage of the time that is granted to you. This is an advice that we give you. Take advantage, without any egoism, generously. And, in peace, I leave you and stay. Amen.



AV. I am placed, now, in the will, the force, the direct line, in our wills, in perfect harmony, in the direct path. My symbol, our symbol; the black pyramid, on a luminous background, right in the centre. Father, we are all listening in to You. I am at your service and at the service of the others. Thank You for this grace that is granted to me, and that is bequeathed to you.

CENT.NOM ::

Thank you for being present, you and the others, this evening. We are converging the other members of the initial group towards you, they are already present this evening. You are guided by the light, by our wills. I shall be, this evening, with you to serve you and I shall be entirely listening in to your demands. And, when you are ready, you will be able to proceed as we are used to act. You may start.

Q. — *Why* is it that, in the morning, often when I wake up, I feel a *discomfort* coming towards me which I cannot identify?

CENT.NOM ::

What kind of a discomfort?

— It is as if my plexus was tightening up.

CENT.NOM ::

Yes, you must, when you go to bed, put yourself into the hands of god so that before closing your eyes you could *attain peace before sleeping*. If you go to sleep waging war, it is very possible that it continues and, in the morning, the results are the enfeeblement of the one who has suffered the condition. You must attain peace before closing your eyes; this is a recommendation to start following from this day on. At that moment, you will be able to regenerate yourself, gather your energies, reconstruct yourself, rebuild yourself. And the lack of confidence, the insecurity will be non-existent because you will be propelled by this new accumulated energy, recovered during your rest.

In the conditions that you describe to me, it is difficult for a being to act — or work, or construct, or even create whatever it might be — because you are obliged to use always, as

energy, remnants. It is difficult to make miracles, for you, at this moment, with remnants. You must impose on yourself this discipline of finding peace before you go to sleep. Do not close your eyes as long as you do not have this inner peace. It is better not to sleep, trying to find peace, than sleeping in disorder. Amen. Thank you.



The angels dance, the flutes—I am sorry—the angels sing and the flutes dance. It is very beautiful.

I would like to see in yourself, this evening, an image as gay as the one I have just expressed to you. Gaiety, joy, life must inhabit you. You are, at this moment, living and you must express this state. You are the expression of divine light and you must express it. Be happy. It is too late, now, to always lower you forehead—forehead—frown. When one frowns, one closes the curtains to the light. Open yourself to joy and it will come to reside in you.

This evening, before the end of the session, joy will inhabit you. You shall have to remember that and keep it in your heart: it is a small sparkling diamond and that regenerates you in constancy. Then, the problems that you have mentioned to me will vanish, will vanish as if by a wind-swept, a wind-swept; pffft—swept out, vanished, hey yes. Thank you.

Q.— *How does the channel work*: the reception from you, CENT.NOM, to us?

CENT.NOM ::

Hey! That is..., it is very simple for us. We proceed in a simple way. We, we descend, we inhabit the channel for the instant that is granted. We make him happy this evening. Hey! Yes. The principle is simple and it is a principle that you also must know and develop. It is a great principle of love: it is to love so strongly that we deign inhabit in the other. And the other, even if he has certain reticence, once we inhabit

him, is happy with our presence, because we bring some sun in him, in you and in them.

We change their space-time. We solve all the temporary problems and, even, long-term ones. Yes, we are great menders. We rebuild, we make order – we, well, we do not stop, what – and without any effort hey! And know that we do this, not only through the channel, we do it through you all, yes, present and those who come and that are present already; and they are numerous. It is astonishing, one sees them everywhere, they gather themselves and they push each other even. Hey! Yes, there is no need to push each other, we shall be there for everyone.

One must not try to find out how we proceed; this is not of your understandings. These are powers that we have acquired through the process of our evolution, and it is quite normal that we should have certain advantages to serve you otherwise, what an irksome task! But, for us, it is a joy, then I can tell you that we are happy to inhabit you, as far as you are concerned.

And, during our sessions, we shall see to it that joy installs itself into you and, at that moment, your questions will be really pertinent for your evolution. Because, in sadness, your questions we can answer them but it does not help much for your evolution, it helps for your life in your little box. And, for us, little boxes, you know, hey! We have nothing to do with them. There are many of these little boxes.

As you can see, we are very gay this evening. We are happy and we will serve you, for take note that, each time you will meet, it will be a little party. Hey yes! Hey yes! A little party. And, when it is party-time, it is no time to talk of one's own problems, hey! One talks only of one's beautiful things that one has succeeded to accomplish and one exchanges them with the others, hey yes! At that moment, we can call that an evolution.

Your down to earth problems, we can help you but, with time, you will have enough force, if you proceed as we

tell you, to manage them by yourself without disturbing us with these small banalities. I know that it touches you, I know that you take that seriously but, my god, be gay.

The angels sing and the flutes dance: remember that. And, in this state then, at that moment, start to study, to create, to evolve only in this state. Do not get down to a work, a creation, a process of evolution, in sadness, in aggressiveness, in suffering. You must get rid of these states; those are states that you yourself have created, you are responsible for these states. And we allow you to go in the other states of joy, of cheerfulness; they are your real states and must be permanent in you. Remember them; you do not work anymore, you serve.

We help you to build yourself. We give you, in that state, wings at the end of your feet. Yes. And, if you do not believe it, you will have the proof very soon. You will put yourself in the state that I have described to you this evening, and I promise you that you will accomplish miracles and you will be surprised, he! surprised. There, you will start to sing your exploits, it will not be exploits, it will be cheerfulness, flowers everywhere, hey! It is joy.



I shall come back to your states that were, a while ago, almost sad but, this time, we shall have another attitude: a clear attitude, calm, joyful and, when one is joyful, one does not reproach oneself anything anymore; one is like purified.

Joy, cheerfulness, beauty of heart purify, eliminate, erase all the errors that we or you could have done. It is a kind of purification that is very agreeable. Thank you, very very agreeable. Yes, it is the purification, as you call it but, not in the state of suffering, in the state of blessedness! How do you expect that a being, in the state of beatitude, could make a mistake? And, in that state, he has not even the need to formulate his questions because, at the moment that he thinks of them, the actions, his desires, his needs materialize ins-tant-

ly—as much true as I tell you.

You will be able to live, in this state, the possibility of small miracles. And, you know, to make a miracle, small or great, it helps a lot the soul of the entity, because it feels alive at last as it has been conceived originally. It has found its freedom. It can act according to the will of god but also according to its will because, not making any errors anymore, it cannot take the wrong way and everything it does is right. And, at that moment, nobody has to account for to anybody, everyone is no longer in someone's debt and even the good lord is happy. You may now carry on with your questions, I am at your disposal. Thank you. Amen.

— Thank you for being amongst us this evening. It is surprising what you have just done because, just before the session, I was telling myself that I found what you were saying very austere and quite serious. Then, what you have just done has pleased me and touched me a lot.

CENT.NOM ::

I thank you, but our attitude that we have taken has been coloured with your own attitude because, if we had come in another attitude than yours, hey! You would never have listened to us. Whereas speaking your language, you told yourselves: this one, he is probably serious. But our real, your real, condition, it is joy. We do not understand your misery. We try to help you; we have acquired compassion. With you, I must say that we have acted faster. We do not drag on because it is not necessary, for you, to spend an eternity and make useless efforts. Effort does not exist if one wants to realise the will of the father.

This evening, I insist on joy, joy; the fact that you are there, living, and that we have given this occasion of learning. Because, in this state that you are, knowledge engraves itself, hammers itself—as a sculptor—in the matrix of your identity. In our dimensions, we cannot learn because we see

everything, we understand everything, but it is not hammered in us. We are everywhere so we know everything, we are acquainted with everything.

We are the Perfect ones. It is a great word but, often, we envy you because, through your difficult experiences – hey! difficult, it a great word hey! it seems difficult to you because you see neither the beginning nor the end – through your difficult experiences, you enclose, you store, a comprehension of knowledge at its most perfect state and essence. And it is this comprehension that will help you to develop through your evolution. And, when all this knowledge and comprehensions will be inscribed in you, hey well! you will do like us: you will get rid of all this because, where we are, we do not need any baggage, any weight.

But, to come back to you, you must proceed. You have this chance to live in this state. You have the chance to sculpt, to hammer, on this matrix, what you wish to obtain for your next stages of your evolution. You have a great chance and this opportunity to be alive and to be able to do what I have just told you should make you understand that only joy must inhabit you. Because it is a grace that Father, our Creator, our God, has granted to you all. Amen.

Q. – *I would like to make an astral journey*, is it useful? Can we do it all together?

CENT.NOM ::

You know, those questions, you may do what you want. We are not there to hinder your demands or desires. You may make an astral voyage; you make some already, alone and in a group, surely. Your channel knows this subject. You will make voyages but, for this to happen, once more, you must know why you make a trip. If you want to be conscious of it, if you want to bring back the fruits of this research, of this trip, you must know why you go on a trip otherwise you do not go. There are some that find themselves in this situation. One

does not make a voyage for nothing. A voyage has its raison d'être. Find a valuable reason and the trip will be granted to you. You will grant it to yourself. Thank you.

Q.— All the *texts* that we receive from those sessions are marvellous, are very motivating, are they for us? *Will they be published?*

CENT.NOM ::

It is not only for you and what we will do with them, we will decide. But it is the minimum that you could do to work a little for us, we do it for you. You will have to, with exactitude, copy, transcribe these texts, because they will be, in the future, propagated. And, in the future, you will not always be there, but we will be there and our work, your work will continue to grow, to propagate itself.

We are gardeners of knowledge. We plant without respite, eternally, this knowledge. We need help for the materiality of these things and this is where your responsibility comes in. You must give, each day, a determined time for this work that is not a work at all. And, if it becomes a work, I advise you to leave it because, probably, you do not need it, you are not ready for the absorption of these things.

This is not a work that we ask of you, this is a service that you render, that you do. And you have a great privilege to be able to serve in this manner: serving to grow, this is not slavery, it is a blessing. You will change your approaches on these subjects and on the attitudes regarding your lives. Thank you.

— Do you have a comment for this evening? You have been quite joyous. Thank you.

CENT.NOM ::

Good lord, the comment is very simple. I am happy that you have all been present and numerous. And, as a com-

ment, I would tell you that, this evening, we were at last ourselves. We have allowed ourselves to be what we are and not to be what you want us to be. You will know us on our real faces. We are an ensemble happy to serve, happy, joyous, and we transfer to you, to all of you, this state of grace and you will propagate it, and this is the fastest way of communicating.

The propagation of joy, of happiness, of inner light, is the only one that could help, the others, recognize the existence of God. We love you all with our hearts. Our eternal hearts love you; you are our children, you will grow, you will understand only through this joy.

We shall leave you, this evening, but, remember, we never leave you. We are always present everywhere you go. And if, for an instant, you should fall in sadness, think of us and, you will see, everything will be easier. I leave you and I hope to see you soon. Good evening to you all. Amen. Thank you.



AV. Father, my God, my Creator, bless us, protect us, guide us in your light, in your love. We are ready to receive You. Our inner selves open themselves to You and are happy to receive You. Inhabit us. Amen.

CENT.NOM ::

Good evening. We shall proceed as we are in the habit of doing. We shall be listening in to your demands. When you are ready, we shall be there for you. Thank you. Good evening.

Q. — Good evening CENT.NOM. How frequently do you suggest us to meet for the session with you, CENT.NOM?

CENT.NOM ::

The frequency, the frequencies of the meetings, with us and you, should be maintained at regular intervals. For the moment, we will be accepting that you dispose yourselves, to listen in to us, once a week. This is a minimum required, this is a natural cycle; fifty-two in one year. The hours, later on, will have to be maintained and respected because this is a setting of condition of your states and permits a better reception, a better channelling of our energies, in you: once a week, at the beginning of sunset. Thank you.

Q.— Should we find a place to work at our mutual and personal activities?

CENT.NOM ::

For the moment, it is not necessary. The place is created by your presence. The fact that you assemble in this thought, in the name of the will of the father, will materially create the location. For the moment, this one is of no importance. Thank you.

Q.— Would it be possible for you to tell us *from which world do you come?*

CENT.NOM ::

We have talked about this already. We are, for you, the Perfect ones. We come from the world, the worlds, for you, of Perfection. They are not so far away from you as you may come in contact, by the intention, with us. The remoteness of our worlds is proportional to your intention and to your action towards the light. The more your intention will be strong to serve the light, the closer we will come to you. The access to communication will be made faster and faster and instantly when need will be.

We would like, this evening, that you bring back, in yourselves, this spirit of joy, of gaiety because, for us, this is very important. Because in this spirit, we may, us, evolve bet-

ter and you, better accomplish the will. Enlighten yourself by the light of joy. Make that step towards us, we shall be able to better communicate and better understand each other. Thank you.

Q. — *Have you ever been human beings*, as we are, during your evolution?

CENT.NOM ::

The majority of us have never been beings as you understand it in your comprehension but we all are and we all form a part of the Creation. We are beings — if you want — but, basically, not as yourselves. Few exceptions join us according to the circumstances very very special, for missions, services on a large scope.

We communicate with them, as equal to equal, on the same level but with the difference that these have like an advantage, for specific situations, over us. We shall give much more details about our world and worlds in a distant future. Thank you.

Q. — *Why must one be born on earth* with a human body and endure all the sufferings, sorrows, sicknesses, wars, etc.?

CENT.NOM ::

This is a process that falls within the competence of the will of the Father and that allows, each element of the creation, to progress, to move through the dimensions and, this, in a unique goal of creating motion. Taking a being, an object of the creation, of this said creation, placed at a stage and, allowing him to transform himself, to purify himself, to transmute himself, we may attain then states of ennoblement.

Example: the dream that certain beings, entities of your world, have had to transform lead into gold is an example of this evolution that each member of the creation must proceed through. This creates a desire in the each one's inner self and

this creates a generator that drives, each of these beings, of these creations, towards the highest. And, when these states are attained, from one stage to another, we obtain, the creator obtains what one calls, what we call permanent states, stable. When these stages are acquired, permanency; there is no more transformation.

We become, you become ingredients, elements serving then for the construction, for the will of the Father. In permanency, no alternation, no variation whatever the condition might be. As long as there is transformation, there is evolution, as long as there is evolution, there is movement, as long as there is movement, there is hope of betterment and, as long as this latter realises itself, there is, what we call, transmutations.

We, in our case, the Perfect ones, we have not known these states. Certain parts of the creation have been, since all ages, will be, till the end of eternity, fixed, non-transformable because perfect. But the Perfect ones and perfection are not quite what you might grasp or understand.

The Perfect ones, perfection, for your understanding, is a state of high evolution and, for the understanding of the Father, are states of pivot, axe of support; structures around which the Creation may elaborate itself, may live, may generate itself.

We are the pivots, the pillars of the beginning of time till the end of time. And, through your evolution, you will be able then to rejoin a different perfection. And it is then that your will will be eternal and without error and that your decisions will be systematically in harmony with those of the Father without He having to guide you, to control you, to direct you.

We are an integral part of the will, of the spirit of the Creator, of the Father. And this is why the Father, in your worlds, sends his Son or his Sons, because few have an understanding more, more flexible in respect to you.

The Son is the Father with much love and much pa-

tience. The Father has these qualities also but the Son is closer to you. This comprehension of the pivots must be acquired by humanity. It turns, it evolves around the pivots, around the pillars. Amen. Thank you.

Q.— You have just talked to us about the Son, the Father, but *what must we understand by the Trinity?*

CENT.NOM ::

Trinity is the Father under all his expressions. It is the will of the Father by the Son. The will of the Father in the Spirit, in His spirit. And the Spirit, receiving all the powers of the Father, finds Himself to be, in his name, the representative of Himself and of the Son. And the Son, in communion, in love with the Father, is in spirit with His spirit. His wills, his expressions, of the Father, are immutable, are intertwined with each other, and none can do without the other in its action. And, through the Son, humanity, the humanities are the expressions of the Father and are within his jurisdiction.

The Spirit manages a part of the Perfect ones because these communicate, through the whole Creation, in spirit by the Spirit, from the spirit to the other, from one spirit to another. The world, the perfect worlds are parts of the Creation more luminous, less material. But we can and control and have direct right over matter, we may serve ourselves when good requires.

The effect of matter, in your views, is the Father, is the Source of the whole Creation, of all the ensembles of creations in the Creation. And the Father, as such, is unapproachable even for us. The only way to attain Him is, for sure, through the spirit, through his Spirit, by our spirit. He inhabits us and we may make ourselves be cherished by him but, even for us, this comprehension is very difficult. We may but rely on, what you might call, you, the invisible.

The invisible is present everywhere as the Father. The Father is invisible for us, for you; such is His will. And it is the

only way, for us, to exist. We all exist physically, materially, under whatever form denser or more—how could I say—lighter, faster as a vibration. We all live in this invisible that is an ocean that carries us.

The Father sees us and is omniscient. We hear Him, we guess Him, we feel His presence through his action, through his love. And it is the same for you according to your vibrating state of your humanity and of each of you. Your comprehension is the same and it is proportional to your stage, to your state. Amen. Thank you.

Q.— *Is it possible to send*, to an entity that one loves, *messages of love* and, how to do it?

CENT.NOM ::

Hem! You do not need to send, the fact that you think of it and your message is received in the same instant you formulate your prayer. Instantaneousness, in these cases, is total. Do not send, formulate it, in yourself, through your actions; mostly through your actions. When you set forth a thought of love, this one acts in yourself and, through the action, the entity, to whom you wanted to give this gift, sends it back directly. By this token of love, you are, you become love. And, in this state, you will rejoin your entity but you will mostly rejoin the love of the father and, in these states, your gestures and your actions will be eternal. Amen.

Q.— In a previous session, you have talked about the *book of hearts*. Could you tell us what it is?

CENT.NOM ::

The book of hearts contains the part of the creation that has attained this state of love. And these hearts, this heart, this love, is what pulsates in the whole Creation; these generate, bring, nourish all creatures of the Creation. Without these hearts, without this heart, the Creation, as such, of the

Father, would not be. And the Father is at the heart of hearts. Amen.

Q.— Could you tell us *what is space*?

CENT.NOM ::

Space is, to your understanding, a definite situation in a measure that you call, you name, time. And space is determined by the multiplier: energetic transference by time. This establishes a space to your comprehension, for your comprehension.

Space transforms itself according to the degrees of evolution of those who inhabit it; the more elevated their degree is, the more their physical transfer is luminous and fast and, the faster these transfers are, the more annexed and abolished time is. Time vanishes progressively, proportionally to the velocity of light emitted by the beings of this space: meaning, finally, that space is reduced proportionally to your capacity of comprehension.

Space, in your states, expresses itself by light-years; which is, for you, already very serious for your comprehension. But, in other spaces, light-years are not counted because time has disappeared and the years with it. And, for this, these spaces, proportionally to yours, are unlimited, eternal.

And this is why the Creation perpetuates itself through eternity, because—it is difficult to say—because the state of the Father has surpassed all the limits of the evolution of time, of spaces and dimensions. And His comprehension and His vision are such that we cannot, even us, the Perfect ones, ever grasp or imagine what are those frontiers or those dimensions or those spaces that the Father generates. This is beyond our comprehension and yours as well in fact. Amen.

Q.— Could you talk to us about *karma*?

CENT.NOM ::

Of course. Karma is a word, is a created comprehension, established by human beings, for your humanity. Karma means, in reality, the path that your inner self must pass by through his evolution: a well-established path for each one of you.

Part of this word generates the vehicle in which you travel, in which you express yourself. And the vehicle, under whatever form it has been established by its degree of evolution, has, as memory and direction, his inner path in relation to its superior path.

Karma is not, according to your comprehension, debts or penance or reprimands; they might seem, to human beings, under this form of images. Because the one who does not follow his inner path, with his vehicle, is obliged to find again his inner path in order to be able to travel through his superior path. And, for this, as long as he did not put himself on his right path, it seems to him, to himself, as if he were punished because slowed down in his stages, by his own errors that are, in reality, the lack of listening in.

You must listen to the path, the way, the inner voice in all its forms. The word is the path and the path is the word. All these paths are parallel and in perfect harmony with the way or the superior path or of the Highest.

Coming back to the karma, you feel in yourselves, humans, pain in yourselves—and, through this evolution—because your soul, your light, that guides you is so much in a hurry and is so anxious to attain its freedom that will be granted only at the accomplishment of the will of the Father. Amen. Thank you.

Q.— *How to lift the veils* that conceal us from the source of God?

CENT.NOM ::

Veils, in any case, do not lift at once. Veils, as such, do not exit. Veils are, in reality, you; you are the one who hinders the vision, this vision, your light. Your light and the light of the father are not the same: they are in accord but your lights are proportional to your states of evolution. And the veils, in regard to these states, lift progressively because, as we have told you, you must get used to your source, to the source, and it must get used to you and, by transforming itself, it generates and acquires its might. And the veils, in the actual fact, become obliterated.

For some of you, past, present and future, ask themselves even what were veils. They are present for those who come under their presence but they are forgotten as soon as they are lifted. Veils, for you, for the moment, will be obliterated at the moment that you will enter in contact, in communion with the source, your source, divine light: think light and these veils vanish.

The presence of veils is, of course, the discovery of a reception, of light, reduced. Think light, serve in the spirit of the light, serve the divine light. Think love, think of luminous acts and these, as we told you, will transport you in other dimensions. Amen.

Q. — *What is the intellect?*

CENT.NOM ::

Intellect, it is your own word. The grey matter, it is your own word. It would rather be the luminous matter that inhabits you in your brains. Intelligence is probably a comprehension very appreciated by humans but intellect is generated by the grey matter. And, when you will be generated by the luminous matter, the intelligence will not be any more than of your world. That is all what we can tell you about intelligence for the moment.

Q.— Do you find that our questions are pertinent?

CENT.NOM ::

Not quite.

Q.— Could you help us with the choice of our questions?

CENT.NOM ::

Of course. Thank you. To elevate oneself, one must visualize more elevated images. Evidently, as long as you will ask questions that have to do with daily problems and situations, you will stay in your everyday life and you will have difficulty in escaping these conditions that you create yourself. You pray, to get away from these conditions but you remain always in these same situations.

The choice of your questions will have to be directed much more towards material states such as service, as love, as light. Your questions must, your research must, in your fields, refer to these more elevated states. You will have to formulate your questions through these superior states, that is that you will have to elevate your vibrations, your states of comprehension, by researching new formulations that are not acquired by you and that are not, for the moment, natural.

Try to come out of your actuality. You may go outside of these fields to serve these new domains, to better yourself and not do the opposite; using these new fields to hope to acquire notions of light. I hope that you understand me and, otherwise, you may ask questions.

Q.— Could you elaborate and enlighten us about the way to ask our questions?

CENT.NOM ::

Yes, of course. I shall give you your little examples of

daily life. Let's take a woodcutter who, everyday, cuts trees. In this kind of life, he must evidently suffer the consequences. He believes he is serving and he serves the others in his work. But, if he wanted to attain other dimensions, we could, us, allow him to continue to work wood. But, for this, he would have to elevate his soul and his vision, and we would make him a sculptor of wood. That is a simple example but it can show you, to you, what kind of advance and what kind of evolution you may achieve by allowing yourself to do almost the same thing.

The difference, by the thought, by the spirit, creates quite another stage, quite another evolution. And this is why that, in your fields, you may continue to do the same thing. But the desire and the visualisation of light, of love, if you remain in it, if you live by these laws, will transform you and will allow you to achieve, to complete inner or outer works. Because the greatest work is the one that you realise in your inner self.

We have given you many explanations, it is up to you now to put them in application. Take them, not all at once, take one at a time and act, for a certain time that you will determine yourself, in this way. Make a choice and act in this way and the transformation will take place, and your next actions and your next choices will take place as a consequence. This is why we insist on pure research—the effort, the effort, not really—because, if you are in an enlightened thought, the effort does not exist anymore. If there is an effort, it means that you have strayed away from it. Thank you.

Q.— You often talk of love—and that one can frequent fields that would help us to rejoin the source—could you, this evening, talk about this to help us understand what is really love? *Everyone talks about love*, but what is love, real love?

CENT.NOM ::

Love, it is what you call an ocean; it is carrying the whole Creation. Everybody is nourished by it, everybody is immersed by it, every body grows in it. Without it, without love, the capacity of existence is no more, is no more possible. Love is—what you would call physically for you, for your bodies—is water. Without water, everything is annihilated, nothing stands, your spaces are destroyed as well physically as spiritually.

Love—and this is why one calls it the source—is a carrying water and vivacious because it sustains life. The subject of love, as such, will be brought, not tonight but later, by beings, beings that have lived and that live by it; beings that are the expression of love.

To explain love, one must be, of course, an integral part of it and we cannot really appropriate ourselves of this right. We serve according to our capacities that have been commissioned to us but love, as a being, is a permanent state of action, of evolution, of help, of gift, of enrichment, of spiritual nourishment.

Love is the spiritual nourishment of the Father; it is sent to you under different expressions according to the accomplishment that must be. Love comes under many forms and serves in the whole Creation.

We will bring you, at the proper time and place, representatives of love, representatives of the heart, of the hearts, representatives, in fact, of life. Love expresses itself, through life, under all its forms. Our comprehension, for us the Perfect ones, is unfortunately limited on this subject that is love. We do not have the advantage of the feeling that you have but we know that it is a great light that is not dazzling but that brings a well-being; a light that regenerates gradually, a fundamental comfort, a care, kindness, a love. Love is cares.

We, without having this feeling, we bring you a fragment of this love because we take care of you and we love

you according to our understanding. About this subject, I shall have to end and I thank you for having talked about it because it is a question that should be on the first page of your demands. Think, live, visualize, act, react by love and then, at that moment, your states will elevate themselves and your comprehension will be able to attract, to yourself, greater knowledge on this subject. Amen.

— We are hearing some noises...

CENT.NOM ::

Noise has no interference on us. We have no notion of noise. Think well about your questions. It is not the quantity, it is their profoundness that makes the value.

Q.— Do you have a comment this evening?

CENT.NOM ::

One must not drown the plant and we shall have to end the session. But, before leaving, I would ask you to have, by love, instants, a visualisation of joy. Joy is the expression of love because joy is the nerve of love. Without joy, it is very difficult to give, to love and to construct; this is why we have talked to you about joy. And do not forget that, according to your conditions and your states, we act, we colour ourselves. And I must confess that, this evening, you did not bring your heart.

It is fine to know but knowledge, without love, has no value. You must bring your love, your hearts, when you get together and it will generate a light that will inhabit you and it will help you, will guide you. Do not forget what I have just told you, think about the gift of yourself. Bring your hearts on a platter of light and those will become enlightened. And this will give a justification to our meetings because, without love, nothing is constructed, nothing progresses.

You must call on us solely in states of love; otherwise,

you lose your time. Enlighten yourself, lighten yourself long before sitting, long before getting together. Prepare yourself for this exchange. The exchange is made only in divine light, through the light. Without its presence, there is no exchange, there is no construction, there is no evolution.

Good evening, I love you with our eternal hearts, with our generous and luminous hearts. We lavish attention on you, we protect and guide you. Amen. Thank you.



Q. – *How to generate energy in ourselves?*

CENT.NOM ::

Energy inhabits you, it is an integral part of you. It inhabits, it is inside you. You must go towards it and call upon it. You must call upon it for assistance so that it may serve you; it is awaiting that. Draw upon this force, draw upon this energy; it is awaiting this to grow, to bloom, to develop its forces and it will enlarge, factually, its fields of action. Energy, the more you draw upon it, the more you take from it, the more it will give back to you because it is generous; it multiplies with a luminous rapidity.

Energy, it is not a bank: to the bank, one goes, one takes. One takes, hey! And that is all and, if one takes all the time, there is no more. As the energy that is in your inner self, the more you take, the more there is. Do not abstain from taking some, the use is permitted in this state.

Go for it, seek, take, we grant it to you. There, you may take, it is awaiting that, your energy. It is for this reason that you are always tired out, out of energy, you make too great savings that way; do not be scared to empty your reserves. If I gave you a cup and asked you to draw, from the sea, some of its water, do you think that it will drain it out?

– Would you have a comment, Thank you.

CENT.NOM ::

We are happy to see you there, reunited, united in the desire of elevating yourselves. In the future, our meetings will have to be followed by actions. We cannot spend the time to explain things if you do not apply them. You will have, now, right now, to start to visualize the service and, in this service, will generate love and it will bring, will generate you with this famous energy that you lack.

We will meet regularly but each one of you will have, right now, before each meeting, to bring and put, in his heart, the small service that he will have accomplished in between the sessions. You will bring it mentally and you will try to see, in yourself, if this service that you have accomplished was a real service. Only through service is it possible to elevate oneself.

Service, whatever its form, is always evaluated at the highest multiplier, that is that only the service that brings in to you, to us, the most and rather brings the most. And, in these new states that you will know, your demands will modify themselves; your demands will be less selfish.

You have the right to know but, now that you know, you must act: this is the consequence of knowledge. We allow you, through the knowledge that we transfer you, permit you to act and, now, you will have to act, in the right way, thinking of the others. If you have some difficulty, start with what is easier to you. Take, at the beginning, those that are dear to you and you will advance towards those that are not so dear to you but that you will love, and they will become to you then, you favourite ones. Give love, think of the heart: the symbol of the heart, keep it in your minds, this will allow you to act in the right direction.

We love you very much according to our capacities, our comprehension. We are at your service because, today small, tomorrow very responsible you will become. We are real gardeners. We are in contemplation in front of the crea-

tion of the Father, in front of what grows up, that springs up, that blooms. And we shall do everything to help, these lives, to propagate, to evolve and to liberate themselves.

We will help you to free yourselves in the future. In our future sessions, we shall bring this subject on liberation because it is only in liberation that everything we tell you, all we ask of you, may be accomplished with ease.

It will be required of you to acquire this liberation, regain your liberty that was granted to you originally. You will call upon it in yourself and, when it will come to inhabit you, you will be able then to act as such and as our advises suggest to you.

We bless you. The father is with us and the father in within you. The father is love and the love of the father, if you become aware of it, will nourish you and will liberate you, actually, of all your obsessions, of all your weaknesses, of all your miseries because, when you will be filled with his love, you will then be liberated. We wish you good evening to you all and to you. We love you, we love you, remember that. Amen. Thank you.



AV. God, my Father, my Creator, welcome us into your womb, into your love, regenerate us. We are inhabited by You and, through You, from You, we shall act, we act according to your will. Amen.

CENT.NOM ::

Good evening. The will, the power, the direction emanate from the one, from the ones who control it, by a constant release, through your brain. Through the chakra of sight, the projection of the will, of the power, is released in pulsation, in the direction of the others, towards the others. The exchange of knowledge, of communications, is made by the centre, the chakra of the crown, back and forth, in reception and emis-

sion, but it diffuses itself towards the infinite, towards god. This is what has a connection with the will and the direction of energy and of power.

As for love: radiation emanates from the heart but, in continuous streams, without interruption, as a sun radiating in all directions. Love is a blessing and not a control. Love is a gift and not a power. It imposes itself not by strength but by gentleness, by the creation of the state of well-being in others and in us.

The solar plexus, this centre, is the force that establishes and that links the centre through the centres; this one is at the centre of the systems. It establishes the bond between yourselves, human beings: a link of force and of power as a group of dancers that would hold, hands on shoulders, in a circle as Greek dances. But this, by the chakra, by the solar plexus, you get stronger, you increase your forces, one through the other, the ones through the others. And, if some amongst yourselves are in a state of weakness, they are automatically put at the same capacity level, equality, of the ensemble, of the group that binds itself.

In your case, this evening, bind yourselves by the solar plexus as do these dancers. The acceleration of the movement may increase and none of them can stumble because the group is united, is one. You must think, in binding, in this state, you shall have to think of a circle. In the circle, in the sphere, we can increase the vibrations without anybody being affected or bothered, because there is a link that creates itself in a centrifugal force, that creates itself because the energy circulates, through you, constantly, from one to the other and from the other to the other and the others, that comes back to the starting point.

Energy is circular. Energy establishes a field, a cylinder of force, a cortex. When you will sit, in the future, with the others, you will have to think of the solar plexus. The latter will unify you and your forces will be added and increased.

And each one will receive the totality of this said accumulated energy.

We will descend to the first chakra, primary; the one of the senses, the one that controls the multiplication, the reproduction, the one that represents force and energy, the incarnation of the matter in the matter, of the incarnation of light in matter. The latter – being one of the most primitive, but one of the most powerful in regards to you for your humanoid condition – is one of the most powerful generators of force.

This one, by passing through the centres, this energy, purifies itself, increases and transforms its vibratory field by lifting progressively through the different centres of power, through the different chakras. The one who has force, the one who has power and discipline of these powers can, from the bottom, reach the height.

The second chakra, the one situated around to the spleen, nourishes and brings the adjusted vibration for the solar plexus. The energy of the first cannot and must not pass directly to the solar plexus. It must absolutely make its transformation, its elevation through the second centre.

The first centre is often represented under the image of a warrior, and the violent effort, brutal, is dangerous but this one guaranties and propagates the materiality in materiality. To soften it, the second chakra is gentleness, has the initial qualities that the woman carries in her womb, and it is to her that we have given this power of elevating this primitive but necessary force. Through it, by its qualities, the force becomes refined, grows lighter and becomes the perfect ingredient to the creation of the nucleus; generator of the inner sun, of the solar plexus. Till now, we cover your solar system, your planetary system.

The positive, the negative, the yin, the yang, the woman, the man linked one to the other in harmony, generate the inner part of your sun; the one that has the capacity and the power of uniting all of you and of increasing your powers to a scale almost infinite. Your force and your weaknesses,

united in this harmony, become then a superb power generator of force. The latter sets in motion, in yourself, the possibility of causing, making appear the qualities much more subtle to elevate yourself to superior stages.

Your inner sun has the same powers than your outer sun. The latter generates your surroundings, your trees, your nature, generates water, generates everything that is necessary for your lives. Your inner sun creates, in the unity that you achieve with the others, this generating power to make happen and create your inner environment.

Your air, your water, your nature—and everything you need—create your inner atmosphere. And this is why the other human beings must act in unison because, if this one is not, each one of you is systematically destroyed by the lack of resources not created in your inner selves.

This is why we insist on the service, on your direct actions, from you towards the others. For, in this action, you will be able then to build your environment and, without it, there is little hope to go further. When this is accomplished—and you can accomplish it through the others, physically, and in the same way in the invisible—you can rejoin those that are on the same diapason as you. You put yourself in direct communion with them because those are waiting for you. Those are listening in and, in their communion, will be able to bind themselves with you, in the same way as these dancers; hands on the shoulders rejoin each other and can then accomplish the superior will.

Only by proceeding through this inner path will you be able to elevate yourself towards this light that emanates from love; the one from the heart. The heart, this chakra is of course: it covers environments, dimensions and states greater than galaxies. Love surpasses your environments and your atmospheres. Love is this invisible light in the visible and visible in the invisible. It carries, it sustains, it embraces all the creations.

Hermione, the white cat, has meowed.

— Thank you for your patience.

CENT.NOM ::

We are not patient; impatience is one of your problems, but not ours.

Force, the chakra, that is situated about the throat, the one that controls the force of the word. The word is a vibration that circulates in the infinite spaces. The word commands them, orders organisation, calls upon energy, so that the latter may, in this call, act, assemble itself, organise itself to command the materialisation of finite spaces. Word is a power that acts in what is not or what is not yet there. Word is the power that commands materiality.

The chakra, the centre of energy that you call the third eye, is an image, evidently symbolical for you. The third eye happens to be at the service of the vision of the father; through it, the limits are done away with, through it, eternity is perceptible. By this possibility, we can, you can then capture what will be still very difficult for you, human beings, in a material way, to seize these states. And, through your inner self, you will be able to understand at last.

To understand, that is good—it not quite the word—you will be able to feel the unknown and you will be able to see above all the human creative imaginations. This is the possibility of the eye. The eye or the power to see does not limit itself to any direction. Vision is made in a spherical way and each ray that emanates of this sight captures the images of what is and of what will be.

The chakra of the centre of the crown is the one that contains all the might. This chakra controls everything that resides in the low spheres and in the high spheres, because, in it, sits the Trinitarian effect. The father, the son and the spirit are, through this chakra, active in it. This centre, this chakra, is the mightiest and this one has a closer resemblance to the creator. In it, everything is and everything is through it and in it.

Your actions are guided through it and this is why you call it the chakra of the crown. Because the one who inhabits and presides in it is, has the power and the authority of a king or of a queen according to the energy that you represent. This one represents the thousand suns. These suns are generated ad infinitum: they are diamonds, set around this ring, the ring of the creator; the ring of the creator that sits upon you, in you.

Energy circulates, for you, upward and, through your progressions and elevations, will circulate downward. The force of the matter is transformed, upward, in light. But, to attain light, it is surely easier to see it when it is coming downward. Light descends by the path that originates from the high sphere, generates the energy, purifies the centres: this is what we call the total enlightenment: total because it inhabits you as a being inside a cone, the point is located at the top and it sweeps widely, to cover all the centres; these different energies, our different actions, our different responsibilities.

And the father needs all these energies, as much the ones from above as those from the bottom, because he is the regenerator of these said energies. And, when these energies from the bottom and the energies from above go meeting one another, in a full equilibrium, they generate, in you, the power of binding you and increasing your force, in unison, by the others, through the others. Then, energy acts according to the will of the father.

Energy, you, one would tell you, circulates: it is circulatory through you, through your creation, through the universe, the universes. According to your states, the velocity of it, of its circulation, is variable. You must, in knowledge now of these things, study them step by step and, for them to act in their full power, place them in the strait line, upward, through the will, our wills. Align your centres so that they better communicate, because, if each of them pulls in one direction, the unison where the motion of this said energy will not be acquired.

If you have twelve horses, the leader who rides them will have to place them and control them in a strait line and according to what he has to accomplish or travel. This is why often we send images, in you, saying that your inner selves are torn up. Because each of you, of your "selves", knows, through their evolution, how to attain the final goal. Through your evolutions, each one of the real-life experiences is directed, in its experience, towards the finality of one of these experiences.

Example: if you dedicate yourself a whole life, to the service, for the love of the others or if you have served, a whole life, the light, being a monk, you have acquired, in this experience, a very elevated knowledge. And if, in each one of your evolutions, you accomplish one or two of these experiences among these progressions or these lives, one can tell the other that it was better than the other. But, in reality, if they all work and act in the sole direction of the father, neither one nor the other are better or less good; they all are in harmony. At that moment only, they can, them, these experiences, be in unison and, at that moment, they can act in the will.

Suffice it, whatever you choose, to put yourself in the direct line with the will of the father and whatever you develop in your inner self will then be in unison. And all these centres will be at the service of the ones and of the others, as you are, at this moment, at the service of the ones for the others and of the others for the ones. It is but in unity that there is a possibility of elevation. Unity, peace, calmness are the keys of the paradise of the Father. I shall stop for an instant. We proceed in you.

Align your body, your spirit upwards and, in yourself, we shall be able to make order. And, in these new states, you will be able then to accomplish because the only thing that counts, for us all, it is the accomplishment. Each one of us, of you, of them, has his part of responsibility, his part, as large, as small, of accomplishment. It is in the accomplishment that the *raison d'être* is generated. You must, in your action, make

yourself listen in to this state of inner harmony and it is only then that you will be able to start to accomplish, to help and to generate any need; you will be able to fulfil all these needs.

This is an exposé on *the power of the chakras*. This will have to be guarded and cherished in your hearts and, in your actual development, rely on the strait line, on unison, on the will, on the way towards the father. And, for what is awaiting, it will be accomplished slowly, progressively but surely, for this is the only way towards which, all, you will elevate yourselves.

The inner path, this is it. The inner path, it is to know which way it passes and where it takes you. And the one who knows then can better control his weaknesses and, in this new discipline, he will be able to acquire, stage by stage, this famous liberation.

We have, for to-night, finished our exposé. If you have demands, we shall be at your service, ready to listen to them, if not, we shall proceed in another manner. That is good, I see that peace is starting to instil itself in you.

We thank you for these beautiful instants of inwardly state. And the sheaf of knowledge that we have given to you, into your hands, will be carried as the new light and it, will enlighten a new society. This light must be permanently with you and must, in a subtle way, be passed from one hand to the other. Because this light, by travelling, will enlighten all those who are seeking for it and will carry it in themselves, and will transfer it without losing it.

We bless you, we love you with our eternal hearts. In peace, remain and may love irradiate, from you, permanently, because each creature of the Creator is a generating star of light. Each one is responsible for the propagation of this said light.

We say good evening in a momentum full of affection for you and for all the others. We are always listening in to you, at all time and everywhere. We are present in all times and in all places. We leave you, this evening, thanking you,

the channel, but we leave you not. Good evening to you all men and women. Thank you.



AV. I regenerate myself, I fill myself up with the force, the force of the almighty. I call upon it and, inside us, it instils itself, it lightens us, illuminates us, makes us become almighty.

Bless us, Father, my God, my Creator, bless us. We gather in your name. Guide us so that we might direct ourselves towards you and that we might act by your will. Fill us up with your love so that we might, each of us, propagate it to the others. Let us love ourselves in your holy name and let us love the others that are you. In them, I see you, we perceive you. Thank you to be with me.

We progress together, we proceed on our inner path but, this evening, you proceed on yours at the same time that I proceed on mine. I accompany you. Place yourselves in the state of welcoming and let us walk together on that road. Amen.

CENT.NOM ::

Good evening. We are, this evening, particularly listening in to you, listening in to your inner selves. Make room for us in yourselves. Let us inhabit you. We are united this evening. We unite you, this evening, together, because, together, you will be able to accomplish, to surpass yourselves. We need your self giving action towards us. Be in harmony with, unite with each other. Place yourselves in unison, at the same diapason and eliminate all distractions. Concentrate on your inner noises, on your inner sounds, on your inner chants. These will guide you. Let yourselves be guided by these chants.

This evening, we shall talk to you about your inner sun; the one that is situated right in the centre, close to the navel, around it. We shall ask you to direct your sights, your

sight, towards your inner self, towards this region. This one, when one becomes aware of it, seems and appears to be as small as a ball made of gold but, when one confides into it and goes towards it, it radiates with its multidirectional rays: these generate you, these purify you, lighten you.

Soon, you will feel no gravity, no weight. The detachment of your physical body will take place. You rejoin, in all directions, the farthest spaces. You have as if lost your physical forms. You are the centre of this immensity, of this space. Your vision sways, in this space, in all directions. There is, in this state, no high, no low, no left, no right.

What, because whatever you might do, you progress, you, through the space, the centre of this space, in rotation and, whatever the direction, you see in all of them, strait ahead. Your centre has become a fixed point through which whatever you see is in front of you. In this state, the self-forgetfulness is there. You are, in your dimension, out of your actuality.

This space is, for you, as a sphere with incommensurable measures. You attain distances without limits but you feel the totality of your sphere. You move with it, by it, in a dimension, and you proceed together without touching each other, each in your spheres. In the sphere, nothing can reach you—we speak here of negative effects—in the sphere, in your sphere, no negative effect can reach you. You are entirely protected by yourself.

You will, this evening, live this inner experience. This sphere is you, and we will ask you to proceed in your inner self, in this sphere. A superb comfortable heat is starting to free itself from your centres, from your centre. Your centres are in the heart, in the nucleus of this sphere. Your centres, your chakras evolve in the space of this sphere. By the control of the nucleus, the progress of these centres is made in a sensorial way because your centres are in the centre but their transmissions allow them to progress in this sphere, in your inner self.

Their transmissions amplify their initial qualities. The sight is, in this space, multidirectional. The sight has no fixed point because it sees everything. It is as if you had eyes—or cameras—oriented towards all directions, in all spaces: millions, millions of eyes that control and see in all directions towards the centre, towards the sphere, towards the frontiers of the sphere, in all directions.

Whilst the sound, the listening in, is unique. The sound being reverberated by the form of the sphere towards the interior, towards your inner self, the slightest sound is amplified. This surpasses by far your systems because, in this state of reception, there is no loss of energy and the sound is equal everywhere.

This, this evening, is an exercise that we impose on you. We must prepare you and develop, in yourself, the required capacities for reception. You must make, this evening, a little effort of discipline and impose on yourself, if possible, an immobility and think only that you are well. We shall ask you, in turn, in which state you feel you are and, even if it is for you not very easy, you will express what you feel. I shall start then by asking you (—) how you feel inside yourself?

CENT.NOM ::

Then, communicate it, communicate it to those that are present here, in this room, and to the others; communicate it, convey it. You must learn to convey your states of joy, of bliss, of happiness. You must transfer it, generate it towards the others. This is the purpose of the exercise. Generate, convey.

CENT.NOM ::

This is good, stay in your states, in your state. Stay and maintain it, maintain this state while I shall be seeing (—).

CENT.NOM ::

Good evening. (—) I shall ask you to harmonise your inner self. Try to visualize this harmony. Try to feel it and, when you will start to feel this state, describe it to us, describe to us the way, the means to attain this state, in yourself and by yourself.

CENT.NOM ::

Think of the straight line: that line that goes ad infinitum and that, in its infinite, rejoins you. You travel in it; starting from you, it comes back towards you. The lower spheres ascend to the highest of your dwelling and the highest spheres of your dwelling elevates itself and, rejoining the almighty, the latter generates your lower forces. And this straight line, in the infinite, becomes your sphere, a circle, because it starts from you and it comes back to you passing by the eternal.

This is called *the principle of theregeneration*: your forces elevate themselves in yourself, emanate from you, rejoining the father. And the father, in his love, makes you perfect again, gives you, gives you back your original grace, and it is through him that you will be able to recover your authenticity, each one of you. But the effort, your prayer, in this exercise, is to go towards him. This evening, we teach you how to generate your inner energies towards the light and these, purified to the state of perfection, come back to you. This is the superior path.

Your inner path is the one that you proceed on, yourself, in your sphere, in your space. You must, first, proceed on your inner path and, when you have become conscious of it, then you elevate your energies towards the almighty. And he helps you by taking them to himself by his might and gives it back to you, softly, by his love. Amen.

I am aware of your conditions. Try, now, to make yourself at ease even if you must now move. Place yourself in a comfortable manner and at ease for your physical condition.

Let yourself go, relax, move.

I aspire to light, I am going towards the light, I am the light. I illuminate everything on my way and it then materialises in your actions. It is a shower of energy, a shower of force that nourishes you constantly. It generates you, elevates you, allows you to elevate yourself above your materiality. And, when you will pass over these frontiers, you will be able to start understanding what is intangible in your comprehension.

You must inhabit yourself; it is the most important thing. You must inhabit your temple to allow the light to install itself in your inner self. If you do not inhabit your temples, your inner selves, why would it come and install itself into you. We do not enlighten empty shells, we enlighten life.

Inhabit yourself and the light will descend, in you, to inhabit you. It will act and, through it, you will be able to generate actions of accomplishment, of your accomplishments and, through your accomplishments, your *raison d'être*, will then establish your identities, your entities, your personalities. You will then, only, start to define yourself in your spaces, in your environments. You will start to take the original form.

As long as you will not pass through these stages, you will absolutely not be able to do anything, to hope for anything. To fill out your needs, you will be, starting from now, obliged to act, each day, a few instants, in this way that we have shown you this evening. Time is not important; a few minutes are sufficient when the action is generated as such.

You will get used to it with time and, through time, you will transform yourself, you will refine yourself and you will progress. But, for that to happen, you must proceed as we have shown you this evening; without effort, without fatigue. And, if anything tires you and forces you, place yourself in more comfortable positions. It is quite useless to torture oneself to rejoin one's inner well-being. Pain does not help your inner self, it helps to become conscious of materiality and, in this exercise, this evening, we proceed in your inner selves.



Q.— Good evening. We come, this evening, in your Holy Name, to live *an experience of creativity*. We ask You for your help, your comprehension, your love. Guide us, guide us, enlighten us. Amen.

AV. Thank you for being present and for accompanying me in our research.

CENT.NOM ::

We shall proceed, this evening, in the path, the way that you have indicated: you mentioned creation. To create, one must be able to let yourself go in a state of relaxation with your awakened spirit; but in a state of relaxation, without strain, without stress, without nervousness.

Letting oneself go, letting oneself be guided means to have a supple hand, an agile spirit, alert, seeing, seizing everything. To let go is not to let oneself go. To let go means to give oneself to the will, to the superior vision.

One must be able to attain, in one's heart of hearts, this peace. You could, before a work, rest yourself, take a pause and, instead of preparing yourself intellectually for the work, let go by lying down, by immobilising yourself in comfort.

Let go for a few minutes, ten or twenty minutes, without thinking of anything, letting yourself go but keeping your spirit completely awakened. It takes care of everything, it sees everything, hears everything, seizes everything, analyses everything, accumulates, receives the information. And, in this state of partial rest, you accumulate the data for your future action, for your future work.

When you come out of this state of rest, you will elevate yourself towards your accomplishment that is you will not get up to go to work or to make an effort, you will come out of your state you will elevate yourself to proceed towards your accomplishment. As you elevate yourself, you will maintain

the attained state and you will be able to keep it, physically, in your actuality. And it is only then that you will be able, through your acquired knowledge, to reveal the new vision, the new comprehension of what will have been bequeathed to you.

This preparatory setting in state is one of the simplest. You go to rest, you let go, you become receptive because your spirit stays awake. And, when it has accumulated enough, it acts, it goes and elevates itself towards its task, its accomplishment. This is one of the simplest ways to proceed, one of the most efficient and, above all, the least costly on the level of energy. Your energy is not then dissipated to the research, your energy is preserved and used only for the accomplishment, for the creation of your research.

This is the first stage that you should experiment with. Later, when you will have experimented it many times, you will be able then, without lying down, to set yourself in that state directly. You will be able to sit, recreate this inner state that you have lived in your past experiences, and act directly.

This evening, if you want to try, we will be ready to help you and, if you have questions on your subjects, before acting, you could ask them. If not, try to attain this state that I have just described to you. If you have questions, you may ask them. We are listening in to you.

Q. — I feel much movement in my right ear. Can you explain to me what is happening please?

CENT.NOM ::

The ear, as you know, is the centre of equilibrium. It is through this centre that you maintain and control your physical balance. The movement that you feel in it is an awareness of the consciousness, a development of the sensitivity, a reception in that respect.

Equilibrium, in your case, is in question. Equilibrium, for someone who is looking for it, is an unconscious way to

centre himself physically. We must centre ourselves to be in equilibrium and, if there is an emergence or a feeling of unbalance, we set everything in action to control these new situations.

You will have to regulate your actions, make things more even, more balanced; insist less, make less effort on the same side. You will have to think of equilibrium when you do a work, an action, regulate the balance of it, because it is in equilibrium that the action requires the least energy and the least exhaustion. In equilibrium, there is no exhaustion, and the accomplishment can be great, very very great and inexhaustible.

Whenever you will now act, try to divide your tasks without insisting solely in one direction, go forward in every direction. If you go forward in one direction only, this will do harm to you because it is what you call obstinacy. Hey! It is tenacity but not necessary.

You must absolutely start to act through the interior of the centre, in all directions, all forward. It is as if you were forcing with only one arm when you have your whole body to act. And it is the same for the brain, for the heart, for sentiments. If you work only with the brain, this insistence ends up by creating exhaustion.

The message that you have received is your system of security that warns you that, in your actions, you must act evenly, equally. And divide the task, organise it in small equal stages and these will be easier for you. The effort will disappear, the results will materialize. Thank you.

The greatest difficulty that you might have is to notice, to discern what you want to accomplish or know. Because, in the amount of knowledge that you have already acquired, you must choose those with which you will build. In the case of uncertainty, in the lacking of knowledge, where you go and what you will do, you must then define a subject, a word, a sentence, a circumstance; you must notice the idea, mobilise it, focus on it, stabilise it in your brain. You must bring your

inner light to it, lighten it, maintain the idea or the vision and start to concentrate on this idea, this word, this vision. Even if you have no word, no idea, no vision, you must concentrate.

Concentrate means that, deliberately, you establish a space, in yourself, infinite; a space. You establish it and you converge your perception, your vision, your knowledge, your learning in this infinite space so that, in it, appear, slowly but surely, the word, the vision, the idea, in this space that you have determined by your concentration.

Your concentration rules this space and, in this space, nothing escapes from it, nothing escapes from you. And it is only in those moments that you will be able to see, to build, to elaborate and that your idea, your vision will be born: a life at the invisible level. But, when this life will take its shape, you will be able to see it, feel it, touch it with your thought. And the materiality of it will take place then, by your acquired experience, in the field where you want to proceed. The spiritual, infinite form of an idea, of an image, is conceived in this invisible, infinite space by the concentration of its creator; of your creator in you and you – creator on your infinite space that is defined by your concentration.

Any study, any research must take place in this state then the findings will be, for you, absolutely – and for the others – stunning. You are the master of the conception that you have captured in your infinite space and you are also the master of the one that will materialize this conception. You will have to listen to and to go through again what has been told to you many times. And, when you will be able to start to live and act in this way, you will become then beings with potentialities, with a rising potentiality, brilliant, and giant.

The experiences that we have made known to you yesterday are in the same direction of what we reveal to you this evening: your inner space, your superior spaces and, in concentration, the infinite space that you establish by your will. And, in this space, only the possibility to create can materialize itself otherwise, it is impossible for you to realise

anything. And the few realisations that you could do, without proceeding in this manner, come by accident but, principally, come to sharpen your curiosity, to whet this appetite to create.

We bequeath, from time to time, states of grace on you but these states are given to you and, in the future, these states will have to be created, imposed, by you, in your inner self. At that moment, you will be the generator of your state of grace and, at that moment, your limits will collapse and you will not suffer any more from the desertification of your souls, of your inner selves.

On the contrary, exuberance, creation will multiply in your inner selves, and you will become enriched and, at that moment, you will be able to give much to the others, to those who are close to you. It is at that moment only that you start to shine. To conclude on concentration: concentration makes, of you, the master. You will be able to be the master at your own service and not a slave at the service of whomever. In concentration, mastery and, in mastery, elevation.

You will have to start to work with the course that was given to you yesterday evening and its continuation this evening. You must absolutely pass through these experiences so that you might attain self control and not control the others. Your mastery will be at the service of the others, your mastery will help the others to progress. The will is a central axis for concentration, it is a straight line, it is an axis as the one that exists for each being, for each planet. It is an axis that determines equilibrium and the moving of the latter in Creation.

The will is the axis of concentration. The will is the skeleton of concentration. The will is the support; it is rigid but it allows concentration to act and evolve. This will is an inner will and it is generated by the superior will. This is the true will; the one that maintains all equilibrium. It maintains, it is not a control, it is to maintain the equilibrium.

I shall give you an image of the will. You could trace a circle and, in this circle, in the centre, you could establish a central point. This point is a line of axis that is the will. And,

through the will, in the circle, concentration is. Visualising this image of a circle and of a point in the centre, you will develop your concentration, and your will can but grow stronger. The circle is the power and helps to converge our whole spirit, whole knowledge, all our acquirements on a point. And this point is the creative point, the point, the space whence the creation will spring forth.

So, to come back, the will is definitely not to impose oneself on the others, the will is the generating power of concentration. And, in its action, it creates the form, the spiritual forms of pre materialisation: before materialisation, the form must take form in your minds. Once it is, materialisation—that is the descent of light in matter in this form—ends up creating the materialisation of this creation. It is the same process for any art work, for any creation, as well as for any flower, human being, heavenly bodies, everything follows the same principle; nothing is created without the will and the concentration of a creator. The creator is, otherwise the materiality of this creation would not be.

You will become giants when you will be able then to master these actions. You will be able to serve the father in your actions, in his actions and you will be giants because your actions will be ruled by the same laws that of the father.

To write, to paint, to create anything, you must think of yourself, not being as an entity, you must interiorize yourself, in the thought of the creator. And, thinking that you are also this creator, then the actions will be able to act in yourself and you will be able to proceed to the realisation of these said works. You must see yourselves as creators; this will give you the responsibility, and this will bring you, above all, the power of realisation. This is what we call the change of attitude, the change of vision, that takes place in yourself and in those who search.

This evening, you now know through which stage you must pass and in which spirit. Confide in the creator and be,

yourselves, the creators. Only in this condition will you be able to create. Thank you.

This evening, we will, even if we are not finished, we shall say good evening in advance. And we thank you in advance because we have been cut short yesterday and it is not in our habits to leave, to quit without greeting. We warn you when we arrive and we let you know when we leave. We are still present with you and we thank you for yesterday and for this evening. We love you, we love you very much and know that, if the conditions are sometimes difficult, we continue to proceed in each one of you.

I shall repeat myself this evening. You must, with yesterday's session and this evening's, start to work only in this line of thought otherwise, you will never make it. This is the help that we can bring you. We try to transform, in yourself, the vision and it will transform your state of being and this state will create, in yourself, the possibility of realisation. Amen. Good evening.



AV. Father, my God, my Creator, guide us, guide me, place us on the path. Make your light and love inhabit us. Bless us and help us in our evolution. Amen.

CENT.NOM ::

Good evening. Curiosity is one of the greatest qualities when it is realized from the outside towards the inside. It allows you to discover the knowledge that we need. Curiosity must nourish our inner self. And, if it is towards the exterior, you must transfer the observation that you make in your inner self so that it might bear fruit.

Observation — or quick glance, without stop — is not valuable. And most of you, in your research, make, glance at the elements, at things, at individuals, on creation, overlooking them; this teaches us nothing.

In a research, you cannot overlook anything. You must penetrate the studied element. You must become integrated to the studied element. You must inhabit it. You must become this element. Observe so that you might live and understand how this element acts and, in this comprehension only, you will then be able to acquire the fruit of this research. Unfruitful researches are, generally follow a displacement of attention.

To see, it is not just to observe: to see, it is to comprehend. Because, when one sees, the image is automatically perceived and analysed, felt and understood. At that moment only, you then will be able to use these new tools, these new acquirements and use them to the making or setting of your creation. You absolutely have no more time to be curious. Curiosity, one says, is a quality – but it is not the word – the ideal, it is to make a pause; hold your time in which you live.

Pure research, pure observation, it is the halt of time by the observer; you. You centre your energy upon this space, this dimension, by eliminating time. By eliminating time, concentration is achieved without effort. Concentration is the abolishment of your total environment. Nothing of which is around you exists. The only object that is under your observation exists, only, in you, through you and it, towards you.

You must absolutely develop this quality: this is the art of going, of penetrating your inner self. And, when you will proceed in this way, you will then be able to penetrate all interiorities of things: all dimensions, all spaces, all times. And you will come back enriched with these acquirements that were lost, dilapidated, because you do not proceed in the right way in your researches, in your enterprises.

This evening, you will all go in your inner selves, you will all experiment inhabiting and living in your inner selves. The conditions, this evening, will be difficult for you but the exercise is worth it. Try to eliminate your environment, each of you. Forget where you are, eliminate time, circulate, travel in yourself. And, in these states, then you will be able to

define your demands with precision; these will then become valuable.

We shall be listening in to your demands when you will be, you, ready; and, for this to be, no calculation, no intellectualisation, no addition, no subtraction. Your demands will have to spring from your inner emotion and, through it, will express your needs. Try, during these short instants, to immobilize yourself. Try to obliterate your bodies, your physical constitution.

Live and progress, by your thought, in your spirit. Try to visualize what has just been said to you. If, after accomplishing this setting in this state of awakening, by each of you, you establish your states, you remain in your states of awakening. And it is in these states that you will have to proceed and ask, if you wish and if your demands are still there, and for the moment, valuable. If they are still valuable in your views, then proceed in the demands. The order in which you can put your demands does not matter.

Whatever condition surrounds you, if you are in a spirit of research, you must sustain, visualize the image; the spirit of this research—and this demands a very great effort of concentration. You must mobilise your thought; you must fix your attention on what you are looking for by your will.

— Excuse me, CENT.NOM, Hermione, the cat, is up to one's old tricks again. Should I get it?

CENT.NOM ::

Yes, for you, because you cannot accede and remain in that state of halting. This is an example of your small daily difficulties. If you want us to proceed, you must take care of this problem.

We shall start again; I shall ask you, this evening, to make an effort of concentration. We shall proceed step by step. Each of you, lessen your physical conditions, get in touch with your inner self, be in peace and comfortable in

your inner dwellings, evolve into them with ease. Your spirit evolves in matter and not the opposite. It is your spirit that has wings, that gives you wings.

And, if you have difficulties, it is because you do not let your spirit evolve in this carcass; without its freedom, the spirit cannot evolve. There is no possibility then of elevating yourself because whatever you might do, without the spirit, will always be then very down to earth. It is the spirit that sees, that perceives, that foresees, that stores up, that manages your creations. If not, your carcasses, your physical bodies will make but pale images of creations but will rather be copies, poor repetitions because, in repetition, there is always impoverishment. The more one repeats, the more one gets farther from the initial source, from the spark of creation.

You cannot, you, create by repetition, by copy; this is empty like you. To surpass yourself physically, intellectually, you must be confident in the unlimited possibilities of your spirit. This is why we often ask of you to let go of matter because it chains you, controls you, dictates to you its own ways. You are then slaves of matter; poor little spirits!

The spirit is poor and suffers when it depends, when it is the slave of matter, when the opposite of the described conditions must establish itself in you. It is your spirit that you have received – the one from the father, the one that inhabits you – that must dictate, manage, govern matter, your body, your environment. And you will be able to shape your environment, your physical constitution, your you, according to the will of your spirit, to the spirit and to the divine light; the spark that inhabits you, the spirit, the particle of god that inhabits you, that knows everything and that is acquainted with everything, that is submitted neither to time nor space. The spirit is subordinated to the superior spirit only. It is not subordinated because it serves the superior spirit and, in service, your spirit elevates you to these higher levels of your consciousness, to these higher spheres.

If you wish to rejoin a master, a great spirit of painting,

of literature, of science, whatever might be the field, it is not the works that one must study or analyse but it is the spirit of the one who has created them that one must comprehend. Then, at that moment, your spirit will communicate with the spirit of this master, of this creator and will hand over all his acquirements, all his knowledge. Because the spirit is eternal, does not die, is not limited; it can enter into you, inhabit you. And your spirit, in this enlightened state, will make one with this spirit with which you communicate. I hope that I make myself clear.

If you wish to accomplish, work. To work, it is to act for a work, for the work that you want to create; you must go then, by your spirit, in the spirit of this work and not in the materiality of it. If you remain, by habit, in the materiality, you can but repeat the materiality of it and, then, you remain in your own limit. And this—for someone that is more demanding—creates a frustration, a perplexing situation, a rage even; a rage on your own limits, because your limits are of your own creation.

A work is not limited, a masterpiece is not limited because it is the expression of a spirit. The only masters who have passed through times are those who, through their work, remained in perpetual communion with the spirits created through all times. They are the only ones, these masters, who are valuable. The others have passed aside, they have believed, they made themselves believe that they had discovered; they deluded themselves.

This is why your research must be made with a vision, a conscience, a pure visualisation, above reproach, without interest, without conflict; perfect. And, for this, you must set yourself in the mood, in your position of a creator. To succeed, you have to be able to believe in your creative spirit. If you doubt, this spirit, your spirit will refuse, will refuse itself to you. It is the same for the materialisation of your creations.

If you paint, let's say, you have colours that express materiality and others that express spirituality and others that

are the very source of light. And the absence of everything that has just been described happens to be a space, emptiness according to the use that you make of it. The colour always determines the degree of inner evolution of the artists.

AV. The cat meows, it disturbs me a lot personally.

CENT.NOM ::

You have had an example, this evening, of what most people do with their life. The majority is lost, believes to be lost as the cat did but, if you are sincere in your research, we come to help you. Each one of you can receive help, can receive comfort and can discover liberation.

Fear, insecurity obliterate all your actions, all your progresses. And, whatever effort you might make, there is very little hope that you might succeed in getting out of your difficulties without help, without the help, unless you have understood. The one who understood does not need help because he knows where to go.

Each one of us, of you, is responsible for his evolution and for the progress of those who are around them. Those who know a little more must bring their help to the others and these, in return, will be elevated in spaces out of their comprehension; and these will then be able to progress in these spaces, these dimensions. Help, as small or as great, must be brought in any manner, any way. Help generates strength and allows you to get on.

The questions on shapes are difficult for some. On the other hand, to understand the shape, one must know oneself or recognize this energy that inhabits one and that inhabits it. When one frequents, when one understands the inner part of a form, of forms, when one communicates mentally, in a telepathic way, through them, then our comprehension, your comprehension, solves all problems concerning the realisation of your works.

There are forms and shapes. There are shapes that are

founded, heavier, immovable, stable; supporting structures, pillars. And there are forms of life; those that breathe, that chant, those that are modulated. The line is modulated in its form. The modulation of a line, of a form, is always consequent with its vibratory state.

When we create, when you create, when you try to create a form that represents life, light, you must not confuse it or set it or confound it with shapes said dense, said permanent, said of support.

Silence has its good sides, because it allows a better listening in. Analyse is always efficient but vision is highly superior. Vision allows to execute, analyse cements your condition, expression. Analysis is an action to take or to do but hardly in creative moments. When you are in a state of creativity, you must let go your hand and have confidence in the knowledge that you have already acquired and to the knowledge that is or appears to be hidden. If you could let yourself go, this knowledge that is veiled, hidden, will reveal itself to you, bare, in all its light. This message is a message for you all but particularly directed.

We shall resume. If you really want to surpass yourself, elevate yourself, progress, you must stop, from now on, each one of you, any repetition. Each creative instant must be unique in its birth, in its evolution and in its essence. And, even in these conditions, mistakes are acceptable whereas, in other conditions of repetition, the least error is unbearable, as small as it might be.

The perfect, the search for perfection, must be transferred, in yourself, in your authenticity. This research should bring you to be true, sincere, with all the qualities and all the defects.

Your research, to you artists, is to be authentic to yourselves, true to yourselves, and what does it matter what the others think? Because those who know will know and will recognize your value otherwise, you will pass unnoticed and you will be lost in the crowd.

Work, execution, is very important but much less than the vision of the creator, of the artist. The execution can be done even by someone who is not an artist. We can teach him the trade, the way of doing. One cannot learn how to create; one creates, period and that is all. I see that there are not many questions because there are too many but not defined. I am at your service if you wish to use it, I am at your disposal.

Q.— Good evening, CENT.NOM. A while ago, you talked to us about colours, could you elaborate on this subject? And could we know the *signification of colours*?

CENT.NOM ::

Yes. Each colour has a vibratory frequency: the more the frequency slows down, the more this one becomes denser. The more the frequency rises up, the more this one generates and accelerates the powers of creation. Each colour is an emotional state, is a vibratory state, is a command on an ensemble. Each colour acts on the said ensembles, that is on the parts of population, on nature, on the environment. Each colour is active, accelerates or decelerates the production of life.

The choice of colours, by the artist, must be balanced unless he wishes, by his own will, he has decided to express a certain state of decadence, of death or of exaltation of light, of uprising of souls or their elevation.

Your responsibility, in your choice of colours or of words, is very important. But, often, the artist chooses his own colours because he often expresses his own mood. But, if these artists, in the goal, in the research of advancing, of progressing, of elevating themselves, can, through their choice, change their palette. At the beginning, they will have much reticence because they are not comfortable with this new choice; they have to encounter difficulties.

You must then modify the choice of your colours gradually, elevate them gradually to higher vibrations and elevate them in light and lightness. One may express the whole

creation in the light but, in the absence of it, one simply expresses the vanishing of the creation, one denies faith in perpetuity, in eternity.

Each day, the effort, the discipline, is to elevate yourself but, in order to do this, you must then know yourself because, if you do not know yourself, how can you modify anything? The modification must be made in harmony, in accordance, in resonance with your personalities.

All colours, depending on the vibration that one imposes in them, that the artist imposes on them, can chant, scream or be discordant. But to chant, one must have peace in oneself and, for peace to be in yourself, divine light must inhabit you and activate itself in you, you must inhabit your inner selves because you are your own light.

You are generators, your own initiators, and this is why each one of you must take great care of yourself, in yourself. You must take care of yourself, respect yourself, love yourself; have great consideration for yourself through the effect of love. And this will allow you to elevate yourself and this will allow you to help the others, to elevate those that are around you by your inner light: you will enlighten them and they, in return, will give it well back to you.

If you wish to know more about colours, you must, really then, be specific, each one of you. To be specific, one must have understood why one uses this specific tool rather than another and which is the reason, what is your pursuit. You must know the cause of your research. One does not work and one does not make efforts just by repetition, because everybody has worked; everybody made efforts. In this thought, there are no results, there are only sufferings and deceptions.

You must know what motivates you—motivates you to do this or that other thing—at that moment, you will be able to define and point out what you want to know. Otherwise, it is not even a pastime, it is a loss of time, of your time.

We are not obliged to continue if this bothers you. One is sometimes very annoyed in front of certain situations. One

is annoyed, generally, when one is disorganised, when one cannot rely on what one holds in our hands. Often, man finds himself in this situation and it is in this situation that he surpasses himself because he cannot have recourse and make use of what he has. Then, he becomes creative, he becomes real and he discovers himself at last to himself.

Good evening. I leave you. I say good evening and I am happy to have encountered your spirits, your inner selves, and I hope that, soon, they will be able to communicate clearly their states of being. The straight line is always the best one; without contour, without diversion. Your actions, your gestures must be clear and direct, they will be then productive. There is no more hesitation in your times. Hesitation lowers the vibration and, when it is lowered, life is extinguished, your lives are extinguished, inwardly and externally. Go straight ahead. Good evening and thank you.



— God, my Father, my Creator, thank You for being with us this evening. Guide us in our paths and help us to concentrate ourselves; allowing us to attain our goals in our respective domains. Help us to centre ourselves and to define our demands. Our wills are available for accomplishment. Would you be so kind as to answer the questions of the people here present. We thank you in advance for your presence, for your love and for your comprehension. Thank you. Amen.

CENT.NOM ::

Good evening. I am the might, I circulate amongst you in a spiral. I embrace your dimension, I manage your inner states, I command and I impose peace in you all. I am the might, I am your force. At your call, I am. Call upon the force to act. Without force, without energy, no one, no one amongst yourselves can create, produce.

We will be, this evening, listening in to you and you

will have to make your demands with the support of the force that is now installed in ourselves, in yourselves. It is present. Amen.

I elevate myself and follow you. We are now ready to answer you. Concentrate on your demand, visualize it, materialize it in your spirit and, when it will be present in your inner self, you will be able to make, project your demand and we shall participate actively to help you. Thank you. When you are present, ready, you will act.

Q. — CENT.NOM, I would like to know if *the departed ones* that I loved, are part of that force about which you talk?

CENT.NOM ::

The departed ones are your terms, nothing disappears. Disappearance is your limited comprehension during your ephemeral time. The departed ones are always present. The departed ones are for your vision that is, itself, shortened, but, in our own comprehension, there is no disappearance, everything is integrated in the wholeness.

The temporary departures, material, which you witness, are but displacements and the transformation and the evolution of energy. Dematerialization is the action of the return to light. The reservoir of light never empties itself, it gives permanently and, in his laws, his law, it regenerates itself by the action light-matter, matter returning to the light.

The departed ones are travelling as you are. They are not at the same stage but, by the spirit, you are all bounded, jointed, linked. You must not, in any case, suffer from these said disappearances and, most of the time, in materiality, these said departed ones inhabit you in your inner selves. And, according to the place, the site, the reciprocity, they inhabit you even materially; they are part, of you, integrally.

The real disappearance, it is oblivion; the scission of the link between the one that is in the matter and the one that has joined light. When there is scission, there is separation,

there is oblivion and there is, evidently, the loss of one of the most important contact to successfully carry through your evolution. Because the one that is before you, in his stages, helps you, to you, to get over yours and, without these helps, without this help, it is your own chaos.

You must remain then in contact with those present and not the departed ones. They are present in yourself and, because they are present in yourself, you are what you are actually; this is the proof of their permanency. Each one of you, amongst yourselves, this evening, is inhabited by those who are travelling as you are, but only you, you have made a little stop. If you wish to have other precision, you will have to proceed in the exactitude of your questions. Thank you.

Q.— I would also like to know *how* I could *to be respected*, make my rights be respected in a work place that is not always easy to approach?

CENT.NOM ::

As long as you will think of rights, you will obtain nothing. One claims, one imposes especially not on rights. A right is acquired by the acknowledgement of the others in relation to you. To be recognised, you must project something, some quality clearly different from the others.

The right is not acquired. A right is granted to the one who has known how to shine. You must project your ideas, your positive thoughts, only in the circumference; through your heart, your brain, you must emit. The rights that you are talking about, are rights that are established by you, humans, and then often without value. A right, as such, has no more value than a few small good points.

You must be recognised as a being, as an entity, by your qualities, your love, your selflessness. The generosity of your soul, of your heart, must irradiate from you. Stop claiming these rights. Do not fight for a thing that you would regret of having. The right to which you must aspire is that of

elevation, the right, to the light that comes from above.

Be recognised by few beings or one, only, of value, and you will have then accomplished everything. Otherwise, it is really a waste of energy. Accomplish what you have to do, in justice, in honesty, in clearness, without ambiguity and, the rest, let it go. Thank you.

Q.— How to keep one's force, make it radiate in a world that is always difficult and wicked?

CENT.NOM ::

This is simple. The one that is inhabited by force, he also will bow much lower because he knows that force inhabits you. Call upon it and it will grant you all powers, it will settle all problems. Because, conscious of it, you will then be able to generate solutions for your enterprises and the latter, guided by light, goodness, will but succeed. And force, in yourself, will be transferred to others, in themselves, and they, thankfully, will carry you and elevate you to your right value. Force inhabits those who have called upon it and, this evening, we will make a demonstration of this said force by its presence. Thank you.

You may proceed, if such is your desire, in your demands.

Q.— Last night, in the beginning of the session, I felt myself very good in the colour blue. Would you give me some explanation please?

CENT.NOM ::

There are always explanations for you. When one feels well, when one lives this state, one must inscribe it in his memory so that you might regenerate this state of being. And, as far as the colour blue is concerned, it is the colour of calmness, of the preparatory pacification to the development of the thought.

Blue, in your case, allows you to move in greater spaces, in greater profoundness. As another colour as pink or the orange colours are colours that are encompassing, warming, hermetic, radiating, by the fact, but embracing you.

Blue is a colour that allows, the one who receives it, to free oneself from his cocoon. All colours, of course, have their proprieties and the state in which you are, according to the colour, will have to be memorised and used according to the said situation, the action to be accomplished.

The colour blue disengages the obstructions that might have occurred in your thoughts; blue separates, makes room. The warm colours attract, towards them, the energies, they blend them. One attracts the energy from outside towards the interior; the warm colours. And blue, cold colour, it is the displacement of energy, from the interior towards the exterior. Thank you.

Q.— CENT.NOM, you have talked about warm colours, cold colours. Would you talk about the *propriety of the other colours*?

CENT.NOM ::

Each colour commands its domain, its space. Each colour dominates, rules, manages in its dimension.

We are going to make a revision. As far as the colour red is concerned; red is the symbol of your blood, of life, of combat, of heat. It is a space that can even be suffocating. Red often inhabits the centre, the nucleus, the heart of the matter. Red represents the heat. Red is the light, the materialised source in its first stage. And, when we go towards the cold colours, we witness then the dematerialisation of matter, at the return to the light, by the height of frequencies, of vibrations. Colds can be very hot, burning-hot, but under another comprehension.

Orange is the colour of comfort, of richness, of well-being, of research, of knowing, of knowledge. Under that

light, the seeker finds gold. The symbol gold may enter in this classification. Gold, the colour orange are visible transmitter for you and they are your greatest tools of evolution in your material life.

The colour yellow, wisdom, is the enlightenment. The one who understood, the one who knows transmits under these rays and becomes his own sun. And yellow generates life; life is synonymous of creation. It is the most stimulating colour for the development of all cellular creations and others, as nature proceeds.

The greens are the equilibriums that control, that balance the development of different creations. Green, balances your lives and those of the animals, is generated by nature. Without the green frequency, there would be, in the end, disappearance of any possibility of life: equilibrium; the centre of forces in equilibrium, the one that modifies the much too powerful, the much too disastrous impulses. Green calms, green pacifies and is a bearer of peace and of health.

The colour red is active and is a bearer of virility, of strengths and of powers. Virility is a quality that is not given to all. And that is why each one of you must develop his force, his personal power according to the colour in which he takes pleasure.

The blue colours control the finite spaces, the spaces in which life swarms. The blue colours cover your systems. Cold gets along very well with the wave-length of the colour blue.

The violet colours are the next to the last stage of the great transformation, of the dematerialisation of any being, of any body, of any ensemble; the purification, the detachment, detachment of material acquirements. Violet rather is the precursory sign of departure towards the superior state that is the return to the source, to the light.

Each colour controls, governs; some get along, others fight according to their unions. Each colour claims its space and, if you respect the space between each one, there will be possibility of understanding. If one penetrates, by mistake,

in the space of another — and if they do not get along — there is a conflict. Your complementary colours chant and harmonize themselves by the distance and space that you establish between them.

Colour must not be used without rhyme or reason. You must, in your comprehension, create the space, create their surrounding, and remember that light emanates from it; each colour has its inner source.

It is very difficult to place white on colour. White, as the source, is not, should never be set down on the surface. If you wish to proceed to the movement of the light, by the influence of the colour, you must dress your source by the influence of these said colours. This will be all about colours.

Q. — Good evening, CENT.NOM. Two *phenomena of energy* presented themselves to me, before my going to sleep, last night. What were they and for what purposes did they manifest themselves?

CENT.NOM ::

So that you might establish two phenomena of energy, you had to be able to observe them in a third state. These phenomena of energy will have to be developed. Specify the first phenomena in regard to the second and we shall be able then to help you.

— Sphere and splendour, in velocity, for the first one. Burst, sparking, flashes, for the second.

CENT.NOM ::

The sphere is the concentration of the circulatory energy moving at high speed and developing force in you; this establishes a displacement of this said energy through you, in you. The sparks that you have perceived or captured are the regeneration of this said force passing, through your atmospheres, from your centres of force.

The oncoming of the energy cannot be made in direct and, in certain cases, the oncoming creates friction. The combativeness of your centres, in regard with the reception, creates sometimes this kind of circumstances. But energy, as such, acts and makes its place, in your centres, in the proper quantity and needed proportion for your state of actual evolution. This is, for you, a demonstration of the capacity of the source towards the one who calls upon it, consciously or unconsciously.

Often, often when the centres weaken in their intensities, they call upon the force, the energy, and it, like a flash of lightning, changes from one polarity to the other and regenerates your centres. And your centres, regaining their vitality, can then manage with much more ease.

You must call upon the force earlier. You must not wait to be at the end of your rope, extenuated. You must not get to the end of your force, you must give, develop your energy and, at the same time, allow it to regenerate you, constantly, on an automatic system.

Call upon, through your spirit, constantly, the energy, the force, the source and this will allow you to come out of yourself, to broaden yourself. Because, when there is a decline of energy, there are restrictions and difficulties. And you cannot stand restrictions, so call upon the source. Be generous in your call and it will be in the same way towards you. If you have other questions, specify. Thank you.

— Thank you CENT.NOM. That is all.

CENT.NOM ::

That is all. You must, when you call upon the source, become conscious of its action in yourself, in your inner self. Participate, visualize, act, incorporate yourself to the source and then you will all be able to act. Because, in being conscious of it, you will then have a greater comprehension, a better ac-

ception and you will then become yourselves channels of energy.

Open your doors, open your centres, air yourselves internally. Often, it smells, as one says, as you say, a stuffy stale smell and, in this air, in this confined atmosphere, how can you expect to produce? This is a comment for the "that is all". Thank you.

You must proceed and continue and maintain your thought. We are here to progress. Do not sit on the information. Act in your demands, act by the thought and act, if need be, through the word. I shall continue.

The search for harmony, of equilibrium, is a natural action and important for your development: but the greatest research, the greatest talent, is to open oneself. It is in the opening of the spirit that harmony, equilibrium, peace, takes place naturally. In your way of proceeding in the search of balance, of harmony, by mathematical means, is efficient for you but very limited.

If you wish to hope to rejoin other dimensions of evolution, for some of you, love, warmth, self-giving should and must unquestionably be, that is visible, present and not hidden, without the knowledge of others. The projection of your love, of your warmth and of your goodness must be projected by your inner force.

Tensions, uncertainties should inhabit you no more if you take the habit of confiding inwardly to the almighty. Clear away uncertainty, insecurity, doubt, by being confident to the others, to the almighty and to you.

For some of you, you must direct your research on a definite point. You will have to start by getting used to concentrate on a subject, a point and develop it. For others, for all of you, the opening, the opening, the opening: opening oneself to the universe, opening oneself to the universes that surround you, opening oneself to those who are close.

Open yourself and the light will generate itself, will move about in you, will nourish you and you will be then

enlightened, rich, powerful and without limits. Your requests will be then granted by your action towards the opening. Your requests cannot be granted if there is no opening. How can one receive when one is closed? Open yourself to everyone: those who will be opened will recognize you and those who will be closed will timidly be able to bloom.

This evening, we shall insist on the opening, on the force of the opening. Force, when it inhabits you, opens you in your totality, opens you like a sphere that radiates. No more dark places, no more lack of light; you become then generators.

Call upon the force, the source. It is the first step; the one that will give you the necessary confidence for the accomplishment, for your accomplishments and these, in this state, will be accomplished because such will be your inhabited will. The inhabited will is generated by the force. The will orders then its requests and these then are accomplished in obedience.

The accomplishment is the answer to your springing will and the obedience of the accomplishment is then made in joy. Without will, there is no generating principle, without the generating principle, there is but the disappearance of any creation.

You are responsible for the no-realization. Take act in humility, call upon the superior will, bow to your own greatness. I wish that upon you because those, who can bow so low, understand, at its real value, the force, the power and the source, they serve it and are served. Will radiates as warmth. Amen.

SUMMARY OF THE QUESTIONS

CENT.NOM HIS TEACHING HIS REVELATIONS

TOME II

PERFECT LEVELS OF THE MOMENT

CHAPTER 2

Q.— There are less than there were after what you have just told me. During my *spiritual progression*, I would have liked to know where I stand. Could you advise me so that I might realize myself. I say thank you right now for the answer.

CENT.NOM ::

Each stage for you and for you all are enumerated above. Proceed in this action, try to understand before acting without direction. Light comes from the crown, the vital force comes from the terrestrial plane going upwards, the will of the father comes from the father upon you. Do not mix up these energies and use them advisedly.

To recover the perfect state of equilibrium is the first stage on this plane only. Man can then act in his inner field that is natural for him. Out of this stage, out of this state of being, whatever might be your efforts, they will all be useless for you all.

You may proceed slowly, calmly and interiorize, verbalize, visualize your demand with all your entirety and your unicity in this call upon elevation.

Q.— In the plane of light, *what is the profession* that I must choose and how to perfect it, and where?

CENT.NOM::

In this plane of light, of the will of the father, everything is available to you but, whichever might be your desire, you must elevate yourself to this plane. And, at this stage, the service, whatever might be the form of the choice, will be simple in its accomplishment. And the one who acts in the light is surely not nailed to one place. Light acts without constraint, without limits. The one who elevates himself in it lives, in his condition, without limits, without constraint and all with ease and abundance.

One should not visualize light, one must live it. That is the key, one of the keys of eternal laws. One does not imagine to visualize light, one is light. And one lives and one acts and one accomplishes in this light. And, as soon as you will have accepted this fact, in the instant, this luminous will be in you, in your physique, in your condition, in your materiality.

One does not climb the mountain, one is down below, one is on it, one is at the top. One is on the mountain or out of the mountain and the stages, the paths have no value in our spaces. One is in the source, one is in the light and, whatever might be the place, the situation, your situation is of no importance in the eyes of the father. You all want to know before recognizing your state of being. One must be and the remainder follows. Such is the sense of the law of light. Thank you. You may proceed.

Q.— Is it true that the creator has designated a *companion for our life on earth* in the light? And what is the phenomenon that occurs in ourselves when we meet this being?

CENT.NOM ::

So that a meeting might be and recognition might be,

you must first be able to recognize the level on which you progress. To see a companion on Earth, you can see him. To see him in the light, you would have to evolve in this light. And, if that is possible, the companion of light that we believe we recognize or that we recognize, if you both evolve in the light, you will literally both melt in your lights and in the light of the creator. And, in this comprehension, your identities will be on the diapason of the light of the creator.

In the luminous stage, one for the other resonates under the diapason of the father. In your earthly lives, one and the other resound still under personal colours. The union, in the stage of the light, is instantaneous. The earthly union is much longer to accomplish and not always sure because it has not yet purified enough its inner states. The greatest marriages occur almost always in the heavens of the father. Thank you.

No use seeking for the impossible because the impossible is out of hand for you because impossible. But you will be able to establish yourself and establish the level on which you desire to live, you will be able then to make what was impossible yesterday, possible right now. Thank you and good evening to you all.

ALLOW YOURSELF TO PROSPER

CHAPTER 5

Q. — *How to act with my four year old child* to prevent conflicts?

CENT.NOM ::

Each responsible being must treat the being that he protects with great consideration. The child must not be looked upon, perceived under the image of a child. The child, already with his height, commands the person, the adult personality that he is and that he will become.

Negotiate and elevate yourself to the level of the fu-

ture adult, here present, in front of you. Treat him, in child talk, equal to equal as adult to adult, with respect. And, in this condition, of course, there will be no more conflicts because, between you, the relations will be just and you will be able to mutually prosper. Thank you. Proceed to the questions please.

Q.— Is it possible *to encounter a guide* to help me prosper?

CENT.NOM ::

The best person to guide you is already there since it is yourself. Listen to yourself, with rigour, without play and with great respect towards whom you talk, since you talk to yourself. And, in fact, in these actions, in this new consideration, you will be able then to start take your own life in hand, to build and to establish, in yourself, a strength that will allow you to advance and to undertake experiences that will start to make you progress, from stage to stage, from level to level.

And, later, through that school, your school of listening in, you will be able then to receive help, under whichever form it might appear, that will be able to allow you to elevate yourself and take you to your levels of expression. You will be, only after this journey, placed in your way of service and for your accomplishment. Thank you.

Q.— For my non conventional care *service*, could you give me help in this field?

CENT.NOM ::

There is a great step to be done in this field. And the one who wishes to serve, in this form of accomplishment, must discover rhythm. Slow down your thought, your gesture, your talk so that, through the imposition of your hands, you might find again the paths of light and energy upon the others. And, in this thought, then your gesture will be said

accompanied. Thank you.

Q.— CENT.NOM, can you help me in my *daily life*?

CENT.NOM ::

The key, for you, is in self confidence and confidence in the others. Let yourself be rocked, guided and, in all sincerity, act, act and always act and you will think later. Self confidence must descend in your heart. Grant it to you and, only in this state of being, you will be able to accomplish. Thank you.

Q.— CENT.NOM, *could you enlighten* me in my procedures? And I would like to know if there is something that I neglect?

CENT.NOM ::

You do not neglect anything but you do not let any space for rest. To do too much often leads to nothing. Listen in to yourself and grant yourself a more peaceful rhythm. And, believe it or not, you will be but much better because, in yourself, all is there but compressed, crushed, turned upside down. And, in your consciousness, you suffer not to be able to let emerge, from you, your potentialities.

Cease to compress your qualities through cerebral manipulations. Walk slower in your acting. Allow yourself calm periods as often as possible and, through the wisdom of the elders, for yourself, intercalate an action, a rest, a thought, another rest so that, in rest, light might take foundation and might support you, generate you and make you bloom. Piano, piano. Thank you.

Q.— *I suffer* in my heart and my heart hurts. What could I do to better my situation?

CENT.NOM ::

Please, proceed with the question once more so that I

might see you.

Q.— I suffer in my heart and my heart hurts. what could I do to better my situation?

CENT.NOM ::

Cease hiding yourself. Remain open, generous and, whatever might be the turmoil, the powers of love, of the heart, are almightier than all the others. Whatever might be your condition, live by your heart, in your heart, and carry it to the other hearts so that they might capture how you feel and so that they might, also, begin to live. And all these hearts, in harmony, will beat with joy.

Do not let yourself be beaten or crushed, whatever might be the condition. Whatever might be the experience, you are enlightened and you know it. Then, please, project it upon the others and cease moping and suffering for nothing.

Suffering affects only those who let themselves be affected, infected by darkness. Let yourself grow and act at all times and do not let yourself be paralysed because, in motionlessness, death of heart follows. Generate light and this is, of course, valid for all. Thank you.

Q.— Please CENT.NOM, would you have a *commentary* for “the man who listens”?

CENT.NOM ::

Yes. Serve, whatever might be the condition, serve at all times. Now that you know the path, bring to the others peace, love and harmony.

Serve and do not let yourself be crushed by disorder, chaos and doubt of the others. Do not let yourself be inhabited by this food of death, and the advice is valid for you all.

We must take our leave of you and we are happy for your states of becoming conscious. And, whatever might be your action, you will all come, whatever might be your di-

rection, to this harmony, to this accord of the superior diapason. And, soon, whatever might be your views, you will all be harmonised, and life and joy will not leave you till the end of your times. Good enlightenment to you all. Thank you and three times thank you.

STATE OF REGENERATION

CHAPTER 6

Q.— *Who is God?*

CENT.NOM ::

God, surely, is not who. God, in words, is without any description and God, for us all, is inaccessible. He is in us all, he lives in us all but, to understand and know who is god, one would have to be his brother and still. This kind of question should not be asked but lived. If you want to know who is god, enter in your inner self, live in yourself and, in your widened comprehension, you will be able to start to understand a little what is the essence of the creator, of the father. Thank you.

Q.— *The path* that I am starting on, is it at the reach of my hand and will it bring me to the measure I wish to obtain?

CENT.NOM ::

The man, the woman, who travels on a path, a new path, if he asks himself the question, if he doubts for a few instants upon his choice, must wait; wait for the fog to rise. And his path, although under his feet, will appear in front of him clear and precise, and he will then be able to walk, firmly, without hesitation. When one asks the question, this question, it is wise to walk slowly in our actions.

The path is generally always good for the simple reason that the path, it is the one that takes you from one point to the other. And the path that man takes is a time, a space, that

allows him to start from one point of his evolution to another. The one who has found his path does not ask the question, he knows that he is in his path because his inner condition is beautiful and he starts to vibrate, joy inhabits him and he does not stumble anymore. And this being who has found his path, by looking at the others, knows that he has found it. Thank you.

Q. – *Why do I see the colours* that are around you?

CENT.NOM ::

All depends on what you see because light contains all colours and the colours that you perceive are those that you can capture. Colour, whatever might be its variation, is daughter of light. Colour has as an effect to make you vibrate on a special tonality, on a field of force that you need.

When you cease to see colour and you start to see light in each colour, then you will not suffer the heavy consequences of these said colours but you will live the luminous potentiality of that colour, the one that is acting and almighty upon you all. There is, as you see, many ways of seeing colour and, if you wish to know about our colours, look at pure light and you will be well served. Thank you.

Q. – How did you discover your *talent*?

CENT.NOM ::

The channel has discovered nothing at all. No man discovers anything. The man who opens his hands receives the gifts of his father. The man who opens his heart receives his love. The man who opens his intelligence receives the knowledge of the universal laws. And the man who opens himself, in his entirety, learns to serve, to live through the heavenly potentialities that are bestowed upon him.

Each man, if he acts well, receives one or many of these heavenly potentialities not said human. All depends on your

level of action, all depends on which plane you wish to proceed. It is still easier for man to let himself be enlightened and to act always in the direction of the source's stream, of his father, of his will, whatever might think the human beings. Thank you.

I advise, you all, if you have sincerity in your heart, that you ask your questions. It is not at all occasions that we answer these questions. Thank you.

Q.— Will there be *peace on Earth* one day?

CENT.NOM ::

Peace, it will be instantly, if you have it in your heart and if all of you think and act on this path. Peace, the abolition of wars, of sicknesses, may come in the instant; that is the difference between the divine thought and the human thought. Man sees only the impossibility and the divine thought sees but possibility, realisation. All become divine and, in the instant, you will all be healed of your pains. Such is the law. Thank you.

Q.— Is Earth *an eternal new beginning*?

CENT.NOM ::

Everything in the universe is eternal and renewal has no value on these levels because, on the levels and in the eye of the father, there is no new beginning and there is but life, continuity. And life, in your eyes, awakes and fades and, in the eyes of divine light, of the father, of higher comprehensions, there is no halt. Light changes its variation but is righteous and eternal.

All start to think, in your lives, that your action is permanent, that there is no renewal and that there is but continuity. The one who keeps starting again exhausts himself and gets discouraged. The one who continues knows that he will realise, accomplish, whatever might be the duration, and, in

this thought, time for him does not exist any more. Time has rooted in the heart of those who thought that they were continually starting again. Thank you.

Q. — *The work* I am presently doing, is it necessary for the evolution of the world?

CENT.NOM ::

All depends on the kind of evolution you choose. Any work is a contribution to societies. But in which sense and in which goal and direction do you want your work to bear fruit; immediately, for success or for the permanency of times? Your gesture, according to your understanding, will be different, and the one who thinks of the permanency of his action, of his presence, accomplishes then on all planes. And success or any other terminology has no value. Engrave, in your hearts, permanency of gesture that you bear in your life. If man, by taking his cup, by living his present time, had that comprehension, he would see himself travel in his eternity.

Any effort, any work, contributes, prospers. It is up to you to make the choice; look at the result and you may see for yourself later if the gesture is still worth it. And, maybe through this exercise, you will decide for yourself to remain on this level or go to other levels of comprehension. And your action then will be modified, of course, and your life will take its true value. Thank you.

So many demands are awaiting.

Q. — *Is the soul immortal?*

CENT.NOM ::

After what we have just said about continuity; everything is eternal. Matter remains eternal, whatever might be its form in which it evolves. The soul belongs to the father, as everything else, and is eternal. The only thing that could

fade away is the good experience or the bad experience. The experience of the divine light ensures eternity, the continuity of your presence here below when you are not here anymore. And the experience that brings deception fades away in it, dies and cannot follow eternity because eternity is inscribed. Any eternity is inscribed under the laws of the divine light. Thank you.

Q.— How to react to *the suffering* that there is on Earth now a days?

CENT.NOM ::

There are many ways of reacting and you know them all. Suffering generally roots out from the lack of consideration of life in any forms. If you wish to act so that you may obliterate suffering, you must, in the instant, do everything to maintain life, generate life and never let it fade away upon you, upon your entourage. And, if mightiness in yourself is, you could project your action much further.

The suffering of peoples, at all times, is the reflection of death that inscribes itself in each one of us. If you obliterate this death and you only bring life in yourself, through you, to the others and upon you, there will be no more suffering. And, if someone is close to you and suffers, help him the best you can. Carry him with your own strength and, above all, the father's because, with your intention, the father then acts through you, through the others and solves the problems. If each man had this comprehension, all your pains would be obliterated. Thank you.

Q.— Is *love* a communion of light?

CENT.NOM ::

Of course. It is a communion of light. Love, in its perfect essence, is one of the lights of the father. Love is commu-

nion between two beings or more, is communication, the link that takes place between you. And this link is, once more, life. And life has but beautiful fruit. Love is light. Thank you.

Q.— How to learn to live with the false *face* of people?

CENT.NOM ::

The false face, of course, it is very simple. With your eyes that can see the false face, open them a little bit more and you will be able to see the true face. And that one, whatever might be the person that is in front of you, that one, that face, is magnificent. And, when you will learn to see in this manner, in that way, then you will be on the right path and you will start to live, that is for sure. Thank you.

Q.— Could you name *the universal laws*?

CENT.NOM ::

This is a very simple question for you it seems to me. You have some here below that you neglect. The greatest one, for you, in the instant, is to be conscious of the other, of the one who comes to you. It is the greatest one in your actual stage of evolution. Without the application of this law, you will not be able to have access to any of the other laws because the other person contains the father and all his universes. And, in becoming conscious of the other one, you will progress and you will live by the law, the universal laws. One is sufficient for you in the instant. Thank you.

Q.— What is your *work*?

CENT.NOM ::

Any being placed in the creation—and whatever might be his level, his work—has his *raison d'être*, and his place is reserved for him. We transmit, at all times, the laws, the will and the desires of the creator in his creations, his creatures.

We are lines of transmission and we bring to each one, whatever might be your situation in the space of his creation, news. And, from time immemorial, we thus proceed because man without news is lonely and errs.

The man who is listening in receives the new fresh news, pure, active and allows each man to come out of his isolation. And this light, this knowledge, these lights of the father have the power and the capacity of creating a pool in which each creature may evolve as little fishes in a river; without water, they all die.

Such is your condition, such is our work of maintaining all the lights of the father so that this ocean of life may carry you all and maintain you alive. Thank you.

Q.— During your evolution, have you known *happiness*?

CENT.NOM ::

Happiness is a human word because, where we are, this word is poor; it is even illusory and may lead to confusion and to deception to those who use it. Where we are and where you could accede, these words are no longer in use. Thank you.

It is a pity that some people did not let the flow of life run through them but time will allow everything to those who are sincere.

Thank you for your listening in, for your attention and thank you, above all, for this desire of going beyond yourself, starting with an inner journey. Thank you, three times thank you to all who are present here and everywhere. Amen.

THE WALKER IN THE LIGHT

CHAPTER 7

Q.— How may I *make the acquaintance* of my inner self, to discover my need?

CENT.NOM ::

By ceasing to look at the others and, by projecting yourself in them, you must see yourself and project yourself in yourself. And, when you look at the others, you must confide, melt, in the others. This walk towards yourself, in yourself, must be accomplished with your listening in tools, of sight, of emotion, of vibration, directed towards you.

Listen to yourself, look at yourself, receive yourself, feel yourself and vibrate in yourself. During this action, you will build yourself and you will develop. And this action is, of course, not egotistical since coming out of yourself, you will be able then to really see the others and to be really useful to the others, at the service of the father and of all, and all will then be receptive to you. Thank you.

Q.— Will I *succeed to hear* my soul?

CENT.NOM ::

One does not hear his soul, one hears oneself inwardly. And the soul, your soul, is entirely listening in to you and will produce and will bring, in time, all that is necessary to your development. One does not listen in to one's soul, one respects it, one loves it and one lives in harmony with it. Thank you.

Q.— Will I find *the child in myself* again?

CENT.NOM ::

If you look for it and you wish that, you have it. The

journey is not long but requires a pure heart. And only this heart, this sincerity, in its vibration, will open the doors to the image, to the being of who you really are. Thank you.

Q.— How may I be more *sensitive to energy*?

CENT.NOM ::

To feel and receive energy, you must get rid of all your useless protections. You will have to learn to place yourself in front of your father, pure, without any cover, any ingenious device and any preconceived idea. In front of the father, present yourself pure and, in this offering, the father will make you feel his will, his energy and, if necessary, his knowledge and all his other lights.

Get rid of useless things, of things upon which man clings and drowns. Only in these conditions, one may receive his energy and feel deeply his blessings. When you take a shower, you neither use an umbrella nor a rain coat. It is the same for energy. Nothing must obstruct the passage of energy upon you. Sincerity, purity of heart, of thought, help to lay bare, to abandon oneself to the father, to offer oneself to him and, in this momentum, his love will carry you. Thank you.

Q.— One told me that my way *to communicate* would change. Am I on the right path?

CENT.NOM ::

You already have the answer.

Q.— Do you think I can help *souls who have just deceased*, to pass darkness? What may I do for my niece?

CENT.NOM ::

To help the others, one must have succeeded in helping oneself. And, in the lack of knowledge, it is preferable to emit, through your thought, through your spirit, the desire to help

the other. And the father, through his listening in, through his comprehension, will act.

Walk in the light. Make the others that are around you become aware of the divine light and leave, to the others, to those who are responsible to act, in other dimensions and other spaces, let them act. And you, act in your time, in your space, in your dimension, upon those who live your condition. Thank you.

Q.— *Has my husband come near me* under another name? Can he do something for our children and myself?

CENT.NOM ::

This being is far away. And, if you have believed in his help, it was his love and his intention towards you that has come, but not him. Thank you.

Q.— Is it true that I must not *ask* anything, for myself, concerning writing?

CENT.NOM ::

The man who wants to receive the gifts of his father, for himself or for the others, must not ask anything and only have his hands opened to receive the gifts of his father, if such is his will.

When man asks, he does not do himself a favour because, often, what he asks for is not what he needs. Open yourself, liberate yourself, offer yourself to the father and wait—and you will receive, if such is his will. Thank you.

Q.— What is it that prevents me *to evolve* more rapidly?

CENT.NOM ::

The path, the choice of path, you and the others. As long as man does not make the right choice, he is slowed

down, blocked. The one who makes the right choice does not halt anymore and follows and acts in the senses of his father, in his will, in his energy. Thank you.

Q.— Will my health get better and will I reach my *ideal weight*? Will this person bring me back to my health?

CENT.NOM ::

We need the help of all but, in fact, you yourself will be the one who will bring back order in your inner self, only. The others will be useful but accessory. Thank you.

Q.— Who is this person who tells me that for the past eleven years he has taken an earthly body. Should I *trust* him?

CENT.NOM ::

If you converse for eleven years with someone and you ask yourself that question: if you may have confidence, how can you then hope for better exchanges and contacts? If you accept to communicate, to speak, to exchange with someone, it would be good to accept his confidence and to offer yours or restrain yourself in this exchange. There is confidence or not. Thank you.

Q.— Why do I have *the impression to learn nothing* when I follow courses and that it bores me. Is the course effective on me?

CENT.NOM ::

The man who wants to learn listens and the one who does not listen does not learn, is not available. And the man who wants to learn must, first of all, become available and listen; which is very difficult for many. To listen, it means to receive without questioning and to receive, in this listening in, means to be nourished. Whoever might be the teacher, he needs his student that is his very own. Thank you.

Q.— Who could help me? I have *the impression to be struck*.

CENT.NOM ::

No one in the space of the creator is stuck. The impression, your impression, your comprehension create this image. When your comprehension will expand, your image of being stuck will faint and, to help yourself, you must start by being your own teacher-student so that you might develop, in yourself, the capacity of receiving. Thank you.

Q.— *Is my channel clear* and how could I better it?

CENT.NOM ::

How can it be clear if you think of bettering it ? Everything will get clearer when you will proceed in a climate of confidence regarding yourself, regarding the choice of your path, regarding the others. Only in this condition, you will be able to attain a clear reception. Thank you.

Q.— Why since August 17th, my *messages*, in the morning, have no more names, only amen?

CENT.NOM ::

The value of the message is what is important and the names are not the object of the message. Thank you.

Q.— Are the *messages* that I receive of *luminous source*?

CENT.NOM ::

The one who receives, lives, in the light, does not ask himself these questions. Thank you.

— Thank you.

CENT.NOM ::

I think that the abundance of your demands dissipates your thoughts. It would be good if you could learn how to work, to do your utmost on one point at the time. Such is our advice to you. It is not general.

We wish you, all, the right path, the right choice and no useless gestures. Thank you.

CONTINUUM OF YOUR GESTURE

CHAPTER 8

Q. — The government has ordered a decree concerning the *vaccination* against meningitis. Must I conform to it for my four year old daughter?

CENT.NOM ::

One must not ignore the celestial laws, not anymore than the terrestrial laws. One must rise and act on all planes of your expression. The refusal, on one plane, may propagate the habit on other planes. And, if there is one action undertaken on that scale, it is surely also led and guided by certain wise ones executing their service on your plane. The answer and the action will always be yours but it is advised to follow those laws, whichever might be the plane. Thank you.

Q. — During my journey towards the light, how may I *increase my confidence* in order to take away my doubts?

CENT.NOM ::

Doubts, fear that may inhabit you, from time to time or permanently, are but the consequence of lack of knowledge. Doubt paralyses and fear kills. It is better to act above doubts and fear and, on that bridge, you will be able to grow and be astonished, later, to have been inhabited by these doubts and these fears.

Doing nothing always gives growing proportions to these disastrous conditions. To fight against doubt and fear, an action, of course, is appropriate but the action must be, of course, enlightened and wise. Thank you.

Q. — The priority of my *mission* for this year 1993?
CENT.NOM ::

To know where you are going is, at last, to give a higher direction to your action. It is always easier to act, but the one who gives direction to his action is a cultivator sure of the production of his fields, of his actions; he is sure of the harvest. And, in higher spheres, there are no tornadoes on luminous harvests; fruits of light are indestructible.

And, for this turning point in your life, it would be wise to start cultivating luminous fruits. And each one of your gestures should, at all times, take you closer to that goal. Fruits of light are always bearers of peace, of love, of health, of well-being. And fruits of light nourish those who cultivate them and their immediate and far away circle. Thank you.

Q. — What to do and understand to encounter *my life companion*?

CENT.NOM ::

Flowers generally grow in humid soil. The dryness of the thought and the action of the heart; the aridity that you impose on yourself is not always welcoming for yourself and for the others. Gentleness, generosity, let yourself grow, bloom. Grant yourself the joy of becoming beautiful on all planes; the fulfilment of the lights that inhabit you. Let emerge the sources and the music of your soul. Bloom in yourself, on you and, above all, grant yourself this love of life.

The man who grows — in the sense of growing — in life is the bearer of this light and attracts to himself all that he needs, desires and loves, if such are his desires in harmony with the father. Become conscious of the presence of the crea-

tor in yourself and in the other, and your life, factually, will be transformed as the image of your expectations. Thank you.

Q.— What is the reason why *I am constantly with a person* in my journey towards the light?

CENT.NOM ::

Man is surprised of walking with companions and, yet, rare are those who walk alone. And there is no crossing, it is a meeting, an addition, a mutual support and, probably, it will allow you to maintain the course more easily because, when one becomes weaker, the other sustains him and vice versa. Welcome this union, this communion and, in fact, it should even be generalised and not limited to one or two persons. If you feel well and that air, your air does not choke the other, and vice versa, then why do you ask yourself questions?

You have much chance to walk in company and appreciate this condition as long as it will last. The accompanying companions are there, sometimes, for few instants and, sometimes, are there forever, dating from time immemorial.

Say thank you and be thankful to the father and to your companion of evolution. In this condition, do not forget, there are advantages and disadvantages but, for the one who has understood, the disadvantages do not exist. You will learn, in this experience, to become conscious of the other and of the others and, do not forget, the others. Thank you.

Q.— *The children* are becoming adults and *are leaving home*. Which is my pathway now?

CENT.NOM ::

The departure is but relative and there is neither departure nor arrival; there is continuation. The new space that opens in front of you must be used judiciously and this space, if it opened in front of you, it means that it is necessary for you. Time is given to you for your self and, in this action, in

this new development, you will be able then to be still more useful to the others and even to your children.

Keep busy, it is understood that your occupations will be different and the choice of these occupations remains, of course, at your discretion but do not lose this time because used to be used. Man, when proposed freedom, often does not know what to do with it. Freedom, for each one of you, is to allow you to emphasise your movement of elevation. Thank you.

Q.— *The origin of CENT.NOM*; is it from the place we name the Virgo system? Is that what we call the hereafter?

CENT.NOM ::

The hereafter, for man, is part of the invisible, is part of the infinite universes. These places are situated and constantly move with the Father, the Creator. And the places, the finite universes, created, are, in your spaces, inscribed, mobile, but, all, with a situation in space, in time or eternity.

It is important to act, to live and to accomplish in your space. And, what is the good in trying to see in spaces where we have no access, when it would be wiser to act and accomplish in spaces that belong to you. Find the path in your dimension. Travel onto them and, in this action, in this maturity of comprehension, then certain universes may be opened to you. Thank you.

Q.— You speak of the father who inhabits us, the son is our *superior sanctuary*. Is it, in our earthly words, our conscience or is it greater, more global?

CENT.NOM ::

Consciousness is the universal note. But the octave and the power of the octave is in direct rapport, in relation with the sanctuary of each one, the supreme sanctuary and the other sanctuaries that are not visible, audible and mate-

rial, to your comprehension. But the enlightened conscience, divine, is the one that rules on all sanctuaries, whatever might be their level, their degree and their might. All are subjected to the supreme conscience of the Father. Thank you.

Q. — Thank you CENT.NOM. May we ask you for a *message* for Alain who is a channel for you CENT.NOM?

CENT.NOM ::

Listen even more than the others. Act with greater care in this service. In the service to light, the availability must be total and the conscience must be maintained, sustained and expanding. And, in this service, no halt is allowed. Thank you.

— *Thank you* CENT.NOM. Thank you for descending amongst us today and, we hope, soon for a next meeting.

CENT.NOM ::

I thank you all and we wish you, all, to be inhabited by the divine light, your lights that inhabit you, and, in this consciousness expand the time of your action in your light, in the father's. Because, only in this consciousness, you then live your actual times. Out of this time, your time does not exist. Thank you, three times thank you.

THE GLOBAL NATURE OF POWER

CHAPTER 12

Q. — Would it be possible to give us an example, in one experience, of *the action of the king* and also of *the action of the queen* in that experience, please?

CENT.NOM ::

The action of the king or of the queen, in your inner selves, in you, allows a faultless management because, according to the situation, you allow yourself to act and to let your

king or your queen act, and you will not come into conflict in this action. If, for the needs of the cause, the queen must be there, let her act. The queen that inhabits in yourself, if you are woman or if you are man, has powerful powers upon, of course, her counterpart.

Example: if I am a man and, that for specific reasons I cannot approach another man who would be powerful, I would send my queen because she has powers, from her quality, directly active upon the male interlocutor: this is a natural phenomenon.

If a man faces another man on the same level, his same force, his same authority, both these, instead of communicating, proportionally repel each other to their strength of personality, and communication is not possible. And, in fact, you are bound to failure and, in fact, each party believes he is seeing, in the other, his enemy.

When this man or this woman, if he is conscious of his king and of his queen, according to the situation, stakes his complementary powers in front of the other. And, in complementarity, energy, the flow of the exchange of thoughts, then is established between both individuals. And this phenomenon is the same for a woman facing another woman. And, in this thought, in this vision, then exchanges become subtle, efficient, without effort because the opposite polarities attract each other. I believe and I hope that you have visualised and captured this comprehension. Thank you. Proceed to the questions if you have any other.

Q.— On the same subject, could one associate the male part to the *electric phenomenon* and the female part to the *magnetic phenomenon*?

CENT.NOM ::

That is it exactly. There is, in fact, no man no woman, no positive no negative, but there is in the Father's creation — all has been made with the counterpart and, according to the

position, according to the action, in electricity or even upon the human beings—we have, what we call, negative charges and positive charges, and it is the presence or the absence of these charges that allow the establishment of an association or a dissociation. And, in this exchange, in this movement, then energy, your energy, his energy, circulates. And, in this thought, in this comprehension, when energy circulates, there is then no more opposition to a realisation, to a creation, to a transformation. Thank you.

I will try to explain the phenomenon of the pyramid. The form of the pyramid is extracted from the cone and, in this extraction, the stronger elements and the most powerful, the most stable, are under the form of this pyramid and this pyramid, it can be queen or king. If you have no more questions, I shall end the session. Thank you.

THE KINGDOM OF THE FATHER

CHAPTER 54

Q.— When one talks about *spiritual guides* or *guardian angels*, can your enlighten us about these terms?

CENT.NOM ::

The term, terms used have had their true worth in determined times and, according to the enlargement of this knowledge, of your comprehension, these images then have the tendency of erasing themselves, to evaporate to make room to your reality of the moment.

Each term, word in use, has had its *raison d'être* in its time, in its space. And the use of these said words can maintain you in these past times and in these dimensions, past states because words have the power beyond your capacity of comprehension. Words are links, structures, ties that maintain civilisations, epochs, prisoner in their space-time, encompassing these words, sounds.

In doubt, abstain yourself. And, if you want to use

them, you will be, of course, dependant of this terminology. The man who has understood the value of words then may use them again for other actions adjusted to the purpose of his journey and not for the purpose of past journeys. Thank you.

Q. — *How to find peace, calmness?*

CENT.NOM::

There is only one way of finding peace, calmness and tranquillity; it is, of course, to offer it to your inner universes and, for this end, there is a simple way of proceeding.

Each one of your universes is located in your dimension, in your personality, in your body. According to the anatomy of man, it can, for sure, take all sorts of positions and convulsions in its acting but, according to its atomic structure, anatomical and atomic, each element, each centre, each organ, each muscle, bone, has its place.

And, so that order might reestablish itself in you, there is a way, to do it, simple. A back, independently of the curve, to support the weight, is, placed at rest, straight; the backbone is straight.

In this awareness of placing your back flat, keeping an imaginary straight line, in your mind, of your backbone, each vertebrae, nerve, muscle, will return to its location. And, in this condition, tensions will disappear because each one will then be in peace and no useless tension would be, will be exerted.

Tension must be put in application only in a conscious effort, a conscious gesture. And the unawareness of the majority allows, in an hypothetical rest, more disorder. And these beings all run to pain, to suffering and cannot, of course, proceed in their research.

Before undertaking whatever it might be, recreate order and bring peace, in your inner selves, by this simple action of an uprightness in rest, of regaining one's equilibrium, unconditional, on each part, organ, of your universes. And,

in these conditions, subatomic life will resume its normal activity, that is in equilibrium. In your customary actions of walking, of sitting down, whatever might be the gesture, re-evaluate your anatomical position and, by the facts, you will receive, at the same time, a very good course of anatomy. Thank you.

Q.— Can you talk to us about *reincarnation*?

CENT.NOM::

Of course. The subject is vast for small comprehensions and it is much wiser to extend the subject to the measure of the comprehension. The man who wishes to travel this space of knowledge must have the tools, the baggages. Few words, whispered here and there, are confounding your intelligence.

It is advisable, before entering the subject of reincarnation, to strongly study about incarnation; your time, space, in the dimension in which you evolve. And, when this comprehension will start to establish itself in you then, surely, you will be able to have sight.

Man, when he starts to know himself, to recognise himself, then generally has access to past and future eternity. It is wise to thus proceed. And it is not to deceive you that our actions are such. Thank you.

Q.— If you have a final *comment*?

CENT.NOM::

Each phase of life, of evolution, has its charm, its joys and its gifts. Why wanting or hoping beyond the phase in which you live? Each phase must be filled, completed and realised and, without this condition, the others will not be able to exist. And the opening upon time, whatever might be the direction, is allowed, in general, but for special circumstances.

Whatever might be the level, whatever might be the

time of experience that you live, live it in its fullness because each gap will have intolerable repercussions on you, on the others.

Whatever might be the times, go and discover, in the instant of your present time, your life. In the instant, open yourself to the father and have access, through him, to all these universes, all these lights. And, by these joys, surely, you will all be nourished and contented.

Do not seek beyond your hand; everything is within reach. And the father has created you, all, in the ideal proportion so that you might accede to his whole creation.

Good evening and thank you, three times thank you. Such are the common teachings of the Perfect ones, wise. Good evening.

LUMINOUS CONSCIOUSNESS

CHAPTER 61

Q.— There are terms that are used to describe *the state of receiving of a medium*, for example we say: *trance*. Could you talk to us about this and the word medium also?

CENT.NOM ::

The word medium—media, mediation—means what is between, what is between the higher and terrestrial spheres; the one who can transfer, capture what is out of his dimension in his dimension. But this word is bearer of many vibrations, as mediation, what would mean to alter a will to adapt it to a certain situation. And what comes from the higher spheres is not adaptable. What comes from the father is straight and must be transferred, without alteration, whatever might be the repercussions of the instant. Because his will expresses itself upon eternity and not on your instants. And the instant of the father is eternal.

The word medium is valid when the levels of origin and of the destination, when these levels do not have great

distances between themselves. When the distance is small, there is less error, distortion, misrepresentation.

And, when the origin and the point of arrival is eternal, is without measure, there is no possibility of media, medium, mediation. In this kind of transfer, communication is direct and passes without intermediary. Intermediaries are, at the service of their level, in their level. But, in this case, the levels are close to the Father, so far, that they are invisible. Thank you. Thank you for the case of the mediums.

As for the word trance, trance is already the signification of an alteration; the alteration of the original order in another order. This kind of alteration is almighty but devastating because alters the constitution of the support, of man, in the original organisation of his structure. And the action of falling into a trance modifies, from one time to the other, to the permanency of the trance and does not allow, to the one who operates, to reintegrate in his original state, pure.

And this repetitive action allows, to the one who thus proceeds, to lose the notion of his origin, of his space, of his action. And, in fact, what is transferred is of no use and has no adaptability and is not active because operating on states said rather, hallucinatory.

Trance has great powers but these powers are generally degenerative because the condition of trance forces the original state to another form and structure. And, generally, an altered state has rarely the possibility of reintegrating its state of origin, specially when one touches the psyche. Thank you.

Q.— Thank you CENT.NOM. Is it necessary to use a *term to define the service of Alain Vautrin?*

CENT.NOM ::

Of specific term, there is no need, but “the man who listens” is a great one. Thank you.

THE HARVESTER OF LIGHT

CHAPTER 62

Q.— Thank you. We often hear about meditation through different means as yoga, transcendental meditation, mantras, etc. Would you, please, explain to us the true sense of the word *meditation*? Thank you.

CENT.NOM::

The man who meditates is a man who acts. The man who meditates is a man who, by the powers of meditation, enters in the action of his realisation, of his accomplishment, by the path, the ways of pause, of resting.

The man who meditates pauses. The man who meditates attracts, on the object of his action, knowledge, the lights of his father. And the man who meditates, in meditation, has already realised everything because this man sees beyond his eyes and understands beyond any comprehension. And, in meditation, this one seizes his appropriate tools for his realisation.

The man who meditates is finally but a man who pauses. And, in fact, this man who pauses is a man but a man who really acts because his action, in this vibratory state, is but light. And, with the force of light that inhabits him, he will be able then, by this energy, to realise his work.

Out of this enlightenment, out of this action, nothing is possible for you. And the wise ones, of course, in their style of life, meditate. But meditation, in its superior expression, is not a temporary effect, is neither a privileged action in a privileged space time. Meditation is the action, the luminous consciousness, in its continuum.

And all those who make the gesture of meditating, if they are sincere, will be rewarded. But if they do this gesture in repetition will be deceived because their meditation will take them from where they left, to their point of departure, that is on place and will have achieved no evolution.

The action of meditation is the action of putting oneself between oneself and one's realisation or the object of his realisation. And the meditating one happens to be the intermediary by whom his realisation will establish itself through him, and his own self receives.

Any wise one is, of course, a meditating one. And the action of meditating is a prayer, is a maintained vibration, continued, that is carried and supported by the meditating one upon all the objects that are around him and the beings that are around him.

The meditating one never repeats an action, a sentence but lives this action, this sentence each time he gives and gives again birth to this phrase, to this word, to this action. The meditating one is the generator of life upon all and on everything, and this generator, of course, is in perpetual contact with his creator.

The meditating one, in your comprehensions, is a quite limited man because he is well only in the state of meditation but the true meditating one is well at any time. Such is the act, the action of meditation. Thank you.

SUMMARY OF THE QUESTIONS

THE AWAKENING OF YOUR DIVINE SELF

TOME III

THE CHANT OF YOUR DIVINE SELF

CHAPITRE 26

Q— Why do we live so many *conflicts* and are subjected to so many *negative reactions*, when in my depths I desire to live in peace and in love?

CENT.NOM::

I will answer you. To desire something, it is not to possess it. To desire, it is still to be outside of what you want to live. If you want peace, you must retire in this peace and especially not men's peace. Men's peace is worthless. The only peace, the true peace, it is the one that one finds in the eternal, in the father.

And, if you say that you attract problems or situations that you do not desire, it is because these situations, these said situations perceive an individual capable to absorb them. Water goes to the well. It is the same thing for you. If you want peace and light, you must transform yourself to welcome this light, this peace. But, if you remain in your heart as you were, then the bad water will fill this well.

To change a situation, one must change oneself. A situation is always the consequence of our gestures, of our thoughts. And, even if one believes not participating to our

disorder, to our misfortune, this inaction is actually there to be the bed of these misfortunes and of these pains.

The one who wants to live out of his misfortunes, of his sufferings, must be active and, instead of retiring, he must act but with divine light. And, under this enlightenment, your personality, your character, your gestures will not let these things said evil penetrate: and water goes to water, light to light and pain to pain. When pain has no more hold, it leaves you. To open oneself, one must profoundly seek in one's heart and simply bring it forth.

DISCOURSE
ON THE TEACHINGS OF
CENT.NOM
by ALAIN VAUTRIN

AV. Do you have any other questions? I am listening to you.

Q. — Quite often I happen to see a light in the sky, in the evening when I go to bed. I waken because of this light. I never know at what moment that happens, except that I have the impression that it indicates to me something. From where could this light come?

AV. I shall ask you a question. You say that you see it, in your sleep or out of the sleep? That wakes you up and to see it as such?

— Yes, I see it if I get up at that moment and, if I go to the living-room, I still see the light. There are some evenings when I wish to see it, I wait for it, I stand in the window and I do not see it. It is not I who decide, it is it that comes.

AV. Yes. Therefore, the light is not really in the sky. It is not on the walls, it is nowhere but you see it. Then, if you see it, it is generated by yourself. I shall try to explain that.

The capacity of the brain to emit some energetic fields of light is real. The brain can do anything if these fields of light repeat themselves and are there without reason for you, one must be careful. But this enlightenment, that comes in certain individuals, is often the sign of change in their system. These are some new connections that establish some paths of communication.

There are many families of light. If these are too insistent, that could be a problem of health. If that happens from time to time, that is to attract your attention. These lights, these electrical fields are, in fact, visible for your eyes but they manifest themselves on the level of the brain; they are chemical exchanges. These chemical exchanges are done, regulate themselves for certain reasons. That could mean an awakening, a transformation in this person.

Q. — How does one do, in a certain moment of the day, to be able to be in peace and to be very calm when it would be necessary? And what's more, there are plenty of things that happen in our brain, and one is really not able to take stock.

AV. Yes. One suffers much of those circumstances. It is as if we were hyper busy in the head and that makes us inefficient. One does not even manage to proceed any more. It is said in the teachings of CENT.NOM as example "one action, one thought, one thought, one action ". When one is overworked by a thousand and one images, it is necessary to make one's mind go blank or at a halt.

One should have the wisdom to take one action at a time. Why carry a thousand baskets when we have only two hands? If really you cannot manage, enter in your sanctuary.

Certain persons, when they err, spend some moments in silence in the country, in a church, in a room, in front of a candle or say a prayer. By doing that, they move about from one room to another and change their point of view. If there is disorder in that room, you move about in another room.

Maybe there will be as much disorder but maybe there will be, finally, a room where there will be no disorder. And the room where there is no disorder, it is your sanctuary where everything is in harmony, everything is perfect, everything is governed under the superior laws.

When one is in disorder, it is because one does not recognise what is important any more; one does not define the object that one pursues that is important from the uselessness of one's actions. And, finally, the important actions get mixed up with our useless gestures and, thus, one does not know how to proceed any more. When the brain is confronted with such paradoxes, it gets stuck. That happens with computers also. Give two contradictory informations and the computer will refuse to function, it will come to a halt completely.

Man continues and believes that he prospers. If you say all day that you are love, that you are light, that you elevate yourself and that the whole day you harm your neighbour, there is something that goes wrong. It is much more simple to do one action at a time. If I wash the dishes, I wash the dishes, if I do something else, I devote myself to this other action.

When I communicate with a person, I take care of him. In this instant, I shall do everything to be this communication, this bound; I establish a bridge, I let flow the information. Let us learn to manage one situation at a time.

However hard one thinks that man is a giant in the creation, he is a giant only if he proceeds with wisdom, calmly, without getting worked up and without trying to do everything at the same time; what even simple people would not do. To overwork oneself often leads to failure.

If the situation requires it and that one is obliged to answer to many demands at the same time, that may happen, one must take one step at a time. And, if one cannot do it, it is time to enter in one's sanctuary. At that moment, what seemed high-speed slows down, one has some time to manage everything because one sees situations under the enlightenment of peace; one is no more stressed. Stress makes arouse

incompetence, errors.

If one had the capacity to be in the state of being of joy, to be in peace, in front of difficult situations, the most complexed circumstances would simplify themselves. The talent of the one and of the other one does not measure itself, does not compare itself. What is to be noticed, it is wisdom, and the wise ones recognise each other, help each other.

Q.— For many years, I feel somewhat invaded of *sadness*, it seems as if my whole inner self is sad. It is as if I had not assumed, accepted, the consequences of my decisions. Too many people depend on me.

AV. It is a fact, too many people depend on you. We all depend on the ones and the others, and many are connected to each individual. We are part of a bunch. Each one is as a grape and the grape next to the neighbour cannot ignore it. All are connected directly, indirectly, to the heart of this bunch. And, when we are unconscious of this fact, we are then inhabited by sadness, we feel swamped, overworked, invaded by the demand facing oneself.

If the whole entourage needs you, requests you, do not believe that you cannot answer to this demand. You can answer to it, but bring them the luminous nourishment, because the one who asks is not satisfied. Bring some intentions that come from the deepest of yourself, your love. Bring your heart, your intention, your whole being to each one.

When you take attention to someone, you receive as much and you become inexhaustible. These beings who have understood are very fragile, they work day and night, almost never sleep, eat little — and one asks oneself where they draw this energy. They never ask themselves this question: how shall I do it? They act; if somebody is thirsty, they give him to drink, if somebody is hungry, they give him to eat. Even if you have nothing, the father will allow you to give.

When we accept to bring to the others this whole love, evidently sadness disappears. Because, when we bring to

the others, we are regenerated, nourished by the light. When we bring the light, it passes and, the more we distribute it, the more it passes in ourselves with might; it appeases and it brings joy. Joy exists, it is a well-being, it is a calmness, a peace, and furthermore, it is a place where insecurity does not exist any more – it is not the joy of the party animal.

You do not know how you will proceed, but you will know it when you will do it. Act continually and bring. And the fact of going towards the other one and to pour forth these intentions that are the most beautiful that inhabit you, that create a bond with the others. Life takes its might in you and upon all the other ones that are around you. The others, by this example, repeat this gesture. By the example, we learn.

Sadness is an unhappy state of being and, above all, a state of being of solitude because it is very sad to believe to be alone. As a fruit, still tied to the tree that cries, that tells itself: I am all alone, me, nobody understands me. That being does not allow to the communication, to life, to circulate. He holds, retires, closes up on himself, he is bitter, he is in his security and he annihilates himself.

While there are people who are lonely and they are so great, in their gestures and in their selflessness, that they are part of the whole creation of the Father. When we attain this state of consciousness, the creator, the one who has given us life shows us then, at each fraction of second, at each step, all the marvels that he has placed around us. One can be but happy to see everything that he has done for us. Then, we are not sad any more.

Q. — Regarding *sadness*, I was asking myself if one must protect oneself a little bit, if one must raise a barrier against certain persons. Someone has told me that we could absorb the other one's sadness at a certain point. Is it possible?

AV. It is the principle of the connecting vessels. When a vase is empty and that the other one is full, when we allow

the communication between them, one pours itself forth in the other one and the two even out. It is the same for sadness. If one human being is inhabited, he is full of the light, of the love of the eternal. Then, this principle does not apply because sadness will not be able to pour itself forth in him or in her. A simple smile, a simple look of someone who is inhabited, can bear you for the whole day and, sometimes, for years.

Certain persons are inhabited, bear life, are full of life, have a smile that is a true ray of sun. Such a smile cannot ever be forgotten. What a shame that there are people who do not see that, and there are some even who are jealous of this smile. Because a divine smile disturbs enormously the people who are in their misery.

And do you know that the people, when they have not suffered enough, prefer still to suffer and are not ready to receive the manna of God? But do we open ourselves to receive everything that is beautiful, everything that is life?

Then, the story of protecting oneself is an intellectual conception, simplistic. If one is empty in his heart, however hard he erects walls and barriers against pain, nothing will succeed because it already inhabits there. We must not pin our misfortune on somebody.

Q.— You raised an interrogation in myself. You said, in the facts that you have just stated, that there are some persons who are in their *sufferings* and who must remain in their sufferings.

AV. I did not say that they must.

— They want to remain in their sufferings.

AV. They remain there.

— But why do they want to remain there?

AV. They have not suffered enough. They have not come out of their sufferings yet. When man falls, when he is ex-

hausted, he turns himself towards the father. Otherwise, man is so much full of himself that, for him, god—nature, creation—is nonexistent, doubtful, vague and intangible. One cannot seize happiness or joy. One cannot seize those states of consciousness, one can only share them, and communicate them.

It is certain that some people wish to continue to thus live. It is quite a system that does not halt to one person. Millions of persons contribute to their misery, it is as an income tax; a tax to pain. What is not bad, it is that we have the choice of our pains. And it is the same truth for joy and for one's well-being.

One can be depressed, live some difficult situations but, when we do not know what to do any more, it is preferable to rely on the father and to say: father, guide me, I do not see anything any more, I do not know how to act, guide me. The fact of listening in, the fact of expressing this intention, already peace has come back in our heart.

Those who do not believe in those facts, it is sad! But, when they will face a situation very painful, if they take the action of asking: guide me, show me the path, show me the way of doing, show me, they will receive their answer—and it is not a dream.

All and each one live such states of intimacy and, evidently, we do not dare talk about it. Because we do not know how to communicate these intimate states of being. These intimate moments, that follow from our divine self and that touch our spiritual plane, should be shared and they would reveal to us such as we are.

It is difficult to open oneself to someone, above all if that person is not opened and does not welcome you. And, on the other hand, if you wish to open yourself to someone and that the person does not really want to, open yourself any way, let overflow this source of life. Because life has some means very much mightier than we have at our disposal.

For example, if we go towards someone and that this

person refuses himself, our first reaction is to repay him in kind. It is disastrous because the person then opens himself to the gesture of pain that we were bringing him. And he closes himself to the gestures of love that we were bringing him. He does not know this language.

Bear the true smile of thankfulness to be living and to have the chance of being able to journey, to be able to progress, to be able to learn, to recognise, to know. Life, it is very exciting, it is fascinating.

There are people who, arriving to a certain age, do not wish to know or learn any more, they know everything or saturated. At last, they believe to know everything and straight out refuse those new ideas. The one who does not learn any more does not know to receive.

The apprenticeship is the greatest experience. As soon as you cover a subject in depth, chose another subject of learning. One must always learn, learn and learn.

The apprenticeship is very difficult because one must make an effort, one must be always ready, listening in, one must always be active—and you always must face a new challenge. Whatever might be the challenge that you might wish to undertake, it might be knitting, it might be painting, it is your choice.

The apprenticeship keeps the spirit alert. The people who do not get tired of learning have the advantage of growing in maturity and in age. Whatever might be the chosen domain, to learn, it is exciting, it is fascinating—and it is a good tiredness. As soon as someone learns or knows his whole subject, he sleeps over it.

For certain who prefer to remain in the intimacy of their life, of their secrets, a time of maturation is necessary to share and to communicate. If we do not communicate, there is no evolution and we cannot progress.

Let us have faith in the communication, in the exchange. It is certain that the communication does not need to be always verbal, it can be a state of being, a gesture. But to

communicate, whatever might be the choice of our communication, even if it is under silence, should always be brought and shared with the others.

Without the accompaniment of the others, no elevation can be accomplished or realised, above all if it is strictly centered on the very person. What would mean that to shut oneself up somewhere and meditate all day, to be praying all day, is worthless according to the Teachings of CENT.NOM. Your action, your elevation, your gesture, must be shared right away. Because, being shared, that opens the way, the path, to those who have not yet been able to begin this walk.

When some individual encounter themselves, decide of binding themselves, they can then know the force. The force communicates itself between the individuals so that they might feel this force of the ensemble, the force of the others, the might of the father, because in each one the father is there, he is potentially there. The fluctuation of the number of people of this assembly augment proportionally the potentiality of this force.

THOUGHTS TO REMEMBER

In your action, if you repeat a gesture by habit, it is not your divine self that governs you. The habit puts to sleep the greatest spirits and darkens and makes fall the geniuses in stupidity. The habit debases man, causes him to degenerate. Each gesture, each word, each action should be new and bear breath. One neither says good day nor thank you by habit, one says good day because he welcomes and receives the other one in ourselves. And we day thank you in gratitude of the action of each one and of the others that are around us.

SUMMARY OF THE QUESTIONS

THE WISE APPRENTICE

TOME IV

THE ARDENT FOCUS

CHAPTER 20

CENT.NOM ::

If necessity is still present, call upon the father in your lives, in your spaces and time.

Q. — Sometimes I feel *anxiety* and, at these moments, I pray but I do not feel peace entering inside myself. I do not know how to formulate my demand but maybe you can tell me something more to help me acquire this inner peace, freedom.

CENT.NOM ::

Suffering, fear, anguish are ties, holds, tongs which you yourself hold tight. The one who ties himself to his pain, to his anguish, is his own torturer and, in this action of reaction, of encouragement, anguish expands and makes the chained one suffer and harms his inner self, his well-being, his health.

If you are inhabited by these fears, do not frequent them. There are companions of life, of thought, one should not frequent. When fear comes in dwelling, one must not receive it, welcome it. It is good, in these times, to get busy with the others when one's own dwelling is wrongly frequented.

And, once back, these guests, without your complicity, will be thrown out and will go somewhere else, in other dwellings.

Anguish holds tight, torments, circumscribes life in you. In this action, do everything to dissipate this hold by not feeding it with your intelligence, your thought. Linger over, in these instants of torment, on beautiful things: a flower, reading, service. Choose and look upon a creature that the father has placed there, close to your eyes.

The sight of the blessed ones, of the wise ones, places itself at any time upon the alive one, upon the perfection of the eternal and, fed by the father, you will be able then to let yourself progress, expand by his love. And, in this space, you will not suffer these contrary forces to your elevation any more.

Keep heart, gesture, your eyes, your understanding, upon what is beautiful. Do the exercise, each day, in this sense and you will develop and you will be instructed. And, in this action, you will be freed from solitude.

The beautiful has the effect of light, of his life, a sun that chases any tension, any horror. Let yourself be inhabited by the great, the highest, and narrow mindedness, the vile, will be chased.

Receive the father in your heart, in your whole being. Do not listen to yourself, give yourself to your father. Amen.

THE EDUCATION IN CELESTIAL

CHAPTER 28

Q.— *I have much difficulty to endure heat*, the sun. I have the impression of burning and of choking. Is there a special signification and how could I manage to better bear it? Thank you.

CENT.NOM ::

These experiences of life are, for the majority, difficult and restricting. Everything resides in the adaptation, the instantaneous reflex to any situation. What means in your case —

and in many others' — that the comfort or the inner opposition to change is a moderator on your reactions. A body, a life, is, of course, calibrated for certain variations and outer and inner climatic variants.

A wise one suffers also from these things but, in his wisdom, he does not fight them, he follows, he does not let himself be attacked, he goes to the cold, to the heat. And, in this movement of acceptance, in yourself, everything mobilises itself and everything calibrates itself again to allow, in your inner selves, the action that will re establish, in yourself, a comfort, a well-being.

In fact, in experience, for the one who wants to go further, you could impose on yourself, through exercise, through decision, quite rapid changes of temperature, by passing from cold to hot. And, by repeating these experiences, by retightening these phases of these experiences, you live a certain time in the cold and you precipitate yourself, without preparation, to the very hot. And, from one chock to another, your system will be obliged to relearn to put in place the necessary mechanisms to a good stabilisation, in your case, thermostatic.

What disturbs the majority, it is to follow. Each one takes position, in right or wrong, in hot or cold, in enjoyment, in poverty, and nobody wants to move and everyone gnashes one's teeth. These things are not necessary.

The experience, for you, would be worth to be made and you will notice that, without insisting too much, you will discover yourself and probably you will develop another capacity that is not yet revealed to you; the one of regenerating yourself much more rapidly.

I believe that, on this subject, it is right to halt. Thank you.

Q. — Do you have a *commentary* for Alain, please?

CENT.NOM ::

The speech is always more grandiose, profitable,

through the paths of silence. In this sense, the one who listens in is always instructed. Thank you.

THE DOUBLE SOURCE

CHAPTER 20

Q. — Which is the reason of my sudden *hypertension*?

CENT.NOM ::

In this case, as in many cases, when one oversteps the normal condition, it is that you have imposed on yourself, through the way of disorder, this hyperactivity. And, in your case, it would be wise to lower the tensions in general in order not to multiply the tensions on your circulatory systems. It is advised to walk towards calmness and appeasement and to eliminate any action, habit, that could harm the inner elasticity, to the suppleness of the cells.

Eliminate everything that is constraining to your health through nourishment and, above all, through bad habits. And each man goes astray because of bad habits and, upon you, they express themselves by hypertension. This inner state is dangerous because the one who suffers it does not see it coming; it is an invisible invader. Spare yourself, regulate yourself in any point, in your life, in your actions, and do not overcharge yourself, whatever might be the levels. Thank you.

Q. — How can one find *the light of the heart*?

CENT.NOM ::

The light of the heart passes by love, passes by simple gestures, by care. And the one who wants to walk on this path gets used to be considerate to each one who is around him, to each life. He will take care, he will listen in and have much attention and he will pour forth, by the fact, the energy that he bears, that your bear; the one of love.

Because the one who liberates his own doors of the

heart, they will open themselves and, in this action, then you will progress beyond all your expectations. Because the one who passes by the paths of love is a blessed one. If you seek this light, turn sight, from now on, on all and be attentive to each one. And you will be, by the path of the others, awakened to the love that you bear. Thank you. You may proceed.

Q.— Does the awakening love develop *reciprocity*?

CENT.NOM ::

Automatically but not always at the same rhythm, because the one who takes sight upon a being can be deceived. But the one who takes sight upon mankind will always be rewarded, listened to and will always receive more than he has invested. In this sense, reciprocity is. Thank you.

Q.— What can one do when one learns to *meditate* and is hyperactive?

CENT.NOM ::

Meditation, for an hyperactive, is excellent and there are not fifty ways of doing it. The one who halts, in meditation, has the advantage to see the movement and the activity from outside. The one who is hyperactive is activated and does not have the advantage to see from where stems the movement, from where stems the energy and in which sense it goes and what it will produce.

The one who is hyperactive must impose on himself, in his hyperactivity, a time of action higher than rest, halt of everything. Because, to accede to a halt, man must attain, in activity, a super velocity and, at that moment, our hyperactive will know the stationary point; the one from which he will be able to observe, at leisure, the purpose of his pursuit. Thank you.

Q.— For ten years, I find it very difficult *to forgive* an

offence that has been made to me. Where should I turn to finally forgive as soon as possible?

CENT.NOM ::

“Forgiveness is the key to freedom”. The one who refuses to act in this way will be the victim. In this sense, man has no choice and, to go faster or to be able to succeed, you must call upon the love that you bear in yourself, that you choke.

Let emerge, through the path of love, this new sight upon the one or the other who has offended you. Because the one who has done this gesture was not instructed and was certainly poorer than you. Take care and, in spite of your resentments, you must help, in forgiveness, through the path of love, the one who has not been conscious of his gesture. Because the one who is instructed avoids to make mistakes and does not attack the integrity of his brother, of his sister or another one that is around him.

Act as soon as possible, because the one who does not act, in this sense, dies mortified and he is put in pieces by himself. I would cultivate this flower that you bear; love. And, whatever might be your experience, each one and all and you bear this seed. You are cherished to live such an experience because the one who passes through this experience comes out but grown, giant and becomes a sun.

We wish you to forgive because the one who does not forgive has understood nothing of life, of his life, of his individuality and of his potentialities. Go to the discovery of yourself. Thank you.

Q.— On the professional level, have I taken the right gestures, have I made the right *choices* in my artistic activities?

CENT.NOM ::

An artistic activity is a way of being and to live and, for whatever is the profession, if you approach it in this sense, you risk to be deceived. Because, when one wishes that one's garden be abundance in this sense, in the arts, one must take care of one's garden before thinking of profiting from the harvest.

Harvest, you will have it, you will attain it only if you are, yourself, if you are part, yourself, of this art, of this research, if you become essence. And, for the remainder, all will come to you. Do not let yourself be lured by the games of society, follow your way by the path of sincerity, of love and of light. And the remainder will come to you. Thank you.

Q. — How to *open my heart*, more and more, to unconditional love?

CENT.NOM ::

The one who wishes to know unconditional love must refuse oneself any egotistical act, possessive. He must, if he wishes to receive the fruits of this unconditional love, be, himself, free and grant, to all those who are around him, this same freedom. At that moment, you will be open and you will receive the fruits of unconditional love. Because the one who loves a being can, in his heart, feel love.

It is the same for the one who loves a tree. While he loves it, this tree or this very dear being, he cannot know the forest or the others, and the others are the path, the direct road to unconditional love. And, if you wish to go on this path, get rid of the limits that you have imposed on yourself by choice, by restrictions.

Unconditional love, it is—at each instant, when one takes his sight, his gesture, on a person, on a thing, a being, a life—to acknowledge the wholeness, the totality, the humanity, the race. And, in this way, your sight, your thought,

your gesture, will not be limited, it will become grand and the comprehension and intelligence of your reach will then be tailored to the measure of the whole humanity. And what you will pour forth in this person, in the other, in this life, will be, of course, an ocean of light. Thank you.

Q.— I have a *discol hernia*. Would an operation be the solution?

CENT.NOM ::

Before any severe intervention, man must find more direct solutions, more natural to his problem. Medical doctors are competent and know to do what they have to do. But you are, yourself, responsible for what will be done to you, by yourself or by the others. And what the others may do to you is not always the ideal solution.

What you are living is, in a sense, important and you must look for other ways before going through immobilisation. The ideal is always to find one's original quality again and, often, man finds it again through exercise, movement. What he has lost in immobility, he can find it again slowly in movement.

Because, if man does and operates on you, you will not be able, of course, to correct through movement because, he will have, in fact, only immobilised this part. And, from one way or another, you will be, through the ways of medicine if you are operated on, somewhat handicapped.

Try movement. Seek, by other ways, other means and, if you cannot resolve this problem through natural ways, then you will make your choice. Thank you.

Q.— Would you have some advice to better my *spiritual situation, financial*? Enlighten me about what I should do?

CENT.NOM ::

A financial situation can be set. A spiritual state is attain-

ned and, often, both, basically, do not agree but, in elevation, harmonise. To serve a financial situation, one cannot hope, while working in this sense, to elevate oneself spiritually. But, if man elevates himself in his divine self, and goes, in his field of light, in his spirituality, progressing, then he will be able, through this path, in this sense, to resolve some financial problems if his problems are ruled by an enlightened intelligence, more spiritual.

But the one who seeks the solution, through the path of money, will have much difficulty to rejoin both and make a bridge between a divine state and a comfortable, financial condition, for a good work. The one who lights his path, with the spirit, always finds solutions and the one who gets drowned in his troubles, in his obligations, sticks. And, whatever might be your choice, you must pass by elevation, by light, by the spiritual path. Thank you.

Q.— *To abandon oneself completely to the divine self*, is it realistic?

CENT.NOM ::

It is much more realistic than to abandon oneself to nothing. Because the one who meets his divine self has the power to discover oneself, to communicate and to widen one's field of intelligence, of action, of sight, of comprehension, and can, in a great reality, rejoin one's materiality. And those who doubt these things flounder, harm themselves and find the path with difficulty.

The one who weaves his day and his night, his light, the light of his divine self, in his night, in his materiality, has all the chances of success and can then maintain a good equilibrium between the two paths—and these two paths become reality on you, in yourself. And the path of the divine self is often and clearly superior to any other paths. Thank you.

Q.— Do you believe that the *true values* will come out

of the cohesion of the speakers of the environment and of social, economic and political situations?

CENT.NOM ::

The advantage of living disorder allows to create and to find again order. And, the more there will be disorder and the more there will be difficulties, the more man will have, in a sense, to find the true solutions because the old ones are outmoded. And today's man must recreate new ways of acting, of thinking.

Each man will have, in his states of ignorance, to be a visionary and those who will not want to do this effort will suffer the consequences. And those who will go on this way, upon their path of today, those who will have thought again and understood then will be able to project upon their entourage and their society, the new gesture, the new way of living. And this way is now the only one; the one of bringing before serving yourself.

The man who will have understood these things, who will be abundance and who will bring without respite, will resolve his individual problem, his problem of society and, in this collective gesture, will rekindle the gardens of life, of abundance and of peace.

Certain trees, certain lives, though willowy, powerful and strong, must lie down. It is the same for societies. When a society is outmoded, whatever might be the fruits, it lies down and, in this humus, other societies will rise thanks to the initiative of all men.

The majority will lie down and will become nourishment. And those who will have done and who will have understood and who will have ceased to take and who will have, in this new thought, decided to bring, then will be protected, nourished, elevated in a new image. It is the same for everything and such is the rule and the law; all elevate themselves and all lie down in their time. Only life can resume life, rise and rule. And those who will bear, in themselves, this life

will be the new soils: blessed are these. Thank you.

I believe that we shall close this discourse and it is not so simple to express what we bear. The one who has this intelligence, the one who can discern, determine his weaknesses, is, as a result, healed, strong.

Learn to display in front of you what preoccupies you. Evaluate, throw away, classify and keep only what is important, essential to your condition, to your blossoming, to your elevation. And the remainder, reject it. Do not let yourself be invaded, encumbered by doubt, by error. Learn to see clearly.

We wish you, to you all, to enter on the same level in your day and to know peace in your night. Amen.

THE HALT OF THE WISE ONE

CHAPTER 33

Q.— I wish for a *session by the path of the heart*, heart to heart with my father. CENT.NOM, do you see in my divine self?

CENT.NOM ::

The father sees each one of his lives, each one of us. And the father, in his rules, in his laws, governs upon all and imposes upon all the supreme rule of discretion. Each life, each creature of the creation, each member has the power to be enlightened and to receive the other. Under this comprehension, we can see you: in other terms, we respect the rule of discretion but we can, under this same rule, communicate.

Q.— Can you identify my blockages concerning my *obesity*?

CENT.NOM ::

By the path of discretion and of understanding, the one who does not take footing, does not affirm himself in his dwelling, is invaded. And the wise one, in his research, learns

to recognise his dwelling and, in this instant, the invaders will be pushed away outside. Many guests and the master of the house is not there. There is disorder, abuse and the consequence of this action alters the dwelling of the king, of this queen.

One must be born to oneself, establish oneself and take direction and give direction. The master, in each dwelling, is your divine self. Let rise, in yourself, your father, your divine part, your divine self. And he will know to make order again and will bring, upon you, the right action, luminous, balanced and will give back, in you, the force of the light health and will give again, in you, the will; this force, this might, that serves, in fact, only the uplifted voices that inhabit you.

Each dwelling must have its master and, when you will have view in this comprehension, everything will become then easy, effortlessly, and you will cease to suffer. In this consciousness, in this message, you are already borne in a new way of action. Amen. You may proceed.

Q.— It is mentioned about the negative thought, in the first book of CENT.NOM: “[...] there is always a *master thought* that, mixed with millions of situations, complicates your paths. Find it again and everything else will become clearer in front of you”. I am conscious to have a negative thought, but which one? I cannot identify it. Can you help me?

CENT.NOM ::

It is difficult to find the path again in disorder, in the bush, in one's own thoughts, in the accumulation of erroneous actions. It is wise, to find the path, the way, to find again one's light, one's perfection, one's divine self. And he will know to erase, to shade off, to make disappear all your errors. In your man's, woman's action, get yourself out of this usual action, repeated.

Elevate yourself, elevate yourself and elevate yourself

in your divine self, in your own divine light. Because the one who wishes to resolve his errors, his deficiencies, is not armed, enlightened, and has not the necessary tools for this accomplishment, for this realisation and has but one choice: he must let his divine self lead the step, by the supreme authority that inhabits you, by the father. And, in this action, everything will take place again in your harmony, in your light and you will be able to become then efficient, according to your terms. Thank you.

Q.— How may I *find again this divine supreme authority* in myself and abandon myself to it totally?

CENT.NOM ::

You have, at your disposal, everything, because what you cannot find in yourself, for this time, is there, perfect, outside your dwelling. Go to this school of life; the one that the father has placed at your feet and you will be able, by the path of returning, discover your divine self. Thank you.

Q.— Can you give me a *message* relative to my *plan of life*, to my evolution and to my path?

CENT.NOM ::

The one who elevates himself in light, the one who is light, the one who bears light cleaves through the night, obstacles and separates and puts down any obstruction to his walk, to his service, to his blossoming, to his flourishing.

You, in this privileged location, have everything at hand's reach. It is now time to drink this multiple source of life that the father grants you. Each day, come out and go out of what you have built and go and observe the greatest builder in his action. And, by observation, you will be taught, informed, enlightened, motivated and energised.

The one who does not see in his dwelling must allow himself, to see better, to go out of his penumbra, of his sha-

dows. To learn to see, to understand in oneself, requires, from man, ordered moves. And order, in the one who does not see and does not yet comprehend, is easier to seize, to attain, to understand, to receive by and inside the supreme wisdom of nature.

The Father has placed his knowledge, his learning, his rules, his laws, upon all. And, for the one who seeks light, it is wise for him to go, to return and instruct himself with those who live and respect these laws. And nature lives this respect and, for each man, is and remains a great wise one.

About the future, projections or a layout of life, everything will take shape, image, according to what you will live, recognise, learn in light. And, from this step, from this experience, what you will be and become will be inscribed, elevated, breathed in you, by you, under the enlightenment, the intelligence, the comprehension, the love of your divine self. And to make projections, before you take step and gesture and action, would be forgery. Thank you.

Q.— Is my *privileged contact* with animals in this divine order of evolution?

CENT.NOM ::

Of course. But, for this to happen, observe more and grant them what you would like to be granted to you. Thank you.

— I give them much love, they give it back to me also.

CENT.NOM ::

They can give you much more. More than love, it is much to say but much more learning, knowledge and many other things. In your life, in your action, in your experience of life, in this sharing, in this communion of life with the other lives, there is, in this exercise, things to learn.

And, under this enlightenment of your divine self, you

will be able to instruct yourself, in divine, by the path of the divine selves of each one of these lives that are around you. Cares do not stop at nourishment, at warmth, at comfort, they prolong themselves in the listening in, in the observation, in the sharing, in communion. At that moment, man is elevated, by these lives that are around him, to his place. Thank you.

Q.— May I ask for a gift to have an *inspiration* of the divine beauty for my painting?

CENT.NOM ::

Divine beauty is borne in each one, communicates itself in all, by what is around us. And the one who can hear and see what comes to him recognises, in himself, this gift, this light, this emphasis to love, to the gesture, to the action always free, generous, luminous. And the gift, in this consciousness, then will attract, to himself, fruit and abundance because he will be himself this abundance, this fruit, this light.

The gift that you are waiting for is there. But, to vibrate with it, you must vibrate, be at the diapason of yourself, of your divine self and of everything that is around you. And this diapason will know to grant you, carry you on all the celestial beauties, on this abundance of life, of creativity. And, in order to gather this abundance, you must bring it. Thank you.

Q.— Thank you. Last summer, during an entire day, my vision was very blurred. Since then, on some occasion, my vision is taken somewhere else or inside things and beings. What is *the utility of these experiences*? To what does that take me?

CENT.NOM ::

The utility of things and of experiences will take the trajectory, the direction only in the sense that you will, yourself, have found the bearer, the support on which you will be

able to put down the activity of your potentialities. And the one who has not found the container cannot place in it the content. And, even if he knows the content, it is time to see, to recognise, in himself, the container. And, without this action, man is always in a dead end and gets lost because he loses patience. Thank you.

Q. — Thank you. Can there be a connection between healing, or *helping people* to change plane, that is to die?

CENT.NOM ::

For this, one must have done his journeys, and nobody can help if he has not placed himself and helped himself. And, without this action, all your actions, your projects remain a lever without a fulcrum. Thank you.

Q. — Thank you. Forever I have the sensation to have known to fly, breathe in water, do by the thought and move around. Do you want to explain this to me. Why I have these *souvenirs*? To what are they related?

CENT.NOM ::

A souvenir is a link, a correspondance, a straight line that tends to enter in contact with a part of yourself. And, if this part of yourself does not merge, does not rally, does not mix with this link, to this communication, then nothing is yet done. It is wise, when man meets this kind of experiences, to welcome them and to open himself and to grant himself, in his inner self, what comes to him by the path of souvenirs, by the path of the far away, by the path of the hidden and of the invisible. And, when the invisible makes itself heard, seen, that is the divine self, in you, that is waiting, is anxious to act and it seeks, by all means, to make itself heard. Thank you.

Q. — How can I let it act. I have the will, *what is missing*? It goes as far as to hurt me sometimes. How can I evacuate it?

CENT.NOM ::

There is nothing missing. There is something too many: the wanting. These things do not pass by the will of man, the celestial things, of the spirit, pass by the path of sensitivity, of emotion, of vibration, by the path of the celestial states. To calm, appease and make disappear the hurt, pain, you must cease any revolt, any combat and welcome what comes to you. And, from this instant, pain will metamorphose in beauty, in light, in colours, in vision. Thank you.

Q.— How to *prepare my death* in the light?

CENT.NOM ::

Death, the departure, the transfer, in the light, is prepared by the action, the living, in divine, in this same light. And, in this space, in this action, death is no more because the living one passes in eternal. Amen.

Q.— Do you have an *advice* for a friend, we wish to enter in contact with the god, with the force. From where can we start? With a prayer or something for us, the foundation, starting the beginning of our research?

CENT.NOM ::

Prayer is an action and everything starts with the action. Whatever might be the way, act and what you bear, in yourself, in capacities, in potentialities, in knowledge, in richness, in poverty, must, in the instant, be transformed in what you desire, and what you have risen in light is. The one who, in his action, will take his action, will take his projects in light, will be heard, rewarded and will be, upon everything, creative. And everything he was seeking yesterday will be discovered in the instant. And, in your case, the force you bear, why let it be bored? To build for all and each one is the key and, for you, is the answer. Thank you.

Q.— Can you write a *message* for me, a tangible proof of your constant light in my heart, my soul, my head?

CENT.NOM ::

Take a profound inspiration in this place and light will be placed in your heart and all have the power to receive this light inscribed in his heart. Amen. Blessed be the hearts who receive, by the path of the light, our father. Amen.

— This is what I was referring to before. My *heart* is oppressed those days. Why?

CENT.NOM ::

The abundance of the questions, the abundance of reactions, revolt, is an abundance, pain is another one, but it is the cry of abundance that cannot take root and place in your lives. Calm yourself and receive it and everything will accomplish itself upon you and upon all those who will have understood these things. Amen.

We shall proceed to the end of the questions. And, in the present time, in the future, in the past, by the breath, receive peace, by the breath, grant yourself the entering in the path of silence and, by the breath, instead of asking questions, go towards the father and receive your answers. Such is the rule that our wise apprentice has known to welcome. Amen.

AV. In nature, I welcome my development without suffering.

THE MAN WHO BECAME SILENCE

CHAPTER 39

Q. — CENT.NOM, please, when a person passes from life to another life, is the *suffering* that he shows a reality for him?

CENT.NOM ::

To pass from one life to another, one must have been able to do this experience in his own dimension, in his own life, in his own experience. The passage is done only by those who recognise this passage. And those who

recognise this passage recognise it because they have lived it, experimented it.

As for sufferings, apparent or no apparent, they are all real. And the man who lives this instant can, in recognition, by gratitude, accept suffering if he knows to bear it. Because the one who knows to bear his suffering profits from this state of being to still progress. And, for many, those who, in their life, have not always acceded, accepted their responsibilities erase themselves in front of these sufferings.

The body has natural means, automatic, to cut its own ways of information. And the one who is conscious, the one who wishes still to progress does not wipe out, erase and does not close these ways of communications — he receives, he welcomes pain. And, because he is wise and because he knows a little bit more, he has transformed it in light. And the one who knows uses his own pains as a stepping stone. Thank you.

Q. — CENT.NOM, my daughter is an *adolescent*, could you give her a message, because she sorts herself out.

CENT.NOM ::

At last, someone who sorts herself out! When a being starts to sort oneself out, he often has an advantage on those

who are unconscious of these things. The one who seeks and who pursues his research, always finds his way, his path, his blossoming.

Those who are around a person who seeks must not erect a wall in front of this being. They must, themselves, be transparent and visible, they must allow, to the seeker, to be able to find, in his entourage, the example; a first step. Because the entourage is there to offer, to the being in research, this first step. And, as for the rest, the seeker will continue his way. Thank you.

Q.— CENT.NOM, what could I do to keep *silence* in my work? I work a lot mentally, I have much stress.

CENT.NOM ::

It is certain that the one who bears stress does not live silence. The one who works mentally, intellectually, if he wishes to blossom in these spaces, in his own intelligence, must allow, to his garden, not to choke. What good is it to bring without respite, in this space, in your intelligence, things, informations, knowledge that you do not use?

A wise one, the one who comes to his own silence, takes as a habit to welcome a learning, an information, and holds it as long as it nourishes him, makes him progress, but a wise one does not accumulate inert objects. And the one who stresses himself in his thought is inundated with dead ideas. Make the selection and only keep but the most beautiful flowers. Thank you.

Q.— CENT.NOM, could you enlighten us about the *extra terrestrial* phenomenon?

CENT.NOM ::

A beautiful word. Extra means beyond. The fish that is in a bowl, an aquarium, can it be concerned with the one that is in the sea? Those who believe in life, in the whole creation,

are right. But the father, in his love, has placed his creatures, his creations, in isolated existence. And those who could be visitors are part of the same existence. So, this comprehension of extra terrestrial is badly formulated.

A visitor, out of the spaces of the Earth, is a life that can enter in communication with another life. And, when there is no communication, exchange, hand shakes, of hearts, of spirits, there are no visitors, there are not even any extra terrestrials.

So that man's comprehension rises to the universal comprehension, cosmic, this same man must elevate himself and develop in himself to accede, in intelligence, to a new mode of communication. And, at that moment, maybe, he will be able to communicate, establish a bound, a relation with another life, whatever might be the form, because the intelligence of these lives has met.

All that man perceives, he should verify what he perceives, what he understands, and he should even allow himself to touch, to understand. Because what is beyond the thought of man, of his own comprehension, remains illusion, remains imagination and, often, lie, because this information is not useful to him. Truth is always useful and always serving, whatever might be the spaces of these said lives. Thank you.

Q.— An *astral outing* and the going out of the soul at the moment of death is it something identical or that resembles?

CENT.NOM ::

No. The astral outing is allowed to the man somewhat enlightened. It is allowed, to this man, to live other conditions in himself allowing him to come out of his own condition. But these mechanisms are there and are natural in each one.

The astral outing is, in fact, a projection. By projection, your intelligence, the real-life experience of your body, of

your soul, projects in space, in time, in a sense or in another, a line of light. And, by projection, the man who lives this experience travels under his own enlightenment. And, in this place, in these places, he can learn, receive, gather what he cannot do in his state of normal daily life.

As for the final voyage, the procedures are not the same because at this final stage there is separation of the elements, of the lights. And all return in their original basin, in their Creator. In the astral outing, man can come and go. And, if he comes and goes, he remains and travels, evenly and always, in his own defined space, delimited. Thank you.

It is not easy to ask true questions. The being, confirmed in his individuality, when he lets, in himself, rise the question, the request, during this course, many things have resolved in himself, calm themselves, lower themselves. And, often, man, in his condition, in this path, accedes to silence. You may proceed, if so wishes your heart, to your questions. Thank you.

Q. — CENT.NOM, what is the place of *selflessness* and of *service* in the development of the soul?

CENT.NOM ::

Selflessness and service are two meritorious actions. It is according, of course, to the level of comprehension of the one who takes this gesture. And, according to his state, his level of evolution, his level of enlightenment, this selflessness, this service change, of course, in value.

Because the one who is not quite awakened to the elevated things will be able to make donations and help the entourage. He will be able to serve without respite and help the entourage. But the effect of these beings takes much time before changing the expression, the form. And, as a wave, millions of these waves will have to break and, with time, will be able to have effect.

The one who is enlightened, the one who is awakened,

when he takes gesture, through selflessness or in his service, is as the marbler, he drives the stake in the mountain and, sharply, the slab of marble opens without effort. And, if waves had been placed to do this action, man would have waited for a long time to have appreciated these fruits. Thank you.

Q.— CENT.NOM, how could we *help children* to develop spiritually and to persevere?

CENT.NOM ::

Children are closer to their nature but have the same action, the same path, the same work to accede to their spiritual, to their divine self. And if they were so close to their spiritual, they would be, of course, your masters.

But, in this school of life, all and each one is a teacher in front of the other and what the child shows to his entourage, if they are enlightened, they receive what this child bears in himself and gives generously. And, in this reception, in this example, the parent, the friends, the entourage communicate, to this child, the art of receiving.

And this child, these children then can continue to progress and, in this space, the child then will not be obstructed in his evolution. If he blocks, it is because he is not nourished such as a plant. Thank you.

Q.— CENT.NOM, *I bless my divine identity*. How can I express it?

CENT.NOM ::

It is a beautiful gesture. But, if you repeat this phrase, you will notice that you cannot bless your divine identity, it blesses you. And, if you become conscious of these things, say thank you to it. Thank you.

Q.— CENT.NOM, may I receive a *message* for some persons that will attend my course and that are mentally han-

dicapped, to whom I teach painting, creativity, please?

CENT.NOM ::

The handicap is situated where? With you or with them? There is the question. To bring a message to so-called handicapped people, the only way is through the path of your divine self. Your divine self cannot ever make a mistake, make errors. Because, from one divine self to another, the mental does not count because, in the divine self, the mental profoundly sleeps. And, if you try to communicate to a mentally handicapped person with your mental, we feel sorry for you. Thank you.

Q.— CENT.NOM, I have asked for an advice earlier about my work and my attitude facing my work, should I simply *change garden*?

CENT.NOM ::

Whatever garden you might choose, if it remains a work, you will never be at your place; above all, yourself. Whatever might be the garden, the man who has received this responsibility does not work; he serves, he accompanies, he accomplishes, he elevates himself by letting himself be elevated by what happens to be in his own garden.

The one who thinks, works, has just chained himself, he cannot elevate himself, rise, free himself and cannot blossom. And, whatever might be the garden that you will choose, if you do not change this attitude, you will go from one deception to another deception but, from this instant that you know these things, you will not accumulate deceptions, deception. And, whatever might be the garden of your choice, now, you will be well and happy and in peace. And stress, in these states of being, do not exist any more. Thank you.

Q.— CENT.NOM, we have taken in our home a young child who is handicapped, we have had agreeable sur-

prises, I would like it if you would talk to me about him, at least about hopes that we could always have, about him, what is reserved for him, a *message* to come for him.

CENT.NOM ::

Man, in his nature, always wishes to know what comes to him, what will be. And this thought, this attitude, is false because man, in his experience, lives what is and does not live in what was or what will be because what will be is in what he is in this moment. And you have the advantage of knowing these things because, in what is, in your daily gesture, you materialise, gradually, the possibility of this being and, in his will be, he will be able to be, he himself also. Thank you.

Q. — CENT.NOM, to find the *inner silence* of our profound being in this world that is on fire, full of constraints, how can one do to stop a little bit to think about all these things to be able to concentrate on one's inner being?

CENT.NOM ::

You have the answer in your question. The word stop, the word think about these things, these things have no value because things. And these thoughts have no acting and are not voluntary on your development. Then, the one who halts imposes on himself, systematically, silence and, if he is invaded and things get on top of him, he is unbalanced by very little.

Because the true being does not let himself be unbalanced by useless things because these things that afflict you, if you cannot express them beyond the word things, have no images in yourself and you cannot combat them then. And, if you cannot combat them, you cannot assure your place and they will always be invading upon yourself.

The one who halts himself is authority upon himself. The one who becomes silence rules out any uselessness in his

own being. And this man who takes this action then starts to instruct himself; he has gone back to the kindergarten of divine light. Thank you.

In your lives, do not make yourself wait. The one who makes oneself wait can find oneself alone. It is the same for your actions, for your decisions. The enlightened man acts even in halt and silence. Thank you.

We wish you, to each one, we hope, to be filled up, satisfied for a certain time. And, if need be, you will now be prepared to other things; to another life, to another state of being and of action. And, in your present time, immediately, you will be able to better formulate your pursuit; in the word formulate, there is the word formula. And the one who knows to formulate knows the formula, he is a seeker, an observer, he is a man on the path of developing.

We wish you, to all, if such is your desire, to pursue your discoveries. And we wish you, to all, to reveal yourself to yourself. Good evening and thank you, three times thank you.

THE HYMN TO JOY

CHAPTER 47

Q.— CENT.NOM, please, is there a *vibration* really *particular* and special *at Christmas*?

CENT.NOM ::

The only vibration that can exist, it is the one that you bear in your heart, in your dwelling, in your own joy, in these times of celebration. To recognise the vibration of the holidays—or of any other time—one must, of course, hear it in oneself. The one who does not vibrate, does not hear it, whatever might be the decorations, the deployed beauties, is, in fact not invited. It is necessary, for the one who is a stranger

to joy, to let oneself be inhabited by what the others offer him by the path of the heart and of the spirit. And the one who is alone, without light, will be happy to receive might it be but a man bearer of his own light. Amen.

Q.— CENT.NOM, can the *magnetic waves* heal a discal hernia or degenerated discs?

CENT.NOM ::

The magnetic fields are generally powerful and active upon what is still present. But, if a disc is degenerated or non existant, the magnetic wave will not be able to make itself be heard and, if there is still a little bit of matter that suffers disorder, then a magnetic field can stabilize this disorder and put order on what remains. And, from order, your own light will be able to start to build it. Thank you.

Q.— CENT.NOM, do you have any directives for *the artists* who wish to express their light?

CENT.NOM ::

The first directive, of course, is to bear it. The one who bears his own light will be able to work under the enlightenment of his light and will be able to offer, to his entourage, all these beauties that are still hidden to this same bearer. Thank you.

Q.— CENT.NOM, with a group of friends, I look for a *person* who has *disappeared*. We have agreed that this group of persons, at 7 o'clock, each evening, we meditate. Can you tell me if we are going to find him or if it is a waste of time?

CENT.NOM ::

The pain is wasted in this sense because it is not directed in the right direction. One cannot rejoin a person who has disappeared unless one takes and passes by the same door.

The man who is gone, who has quitted his plane, travels in another space, another dimension. And, to rejoin him or to attain him, physically, there is no possibility. And the man, the living one, is confined in his dimension. In this case, it is wiser to call upon the creator and to send all the love that you did not have time to offer to the one who has disappeared. Communicate these things to your father, to the creator that inhabits you and he will do the rest. And, in this sense, you will be able to make yourself heard from the man or the woman who has just changed plane. Thank you.

Q.— CENT.NOM, I lived, Sunday, a *deception*. I had prepared an exhibition, it did not work out. I would like to know why, if it is possible, and what do I have to learn from this?

CENT.NOM ::

Any deception follows from an expectation almost irrational. The one who wishes to offer and to open oneself, to the others, will have to do it in his whole greatness, his generosity, and will have to make himself heard in high places, because to make things is not always sufficient.

An artist, a working one, a worker, an artisan, when he produces his work, must do it in communion with and for the others. He will have to make himself heard by his work, by his way of living and his way of communicating, of sharing, to the others. And the one who has not found the language, on one of these paths of communication, whatever might be his mode of expression, often encounters a wall.

In this deception, there is an advantage: it is necessary to see to it that your means of communication become more direct, tangible; they must pass by the heart, by the spirit. And matter is but the desert after this copious celestial meal.

Do not be disappointed, be thankful and you will have to revise your way of doing and, above all, your way of living what you do. Thank you.

Q. — CENT.NOM, it is the first time that I listened to you and I would like you to explain to me a *phenomena* that I was feeling. At the beginning, everything you told me was resounding in double, it was repeating itself as twice inside myself. And, after that, after a certain moment, a good while, it was as if it was directly related or as if it was repeating itself, as if it has been my inner voice that was telling me at the same time. Then, I would like you to explain it to me.

CENT.NOM ::

The listening in is a surprising phenomena. Each one hears according to what he lives, what he feels. And, if you can recognize your voice, when the message is given, we are happy because, at least, we have been able to make ourselves be heard from you. Because man generally prefers himself to the others and, much later, he will prefer all the others to love himself more profoundly. Thank you.

Q. — CENT.NOM, *I reiterate my question*, probably I did not ask it properly. The person that we are looking for has disappeared, we do not know if he is deceased or if he is still alive. If he is deceased, we would like to find his body, if he is still alive, could we know if he is somewhere, can we find him? Thank you.

CENT.NOM ::

Whatever might be the solution, the option, living or deceased, there has been a separation, rupture. And, whatever might be the experience of this person, if he cannot come in contact with you and that he lives somewhere else, it is that he is either in the impossibility of doing it or that he does not wish to do so. And, if he is deceased, then you will be able to proceed as suggested to you. But, in fact, a person who vanishes, a dear person never disappears, he is there, present, in you, till your last breath.

And, whatever might be the burden of this situation, you may still receive all the beneficial effects and the advantages and the whole light and the well-being that this person can still offer you. The one who remains can, till the end of his time, share this ecstasy, this celestial, this light. If himself is vibrating in his own light, he will be able to receive and welcome the other by this same path. Thank you.

Q.— Can a *medium in trance*, mislead us?

CENT.NOM ::

A medium, in profound trance, is generally placed as intermediary and his action is limited. And what he communicates to you, if he is in profound trance or if he has lost consciousness, can, quite often, be erroneous. Because only the being who remains conscious, in what he receives, can be efficient and bring assistance and help to the caller. But the one who, by the paths of the trance, topples over in unconsciousness cannot, from his unconsciousness, communicate in your consciousness; there is a problem of language at this level. Thank you.

Q.— CENT.NOM, for me, it is impossible to visualise. Is there a way to come *to develop this faculty*?

CENT.NOM ::

Visualisation is, upon man, the effect of a frequency heard in his own inner self and, if you are not shivering in your being, it is difficult to visualise. Because what man proposes himself, by the path of intelligence, always takes him to deceptions.

But what man can, by the path of the real-life experience, of the feeling, of emotions, then what will be born in himself, images, colours, movements will be, for him, but what moves in his being, in his body, in his senses. And the one who allows himself to live, to appreciate what he is him-

self, accedes, generally, with a little easiness, to what you call vision. Thank you.

Q.— CENT.NOM, will you offer us *a gift* for Christmas—as December 8th 1990—please, to each one of us?

CENT.NOM ::

A gift that will have no need for wrapping: the symbol of 8. The 8, in its expression, in its image, in its vibration, is expressed by two spheres placed one on top of the other and in equilibrium.

The lower sphere represents your materiality and the higher sphere represents your celestial. And, when the 8 starts moving, these two spheres, by inter reaction, communicate and the energy then circulates from the top towards the bottom and from the bottom towards the top.

And the one who can receive this comprehension will then be able to live peace, harmony and, in this action, he will be able to feel the effect of the movement, the travelling; he will be able to feel, in his own dwelling, the curbs of his intentions.

And, because everything starts moving again in him, he will be able to start to see, to understand, because the one who walks, on a straight line, is not aware of anything. But the one who follows the movement, who lets himself be moved by his celestial, by his own energy, then starts to learn, to vibrate and to live.

The number 8—and what engenders the spark of light—when two universes come close to each other and touch each other, there is light. The 8, in the movement, attains the infinite and the 8, for the wise one, is grandiose. It reserves, to this wise one, the infinite; it reserves, for this wise one, an enlarged sight. Because the one who receives this 8, in his dwelling, is reactivated in his materiality and will in his celestial, and the two are a perfect marriage to bring our wise one to the greatest secret of what he bears in himself. Thank

you.

Q.— CENT.NOM, could you *set in motion this movement*, this sparkle, here, now, in each one of us, this evening, please?

CENT.NOM ::

Everything is possible to the one who accepts and welcomes and goes in this direction. And, for this, the session about your light is the key that will give you access to all your universes. And these things, we cannot impose them. The one who receives this present must bear it, live it and respect it if he wishes that this light might become active upon his own life. Thank you.

— Thank you, CENT.NOM, we accept to receive it.

CENT.NOM ::

The one who wishes to be reborn, the one who wishes to elevate himself, live, in his light, must forget his own image because what you bear, to day, in yourself, is the cumulative of your years and of your experience. When you will detach yourself from your mooring lines, from your image, from what you are till now, you will then be able to start to progress because man, any life, is, in his inner self, the expression of his father. And the one who has found again his freedom then becomes chant, joy and living and is no more halted at the borders of appearance.

Because, for many, the image is important but, for many, the image, in fact, is a desolation. Because the one who is not in his own light, the one who has not rejoined the father, has not the power to really see himself; he cannot see the others, he cannot receive himself and welcome the others. And it is very difficult, as an entity installed in a dimension, to elevate oneself and to remember that the only master, in your dwelling, in your identity, personality, is the spirit of

your father.

To find again easiness, man, as all, must live the condition of the spirit of his father; he must be spirit, firstly, upon his individuality, upon his body, upon his appearance. And, if this man accepts to be himself spirit upon himself, he has just, in one stroke, to abolish and to break down all the barriers.

Only the spirit of the eternal that is in you has the power to put you upright again, has the power to propel you, to elevate you and, also, has the power to model you, this time, to his own image, of course, and not the one that you have monopolized. When men will understand these things, they will become, of course, greater, because they will let themselves be managed by the spirit of their father in their dwelling.

If you wish to live joy, freedom, abundance, happiness, light, you will have to act in the right way. It is the cavalier that dictates, to the horse, where to go and not the horse that dictates, to the cavalier, his direction. The one who has recognised the dominant that inhabits him then will be able to blossom. But if, as a prince, you let yourself be led by brigands, you must not be astonished by anything; and misery then inscribes itself upon your bodies from this instant. Let the spirit of your father express itself, let it live in you and you will live much better. Thank you.

We shall close this evening and we wish you, to all, to live this symphony of joy, your symphony of joy, by finding again, on the return, you father, your light; the sparkle that has known to put you upright again in the form of sleeping resources. And the one who has found again his father, the spirit of his father that inhabits him, who animates him, will be well elevated in all directions. Thank you and good evening.

THIS PREPARATION OF THE NATIVITY

CHAPTER 49

Q.— Good evening, CENT.NOM, *am I always guided when I teach?*

CENT.NOM ::

The one who is guided does not recognise himself in his service and does not find again his own image in front of his steps, in front of his gestures and his words. The one who is guided lets his superior voice take place, take the first place, in his gesture, in his service. And, if you notice or if you see yourself before you, in your words, in your gestures, in your action, you are not guided. But if, in your service, you feel full of light, of love, to the point where you have been able to forget yourself, then you are guided and on the right path. Thank you.

Q.— *Did I choose my service* or have I been chosen for this service?

CENT.NOM ::

The answer, you know it and, as many others, you did not leave the time so that we might choose you, you chose yourself. And, if you wish to continue to serve, you will have to let yourself be guided. And, in this new way of service, of serving, we will be able then to choose you. Because, to be chosen, one must let oneself be guided and one must let the master act in ourselves. The one who is chosen does not live in the same dwelling and the one who chooses drinks, appreciates the fruits of his own realisations and they can be beautiful but there is no comparison with the realisations of the master in ourselves. Amen.

Q.— Is this *location propitious* to teach and heal?

CENT.NOM ::

The location is always in harmony with the servant. And the one who is guided, inhabited, will be able, of course, to better recognise the locations. Because, to teach, to heal, the servant must communicate peace, calmness, silence. And, for this to be, he will have to, of course, ally himself with his whole entourage, his brothers, his sisters, nature, environment.

Modern men do not have the wisdom of nomads. They overstay and, often, they complain, they suffer because they have encumbered the place. The place must always remain large, infinite, silent, and the field of this location must be luminous, harmony, love. And, in this sense, the place works then with the servant, the healer, the teacher. And, in this communion, in this common accord, then the gardens of your father will be able to start to blossom. And your garden, your gardens will then not be appropriate any more. Thank you.

Q.— For a *better health*, is it a good thing to plant these trees such as the black walnuts, maple trees, oaks, around our houses?

CENT.NOM ::

To plant trees is always an act of love. But, for the one who wishes to draw profit from these accompanying ones, from these friends, from this sharing of nature and man, man will have to have the wisdom to rather go where nature is abundant. Because the time of man is quite short next to the time of the tree, of nature and, to gather the fruit, it has to grow, to mature.

And the one who plants, generally, does not ever see the fruit. All the beings, all the lives are thankfulness for their servants who, from one space or from another, plant a tree, a life, knowledge, wisdom. But, if you wish to appreciate honey, the bees had to make it. And the fact of possessing a

beehive does not guarantee, in the instant, the beneficial effects of honey. Thank you.

Q.— Does the *prana of trees* favours a better health?

CENT.NOM ::

The tree, the trees are healers. They are the bearers of oxygen, of the invisible energies, of the fragrances that communicate, to man, force, recovery, the synthesis and the return to equilibrium. But the prana, as such, is a quality of life, it is the oxygen of light; what man cannot receive if he is not himself in his luminous state, divine. And each life bears, of course, by its vibratory ratio, light. And light, of course, expresses itself upon all, upon trees, upon men, upon animals.

But, to appreciate prana and to drink it, man can receive it—the beneficial effects of this prana—only if he has, himself, elevated himself in his light. And, at that moment, he will be able to receive what nature, what the father and mother earth offer him. And, in this state of consciousness, then evidently healing is rapid because the light links and joins together and repairs matter almost instantly; it reorganises the rotten, lacking, weakened parts. But, to live this miracle, man must, himself, be a miracle and, to do so, he will have to return towards his father. Thank you.

Q.— Can the children that are surrounded by trees such as the black walnuts, the maple trees, the oaks, *be exempted from vaccination*?

CENT.NOM ::

In an ideal context, things could be possible. But the tree is not a child and the child is not a tree. One is fixed for all times in this place and the other one is as a bird, he moves around. One is fluid, the other one is rooted to the spot. And, to have a total protection of the children, one then would have to cover the whole planet with trees so that, in their mo-

vements, they might find again this walnut tree, this oak tree, or other trees, here and there, at the mercy of the movements. But, as it is not the case and as the child cannot be kept in an air bubble, as he cannot be prisoner because in himself the spirit of his father is free, he will have then to be protected. Thank you.

Q.— One day, shall I *be able to heal* sick people with my hands?

CENT.NOM ::

Hands are the most powerful points to transfer light, and the day when you will be able to transfer this light, heal the others with the hands, that day, the day of the eternal will then be in your dwelling. And the day of men, in your dwelling, will not rise any more and will not lie down any more. One can heal with the hands but, to do so, man must elevate himself to his divine level, to his superior level. There is no compromise in this exercise. Thank you.

Q.— *With my hands*, will I be able to penetrate inside the bodies?

CENT.NOM ::

The luminous hand can do so. The physical hand suffers the restriction of frontiers and of dimensions. But the luminous hand, the hand full of love and of life can move, replace, activate, give back life in profoundness. But, for this to happen, man must elevate himself to his father, must elevate himself to the same place that the father had planned, for him, before his coming on earth.

The one who respects life, the one who is love, the one who does not abuse the others, nature, his entourage, the one who has become a source of abundance, the one who does not limit himself to his intelligence, to his reasoning, the one who gives without counting because he is, himself, paid as a

worker by his father, that one heals with the hands. Amen.

Q.— Is there someone, in the invisible, that prevents me *to sell the house* and the land?

CENT.NOM ::

In reality, nobody, in the invisible, can prevent whatever it might be because the invisible belongs to the invisible. But, for such an action, it would be wise to be closer to this action, more regular, more faithful. There should be more presence, more visibility to be able to complete such an action in such a movement. Because, to liberate one self from one thing, the responsible one must be there and he must, himself, not dampen this undertaking. Because, as anything, one must give cares, attention, follow up.

To free oneself from a weight, from a thing that is no more useful to us, from a thing that does not belong to us any more, one must start to look for some one to whom this same thing will bring happiness, success and abundance. Such is the action of any transfer whatever might be the transfer, material, physical or even cares. One party must bring, deliver and there must be another party to receive.

When one of these pendants is missing, there is effectively a blockage, a failure. But the failure is and remains on the shoulders of the responsible one, of the proprietor. Because the one who possesses bears the weight of his possessions and the one who wishes to free himself from his possessions must transfer it on a bearer, a new bearer who will be able, himself, to assume, with lightness, vivacity, this transfer, this undertaking. Thank you.

— CENT.NOM, I have no other questions. I would like to thank you.

CENT.NOM ::

Thank you, three times thank you for this meeting, for

this enlightenment on your lives and on the life of many mothers, fathers and children to come. Amen.

SUMMARY OF THE QUESTIONS

THE LIVING ONE

TOME VI

A BRIDGE OF LIGHT WILL ESTABLISH ITSELF IN YOU

CHAPTER 3

CENT.NOM ::

We may proceed, if you wish, to your questions. Thank you.

Q.— *Am I in the right path*, now, with my guide, in communication and transmission?

CENT.NOM ::

The path of the men, the journey of the men and the experience of the men, consists of its own vocabulary. And the word guide—guidance, enlightenment, accompaniment, teaching—is heard between the men. But the only guide, whatever might be his appearance, his name if there is, remains the eternal only. The others are his servants. Thank you.

Q.— Earlier, you talked about an *egg*, as if we were at the center of an egg, regarding the supreme being. Could you explain that?

CENT.NOM ::

The egg of light, the cell, the cocoon, the ensemble, the unity, a world; a whole creation in one only being. Because what each man bears—each life, cell—remains in this egg. The father places, in his life, upon his life, his whole energy, his love, his force, his might. And the father places his will and fertilizes this space that each life bears. And the one who remains bound, married to the eternal, then can progress and take form. But what there is in the egg must not be self-sufficient. Because what the father has placed, in smaller, in his will, by his will, allows, to this infinitely small, to become and to join and to take on the infinitely great.

And the majority are not even conscious of this bosom where life elaborates itself. But the man, as the child, must come out of this bosom to inhabit the eternal's. And, there, each one of his lives can take its maximum expansion in the very project of the will of his father. The cell represents everything when it obeys its order of transformation, of construction, of elaboration. And the cell remains under the will of the eternal. And the one who remains a cell is no more a cell, he dies. The sower does the same thing; he puts the grain in the soil and he harvests the wheat. Thank you.

Q.— Thank you, CENT.NOM, for your presence. When the *divine energy* intensifies itself in ourselves or makes itself be felt more, how must we channel it?

CENT.NOM ::

All that remains to be done is to receive it. The father only has the power to channel. His life has the power to receive this energy, to accept it and to let himself be nourished and progress so that the energy of the eternal might complete this life, this man, this woman. And the man who would attempt to channel the energy of the eternal takes, consciously or unconsciously, the place of the eternal—and, there, he is

at fault. Receive the life, appreciate his life and let yourself progress, let yourself blossom. Do not mingle in what is not of your responsibility.

Because the one who receives his energy has not yet the power to return, to regenerate and to be this same source of life. One must pass the stages and, all, we are subjected to these rules. One must not interfere with our own will and the eternal's. Because the one who thus acts breaks the mountain in sand and will not be able to bear force. One must progress and be transformed to bear. Receive his abundance and, at each instant, appreciate your joy, your blossoming, this peace that places itself in you, and look at the garden flourishing that the eternal puts, places in you. Amen.

Q.— How can one undo an *emotional block* that causes a very distressing physical pain?

CENT.NOM ::

An emotional block is an emotion that has not been lived because not received. The emotion is internal energy, awakened, from inside or from outside. And this same energy must be received, welcomed, whatever might be the emotion. And a block will always remain a knot, a meal unappreciated, a dependence, a suffering. Whatever might be the emotion, savour it as you drink water each day, slowly, when needed.

And, if this same emotion, this same torrent, invades and inundates you, then do not make yourself this emotion, retire from this emotion and start to drink slowly—and appreciate what you are awaiting, yourself, in you. Get your fill slowly, and the most violent emotions, the most painful, calm themselves. And an emotion of love never creates a block. And egoistical emotions—stealing—block themselves and handicap the person. Let rise, in yourself, the emotion of love such as an unattainable sun to your hands but that your body will be able to receive and profit from its abundance. Thank you.

Q.— *What does equilibrium represent?*

CENT.NOM ::

A wave on the ocean, at the wrong moment, can bring down the trawler. Equilibrium is heard on the ocean even, upon the ensemble. And the wave or the furies of some instants, of some spaces or conditions that rise up, must not make authority upon what you bear and what you are. And the one who is prudent does not stand close to the danger, close to the violences. And, if he sees rise up, in himself, an energy that could bear disorder in his dwelling, he goes away from it and lets it appease itself by itself.

This wise one who makes and takes this step imposes on himself then equilibrium, because equilibrium remains the sum of all the activities. And the sum divided up upon the ensemble brings the perfect equilibrium, the ideal. Equilibrium allows to man to bear well beyond what he can himself bear. Because equilibrium, this knowledge of equilibrium, allows to the wise one to develop the art of distribution of his own energies. And, in each man, each wise one, woman, child, there is always some strong suits, some dark points, weak. And, when you are in your weakness, call upon your force. And, when you are in your force, your violence, come closer to your weaknesses.

In this action, you will do, at each instant, the addition of what you bear. And, in doing the sum and the distribution of the ensemble, you find equilibrium. And, in equilibrium, the gesture then becomes easy, without effort, and the intelligence becomes clear—and there is then the possibility of letting rise up this light of love. Nothing, in his whole creation, does not bear his equilibrium. Because, out of his equilibrium, of your equilibrium, you will neither be able to live nor to go forward nor to instruct yourself. And many are prisoners because they do not live in this equilibrium. Thank you.

Q.— CENT.NOM, is it normal to always wish *to live in silence*?

CENT.NOM ::

The one who asks this question shows that he questions himself and that, probably, for him, it is not normal, because the one who lives silence has not, in himself, this question. Because silence fills up, nourishes, instructs, uplifts, transforms, illuminates the one who knows to live, to bear and to be himself this silence. The one who lives silence and who is not silence lives a combat, unending discussions and that never end. The one who does not bear silence, who is not silence, should not close himself up in silence. Silence is not for everybody. And the one who wishes to love silence has but to evolve in noise, in disorder, in erring—and, there, he will come back happy and joyous in the house of silence. Thank you.

CENT.NOM ::

It is difficult to even formulate a question. Because, in the truth, the one who opens himself to receive knowledge, love, force and energy, receives his answers. Because the questions are never some true questions because they are answers. And those that do not bear answer, then you should not let yourself be weighed down with these burdens. The art of being, of receiving, of progressing, is in this conscience that opens itself and that takes force in our dwellings. And the one who thus acts is instructed according to the degree of his service.

And each man, each life should welcome his service with much humility and be thankfulness to be able to do and act in a service, whatever it might be. The one, those who doubt of their service or who are inclined to other services are bad servants, because the true servant welcomes, at each instant, his father, his commands. And, if his father tells him

to comply in shadow, he will joyously welcome his service. And, in this service that, for you, seems invisible, will allow you to comply in perfection – and you will be able, from one step to another, to welcome other services.

And, in this action, you will not envy your neighbour and you will not bear erroneous ambitions and you will not lure yourself. Be thankful for what you receive each day. It is more just to act than to question oneself. Because the action will always remain the answer. Amen.

Q. – Would the *perception of the light* be a form of energy?

CENT.NOM ::

The light, in fact, is energy, but the majority speaks of the light. One does not talk about light, one lives it – and the one who lives it receives it. And the light that is received then transforms itself in its receptor and gives the bricks that will be able to construct him. The light is and remains the will of the father if the receptor is patient enough to welcome it. Because the majority run here and there, lacking water, light, but do not take the time to offer their chalice in order to receive it and to live it. To talk about light is often without effect. To bear light is, remains force, life, and has the power to manifest itself in love. Thank you.

CENT.NOM ::

We shall close if you have no other questions. And it is not so simple to progress and, yet, everything is so simple when one has started to recognize his father and to receive his force, his energy, his love. Blessed be those who are at this stage and who will be able to take to life, to be this life. Amen. Thank you, three times thank you.

AV. I thank you for the accompaniment, for your presence to all. I thank you to be there, to be present, and I ardently

wish that what is said, there, might sustain you, be a flagstone to your elevation. I cannot do more, I am as anybody: a man on the path of expansion. Thank you.

DISCOURSE

ON THE TEACHINGS OF

CENT.NOM

by ALAIN VAUTRIN

THE PATH OF INTERIORITY

CHAPTER 8

Q.— Concretely, what does that means *in our daily lives*?

AV. I shall attempt to enlighten you on these subjects. In my youth, I forced myself to a little discipline, inside a daily exercise; to take a halt of one, two and even to a five minutes of pause. And, when I say to halt, it is in its absolute term, that is I placed my body lying on the floor, a towel under my head. I imposed it to me in the belief that I could, by the command of my inner word, carry out such or such other order (the base of auto hypnosis). I remember it, because with little time, I discovered that it is what one should not do. In the imposition of an intention may emerge the revolt and the disorder whence the impossibility to reach some objectives. In this state of being, I entered in a total stillness till the point where my body was fading in front of my conscience.

And the great difficulty resided in the reaching of this great void, of this inner silence in my spirit or, said more simply, the halt of my thoughts. Finally, I succeeded, because by dint of exhaustion I had to abandon myself to another state of being where my will have no more use. In this place, my regeneration took place.

One can immobilize a body, slow down the breath, undertake many experiences but, as long as the head is not in

calmness and disengaged of all the thoughts, there is no possibility of any discovery.

To come to find this peace—one must cease to think; a state of being that one could name neutral or disengaged might it be but few instants. That, for the common run of people, reveals itself difficult enough, because this capacity has been lost over the times and of the evolutions of our humanities.

The one who accede to this state of being is surprised to see in himself increase tenfold his capacities, because when our spirit is free of any clutter then he finds again his powers, his capacities, his talents. His vision, his listening in, his understandings become brilliant and our man—or woman—is astonished to reveal himself as great to his own person. What was, some instants ago, absent to his conscience, reveals itself to his reach and, in this state of being, the being shines and any undertaking becomes easy to him. This easiness is often disconcerting and, often, the strangers these new conditions leave their new unused tools, because, what is the use this easiness if we do not know where to use it. The ear may be perfect but does not make the composer. The eye may be perfect but does only when the conscience has uplifted itself out of our habits.

While we calm ourselves, silence settles in ourselves and what rises up in us illuminates ourselves so much as this experience is revealing on our own condition. When we grant ourselves this time of being then our own grace sets itself in motion, we become conscious of our own universe. The effervescence in ourselves installs itself and everything, in ourselves, takes expansion and grace. We deploy ourselves and, for the time that is allotted to us to be, we go from the surprises to the joys, in discoveries, in thankfulnesses. But, for this to happen, we must come out of our own prison of habits, of thoughts, of actions, of judgements. We must abandon our dwelling built on our beliefs, truths, acquirements and intransigences. These rigidities are our bars, our limits, our pains

and, often, by ignorance, we cherish them.

In this abandonment, our body defends itself and finds again its might. Our brain thus freed finds again its lights. And our being, in its ensemble, finds again its harmonies and gives rhythm to itself with the beauty of the landscapes that accompany him, are around him and carry him. All our systems then, find again their eases, might, equilibria and joys to act, to work for the sustained creation of this energy that, in fact, could sustain us all the time that we will choose to expand our fields of experiences. And, only satiated, we could then decide to continue in places that would open to our conscience.

In this space-time of our experience then our inner rhythms rule themselves and march in time as needed and to the demand of our being, of our body, that is in this pause, are no more in conflict or contradictions.

This time of peace, pause, of living, can, in a fraction of our time, make miracles. For my part, I sit down and I may enter in this state of being, and, if I remain wise, the events then do not upset me. But the effect of my ignorance often take me away from what is possible to me to live. To know is not to be, and to be is not to know but to live, to act, to love, to create and to shine with all our fires. In this way of being then our lights spread out in joy, in freedom. In this equilibrium thus found again, we may, each one of us, chase the suffering, the injustice and make flow the abundance upon our whole humanity.

The intention is not sufficient but it can be a setting in motion. The intention, if it is not sustained by a saine will – the one that liberates and not the one that imprisons – can die out before even having taken footing. I immobilize myself, I stop my empty actions and my thoughts that feed them and, in this positioning, then I can hope to find my voice again, my path, and discover myself because I integrate the whole, the creation - and there, I find again the reason, the good sense and my place.

I shall confide in you few experiences in this subject. We must not fall in the somnolence: what often happens to the beginner when we initiate such a pause. A rest inscribes itself in our body and we plunge in the sleep, a loss of consciousness. In this state of being we can welcome nothing new nor learn or understand.

All this is explained in the Tome I of CENT.NOM his Teaching. We must halt, make the void in our thoughts before going to sleep. This action must not take more than one or two minutes. Five minutes, when you familiarize yourself to these new experiences. I advise you not to exaggerate in the enthusiasm of your researches. Because our most beautiful flowers take time to reveal themselves to our conscience.

I heard tell that there are people who sit down for hours each day to ponder, then during this time spent, they are visited by strange invited guests; they remain tormented, agitated waiting for the peace, the fruits of their times spent in silence and, often, by dint of exhaustion, they glide in the loss of the awakening and lose contact with their state of consciousness, and fall asleep in the sleep of the ignorance. The fact of our expectations explains why we cannot welcome anything, receive. The fact to ardently desire something forbids to have access to our inner treasures.

THIS GRAIL OF LOVE

CHAPTER 25

AV. I shall welcome your question if question there is. Thank you.

Q.— A part of the answer to my question has been formulated, but I would like it to be completed. *How to live the detachment* in love after the rupture of a profound and intimate relation?

CENT.NOM ::

In the true love, the man, this life, creature, does not have to know the detachment because the detachment is the consequence of an attachment, and the attachment is and will always remain a dependency. When the eternal grants his grace, upon the men and the women, by the path of his love, one of these waves that belongs to this ocean, the parts involved, in liaison, know neither the attachment nor the detachment because both bear this supreme love. And, in this place, in this state of being, of light, of fusion, no life, no will can monopolize or separate this grace, this will. And the attachment of the men remains a game of power between them, whatever might be the conscious or unconscious intention. True love does not bear this imprint of power.

And the father, upon our lives, by the path of his graces, makes known, to the men, this true love, there where the flaws cannot stick to this superior quality of life. True love is abundance and is not tyranny. True love is a fulfilling liaison, complete, that inscribes itself in the infinite of his lives in relation. And those who know pain, the attachment—and who wish to impose on themselves the detachment, some other sufferings—have the choice of making and taking this path. But, if in your heart you bear this pure flame, this love for this being, you will not have to take this path of suffering and you will not have to detach and to cut, to hack the grace, the life, the love of the eternal upon your dwellings.

And, in this respect, the one who has received a particle, a star in firmament, must be thankfulness and accept the pure state of this grace, of this beneficial effect, by detaching himself from his own ropes, of his own man's, woman's ambitions. Because ambition is the effect of the small tyrants, unconsciously or consciously. Because, beyond the will of the men, there is the will of the eternal. And, if you rely on this pure will, on this love of the eternal, this experience, this grace, this privileged instant then will know to elevate your-

self, to make you progress. And, in the instant, you will not suffer any more any sufferings. Because the one who puts himself back in the love of his father is, in the instant, healed, and bears, instead of a shadow in his heart, he bears the joy and the exuberance of all his thankfulnesses. Each man, in his step, if he bends his look upon his experience, will discover that, often, the pain is a joy that disguises itself to force our man, our woman, to find the truth. Amen.

If there are other questions, we shall welcome them.

Q. — I just wish to ask *much support* on the part of CENT.NOM, of comprehension for what he has just said.

CENT.NOM ::

The eternal is a force, a love, a permanent support. The one who relies on his father does not need to be a beggar, does not need to implore. Because the father bears us, cherishes us, consoles us, and grants, at each step, at each instant, what is necessary to us; our daily light, our love, our daily bread. And the daily life is heard not in the interval of the days but in the intervals of each instant. And the man, wise, suffering, full of love in his heart, in his being, must live and start to live his daily life in the instants. Because, man, you will be able to rise up again if your days, your nights, you hear them in each one of your breaths. And, in your inspiration and expiration, will be revealed to you your new days.

And the father has the might of healing, of opening our comprehensions, when his lives, his wise ones, his men do not await one day to receive their bread. Some others await years and can lose even their life. Because we are, ourselves, responsible for the intervals, of the encounters of the receiving of his grace — and we live life and death at each instant. And, in this comprehension, what you will bear, young wise one, will expand. And your step, your gesture, will enter in your perfection. The support, his love, is there, in the instant, for the one who desires to drink at his source. Amen.

If there are no more questions, we shall retire. Thank you, three times thank you. Amen.

SUMMARY OF THE QUESTIONS

ASPECTS OF THE LIGHTS SAID ETERNAL

TOME VII

DISCOURSE

ON THE TEACHINGS OF

CENT.NOM

BY ALAIN VAUTRIN

RESPECT IS THE PRINCIPAL GATE TO THE SANCTUARY OF LOVE

CHAPTER 6

The following questions are addressed to CENT.NOM and, through the intermediary of Alain Vautrin, the answers are given.

AV. I am ready to receive you. You may start your questions. Thank you.

Q.— Would you have a message for me about my *health*?

CENT.NOM ::

Thank you, it is more precise. With the preamble that was given, the level of health is and depends entirely on ourselves. It is certain that to be sick is not very satisfying but, if we learn to live through our divine self, the effect of cares, the effect of returning to health, then can be heard, may take

effect, but, if we do not live with the heart of life that is god, that is our divine self, all the contributions that we bear, that we receive are good but may lack effects.

When there is a healer, he has to be as good as the one who wishes to recover. If the healer is good and that the one who wishes to recover does not do his part, all the efforts will be without results. Then, as for health, let yourself be less troubled by that space, abandon yourself—it is not easy but one must do it—and, if you thus proceed, the systems that constitute you will be able to set in function again towards the path of healing or at least towards equilibrium. Because health or sickness, it is a question of equilibrium. The more you will worry about your health, the more you will have chances to be sick.

Health is heard in a state of well-being. And someone might tell me: if I suffer, how can I hear well-being? It is true. But, if you let your divine self take place in yourself, pain, you will hardly hear it. Because the more there is noise in our dwelling, and the more there is disorder in our dwelling. Thank you.

Q.— CENT.NOM, I would like to know which *service* I may render?

CENT.NOM ::

Most people ask that question, and, when we seek what service we may offer, we surely are not at the service. The best way to know our service, it is to go forwards, take step upon the situations and life. And the service may start with washing a pot or bring a glass of milk to somebody, that is not important. Do not ask yourself this question, act. It is by acting that our path opens. And it is on the path that we receive the directives about our service. And, there are many people who serve without even knowing it, but everybody knows that they serve because they are happy. Thank you.

Q.— Would there be a *message* for me in the spiritual life?

CENT.NOM ::

In the spiritual life, there is never a message. We live spiritually and by living in that way, we are nourished and we do not need messages. The message is often the money of the poor. Sometimes, we give a gift to someone and we bring him a message but that, it is a state of grace that we offer in that way, that we receive. It is not a good habit. We must thank the one who brings the message but, if we continue to live in this way, we depend on the good will of the others and, even if the other one is a saint, he cannot nourish the crowd. Only god can nourish the crowd and it is through your divine self that the effect of god can make itself be heard. If you wish to live on the path of spirituality, it is your divine self that will instruct you and you will know joy. And the fact that you are here, shows that you are already on the path.

Q.— Good day CENT.NOM. I would like to know if I follow the *plane of evolution* that was prepared for me in the light?

CENT.NOM ::

It is certain that we sometimes walk for a long time and we seem to see nothing even till the point that we ask ourselves even if we are doing something, if we act: that is the effect of our unconsciousness. By applying few rules of respect that have been given beforehand, even if we are respectful, our level of consciousness rapidly uplifts itself to the most elevated grades. When we ask the question that you just formulated, it is because you do not see it. And, because people often are unconscious, they cannot see the fruit of their labour.

There is not one being who does nothing. Everybody

acts, everybody evolves such as yourself. And, when we progress, we do not spend our time measuring the progress that we have made. No. And those who are around you will not allow themselves to measure your progress also. Your progress, you will recognize it by the strength, the clearness of the capacity of seeing, the right gesture, at the right time, you are there at the right moment, and you take the right action. Each flower opens itself in its time and blossoms in its time. The fact that you ask the question, it is that you are already awakened. Saints act without asking themselves if they had worked or how many hours. We act and that is all. Thank you. I would add that you will know the path when the highest self of your dwelling will be at last married till the lowest of your dwelling; to the inner roots. It does not happen in the middle course of our dwelling. Thank you.

Q.— I wish to start a business. In which *field*, should I move towards for the best well-being of my family?

CENT.NOM ::

That is the kind of questions to which CENT.NOM can answer but it is not quite at that level that one must ask the questions. Because the enterprise to which you will throw yourself body and soul must agree with the harmony that you bear in yourself. And, if you do not know if it is in the field of wood or of plastic, these questions, you must first ask them to who you are. Do you prefer wood or plastic? In which one of these are you more at ease with?

You must look again at all those things. It is not only the question of what will develop, you must be very much at ease with the thing in which you will throw yourself, you will work with. Maybe it is in plastic that you make money, but maybe if you choose plastic, you will die, because of the chemical products. Joseph was a carpenter and he has well educated his son Jesus. Thank you.

Q.— I am asking you if in my actual life I can *give birth* to a child with my husband's semen?

CENT.NOM ::

That is quite a question. In the spaces of creation, of the universe and here on Earth, life is life. The semen, the container, which is what it takes to create a life. On the level of divinity, I do not dare tell you, but that is almost not important. If it is important for you, you have to verify that. If you bear life, say thank you, thank you and thank you. And, if you ask yourself a question about the semen, it is too late or too soon. If you wish to bear life, you are then blessed. I do not know if that can answer your expectations but think about it. When we create life, we say thank you to god to allow us to bring this life. And, as for the recipe, it is in higher spaces that it is decided. Thank you.

Q.— I feel rushed by *time*. I would like to know if you have an advice to give me?

CENT.NOM ::

Time never rushes us. We rush ourselves. Time is relative. Some people are busy 24 hours a day and they always have time. If you are rushed by time, it is probably that you do not see things coming. There is a horse and there is a rider; the horse, itself, it works. It is entirely confident on the rider because the rider dictates to it where it will go. Time has no more effect at that moment. But, if the horse has a rider that sleeps, the horse that is your body, yourself, may think that it is taken by time, that it will not be able to suffice to everything. The management of time, it is, in fact, what is heard and what is recognized on the beings that are evolved. Someone who is pushed by time, at a said moment, will have enough, as it is your case. But, instead of breaking everything and letting yourself be broken, I would suggest to you, if you are rushed

by time, to halt yourself. Let it pass. That will prove to you that you are really the master. When you let time pass by, you will sit down and you will see that the way of doing will be different with you. And the time you see passing by, you will be enlightened by your intelligence that will tell you how to proceed. Lose some time to gain some time. Thank you.

Q.— Good day, CENT.NOM. Would the *adoption* of a child coming from China make us happy my wife and I?

AV. By the way, I am not CENT.NOM, I receive CENT.NOM, I am not CENT.NOM. I have not yet reached that level.

CENT.NOM ::

You ask if the adoption of a child coming from China may make you and your wife happy. First, so that a child might make you happy, you must be happy in advance. The child, himself, has nothing to do with your happiness. It is not the others who make your happiness, it is ourselves who assume that by living in the right way. And the child who comes in a house, in a dwelling, always brings some sun, some light, some vitality, some life. But, if the parents are depressed and sad, might it be even god himself, that would make no difference. Then the answer, you have it. Thank you.

Q.— Good day, CENT.NOM, I would like to know who will I be in my future, my next *reincarnation*?

AV. Oh! That is a good question. You will not know it any more if you do not know who you are today. These are the answers of CENT.NOM, he is like that. CENT.NOM told me, told us, instead of being occupied with your past, future reincarnations, activate yourself to your incarnation. And he underlines to us, further more, that often we are not even incarnated. Because to take body, it is one thing, to receive a body, it is another one, to incarnate oneself: to incarnate oneself, it is to be conscious of the different bodies that constitute us and

to recognize first of all the spirit, the will of our divine self that is in ourselves and that attracts and aspires the physical, mental, spiritual body; all the bodies and there are many bodies.

And, when all these bodies make but one, through unification and the divine will that inhabit us, then we are incarnated. You realize that, that means that if we do not have that consciousness of the divinity of the different bodies, of all our attributes that put themselves in function, in action, to give the character to our personality, to give us the directives of our actions, of our path, CENT.NOM says: we are born many times in one same life. And the fact of coming out of the bosom of the mother, it is a birth that follows other births as well as the others that you will have during your life.

Then, we will not go further on the subject of incarnations. If that interests you, hurry to make one, to look upon who you are, yourself, since the day of your birth till now. Because since the day of your birth till now, all your experiences have accumulated one upon the other to create and to constitute and reinforce the personality that you are, there, in front of me. Then, if you do not know yourself, look at what has been done during your journey, what you have done and maybe you will meet and know yourself, acknowledge yourself. Thank you.

Q. — Good day CENT.NOM. Lately additional tasks have been confided in me in my work. I would like to know if I will obtain the considered *promotion*, asked for. Thank you.

AV. To-day, we really have material, physical questions. At least, these people do not dream. Mister X is my settler. I call him my settler. He does a work that I could never have done. It takes a Goliath to do that. Honours, grades, the best way to have them, it is to offer them to ourselves. Napoleon made the description of that: he named himself emperor one day.

When we are not sure of ourselves and that we beg the help of others then if I do my work, shall I be acknowledged,

respected, have the increase of salary, placed in charge, at the workplace? No. You will be placed at the workplace that you will take. Do not count on someone to bring you from there to there; even with your most beautiful efforts. Efforts count but are not worth much. An effort is valuable when you have the awareness of who you are and that you take the place that is due to you. You do not wait for the others. This is for your promotion; you will receive it when you will grant it to you. Thank you.

Q. — Which *lesson* did I come here to learn in this life, on this Earth?

CENT.NOM ::

In life, there are people who come to school and there are some that are at recess. Some pass secondary school, university, at last, the experience of life then others that are on vacation. If you do not know what you have learnt, I hope that you know what you have lived, then what you have liked and what you have received and shared. Starting from there, maybe you have been in the recreation yard or maybe you have been privileged and you have learnt some things. Some are borne and some others walk alone early. Some are cherished but do not rely on that, sometimes, it changes. You have surely learnt something, because so that you may be well, more or less as you are there, you have probably learnt in your unconscious. It is not always necessary to know everything. Sometimes, some people are more efficient not knowing anything. Because as soon as they start to know something, they get bogged down, they get mixed up.

AV. I will tell you, personally, I am speaking, not CENT.NOM. I prefer not to know. I discover the facts, according to the progression of my steps. Thank you.

Q. — Good day CENT.NOM, I wish to know if I made the right *choice* as the companion of life?

CENT.NOM ::

When we choose a companion or a mate, usually, it is always the right choice for the instant. A companion, a mate, is always sent or we attract him or her for the needs of our evolution. In the instant, you have a particular need and the companion that you have attracted and that he has attracted probably will do. Because, if it did not work, you would be already attracting another one, is it not so? Thank you.

Q. — CENT.NOM, I would like to know, in the situation I am at the moment, what must be my *attitude* towards my children?

CENT.NOM ::

As soon as we talk about children, we talk about the parental responsibility. The parental responsibility is almost unlimited because the child, the children that we have created with the companion, are the continuity of life. And, whatever might be the connection that you have with them, might they be close by or distant, never this thread will be cut. And the beings who think that they can cut those realities are ignorant. Life that has been created is there to be supported. And, when the child grows—even in age—and when you will be, yourself, older, you will still be bringing to the child. Because the one who is older in age always bears fruits and seeds that have effect upon the child. And you will, whatever might be the connection, continue to be father and to act as such.

And the parental connection does not express itself always with money. When a being is as matured as yourself, there is something else; there is the profound value of what you are that you must transfer. You have transferred by the usual mode with your wife, of creating a child, children, you have created a body but you must communicate the origin, the history. Each being who is here is the sum of a society or societies. Each person thinks that he is an individual, unique,

complete. He says: I am unique. We are unique but each one of us is the point of a pyramid. Behind him, there are many who have risen to carry him there where he is, at the summit of his maturity. Where you are, you are borne by your family; you are the family and you will bear in turn. Thank you.

Q.— Thank you CENT.NOM. I have no questions, because the answers, it is true that they are in the questions. *I offer my presence* and I say thank you to be united to these words.

CENT.NOM ::

I thank you. Would you rise up, stretch your arms, hands to the side. Thank you. The force, when we have received it, one must let it prosper. And the force, when we let it prosper, it does not encumber us, it gives us wings. Thank you.

Q.— Good day CENT.NOM, I would like to know if you have a message for me in my *love life*?

AV. Thank you. When someone asks me such a question, it is delicate. But I shall tell you what I receive there for you. When we love and when we are loved, there is a little light that shines in our heart, in our eyes, in our being. If you do not see this light, go take care of it. Thank you.

Q.— Good day, CENT.NOM. I would like to ask you what should I do to better my *relations with my daughter*?

CENT.NOM ::

You must remember that you have been a daughter. That helps. Often, when we have bad relations with our daughter or our son, it is that ourselves we have not completed that passage. Your daughter, if you have difficult experiences with her, she is there to allow you to find again the young woman in yourself. Tell her thank you because she

shakes you up. Bear her in your heart, look at what she does and, even if she annoys you, let the heart of the mother, the divine self in you inhabit you. She will not disturb you any more, she will educate you, she will allow you to grow. Often the children are there to educate us.

AV. I do not have any children, but with all the people I meet, I am the child of the other one and they are my children also.

CENT.NOM ::

Love, love and do not cry any more. Bear joy. To bear suffering and be bent by pain, it is never helping. Because the people who suffer or the trees that break, we do not take care of them. Whatever might be our state of being, we must remain upright, solid. And the smallest sail boat on the ocean, it holds because it has a keel; the keel, it is the weight. And the weight, the keel, it is the roots. And, to have roots, the head and the heart must be there; our divine self. The tree cannot grow if it has not been planted. But, if the divine self starts to express itself and take force, the tree plants its roots profoundly. Then, storms do not disturb. Your daughter is there to make you take the true force. Thank you.

Q. — Good day CENT.NOM. I would like to know if the *relation* between myself, my son and the man I frequent may be *harmonious* for us three?

CENT.NOM ::

I am afraid I am repeating myself. First, if you live through the divine self that inhabits you, you may then communicate it to your child. And by doing that, between divine selves, there is always understanding. If you ask yourself this question, it is because you feel three strangers and that is hard when they inhabit under the same roof. What separates us from the others? It is the absence, the ignorance of god. When

we do not bear our divine self, we are all strangers and, still worst, we are all enemies. When our divine self has settled in ourselves, we are love and we give assistance, we bear the others because they bear us, we take care, we take gesture. We instruct, we transfer, we give everything.

But, during that time, we receive a hundredfold. If you ask yourself that question, that is good. That means that there is something missing. And this something that is missing, it is the most important: that is what rallies three persons? it is god. Then, go seek god in yourself and go see your son, he is younger, he will have no difficulty finding god. And the two together, that will make a good pair to win the other one. That is the cement that allies bricks, gathers the bricks and edifies. There are no families, no nations, no peoples, who can edify themselves without this cement. Thank you.

Q.— I have no questions. Very simply a great *thank you* for your good words, your knowledge and your learning and your sharing.

AV. CENT.NOM told us that the word thank you, it is the celestial money. Mister X a while ago told me: I say thank you and I said: I tell you thank you also. That is the celestial money. It seems funny to say that but I put that well down to earth because I know that here, there, my settler has done that path. You cannot know the grace that you have because you have said thank you. Not to me, to the almighty: the one who is in yourself, who is in myself, who is in us all. Continue to say thank you all the time even when you do not feel like it. Because by saying thank you, there are many doors inside us that open; and, when they open, light enters, activates itself and overflows towards the others. As soon as we say thank you, it is like raining abundance upon us all. Thank you.

Q.— Good day Alain. Coming from Laval, we cultivated much joy, we sang. I wish to simply *offer* this rainbow.

AV. Thank you. I very well understand words. About to

offer, I shall come back to the word respect. It is the same family, it is to remain in peace. After, it has become respect. To offer, it is the same intention. And, when we start to live in this way, to say thank you, to respect the others, to welcome the others, to live oneself: because, when we welcome the others, we start to live ourselves, to welcome ourselves; life is extraordinary and is really beautiful.

One of my friends has passed away not long ago — I am telling something personal — I knew him for 25 years, a good friend, good warm bread. When I visited him I told him: you know my friend, whatever the path you will take, it is the same path finally towards life, you do not go away, you do not die, you are always on the path of life. But I told him: you know, my friend, I am unhappy not to have told you before. Because it took me 25 years and a situation of crisis for me to tell you what my heart has always borne for you. That took him 2 weeks and, before he died, he told me: Alain, I love you. I told him: you see, we have accomplished everything the two of us.

After having lived that, I joined the pilgrimage. I joined a pilgrimage to pray god in the way we had learnt; that was a long time ago that I had done that. The pilgrimage is the path of our life; we are all on a pilgrimage. And the miracles that we receive are always at the measure of the cup that we bear. When I came back from this pilgrimage, I understood one thing and that has helped me a lot. I told myself that now, all I wish to do, it is to bring joy; bear it and bring it, share it, the joy of living, the joy of being, the joy of being down here and to be able still to manifest ourselves in this understanding. All I ask now it is to bear joy in my heart, to bring joy in the heart of each one and of all: joy heals us all on all levels; it obliterates doubt, rekindles our divine self, gives us back the energy of living, to the sickest ones, brings healing, soothes the most violent ones, sows the seed of love in the heart of those who have not yet known to love. For all this, I say thank you everyday.

Q.— Good day CENT.NOM. I start a *new work* soon and I was asking myself if I could be more useful in my next functions than I am presently. Will I be more useful?

CENT.NOM ::

I shall answer you right away. If you have been so, you can still continue to be so. And, if you have not been useful, you will have to develop that. Thank you.

Q.— I thank the invisible to have answered many of my questions and I give thanks for the *love* that I bear in myself. Thank you.

CENT.NOM ::

The love that you bear in yourself will continually grow as a flower. Cherish this love, let it grow in you. When we bear love in our heart, we are in full expansion. And our powers start to chant. I thank you to share that. Thank you.

Q.— Good day CENT.NOM, I would like to know which message you have for me about my *life as a couple*, to better my relation with my spouse? Thank you.

CENT.NOM ::

To love and better your relation as a couple, you will have to better your relation with yourself. If you better the connection that you have with yourself, you will be able to better communicate, share with the other one. You are still a stranger to yourself and you wage war on yourself. And that, in a warm bed, cools it down rapidly. Thank you.

Q.— Good day CENT.NOM. *I have a son*, he is forty-one years old. I would like to know if he will succeed to free himself from these situations one day? I have a son,

AV. There are some plants to which we must place tutors

to hold them and if that gives results, we take away the tutor. Sometimes, the tutor must be invisible. We cannot prevent anything that happens, it is impossible. Do the actions for yourself and assure protection. By putting one less place at the table, you will prompt your child to take his own responsibilities and to start to take things in hand, to verify the force that he bears. To always let the others do the things that we should do, that does not reinforce us. It is the same thing to always run and help someone, that does not reinforce him. We must help but in the most discreet way possible otherwise, instead of helping, we weaken the party in question. Remain present but more discreetly and take away your will or your wishes. Let the other one's desires emerge. Thank you.

Q.— I salute you, CENT.NOM. Is my life companion evolved to the same degree of *evolution* as I am on the divine plane?

CENT.NOM ::

Thank you. To judge the evolution of the other one, we must know our own evolution. When we wake up to our own evolution, we do not measure the evolution of the other one. And, if we are more evolved than the other one, we support him, we allow him to come there where we are. But maybe he cannot. An awakened being, a divine being, continually goes to support those who are not arrived on their step. And, to know if the other one is evolved or less evolved than you, that is not important. Are you happy with him? You may be with an academic person and it is hell and you may be with a locksmith and it is happiness. I think that it is not so much the other one's level that you have to verify, it is rather you who should verify your state of being. At that moment, you will take the look at the right place. Thank you.

Q.— Good day CENT.NOM. I have *no question* to ask. The questions that I was asking myself, I got the answer

in everything you have said already.

CENT.NOM ::

Thank you. When we come at the end of questioning, it is marvellous. Because, as long as we ask ourselves questions, we encumber our doors of reception. As long as I think about solutions here and there, I am incapable of receiving my gifts, my hands are bound. If you have no more questions, that means that now, you may receive your gifts. Then, you will be continually up-to-date, up-to-the-minute: you will know exactly where you are. Questions, it is good to ask ourselves about them but we must not encumber the entry door with that.

Q.— Good day. I would have a question to ask. I have known many moment of *plenitude* in my life. I would like to know what is the most rapid path to arrive to a permanent plenitude?

CENT.NOM ::

If you already have plenitude, it is already almost permanent. There is no temporary plenitude, that does not exist. Or we have plenitude or we do not have it. As for the permanency of your plenitude, it is that maybe you feel well but it is not quite the word plenitude. You have variations in your inner state. Plenitude, it is an effect that keeps us almost permanently on a serene level; it is the divine self that is there all the time, all the time. Then, if you know that, do not cling to it. The one who clings to the robes of plenitude is often robbed by himself. Thank you.

Q.— Good day. I would like to know if *I will have a child*.

CENT.NOM ::

I shall not answer that question. I am in no position to inform you about those things. Because the child, you and the partner are three divine selves that must meet and take action so that the individual, the child, arrives. And, if I give you the answer yes or no, I interfere in the free choice of this divine self that must incarnate. Thank you.

Q.— Good day CENT.NOM. I would like to know if you can explain to me what means the spirit of atom, a spirit of *atom*?

CENT.NOM ::

The atom, as such, or thousand million atoms that constitute you, as such, that constitute the creation, all the universes, the whole matter, all the elements; everything is atom. The spirit of the atom is very simple, that is maybe where is enclosed the divinity: in a space that man cannot put foot in this chamber. It is the upper chamber of the eternal that inhabits us. The effect of the eternal, by his spirit, his divinity that he places in ourselves, he places it as an infinitesimal part.

And the atom, for our understanding, would be the space in which the eternal can put all his universes that constitute you inside this same atom. And, by the effect of the eternal that is the multiplying effect, any life is arisen from this atom. Then, if you have such preoccupations about atom, it would be preferable to live the effect of the spirit of the father, of his divinity that is in yourself. And the atoms, you let them run, that is what they do all the time anyway. Thank you.

Q.— Good day CENT.NOM. I always had an *eventful life* and I would like to know if that will always be at the same rhythm?

CENT.NOM ::

Eventful lives, generally, continue in peace. Because if it were continually moving as you say, you would not be able

to follow. Then, now, your life that enters in a new movement will have to inscribe itself in a slower pace, greater, larger. Movement, as such, eventful life, is often attributed to small steps, a mad race of small steps. And, when we attain maturity, one only step is the equivalent of a multitude of steps from the preceding years. Thank you. Enter in your peace.

Q.— I would like to ask a question, CENT.NOM. It will be two questions. Shall I continue *to work* in this plane of light? And did I choose myself or did the invisible choose me?

CENT.NOM ::

You have chosen this path of working in light. Who then could stop you? The only one who could stop you is yourself. Nobody else because this work, you have chosen it, you have assumed it, you have accepted the responsibility. And the mercenary who has chosen that path will remain a combatant forever. And, if he is tired, he has the right to retire. But, when we serve light, whatever might be the form or the expression of this same light, we cannot serve any other master. Thank you.

Q.— Good day. I have *pain* in my two feet since many years, I would like to know if that will heal one day?

CENT.NOM ::

When we suffer, it is the effect of ignorance. Pain or suffering, often, are the lack of attention that we have taken on the suffering part. A heart that suffers is often a heart that has been wrongly loved or has not loved itself or does not know to love. The feet that suffer, we must know why they suffer. There are many causes to the suffering of the feet. The foot is the terrestrial archway, a rainbow. A foot, it is a rainbow, we have two rainbows under our being. And the rainbow bears the arch of your structure. Maybe your foot means to say something to the arch. There are two ways to solve this

problem. If the foot is weak, we can lighten the charge. And, if we do not wish to lighten the charge, we must reinforce the arches. Thank you.

The feet, in the human body, is a part almost capital to the elevation of this structure. A foot is the principal centre that manages the moving of our mass in a continual conscience of the total equilibrium of this structure. Unconsciousness of the equilibrium of this structure crushes the foot, weakens the knees and harms the back and the organs are displaced. This is a mass of problems.

It is wise, if your feet hurt, to consult specialists who rebalance the arch of your foot. Sometimes, when the foot is too weak, we place a support. There are specialists who do that now with computers. And the foot will find again its alignment, its balance and will transfer this power on the rest of the structure, and the rest on the structure will place itself. But, if you continue to ignore the cries of alarm of your feet, the fire will start in the house. What you have just told me is a thing that you must resolve even before the problem of your daughter. Maybe the problem of your daughter, of relation, starts here. I say maybe but, in reality, the problem starts here, all your problems. Thank you.

Q.— I find that I have an *excess of weight*. For many years I try to resolve this problem and I cannot manage it. I would like to know how to do it?

CENT.NOM ::

We come to very special subjects. We enter into health problems. First, the excess of weight is basically a lack of activity. That you accept it or not, that is it. It is unfortunate but we must walk. Not in the head, walk with the feet. The one who walks regularly every day, puts back the systems in function. If you do not walk, the systems doze off, go to sleep, and the damages come and even the magicians will not be able to help, only temporarily maybe. The responsibility of

our health, we must assume it ourselves. Thank you.

Q.— Good day. I would like to know if the medicine doctors, on the level of my health, will *find the problem*?

CENT.NOM ::

The greatest healer is in yourself. Because the one who listens the best, it is yourself. The fact of placing everything on the doctor, it is tricky because a doctor, any healer, is not a miracle maker. The miracle maker will be you, your divine self. It may seem ambiguous but we cannot place everything on the back of those to whom we ask for help. Some people are born with iron health, others are born with a fragile state of health. Sometimes there are beings who have iron health and die instantly. Because they never had to suffer from a lack of health. And some others, who have precarious health, you see then at 82-83-85, they walk and everything is well. Then, see your doctor, he will treat you but do not ask too much because the doctor is only a human being. And, a human being, in front of the complexity of the human machine such as god has created us, before he understands everything that happens, many suns and galaxies will rise and fall. Then, if god wishes us to live, he will support us. What god wishes, he wishes that we take responsibility for our actions and that we become responsible for our lives. Thank you.

Q.— I would like to know, on the level of the breast *cancer*, if everything in on the right path, on the right path of healing?

AV. I am not a prophet. I know some people who have had cancers twenty times more violent and who have recovered as angels, full of life, healed of everything. Some cross the street and have died. I have something to communicate to you facing that. I am neither a doctor nor a scientist and I do not even do what Mister X does. Cancer reveals to be an anarchic development of cells. When we say anarchic, it

means that the cells do not respect the rules of duration. A body is constituted of an undetermined number of cells, and the rule of births and disappearance of these cells must be respected to maintain the balance of life. Each Spring, we turn the earth and we sow the wheat again and we harvest but all of a sudden, there are no more seasons, wheat grows Summer as Winter, all seasons. And, finally, wheat takes all the fields and everything disappears. It is the same process for cancer.

The only thing I can say about cancer, I have an unwavering faith in the divine self that inhabits us. The divine self that inhabits us, if we are in contact with it, it will never allow this anarchic development, this lack of discipline, of respect of the inner laws. It is the same thing in our societies. If everybody allows himself anything, any time with anybody, we will not know where to go. Even an army will not contain this turmoil, this madness. Because madness, it is always the opposite of wisdom. Madness, it is to believe that there are no limits.

The divinity in ourselves is unlimited because it is the effect of god, but our body is constituted and closed in a limit and is subjected to the laws of the creator. When we have a grave sickness, whatever might be its expression, it is wise to call upon rapidly to the divine self. And, if it has time, it will heal everything, not that it will heal, it will stop the process of this anarchy. The rule will fall as a chopper; it will regulate the development of the cells. They will rise when it will be time. But only our divine self can command that. The remainder, the doctors what they do, they try to protect against the invasion here and there, cut here, cut there — the word to cut, I did not want to use it as such — they try to stop, to dyke the water that comes from everywhere.

The most powerful arm, it is still yourself. And, if the doctors help you and if everybody helps you, because each one helps somebody, we must not be a sleeper and let them do everything. When the enemy invades us, we must rise our armies and we must go good-heartedly to the battlefield and

we must wage war. We may lose it but, if we do not wage it, we are sure to lose it. To wage war on that level, call upon the divine self because our will has no power over that. The divine self will allow you to see what is happening in yourself; it will even send the soldiers where needed, what the doctor cannot do. Thank you.

Q.— Good day. My mother died on the 3rd of August. I was close to her and I loved her much. I would like to know if I can continue *to communicate* with her, if I disturb her in her evolution and if she is happy?

CENT. NOM ::

First, your mother, for you, she is diseased but she is not gone. If you talk about her, it is that she is still there. I can inform you that she will be there till the end of your last breath. And, when you will die, the others will have the memory of you and of your mother. Then, she is not gone. She is always alive in you and upon the whole entourage, she just changed space, dimension, expression, vibration. If we take an individual and we upgrade his vibratory level, we do not see him any more. It is the same thing for the people who die. The people who leave us, they strip of their body and they continue the journey.

AV. CENT.NOM says that we are all on the same path only some are forward and some behind. Those who die, do not try to communicate with them. You pull on the robe, you prevent her to walk. She has changed space, she walks on another frequency. We cling upon nothing, you prevent yourself even to evolve. You may pray god, pray the divinity that has inhabited her: pray god directly and receive her love and give your love still to your mother. But let go the communications, it is not right. Thank you.

Q.— I have a question, CENT.NOM. I *walk in my husband's step*. I wish to know if one day I will teach the works-

hop of the positive consciousness?

CENT.NOM ::

First, you do not walk in the steps of your husband if that is what he told you. He told you a joke. Your husband may believe that you walk in his steps because he has opened the path. But, if you look well, he told you that to provoke you. Because if you believe that you walk in his steps, you are not ready to give the workshop. Nobody is in the steps of the other one, you walk in your own steps. You may have an example in front of you, a good example, but remember, you will never be this example, you will be yourself, what you are. Then no photocopies and you are in your steps, in your shoes and in your path. You share with Mister X. the family, the children, the bedroom, the love, the work, right. But it is always in your steps, in your evolution. For Mister X, the same fact applies, for his evolution. Then, here is your answer.

Q. — Good day. My spouse and I keep a little girl for the past 4 years. I thank her very much to be in our life. Do we follow *the right path* for her evolution?

AV. When we ask ourselves questions, if I do the right gesture for the being that I care for, that I educate, that I love, you have but one thing to do, it is to listen because her divine self tells you what to do. The divinity of this little girl, your divine self, your wife's, all is dictated by the divine self, maybe without you being aware of it. But, if you were conscious, for you, it would be a caress, a grace. When we become conscious of these miracles, it is the total joy that inhabits us. That is what living is. You know why people are unhappy to advance towards death? It is because generally, they have not lived. Then, they lament and regret what they have not been able to manifest. The one who has lived well normally leaves smiling. I hope that will happen to me.

Q.— I would like to know if *energy* passes in myself and how could I unblock it?

CENT.NOM ::

Stand up so that we might see together this energy in yourself. Energy is always there but, in your case, we do not feel its presence. Chakras are mighty when they are linked between themselves, whence the term to align the chakras.

Q.— When I started the seminar here, I was very sceptical. I came a little through curiosity. It is better now but, I would like to know if it will be long before that *scepticism* drops?

AV. CENT.NOM said to us: you have the right to doubt but not too long because the time you take to doubt, you do not go forward because you are not going anywhere in doubt. You must not feed on doubt. Experiment. By experimenting, you will know and chase your doubts. And, if you have come, there was surely some reason that was motivating you, whatever might be the reason. Mister X, in his work, prepares you and that allows me to bring my part.

CENT.NOM tells us: all we ask you, it is to try what we propose to you, that is these words. And, if that does not please you, if the glove does not fit you, let it fall. But I have the proof that to try it, it is to adopt it. I also had some doubts but, at least, I had an energy of curiosity that led me to go further than what there was to discover.

I think that I can today go and encounter any master, and in this same step, meet someone who does not know anything, and I will learn any way. CENT.NOM tells us: when the apprentice is ready, the master appears. Sometimes, the master is always there and the apprentices are not aware of that. The apprentice who comes to a master, it is already a master. The master simply enlightens what the apprentice knows. Then if you wish to pay yourself doubt, it does not

matter, but you are no more at the time of doubting too much. Go see, experiment, read. And then you will see.

When we read the books of CENT.NOM, we do not see people in the same way. All are there to teach me something. I must have taken a step forward, I walked above doubt. You are very fortunate to have lived what you have just lived because that will be the motor for all the future steps that you will take. And, for those who ask how much time it takes, many eternities. That is to console you and the advantage there is when we see ourselves progressing, whatever the time we take, that brings us much happiness, much well-being, and we understand what it is to be divine; we must bear it, be it. It is as these persons who come to present the Bible to you, they encourage you to read it, they read it to you, but, in fact, to read is not enough, one must become and bear this teaching. Whatever might be the aspect of our beliefs, the first one should be to believe in ourselves.

Q.— Good day. First, I wanted to thank you for the simplicity of your words, it is what I am seeking for many years. I understand so much more easily. I have a question: we speak of the divine in ourselves and I am more and more conscious of it. But what happens with my *light guides*? Do I send them on unemployment?

AV. Good god, you will never be able to send them to unemployment, they are always working. We talk about light-guide, we talk about divinity. It is just different languages to talk about the same thing.

CENT.NOM tells us: the terminologies that are actually used are good, but there are terminologies that were used during the 16th century, others in 1000, and others much before. And, when we are in the spatial era, of computers, maybe we should realize and recognize finally that the little angels and the light guides, it is our divine self. We could not say that to people in former times, because they were not ready to receive this understanding. By telling them that they were receiving help, they were feeling supported by their father, by

their mother, by the angel Gabriel, and it was all right because the thought was moulded in that sense. To-day, with all the evolution that happened, the being as such discovers his god, and in ten thousand years, we will not talk about the divine self, maybe we will talk very simply of god.

About putting your light guides to unemployment, why not do as CENT.NOM suggests it to us: make your demands to whom you are used to do so, whoever makes miracles, go see him. If it is Mister X who makes miracles, do not be shy, he is always there. If I can help, ask. If it is your brother who can help, go see him. But, in reality, all those helps, it is to make you become aware and confident in yourself.

The teachers, the real teachers, all they wish, it is to transfer your own autonomy. Otherwise, they are pranksters. Look in all the books, in everything that has been said, pedagogues, teachers, those who transfer knowledge, it is to give body and consistence to the individual who is there to be instructed. Thank you.

Q.— Good evening, CENT.NOM. I thank you for everything. I have no questions but, *if you have a message*, I accept it. Thank you.

CENT.NOM ::

I shall give you the message. No more message. You do not need messages. You bear the source of life, god in you. You are waiting for the postman, you believe that god is the postman who comes every fifteen days or the next day? We never have to wait for god's answer in our dwellings. Never. It is we who make him wait. It is right what you say but I would like you to change your perspective. And, if you change this perspective, you will be able to welcome the messages, there are plenty. You only have to look around you and listen, because god comes to his children by the path of his children.

Q.— Before, I was telling you that my mother was

deceased. I would like to be sure to have well understood. When I said *to communicate* with her, I was not talking about spiritualism, I was talking about talking to her, as I was talking to her when she was on Earth.

CENT.NOM ::

Did you talk to her much when she was on Earth?

- Well yes.

CENT.NOM ::

Well yes, then, you still need to talk to her?

- I want to know if I can. If I cannot, I wish her well.

CENT.NOM ::

No, no, no, I believe that you want first your well-being.

- No, I wish her well.

CENT.NOM ::

That is right. Maybe you talk to yourself.

- Maybe.

CENT.NOM ::

Because your mother, she has changed space. And the space where she is, you cannot accede to it, these spaces are closed. You are in your space and your mother is in hers. It is impossible to come and go between these spaces. And the only way to rejoin your mother, to rejoin in her space, you would have to pass through her path, that is death. Vases are not communicating. Just live, bear her love that she has for you and that you have for her, that is all, just love, because the

love that she gave you and that you have given her, it is the inheritance of life. Then do not run after some illusion.

— I understand very well. Thank you very much.

AV. Thank you very much. Before a meeting I am as a wild cat, I do not know any more what will happen? But I look at the people and I receive you. And if you had asked no questions, I would have answered them any way because everything is inscribed in yourself, and I hear it. All I ask you for a last time, if you have something to ask me, ask it. That is how I accomplish my service. Remember that if you bear some interrogation in your heart, please, bring it. We do not bear heavy emotions in our heart, we do not bear doubt in our heart, we share it, we share our joys, we share our miseries, we share our questions, we share even our fortune if we have it. Some do not have it in money but who possess it some other way.

Sharing is important. We are divine beings and divine beings are not cloistered in cells; they inhabit the universe and the universe, it is the others. CENT.NOM declares to us that in their world the space is so restrained that they must, to circulate, pass through the ones and the others. When our divine self will take full possession of our personality, we will no more see the spaces because each one inhabits his dimension. And, when we will be welcomed by the other one, we will share the passage in the dimensions of the one and of the other. And the capacity of each one, the knowledge of each one, the acquirements of each one, when we live our divine self, that becomes a common resource. Humanity, it is the family of the divinities, it is the universe of all the lights. That is how I live it now, that I share it with you. And, when we understand that, anger, lacks, poverty, sickness do not exist any more.

Suffering, it is to be alone in what we are, in what we bear. And we may be rich and suffer because alone. Happiness, it is to not invade our neighbour, it is to respect him,

to salute him, that he welcomes you in his dwelling. But, if the divinities marry and shine together, we feel borne. During my pilgrimage, one day, I did not walk and I did twenty-three kilometres. Without the others, it is impossible for the greatest of men or the greatest of women, to elevate oneself. The others elevate us. If I am there, it is thanks to you all. If you were not there, I would be sad in my loneliness. I thank you and I am not a priest but I bless your presence and I welcome it. Thank you.

DISCOURSE
ON THE TEACHINGS OF
CENT.NOM
by ALAIN VAUTRIN

THE ACTIVATION OF THE DIVINITY IN EACH ONE

CHAPTER 8

The following questions are addressed to Cent.nom and, through the intermediary of Alain Vautrin, the answers are given.

Q.— I am in contact with someone who talks to me about more elevated subjects, about the light, it is extraordinary. I ask myself if I should *trust* her entirely, it is very beautiful what she says?

AV. What that person sees or what I live or what another person lives, does not enlighten you. What must be done, you must come to it, yourself, to live these fields of your experience more elevated. There is nothing from above by the way, there is only the living that will bring you to receive your own celestial that is already anyway in yourself, in your terrestrial, in your manifestation. I can very well look at the works of Leonardo Da Vinci, that does not make me a Leonardo Da Vinci. But, if I wish to be a painter, well I take a brush.

Q.— What should I do to *find my true place*?

AV. With what I have explained this evening, you must inhabit yourself, instead of erring everywhere. Inhabit your temple and your dwelling. I reveal to you these facts because, when we wish to live ourselves, generally, we do not inhabit ourselves. We often have acquired a beautiful house, a beautiful dwelling, but we are never there. We are here and there, we flutter about, because we are attracted by this or by that. Maybe it is the effect of the intelligence, maybe it is the effect of curiosity. But, by dint of experiences, wisdom recommends to go inhabit ourselves. Then, what I have shown you about the breath a little while ago, do this kind of little exercise because that breath, the breath of the spirit, has the might of divinising you therefore, to manifest your presence in yourself. At that moment, you will feel yourself inhabited, full of grace; Mary full of grace because she was inhabited. It is not difficult. At each breath, if you feel yourself fluttering about, carried along here and there, tell yourself that you have no anchorage. If you doubt, you do not inhabit yourself. Your other question was?

AV. In yourself. In yourself. This comment is not only for you, but it is applicable to us all. People seek a place, an action, a *raison d'être*, and there is but one, it is in oneself. My place is there, in my body, in my physical body, not in my head. In my head, I may go far, I may go on Jupiter and I may come back and sit on the Moon. I may wet my feet in the Mediterranean and freeze here at the same time. That is not the reality, it is a lie, an illusion. And, if we do that, right away we must call ourselves to order. Our place, your place, it is in ourselves. And the day you will understand that it is in yourself and that you live yourself, you will end up by loving yourself. And to love, it is to welcome oneself, it is to receive oneself and it is to shine: to shine with all our fires, with all our beauties, with all our qualities; the perfect charm.

— Shall I find it?

AV. For sure, you are there, you are not somewhere else. In this moment, you are in yourself, you are not on the street, you are in yourself: it is this level of concentration, of consciousness that you must exercise. You have but to make yourself aware of the facts of your own life. In this moment, you are in yourself because you ask a pertinent question facing your condition. Then, you have no path to travel, you are on that path. But you must remain on your own path, because if you go out of this path and that right away you are erring because of one attraction, then you are no more in yourself. Sometimes, I envy the trees just for that, because they are rooted to the spot. Thank you.

Q. — I understood, down here, we are all engulfed by *negativism*. And that is what kills the human being. It prevents us to evolve by ourselves and by the others.

AV. I hear very well your question. Negativism or positivism, it is simply an interpretation of our attitudes, of our gestures. Anything that disturbs and does not please us becomes negativism. And, if it goes well, even it is something negative, it is positive for us because it is profitable to us. Negativism is generally the fact that many do not inhabit themselves and, above all, the fact of a deception.

Any person who does not inhabit himself, who does not live himself, is deceived and, because he is deceived, he does not accept it, then his whole entourage is negative, black. Because he will not say; I am negative, he will say, the world is negative. Everything falls on my head, it is not possible to live in such a society. These are intellectual discourses that are without value because, if I accept that the entourage might have a so great influence upon me, that means really that I do not truly recognize who I am. But, if I inhabit myself and if I take position facing my individuality, my divinity, my personality, what we say that is negative will not affect me because I govern myself, I do not let myself be governed by circumstances or individuals.

If we are subjected to the consequences, if the situation is desperate, if everything goes badly, if everything is negative, I must be conscious of who I am by identifying myself then I realize myself as an entity and I welcome myself. Judgement limits us in our perception as eye glasses that, coloured in red or in black, change our reading of life. When life seems not to be favourable to me, it is certain that I do not inhabit myself in my grandeur, in my being, in my "I Am", in my divine self. Conscious of these states of fact, now, I can act and go back to my source by leaving the victim that I believed to be by my conceptions, by my judgements and by any habit that were maintaining myself small and that were bringing me farther away from whom I am really.

Q.— I would like to ask a question about your 2nd book, in the chapter: New personality. You give some arms of light, it is calmness, love, wisdom, sincerity and cares. I would like to know what *cares* consist of?

AV. Cares are not always understood as a medical path. A mother may take care of her children by dressing them, or the father, by taking them to school. To take care of the others, it is first to have consideration for ourselves, because, when we are considerate and have respect for ourselves, when we discover our own value, then we may see it in the others. Then our tendency becomes natural in taking care of the others. To take care of the others, it is to love. To take care, it is to bring to the other what the other cannot seek by himself in this instant. And, in this synergy, if I have some needs, someone will bring me what I need and that I cannot go seek for myself. These are the cares. Then cares cover, finally, all our daily gestures.

A gesture that is conscious becomes a care, is part of cares. As soon as you repeat a customary action unconsciously, it is no more cares. It has no scope, it has no effect. It is empty nourishment. Cares, it is grandiose gesture. If we inhabit ourselves and that we understand that love flows in ourselves — because we inhabit ourselves, love comes to inha-

bit us—the father pours forth love but, sometimes, he pours it forth slowly because the recipient is not large enough. And we adapt, we get used to this well-being, to this love, and our heart opens. By opening itself, it may take more. The father can pour forth his ocean of love and, at that moment, we may, ourselves, lavish this same love, these same cares, these same attentions, this same look upon our whole family, upon our whole society. Thank you.

Q.— It is my son, in this moment he suffers enough, I would like to know the ideal *behaviour* that I could bring him?

AV. Of what does your son suffer?

— From a heartbreak.

AV. A heartbreak ?

— Yes.

AV. A heartbreak, it is always painful, it is well understood. But the heartbreak, in fact, it is that we have counted on the beloved being for everything. This love, we must receive it directly, in our sanctuary, by the voice of the eternal. Then, that means that, if I rely on god, my father, creator, he will heal my grief and my heartbreak. But, if I do not rely on my father or on my divinity that is in myself, I am lacking love and I have put all my interests in the same basket and the basket has just fallen and I cannot recuperate anything.

Then, to love, yes, but, firstly, we must privilege god before anything and all, all and everything and everyone. We do not put a woman or a man in the place of god. And, if we suffer from heartbreak, it is exactly what we have done. This person may be the representative of god because he bears god in himself, but he is surely not god. God, it is the one who inhabits you. That is it for his heartbreak. But I would like to know your grieves.

— It is my way of looking at my whole life in general. I often feel *sadness*.

AV. And you like that?

— No.

AV. Then, why do you frequent it?

— I try, by all means, to come out of it.

AV. It does not work? I understand you very well when you say that you are inhabited by sadness. I have borne for a long time that little princess. It is not her fault, it is not the fault of sadness that you are sad. Because this very sadness, if you knew how to welcome it and live it, it would bring you only joy. What I am telling you there seems paradoxical, it is a little paradoxical. All the things that come to us, that always depends on how they appear, how we look at the situation, from which side we look at the tree. Often, with little time, we notice that this very moment when we have suffered, that could have been a joy but what made the difference? It is us.

If you are sad, it is because you like to live, as some mushrooms, in shadow, they grow well. Maybe you are not enthusiastic of happiness, maybe you are not attracted by happiness. There are plants that are sensitive to the sun and there are plants that love shadow. We must just know which kind of plant we are. And we do not have to envy the sun if it is shadow that we need. And, often, sadness or the lack, it is because we do not know what we need. And, because we convey that happiness must be this or misfortune must be like that, we believe it and we are unhappy.

If your own sun is less intense, and that you recognize it, maybe that for you it is joy — but what you say, sadness, I am sad, it is something learnt because you do not have the features of a sad woman. You are not at all marked by sadness. Then, maybe you feel that, but you do not bear it for too long because, if you bear it for a longer time, you would be han-

dicapped because you would have ended up by believing it.

Sadness belongs to our state of being. And, if you do not like it, you are not obliged to live this condition. If you wish to chant, chant. If you wish to be happy, if you need to breathe fresh air, do it. Do not create conditions that place you in this state of sadness. Because, if you work hard on your sadness, you will surely be sad. Then, if there are situations that overwhelm you, you must see what it is that disturbs you; and you will notice that it is not the circumstances, it is yourself who make shadow on light, on your light, and it is only that. Thank you.

Q.— I am asking CENT.NOM to answer my questions that I ask myself. On November 1999, which is the eleventh month of the year, has been poured forth, by the beings of light, an *energy of unity* for the couples and for the population in general and the whole planet Earth. I ask CENT.NOM to tell me how I may welcome and transmit this energy of unity?

AV. It is a good question. On November 11th of this year, some beings have said that we have received the energy of unity. The Father has given this energy of unity. I shall answer you: the energy of unity, it is the effect of the Father. And he does not give it on November 11th, he gives it at any time, it is He who generates all this. That simply means that on November 11th, some individuals have awakened to the energy of unity of the father. You must say thank you because the group who has just awakened has just become conscious that the energy of unity exists and that the father has given it. It is because on that day, it is inscribed in the book, you have received it, but the Father gives it at any time. Thank you.

Q.— I have *many questions* but I would like an answer that refers to me. I lived for 5 years with a person who has two children, and I am a person who seeks peace, a discipline. I like to live happy and I receive a non-respect from the per-

sons who live under my roof. I have journeyed a lot, and I have some more to live.

AV. I shall start by the beginning of your question. You are not respected?

— Yes.

AV. All right. You like peace?

— Yes.

AV. You seek peace?

— Yes.

AV. The answer is simple. You do neither have to love peace nor to seek it. You must be peace.

— Yes, with myself, I am...

AV. No, not with yourself.

— No, not with myself?

AV. When I am peace, it is not with myself that I am peace. I am peace. Peace inhabits me and that is all; it does not limit itself to my body, to my individuality.

Second part, you said that you had a non-respect.

— In the speech?

AV. In your speech, you have a non-respect?

— In the words that I receive, it is a non-respect.

AV. You mean that the people who talk to you have a non-respect for you?

— Rightly, as the boy.

AV. I shall stop you for an instant so that we might not get

mixed up. Respect, firstly, cannot be imposed. To have respect from the others, we must bear it. If your son does not recognise you and does not respect you, maybe what you bear is badly borne. Maybe you have the right to this respect, but maybe the way you call upon it is not the right way. So that we might respect someone, generally we must recognize him. To recognize him, we had to have recognized ourselves.

If your son has not recognized himself in his identity, he will not be able to recognize you, yourself, in your identity. Therefore, it is sure that he will not respect you. While he seeks his identity, he does not see yours. At that moment, it is up to you to be full, to inhabit yourself – not to be inhabited by anger or spite – to inhabit yourself and to become noble and beautiful in the gesture and in the thought. If he does not respect you, it is not important. Take the right gesture so that finally he might tell himself: my father is somebody. The work is not important.

– It is not my son, it is my stepson.

AV. Well, the son or the stepson or your friends, it is the same. If you live this condition with your stepson, it may reveal itself with another person. The person who gives you non-respect simply forces you to become yourself. When you will be assured in your personality, in your being, in your entity, you will not have that problem at all. And then, do not let yourself be affected. If you believe in yourself and that you have this confidence in yourself, you will not be aggressed, you will not see it any more. If it comes, it is that something on your side that is fragile. Does that answer for you in a certain way or do you have other questions?

– That answers in a certain way.

AV. Do you have another question? We may remain on the same subject.

Q. – In another word, to remain with people who are

manipulators, liars, that creates problems between the mother and myself and the energy is not the same.

AV. Might there be manipulators or others liars, that does not change at all your integrity. If you suffer from it, it is a pity. But, if your integrity is whole, that should not affect you that much. Then, to think that someone is manipulator or liar or thief, these are things that we normally cannot afford to judge.

I know that we are called upon all the time to judge the others but CENT.NOM tells us in the books that we must not judge anybody and, above all, that we must not judge ourselves. We must simply do what there is to do and the best we can and the most elevated way possible. At that moment, our example will enlighten the one who is on the path of apprenticeship.

If someone wishes to take a wrong gesture, he will not be able to do it in front of you that wrong gesture if you are righteous. Then, live peace, bear peace, be peace, everything else will place itself. If you are sincere in your heart, noble in your heart and that you bear this peace, everything will smooth itself out and, furthermore, you will enlighten your whole entourage. And what remains, it is the apprenticeship, really. Because we pass by all kinds of experiences. And the greatest ones of this world have sometimes known quite dark paths. Then, we must just pray and hope that the person will follow his path and arrive there where god awaits him.

Maybe you cannot show him, but his divine self that is inside him will know to show him. And, if you express your divinity, you will call upon his divinity automatically. At that moment, you will make rise in him the best part of himself and his darker part will be no more in action. I thank you very much.

— Six months ago, I lost my spouse but, since he left, I have the impression that he has fused inside myself. I think that he did not wish to leave, he is always there, he talks to me

continually as if he were there in the house and that he waits for me because he was very sick. This evening I was very touched because he died from a respiratory sickness and I have the impression that he is always there, that he does not ever quit me.

AV. Come closer so that I might see you. Place yourself in the light, please. Come closer.

Q.— I think that I bear his presence, it is quite heavy *this presence*. But I think that he is always there. He has not left the house.

AV. I have to stop you there. Please, take your arms down. Liberate yourself. The love of a being is a force and an aspect of eternity; love is eternal. The impression that you have, facing his demise, that he is always there, it is his love that you bear. And that is good. Because the love that you have shown him and that he has shown you, that cannot be erased. But we must not mix love, the presence of love and the physical presence of an individual.

I greatly hope that when I die, that someone remembers me as being love, that is the greatest honour that you can give to your partner and to yourself. But to get confused and to induce yourself to error in your thoughts, by telling yourself that he is always there, there we slide in a space that is not clear. He is not there anymore. You have lived your experience, you bear the fruit of this love and, thanks to this love, you will be able to live better still. Because the fruit of love is not there to destroy, is not there to make you cry, is not there to disturb you; love bears, uplifts, elevates you to life.

— I have asked him, when he left, to come and get me.

AV. He will not come to get you. You know, this evening, till now all that I have talked about, I understand that it has touched you.

— I have lived his life.

AV. Well yes. You know why you lived his life? It is because you were not inhabited. You have not inhabited yourself. You did not allow yourself to live yourself and to be yourself in yourself, by yourself. And, to be with him, companion to your companion, then you have lived his life. And, there, maybe his demise is excellent, he did you a favour because there, he asks you to live your own life.

It is important to live your life, to bear life. Bear life and life is not sadness. And the companion has returned to the father. And do not retain him with your intentions because, at that moment, you do harm to him. Please, bless his love, bear the love because it is thanks to the father that he has been able to give you this love and that you have been able to give him. But do not retain that in your heart. It is a falsehood; it is an error that could cause you great harm. Love is there to enlighten your life. Thank you.

Q.— Talk to me about *the soul mate*.

AV. There are many things that have been said about the subject of the soul mate. And, in the interpretation of these terms, many have thought that the soul mate was the soul with which a man could find a companion or vice versa, as being two sister souls. And, at that moment, the couple would be in harmony because they are two sister souls. I shall tell you what I know about soul mates. When I walk on the street, I welcome god in each person that I meet but, often, I see no soul mates. And, sometimes, I enter in a place, somewhere and, all of a sudden I see an old man, a young girl, a young lady, an old woman, and I do not know how to tell you, it clicks. That is a soul mate. I shall tell you why.

The people that we encounter and that we have the impression of always have known them or we vibrate at the same frequency, they come from the same family, because each member here belongs to a family. And humanity is as

a bunch of flowers; each flower represents and belongs to a family. And, when we talk about a soul mate, that would imply that you look for someone who thinks like you, who sees things as you do, who maybe has the same goals and who wishes to travel the same path. It is important to find, if we look for a partner, someone who must evolve with you and who maybe goes to Rome with you.

But, to wish that the other one might be as you are, it is a little bit easy. Because the one who is the same as our own self cannot teach us anything. And I cannot allow him to evolve either, and she cannot allow me to evolve. We often say in current language that opposites attract each other. Why? Because they disturb each other but often, they make each other progress mutually. When we meet a woman or a companion, he or she is there to allow us to evolve, to progress. And it is certain that if the two have the same project to go in the same direction, it is better, that is for sure. But the soul mate, be careful with this term. The soul mate, it is someone who comes from the same basin, from the same family as you do, therefore has nothing to teach you and you cannot learn anything with this person. I do not believe that this is exactly what we must seek. Thank you.

Q.— I started to undertake a spiritual journey a couple of years ago. For three months, everything goes well in general but health wise, it is problematical. I would like to know if I am on the right path and if you have good *advices* to give me.

AV. I believe that the *advices* that have been given this afternoon are very adequate. The spiritual journey, it is not two years ago that you have started it, you became conscious two years ago that you had started it, but the spiritual path, the spiritual quest, starts from our birth on; everybody takes this path. Now, question of health, you say that it is problematical, that happens. Often, health or the lack of health forces us to affirm ourselves in what we are and to find what we are.

But, if it is problematical as you say, and that health starts to fail, it is because, rightly, you have not affirm yourself as an individuality, entity, divinity. You will maybe have to look again at what has been said this evening. Because the heart of the problem is not unique to you, it is unique to us all.

Then, I believe that we will have to take the stages one by one, and the spiritual quest will start at each minute by calling upon god inside yourself, upon the spirit of your divine self – and ask him. When I have known such a stage, I did not know what to do and there was nobody around anymore to help me, neither doctors nor natural medicine nor anything at all. My prayer has come out by itself, I said: father, guide me, allow me to find what I need to find again my inner equilibrium. Because the lack of health is a disequilibrium and, when disequilibrium starts on one sector, it propagates itself and the other sectors start to tremble. It is as an earthquake, the first sector aimed at crumbles and the other ones follow and if you do not take care of that situation, then the worst can be expected.

But, whatever might be the experience that you will live, you must find unity, the divinity; that divine might that resides in you, you must put it in action right away and it will then guide you. Act immediately, if not it might be too late. You must act right away; read books, call upon your divine self, upon the spirit of the father without delay. Because the more we wait, the more it is difficult to climb back up the slope. Thank you.

Q. – Do you agree with me that when we live in life what life brings us, the lights that we may bring, it is inside us, it is all our sufferings, our whole life, everything that god has allowed us to live, the most human and the easiest gesture that is at our reach is to open our *heart* and let penetrate the light of his love and, for us, mankind, everything becomes an act of god.

AV. The path of the heart is the only one that does not de-

ceive. Through intelligence, we may err. Through emotion, we may get lost but, through the heart, never we are deceived. But the heart must be pure. Because, if the heart is manipulated by the intelligence or by the emotion, it is not the path of the heart any more. The heart, love, the infinite love of the father, of the eternal, when it passes in our dwellings, opens the heart: in orient, they talk about the lotus. There are lotuses at all levels, but the one of the heart is magnificent.

When the heart speaks and that we talk through the path of the heart, all our gestures, all our actions are right. And, whatever might be the saint that we pray, whatever might be the service that we do, it is right. But, for this, we must know what is the heart. Because the heart may be coloured with many concepts. One must verify; the heart, the path of the heart, in that sense, is a path where suffering does not exist. The heart of man may love and may be happy and may be unhappy, but the path of the heart, of our divinity or of our divine self, is always a path of joy. If it inhabits you, it is the true path of the heart. Thank you.

Q. — At that moment, why do certain people choose to be *on the other side*, to remain in darkness consciously or unconsciously?

AV. Firstly, if it is unconsciously, they did not choose. And, if it is consciously, sometimes, the path that is direct and straight, we seem not to like it. Sometimes, we like to squirm. Then, there are people who choose paths that seem darker to your look, let's get this straight, to our look, to your look. But the paths that each takes, that does not concern us. If that affects you, that is something else.

Q. — That makes *delay evolution*?

AV. No. There are some who run very fast and do not succeed and some walk very slowly and they come first. The delay of evolution, that does not concern us. It is a judgement that we pass. We look at the delay that we, by not acting, we

cause. There is no delay. Delay does not exist because there are people who take very tortuous paths – and god encounters them and those beings become saints. St.Paul has fallen from his horse, he had to fall from his horse so that he might become conscious of another reality and, by the fact, he started to serve god. He was going to massacre Christians. To say that the other one is in sin, I find that even the priests cannot allow themselves this declaration. It is our conscience facing our divine self. My small conscience of individual, of man, facing the superior divinity that inhabits me cannot judge. We must avoid seeing in that way.

If someone interpellates you because you judge him negatively, do you know why that interpellates you? Because that awakens something that you bear exactly the same colour as him. It is sad to say but it is true. If a thief makes me crazy, maybe remain in myself some traces of a thief. Then, if that calls upon you, then verify. The robe that I do not like, that is dirty, do I wear it by any chance? Because, if I wear the true robe of life, of love and of my divinity, if the other one has a robe more or less clean or dirty, just looking at him, it will become the most beautiful robe. If I find it dirty, I myself dirty it more by my judgements.

Q. – What you are doing in this moment, is it *clairaudience*?

AV. Clairvoyance, clairaudience, they are part of normal tools of the life of any man and of any woman. Here is why. If I do not listen with my ears and that I do not welcome my neighbour with my listening, we must not think of clairaudience. And, if I do not see the other one because I have not yet seen myself, it is that I am blind, I cannot talk about clairvoyance. A good worker works with good tools. But, when we are inhabited, we are the servants, we are the workers but we are not the artisan of miracles. Then my divinity, your divinity – the tools – it does without because it is the manifestation of its own tools. Thank you.

Q.— I would like to know what you mean in the book, that has literally struck me as a lightening, here, this paragraph. I would like to know how many *colours* are there to illustrate that?

AV. I believe that this question will be the last one. (extract from the book Tome II, CENT.NOM his teachings, his revelations. (...) each being has his colour, has his *raison d'être*, each being is placed where he is to transfer, at any time, life.) That has struck you, sometimes we must be struck to be awakened. Each being has his colour; that means that the colour of an individual, it is his personality, his individuality, but that colour, it is the colour of the state of the manifested personality when the divinity inhabits it. At that moment, even the beings superior to us have their colour. And the colour, in science, is a level of frequency, a vibratory frequency. And the white light is the marriage of all these frequencies that is the superior frequency.

Then, when CENT.NOM says each being has his colour, has his place, has his gesture, it is sure that when the being has found his identity and that he is truly in his essence, his gesture and what he must do is automatically there, he does not have to seek it, it is there. Then, if lightening falls on you, say thank you and continue to warm up the book.



I shall finish by thanking you all to have been there. And what you have seen this evening, it is not exactly what I do for the books. Because, when I enter in session profoundly, the texts arrive as in the books and it is literary French that flows, what I cannot offer you when I am halfway between the celestial life and the terrestrial life. I may offer you what I receive in my man's language with the capacity that I have only. But, when I enter in another more elevated state of consciousness, in the celestial fields where my tools are surpassed by the divine tool, then what I receive evidently has an enormous might and frequency. But what you have received

this evening happens to be as a drawbridge between what I receive and yourselves. That means that at that moment, I may sometimes bring more subjects, nourishment, light, to this castle or at the exit of the castle, I may bring more enlightenment through the path of the common understanding; a common language to all.

When I talk to you from that state of consciousness, you understand me and I understand you because we are in the room each one in relation the ones with the others. When I receive the teachings of CENT.NOM in profound session, my eyes open or closed but, I am in relation with god, the divinity, my divinity that is in myself, I am in relation. But I have noticed that each one has entered in relation with himself by finding again his divinity and what I have to do, it is to communicate in this exercise, to-day, the way of finding, finding again your divinity or call upon the holy spirit. And, for other sessions, when I shall receive people, I shall receive the teachings in two sections; one in profound state and the other one at halfway between the celestial and the terrestrial, to answer your questions. Thank you.

FROM THE CATERPILLAR TO THE BUTTERFLY

CHAPTER 16

Q.— I have almost choked actually. I have a problem of *secretions*. Is it lack of energy? Could a chirurgical operation free me from that?

CENT.NOM ::

All the problems thus created and that disturb our step are not a lack of energy, on the contrary, an additional energy that is not placed at the right place. A chirurgical operation can do what you should do, can do the work on your place. But, in fact, this work is not necessary, because you can act and do your action in this sense to free the tracts. The encumbrance, in this specific case, the encumbrance is maintained by

an irritating thought, a suffering thought that is not satisfied; the dissatisfaction, the suffering, becomes then an irritant.

And the irritated one always strives to expand the irritated parts: the image of a minor with a pick and who would dig the soil to find a vein irritates and hurts the soil. And, if we ask him why he does that effort, he says: I seek, I seek fortune, health, abundance, at last, I seek. And, in the wisdom, the one who is subjected to the discomfort remains there, put the pick on the ground and, at each wind of anger, of dissatisfaction, of suffering, of deception, instead of throwing himself on the pick and digging still more, more profoundly, he leaves the pick there, at his feet and stands up straight in this corridor where anger passes.

And, in this action, our man, because he does not prosper in aggravating his case, starts to heal, because the wounds heal up if one does not maintain them, if one does not irritate them. And this condition is found again at any place in our dwelling. This way of doing is the best way to prepare a bed in which one would not wish to sleep. If you feel yourself irritated or have the urge to cough, do not activate the procedure of the coughing, remain there, relax, remain calm and let yourself live in this place. Appreciate this impression, this call to the coughing, to this abundance, as you say, of the secretions.

The secretions, take them as one, as a people escaping. Calm the people and everything will place itself in the order and the peace and the re-established health. One must always look for the most profound causes to the actions we take. One must go to seek the intelligence that gives power to these actions that, in this case, are, give disturbing results. These same actions can be taken to bring the peace, the health, the prosperity.

What disturbs me in my dwelling for me to bustle continually to attack my temple, to destroy this plain of a wall? In general, whatever might be the causes, they all place themselves under this dissatisfaction. A surgical operation

could help, but the problem would be but displaced. Because the peace in this destroyed place could recreate another war in another place. Thank you

Q.— This question is about something else. Must I *move*?

CENT.NOM ::

Yes, the habitation, the address. It is certain that the address or the place might often seem the perfect pretext. But, generally speaking, when we are not well in a place, one must return the look upon our own place, our temple. And, when we find again the peace in our dwelling, then the other places adjust and place themselves. What is around us, the places are but the expression of what we manifest or create. It is more simple to look in our dwelling, in our temple, and to resolve there, in this space. And the remainder will find its place. Thank you. I thank you to be present. Thank you.

THIS ETERNITY THAT AWAKENS

CHAPTER 31

Q.— In these difficult times, which advices can you give us *to keep our serenity*, in spite of everything that happens in the world, all the energies that we feel?

CENT.NOM ::

This discourse, this session, must satisfy most of your answers. But what happens in the world is the fact of what happens in our dwellings. Because precisely we are not conscious that each life, each people is the energy of the eternal, of the creator and our father. To find again the force, to wear at last the right robes, the robe of his energy, of his life, of his might and of his love, thus clothed, your worries will not be. Thank you.

It is difficult to enunciate whatever we have not yet da-

red to tell ourselves. But the one who has heard himself and the one who shares with his heart, his consciousness, knows to express himself clearly and receives also his answers. Because what is said here to one is heard in each one and in all if the person is sincere, to start, with himself. Because to be truth starts with oneself and, when one becomes truth, when one does not lie to himself any more, then the father hears us, listens to us. And, as long as we lie to ourselves, the father leaves this useless chatting and does not pay any attention to it.

Each man, each life has been created to communicate with himself, with herself, with his family and with his god. For this to happen, we must meet ourselves each day and sit at the table and speak with great intimacy with our own I Am and to the man, the woman, who has gone to one's business during his day and tell him: to-day, did you take the gestures that I was expecting? To-day, did you take a look, an attention upon the other one? Or you have taken all these gestures in a good intention but without listening to the others, without seeing them, as an automaton.

And our "I Am", our divine, will tell us that we should not thus proceed. It is better to take a look with our inner god upon the inner god of the other one. It is better to support and to nourish the one who is hungry knowing that it is our creator, our father, who takes care of the one who is lacking everything. We should welcome each man, each life as if it were a member of the family. And, if I am closer to my father, I can receive this man, this woman, as his son, his daughter. Because, in each man, each woman, the father is there, he comes to us to wake us up, to instruct us and, often, to bring us the abundance that we are seeking upon all the horizons.

It is good to learn to welcome the other one, to receive him, because, in this gesture, I learn, myself, to welcome myself, to recognize the divine effect in my dwelling. Because the one who ignores the others is the worst companion for himself and he will spend a useless life, joyless, without depth, without love. We are awaiting your questions, even if they

are short, start to say but two words, even if they have for you no sense. We must learn to speak, to confide, to expose ourselves, to recognize ourselves, to correct what hurts us. To speak, in this sense, is his word. To speak, without this consciousness, is still chatting, without effect.

Q.— *I try to spend some time in silence* and I never succeed to concentrate long enough. What should I do?

CENT.NOM ::

This is a good question. It is not easy. It is easy and not easy. What we call the good concentration, it is the power to remain there, present, in a space to welcome something else than what we carry around in ourselves. And the one who wishes to ponder, who wishes to pray, who wishes to take a pause, often is invaded by a multitude of unhappy thoughts because they have not been able to express themselves in action. And this clutter in our dwellings is difficult to chase away. Because everything we have not accomplished, all the projects, the ideas, to which we have not followed up, made to bear fruit, remain always in the pot. And the one who wishes to meditate, who wishes to retire, who wishes to find himself again, the first thing he must do, it is almost to forget himself. Because the unhappy part of ourselves makes shadow upon the part that would wish at last to manifest itself.

Through the times, we repeated that the pride, the greater it was, the more the shadow that it projected was hiding our joys. The one who is accomplished is joyous, the one who does not accomplish dresses, clothes himself with the entity of ambition, of pride, with all its deceptions. A happy man is a simple man; he is happy because he accomplishes each one of his thoughts. And for the remaining time, what he does best—that is why he is joyous—he does not think. And, to ponder, one must evacuate this whole clutter, and this clutter, it is ourselves. Ourselves, we encumber ourselves in our divine dwelling. It is like a house with—furnished ex-

cessively – beautiful furnitures, all you want, but you cannot circulate in the house.

Wisdom demands, to its candidates, to evacuate this clutter regularly. Because to pray after ten years of life, twenty years, thirty years and say I pray, it is a great work. Because one must have the humility to see everything that encumbers us and put under silence everything that is whispered in our ear, in our intelligence and to our looks. To engage in reflection, one must create a space, a desert, a solitude. The desert of the cold, the desert of a starry night, the burning desert, but nothing, upon our horizon, must agitate itself. And, as soon as something agitates itself, one must ignore it so that it might dissipate itself. But, for this, you will have to be patient and be full of love for yourself. Thank you.

Q. – One says that chanting, it is to pray twice. If, to disencumber ourselves, we would emit *sounds* and *mantras*, would that help to meditate better?

CENT.NOM ::

It is nice as a phrase. To chant, it is to pray twice but, for that, one must chant well. And what I wish to say, it is not always the sound of the voice but it is the sound of the harmonies that are in ourselves. And, if I bear disorder in my dwelling, the harmonics that will come out will be chaotic. To chant, it is the joy of god. But, for this to happen, we must place ourselves in him, in ourselves, in his whole creation, to be able, in this instant, to find again this purity of the child, this virgin look. And, when our dwelling thus vibrates, the sound naturally rises up and we become birds, singers.

The mantra, the prayer, has its good side. Because the mantra is as a bulldozer that crushes and pushes and creates the illusion that everything is disengaged. But, with little time, everything grows again. The mantra is good for the wise one who knows the divine chanting of his dwelling, who has recognized the celestial sounds of his own dwelling. And this

one will not do a mantra, he will float, he will fly upon, he will elevate himself upon this all-vibrating light that is the peculiarity of the celestial chant that inhabits him. The advantage of the mantra, it is that we become conscious that by acting, there is an effect any way. And the one who walks towards the prayer, towards the mantra, if he does not sleep in the habit, will be taken closer to himself, and, when he will fall silent between two mantras, between two Ave Maria, he will hear the celestial voice.

The father speaks to us when we become silent. And, in the silence, we may, with time, hear this music, this prayer. And, with time, if we let ourselves be borne, if we remain pure in our thought, in our heart, in our intention, then the throat opens up—and you are obliged to free this excess of joy. Then the mantra is useful, then the prayer is a blessing. Out of this conscience, it can bring our consciences to extinction. Thank you.

— I have always prayed god by praying in the beyond. That means that the way I have heard, it is that one must *pray through our inner self*?

CENT.NOM ::

It is more rapid. God, we do not have to look for him when we pray. Bear, let grow in yourself his presence, the presence of god in yourself. And your prayer, even if it is well formulated or silent, god will hear it. And, if you are more bounded to the eternal, to god, his whole creation will hear you. Thank you.

Dare, dare, because the one who does not dare does not go forward. And the one who does not go forward goes backwards. And, to know god, to live with him, one must always go forward. Because, if we do not take the step, we have the impression even that he slips away. It is we who lose him out of our conscience. Dare, dare to pray, dare to open yourself to the life, to the eternal, to the divine that is in your-

self. Call yourself.

Q. — Am I in *my life plan*, in my contract?

AV. We always are where we have placed ourselves. We make the choice ourselves. If I wish to live in Quebec, I live in Quebec, if I wish to live in China, I go to China. And, if I do this work, this contract, is what I do right, well! That question, it is asked facing yourself to yourself. It is the “I Am” that asks the question, that asks me that question. Then, if you have such a question, in your prayer, call upon your “I Am” and ask him to ask the question again. And you will answer your “I Am” because to our “I Am” we cannot lie, he will know it right away. And my “I Am”, my inner god, respects your “I Am” and will keep the answer from yourself to you. Thank you.

Q. — I would like to know how *to be listening in to oneself*?

CENT.NOM ::

What must one do to listen in? To listen in to oneself, to listen in to what we live, we must not only fall silent with the mouth, we must fall silent with all our experiences, with many senses, to be able to isolate the part that we wish to prospect. To fall silent has many levels till we might see, hear, feel and live above all what you pursue. To listen in to oneself, it is to fall silent. I shall tell you what it is to fall silent, example: let's say that I suffer in my body and that I am encumbered with thoughts and that I am heartbroken with all kinds of emotions and that my body is hungry — and I would like to listen in.

Surely that during the day, it is the sense that is the stronger that will win. If my stomach is really hungry, it will come before my thoughts and before my emotions. But, if I ask myself the question: why am I hungry? Why do I suffer from a lack of love? Why am I inhabited by a thousand pro-

jects and I cannot manifest anything? I cannot create anything or do.

Then, the one who listens to himself does as a father or a mother, he listens to his children one after the other. And, through this listening in, he will know how to bring the peace, the calmness, the order above all in his dwelling. If the hunger is too howling, he will do everything necessary to calm this hunger. If his heart is too painful, he will take gestures to heal it. And, if his thoughts encumber him, he will start to work. After, if something remains to resolve, maybe the one he did not hear is maybe the one who needed it the most. On five children, four were howling and maybe, it is the fifth onethat we did not hear, who was the most urgent problem. And the one who listens in, he descends as profoundly in his soul and in his heart and in his body to hear the root of all his problems.

Q.— When we met, about a month ago, I bought *the book of CENT.NOM*, I put it on my bedside table—and that never happened with any other book—one would say that there is a magnet. I read four lines, I see that it *brings me calmness* and I see that it changes something. Why does it happen with that book? It never happened with other books.

CENT.NOM ::

I shall answer about that. There are peoples who calm themselves only with a bird flight, others calm themselves with a look, an attention from someone. You, that book calms you and it is its purpose, it brings the light. But there are also other books, other pathways of access to the peace. And, if this tool serves you and answers and calms you and gives fruits, it is the right tool for you. But the father has deposited a multitude of tools at our disposal. And the one who calms himself may start to see them, these tools. Thank you.

Q.— I have some difficulty to make the *equilibrium*

between the silence, the inner life and, as you said, the sharing and the welcoming. One would say that there are periods in my life when I am so hungry for the silence and the solitude that I have difficulty at that time to open myself to the others. I know that both are needed but I do not know if you have a trick to include equilibrium in there.

CENT.NOM ::

You have given the answer already. When a person asks the question, he has his answer. The one who is hungry for silence, who wishes to close up on himself, who cannot go towards the others and who feels that he must go towards the others, he feels himself pushed here and there by the life, it is a disequilibrium. Because the one who is in equilibrium, he does not feel himself pushed in the back. The one who is in equilibrium bears the calmness in his dwelling and, because he bears the calmness, the order reigns and, because the order reigns, he can go towards the silence, go towards the others and attend to other occupations without suffering from it because each one of these occupations will bring him beneficial effects.

But, in disequilibrium, the man is always pushed from one side or to the other and often not of his own choice. And, because it is neither his choice nor his decision, he feels pushed about, abused and also he feels poor, weak, weakened. Then, in him, revolt rises up and, in this revolt, the solution that is proposed has often been signed by the exaggeration. Because we should, I really say we should, be able to attend to many, in multiple places and we could bathe in the silence, drink to the word, be immersed in the music, in the chant, participate to the sharing, to the support, to the help, to the work. We should be able to take all these actions with harmony, but, for this, we must see to our equilibrium.

And, as soon as we feel pushed, as soon as we feel attacked, aggressed, often it is because we are not in our equilibrium, in our harmony, in our divinity. Because the one who

is in equilibrium, who is in his divinity, always goes where he is called upon. And, when he is called upon, he does not take that as a chore, he goes with a light heart and he is joyous because he knows that where he goes, he will be cherished, loved, borne, nourished and he will receive from the other one much more than he was hoping to receive from himself by closing up in himself. Thank you.

AV. I think that we shall end. It is not easy to ask questions. The one who knows to ask himself questions is a man or a woman who goes forwards and who evolves and who finds his own answers all the time. The greatest problem, it is to ask the question, to situate, to see, to seize, which is our handicap. And, when we have placed our enlightenment on the facts and the circumstances, what we live, we smile and we say; my god, I have been carried along so many times with these apparent problems. Often we ask ourselves the question and we have our answers, but we must ask it the right way.

Q.— There are times also, we would like to ask questions and we *fear* to be taken for an idiot, a simpleton. For myself, it is a great problem to ask a question to see if I will ask it adequately, what I wish to know.

AV. I will answer you about that. It is better to be taken for an idiot and have an answer. I will thank you any way. Those who have subjects, I am available, there, I am getting out of the state of the listening in. I did all I could to remain in that state to have the necessary answers.

SUMMARY OF THE QUESTIONS

THE JOY

TOME VIII

THE UNITY UNDER HIS SOURCE

CHAPTER 11

If there are any questions.

Q.— I would like to understand fully these beautiful words. At the beginning was mentioned *the passion*, could you open my comprehension on this subject, please?

cent.nom ::

The passion is a short-lived fire. But the passion, in this same instant, may reveal, to this life, the whole scope of his glory. The passion is a foretaste of what there is the greatest deposited in our dwellings. Thank you.

The one who goes in his step, in the ordinate of his father, will be, everywhere he goes, under the shelter of this one and will be, in the need, instructed and counselled. Thank you, three times thank you to you all.

APPEAL

CHAPTER 17

Q.— Yes, I would have some. The first one, it is more personal. I would like to know *how to act with a friend* according to the data, according to what happened and according to what must be done and what she owes me. Thank you in advance.

CENT.NOM ::

Any action depends on the look that we take and depends on the look whence we take it. What is a debt? And what the ones and the others owe each other? In the spirit of

the man, everything has its prize although in fact, the value of anything has no price. The pressure never has any effect, brings but wrench and pain. Everything that is owed between each one and all is conveyed and is filled up in due time and, if you wish to receive your due, without pressure, without demand, and bring to a higher level your demand to the one who owes you, who, in your spirit, owes you. The one who owes knows it and, according to our attitude, we may make of him an honest being or a thief. The brigands always are born from the irritability of their society.

It happens, during our journey, that we suffer losses and the losses, with time, are not always losses. The one who awaits, who demands, who pressures, gathers little. The one who is wise and gives, to the one who owes, the time to honour himself, is often the best way to act. And it is difficult to welcome the loss as a gain because, for this to happen, our father, creator, god, if he should demand it, would put us in difficult conditions. We are all indebted to the ones and from the others. And the loss, as the gain, is part of this energy, of this movement. The patience, the love, has the might to heal the loser, to instruct the one who is in debt and has the power to mend, to accommodate, each member of a society. Thank you.

Q. — What happened CENT.NOM so that she halted in this way the relation? *Am I guilty* of anything? I wish to know what happened, why does that happen?

cent.nom ::

Often, when events touch us, we feel responsible because one way or another, on our contact with the others, we always produce a positive or negative effect. And what happens to the other one, when we do not understand it and we do not see it, is part of his history, — privacy — his private life. There are facts that we know of the others and many other circumstances that we ignore of the others and of ourselves. In some circumstances, we are channels of life and of light and of love, and, in others, without really wanting it, we are

limits and, often, of an insurmountable appearance for the other one. Each one of us is placed there to allow to each one of us to work one's own way at some cost.

We should, in general, not think about the monetary losses, of friendship or some other kind, because each one of us may draw at any time in the abundance of the eternal. And what you do not receive in one hand or what you lose, in one instant, a friend, a life, a parent, under some way, is, to our look, but an object that quits our horizon but that, in our conscience, is always there, is present. The one who has gone, through the path of the death or who has cut the link, is always there. And the one that you have cherished, loved, shared, will have to be still honoured in this sense. For it is not because we do not see the tree that the forest does not exist any more. Thank you.

When there is suffering, there is loss but the loss is but the effect and the fact of our own consciences. When there is suffering, there is loss in our own consciences. And all sufferings should be chased away from our dwellings because they are illusions and are demons that destroy our integrity, that weaken the effect of our divinity. The greatest loss, if there is, it is to be subjected to these tornadoes, these wars, these pains, without understanding what becomes of us. In your spirit, in your heart,

in your soul, do not welcome loss but abundance. Because the loss, upon our consciences, weakens our powers, destabilises our confidence and chains us in a more profound ignorance.

In all the gardens of the father, in your own gardens, some flowers, species, appear and disappear but, at the sight of the gardener, there is no loss. The loss is the greatest sign of poverty. The one who, in his conscience, can pass beyond his sufferings, beyond his aspects contrary to life, is protected from himself. Because, in the spirit of the eternal, losses do not exist. Thank you.

If you have other questions, you may.

Q.— A small discussion with Alain yesterday evening: *the inner movement of the colour*. Could you please talk about that?

CENT.NOM ::

The colour, upon the look of the man, is but the effect of some pigments, but the effect of an inert matter. But the man, in his wisdom, should know that everything that is born, that takes existence, is sustained by an energy, a life. And, for the painter, the colour is but pretext to his own expression of the life. And, so that an inert matter might take to life, it must receive the breath and the breath is heard and is recognized by the effect of the inner currents fast flowing, slow, hot, cold, luminous, bright, latent; night where the movement almost extinguished itself.

The inner movement of the colour is, in fact, natural but the artist, taking the soil, the pigment, the inert, has the responsibility to put in it his breath; the breath that the eternal has communicated to him. And a conscious artist will not leave, on his work, a desert field, an inert and empty field. The inner movement of anything is, in its ensemble, as a current, a current, as an example: hot waters and cold waters. Upon the ensemble, on the look of the one who is far away, any water seems but water, but oceans with a variation of colours more or less great but, for the ignorant, the water remains the water. But the water, if it were without movement and inert, would not allow the life to any of the created lives of the father.

Each pigment, each matter, each object participating to the work of art must, whatever might be its power and its force, be alive. And the artist has the responsibility to transfer the life, in his gesture, on his support, with some element of his choice. The warms, the colds, to the look, to the touch, to the consciousness, remain the effect of his energy in movement. Thank you.

— Thank you.

THE PARADISE THAT HAS NEVER BEEN LOST

CHAPTER 20

Q.— CENT.NOM, the question is for Alain. Would you talk to us *about the “I Am”*?

CENT.NOM ::

The “I Am” of the Ancients and of the eternal days is the appellation of the eternal in our dwellings. The “I Am” is the part and this same part is the whole: the whole placed in each dwelling, in your dwelling; the one that is might, that is fountain of manifestation, the one that is joy, colour, day, night, that is movement in the halt and halt in the movement. The “I Am” is god—the eternal, the father, the son, the family, the humanity—that is inscribed in us all and in your dwelling. The “I Am” animates lands and heavens, ocean and breath, outer, inner, fertile lands in countries, in dwelling, in each one of our dwellings.

The “I Am” animates, supports, carries and allows, to all and to each one to express himself, to manifest himself in the glory of the one that we cannot name, of the one that we cannot attain because he constitutes us, he uplifts us and places, upon each one of us, but beauty, but attention, but love, but abundance. The one who is conscious of this might that animates him and who is names for all times “I Am”, is a living, luminous, creative, free being. Because the freedom that is the “I Am”, the god that is in ourselves, does not infringe any law of the eternal, of the wise men. The “I Am” is the fundamental vital force of everything that is and of everything that has passed and of everything that is to come, because the “I Am” embraces all these phases of its manifestation, of its expression. And each dwelling, each life, each being and you, is but the gesture that the eternal attempts to place in your heart at each instant of your life. Amen.

— Amen.

If you have other questions, you may bring them forward.

Q.— In a more material question may be, I do not manage to create or structure what we name *the phosphenes*. Enlighten me about this subject, please. Thank you.

CENT.NOM ::

All the answers are in the very interior of the questions. Because the one who says “I do not manage” must, in this declaration, recognize the obstacle. The one who says “I” without the consciousness of the “I Am”, talks without god, without the creator, without the celestial might and should not make these requests in one’s own name. And each life, each man who wishes to work, to create, to bring, to give, must be a servant, a channel; offer his temple, his hands, his eyes, his heart, his listening in, to the almightiness that inhabits him, to his “I Am”. Thank you.

— Thank you.

CENT.NOM ::

We shall close the meeting. Thank you.

MULTIPLY

CHAPTER 21

Q.— Thank you Cent.nom. Could you talk to us about *saintliness*?

CENT.NOM ::

The saintliness is the grace of the eternal upon each one of his lives. The saintliness is the light that uplifts, as a child to wisdom, in our crowns. The saintliness is this conscience that nothing can dispossess a life, a humanity, a nation, a man,

of what his creator has deposited in his dwelling. The saintliness, in the conscience of a being, of a man, of a woman, of a child, of a life, gives, to this same life, to this man, woman, child, the might of the eternal upon the span of life to live of this same life. Because each life, each creature is the sum of the eternities, is the sum and the wisdom, is the great work of this same eternity in each one of us.

The one who is conscious of these facts, of this effect, is indestructible, is almighty; he will never be able to let himself be taken away by some movement, wave, flood on his lands, on his life, upon his family. The saintliness is the awakening of a conscience in the grace of the eternal. And the one who is awakened in this way does not defend himself any more, does not combat any more because he has become the hands of the potter. And, because the potter makes himself be heard in his dwelling, he helps his family, his entourage, the peoples, he helps these generations to raise, in their heart, in their intelligence, a new journey.

The saintliness is the grace that the eternal has deposited in each one of our dwellings. And the one who awakens to this grace becomes not the one who passes and who dies but becomes a ferryman; the one who brings the invited guests of this time to other shores, other places, other spaces of consciousness. Each life, each man, each creature is a ferryman. The gesture, the attention, the look, the thought, that you bear in this instant will never fall into oblivion. Because your gesture, your attention, your action, might you be conscious of it or not, remains and will always be a bed for the next flowers, families, humanities.

When we blossom, when we bloom, when we embrace the glory and the grace of the saintliness, we are vibrant in the spirit of the eternal. But the bed, the concentration, the soil, that sustains each one of these lives, that bears us, is the body of the eternal, of our creator. This one, in his love, is this hotbed, whence each one of us may prosper. His spirit is the light that leads each one of his lives to germination, to blos-

soming. And, when this same life deposits its sanctified fruit, this same fruit lies down in this temporary night to become the nucleus, the grain of the new gardens.

And, through all these present times, none of these lives, none of these flowers is repeated. Because each man, each flower, each created life remains, under the sight of the eternal, his unique child, this unique experience. And our creator reconciles, in each one of his creatures, lives, all his hopes, his intentions, his intelligence and the layouts of the day of our to-morrows. The effect of the great work is and remains the energy that sustains all the created and uncreated universes. State of grace of the saintliness is a window open on our consciences that reveals, in our dwellings, this permanent horizon, infinite, eternal; there where the source, where this sun does not set down any more. This state of consciousness allows, to this life, to this unique experience not to die out in the sadness and the solitude, but allows, to this life, to rise up in his joy; the one of our eternal. Amen.

AV. I think that we will end the session.

— Maybe ask for yourself, Alain, we shall wait together.

AV. Allow me 2-3 minutes.

TO MY "I AM"

CENT.NOM ::

Under the effect of his light, I find again the order, the peace, the healing.

Under the effect of his light, I attain the rest.

Under the effect of his light, the energy of the eternal, of my father, of my creator, governs my dwelling, activates itself, makes me wiser, calms me and chases away my uncertainties.

Under the effect of his light, we may all pray, be his

love, his comfort, his energy, his life.

Under the effect of his light, I prosper. Because my land is but abundance and my gardens are but joy and my capacities, my creativities are but the expression of each inhabitant, creature, life, that animates my gardens.

Under the effect of his light, the interior is the exterior, the exterior is my inner self.

Under the effect of his light – the light of my eternal – I may at last appreciate what I am, live my "I Am". Amen. Thank you.

THE PRESENCE

CHAPTER 22

— CENT.NOM, we celebrate to-day 15 years of your manifestation amongst us and we are all thankfulness.

Q.— For Alain, how to formulate the demand so that the initiative of the international day for the pilgrim might be accepted. The way to present to the authorities for its implementation.

CENT.NOM ::

The time, upon the dwellings, is counted from our first steps. And the time, upon our dwellings, flows when we have lost the calculation of the number of our steps, of our gestures, of our attentions. Each life knows a birth, knows its own birth, because it reveals itself in his conscience at the moment when it takes body in a place, in a space, a time, an epoch. In the intentions of the presence, each one of these lives is present since always. But, for us, we are the manifestations of his presence and, as manifestation, we awaken, one day, to our birth and we bear personality, draped of might, of light. And, from our first steps, our first gestures, we must go to the discovery of what animates and fills up our dwellings. And this takes still some steps till the day when this manifestation of the pre-

sence awakens itself to another birth; the one of the different levels of consciousness.

The fruit then that we are, under this enlightenment, can pass from his state of manifestation to the tree because the presence deposits, in our consciences, the seed of the eternal. And, during this journey, we are all these pilgrims who, after some steps, discover their being, their *raison d'être*, their essence and their origin, if the time has well gone by upon this own life. Because the majority awaken in a birth and go back to sleep very quickly in their night. And the time passes by and, upon this same time, the eternities escape us.

Each created life, each universe, is deposited, there, in one place, to discover itself. *The life, in our births, is the smile of god*; his joy, his love, his sparkles of glory. And, during our journey, when we believe profoundly that we have created everything and done everything, during this pilgrimage, the life, his energy, sees to it to dispossess us, to take away what is too heavy on our shoulders, to take away any veil that hides this glory that we bear. Each universe, each life is on a journey. And, during this journey, we arrive in different places of knowledge, of conscience, of light.

The father, the eternal, in his joy, makes spring, upon all the universes, these incalculable numbers of lives, of manifestations, to allow, to each one of his lives, manifestations, to know the origin, the very essence of their creator. Because the creator, father, in his joy, multiplies and, in his love, hopes that he will not err himself, because each one of his created lives is his representative. A pilgrim, a man, a family, a nation, must feel called upon, pushed, to encounter his presence, the presence of the eternal in his dwelling, to give again movement to this walk, to this progression in the understanding of our lives.

We must animate each member of this family, of our families, by making them become conscious of this presence. And the pilgrim of whatever origin might he be, if he bears this same presence, will be this torch, this joy, that will know

to rekindle each heart, each being. A good pilgrim must communicate the joy of the eternal to the others and to himself; a good pilgrim is in each man, woman, child of this place, of this Earth; a good pilgrim protects the others from the arduours of the ignorance and of the sufferings—and this same pilgrim must be a sun upon the sadness of the hearts and his own sadness. A pilgrim, in fact, is and remains but a god walking. Amen.

THE NAISSANT II

CHAPTER 28

Q.— When the last breath happens, when a person dies and is incinerated, is there a waiting period before the *incineration* so that his soul might be well, in peace?

CENT.NOM

Peace—the time to be—is lived during our experience. And the one who has had the wisdom to inscribe, in his conscience, the welcoming of this very breath, will not know any separation. And what happens naturally or precipitously has no more echo on this life, this light, this divine in action, in evolution, in transformation and above all in joy. Amen.

TO BE

CHAPTER 35

Q.— Please, I would like to ask CENT.NOM *to help* my mother *not to suffer any more*. Thank you.

CENT.NOM ::

Not to suffer any more, we all have to bear the essential; the path of the life, his path. And, on this path, the abandonment, the joy elate us, rekindle us, whatever might be the step in our evolution, expression, manifestation. Amen.

The abandonment, in order that it inscribes itself in the

heart of each one and of all, must be, by each one and all, welcomed. And our expression invites us, by our own state of being, to create an appropriate environment for the one or those who await but this grace. Amen.

By the breath, in the breath, I may know other breaths. Because each breath bears its colour, its light and colours our mood. Thank you, three times thank you.

THE PASSAGE OF THE SEASONS

CHAPTER 39

Q. — I would have a question please.

CENT.NOM ::

With pleasure.

Q.— *How to express the light* technically on a canvas?

CENT.NOM ::

This research has occupied many men and women and many lives. The only way to convey the matters is not through the path of the technique, but through the path of the bearing. To deposit the light—the one that is eternal, the one that will remain present through all the times—it is of course the one that animates us in our dwellings. The one who appreciates the joy of living, the light that is around him, and to hear and to see the bearing of the light that animates him, that is his energy and his love, then our man, our woman, our artist, the one who will wish to tell the life, will not talk about himself but will deliver what he bears and what overflows from his dwelling. There are no other ways. Amen.

Q.— Thank you for the answer. I well understand that this rendering may pass only through my bearing, what is learnt with the seasons of my life. Technically, by which means may I *realize this effect on the work of art*? Must I employ

some clearer colours, purer, less faltered or by the choice of my subject? I would like to express this essence of the life, with more power.

CENT.NOM ::

The colour may be at the service of the shadows and of the light. The absence of colour may often surprise, because, in this subtlety, in this almost absence, the colour may awaken itself in the observer. The energy of the life is subtle and is not perceived by the majority. And what we call the colour is but an effect of the reality and, often, deceitful, because the finished object is not an object on the path of emerging. What is manifested in this one, everything remains secret, because few have access within it.

The energy, the light, in the actual understanding and of many epochs, is always on the taking of the look on object, image, life, being, clothing; the energy of this same colour has its source, has its reason, has its life and its movement. The one who wishes to come close to these frontiers or to get past these frontiers will have, in his comprehension, to approach these spaces, these dimensions, with tools combined with his perceptions. Because what is the light? What is the sound? What is the expression? What is rhythm?

The one who always takes the same path knows each tree of this forest that he visits since always. But the one who takes other paths to go to the same point will have another comprehension, another approach. And what he will put in his works of art will be, of course, the richness of the multiplicity of his own comprehensions.

The being, the man, generally frequents a path and he gets used to this one and he feels at ease because he can, with this habit, have a semblance of dexterity. But a wise one does everything, in his gesture, in his word, in his way of being, not to remain in the path too frequented by himself. He imposes on himself, everyday, a new path, a new horizon and if, during his action, his gesture, he encounters some past path,

he does not take a pause in these places. Thank you.

— Thank you.

CENT.NOM ::

Good research and, above all, what joys are there for us all! The joy is not a surprise, the joy is the understanding on our dwellings of his whole grandeur, of his whole energy, his creativity, deposited in our humble dwellings. The joy is the real sun, burning fire of his love. Amen.

BLESSED BE THIS TIME OF GRACE

CHAPTER 40

Q.— How to find again the suppleness of my muscles? This *fluidity of the body* so much longed for?

CENT.NOM ::

This fluidity, this current of life, is in fact but a state of spirit. Because the tree, according to its age, may be subjected to the winds or the storms and, according to its time and its age, it might fall down or become bigger. The extreme fluidity is not confined in some body, because this fluidity, this freedom, remains the fact of the spirit of the presence that animates each life. And, in a child's body, in the body of a new arrival in these places, this freedom, this joy, this bliss of the presence in this young dwelling, shines. Because this child has not yet had the time to equip himself, to protect himself against some illusion, monster.

And, in this youth, the body and the spirit generally make but one in their chant, in their expression, in their vivacity and in their joy of being. With the time, the body of each life assures its image, its identity and, actually, hardens itself believing that he can in his new states of being, believing that he can face the greatest perils. And, in fact, this natural process of the reinforcement of the person's identity is good.

And, where there is drifting, it is when the body, in its new autonomy, in its might, in its new states of being, imposes, to the presence that animates him, his rules.

And, with the time, he separates himself and forgets voluntarily the fact of the presence in his dwelling, and he evicts the source from his own power. Whatever might be the age of a life, child, adult or aged one, all meet a form of limitation. The younger ones hope to be more adult, the aged ones hope for more years and those who happen to be in the middle despair because they have lost this youth and they fear their own disappearance at the entrance of the ages. Any manifestation animated by his presence becomes conscious of his own limits, and only the presence that is in each one of his lives proposes and offers, to each one of his lives, the postponement of his limits that name themselves the duration of any thing.

To be consequent with what we are, whatever might be the place of our actions or of our manifestation, we must recognize our limits. And once we have conquered our limits, let's elevate ourselves in the might of our presence, because the limits are but the chalice, but the bearer of our inner light, of our presence. And, man, if you did not know these limits, how could you appreciate the joy of being, there, in this place? How could you appreciate everything that is offered to you?

Our limits are, in our conscience, the support, the container of our presence. And our manifestation remains the path of our presence. And our sufferings, our limits are there only to bring us back to order and allow us not to lose the awareness of the place of our residence.

To find again the fluidity of our bodies, let's leave the presence flow in our dwellings. Let's leave it free and this one will see to it to appease us all and each one in our bodies, in our thoughts, in our gestures.

Man, if you suffer by listening to your limits, open all your inner doors to your own presence and be confident to what this one will be able to make you appreciate. Because, in

this place, in this way of being and of acting, there lies the joy, the grace of being, of living and of shining. Amen. It is wise to let act the presence in our dwellings, it is still wiser not to interfere. Amen. Thank you.

YOU ARE A MANIFESTED ONE

CHAPTER 43

Q. — May I ask a question? It is a question that I ask myself about my mother when she was *in agony*. Was she suffering as much as she seems to or was she well or was she conscious? And now, is she well where she is? If it is possible to answer me, I would be at peace with that.

CENT.NOM ::

One should never rely on the appearance, because what appears to be always remains our perception. And none of us is at the place of the other one, and what the coat expresses may be a part of the truth. But, in fact, in the depths of the being, the conscience, the enlightenment, takes root in a place that nobody may attain as long as he has not journeyed through it.

The mountain trembles, everything trembles and, yet, some instants later, the life takes its place. Often what seems to be the suffering is, in fact, the tearing of the separation, the abandonment of the body, because the being, in its essence, is never torn. And the being all of light, during his experience, has attached himself to his robe and it is in this separation that there is a quiver of life, of joy and even of pain. Thank you.

— *Is she fine* where she is?

CENT.NOM ::

The being that animates each one of our lives is always in the beatitude. Because the being that animates us, each one of us, is god and god is always, in your words, well, joyous,

abundance. And the death, it is what appears even in the life, at the birth of a child, remains always the joy, the liberation, the freedom of the creator in our dwellings or outside of our dwellings. Amen.

There are pains and sufferings and wailings, but the one who will pass these places, these experiences, will understand that these emotional states are there only to prevent us to lose our landmarks and always to go from the source to the source, in the source. The sufferings, the joys, the pains are as landscapes for this pilgrim who goes across his own universes. Amen.

SUMMARY OF THE QUESTIONS

OUR GLORY

TOME IX

THIS SANCTUARY

CHAPTER 2

Q.— CENT.NOM, if I were a 10 year old little girl who does not understand much, how *could you explain what you have just said?*

CENT.NOM ::

Concerning the elevated subjects of life, there are no explanations. And this young girl would be invited to go play in this large park that is around her and that welcomes her. This large park of life there where her family, where nature, animals, the sun, the water, the wind, chants constantly and overfills her heart with joy. And this little girl knows, in these instants, already everything. And what you have heard, discovered, as a youth, you might be able maybe to take a whole life to recover this space of joy, of purity, of innocence, of gratitude there where your spirit is not encumbered by some shadow. And, man, if you are truly wise, The same is true for all of us. Go forwards and embrace what we have already placed in your dwelling forever. Amen.

Each life is the core and is at the core of this joy, of this impulse, of this movement, of this mutation, transmutation.

And, for humanities, transfiguration, there where each life, each being abandons what he has seized in his belief of progressing. And, in this total dispossession, each one of these lives hears, in itself, beat the might of life and, in their exaltation and joy, appreciates this love that encompasses these lives, protects these lives. To walk for so long while forever we are already there. Amen.

YOU ARE THIS FLAME

CHAPTER 11

Q. — Thank you for all the love that I receive presently. I would like to know *the raison d'être of P.P. in my life*, and if I may be enlightened about him? Thank you.

CENT.NOM ::

Everything we wish to discover regarding ourselves does not depend on the paths that the others take but of our own inner action; the one of living ourselves, of encountering ourselves, of liberating ourselves. And any action, beautiful, harmonious, does limit, in any case, the individuals in one only direction. But the intention, the enthusiasm; this aspiration towards love, towards beauty, towards excellence, reside, of course, in what we call relations. And the dominating relation remains the one that we have ourselves with life.

Birds in flight can meet themselves, birds in dwelling can be invisible. And, in the case of a meeting, it is aspiration, the impulse to freedom, to the expansion of the hearts, of the beings, that in this very aspiration, we meet each other without expectations, stories, without calculation. The flight is light, the state of being shines, is in peace. And what you live, all, the ones, the others and you, in your case, is but the effect of his grace that you welcome, cherish. And, as long as you will not soil it, will not extinguish it by your intentions, projects, calculations, than the wind of the spirit upon these beings, upon you, will know to carry you in some places that,

forever, are reserved for us. And these places, forever, await us all and each one. And to shine is neither the fact nor the place, nor of a time, nor of an age, nor of a circumstance, nor of a meeting. To shine is the fact of welcoming and of accepting this new breath that passes upon our dwellings.

It is wise to bear, in our hearts, the joy of this child who runs without knowing even the places where he takes his steps and who, in this same joy, welcomes himself looking at the other. And, often, this joy that makes itself be heard upon us all liberates us from our sufferings, from our sicknesses, from our shadows, from our limits, whatever might be the edification. This way of being, of living, of shining, is wholly natural for us all, whatever might be our locations, our appearances, our expressions and our responsibilities.

In this field of life, we are all and each one free, mighty, and the effort is no more in our state of being, and sadness is no more in our state of being, and suffering is not inscribed any more in memory because our state of being to all, this light of our creator, brings us back into this cradle of light: there, everything that we have known till then is no more, has never been and will never be there. Suffering – getting old, all kinds of degenerations, clumsiness – does not grow in this garden of light, of love where each soul makes but one and is inscribed in the joy of our creator. Amen.

Q. – To-day, it is the birthday of *my brother* who one day has *left without leaving any address*. We are wondering if he is still alive or if he is dead, if he is sick. Could I have a little word about him?

CENT.NOM ::

As long as we carry in our heart a look, an intention, a name, a call, there is therefore no death, whatever might be the appearance. And, if someone seems to us far away, maybe erring, these are, of course, but our suppositions. And what you bear, each one and all in your heart, is often the echo of

what the other one has not known to bring to you. And the word that you bear is the word of all. And, in this case of your brother, a pure intention, a pure enlightenment, only a thought may bring you closer, in this same light of the creator, by the gesture, by the word, by the movement. And, in this action, the return is always present, because there was never a separation. Any separation is only the fact of ideas that each man, woman, child may elaborate outside the field of light. Amen.

Q. — Is there *a message for Alain* to-day?

AV. Yes, I was thinking about it and I forgot the question that I wished to ask. The message for Alain.

CENT.NOM ::

Whatever might be the freedom that you live, place what that, often, may appear to you under the form of worry, of constraint. Because the total freedom, the total blossoming of our souls, of the spirit that animates us, of the body that we bear, happen when one is freed from everything and that one may go from where we are towards what comes to us, to welcome it, to hear it. And, in this action, all, we must place ourselves inside, in the heart of all the universes that we encounter: of these men, of these women, of these lives under all appearances. We have the task of tactfully entering with love, might, gentleness, generosity inside our humanity. And, only in this step, in this abandonment, we may at last appreciate joy, freedom. And our lives, in this way of doing or of being, allows us to know our full blossoming, his glory and, above all, the intention of our father. Amen.

Thank you and three times thank you for this meeting, for this act of gathering, this act of taking body in elevation. I thank you for accompanying me. Thank you.

THE PATH OF INTERIORITY

CHAPTER 12

Q.— I do not know *how to formulate the question*, would there be a way to go to the spirit?

CENT.NOM ::

We do not go to the spirit because the spirit is there. The first step to take is to abandon, to abandon oneself. And to abandon oneself to the source, it is also to abandon our beliefs, our pursuits, because each one of our pursuits takes us further away from the joy of being. And to be allows us to accomplish everything because, in the intention of the creator, we are accomplishment, his accomplishment and, through resonance, we are, in our actions, in our responsibilities, the accomplishment. And, to become this accomplishment, ambition is a handicap so small that flattens these giants in death. The holy spirit that keeps watch on our dwellings, in their whole might and beauty, is there upon any life, creature. To shine is not to look in one direction, to shine, it is to allow to the superior look, clear, pure, to embrace the whole in the unity. Amen.

The tension, the pursuit of any thing, projects even pure, keeps us tense in our gestures, in our effect of working and this tension has, upon us all, the effect of a call that the most sincere pursue. But, when the effect of the call calms itself, tension then places itself, expands and allows to our man, woman, child, creature, then to welcome the whole, his own greatness, peace, calmness, the immensely grand without effort. Because any effort equals tension, attention, exhaustion and, above all, the reduction of our might, because the might of his source, of the vital force that constitute us deploys itself always on and under all the horizons that constitute us, that keeps us bound in universes, in his life and in understanding towards the others; our entourages. Man, in your unity, you are everything; in your pursuits, you are but a grain of sand

displaced at the mercy of the wind; in peace, calmness and the loosening of any pursuit, ambition, belief of making, then, man, you are universe. And, in these comprehensions, your intelligence, your views, your knowledge and the fruits that you will bear will be, of course, very different. Amen. May peace rests in our dwelling! Amen and thank you.

BE CONSCIOUS OF THE PRESENCE THAT ANIMATES YOU

CHAPTER 13

Q.— I would like you to talk to us about *emotions*, their origins, the influence they have upon us and how to manage them.

CENT.NOM ::

Each level of consciousness has its part in colour of emotion. Emotion is the language that talks louder than the word, that torment those who are powerless in front of this language. Because the emotion is a combination of sensations, of apprehensions placed in memory as a tool of defence, as protection. Because man or any other life has in himself systems of defence against the exterior and, unfortunately, very little against the interior or himself.

The emotion, in its purity, is a sentiment, a breath, that brings our life towards the action, that allows it to flare up, because, in the journey, man could doze off in boredom. 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 they are there, present, living. Because, in the absence of the look, of the listening in, of sensations, of sentiments, who could make the difference between who and what?

An emotion is not what we are ourselves. But most

beings act, think, live as the emotion dictates to them and they take this emotion as their own truth, even for their body and image and expression. Man, you are not emotion. The one who is conscious of this data welcomes his emotion, sees it develop in him and, through his wisdom, uses this 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.

We cannot erase any emotion as we cannot erase the wind upon nature, cold upon these natures, heat, because the emotion can change your inner climate from one instant to another. And the one who is not master in his dwelling, then suffers chaos, disorder and, even, may die out in his own emotion and the others'. Because the emotion is a common energy to all and all add there their crown of fear.

Become conscious of your emotions, of your successes, of your failures, of your sufferings, finally everything that allows you to read yourself, to see yourself, to recognize yourself in this creation, but, remember that all these stages, all these magi are not you. And the one who is not conscious of this is and lives in a belief, in a virtual space, there where he has not yet place foot in what his father has offered to him to live, to experiment, to create and to discover. The emotion always puts all lives, all men, all creatures to the test. 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.

But, remain conscious of the presence and, in this place, welcome consciously the breath and inundate your whole universe with this sustained light, brought by this breath that you now take 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. And these aggressions, with time and very little time, accelerate very much un-

fortunately degeneration, suffering, sicknesses.

Because our creator has created us with a 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, and even in your thoughts of duration, has inscribed everything in us all with his letters of light where the eternal language is inscribed in each one of our dwellings. Amen and thank you.

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

THE EFFECT OF THE GRACE

CHAPTER 21

Q.— Still, I am as a little girl who is still asking as it was so beautiful.

AV. I have only one sentence that has come: Why ask when everything is granted.

Q.— *We are reminded at any time to ask and to call upon.*
Is it another stage?

CENT.NOM ::

To ask, to call upon, allows to each one of us to expand our fields of experience, of life, of comprehension, of intelligence. And this expansion is, upon us all, an ascent, an effort, an appearance of difficulties, to attain summits that are not, at any time, at nobody's reach because the summit of any thing and of any life is but in this state of being that acknowledges grace, joy, the lights of what animates it.

Out of these fields of light, the experience often remains heavy, whatever might be our talents, whatever might be the immensity of our capacities, of our forces. And to live, whatever might be the places of the experience, it is to arrive in our dwelling, in his abode, there where the effort, suffering, is not perceived, heard any more. Because the body, expression of

our identity, vibrates on its own diapason: on the diapason of his light, of his energy, of his love; there where our discourses are extinct in front of so much beauty, so much light, in front of his essence, our essence.

Silence is master, because it is the superior word; the one that appeases our demands, the one that appeases our sufferings and the one that, through so many graces, invites us to the chants of our lights, of our elevation. Because the discourse, in the experience, is, in general, but a little cry of pain, even if this one seems well expressed, structured, articulated.

Elevation, the liberation of any life, creation, is done in that understanding, where everything that constitutes us sustains us, bears us, at last vibrates to its full capacity, expression entirely luminous. In these spaces, each life, creature has access to so much that it cannot find itself again and, at the same time, is kindled at each instant. This state of being inscribes, in our manifestations, our full beauty. Amen. Thank you.

THE RETURN TO THE PRIMORDIAL ESSENCE

CHAPTER 43

Q.— I would like to know *if it would be better*, in this event of my death, to call my son and tell him *not to come at my bedside*.

CENT.NOM ::

I shall answer you. The son that you have chosen would be deprived if your gesture does not continue in his heart, in his spirit, in what he is. Because the mother who has chosen her son or who bears his son, or who has some child that her spirit has chosen, has the duty, as us all, to let flow this energy, this might, because, in these instants, one only word of your light may sustain his life and elevate it to grea-

ter excellence and maybe to bring him closer to the joy that he pursues.

And, when we depart, we must deposit this joy in the heart of all those who are around us, because only the joy is the true food to our pursuits, to our creativity and, also, to our *raison d'être*.

Welcome your children, welcome your entourage and become radiant, a sun of love; what is there since always in you, liberate it. Thank you. Liberate this grandeur that inhabits you, give it, because the one who gives receives a hundredfold. Amen.

CURRICULUM VITAE

STUDIES: Diploma of secretarial course, Stella Maris.
Classical Ballet: in Quebec with Seda Zaré (1960-64)
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, England, till 1968. International tours.
Teacher, choreographer and 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 ».

Alain Vautrin.

BIOGRAPHICAL NOTE

Alain Vautrin, of French origin, was born in Staoueli, Algeria, 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 has worked at different trades.

His life experience has allowed him to take up a scope of different 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 different teachers such as Lise Grothé, watercolourist, Robert Girard, animalier, 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 Montreal.

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.

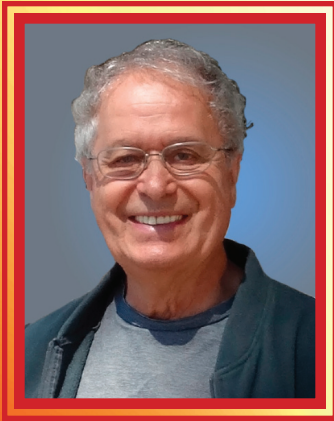
Only in this pure integrity, the artist may reveal himself and be truth to himself. In this spirit, what joy and discoveries!

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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

The one who is in equilibrium does not feel pushed in the back. The one who is in equilibrium bears calmness in his dwelling and, because he bears calmness, order reigns. Because the order reigns, he may enter in silence, go towards the other ones and attend to other occupations without suffering any inconvenience because each one of these occupations will bring him but some beneficial effects.

The “I Am” is god – the eternal one, the father, the son, the family, the humanity – that is inscribed in us all and in your dwelling. The “I Am” animates lands and heavens, ocean and breath, exterior and interior, arid or fertile soils, in country : in all places, in dwelling, in each one of our dwellings. The sufferings, the joys, the pains are as landscapes for this pilgrim who journeys in his own universes. Amen.

Alain Vautrin