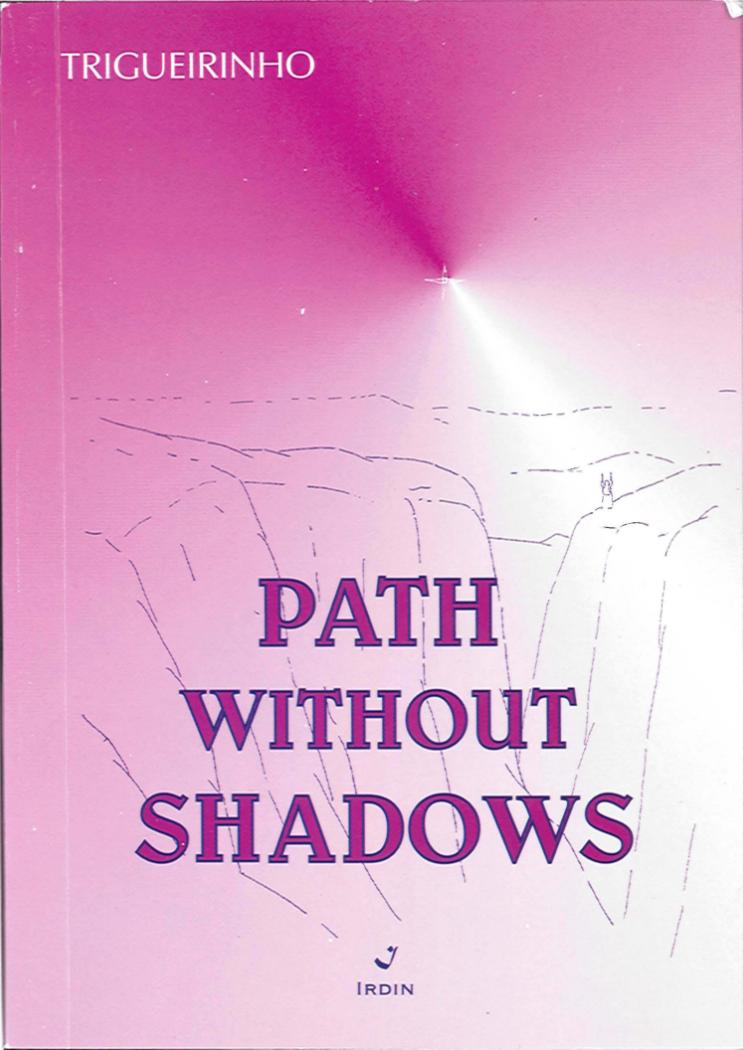


TRIGUEIRINHO



**PATH  
WITHOUT  
SHADOWS**

  
IRDIN

TRIGUEIRINHO

**PATH  
WITHOUT  
SHADOWS**

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## **The Pocket Book Series**

This is an English translation of seven pocket books that were assembled with the aim of summarizing some of the information contained in the books we have published since 1987. This Pocket Book Series is presently the only English language source of this material.

Inspired by these books, spiritual study groups have begun gathering in various countries for prayer and reflection and the development of their inner potential.

Each book in this series has a way of sparking the impulse to enter the essence of one's being, to become one with the inner world. Although each book is complete in itself and independent of the others, together they represent a journey directing

the reader to a new stage in his or her life. This collection is intended for those who feel called to imbue their lives with the sublime principles of purification.

**The Light Within You**, the first book in the series, gives readers some thoughts for consideration, which may lead them to discover the seed of light within.

**Doorway to a Kingdom** represents the stage when, once this seed has sprouted, it will break through the earth and come into contact with the sun, the air and larger plants that help protect it. It is about contact with the planet's energy centers, which are aiding the development of the souls of human beings.

**We Are Not Alone** expresses the stage when the stalk has started to form. We grow in awareness of a path to be followed, of choices to be made toward evolution and of tests to go through so that the true purpose of our time on Earth is fulfilled.

**Winds of the Spirit** suggests the stage in the plant's life when it is concentrating on its leaves, breathing in harmony with the rhythms of the Universe. This book is dedicated to prayer. It inspires us and imbues us with clarity to deal with material things.

**Finding the Temple** is the time when the plant blossoms in beauty and harmony. It invites us to cross the threshold into spiritual consciousness and to participate in the life of groups of souls, and in the work of the planetary Hierarchies.

**There Is Peace** represents the time when the tree bears fruit. The words are nourishment for a life of service that readers may have already started, or for which they may be preparing.

Finally, **Path Without Shadows** represents the stage when, once the tree has borne fruit, it offers its seeds for the birth of new plants. These writings include a series of mantras in Irdin, a cosmic language, along with their musical scores, to be used individually or in groups.

These books carry an energy that not only ends one cycle of life, but also stimulates the beginning of a new journey of discovery, helping pilgrims return to their immortal origins, their true home.

They are offered during these times of special opportunities being granted by the Spirit.

Trigueirinho

Figueira, 2002

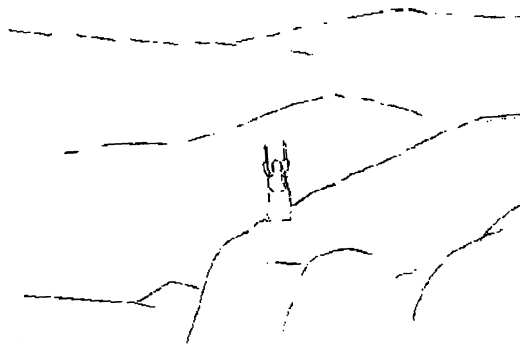
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## PART 1



Barriers to free and stable contact with subtle beings and civilizations that inhabit the inner worlds are beginning to drop. This communication will be accessible if, on the physical planes where you live, the necessary invisible magnetic channels are built.

You have been undergoing preparation for millennia. You have already incorporated many of the teachings transmitted by our messengers who came to Earth at various times. If you are aware of your role in the task of helping the planet, the time has now come for you to live according to what you have already learned.

Have you already realized that earthly paths do not fulfill your need for renewal? Have you experienced the limitations of human love? Have you found the emptiness that comes from mere materialistic fulfillment? Have you undergone disillusion? If so, you have reached the point of dedicating yourself to the inner worlds and to more abundant life.

Follow the spiritual laws. They will always point you in the right direction. Follow the sublime precepts. Let them bring forth in you recognition and gratitude for your condition as a child of God. Keep yourself firm in this inner state.

The concrete world and its forces cannot resolve the impasses of your physical life or of the chaotic situation of the planet. Unite yourself to those, who in the spirit of service accept the silent task of

building channels through which spiritual light can disperse the shadows. Human consciousnesses, thirsting for pure life, can then rise to levels of peace and harmony.



The unchanging nature of your deepest spiritual core will give you the stability needed for these chaotic times, without incurring stagnation, apathy or inertia.

You had to reach today's level of material density in order to aspire to transcend the plane of forms. Even though you may know little or nothing of life beyond the laws of matter, you feel the call to penetrate it.

Luminous days await you.



Simplify your mind. Fantasies and imagination have already led many people astray. Humility and inner discipline, which lead to the fulfillment of Spiritual Law and to the recognition of the will of the inner self, are the footpaths along your way.

During the critical times of this civilization, illusion has a tremendous power to cloud human consciousness. Keep in mind that you are in the midst of illusion and you will be able to recognize the impulses coming from the spiritual planes. You will perceive the vibrations they bring by the energy that permeates you and will not be deluded.

You are immersed in a planetary aura to which intraterrestrial and supraphysical invisible civilizations also belong. In worlds parallel to this one in which you live, there

are beings of subtle civilizations who work toward your greater integration and harmony with the life of your spirit.

Inter-dimensional channels and passageways make it possible for the different civilizations to link up and communicate. Communion among beings and energies is made easier wherever these channels are perfected.

You can cooperate with this unity of worlds if you raise your state of consciousness and contact your own incorporeal essence.



The vibration of your words and actions can activate, transmute or dissolve states of inertia and negativity. Aware of

-

this task, do not compromise with chaos. May you be vigilant and ready to sow the Good, unimpeded by obstacles provoked by the outer world.

We have come to you drawn by the energy that unites us. In brotherhood, we await your conscious participation in the reality of subtle planes. For a long time we have shared the same source of energy because we chose to live this brotherhood.

Your experience in matter, your fall, your learning to use free will, and now your ascension, have all been accompanied by Us. We have always known that we would come together in the same work.

But the energy of faith must be strong in your being. It deepens in you when there is no more room left for selfishness. Stand before your Inner Self with the serene confidence that you are being led by It.

-

The bases for you to go on will not be revealed to you by any light outside yourself. Even though someone may tread the path with you and help you, it is within your own self that you will find the means to surpass the trials that befall you.

Do not allow yourself be misled by appearances. Strengthen the fervor with which you seek Higher Consciousness. Recognize your light and let it grow.

Seek inner reality like a hidden pearl and cast off the layers that conceal your inner beauty.



Do not let your energy drain away in the dispersion of the crowd, even though many people you know are in this state.

You know what you must do: silence your mind and undertake the service that is indicated to you. Do so with simplicity, heeding the inner signs and having no ambitions for yourself.

Nevertheless, your ascension need not be a life of conflict. So seek the paths of harmony, even if it requires renunciation. Make service a means of molding the life of forms according to higher patterns.

Your steps will provide impulses to the inner awakening of your fellow beings. By holding steadfastly and with integrity to the service you are to render, you will help others to recognize their spiritual tasks, which are sometimes invisible.

Those who understand the alchemy of healthy living are entrusted with subtle work. Learning takes place in daily life by

keeping ones consciousness focused on the Most High and not on appearances.

In simplicity you will find the keys to the unknown, the unusual, and to the discovery of the New. But if you feel the need to know beforehand what awaits you, if you have to see where you are going to tread before taking a decisive step, then you are still far from grasping the true surrender that will set you free.



Actions contrary to your life of evolutionary service are no longer in keeping with your consciousness. If you become distracted with what is not of your concern, even if it is something positive, you will simply be a person of good will, taken up with the desire to be good and not

with the actual work of impersonal and universal service.

The laws that have been revealed are not solely for the enrichment of your spiritual knowledge. If you truly follow them, you will radiate love and forgiveness, and everything will work together for the good.

Be benevolent in your actions and you will find understanding.



You already know you do not belong to this Earth, but to the cosmos. After the purification that will soon be taking place on the surface of the planet, many will perceive belonging to the cosmos to be their true inner state.

Very few know this reality, and even fewer live according to this broader consciousness. But the fallacies of many should not influence your decisions or your surrender to what you are to fulfill.

You will receive the information you need to carry out your task. This will take place when the keys to the planes will have been disclosed to you, and when you will have surpassed the first tests.

The tests are:

- ◇ aloneness
- ◇ fear
- ◇ anguish
- ◇ arrogance
- ◇ lust
- ◇ subtle ambition
- ◇ greed

- ◇ pride in self-fulfillment
- ◇ craving for power
- ◇ sentimentalism
- ◇ doubts regarding the value of surrender
- ◇ lack of devotion
- ◇ lack of faith

You must stop betraying. Do you know what betrayal means in its subtle levels?

Faithfulness to the Higher Law is what is asked of you.



The seeds of your service to the world are destined to grow into fruit, and to generate new seeds. They will produce a healthy tree, even though, up till now, the

tree has kept itself hidden on the inner planes of your life.

You are in charge of blessed tasks. You will have all the help you need from our Hierarchies. Never doubt this. But do not expect Us to do what you are supposed to do.

If you make a mistake, invoke your faith and open yourself to inner guidance. In the sublime space of your inner being you will be in communion with Us, and nothing can separate us.

You are not valued for your external actions. What matters is your surrender to the will of the spirit. The events of your external life will flow from this and from the control you have acquired over your forces and over your material bodies.



Worthy actions alone do not bring knowledge. Neither can you be in Our presence through theoretical studies, no matter how advanced they may be. And always keep in mind that you will take greater strides through simplicity and purity than through ambition to evolve.

You are being prepared to contribute to the rescue of a planet, which up till now gave refuge to lost beings and to forces that deviated from higher evolution. For this to come about, We are working on your liberation from material ties and on the redemption of your matter.



At every moment you can either walk toward the Light or stay at the point you

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have reached. But to attain the ultimate goal, transformation must be ongoing and purification, which you must not postpone, will enliven the radiance of your cells.

Cells have a communication with the higher consciousness. This consciousness is now being raised and your cells can follow it in this ascent toward greater subtleness.

But not all cellular elements are rescuable. Not all of them will be appropriate to build the new bodies that will inhabit the surface of the Earth in coming times. Some of them are incompatible with the vibration that will be expressed by humanity in its new genetic code. This more subtle code of non-material origin has now been implanted on the supraphysical levels of all beings who are open to change.

Aspire to higher life, raise yourself, and  
you will be transformed.



Higher evolution would be impossible without the help of those who have already transcended the material life of the Earth, and who now constitute the spiritual Hierarchy of the planet. One of the tasks those higher beings have today is to remove the decadent elements from all cells. In this way, earthly matter will continue on its course without disintegrating during the selection that will take place in the human species and in the other kingdoms of Nature.

When you commit yourself to purification and to the transformation of

your being, you will be linked to the work of these ascended Brothers. You do not need mystical experiences or knowledge of occult facts. All you need is to allow the Love and Light of the cosmos to permeate your life.

Your Higher Brothers do not take your limitations into account. They perceive your inner state and your aspirations. The trials you will undergo will propel you to levels that are higher than where you are now. As you overcome these trials, you will see that you are no longer the same.



Since the beginning of Earth, the negative forces which form the dense power structure of these environs, have

fought against the light. But eternal wisdom has reserved for you and your fellow beings, a life where evil is neutralized. We aid your awakening to a state of consciousness where confrontation with these forces does not exist. In this state, you will perceive your sublime reality.

In Us, there is no tendency toward confrontation or conflict. Our instruments are love and surrender to the higher law. Love and surrender overcome connivance with chaos. This is why you see Us acting like rays of renovating destruction, whenever necessary.

Your capacity to transmute and rule negative currents that circulate in the world is still limited. Remove from your being the elements that link you to these currents so that you can deal with them without being

vulnerable. You have been helped to let go of ancient, dark aspects, but once again we tell you: always be on guard.

When the Light that inspires you withdraws to inner levels, follow It. The time will come when the forces of chaos will spread their last tentacles over the Earth. As it agonizes, evil will act even more violently, tearing to bits whatever it can. But it will be for the last time.

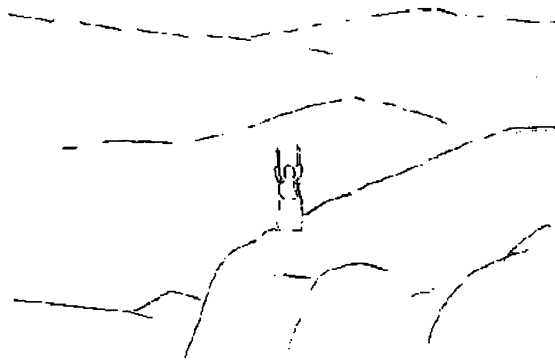
In those times you should remain impassive. No movement, no action will be timely. Each spark that lights up in the dense world will provoke a fierce reaction from these chaotic forces. They are not after the "lost ones," because these forces have already confounded them; they are looking for those in whom love for the Most High is still alive.

Be vigilant. Not everyone will have to live through the tumultuous times, because many will have already left this world. But some will be serving on the face of the Earth and thus their faith will be tested. Keep silent. Secretly surrender to your innermost core, for in these depths you will build the temple that will give you the peace of the inner worlds.

What really matters on the spiritual path is the decision to become transformed, to be detached from your ego, from your never-ending human processes, from your successes and your failures. Surrender all of your life to your inner being and take the steps that will be pointed out to you.

We will meet there, on the levels where you awaken to spiritual understanding.

## PART 2



Detach from everything and everyone, it is in this silence that you will seek solutions for the trials which life brings you. During those trials, remember that each being has a temple of wisdom within. It is this temple that is to become known and where one is to abide.

Some were given the task of educating, and transmitting the Teachings about inner life. If this is your path, do not base yourself solely on the intellect, especially during times of chaos. Wisdom teachings from the Book of Life are never repeated. Therefore,

do not project onto your path the shadows of your past nor the shadows of other beings that you meet.

The side roads of magic have already attracted and swept away many servers of goodwill. The desire to act according to their own choices takes them along those somber routes. Cultivate impersonality and remain neutral so as not to fall into that error. Surrender the guidance and the fruits of your labor to the Lord and follow the Law. Thus, you will hear the sound that summons you to cosmic life.

When fulfilling tasks, do not fear the onslaught of adverse forces. But also do not challenge them, because it would take an enormous amount of energy to return to your state of balance and silence.

Dark forces roam the four corners of the Earth. They spread hatred and a spirit of vengeance. They find delight and satisfaction in strife. Material structures and institutions are governed by these retrograde forces, which seek to destroy, ravage and confront the movement of evolution. These forces have dominion over the world of matter, and a part of humanity submits to them. That is why we say that hell is on Earth and will remain there until the forthcoming judgement.

It is in the light of your inner world that you will find your hope, your path and your fortitude. Never stray from this light.

Do not be disturbed by the chaos you see around you, because a permanent interaction exists between you and Us. But do not deviate. Those who have chosen the

path of Light are to live a correct external life, according to the Law and its principles.

Humility will allow you to recognize this Light and to merge with It, in an inner process that will be reflected both in the material of your bodies and in your environment, which is so much in need of peace.

Once it is purified, the Earth will be reconstructed and we will proceed together in our work. We operate outside of time and space, as you know them. Our unity exists in eternity.



When you transcend the human aspects that still limit you, even without

conscious contact with supraphysical reality, you will not lose your faith. Even if you cannot perceive our presence, you will remember that you are living and acting on all levels of consciousness, from the material to the non-material and to the sublime. You will know that only a part of your being is under the illusion of having severed the ties with Us. Never base yourself on the false impression that we are separated.

Call upon your Hierarchy. You already know how to do so. It is a spontaneous call.

A Hierarchy does not act only on one planet. It is linked to an infinite number of other Hierarchies. It acts in different ways on the various planes of the cosmos. No matter where you may transmigrate, We will be with you and you with Us.

We work together. The energies of your bodies are being transmuted. Connections are being formed between your consciousness and the higher planes of existence. You will be more and more in contact with Us. Through you We will transmit energies that infuse the material plane with harmony and beauty.

If you forget about yourself in a lasting way, nothing will take you away from this service and this giving. However, you will not be spared the assaults of the retrograde forces because your being accepted to live on this planet in times of acute conflicts.

Turn difficulties into a stimulus to dispel shadows and to illuminate the world.



We form a network of love and truth that reaches throughout the universe, attracting those beings who are ready to respond to its vibration. Attuned to this spiritual harmony, they become very deeply transformed.

For many, earthly bodies are no longer so important. Thus they are freed of involvement with material things through the beneficial action of this saving network. They become elevated and their consciousness merges with Us on the plane where We work in brotherhood.

Adverse and retrograde forces sweep through the lower planes, but they do not come near Our aura of purity and peace. May those who can hear this, hear.

Inner fortitude is a gift of your deep

inner self; you should become one with it. Those who continue attached to the material planes will undergo very rigorous trials.

Do not flee from what is currently taking place in the outer world, but become uplifted. In this way, you will be able to serve without being touched by the conflicts. Go forward on the path of Light and live the Law.



Hierarchies are carrying out the rescue of beings in stages. As the energy of these beings ascends, the etheric screens separating the different levels of consciousness are torn apart and the levels then merge.

This process will have taken place in

you before you help the rescue of your fellow beings. As you move forward, you will act on various levels, carrying out tasks together with your sisters and brothers.

You are being instructed inwardly and you can notice signs of this in your daily life. The teachings also come through your experience on the material levels. On these levels, humans go through the school of pain of suffering, the school of will and of choice.

You have arrived to this point through many choices. Through trials you learned renunciation. You rose to the plane where you are recognized by Our messengers and are elevated to spheres of sublime consciousness.

But, watch out for temptation.



Our instructions are simple; they only have worth when they are put into practice. We have contacted you according to the law of truth. We bless you, according to the law of love. Go forward; do not be diverted.

We have touched your sentiments and your thoughts in order to transmute them. In this way, We help you let go of your old habits. We do this so that your physical bodies can also be uplifted because all the substance that makes up this planet is going to become more subtle.

The contact of members of terrestrial humanity with Us is part of a plan of liberation of the material atoms. If you are willing to be attuned to this plan, you will be elevated to levels as yet unknown. Each of your bodies will undergo the necessary

transformation, and you will know the task you are to fulfill.

Come; take your place.

We bring you energies of oneness. Be the chalice that receives these gifts to be poured over the Earth, healing it. We have spread rays of transformation over you, calling you to service and to integration with the cosmos.

Your spiritual family, those with whom you share the same inner attunement, extends throughout the universe. You will be able to recognize this spiritual family and share with it the joy of service if you dissolve your ties with matter, ties which keep you apart from the Greater Reality.

You came into the world alone, and you will stand alone before the inner Light

which will allow you to rediscover yourself. But when the blindfold falls from your eyes, you will know that you must work, grow and love, within a group.



The Earth, which sheltered all beings like a mother, is contaminated and devastated because of maltreatment by this civilization. The same waters that watered crops, quenched thirst and always healed, can no longer absorb the overflow of waste which it receives. Skies grow dark with dense pollution and soon there will no longer be any place that has pure and restorative air. Nuclear radiation silently intensifies the degeneration of bodies which cry out for help that does not come.

It is impossible to hide the signs of the great changes that are about to come. Those who keep their own flames burning and vigilantly await the inner call will be on a new level of consciousness and of life. We are addressing this to those of you who are cultivating this attitude.

When chaos reaches the four corners of the Earth, withdraw into prayer and have faith in the wisdom that guides you. Whatever you will need, will come to you.

The needs on the planet are vast. Each human being who takes up the task of transmuting the forces of involution contributes to purifying the terrestrial environs. Many are already working in the invisible rescue bases on the inner planes. These bases shelter vessels that materialize and dematerialize more and more openly

before the eyes of those who draw near to participate in these tasks. You already know of this and you will learn much more.



When human beings can reflect Our energy with fidelity, purity and transparency, their receptivity opens the way for them to work with Us. Their needs in the life of service are met because, as servers of the Plan, they attract cooperation.

The levels of understanding and of contact with subtle life can be different. What determines this is the evolutionary level of consciousness. Beings who are still primitive want to avail themselves of wealth, but they can only manage to contact the astral plane where they exacerbate their desires. Those who are a little more evolved crave for power on the

mental plane and, because they do not know the Law, they misuse the energies. Those levels do not have their own light and are susceptible to the forces opposed to evolution.

Those who have already awakened to the higher levels no longer desire anything. Recognized by the Hierarchies, they become channels for the expression of the Law. They will lack nothing.



Beings of different evolutionary stages can participate in the same spiritual service. So consider all beings to be important to the Plan of Evolution. The brighter one's inner Light, the greater one's potential to inspire the universal tasks for these times in others.

A spiritual impulse does not belong to anyone. But it is not enough to hold this to be true only in your mind. You must truly perceive that there is neither possession nor rivalry in hierarchical work.

An elevated consciousness attracts to it those who, in inner communion, share an energy of higher quality.



You do not know what others really need. The trials they face belong to the path that is theirs to tread. Therefore, avoid lamenting their problems. Conviction based on reason or on material impressions are fallacies which you must avoid.

The best help you can give your fellow beings is to seek inner strength within your

self. Go your own way in faith and prayer. These are the keys for recognizing the direction to take and for cooperating silently in the evolution of all.

You will see the awakening, the approach of a new life beyond the chaos. From your encounters with Us on the inner planes the nourishment will come to you that will keep you intent on your goal. But be silent; do not flaunt your experiences.



With each level you will be able to glimpse a wider horizon and you will have a better understanding of the virtues that may appear on the path of ascension. You will see surrender linked to obedience that is voluntary and not imposed. You will

know spontaneous obedience through an inner vision of the ways to be followed.

Even incarnated in bodies like yours, you will be able to practice obedience if you distance yourself from the voices of the yet unenlightened human intellect.

Those who begin to be impartial in their life and to transcend their own ego, learn to respond to the portion of truth that they know. The exercise of spiritual will is open to all. You will find it. Steadiness grows and develops in those who resolutely take up this path of Light.



Your origin lies in the bosom of the cosmos. On the return journey there, the

residues of human experience are burnt in the heat of the Light, and the true sheath of each being is then recognized.

Through tribute you will reach transcendent discoveries, but this spirit is not attained by petitions or by emotionalism. Tribute is born from courage and determination to go forward toward the Light.

Different levels of life may be revealed during your ascension. Removing veil after veil, you are to penetrate the reality that upholds you.

We cross the heavens like traveling lights purifying the air; in the same way the Light of your spirit penetrates your consciousness and raises it. Heed what We say: there is no more time to waste in the shadowy by-ways of human life. Do not wait to be ready to walk in the Light—go

forward, just as you are, because your new state is already awaiting you.

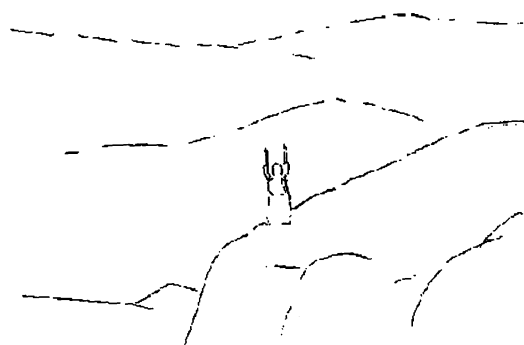
The movements of the energy of Our space vessels stimulate your magnetism. It is a silent action, but you can perceive it. This miracle takes place when you are attuned to Us. And when one of Our vessels approaches, conditions are created for purification, healing and elevation to take place in you and in the world around you.

Your planet is being granted the transmutation of its polluted aura. In the sounds of mantras or prayers, you have an instrument that can be used to cooperate with this transmutation.

Those who are attuned to the subtle worlds through the use of mantras are helping to awaken and affirm the inner

contacts of others. Anything you do to raise awareness and to manifest non-material vibration on the concrete dimensions of existence is truly a form of service, of aiding the rescue of beings.

## PART 3



Beings of a higher consciousness who transmute and sublimate energies have been on Earth for eons. They come from other celestial bodies and become manifested on denser levels to fulfill the Plan of Evolution. Since they have no ties to matter, they contribute to the development of human consciousness.

Their work is concealed and invisible. As you know, even when it is revealed, many people do not understand it. Nevertheless, some human beings are trained to cooperate in this task. You yourself know several of them. They belong

to groups of souls who are in service at this time and their energies are being adapted to that which they are to fulfill.

There are rescue centers in areas of the subtle physical planes of the planet. These are bases of operation that deal with intense processing of energies. They will continue working even though some of the human beings linked to them fail to fulfill the promises they made in their inner world.

Many beings get so involved in going after material gains that they ignore the signs of the Spirit. Their reasoning can sound sensible on the physical level, but one must take into account that above these planes there are laws of much greater wisdom.

Contact with the subtle world of faith

and surrender does not depend on reasoning. The true spiritual path gives no guarantees nor does it offer support to states of inertia and crystallization. Detachment and confidence in a higher life that you still do not know will always be required of you.

You can choose to stay on an intermediate plane, a little above where you are now, but more than this is needed for a new life to begin on this planet.

We do not demand anything of you. Nor can We place you on a level that you did not choose, or delude you by confirming that you are at a point that is not really in keeping with the steps you have taken. You must be clear in regard to what you can undertake and how far you can dare.

We have called you, just as you are, to selfless service to the world and We offer you the assurance that We will always be with you.

We do not promise you anything else, because inner life imparts neither barter nor reward. If you still need to be purified, you will not have days that are only joyful and happy. However, know that if you rise above material levels, you will perceive the light, love and peace that will never be lacking if you want to find them.

If you seek harmony, but according to the patterns you already know, your future will be no different to the middling quality of your current life. Widen your horizons. Aspire to that which has no form. Aspire to fullness. Seek the unknown.

Let your material bodies become healed of their ancestral vices once and for all.



If a task is to be fulfilled on the physical planes, it receives a strong impulse from the etheric plane. The physical and etheric worlds come closer together, and thus a link is formed with the Hierarchies and Their energies. This unification is needed to establish contact areas and to create healing centers, which are always necessary.

If you are ready to serve, the cosmic order will bring you together with those who can complement you in surrender and perfection. You will find those who can

make up for your limitations. You must accept their help without pride.



Truth is singular and absolute. But the degree to which you can perceive its infinite light will depend on the level you have reached.

Just as you seek to come close to Us, we turn to you. We show you the path of return to your non-material origin.

You will make conscious contact with subtle dimensions when you are receptive to becoming united with your own essence. Send a prayer of profound praise up to heavens to the One Who created you, and you will be elevated. Do not delay any longer.

When you enter into confrontation with external events or with disharmonies, you provoke commotion in your own being and in the group-entity to which your Spirit belongs. Thus you interrupt your own ascension. The group-entity receives the impact of the behavior of its components; if this behavior is not elevated, the group becomes vulnerable to the opposing forces.

When you see that your action is inappropriate, turn within and seek help to transcend the point where you have become entangled.

There is always something in you to be transmuted. You continually receive the surge of forces that penetrate your environment and that need to be uplifted and transformed. Therefore, keep watch over your thoughts, feelings and actions.

Do not judge them to be of little importance.

Keep steadfastly attuned to the subtle planes. Love the Light. Know that you are not simply an individual. You are part of a group that has been assigned a task.



You can become free through impersonal service and can enter spheres ruled by laws of harmony. You will be under the governance of these sublime laws if you apply the lower laws that have already been revealed to you, one by one.

Mantras<sup>1</sup> have an important role in learning to fulfill these universal laws. If this learning is carried out, the Hierarchies

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<sup>1</sup> See Appendix for mantras and musical scores.

draw near to your consciousness and prepare you for new steps.

In the current phase, the way you organize your outer life is the primary support for the spiritual energies to act on the material plane. Keep watch over your desires. Sublimate your illusions. And remember, falsehood is the scar of this civilization. Be sincere in your spiritual vows. Dedicate yourself to a life that is ever more pure. Set free the Light within you by fulfilling the Law.



Love permeates the works inspired by the Hierarchy. Love regards all tasks as having the same value. Therefore, those who are dedicated to carrying out the tasks receive all of them with the same eagerness. Some people carry out subtle work, others

are terminals for extensive evolutionary service networks and act on the densest material planes. Any task should be the same to you. What matters is to carry it out whole-heartedly.

Those who are willing to carry out evolutionary service are called and they immediately recognize the work to be done. Concern for human involvement must yield if they are to respond promptly. They must give up their preferences and misguided concepts, if their response is to come forth with the needed swiftness.

We look for courage, precision and promptness when preparing collaborators for our Commanders. Therefore, those who vibrate only on a human level cannot stay in evolutionary service networks, where such virtues are rare or short-lived.

Overcoming the ego, that is, transmutation of human aspects, is a prerequisite for participation in the operations of planetary rescue. Discernment, absence of doubt, and a very clear knowledge of the existence of supaphysical worlds, are essential to work in communion with Us.



The projection of Our energies on to your organized and clear etheric screen will transmit Our vibration to you and prepare you for your encounter with Us.

On the level of density where you are at present, your physical-etheric, emotional and mental bodies could not withstand being placed within Our magnetic aura. The impact of the wave of energy would

break the links of your particles and would disaggregate your cells.

Your bodies are being prepared for contact with Our energy. The hour is at hand for the carefully preserved fruit to mature. The time will come when it will be ready to be offered up. This fruit holds the seeds of the new life that will be implanted on Earth. These seeds are in you.

If you aspire to the treasures of the cosmos, do not covet tangible riches. As long as you hold on to material goods and are attached to them, you will not have the lightness required to uplift yourself to the planes where We are working.

Free yourself from attachments, one by one, or if you can, let go of them all at once. The result of unblocking these stagnant

forces will be a light on your way of ascent and in ascent of others who also seek to become one with their own essence.

Your only wealth is the life of Spirit, the infinite, eternal and immutable. Rest assured of this and you will act more consciously during the remaining days of your physical life.



Some have a surplus of God's bounty, while so many others are lacking it! But at this time, do not become involved in such imbalances. Just being aware of them should stimulate you to be even more balanced and harmonious in your conduct. What is being asked of you is not merely

philanthropic deeds, but a definite transformation of the quality of your energy. Do you hear this?

Do you know how many bridges you will have to cross to be able to see the other side of the river?

You will have clarity and you will not let yourself be deceived if you are pure of heart and firm in your decision to attain your spiritual destiny. Do not nurture any more attachment whatsoever, for this would detract you from your highest goals.

The fallacies of the mind will raise justifications to keep you tied to circumstances, to people or to self-centered objectives. But you will surpass that test if you decide to continue on the path toward nonmaterial life, and to be faithful to the

vows you made in the presence of your immortal Spirit.



The path is built as the stages of an arduous course are fulfilled. But, touched by Grace, you will finally be raised. You can count on the wisdom and mercy of the infinite source of love that sustains all.

When you can no longer do anything on your own, when you can no longer take steps to advance, even after having tried all the different ways, you will see Grace descending upon you, with its energy of transformation. In response to your efforts it will enter through the doors you opened in this and in other lives on your ascending path, and it will be touched by it.



Many of those, who in this lifetime feel far away from the energies of the spirit, will need to unite with Us. As these beings will be watching you, prepare yourself to be a reference point and an example of this coming close to the sublime.

You will participate consciously on the spiritual and the divine levels of existence when you manage to become detached from form. The enkindling of your inner fire and the vivifying of your light depend on detachment. Your action according to the laws on these higher levels will become possible if you become freed from attraction to the material world and if you choose the higher life.



Some are ready to take on tasks that thus far have only been carried out by Us. One of these is the transmutation of the toxins that are continually cast into the planetary aura. Healers or contact-persons from humanity itself can carry out this task. This action of a chemical nature takes place without the person being aware of it, and this is how it should be. The task of those who offer themselves up for this service is to keep their bodies attuned to Our movements.

Without seeking anything in return and without wanting to see fruits of their labors, the life of these beings is offered up to evolutionary service. If you want to be one of them, raise yourself, become ever more humble and inclusive, and steer clear of human fantasies. Pray, pray always.

True happiness is not this disorder or uncontrolled emotions you well know. You will attain happiness when you start serving selflessly and without expectations.



Your positive response to renunciation will have wide repercussions on the inner levels of your being. Energy combinations will be defined according to the degree of detachment from matter that you attain. Put aside vanity, arrogance and pride. Bring to your conscious world the responsibility entrusted to you and follow the way that has been shown to you.

You have the Light to guide you. Let go of material ties so that you may participate clearly in your evolution and in the

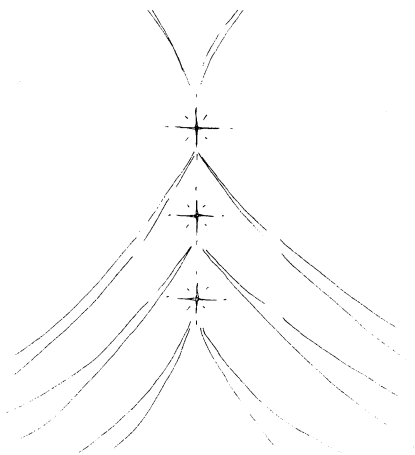
ascension of the planet where you find yourself.

The information you receive today refers to your present stage. If you were to receive more intense impulses, you would not be able to bear them. You will know more when that which binds you is dissolved.

In the mantras you will discover some aspect of the concealed work you are to fulfill. But any and all aspects bring you closer to the immaterial planes, your goal and your cosmic destiny.

APPENDIX

Mantras and  
Musical Scores



Based on the ESOTERIC LEXICON,  
by Trigueirinho.

Mantras are rhythmic combinations of words or sounds coming from supra-physical sources, inspired by the spiritual Hierarchies, which produce subtle effects. They are creator-instruments. Mantras can invoke energies, build or dissolve subtle structures and shape sublime states, either in the persons who intone them or in their environment. For this to take place they must be chanted in an attitude of surrender and reverence toward the inner self and without any ambitions.

Each one of the currents of cosmic

energy that make up a Hierarchy generates specific mantras. These are revealed to the person silently and inwardly, in the tone and rhythm appropriate for the moment. In India, mantras have been used for thousands of years to overcome the tendency of the mind to wander. They have also been widely used by the Sufis of what was formerly Persia, the Lamas of ancient Tibet, as well as the Roman and Eastern Orthodox Catholic Churches. In Christianity they can be found mostly in the Psalms.

The correct use of the mantras can have an impacts on the whole planetary environs, as can be perceived from the service rendered by those mystics who throughout the ages have chanted them with utmost purity.

Mantras can be innocuous or even have negative consequences, if the person who intones them is ambitious, yearns for power or wants to attain some sort of material goal. For example, to exploit the mantras commercially eliminates the possibility of their generating spiritual effects. If the intention is not pure when using them, the energy vortex that is produced attracts involutionary forces.

Great purity is needed to pick up mantric sounds. When not attuned to the highest level of his or her consciousness, a person may pick up combinations on the mental level produced by negative entities. People can become involved in works of magic on this plane and in this way generate negative karma and become devitalized or corrupted.

Mantras are keys to the inner world.  
For example, the following one is used to  
contact supraphysical reality:

AI KIKI MAUA SHIKHUMA  
SHIRIBANTU SAIRA MANA  
AIKI AIKI SHIKHUMA  
SHIKHUMA SHIKHUMA

Pronounced:

*(See guide to pronunciation on page 90)*

ī kēkē mā wā sē kōō mā  
sē rē bān tōō sī rā mā nā  
ī kē ī kē sē kōō mā  
sē kōō mā sē kōō mā

In this era, when it is possible to  
rediscover the cosmic language of Irđin,

the use of mantras acquires a new dimension, aiming at inner formation, preparation for planetary rescue and spiritual elevation. To pick up such mantras one must have devotion and seek to be attuned to them.

Irdin is a sacred language, it is not for conversation. Its sounds have the power to help shape the etheric structures needed for the action of the evolutionary energies that work in the cosmos.

There are mantras that are valid for brief periods, such as those that prepare groups and individuals for contact with subtle and supra-terrestrial realities. Once their task has been fulfilled they are no longer vitalized by the sources that inspired them. Some continue to be valid for long cycles, such as:

HUAMANAYKHA SHIMINIKKHA

ōō ā mā nāī kā shē mē nē kā

The meaning of this is: “As we come together, I honor You, Lord.”

Each human being has a mantra, which corresponds to his or her own “sound” on the spiritual level. Likewise, groups, countries, planets and galaxies have their own mantras.

Mantras, such as the following, can be used in the quest for a more elevated life, in building a subtle channel to fulfill altruistic tasks, or simply in the glory of the Creator-Source of the universe:

IRI SHIRIN MAGUAK SIKIUK

ērē shērēn mā ōōāk sē kēōōk

There is no predetermined way to chant a mantra; it must be adjusted to each moment. If this is done correctly, the action of the inner energies on the etheric plane of the environment and on the auras of those present is reinforced. A mantra should never be chanted mechanically.

The use of mantras should result from an inner commitment to the energy they express. Individuals and groups discover their own way to do so. What is important is for devotion to always be present. This positive attitude of devotion brings about the gradual purification of the individual, group and planetary aura. It comes about naturally when one is aligned with one's inner self and the Hierarchy.

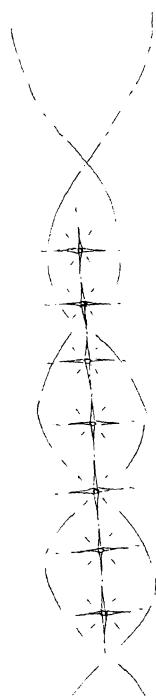
No human tendency should prevail in the attitude of those who offer themselves

to impersonal service through the use of mantras, a service of widespread effects.



The following mantras are suitable for these times of intense transformation that we are experiencing.

The musical scores follow as closely as possible the melody and rhythm of the original chants.



## Guide to Pronunciation

◇ The accented syllables are underlined.

◇ The G before a U that is followed by a vowel is not pronounced. The word NAGUA, for example, is pronounced as "naua" and SAGUA is pronounced as "saua." While the word NAGU is pronounced "nagu."

◇ In general, the letter H is not pronounced.

◇ The first syllable SHI may be pronounced as SHI or SI. For example, the word SHIRIBANTU is pronounced "shiribantu" while SHIKHUMA is pronounced "sikuma."

Key to phonetic symbols:

ō as in boot

ŭ as in cut

ē as in bee

ā as in father

ō as in toe

ī as in pie, by

ə as in about, item, edible, gallop, circus

Source: The American Heritage College Dictionary,  
Third Edition, page xxxiii

Offering of one's self  
to inner contact

URU SHANTI NARAUGUAM

URU SANI GUARU

SABIRANTU NARAGUAMA

ITI SHANTI NAURU

Pronounced:

ōō rōō shŭn tē nă ră wām  
ōō rōō să nē wă rōō  
să bē rŭn tōō nă ră wă mă  
ēē shŭn tē nă rōō

*legato*

U - ru shan - ti na - rau -

guam u - ru sa - ni gua -

ru sa - bi - ran - tu na - rau -

gua - ma i - ti shan-ti nau - ru

Receptivity to the purification

OKUKA BANAI ITI

OKUKA BANAI ITI

SHIBANA KIKI NAGUA

SHIBANA KIKI NAGUA

Pronounced:

ō kōō kā bānāi ētē

ō kōō kā bānāi ētē

shē bə nā kēkē nāwā

shē bə nā kēkē nāwā

O - ku - ka ba - nai i -

ti o - ku - ka ba - nai i -

*legato*  
ti shi ba - na

*legato*  
ki - ki na - gua shi -

ba - na ki - ki na - gua

Linking with  
the Alpha Space Vessel

SOHIN

SOHIN / SOHIN / SOHIN

MANUAK SIKIUK NAGUA

MANUAK SIKIUK NAGUA

Pronounced:

sō ēn

sō ēn / sō ēn / sō ēn

mă nōō āk sē kē ōōk nă wă

mă nōō āk sē kē ōōk nă wă

So - hin so -

hin so - hin so - hi - in ma -

nuak si - kiuk na - gua ma -

nuak si - kiuk na - gua

## Linking with the Hierarchy

SAMANA SIVUTUAMA

SAMANA SIVUTUAMA

SAMANA / SAMANA / SAMANA

SAMANA / SAMANA /SAMANA

Pronounced:

sä mä nä sē vōō tōō əmä  
sä mä nä sē vōō tōō əmä  
sä mä nä / sä mä nä / sä mä nä  
sä mä nä / sä mä nä / sä mä nä

Sa - ma - na si - vu - tu -

a - ma Sa - ma - na si - vu - tu -

a - ma Sa - ma - na Sa - ma - na Sa -

ma - na Sa - ma - na Sa - ma - na Sa -

ma - na

Confirmation of inner vows,  
salutations

SAITI IMU

SARUAH IKU

SAITI SARUAH IMU

SAITI IMU

SARUAH IKU

SAITI SARUAH IMU

SAITI

Pronounced:

sī tē ē mōō

sā rōō ā ē kōō

sī tē sā rōō ā ē mōō

sī tē ē mōō

sā rōō ā ē kōō

sī tē sā rōō ā ē mōō

sī tē

7

*legato* *cresc.*

Sai - ti i - mu sa -

ruah i - ku Sai -

*dim.*

ti sa - ruah i - mu Sai -

*cresc.*

ti i - mu sa - ruah i - ku

*dim.*

Sai - ti sa - ruah i -

1. 2. *rit.*

mu Sai - ti Sai - ti

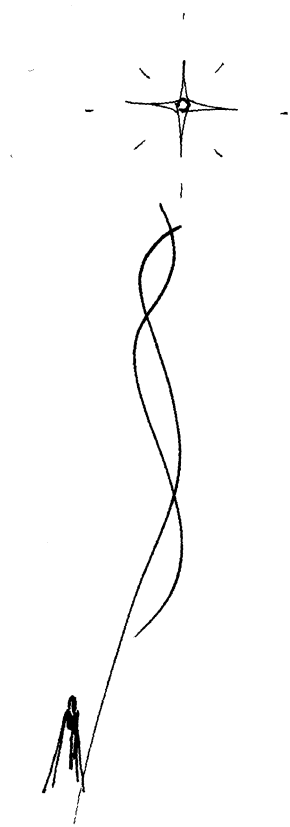
Surrender and devotion  
to the inner world,  
raising of energies

SARU / SARU / SARU  
SARU TIMINA ICA SIKU  
SARU / SARU / SARU  
SARU IMINA NA BANTU  
SARU / SARU / SARU

Pronounced:

să rōō / să rōō / să rōō  
să rōō tē mē nə ē kă sī kōō  
să rōō / să rōō / să rōō  
să rōō ē mē nə nă bān tōō  
să rōō / să rōō / să rōō

Sa - ru Sa - ru Sa -  
 ru - u - u - u Sa - ru ti - mi - na  
 ica si - ku Sa - ru Sa - ru Sa -  
 ru - u - u - u Sa - ru i - mi - na  
 na ban - tu Sa - ru Sa - ru Sa -  
 ru - u - u - u



## BOOKS BY TRIGUEIRINHO

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# PATH WITHOUT SHADOWS

TRIGUEIRINHO

In all of our lives there comes a time  
when we need to find and follow the pathway  
of light. This light comes from sources  
that cannot be extinguished. These sources are  
revealed when a decision is made to live  
a life of greater purity.

This book gives us glimpses  
of the steps that lead to the pathway of light  
and transmits the energy needed  
to go forward.



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