

TRIGUEIRINHO

There is Peace

*Thoughts that awaken us
to a new reality*



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is
Peace***

Thoughts that could awaken us
to a new reality



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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 breaks through the earth and comes 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 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

To the Reader

Glimpses of spiritual awareness help us to perceive the inner light. This illuminates the way and leads us to a source of lasting joy and harmony.

Spiritual thirst grows in proportion to the increase of one's dissatisfaction. The present time offers great opportunities to quench this thirst, even for those who are in the most turbulent corners of the planet.

In an effort to meet the needs of those who seek a new state of consciousness, a spiritual one, we have gathered thoughts taken from our talks, assured that stimulus for inner growth can result from reading simple phrases that stir up unusual aspects of life. We offer sparks to help readers

recognize the light within themselves and the impulses for them to respond to the eternal call echoing within their soul.

The path that these thoughts wish to make known, leads to a source of abiding harmony. The ways may be clearly visible or hidden, long or short, but in reality all will one day arrive at this goal, where they will share in the peace that silently awaits them.

Even if deep darkness and ferocious struggles prevail around you, never forget that within you a light shines and that there is peace.

7

Now is the time to fly toward the Infinite.



Let go of all your baggage and your flight
will be as light as that of a bird.



Nurture purity and you will find your
bearings and light.



Attend to that which is essential and you
will be heading in the right direction.



When you are willing to live in simplicity,
you will be able to perceive another world
within this world.



Simplicity is not always what human nature
prefers. Simplicity is the truth of the spirit,
free from all that is superfluous.



Contacts with the higher worlds are based on
very simple principles.



Those who are pure share the sublime state
of the celestial spheres.



Those who are touched by the energy of the
Infinite do not judge, nor do they brag.



So, do you want to author the works of God or
be an instrument for their fulfillment?
Your attunement with the orchestra of the
Universe depends on your answer.



You are part of a great organism, a major body.
You are a living particle of the Universe.



Your hands should be pure and your eyes clear.



Live your life according to the precepts of your
highest consciousness.



You will be tested along the way. Keep up your
determination. Persist.



To uplift yourself, you need effort and dedication.
To fall, it takes only your carelessness.



In loss and in pain, still your heart;
there you will discover your treasure.



In the midst of trials, surrender yourself to the
Higher Will in the center of your being.



Persevere! It is not the strongest who wins the
battle, but the one who perseveres.



In order to cross the desert, learn to drink from
the wellspring of your heart.



Do not allow yourself to be overcome by inertia or
half-heartedness. You must go forward.



One cannot deny that many steps are taken
because of suffering.



Surrender to the unknown. In doing so,
your inner search will take place
without any obstacles.



When you open yourself to supra-human
help that comes to you from within,
you will advance a great deal.



Invoke Grace.



In order to advance toward the goal,
it is necessary to leave behind that which
was useful in previous stages.



On the path toward the Infinite, it is essential
to live only here and now. To live the present
moment in fullness requires courage and
detachment from self.



Infinite possibilities for inner expansion
await you.



Repeat to yourself: I am not this body, I am Life,
I am the Spirit that lives within.



The more you deepen the inner path, the more
compassion will be awakened in you.



On the shoulders of each being is placed the load
that he or she is able to carry. Do not make the
burden heavier with lamentation.



You are the bearer of a flame that
spreads the Good.



All the inhabitants of the Earth bear within
themselves the cosmic word that identifies them
with the higher frequency from where they came.



When the search for the Good moves multitudes,
wisdom from the heart will become universal.



The path to spiritual formation leads one's
consciousness to maturity, never to dependency.



On the spiritual path, seeking perfection means
to seek one's own essence.



On this path, inner perception is like a compass.
It points out the way to be followed.



There is no going back along the path,
because you have chosen to proceed.



The truth is hidden within your inner being.
It is up to you to find it.



Blessed are those who contact their own essence.



Oh, infinite pathway that becomes more
beautiful with each step!



Open your arms in greeting and welcome
the Good that is given to you.



Fly! The Infinite is your Dwelling Place.

2

You have been given a gift, the gift of
knowing your own self.



One path is no better than another. If you know
which one is yours to follow, set forth
without hesitation.



Above and beyond your thinking mind there is a
light that allows you to see the sure way.
This is where you must look.



The analytical mind can keep one imprisoned
by what is already known.



Do not make comparisons. In the cosmos
there are really no two particles alike.
So how can you compare them?



The spirit never repeats itself. You are invited
to merge with this continuous movement.



Keep your mind crystalline and on
a high level of vibration.



Faith, discipline and the absence of mental
speculation lead to the unknown, which is
where you need to arrive.



Upon awakening to union with the essence of
your being, old ties with things of the world
will lose their meaning.



Be attentive to your use of energy.
Learn to handle your relationship with the
external world according to greater needs.



Someone who is free has achieved mastery of
self, of will and of personal habits and conduct.



Be vigilant. Your words and gestures,
your look and posture make up the ritual
you reveal at every moment.



You live for eternity, therefore seek
that which time does not destroy and
which cannot be stolen.



For this new era on Earth we should
stop availing ourselves of benefits so that we
can give more abundantly.



It is not enough to know that selfless action is a
powerful instrument of transformation;
you must practice it.



Total giving of self is achieved when you give up
something you need and you do not even miss it.



To offer the best of your own self is an
appropriate action, not a meritorious one.



Authentic givers know that they really give
nothing. Since everything belongs to the One Life,
whatever passes through their hands
never, in fact, belonged to them.



Do not charge anything for that which the Source
of Life gives you for free.



If you give up that which you imagine you need,
you will receive everything with gratitude.



Break down your own boundaries, explore the
unknown and you will open the way for others.



The only way for consciousness to reach elevated
levels and remain stable there, is through
aspiration to evolve.



A fundamental virtue for your ascent is
obedience, which is too easily relegated
to secondary importance.



My brother, you have been told this so many
times... But there is still time to act.



If you seek truth above all, without becoming
attached to the many forms in which it is
expressed, you will go forward with assurance.



Love of truth makes you capable of listening
to your inner self.



Be still. Only in silence will you recognize
what you are to do.



Those who learn to go through the world
unpretentiously, find the better ways.



Each of your actions stirs up vibrations on all
levels of consciousness, and is reflected to the
farthest limits of the universe.



Through altruistic work your hands can
give form to divine will and build
the beautiful and the harmonious.



The quality of that which happens to you
depends on your attitude toward life. Therefore,
be aware of how you are acting.



What is the use of knowing the truth if
you do not put it into practice?



To change principles and take on new tasks
requires mental flexibility.



Great changes take place in the lives of those who
embrace the evolutionary process with integrity.
Receptivity to spiritual laws is crucial.



An obstacle can frequently be the impulse
which reveals the key to setting consciousness
free from its impasses.



There are no barriers that cannot be overcome.
There is no darkness that cannot
be dispelled by the Light.



Ascent is the path of the chosen.
In an ascending spiral, silence awakens on each
level of the being and permeates it,
removing obstacles and tearing away veils.



It is time to be free.



The necessary information will reach those
who are sincere in seeking it.

3

Those who live their lives with equilibrium and
without fanaticism know how to arrive in time.



Offer to your inner self each action that you
undertake and harmony will surely result.



One who gives of self without expecting anything
in return, receives without asking.



Those who work in love and develop
themselves, go forward.



Serve together with those who, forgetting
themselves, are on their way to liberation.



The purity of the look in your eyes will reveal
your field of service. There you will find the tools
needed to carry out the task.



To be prepared does not refer only to one's
individual evolutionary process, but also to the
service one ought to be offering.



Be like a chalice that is open to receive
the Living Water, which you are then to share
with those who thirst.



Be the same in all situations, great or small.



If you have arrived at a level from where you can
see wider horizons, know that you were taken
there by many brothers.



Do not waste time comparing
yourself with others.



Simplify your life and your thoughts.



Learn to discern between what is correct and
what is incorrect; between what is mandatory
and what is optional.



Use your energy to fulfill the Evolutionary Plan.



Safeguard the qualities
you have already acquired.



To do your best signifies to fulfill faithfully
that which comes to you from within.



Universal service does not ask only for your
free time. The Greater Good counts on
the giving of your entire life.



Give of yourself in work and in service, because
those who work and serve elevate all.



Selfless service is the foundation
for supra-human works.



Those who are truly strong carry their
strength in their hearts.



Affirm what is highest in you and
take up your task.



Do you know how to make use of the
opportunities that are offered?



May the direction of your steps in the material
world allow your consciousness to open up
to the inner world.



You will not arrive at the realm of knowledge
merely by means of commendable and
praiseworthy actions. It is necessary to renounce
selfishness. Transform yourself.



To transform yourself means to fulfill the Law.



Let yourself be transformed. Transcend
selfishness. Miracles will happen in you,
if you but allow them to.



Your truth is relative to the sphere where your
consciousness lies. There is much more
beyond what you perceive.



Be receptive to the wellsprings of healing
that the heavens pour down on you.



To be a bearer of peace, first discover
the harmony in your inner world.



Listen to your heart and you will recognize your
intimate connection with the Most High.



May you know how to take shortcuts
when it is necessary.



With each step of your ascent, the better you
see your destination, the greater is your
participation in the Universal Life.



Do you realize that the more you know,
the greater is your responsibility?



Yearn for truth above everything,
then you will be able to discern whether
the voices you hear are true or false.



The ego does not exist in the inner dimensions
where one finds eternity.
This is what it means *to be in the Kingdom*.



The principles to be followed toward the goal of
your life will not be found in any light that shines
outside yourself.



Act cautiously and wisely, recognizing
the seriousness of these times.



Nurture that which is best within you.



Do not forget that you are always beginning, at
every moment you die to be reborn again.



The life of those who are committed to serve
the Evolutionary Plan is a continuous
plunge into the unknown.



Transcend your limits, for you are being
awaited in the Infinite.



Your drawing near to truth is a continuous
tearing away of veils.



To open yourself to higher energies,
seek stillness and silent invocation.

4

Your destiny depends on the choices
you make in daily life.



Fearlessly follow the steps indicated
by your Spirit.



You know you can count on help to proceed on
your pathway of ascent. So, proceed!



In times such as these when the entire planet
is caught up in tension, absence of expectations
and judgment is crucial.



Perceive diversity as part of the One Life.



What is your life intention, if not to fulfill the
plans known to your inner being?



Embrace the Void as a brother and
you will be filled by the All.



Immersed in the Void, yearn for nothing.
Gratefully accept that which you are given.



The state of tranquility and dispassion is sacred.
Seek it.



Renunciation is something your soul and your
material bodies must learn to cultivate.



Slowness, inertia and the natural attachment to
the known should give way to openness
and surrender to the unknown.



In order for surrender to the unknown to have
transforming value, one must live it,
and not merely think or talk about it.



Impersonality is necessary. You will attain it
when you remain in silence, totally surrendered
to your inner self.



Impartiality is a state that few experience.
Become one of those few.



The awakening of the inner light is, for each
person, a singular and unique experience.



On the path of ascent you are taken into an ocean
of light in which you must give up wanting
to remain an individual drop.



Where order and harmony are cultivated,
accidents rarely, if ever, happen.



When considering Nature and all its grandeur,
surrender yourself gratefully to the Creator.



With its beauty and fragrance, the flower gives
praise to the divine magnificence.



Life does not happen by chance. It arises from the
reverence of the Cosmos for the Creator-Light.



Quiet your thoughts. Turn your consciousness to
the innermost part of your being.



If you are incarnate, matter is the field
where you give that which, in silence,
you receive from the inner world.



Inner life is not fulfilled if there is
no compassion and mercy.



Peace is an intimate aspiration held by all,
even by those who, in the external world, let
themselves be seduced by the forces of conflict.



There is peace and it can be experienced
on all levels of being.



The realm of peace is accessible to all
who are willing to enter it.



Seek Unity and you will know the Kingdom.



It is natural to be at peace in times of peace;
but those who wish to serve must
be at peace even in times of chaos.



If you see something needing purification,
surrender yourself to prayer.



Listen to the campanile of your Inner Temple
calling you to prayer.



To pray is to turn toward the inner side of life and
to raise yourself to the Most High.



The simplest way to pray is to surrender
everything to God.



Practice silence and you will live in prayer.



Silent prayer can be unending.



Seek prayer in your daily life.



Inner prayer is like the plumbline that makes
it possible to raise the walls of a temple
in perfect alignment.



Today, revelation does not come from a visible
and tangible being in the external world,
but from Something deep within. It springs
from the heart of those who respond
to the call of the Light.



Revelation is an impulse to the
pathway of ascent.



When a heart is pure, Wisdom resonates in it.



Light is the understanding that emerges
from within a being, dissipating
ignorance and illusion.



Knowledge has no value unless it brings
forth transformation.



Keep in mind that Life is bountiful. It always
offers the best for each one's evolution. Have you
already recognized what it is offering you?



The Teaching will be given to you in stages,
not all at once. This pathway must be built step
by step, one stone at a time. Be vigilant.
The Light will come directly to you.
It will spring from within you.



The time of a new state of consciousness
is about to be completely revealed
on the face of the Earth.

5

Nothing in the Universe remains stagnant.
Life flows, renewing and transforming
its own creation.



In the physical life of the Earth, the law
of material karma still prevails. According to
Karmic law, any action releases a reaction
in order to achieve equilibrium.



The effects of an action return to their
point of origin.



One cannot cancel an action, but one can
neutralize it by an action of opposite effect.



Harmonious actions balance out former
disharmonious ones.



After deciding not to repeat certain negative
actions, perform deeds that compensate for them.



Karma brings you that which you need most
to continue evolving.



When people stop working for their
own interests, miracles happen.



Those who awaken to reality, realize their own
task and stop at nothing to fulfill it.



The passage to transcendence can be found
in forgetting one's self.



May each one be fully committed to service,
to providing aid and to self-pacification.



Great transformations happen to those who are
receptive to the work of the higher energies.



Welcome daring ones, those who know how to
love. Daring and love are the cutting edge
of the sword of the warrior of light.



It is selfless service that makes you useful
to universal evolution.



On the path to purification and service,
put aside acting in your own interest
and respond to the needs of others.



Receive your fellow beings with love and joy.



Since humanity is one, what is done to one of its
members reflects on all the others.



Only in stillness will you acknowledge the
purposes that you are to fulfill.



The task of one who is serving does not always
seem important to others.



If you observe the Law, you will proceed with
assurance. The stars are your reference.



Control of speech is necessary. Words are a
means of healing for those who have dominion
over what they say.



Words are wellsprings of life and
should be used wisely.



Each thought, feeling, word or action is energy
put into motion, an energy that radiates
throughout the entire universe.



At every moment we pick up and
send out vibrations.



The time is soon coming when the winds
will reveal what falsehood has hidden.



Human justice is blind, but heavenly
justice has eyes and is wise.



Those who welcome pain as a sacred balm
will realize that both pain and joy are facets
of the same pathway.



Liberation comes with detachment from all
that you do, feel or think.



The most treacherous form of slavery is that in
which the prisoner is unaware of his own fetters.



When there is neither attachment nor expectation,
energy flows freely without being
blocked at any point.



Detachment from outcomes is the basis for
true surrender to the Unknown.



Put aside attempts to design your own destiny
and you will learn to see with
the eyes of the soul.



To know inner peace, you will have to do away
with passion and criticism.



There is neither guilt nor a guilty person;
there are only lessons and learners.



Sooner or later you will stand before the portals
of surrender to the energies of the inner world.



If man knew the power that lies in pure
surrender, with its radiation he would transform
the dust of the Earth into gold...



All that is asked of you is to surrender.



Reaffirm your surrender, step by step.



6

Information about spiritual realities holds
the keys that allow the learner to unveil and
decipher it. It is up to each one to
discover these keys.



Those who follow the law of silence discover the
secrets of Sound, the source of creative energy.



Keep silence. Obey in silence. In silence, proceed.



Silence brings out the inner view of life.



Before uttering a word, delve into the essence
to be transmitted and you will see
the way to clarity open up.



One must have control over what one says.
To do this, place your thoughts and affections at
the center of your being.



Words that might injure someone must only be
used with the intention of helping that person.



Say only what is necessary and you will create an atmosphere of love, trust and joy.



Be still and listen. Everything you truly need is within you.



Opportunities to be immersed in silence are valuable, both outer and inner silence.



It is good to maintain silence in the work place.



The inner, spiritual search is based on
silence and faith.



Faith is the foundation of the inner
Dwelling Place.



Faith transcends understanding because
it is not restricted to the mental sphere.



Those who know without having seen or heard
walk in faith. It is their path.



What matters is to continue on the ascending
pathway, knowing there is a higher will

that governs and directs all, and to
surrender to this will.



When faith is present, nothing is an obstacle.



Pure dynamic faith provides balance
and builds a bridge between the outer
consciousness and the inner world;
it connects the banks of the river of life.



Remember: faith will always be your star.



With faith one can walk on water, go through
fire and contact eternity.



If you are seeking the Source you must walk
alone; but you will never be alone.



When you accept solitude, recognize in it the
herald of the inner messenger.



Solitude stirs up the fervor of faith and devotion.



Devotion is the fire that lights up the pathway.



Devotion is the impulse which urges the aspirant
to keep going even though beleaguered by life.



Do not forget that you need devotion and
fervor to fulfill your tasks.



Insofar as you harmonize your being, you will
become able to assist others in doing the same.



Contact with inner life occurs without human
effort. It is your equilibrium that will attract it.



Man's outer perception need not be
limited to the sense organs.



Each one of the external sense organs
corresponds to a higher counterpart with which
it is possible to span one's own aura,
and much more.



To have discernment is to be able to see what
must be done right away, without fantasizing
about the future nor reminiscing the past.



The fact that we exist on various levels
of consciousness should become more and
more real to us.



The Wisdom of the past is in the Teachings of the present. Those who discover it, invent nothing.



There is no particle in which consciousness is not present.



The knowledge of the existence of good and evil should be assimilated impersonally.



The principle of the Instruction is not to give ready solutions, but to lead the learner to discover them.



Truth is a flame hidden within the being.



It is wise not to demand perfection of yourself;
instead, pursue your own essence
and knowledge, for in essence
you are already perfect.



Each being is potentially a means of invocation,
and a channel for the flow of higher energies.



True riches accompany a person in any
circumstance. They are not measured in terms of
money, but rather in terms of virtues.



Sooner or later all lines converge
to the same point.



The Inner Encounter can no longer be postponed.
You have been invited to it.
Are you coming, at last?



A great celebration takes place in heaven each
time someone returns to the Father's house.



Your time is *today*, not tomorrow.

7

The manifestation of a truly new existence
requires action in keeping with the inspirations
of the inner world.



In order for the new to take hold, it is necessary
to break down the crystallizations that
hold back the flow of energy.



Even epidemics could be avoided if people
expanded their consciousness.



The keys to healing can be found upon the
being's path of unification.



Healing is a process of the liberation
of one's essence.



Healing is your pathway.



There is no explanation for true healing;
how it comes is unknown. Accept it as a gift
and share it gratefully.



When selfishness ends, healing occurs.



True healing is to allow the energy of the soul to
flow freely throughout the temporal bodies.



Illness is the consequence of imperfections
engendered in the past and in the present.



Antagonism expressed against an illness
reinforces and prolongs the imbalance.



The reason for an illness, in principle,
is to bring about a person's purification.



Those who purify their bodies are also
purifying the body of humanity.



In the healing process, Love acts on the soul
and is more powerful than treatments applied
to the physical body.



Without faith there is no healing.



If the tendency to utter superfluous words
is curtailed, each sound will become
part of the healing process.



A healer is a mere instrument, not an author.



You should know that the One Source
supplies all true needs.



Remember that all life is one and
there is only one Law.



The healer liberates the essence when
harmonizing the form.



Removal of fear is fundamental for healing.



Evoking higher sentiments is of
great value for healing.



Healing is the path of harmony, but along the
way the healer is still not free from strife.



Purification of thoughts and sentiments is
fundamental for healing.



One way of transforming thoughts and feelings
is to surrender them to the Higher Self
before falling asleep.



Selfishness is the basic infirmity,
the main cause of all illnesses.



In forgiveness you have the key to detachment;
in detachment you have the path to the Infinite.



The universe is the expression of a sound that is
made up of infinite chords.



Without inner stability one cannot perceive
the correct path to take.



Example is the principal transforming
agent of life patterns.



Those who come near to a virtuous person are
stimulated inwardly to manifest their own virtues.



When a flame is lit, it is so the Light may be seen.



All the Wisdom of the universe is as available to
humanity as the air that surrounds it.



By its fragrance we know the flower;
by his words and actions we know the man.



If the lilies in the field did not know surrender,
would they still be clothed more beautifully than
anyone on the face of the Earth?



If the birds did not live to glorify the Creator,
would they still have the sky as their home?



The word should be for humans what
the song is for birds.



The Creator-Source follows laws and designs
coming from a wisdom that surpasses
human understanding.



In the world of energies everything comes from,
and returns to, the one Source.



Each of you enters the Spiritual Path
in a specific way.



Every being is responsible for his or her own
destruction, progress or evolution.



Life and death merge into a single Fire.
Its flame touches eternity.



Truth awaits you, as do the secrets of the cosmos.



Do you realize what joy floods the higher planes
when your being awakens to something new?

8

On the ascending path, silent obedience
to the Inner Law is worth more than
good intentions. To follow it, good intentions
are not sufficient; it calls for surrender.



Avoid making comparisons and comments
about someone's level of evolution.
Evolution cannot be measured.



To go within is a means of contacting one's inner
being and the hidden side of others.



How much energy have you wasted in imagining
what never came to pass?



One must learn to think in a serene and orderly
way before the light of the soul is able
to illuminate the mind.



Energy follows thought, says the Law.



Serene waiting and continual attention
lead the mind to intuition.



Forms, on any level, are no more than
condensed thoughts, and only on this planet
are they considered solid.



Do your sensory impressions still delude you?



Upon entering a dark room, do not grapple
with the darkness; turn on the switch and
there will be light.



Existence in the world of forms should
not imprison you, but lead you to the
essence of all forms.



Learn to say no to that which distracts
you from the Path.



Put aside the obvious and hold to the unknown.



That which has been good so far may not be
appropriate from now on.



To accomplish the tasks of the Evolutionary Plan,
right action is not enough; right attunement
is also needed.



To overcome situations that no longer correspond
to our state of consciousness,

we must break down old structures.
To do so, we need decision, surrender
and love of the Sacred.



It is up to us as the human kingdom to recognize
our role as a link between heaven and earth.



When you hear that your origin is divine,
do you know you can find it in your essence and,
to an extent, in your appearance?



Within each person lives a Light
that seeks to express itself.



The Law is love and justice. In its bosom it
embraces those who fulfill it.



To live a higher law is to become its expression.



Sublime patterns of life are the destiny
for humanity.



The actions that take place on the inner levels of
existence are much more dynamic than those
carried out in the external and material world.



Work was given to man as a precious means
of creation; this is why there is no reason
to be bored by it.



Work heals the mind that is given to daydreams
and fantasies and brings about concentration.



Superfluous acts give rise to responses that limit
your contact with the Light.



If you have sown wastefulness,
you will reap insufficiency.



When you divest yourself of who you are and
empty yourself of all that is superfluous,
you allow the light of your essence to emerge.



When gratitude fills those who are treading the
path, Peace draws near to them.



Gratitude holds within it the principle of Unity.



Do not be proud of the virtues you have
already attained.



To be humble is to know how to place yourself in
the correct stance in any situation in life.



Do not allow error to take root in your heart.



Today's society contributes to the prevalence
in humanity of inertia and desire for
comfort and leisure.



The majority of humanity works to maintain
a civilization based on things that are
unnecessary for life.



From the spiritual point of view, when pain and
suffering are accepted, they stimulate progress.



One cannot build the new by applying old ways
of thinking and behaving to one's life.



The influence of those who have chosen
to follow the path toward the Light is significant.
Their steps have a profound impact
throughout the cosmos.



Those who are absorbed by the Light penetrate
the secrets of darkness and are able to dispel it.



To travel the luminous path you must respond to
the Inner Call. This means overcoming trials,
which will strengthen your link to truth and light.



The dust of time will be washed from your being.
You will put on new garments and
your liberation will be a cause for great joy.

9

Fear of failure must be eliminated from the
consciousness of those who tread the Path.



What motive other than pride, would make a
person who is dedicated to an upright and just
life, be ashamed of making mistakes?



Vanity may be hiding behind a dire need
for perfection.



If you look back at the steps already taken,
you will get lost on the path.



There is a possibility of falling. You should not
fear it, but be on guard so as not to fall.



The journey will exhaust you if you stop at the
level of your human potential.



Recognize the fragility and insufficiency
of your human faculties.



Why do you cling to that which imprisons you?
Do not let yourself become crystallized.



If you are satisfied with what you have attained,
be careful, maybe you are being deceived.



Do not feed self-pity; it is as destructive as pride.



Do not be afraid of pain. Do not be afraid
of the desert.



Human beings get used to painful situations
and often get attached to them.



The farther you advance along the Path,
the more subtle the tests will be.



Tests, lived correctly, can bring great progress.



Those who are comitted to the evolutionary
process go through tests that prompt them
to reaffirm their inner vows.



Whenever there is downfall or digression,
the opportunity to be uplifted, to take the
straight path, is likewise present.



You will be tempted in your weak points.
And in these tests, you will have an opportunity
to be strengthened.



There is no external situation that can hinder
your evolution. Only you yourself can
hold back your steps.



Only those who liberate themselves from
themselves, find peace.



If through selfishness you fail, through gratitude
you will be uplifted.



Selfishness is the source of all humanity's ills.



The purified heart responds to pulsations from the
celestial spheres. In reality, these pulsations
are anchored in the heart.



More benefits come from serene impartiality
than from deceptive preoccupation
with everyday things.



Dealing with material goods produces subtle
tests; not dealing with them does also.



The struggle for life is a distortion. Humanity is
asked to become integrated into the rhythms
governed by universal law.



It is the law: need attracts supply.



What is contained in the Universe belongs to all,
not only to those who can purchase it.
This is the true Law of this world.



Material life needs to be renewed and to express
higher patterns. On one hand, current civilization
is far from permitting this. On the other hand,
times are approaching when it will be possible.



The work of renewal, of the breaking down of
crystallized forms to allow the resurgence of life,
requires flexibility and release.



Omission is as pernicious as action
carried out in self-interest.



May you not confuse accumulation of information
with spiritual evolution.



The aspiration to be must supplant
the aspiration to know.



Seeking extrasensory experiences or those
involving phenomena, turns a person who is on
the ascending path away from the goal.



An iron will is needed to transcend the mind and
the fears cultivated by the mind.



Conniving is not a healthy attitude. After all,
which Lord are you serving?



If you are seeking the Light, do not make any
pacts with darkness. The planet is about
to be cured of ancestral imbalances.



Many say spiritual instruction is not practical;
this shows they have not understood. People

want recipes to satisfy material appetites; but the
Teaching is for those who thirst for the Spirit.



If you believe you deserve more than life offers,
you do not recognize the value
of what you have already been given.



Obstacles are removed in face of the light
of a sacred energy.



When going from struggling for survival to
walking the luminous path, one responds to
new combinations of energies.



Recognize the antennas you have at your disposal and use them in the service of the celestial spheres.

10

Rare are those who offer themselves to work
for the good of the world.



When will you understand that,
if you seek the life within you, you will be
useful to humanity?



Do not lose the opportunity to allow the Sacred to
be expressed in the tasks that are offered you.



Do not look in the outer world for what
can be found within you.



The greatest service you can give
is to give of yourself.
Give of yourself to Evolution
in silence, always.



When the physical body is the object of
excessive care, it becomes an obstacle to one's
spiritual ascent.



Malaise comes from distancing your conscious
self from your being's deeper domain.



Do not let your inertia hold back the momentum
of the celestial currents flowing within you.



The apathy caused by the human propensity to
conformity should not limit you.



Surrender is not passivity. Discipline is not the
mere repetition of precepts.



You will advance if you let go of the point at
which you have already arrived.



Persevere. Do not be intimidated by the
debasing of the world.



Transcend the elementary stage of
wanting only your own good. Leave personal
preferences behind and open yourself to the
service offered to you.



You can have help from on high even in the
smallest details of the fulfillment of your task.

But woe unto you if you use these gifts from
heaven for your own benefit!



Do not hoard anything. Give away a bouquet of
cherished flowers and your garden will blossom.



A lot of time and effort is required to bring
selfishness completely under control.



Do not be hasty. Haste is the offspring of desire.



Do not delude yourself into thinking you are
ready, for preparation is unending.



Do not be anxious to direct others
to higher levels of consciousness.



You can teach little if you have only
learned a little.



Are you ready to correct your
surreptitious mistakes?



When a test appears do not resist it; instead,
use it as a stepping stone in your ascent.



There is no guilt, there are no errors; but only
experience that generates more mature behavior.



Lessons come out of trials.



The fear of trials arises from ignorance.
Trials are positive for they speed your steps
toward the next stage.



Get rid of all criticism and judgment.



Criticism restricts your access to truth.



Because human beings are imperfect,
they see those around them according
to their own point of view.



Safeguard yourself from external evidence that
makes you feel set apart from others.



A malignant thought is more poisonous
than narcotics.



So long as you cause suffering, you will have it
in your own life.



When cooperation is based on sentiments
of the personality, it is not constant,
but circumstantial and transitory.



Understand the truth without stirring up
sectarianism or intentions to dominate.



To fixate on activities can paralyze the action
of the Spirit, for the Spirit is always
manifesting the new.



Exercises and techniques are worth
nothing if there is no decisive effort
to perfect one's character.



Great is the debt of those who fail to do their part.



Omission, like lying, has a corrosive effect
on the heart of the server.



Eliminating obstacles opens the way
for creative work.



Those who choose to serve the planet on the inner
planes know what they must do.



Do not dwell on imperfections. Give yourself to
the splendor of the day that is dawning.



Follow your path without wasting energy
thinking about the future.



Do not slow down your steps because of
pleadings from the past. Its fog should not
detain you nor hide the star that guides you.



You are called upon to transcend frontiers.

PEACE TO ALL

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The Voice of Amhaj

TRIGUEIRINHO

There is not a moment to lose.

Good people hear the call, find it beautiful, are
moved by it and invite friends
to discuss it.

They give more importance to social meetings than to
the salvation of a planet that is about to burst into
total chaos.

But the strength of My shield will be recognized by
those who aspire to the Most High.

The power of My Ray will be unveiled
to those who persist.

The refulgence of My fire will shine forth resplendently
in those who seek it.



Irdin Editora Ltda.

There is Peace

TRIGUEIRINHO

Quiet your heart and listen!
There is a pathway to be followed.

The time has come to be free in order to live peace,
that serene harmony that dissolves obstacles.

The wisdom of inner life speaks to you in many ways
This book gives you an opportunity to get in touch
with some of these ways.


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