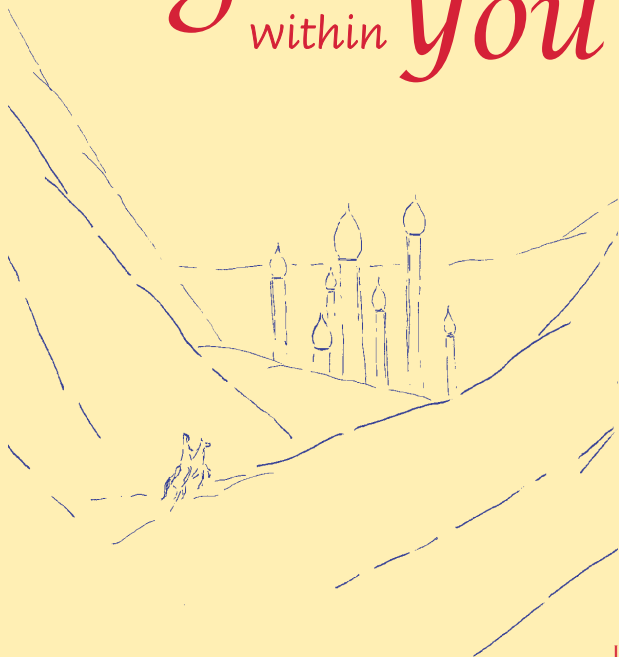
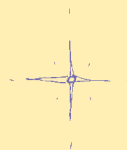


TRIGUEIRINHO

The
Light
within *you*



TRIGUEIRINHO

The
Light
within *you*



Irдин Editora

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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 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 breaks through the earth and comes into contact with the sun, the air and larger plants that help protect it. It is about con-

tact 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 Irđin, 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 you,

who are beginning the spiritual quest,

to you,

who are already committed to it,

we offer

these sparks of Light.

Follow the path, which at present you see only fleetingly and you will be taken to worlds that transcend life on Earth. You will then recognize what you are in eternity.



It is time to begin to see the goal and to head toward it. Along the Pathway you are going to be put to many tests and they will strengthen you. As you listen to the voice of your inner self (which also speaks through others) you will be able to surpass those tests.



This Pathway unfolds in simplicity. You will find peace if you forget yourself. From dawn to dusk and from dusk to dawn, you will progress and grow as a plant grows in the sunshine. Do not want anything for yourself, do not ask for anything, simply glorify life. In this way, that which across the ages has been assigned to you will come forth, be uplifted and become manifest.



When you undertake an evolutionary task in the material world you will discover your inner strength. When faced with unexpected situations you will learn

to recognize the best way of behaving, and act accordingly.



If they knock on your door, answer. If you receive the impulse from within to look around you and you see those in need, take care of them. But, if you look around, and following your own will, use the energy that you are given in places where it does not belong, you are actually wasting what the Supreme Life gives you.



Serene attention focused on the center of your being spans distances, removes difficulties and brings the correct attitude to each moment.



Your hands may create beautiful forms, but you will only know the Works of the Creator when the fire of love flows through your being.



There is no true encounter with the inner world if the bonds created in

external life are not loosened. Liberation begins with detachment.



Many are the ways to move ahead along this pathway, but detachment must be present in all of them. Without detachment you will not be able to proceed. Without it you will wander around in circles, going from one illusion to another, remaining on the same plane of action.



If, for fear of the future, you put away that which, in your judgment, will be

needed, if you hoard for tomorrow, you will miss the blessings, which the heavens can bestow on everyone.



Your guide and beacon is the inner world and you must entrust your direction to it. Remember, you are not alone on this journey. The Brothers assist you, instruct you, and walk beside you.



The sure path is built with gratitude, surrender and faith. There is nothing to

fear, but you should not abandon the healthy point of tension that will perfect your vigilance. In this way you will cross dark valleys that still await you as you journey on the Earth.



If in the midst of the darkness of the night you decide to walk, the light of day will come to meet you. But, if you wait until daylight and only then get started, you will only get brief glimpses of light. There is no transformation without faith, nor encounter without quest.



*You are being guided from within.
Remain in silence. Seek your deeper con-
sciousness, that sanctuary to which only
the Sacred One has access.*



*Without faith there is no pathway. If
you do not go on, how will the fruits of
your faith be harvested?*



*If you sow doubt in your heart, you
will not be able to choose which direction*

to take; you will not find your Dwelling Place. Even though you may hear about the Goal from the four winds, you will know nothing of your destiny.



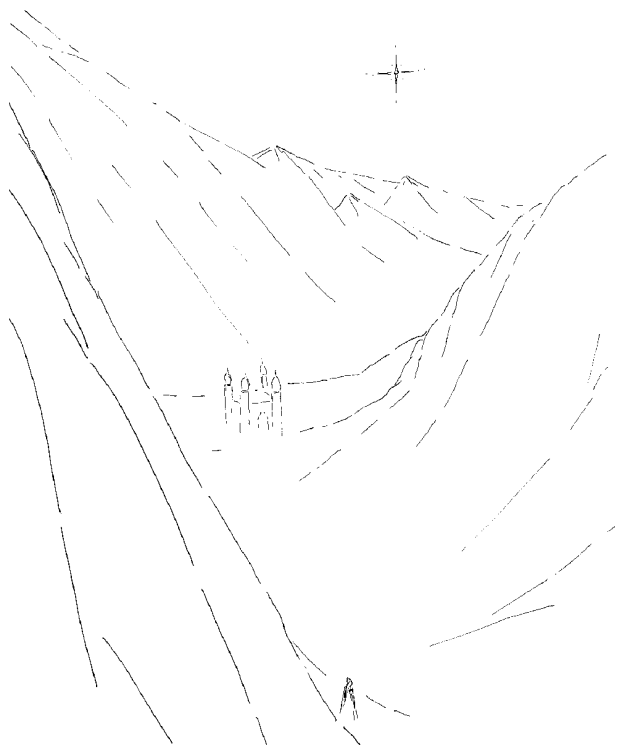
“Lord, how are we to convey the certainty of Your existence to others?”

“Must the Sun talk about its light in order for you to know that it exists? Must the flower announce its fragrance so that you can smell it? For others to be able to perceive My existence all you have to do is allow me to act silently through you. There is no truer service than the

surrender of your being to Me, surrender that has been assimilated and lived in every cell. Words, gestures, ideas or feelings will not transform the world, but only the flames of the fire of the heart.

“Your surrender to Me will be fuller when you let go of expectations as to the results of your actions. Then it will be authentic. It will emerge naturally, without effort. Fruit of the subtle transmutation of the elements of your bodies, it will be manifested through works that transcend your human will.”





*If the Light of inner life reveals itself
in the caverns of the heart, what is the
point of seeking it in the desert of the
mind?*



*The currents of a great river come
from the constant trickle of a spring.*



*It is in silencing the seeking that one
reaches the Encounter.*



Do not be impressed by forms that arise and disappear before your eyes. The tangible universe is continuous mutation. But Eternity, your deepest dwelling place, is absolute everlastingness.



You will know the power of Will to the extent that you focus on the supreme purpose of existence, that you channel your energy toward its fulfillment and toward contacting the Source from which it springs. Unimaginable opportunities will then present themselves to you.



When you can live in the midst of the commotion of the world without losing yourself in it, you will be ready to free yourself from it. You will only be able to transcend the world when you no longer belong to it.



If you fear the voice of the world how will you recognize Truth?



When aspiration to serve is transformed into effective action, it dissolves fears.





Do not let yourself be disheartened by failures. Persevere. Remember, you are building for eternity.



Judgment comes from the conceited and the presumptuous. Division comes from judging. However, the One Who gave Himself to humanity did not do it for only a few. Even though rejected, He never forsook humanity.



Only someone who knows sacrifice can understand gratitude.



You are not asked to judge, or censure, nor evaluate what is happening according to known parameters. Only one thing is asked of you: to follow the Path.



Vain are the hopes of one, who, not having sown anything, expects a harvest. If you expect the Spirit first to give you

virtues so that you can then live according to them, you will probably not have any.



Stand before reality as it is, without subterfuge and without inferences. In this way you will see it in its sacred simplicity.



Sacredness is as present in the crawling of a worm as in the flight of a bird. However, if you were created for the heights, be careful not to stay in the swamp, forgetting your true destiny.



If you strengthen yourself inwardly, nothing will perturb you. To do so, let go of your outer identity as a person and discover your inner reality.



Do not feed conflicts; they are all stirred up by ignorance. Seek the Light. It emanates from the essence that takes you back to the Source.



Abide in silence. Receive praise and criticism with equal dispassion. Learn, my brother, what Life continually teaches you. Walk on, humbly.



It is simple to stop being bad; however, it is difficult to give up being good. In essence, there are neither good nor bad beings, only Reality, which is law. If you are ready to fulfill it, do not get carried away by comparisons.



Underlying all afflictions is a force, which is opposed to the Light, a force fed by pride or by ambition. Invoke the Intelligence of the Spirit, invoke its powerful clarity.

Reaffirm your reality as a being of Light, thus permitting humility to be within you, unendingly.



By withdrawing your senses from the material pursuit that was imposed upon them, you will perceive the call to unity more clearly.



The maturing of consciousness will lead you to overcome involvement with emotional life. This progress is due to a solar law, which is followed by all souls in service.



Control your emotions. Cultivate that true peace which does not change with circumstances.



Sweet peace and gentle energy knock at your door. They remove that which no longer belongs there and leave you with a pure transparent freshness.



Upon awakening you will know the precise laws that govern the life of the Earth-universe and that of the solar system. You will have the solution for errors committed, and you will be assisted in fulfilling that which is best and most necessary for evolution.



As the ancient ones did, look at the universe with reverence; raise your hands as a sign of gratitude and love.



You are being prepared for tasks that are to come. But do not be deluded by formal positions, plans and structures. These tasks respond to laws that differ from the ones implemented on the planet.



Be benevolent. May your help be received not because of fear, nor illusions, nor expectations of reward, but because of

love. Dedicate your life to unity among all creatures.



Whether or not you are aware of your steps, go on. Whether or not you are freed from your bonds, go ahead. Whether or not you have overcome emotional ties, praise the Lord. Follow the designs of the Eternal Law and allow Grace to renew you.



*Oh, pure Love and Source of Life,
where did I let the bonds that
sealed our union slip away?*

*In what murky stopping places,
in what dark valleys,
on which frozen cliffs
did I allow my heart to get lost
and did I leave You?
Long was the night
during which I slept
and became so blind.
You gave me Yourself, oh Lord,
as well as Your messengers,
so that I could see dawn again.
I did not see Your face,
for You have none,
but You taught me to find it
in creation.
I did not listen to Your voice,
for Your call is silent.
But in every gesture of love
You let me hear
the sounds of Your kingdom.*

*I searched for You in the four corners,
I could not find You,
but when I arrived
at my dwelling place
You were there waiting for me.*



*Pray. Offer yourself unconditionally
to be transfigured into the essence of what
you are, and to thus take up your part in
this rebirth, in this ceremony which the
Father watches over.*



Raise your thoughts. Put into practice that which you know is true without expecting rewards. Serve with purity of purpose, devoid of all pretensions.



Whether you perceive them or not, psychic forces constantly approach you. When something within your being responds to the vibration of these forces, they infiltrate your aura.

If your consciousness is focused above conflicts, the negative forces have less influence. By keeping yourself in this high-

er state you will be able to render broader service to the world.



Negative forces look for a sense of self-affirmation in you in order to induce you to separateness and conflict. They even base their arguments on true teachings. But do not be taken in by this ploy. Keep yourself in a pure state of faith and silence. What else should matter to you but the Light?





As long as discord finds refuge in you, you cannot possibly know peace fully. Listen: the awakening, the arrival of the Fire of Spirit into matter, needs your conscious cooperation to complete itself.



Identify yourself only with the Light that you are and which lives in you. It is the light of the Most High. Remain in inner silence.



Peace comes from your constant surrender to the Most High, an offering that is dynamically reconfirmed, perfected and developed. Steadfastly ward off all that could disturb it.



Solutions emerge in a simple way when you leave behind the illusions that you have created. Ancient civilizations have gone, and we have arrived at the present, the transition of the planet from its physical state to a more refined one.



The greater the level of contamination and conflict, the greater the opportunity to ascend and be liberated. Today you live in a time of miracles.



By their works you will know which master the hands are serving.



The structures of this civilization are crumbling, people and nations are becoming impoverished. The cause of this chaos is not to be found in the economic systems, nor are the solutions.

The Light will come from the awakening of each one, from the awakening of individuals such as you to your eternal essence. Do not forget that the present times are no longer entirely subject to material laws. The spiritual Hierarchies are approaching.



When you accept that a spiritual law should not be merely understood, but be lived, when you accept that lands should not be divided, that weapons should not be created to defend them, then you will enter another level of consciousness and go on to higher planes of existence.



Your responsibility increases as the material situation of the planet approaches total imbalance. Every day, manifest more intensely the peace and blessedness of all those who have recognized their Destiny, the goal to be reached.



The energy of faith makes miracles happen. It gives the turbulent sea the tranquility of the glacial lakes of the mountain ranges. It changes the course of the winds and calms the most violent tempests.



Give yourself to Life. Give until you cannot give of yourself any more and, having arrived at this point, even greater surrender will be required.



That which the inner world puts into your receptive consciousness is dispersed over the entire planet. Peace, light, and faith are irradiated in measures you cannot perceive.



Light the flame in others that will allow them to elevate their lives. From the fire that burns within you comes the power that is needed to do this subtle work of awakening. But be careful, be-

cause though you are told that you should light this fire in everyone who needs it, you are also told not to “cast pearls before swine.”



When you offer help to those who are not ready to receive it, you degrade it and allow energy to drain away. In doing this, you waste that which Life gives you, transgress the laws that govern the use of energy, wear yourself out and hinder others from developing their virtues on their own.





*Oh, little flame of love,
with outstretched arms
receive the most valuable treasure
and in greater Love
will you be consumed!*

Love
that knows how to gather or disperse,

Love
that renews and remains immutable,

Love
*that destroys what does not live
in its Name,*

Love
*that expands to apprehend
greater Light.*



Just as knowledge does not diminish the Source that transmits it, your giving and your selfless service will not draw energy away from your being. On the contrary, you are nourished inasmuch as you surrender unconditionally to the Most High.



All that you need to know is within you. You will be able to discover it if you dedicate yourself to seeking it and if you are faithful to the Law. For this, it is important for you to be free and divested of idolatry.

Idolatry benumbs the recognition of

the divinity in your own self and in your fellow beings.



When you nurture a passion, you place too great a value on the object of your affection, distorting it. In this way, you lose your sense of universality. There are many levels of passion, and one that is directed at beings or objects of spiritual devotion can cause just as much confusion as one created by lower desires. Even aspiration, as essential as it is for the quest, is weakened under the influence of passion.



If you are attached to the instruments through which the evolutionary energies act (such as persons and schools of thought), you run the risk of forgetting that the destiny of all beings, and therefore your destiny as well, is to become a receptacle of divine energy.

You must not think that this energy will be given to you by others. It is up to you to walk on your own two feet, confident that the same Light which illuminated the path of the ones you admire, will also illuminate your path.



Through the eyes of the Spirit you will see lives and cities emerge from an

apparent void. When face to face with the immutable, that which today you see as real, will turn out to be a mirage.



The more you know, the more you realize you know nothing. Letting go in this way is necessary for revelation to permeate your being.



Seek to attune your material expression to your essence, to turn toward higher and higher levels. In this way you will learn what it means to unite the paths of mankind with the Paths of God.



*Uplifted,
Plunge into limitless love.
With threads of pure light
you will entwine distant worlds
into a single bond of praise.*



*When your mind argues and induces
you to discouragement, reflect: can you
arrive at your destination by taking only
one step, or do you have to lift your foot
off the ground countless times in order to
walk? Therefore, keep on going without
any further sidetracking.*

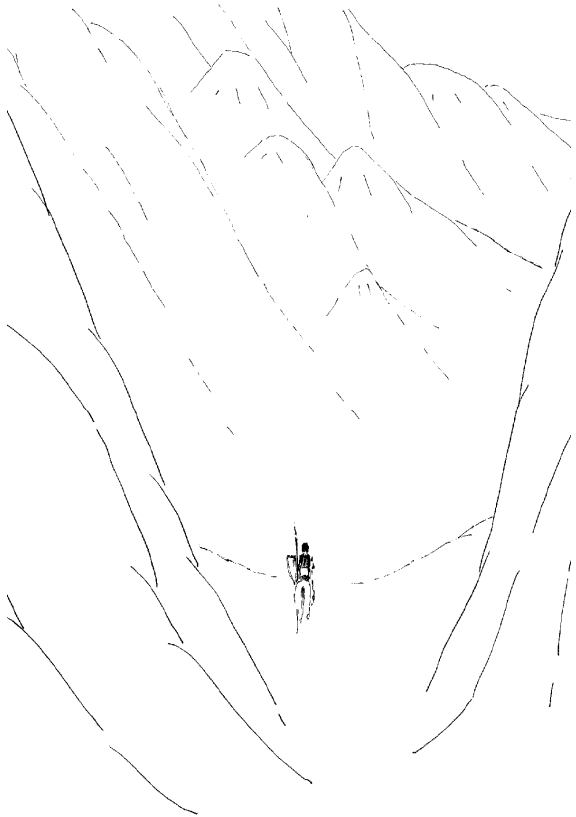


Needs change throughout the journey. In the initial phases, when you concern yourself with the preparation of the personality, you should give the mind information that will help it become incorporated into ascesis. In more advanced phases, those in which inner union is foreshadowed, you should give the soul the opportunity to merge into the fire of contemplation.



*Life, how mysterious you are!
So many secrets you safeguard
and how simple you continue to be!*





To a certain degree your outer expression reflects the state of your inner consciousness. If issues pertaining to your life are still plaguing you, then you must go on seeking inner maturity. But do not be misled: separate what you really are from what you assimilate from others.



In these days, great is the opportunity to approach the spiritual Hierarchy. For this approach to happen, it is necessary to continually seek ways to transcend the phase you have attained, and to open yourself up to Grace.



As your capacity to contact the inner world is enhanced, energies from a higher level are projected upon you. They reveal to you new possibilities for your perfection.



Surrender yourself to the Light of the Hierarchy and resolutely refrain from colluding with old habits.



In calling you to evolutionary service, the Hierarchy takes into account your imperfections. If it is necessary for you to manifest something higher, you will be guided toward that which you should learn. If you receive no guidance for this

*and if you feel inadequate for the service,
humbly accept this condition and keep on
working.*



*When you recognize a true need,
make a commitment to fulfill it.*



*In reality, it is the Will of the Most
High that leads you to change your level
of vibration and sends Grace to aid you.
As a human being, you must not be
concerned about your own needs.*



When the Hierarchy counts on you to carry out the Evolutionary Plan, It does not do so because of your own needs nor your capabilities, but rather, because of the needs of the All. Each one is responsible for a part of this work.



Yours is the decision to have a single bridge to take you directly to the spiritual world. Yours is the decision to unfasten the many ties that bind you to what has already passed. Yours is the decision to open yourself to be a transmitter of the Light of the Most High.



Spiritual relationship with the Brothers of the Cosmos takes place for the sake of the world and of humanity. Each one's latent capabilities are taken into account; in this way the Good is stimulated.



Grace blesses you willingly and freely. It is everyone's right to be elevated one day.



Neither guilt nor merit attracts Grace; but rather, surrender to the Most High without any expectations.



With the purity of your surrender you will help those who still need to learn to give of themselves unconditionally, those who need to surpass certain trials of faith.



The Brothers of the Cosmos have always been with you. It is up to you to realize how greatly you have been helped.



Contact with the Brothers of the Cosmos takes place through inner attunement. Your being is energy and therefore, They see you impersonally.



Grace is either expanded or restricted, depending on your response to the opportunities that come to you.

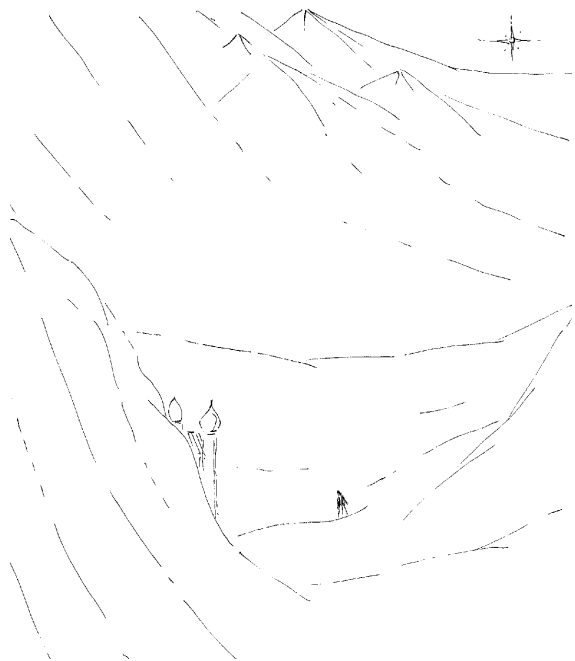


What really determines the course of your life? Have you realized yet that its basic tenets never depended on you?



What happens in your life does not refer only to you. When a higher energy touches you, it transforms you into a channel of inner help to groups. Thus, what is the use of being concerned about yourself?





Take up your place in the Evolutionary Plan and be filled with gratitude for the privilege of serving.



What are you looking for, if you already have everything? Why do you keep rummaging about, if Life is right there within you?

PEACE

BOOKS BY TRIGUEIRINHO

1987

NOSSA VIDA NOS SONHOS [OUR LIFE IN DREAMS]

A ENERGIA DOS RAIOS EM NOSSA VIDA [THE ENERGY
OF THE RAYS IN OUR LIVES]

1988

DO IRREAL AO REAL [FROM THE UNREAL TO THE REAL]

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Today*]

A MORTE SEM MEDO E SEM CULPA [DEATH WITHOUT FEAR
OR GUILT]

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ERKS — *Mundo interno* [ERKS—*The Inner World*]

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AURORA — *Essência cósmica curadora* [AURORA—*Cosmic
Essence of Healing*]

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O NOVO COMEÇO DO MUNDO [THE NEW BEGINNING OF THE
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A QUINTA RAÇA [THE FIFTH RACE]
PADRÕES DE CONDUTA PARA A NOVA HUMANIDADE
[PATTERNS OF BEHAVIOR FOR THE NEW HUMANITY]
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AND A TIME FOR VIGIL]

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The Occult Life]

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FÁTIMA—*Lis*]

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VIAGENS POR MUNDOS SUTIS [TRAVELING THROUGH SUBTLE
WORLDS]

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CRETS—*Iberah and Anu Tea*]

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Ways of Energy*]

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[THE MYSTERY OF THE CROSS IN THE PRESENT PLANETARY
TRANSITION]

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TURE HUMANITY]

1993

AOS QUE DESPERTAM [TO THOSE WHO AWAKEN]

PAZ INTERNA EM TEMPOS CRÍTICOS [INNER PEACE IN CRITI-
CAL TIMES]

A FORMAÇÃO DE CURADORES [THE FORMATION OF HEALERS]
PROFECIAS AOS QUE NÃO TEMEM DIZER SIM [PROPHECIES
FOR THOSE WHO ARE NOT AFRAID TO SAY YES]
A VOZ DE AMHAJ [THE VOICE OF AMHAJ]
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to Anu Tea*]
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[NISKALKAT—*A Message for Times of Emergency*]
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UM NOVO IMPULSO ASTROLÓGICO [A NEW ASTROLOGICAL IM-
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1994

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Occult Science*]
BASES DO MUNDO ARDENTE — *Indicações para contato com os
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Indications for Contacts with Supraphysical Worlds]
CONTATOS COM UM MONASTÉRIO INTRATERRENO [CON-
TACTS WITH AN INTRATERRESTRIAL MONASTERY]
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GLOSSÁRIO ESOTÉRICO [ESOTERIC LEXICON]

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A LUZ DENTRO DE TI [THE LIGHT WITHIN YOU]

1996

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1997

NÃO ESTAMOS SÓS [WE ARE NOT ALONE]
VENTOS DO ESPÍRITO [WINDS OF SPIRIT]
O ENCONTRO DO TEMPLO [FINDING THE TEMPLE]
A PAZ EXISTE [THERE IS PEACE]

1998

CAMINHO SEM SOMBRAS [PATH WITHOUT SHADOWS]
MENSAGENS PARA UMA VIDA DE HARMONIA [MESSAGES FOR
A LIFE OF HARMONY]

1999

TOQUE DIVINO [THE DIVINE TOUCH]

Coleção PEDAÇOS DE CÉU [BITS FROM HEAVEN Collection]

AROMAS DO ESPAÇO [AROMAS FROM SPACE]

NOVA VIDA BATE À PORTA [A NEW LIFE AWAITS YOU]

MAIS LUZ NO HORIZONTE [MORE LIGHT ON THE HORIZON]

CAMPANÁRIO CÓSMICO [THE COSMIC CAMPANILE]

NADA NOS FALTA [WE LACK NOTHING]

SAGRADOS MISTÉRIOS [SACRED MYSTERIES]

ILHAS DE SALVAÇÃO [ISLANDS OF SALVATION]

The Light Within You

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BEYOND KARMA

TRIGUEIRINHO

As human beings grow in consciousness, their understanding of the law of karma also grows. They no longer see it as a mere instrument to compensate for past errors, but recognize it as an infallible means to fulfill the higher goal of life. They begin to notice that the law of karma is present on various levels of existence and that it functions in different ways.

Thus they begin to cooperate with it intelligently. They are no longer performers of their destiny, but effective assistants of evolution, true co-creators.



Irdirin Editora

*Your yearning for better days
will be heeded when you discover
in your inner world
the eternal Light of your essence.*

*Then your yearning will be for
unconditional surrender to the ways
revealed by this Light.*

The
Light
within *you*

TRIGUEIRINHO



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