

# WE ARE NOT ALONE



Trigueirinho



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WE  
ARE NOT  
ALONE



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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 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.

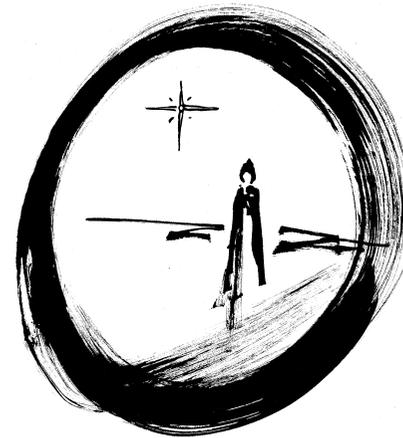
Finally, **Path Without Shadows** represents the stage when, once the tree has borne fruit, it offers its seeds for the birth of new plants. These writings include a series of mantras in Irdin, a cosmic language, along with their musical scores, to be used individually or in groups.

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



Have you heard the call?  
Answer, then, at the same level  
from which the offer is being made  
to you.

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## To the Reader



The spirit speaks to us with eternal wisdom,  
not with knowledge that is fleeting or that changes

without anything profound having been added. The spirit speaks to us of that which is always valid, regardless of the circumstances.

Precise and clear spiritual instruction is necessary at all times, especially in times of great difficulty. The time will come when the very foundations of the ways of life of this civilization will collapse, once and for all, and unexpected help from the Most High will openly appear. Manifestations from the supraphysical worlds will be seen in the skies. Some will realize, beyond a doubt and without the need for proof, that this is the spiritual Hierarchy of the universe coming to receive us.

Although the relationship with the divine beings that make up the Hierarchy has not yet matured in humanity in general, this will not prevent human beings from receiving help, for the Law of Love rules the tasks of the Great Brotherhood. However, in these final moments involutory forces will attempt to make use of, and to turn

astray, even those who have been on the spiritual path for a long time. They will attempt to trap them, mainly in emotional illusions and in mental preconceptions. For this reason one should elevate and purify one's desires, sentiments, intentions and thoughts, as well as devotion, thus building an adequate basis for greater action by the Higher Brothers.

**We Are Not Alone** is a selection of passages from two books: ***A Criação — Nos Caminhos da Energia*** [*Creation—Following the Ways of Energy*] and ***Segredos Desvelados — Iberah e Anu Tea*** [*Unveiled Secrets — Iberah and Anu Tea*]. Thoughts scattered throughout these books inspire us in a special way to seek introspection and inner silence. We have attempted to present them afresh, in a new encapsulation, for groups dedicated to prayer, study and service.

Information such as gathered here, can be found in different ways in the work of the numerous spiritual groups of today. The creative potential

of these groups emerges according to each one's capabilities and purity of goal. It starts out like a seed, and then grows into a bud, which blossoms into a flower with a scent that can already be perceived on the inner levels of life.

Clarifications are given at each stage of a student's or group's evolutionary work, according to the law of necessity. Information is transmitted in the tone and energy that are right for each moment, through the most viable means of contact for the different circumstances. We live in times of blessings.

*In the midst of the ashes of  
destruction the sacred bird will arise  
unscathed and soar to the Heavens.*

## Part 1



# First Pilgrim

## 1

— O, pilgrim, whom do you call? Why do you knock on this door?

— My brother, I have been journeying for a long time. I am hungry, cold and thirsty. I seek justice. I seek pardon. I seek my group. In the past I wandered away from it,

distracted by the ephemeral beauty along the way. I yielded to pleasures. My eyes became foggy, my ears, deafened. I did not even know where I was. Rambling, I cut myself off from reality. I acted against the Law, I know I did. I suffered, suffered a lot. In the midst of the pain I woke up. Then my eyes opened and my ears heard. I saw the Light coming toward me; I understood its beckoning right away. I decided to respond to it and return to the path. Nevertheless, there was a long way to go. A long time went by, I'm not quite sure how long. It seems that I have been searching for many lives. Above all, I want to join those who follow this Light, those who obey the Highest Will. I no longer have any choice.

— Then I tell you, pilgrim, this Light has always accompanied you. Even when

you were lost in the midst of darkness, it lay there within you. But you were so deceived by the illusions of form that you could not perceive it. You have been called many times, now you have awakened in time and have arrived here on your own. I tell you, if you are willing to wash the past out of yourself, forgive your fellow beings, die while living in order to enter the true Life, and transcend affections so that you can be absorbed into the Ocean of pure Love, you have knocked at the right door. You may enter. You will no longer be the same. You will have wisdom in Light, fortitude in Love, and glory in Power. But if you are afraid or in doubt, you are still not ready for this freedom.

— I reaffirm my vows. I bow in reverence and gratitude. In prayer, I surrender myself

to the One who created all things. May His Will be done.



## 2

In the beginning of your journey, you will find a stream of crystal clear water. Pilgrim, let these waters wash your body. Immerse it in the shallow current and purify it. The waters will teach you the wisdom of renunciation, without which you will not manage to journey on. They will wash your eyes and then you will be able to see that even if Life denies you something, gently or violently, in reality it never limits you, but takes you little by little to freedom.

Do not expect a pleasurable pathway. The trail leading to Peace and to Truth is arduous,

but beautiful. You will have the energy of Love as a faithful companion. You will merge with it when more difficult trials befall you. Thus, little by little you will be molded according to your true and sublime inner image.



If you want to find a pearl you must look for it on the bottom of the sea. If you want to appreciate the beauty of a flower, you must stand before it reverently. If you want to discover the new, you must go to the Source that creates all and never repeats Itself. On this journey you will not follow paths where human feet can tread. This is an inner journey. The Light that illumines it and makes it shine so

resplendently comes from aspiration that has been transformed into surrender. It is a journey that lifts beings up to where there is no beginning or end, where they may put their faith.

Learn to recognize that which nurtures all of Creation. Do not let your eyes be fooled by transitory glitter. Seek the spark of the Fire that neither water nor wind can extinguish, Fire that never goes out and that permeates all existence.



### 3

O, pilgrim, if material issues rule the rhythm of your steps, you have not yet perceived the urgency of the Encounter. Union with the Light has not silenced the clamor of your carnal self. You still have other concerns besides your commitment to the Truth.



If you receive flowers during your journey, give them away to beautify the arid landscapes of human life. The commonplace

must give way to the sacred. Where you find fertile soil, scatter the seeds of sacred plants, and let the wisdom of life guide their sprouting. Do not claim any rights. You came into this world bare and you must keep your consciousness bare, for all that is superfluous becomes a cause for misguidance and murkiness.



Silent obedience to the Inner Law is worth more than many words of promise and good intentions.

One must allow Time to take its time. Do not raise expectations. Do not blemish your surrender by looking for reward.

Do not fear the future or seek salvation for yourself, forgetting the rest.

Seeds sown in the earth are to germinate, take root and spread their branches toward the Light. They will receive onslaughts from the elements and thus they will be strengthened, become mature plants and fulfill their stages and cycles.

And the day will come when the buds will burst into fragrant flowers, a sacred promise of what awaits the world of humans.



## 4

— O, pilgrim, why did you interrupt the journey? What are you seeking?

— My brother, I am seeking the One Who can guide me along these trails of Light, trails that lead to surrender to the Most High.

— And why do you wander around in such forsaken places?

— The many ways are bewildering to me. I look around and see no sign, only discord, struggle, and death. I walked alongside doubt, slept in the bed of fear and even forgot what

I was seeking. I suffered. Then I remembered the quest again and went on. However, I do not know where I am going.

— I tell you, then, sincerity is the greatest of all the goods you now carry in your pack. But do not seek elsewhere what can be found within you. Be still, son of the Earth, be still and examine your own self. Silence your longing; offer it to the Most High. Be silent... And you will gradually begin to hear the spring that issues from your heart. Persevere in your offering and this wellspring will pour out the Water of Life to wash the terrestrial world. It will issue forth the Light of Wisdom to guide your brothers. Remain in surrender and you will know your Master, but only when there is no longer any personality left to be surrendered. Love. Love with fervor and purity the One Who created all things, because it

is through love of the Infinite that the veils separating you from Eternity will be shred.

Do not nurture that which should die. Do not sow that which should not come to life. Recognize the gifts that you receive from the Heavens and welcome them in silent gratitude, for only a winged heart can soar toward the distant Worlds.



Brave pilgrim, you have made the commitment to enter the path of probation. Let yourself be purified so that you can tread on sacred ground. Do not take anything that could blemish the pure universes where you are headed. Rid yourself of your stains of human nature, if not you will be blinded by

their malevolence. Along the way you will still taste the bitterness of suffering stemming from your past errors, and you will cling to neutrality.



## 5

Those who fear losing their own lives cannot receive the gifts of Eternity.

Those who fear being slighted by human beings cannot merge fully into celestial Life.

But those who surrender themselves to the Most High, holding back nothing, understand the call from the stars. Treading the narrow path of renunciation, they reach the summits, the portals of redemption.

Subdue your lower nature. Offer yourself in full awareness to the One Who granted

you Life. Plunge into the center of this unending Source.

Each virtue awakened in you lifts you above the good and the bad, above joy and pain. Safeguard these virtues and make them your treasure. In their budding, blossoming and bearing fruit you will find the nourishment needed to reach the end of the journey.

Do not desire titles, for they imprison the mind. Do not crave status or you will get stuck in slippery soil that deceives you with its fleeting glitter.

It is still difficult for you to understand Divinity because Divinity does not take anything for itself. By staying free from all forms and concepts, It remains immaculate.

If your smallness shows up in the immen-

sity of the celestial spheres, perceive the silent message that the brilliance of the stars attempts to transmit to you.

Remember: there is lightness in the flight of the small bird.



Hark, pilgrim! Perceive the mark of immortality beyond ephemeral things. When journeying through the world of changing forms, let yourself be permeated by immutable reality.

The veil will dissolve when you surrender. But first you must recognize the Law. There is no step that cannot be taken, no

path that cannot be followed by one who  
reverses the Sacred.



## 6

Learn the fulfillment of the phases from  
the waves of the sea. Learn the experience of  
the cycles from the sequence of the seasons.  
Learn purity of surrender from the flowers;  
and from the bees, learn group service. Pilgrim,  
follow the signs along your Pathway of Light.

Turn a deaf ear to what beckons from the  
world; quell its clamoring. Shun improper  
actions. Close your eyes to profane sights  
and renounce the propensity for that which  
ties you to illusions. When you steer your  
senses like an able rider, you awaken hidden  
faculties, not for your pleasure, but for  
redemption and service.

These faculties will be little lamps that will show the pathway to those who have not yet been able to liberate themselves. They will be like a soothing flame that will warm their hearts, awakening them to a fraternal and spiritual life. Proceed, fervent seeker, make your senses the Lord's assistants. Teach them to adore the One.

Remember your life no longer belongs to you, but it is you who belong to the Infinite.

You are a child of the cosmos, heir of the Great Dwelling Place. Wake up! We have come to you bringing your Inheritance.

The sounds that you hear from the times yet to come are sacred. Their vibration is celestial. Pure are the balms that emanate from them. Come, pilgrim, the Portal of the Temple opens and awaits you.

The dark night that you are crossing foretells the dawn. You tread the path of rightness, the path of surrender, the path of the Law. From silence you have assimilated pure and true love. In silence you have learned to surrender to the Creator. You know to which Lord your life, your labors and your dedication belong.

The chimes of the inner world are calling you to the Encounter. In your soul, angelic voices chant your Name. Your spirit rises. You have renounced life, o pilgrim, to be finally born into Life.



# 7

Pilgrim, simplicity is the scent that comes from the flowers of Wisdom. Those who surrender to the guidance of the Law have nothing to declare; they are apprentices of the apprentice. They create nothing as fruit of their own knowledge.

Pilgrim, wise are they who embrace stillness and, silencing their earthly nature, approach the spirit. Wise are they who withdraw into their center and let themselves be bathed in its mighty springs, source of translucent and transformational waters. Be careful then, not to let your words be full of beauty and devoid

of truth, and not to let your actions disavow your virtues. Silently embrace humility; be careful not to let pride overshadow it.

Pilgrim, time is infinite for those who surrender to Eternity. No obstacle hinders the fulfillment of their inner goals. A mystery to unbelievers, this fulfillment occurs in the center of the being and when consciousness surrenders to it, a transformative energy invisibly penetrates the core of each cell and atom. Finding the light there quiescent, this energy activates the light to seek its course in the infinite cosmos.

Energy liberates the life confined to the bodies, removing resistance to the omnipotence of the Spirit.



Seven syllables, interwoven in the silence of the five lovers of the Light, make up the word that you are to speak. Your arrival at the Kingdom is the beginning of a new phase in the cosmic life of your being, and also in the life of your group. Be attentive and vigilant, since you still have to go through the night. You will be stepping on the shifting ground of a planet undergoing purification until you can enter the Portal of the Great Temple and be baptized by fire, under the aegis of your Inner Group. Safeguard yourself from deviations. However, the skies that you now contemplate already reflect the lights of the Sacred City. You will find the signs for your way, your protection and the assurance of the goal to be attained, in those lights.

Beyond space and time, deeper than your breath, is the One Who watches over your steps,

the One from Whom your existence emanates. Look into your heart. In it you will find the rays of the dawn.



## 8

O, pilgrim, how many battles have you won in order to see the Light? The past contains your dedication and effort. The future holds the seeds of the unknowable; the present, the keys to your liberation.

There is no true path that can be set by humanity, and no true victory built on reward. All laurels should be consumed in the fire of surrender. Those who receive laurels and become attached to them, lose sight of reality.

Since the beginning of time your way has been charted, and even your going astray has been foreseen. However, now you have

awakened, and after so many battles you have learned to wield the sword and to overcome the enemy. Therefore, your responsibility is greater and you can no longer allow yourself to be swayed by fallacies along the Way.

O, pilgrim, lift up your eyes and behold the Infinite. It is your Dwelling Place.



Can there be greater gratitude than that which stems from a heart touched by the divine presence within? Can there be greater faith than that of someone who, walking in darkness, follows the Light?

In the times that are coming one must have an all-inclusive experience of faith, total self-effacement, unswerving certainty of being

led and unconditional obedience to inner guidance. Miracles will appear like celestial flowers among the ashes of human life. Put aside all that is trifling, so that the Infinite may approach.



## 9

Even before the skies hide the stars from sight, you will cross the first portal. By the time the new dawn lights up all the corners of this Earth, you will have learned to walk fearlessly in the shining light of faith.

You have been walking in the Light. Now prepare yourself, for hereafter you will have to be the Light Itself.



What is the use of telling people to quench their thirst if they have not been shown the Wellspring?

The essence of man is like a pearl fallen into the mud. Even though hidden from sight, it is there inside the being whose destiny will be traced by the hue of the pearl.

Traveler, gather the drops from the celestial Fountain that sprinkle upon you. Take them and wash the feet of your fellow beings so they, too, may be able to find the Way.



— What can I do for my fellow beings if they do not even want to listen to me?

— Give the water of life to those who thirst for the spirit.



Whoever calls out for justice, has not yet awakened to the truth of the Law. But whoever makes the Law a living nourishment, without waiting to be understood by the rest and without attempting to elucidate the designs of the Most High, lives the bliss of those who have penetrated the secrets of the cosmos.

Your fidelity discloses the truth underlying each event of life. Your faith fuels the torch bearing the celestial fire which, having been given to you, is carried into the world of humans as a service to the Creator.



## 10

— Which way have you come, pilgrim?

— I have come by the path of the Law, my brother.

— How many crossroads did you pass?

— Five times I had to stop until I found which way to go. All along the way I received many invitations and luring promises to take the by-roads. However, I did not accept them, for in the past I felt the bitter taste that comes from being sidetracked. My brother, I learned that to follow the Path of the Law, I must have humility and faith, and I must surrender myself to the Highest. I also learned through suffering and pain that without

sincerity and perseverance, I would not be able to undertake such a daring journey.

There is no other path like this one. As narrow as it is, as soon as I get a little distracted, I can go astray. The path is straight, its beginning and end hidden in the horizon. Each step brings new learning, a task and a test. I have spent my days treading this path and for this I give thanks to the Most High.

—I know that you are telling the truth. Now that you have passed the five great tests<sup>1</sup> and that you have also been faithful throughout the small trials, you will reach a new and narrow doorway. As you cross it, a large star will show itself to you and light up your pathway with its translucent beams.

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<sup>1</sup> The five great tests to be surpassed in this stage are arrogance, lethargy, falsehood, subtle thievery (or the incorrect use of energy) and cowardice.

You will no longer experience either happiness or sadness. You will be more and more imbued with eternal bliss. Then you will be recognized and loved as the one who is returning to the Celestial Home.

Come. Hasten. You have the blessing of the cosmos.



# 11

Absolute silence. No movement in cosmic space. The Nothing fills the Great Void.

The pilgrim falls silent before the infinite glory of eternity. Words are useless to express the Ineffable.

A tiny spark lights up. It is the awakening. From this spark emerges a vortex of light. Spinning round, it penetrates cosmic space. A new phase begins.

The one who is being raised to the spiritual universes silently watches over the inner riches that are entrusted to him. In profound reverence

for the Most High, he sees that the wellspring given to him to be placed at the service of the All, is expanding. He finds incomparable peace in surrendering the human nature. Driven by an unassailable faith, this human nature yields to the unknown, which reveals Divinity.

In compassion the pilgrim finds the consecration of love; in giving, the ennobling of service; in surrender, perfect communion with life; in self-effacement, the fullness of Truth.



You are now being called to a service that asks you to transcend the condition of this planet. So, let go of the last desires. Bind

them with the straps of will to weaken them, so that they have ever less power over you.

Turn your eyes away from ephemeral things, look to eternity and absorb the radiance of the fire of redemption. Let your projects, aspirations and quest blaze in this fire. Nothing but surrender of your whole being to the Inner Regent should be the reason for your efforts.

If you seek freedom, turn your eyes firmly away from wanting or thinking about what still entangles you with promises of pleasure. Pleasure is a treacherous hand that imprisons while caressing. Renounce its endearments and proceed resolutely toward the Light.

Wisdom vaults the walls of the labyrinth of life. It touches your heart and enlightens your consciousness.

To sip the nectar hidden within you, transform your remaining resistance; surrender it to the one who knows freedom. To enter this labyrinth you found a wide doorway, but the way out is narrow. Only the humble are able to go through it.



## 12

Those who seek human knowledge reap ashes and thorns. Those who surrender to the Light, while knowing nothing, know all.

True pilgrims have forgotten their names, their past and their destination. They simply walk on. Their steps leave no footprints. Their bodies cast no shadows. They have become one with the Light. Their destiny has been transformed into the Path, and their surrender, into the life of the Creator.

— My brother, my ears have never heard these sounds before. Where do they come from?

— When the silencing of ideas, needs, intentions, and personal projects has totally permeated you, thus awakening hidden senses, you will perceive the vibration which the Central Life of the universe sends, filled with the highest love, to those creatures who seek It.

But those who are bearers of the flame are not aware of their own Light. Filled with faith, they go forward in the midst of darkness. Their steps open up paths and the Light they radiate brightens the way for their fellow beings.



## 13

You are being called to serve. On the path of return to the Dwelling, giving of yourself will open the doors to a new time. Opening wide, the doors receive those who, forgetting themselves, take care of the needs of their fellow beings and turn their life into a support for those who suffer.

Keep your heart always open to the needs of the world. You will not reach the highest union as long as you are motivated by craving for progress. Selfishness belongs to the darkness and if you act for your own benefit, even though surreptitiously, this

darkness will envelop you and thus you will be far from the purity of surrender.

A new phase of contact with Our Brotherhood is now beginning. We will often be perceived in the subtle worlds, in human dream life as well as in the awakened state. We will give you direct instructions. To some We will give the gift of vision, to others, the gift of healing and to many, the ability to humbly guide fellow beings along the Path of Rescue. These gifts are necessary for you to be able to act appropriately in the coming days.

New particles of Cosmic Love are being introduced into the Earth's environs. You will know this Love in your inner self and you will be transported back to your Dwelling. You will travel through the cosmos, freed from what still ties you to density.

We will depart in silence, and in silence  
We will reveal to you the secrets of eternity.  
In silence We will arrive and, united, We  
will become one Light. Thus the Encounter  
will have been consummated.

Our Brotherhood is present within you  
and is active on your planet. We have come  
to fulfill what was promised. You have the  
Light within reach, let it come near, fear  
nothing; you are being protected by it.

Nurture pure Love, nurture perfect giving  
of yourself and nurture silent surrender. Wait,  
fervently. Weave your celestial vestments with  
the threads of devotion. With the key of  
gratitude, open the door so We can come nearer  
to you.

We tell you: heed what is being

transmitted to you. Never stray from this  
Path, for the day of the Great Encounter  
is close at hand.



# 14

What signs does the morning star bring you? Learn its language, pilgrim, for it will reveal to you the keys to the Great Encounter.

Celestial life awaits those invited to this encounter. Do not be concerned about your apparel, for a sublime vestment, woven with threads of pure light and devotion, is ready for you. Also, under no pretext lag behind, for many of your fellow beings depend on your steps.



## Part 2



## Second Pilgrim

### 1

Listen to me, you who are beginning again. If you use a tiny flashlight to light up a dark room, no matter how well you focus it, you will never see what is beyond the room. Human consciousness, without the teachings that come from the Source of Life, is like this flashlight.

The teachings have been recorded in the celestial archives since the beginning of time,

but it is up to humanity to seek this gift. The way of all beings, from the beginning until their return to the point of origin, is also written in the heavens, as a path to be followed, as a potential to be fulfilled. But not all have understood this.

Now, as part of the human kingdom stands at the doorway to redemption, you must reaffirm your vows, completely surrendered to the Higher Will, and cross certain thresholds, leaving illusion behind.

An excruciating pain oppresses the heart of mortals. It is the pain of those who, one day saw the Light, but did not want to follow it; heard the Call, yet did not answer. When visited by Our Messengers, they closed the door to them. This is the only real pain.

The promise of the coming times is addressed to the innocent ones, who cultivate faith and love of Life with simplicity and purity and who suffer on this planet that is still in darkness.



The fulfillment of the greater task, part of an infinite plan, is not to be cut short by conditions of human life.

Just as one does not know which way the wind will blow, neither can the infallible movement of Grace be comprehended. Those who begin again must detach themselves from everything, so that pure faith may emerge from the heart.

Without openness to Life, there is no true service. Human beings must be able to keep their physical, emotional and mental bodies attuned to higher spheres, and this happens gradually, through Grace.



## 2

— My brother, where can I find water to quench my thirst?

— Go toward the star that guides you.

— But how can I, if I do not have enough strength to take the steps? My bodies seem to be made of dense matter, so heavy...

— Concentrate all your attention on the star that shines brightly before your eyes. Only its Light will be able to dissolve the illusion coming from your identification with the senses.

Follow this trail and never get discouraged; fortitude is hidden in perseverance. You will not be able to loosen the ties that bind you to Earth until you have been bathed by the Light of this star.

You must differentiate the stages of the way. Your feet still touch the material ground of this planet. Only when you arrive at the heights and surrender yourself to the Infinite, will you begin your cosmic journey. Therefore, although you are serving in a dense world, you will no longer follow its trails; you will not tread on its soil. But you will be like the stars in the sky, which point out the way to travelers.

In each cycle there will be a note, a sound, a word of power, a new portal to cross and a veil to be removed. What is above is reflected

below—so you were told in the past—and Reality lies within your own self.



### 3

— How can I overcome fear, if it is encrusted in my bodies like rust on a ship's anchor?

— Forget your bodies, forget fear, forget the anchor and forget the ship. Focus your attention on the goal. If fear hovers around, ignore it and go on. Do not believe in it because it does not really exist. Let yourself be touched by Truth and fear will vanish.

Doubt nothing, because even before this stage comes to an end, you will witness many

miracles. You will see what is needed appearing out of "nothing."



Long before you thought of devoting yourself to the Truth, it already throbbed within you. Truth is the flame that gives your being its sustenance, form and expression. It is the Life that runs through your veins, that vivifies your feelings and your thoughts. It is the foundation of your existence, from the spiritual to the material level. Though cloaked in a thousand appearances, it is one, eternal, immutable. Truth is hidden in all places and remains untouched, unharmed and virginal.

If you intend to attain Truth in its entirety, you are on the wrong path. If you want to unveil it, you will fall into illusions. Take the path of selflessness and want nothing. By emptying yourself of everything, you will be filled with something that cannot be described or revealed to the senses—you will be absorbed into the magnificent flame of revelation.



## 4

Part of humanity on your planet is still not ready to know higher realities. Their commitment to the forces of chaos is too strong for higher energies to be revealed to them. But efforts to contact them may occur as a way of preparing for future stages.

Devotion is a spark of the Fire that uplifts humanity. It opens the soul to the spirit, and the spirit to the Infinite. It transports the pilgrim to the most sublime dwelling places of the cosmic universe. It is to be found in the impulse that carries the pilgrim to the depths of the ocean of consciousness, in search of the pearl of perfection. It lies in the splendor of the silent

space vessels that cross the skies, glorifying the One Who sends them out to serve. It is in the redemption of human beings, who without totally understanding supra-mental reality, bow before it. Devotion enlightens them, making them see the smallness of matter in face of the grandeur of the Spirit. It is the impulse that makes the aspirant go on, even though the struggles of life try to undermine his strength. Moved by devotion, the aspirant finds strength to go forward, even in the midst of the darkness of night, assured that a more beautiful dawn foretells a new time on this Earth.



## 5

A long time ago celestial vessels arrived at your ports, but you refused to receive their sublime messengers. The perfume of flowers was poured over you, but you preferred rank odors. You were given many opportunities, but you could not recognize them.

Pathways of Light opened before your eyes; nevertheless, you chose dark alleys, in which dimness could cover up your errors. You were given much advice. A cross was carried on your behalf. However, you did not understand that material life had to unite with spiritual life.

— Who can know the mystery of the cross?

— Yesterday, it was those who made themselves one with the center of the cross. Today, it is those who will have to carry it. Tomorrow, it will be those who, having received the sublime energies from high levels, will have fulfilled their role in material life and understood the secret of the sacrifice.

— My brother, what should I do to redeem my murky past?

— Dedicate your life to the Most High.

— How can I attain such high Grace and be able to merge with the Light that brightens this Path?

— Forget your own existence. Forget your past and your future. Forget that you are on

the path and that you have a destination. Consecrate yourself in purity to eternity, and you will discover the gem hidden within you. Its radiance is a promise of redemption.

As above, so below; what is outside is inside. There is nothing that cannot be reflected in the Mirror that created everything.

Go forward. Hear, touch, see, know and be silent.

And keep on going.



## 6

Neither holiness nor material alchemy, nor guileless surrender, nor readiness for the battle—only the Void is the key of the chosen.

The Divine Plan is fulfilled throughout and accomplishes its designs. You ask about the dark forces present on the Earth. We can say that they are the dross that floats on molten metal and becomes a part of it when it is solid, in its natural state. But in the Fire of the Spirit, the metal regains its original purity, its true face.

Those who chose to serve the lords of darkness will raise their voices to the heavens

crying out for mercy. They had eons and eons in which to return to the path of the Law and to enter the Brotherhood of Light. They have been called evermore. They were offered countless opportunities, but the mark of insincerity was always stamped on their faces.

When they do not relapse, the weak ones simply stay at the point they have already reached. The strong ones follow the way of the Spirit.



— My brother, what can I do to make up for lost time?

— Surrender yourself to the Light that has called you evermore.

— My brother, how can I proceed when my bodies feel so much pain?

— Surrender yourself to the Light that draws you up to the Most High.

— And how can I leave behind so many people fallen in dark valleys?

— Surrender these also to the Light that illuminates you, but do not linger. Do not go back to protect them either, for Light can only come from Light. Become your own Light, as did your predecessors who were pioneers.



## 7

Proceed on your journey without wasting energy with fantasies. You are asked to surrender, serve the Evolutionary Plan and promptly fulfill the tasks that have been entrusted to you. Pretensions of aspiring to high levels merely slow your progress. You will have that which you need.

You shall manifest discernment by means of an inner sense that speaks to you in the silence of your being. Step by step you shall fulfill what is asked of you. Do not expect rewards or recognition. It is in the solitary fields and on the barren peaks that the most

beautiful flowers bloom. They are so tiny that they go unnoticed, but so great is their splendor that they glorify the Source of life and reflect, to perfection, the archetype that gave rise to them.

You also must unfold, as these creatures do. They know nothing of their smallness nor of their grandeur; they simply glorify and by glorifying, raise themselves to the heavens. They follow the rhythm of the seasons. Their essence is not only in the seeds, but also in the pollen, in the roots and in the leaves.

You shall commune with the One Existence.



## 8

You have set out upon the path of the Spirit and have only one choice to follow. Along this pathway, a narrow trail takes you to the Great Portal and a magnificent Light guides you, even though you still do not perceive it. Therefore, do not linger. Proceed like the diligent messenger who travels during the night as well, for he recognizes the urgency of the task.

To enter a more advanced stage of the Way, do not let yourself be influenced by illusion. Be, as Christ said, simple as doves and wise as serpents.

You are submerging yourself in a universe without beginning or end. It is now your reality.

The minds of human beings of this planet hardened and their hearts became brutalized because of the choices they made in pursuit of more density. To reach Revelation each must have purity, fidelity and faith.

The response of humans to the summons of the Most High allows the potential that is presently in them to surface and reveal, step by step, what has always awaited them.

If you have decided to go on, proceed. Your steps will be lit up in the darkness. But if doubt still runs through your mind and corrodes the part of your consciousness that seeks more perfect self-surrender, you will not be able to cross the portals that are opening up

for you. First, bathe yourself in the pure waters of decision, letting yourself be transformed by the energy that comes from within you.

It is not your conscious self that guides you, but your spirit. Thus, fulfill that which is destined for you and in silence you will penetrate the recesses of the Kingdom.

And remember: hear, touch, see, know and be silent.

At each portal you will find these rules. You shall follow them. Every time you see them inscribed on the walls of the vestibules you enter, delve into them more deeply.



## 9

Whoever seeks the Source, will reach it. Whoever seeks the Truth, will find it. Whoever surrenders to the Infinite, will be absorbed by it.

But the seeker will reach the Source when he forgets he is looking for it. He will find the Truth when he stops pursuing it. The Infinite will enfold him when he, as a human, transcends his own being.

When you give of yourself completely, expecting nothing from life or death, you will know the fragrance of unification.

The Guardian of the Cycles opens the doors of the Central Sanctuary to you. Enter, for you are being summoned to the Encounter.



Links must be built to reunite the current of terrestrial life with the flow of cosmic existence. Some beings who volunteered for this task, have been accepted. These chosen ones should be given the tools to carry out this task.

The doors to the inner Temples are open. Silently each pilgrim discovers his place in the Great Room, the Dwelling Place of the Accepted, where passion has been overcome by reason, where reason has been absorbed by intuition and no longer finds any threads with which to weave its webs. There, aspiration

has been supplanted by surrender; quest has dissolved into wisdom. There lies the truth of each one who became elevated. There lies the essence of all beings. Even though little recognized in the life of matter, throughout time and eternity this essence never left them.

In the symbols and cryptic truths of these Temples can be found the fuel that feeds the inner flame of humanity. From this mysterious Fire, which does not burn but transforms, transmutes, and converts the earth to gold, will emerge the "face" that will be imprinted on those who seek the inner flame. From there, reality will emerge. A world of "life in death" will give birth to the Life borne by men-gods who will have received the seal of those who *are*.

Draw near to these centers of Power, of Light and of Wisdom where each word spoken

will be an expression of the Word. The Fire that does not burn will be placed in your hands, for you have known the secrets of the Fire's work of destruction and creation. Learning to use it is part of your journey.



# 10

You have climbed high mountains in order to see wider horizons. Far from the theatrics of personal life, you can bathe in the rays of true existence, which daily beckon you to be reborn.

Do not try to do with your own hands what the Spirit is to do in you. Let yourself be transformed into a flame of pure devotion and surrender. Raise yourself up to the Creator. Then, and only then, can you see His sublime face reflected in all your brothers and sisters,

and, on their behalf, fulfill the tasks given to you.



— Which hands can receive the sacred flame?

— Only the hands that do not get burned by it.



Exquisite are the ways of those into whose hands the tools of transformative tasks have been confided. Each step provides an opportunity for expansion of supranatural life on the Earth; but it also carries the risk of giving

in to involutory forces. Few are ready to remain stable enough to be untouched by this risk.

Especially on higher terrain, when the power of the spirit is added to your strength, remember that even distant atoms, far below your feet, feel the impact of your steps.



Streams of Light traverse unknown universes and foretell impulses of truth and wisdom. It is up to you to strip yourself of the trappings acquired over time so as to clothe yourself in the vestments that these universes will give to you. You must also

empty your hands so that you can receive the nourishment to be distributed in this needy world.

With gratitude, sincerity and purity, you will recognize other beings on the same path, who will be able to help you in the bleakest moments.



# 11

The day is coming when, in the full light of the Sun, Our Messengers will be visible to all in your world. On that day, confrontation with the retrograde forces will be even greater.

So be on your guard against any hesitation. Do not stray from the highest goal that you have already been able to recognize.

A new reality is already appearing: the reality of the Spirit that, free of material attraction, lifts the Earth up to the heavens, and from there draws down sacred waftings of times to come.

You are part of this Great Work. You are the bearer of the new seed. Therefore, water it with the pure waters of inner life. The robust seedlings will express the cosmic promise, the destiny of all human beings.



Standing before the New Path, the disciple asks the Higher Brother:

— You, who woke me up from a long sleep, can you tell me how to tread this unknown path securely?

The Higher Brother answers:

— When hands are unclasped, they are able to receive. When a beloved image vanishes, a space opens up within one's being for the

essence of Love to anchor. When gratitude wells up, the hidden face of unity appears.

Where is life, if not in service? Where is service, if not in completely forgetting all that is created so that the truth may be found in the One Who created all things?



## 12

— Where are you going pilgrim?

— My brother, I am following the trail of the seven stars that shine in the firmament. I catch a glimpse of the greater constellation that can be seen only when we lift our eyes beyond Heaven and Earth.

— And what does this greater constellation tell you?

— Its chanting is exquisite: a sublime praise. It guides all the travelers home to the Dwelling Place. Even the gods seek to hear it. The life

of the Most High Creator vibrates incessantly and freely, through its pulsation.

Then the pilgrim humbly exclaims:

— O, eternal and cosmic existence, narrow trail that widens our horizons, clasp us to your bosom! May we chant the note, the primordial sound, which since the beginning of time has been awaiting our awakening to reveal itself! We long to permeate you, for you are blessed in the eyes of the Most High Creator.



## 13

Proceeding toward the Unknown, the traveler is allowed to know all things. Without wanting to know anything, now he *knows*, not from information, but from living the Law.

What was night, became day. What was day, was raised to the very Source of Light. Those who were on high, shone below. Those who were below reflected on high. All composed a single expression. The Great Chord sounded and the cycles were consummated in front of the pilgrims.

Once again, the sublime mystery was taking place in the cosmos. Manifest life was being absorbed into the Origin.

The universes unfold and are multiplied into an infinity of expressions. From Mirror to Mirror, life proceeds through the recesses of Creation, carrying the essence of the Most High Will in threads of light. Life and form unite and merge into each other so that farther up, they once more soar in the seven heavens of the Great Dawn.

The mysteries are unveiled through keys; secrets are disclosed from beneath veils. Those who have allowed themselves to be consumed in the sublime transmutation may cross the Portal that now opens up to the environs of the Earth.

Prepare yourself to cross the Portal, for the path of the Sun has already been revealed to you.

## 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]  
HORA DE CRESCER INTERIORMENTE — *O mito de Hércules  
hoje* [TIME FOR INNER GROWTH: *The Myth of Hercules Today*]  
A MORTE SEM MEDO E SEM CULPA [DEATH WITHOUT FEAR OR  
GUILT]  
CAMINHOS PARA A CURA INTERIOR [WAYS TO INNER HEALING]

### 1989

ERKS — *Mundo interno* [ERKS: *The Inner World*]  
MIZ TLI TLAN — *Um mundo que desperta* [MIZ TLI TLAN: *An  
Awakening World*]  
AURORA — *Essência cósmica curadora* [AURORA: *Cosmic Essence  
of Healing*]

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SINAIS DE CONTATO [SIGNS OF CONTACT]  
O NOVO COMEÇO DO MUNDO [THE NEW BEGINNING  
OF THE WORLD]  
A QUINTA RAÇA [THE FIFTH RACE]  
PADRÕES DE CONDUTA PARA A NOVA HUMANIDADE  
[PATTERNS OF BEHAVIOR FOR THE NEW HUMANITY]  
NOVOS SINAIS DE CONTATO [NEW SIGNS OF CONTACT]  
OS JARDINEIROS DO ESPAÇO [THE SPACE GARDENERS]

### 1990

A BUSCA DA SÍNTESE [THE SEARCH FOR SYNTHESIS]  
A NAVE DE NOÉ [NOAH'S SPACE VESSEL]  
TEMPO DE RETIRO E TEMPO DE VIGÍLIA [A TIME FOR  
RETREAT AND A TIME FOR VIGIL]

### 1991

PORTAS DO COSMOS [GATEWAYS TO THE COSMOS]  
ENCONTRO INTERNO — *A Consciência-Nave* [INNER  
CONTACT: *The Consciousness Space Vessel*]  
A HORA DO RESGATE [THE TIME OF RESCUE]  
O LIVRO DOS SINAIS [THE BOOK OF SIGNS]  
MIRNA JAD — *Santuário interior* [MIRNA JAD: *Inner Sanctuary*]  
AS CHAVES DE OURO [THE GOLDEN KEYS]

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## 1992

- DAS LUTAS À PAZ [FROM STRUGGLE TO PEACE]  
A MORADA DOS ELÍSIOS [THE ELYSIAN DWELLING PLACE]  
HORA DE CURAR — *A existência oculta* [TIME FOR HEALING:  
*The Occult Life*]  
O RESSURGIMENTO DE FÁTIMA — *Lis* [THE RESURGENCE OF  
FÁTIMA: *Lis*]  
HISTÓRIA ESCRITA NOS ESPELHOS — *Princípios de  
comunicação cósmica* [HISTORY WRITTEN IN THE  
MIRRORS: *Principles of Cosmic Communication*]  
PASSOS ATUAIS [STEPS FOR NOW]  
VIAGENS POR MUNDOS SUTIS [TRAVELING THROUGH  
SUBTLE WORLDS]  
SEGREDOS DESVELADOS — *Iberah e Anu Tea* [UNVEILED  
SECRETS: *Iberah and Anu Tea*]  
A CRIAÇÃO — *Nos caminhos da energia* [CREATION: *Following  
the Ways of Energy*]  
O MISTÉRIO DA CRUZ NA ATUAL TRANSIÇÃO PLANETÁRIA  
[THE MYSTERY OF THE CROSS IN THE PRESENT PLANETARY  
TRANSITION]  
O NASCIMENTO DA HUMANIDADE FUTURA [THE BIRTH  
OF FUTURE HUMANITY]

## 1993

- AOS QUE DESPERTAM [TO THOSE WHO AWAKEN]  
PAZ INTERNA EM TEMPOS CRÍTICOS [INNER PEACE IN  
CRITICAL TIMES]

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- 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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Way to Anu Tea*]  
A CURA DA HUMANIDADE [THE HEALING OF HUMANITY]  
OS NÚMEROS E A VIDA — *Uma nova compreensão da  
simbologia oculta dos números* [NUMBERS AND LIFE:  
*A New Understanding of Occult Symbolism in Numbers*]  
NISKALKAT — *Uma mensagem para os tempos de emergência*  
[NISKALKAT: *A Message for Times of Emergency*]  
ENCONTROS COM A PAZ [ENCOUNTERS WITH PEACE]  
NOVOS ORÁCULOS [NEW ORACLES]  
UM NOVO IMPULSO ASTROLÓGICO [A NEW ASTROLOGICAL  
IMPULSE]

## 1994

- CONFINS DO UNIVERSO — *Novas revelações sobre ciência  
oculta* [THE ENDS OF THE UNIVERSE: *New Revelations about  
Occult Science*]  
BASES DO MUNDO ARDENTE — *Indicações para contato com  
os mundos suprafísicos* [BASES OF THE FIERY WORLD:  
*Indications for Contacts with Supraphysical Worlds*]  
CONTATOS COM UM MONASTÉRIO INTRATERRENO  
[CONTACTS WITH AN INTRATERRESTRIAL MONASTERY]

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OS OCEANOS TÊM OUVIDOS [OCEANS CAN HEAR]  
A TRAJETÓRIA DO FOGO [THE PATH OF THE FIRE]  
GLOSSÁRIO ESOTÉRICO [ESOTERIC LEXICON]

### **1995**

A LUZ DENTRO DE TI [THE LIGHT WITHIN YOU]

### **1996**

PORTAL PARA UM REINO [DOORWAY TO A KINGDOM]  
ALÉM DO CARMA [BEYOND KARMA]

### **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]

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### **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]

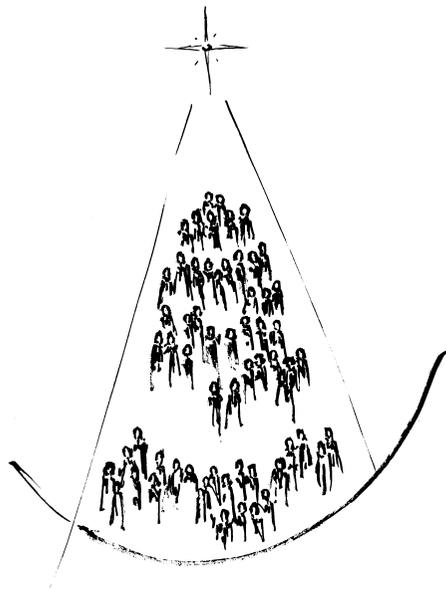
CAMPANÁRIO CÓSMICO [THE COSMIC CAMPANILE]

NADA NOS FALTA [WE LACK NOTHING]

SAGRADOS MISTÉRIOS [SACRED MYSTERIES]

ILHAS DE SALVAÇÃO [ISLANDS OF SALVATION]

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## WE ARE NOT ALONE

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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, which 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.

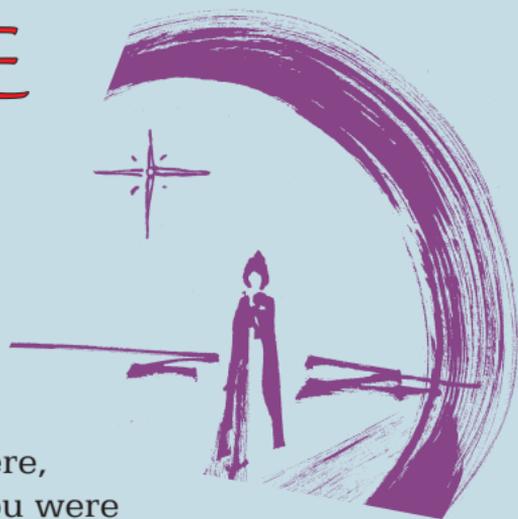


Irdin Editora

Trigueirinho

# WE ARE NOT ALONE

"I tell you, Pilgrim,  
this Light has always  
accompanied you.  
Even when you were  
lost in the midst of  
darkness, it lay there,  
within you. But you were  
so deceived by the illusions  
of form that you could not perceive it."



" Little by little you will be molded according  
to your true and sublime inner image."

" So, why do you still wander around  
in such forsaken places?"

