

Become transparent

Gil Dovel

"Wise, it is not about time, it's about heart,
and the heart is not in time."

Christian Bobin

Others Books of Gil Dovel

Enlighten the world of a light that never ends

The Suprem Joyment

You don't need to sleep

Meet Mother Meera

The sedentary thumbs

Lose the time

Valerie to the Angels

Inner initiation

Dying is no more necessary

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Introduction

For years, Gil has met beings living from the Self recognition. He studies their lives, challenges and achievements in society. He understands they have the same qualities. Same quality of presence manifested by a different personality to transmit Universal in a unique and poetic way. Unlike traditional psychology based on the problems of the psyche, Gil explores its harmonious state. He recognizes how the Self is structured and what will take us away from this harmony. As a saying goes, we have the faults of our qualities because those qualities are not experienced in a balanced way.

At nine years a ephemeral state of bliss invades him totally. "The body becomes motionless. You are nowhere and everywhere at the same time. You are nothing and everything in the same time. And you know that you have not love but love have you. You belong to this great love like cream belong to the milk". Later, he will understand the link with the disappearance of Anandamayi Ma at the same time. These great beings who, like the candle or the sun, vibrate more intensely when they disappear. "It's like an inner tattoo for the body to remember what is to be achieved in this life. This state of peace without lack of anything."

"The painful and inevitable separations in my life revealed to me that what we run away coming to us through the others in the extreme way. To wake up. Because the Self is always benevolent. The suffering that is so faithful to us said to me: "You don't live for others. That's why you suffer. Your life is with the others but not for. When you will be dad, you will know. Their joy is yours."

Gil Dovel proposes an psychospiritual Accompaniment and free Initiations to the Self in the whole world.

Living is to recognize how to love

Get ready to be transparent.

You have an appointment with unconditional love, you have an appointment with yourself. By living from the inside what you seek so much to live outside.

If we do not love unconditionally, we don't really exist, we don't exist yet.

It is not possible to make love into a relationship without keeping it prisonnier.

Some couples come closer from the inside thanks to physical separation and others are separated by physical closeness. The true separation is with attachment. You need to separate yourself with the attachment that prevents you to mating inwardly with their divinity.

You encounter difficulties or obstacles to truly love.

Love can suffer only to be taken away from its divinity.

Beings are still waiting for you as divinity.

Let the divinity reveal itself.

To love is to melt, to love is to melt itself, to love is to be melted of its divinity.

Love can be of great violence your resistances. Love is a disentanglement. It removes, cleans, scrubs, sweeps, rubs, shakes. May your life be totally disturbed, upset by love to finally know what tranquility is.

We are challenged to understand that we did not come to live our lives. We are present in order to devote ourselves totally to others. Sacrifice is rather what we want to have, a life like that or like this.

Love is giving everything, and by giving everything, you receive everything, and this All is at the service of all.

Are we really ready for a superior life entirely devoted to others, twenty-four hours a day, seven days a week? Do we think that's excessive? Is it a hell or a paradise?

To love and serve is the greatest entertainment.

To forget oneself is to get rid of the personality desires and to melt egocentrism, allowing to naturally reveal the divine nature.

We need to feel that the body of the other is our body, that its suffering and joy are ours.
Your only family is the family of truth.

It is only possible to spiritually commune if you are separated from belongings.

We belong to the Self as the rays belong to the sun in the same way. And even if nothing belongs to us, we live in everything, everywhere.

All that you don't like, whether it is beings or situations, is a closure to the divine, a closure to your own energy. Not to love is very tiring.

There is nothing better than selflessness to extinguish all fatigue forever.

When you become selfless, the whole Universe is at your feet and organizes its possibilities around you.

You find the infinity of what you are when only you give up, from within, the limit of what you have.

What is the nature you feed using money? Limited or unlimited? It is not money that is lacking in your life.

Without attachment, without suffering, without problems.

Attachment to the divine frees from all attachments.

Detachment is the greatest sharing and the most important presence.

Detachment is the experienced life completely.

To detach oneself is to be at the very heart of all temptations, of all risks, totally free.

Living detached is to live at the heart of all protections.

Spiritual communion is the disappearance of all expectations.

Communion is an invitation to know everything, otherly.

Communion means no longer being separated from all that exists, without receiving the ephemerality of pain or pleasure.

Spiritual communion is the inner sexuality that so many beings seek through each other in vain. Communion is letting oneself be penetrated before penetrating the infinite in each one.

Experience divine love is to die at last.

A love that knows and a wisdom that loves.

The heart can only open itself to love if it is touched by a divine understanding.

Love is the requirement of wisdom. Wisdom is the deployment of love.

Words must give way to their higher degree of manifestation. Communion is the spiritual teaching of simple presence.

The most beautiful sharing is the radiance of your experience.

When you let the inner surroundings of your thoughts be in harmony, then you send this divine silence to touch the suffering of the world, like consoling and revealing angels.

You will love each being with the same intensity of a love manifesting differently.

When your consciousness is in all the hearts of beings, then your life will be theirs.

Conclusion

Wherever you are

In the silence or the noise or the murmur of Life

Standing, sitting or lying down

Let your eyes close

What word (or two or three) means to you

The source of all love,

The source of all that is at every moment

Then stick with that word

Stay with yourself.

Pronounce it inwardly

Slowly

Feel its effect in you

Repeat it again

Once again

Breathe it

Upon your expiration

Give it away

Then leave it alone

Leave it alone

You can do something else or do nothing

You can continue

Or come back with that word

Later on,

Earlier

Or tomorrow

Another day

Or never again

Or now

At any time

This word is available

This love is available, this sweetness.

The longer you stay with that word, the more it cares about you

It comes back to you, it thinks of you

With this word you forget yourself

You forget everything, time

You are nowhere and everywhere at the same time

You're here with that word, alone or with the others

Standing still or walking, eating, working

That can follow you everywhere, even in your dreams

That is quiet

With you, into you.

