

Figueira Study Groups
CD Descriptions of lectures by Trigueirinho.

Cycle: October 2010 to February 2011

Title	Series	Duration
<u>OCTOBER</u>		
3 Inner and Outer Figueira <i>Maintaining aspiration and devotion in each daily activity so that the Plan can manifest through us.</i>	Figueira's Spiritual Foundation	28 min.
10 Humans Trials/The trials of the Soul <i>One must affirm the good and overcome earthly trials. The soul should draw the ego up to its evolutionary level.</i>	Reflections	27 min.
17 Spiritual Trials <i>As we overcome the human levels of our being, we perfect our ties with Supreme Life.</i>	Reflections	41 min.
24 Spiritual Entities and Hierarchies <i>Even though they give us the impression they have individual consciousness, Hierarchies and spiritual Entities have transcended.</i>	Reflections	35 min.
31 The Desert <i>When one's consciousness is no longer satisfied with the things of the world or with external teaching, one must contact the inner worlds.</i>	Reflections	42 min.
<u>NOVEMBER</u>		
7 The Plan of the Evolution and Us <i>As our understanding and capacity increase, spiritual energies may thereby be channeled to all the kingdoms of nature and begin to serve other worlds.</i>	Reflections	43 min.
14 The Light that Permeates Matter <i>With gratitude, humility, and self-denial we acknowledge the presence of Light leading us to our destiny.</i>	Reflections	35 min.
21 The Mystery of the Cross in the Present Planetary Transition <i>Equilibrium, equanimity, selflessness and renunciation are symbolized by the "fixed cross". When we reach its center, we attain a higher state.</i>	Spiritual Reading	34 min.
28 Beyond Fire by Friction <i>The decision to tread the spiritual path and transcend free will is guided by higher energies.</i>	Fiery World	52 min.
<u>DECEMBER</u>		
5 Working with the Feminine Polarity <i>The feminine polarity calls us to the sublime task of seeking non-materiality.</i>	Reflections	43 min.
12 Working with the Rays	Reflections	37 min.

New insights into the seven Rays and how they can be applied.

19 Working Spiritually with One's Mind Reflections 58 min.
A path through the various levels of the mind.

26 Getting through Today's Critical Times Reflections 38 min.
What these times hold for us and how we are to respond.

JANUARY

2 The Earth – Degeneration and Deliverance Figueira's Spiritual Foundations 36 min.
As we transcend appearances and attune with the real government of the world, we are able to perceive the principles that rule the four elements, to work correctly with the soil and all of Nature and to contribute towards the equilibrium of the planet.

9 Niskalkat Spiritual Reading 37 min.
This is a base of operations to bring about terrestrial and extraterrestrial balance, today and in future stages.

16 Strengthening the Bases for the New Cycle Pathways to the Expansion of consciousness 48 min.
In order to adjust ourselves to evolutionary movements and to allow the Laws of the Cycles to act fully in us we have to hold this Law in our hearts and know how to receive the light of the transitory phases.

23 Supraterrestrial Pathways - 1 Supraterrestrial Pathways 37 min.
Our possibilities for evolution go far beyond the material world. We can know that within ourselves there are subtle, fiery and distant worlds, and even more.

30 Supraterrestrial Pathways -2 Supraterrestrial Pathways 50 min.
Learn to receive the energies flowing from the Most High in order to follow the supraterrestrial pathways.

FEBRUARY

6 Supraterrestrial Pathways -3 Supraterrestrial Pathways 41 min.
Many supraterrestrial beings came to Earth. They expressed supra-human knowledge and universal cosmic love.

13 Supraterrestrial Pathways – 4 Supraterrestrial Pathways 47 min.
To aspire towards supraterrestrial contact is specific to these times. We need to develop serenity, that emanates from healthy higher tension and fearlessness, that comes from faith.

20 The Voice of Amhaj Spiritual Reading 28 min.
How can we ascend without humility and devotion? It is by cultivating them that we receive help to transcend the ego in order to live on new levels.