

TOWARD THE ONE WHO IS

Yvonne Trubert

TOWARD THE ONE WHO IS

Chronicle of Invitation to Life

Volume 4

Foreword by George Dulaurans

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Invitation to Life,
The Book of IVI,

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Marie Mignon Gardet, Marie d'Hennezel-Whitechurch, Marie-Hélène et
Albertine Gentou.

Bibliography

Gentou, Albertine and Mignon-Gardet, Marie, comps and eds. Invited to
Live. Paris: L'Harmattan, 2007.

INTERNET

www.ivi.com (English)

www.ivi-international.org (English International site)

www.ivi.fr (IVI France site)

www.yvonnetrubert.fr

IVI Conferences on CD & Tape:

- Conference at Pantheon-Assas University (Assas)
"Man in search of himself" (February 11, 1984)

Many of the interviews published in this and the following volumes are also
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Foreword

Saint-Exupéry's Little Prince says: "One sees clearly only with the heart. The essential is invisible to the eye." Without an awakening of the soul, our senses can only give us, alas, a very rough perception of reality.

Yvonne Trubert, an inspiration, the founder, tireless leader of the association Invitation to Life, which today has been recognized by the French government as an association in the public interest, invites us to experience a new life in the footsteps of Jesus Christ through three keys:

- Prayer (the rosary), which offers man to connect with the divine by obeying this first spiritual law given by Moses and renewed by Jesus: "Love the Lord your God with all your heart, with all your soul, and with all your Spirit." (Mt. 22, 37).

- Harmonization of energy: Therapy that combines silent prayer to a specific gesture. It is practiced on a person who trusts in a wellness or in search of a consolation through a purification. The harmonizer then obeys the second spiritual law: "Love your neighbor as yourself."

- Vibrations, which, after the saying of a rosary, are a group of physical and vocal activities in unity and harmony of sounds. This practice affects the balance cosmo-telluric and meets the third law: "Love one another as I have loved you."

These three keys of life provide an answer to the eternal questions of man:

"Who am I?"

"Where do I come from?"

"Where am I?"

For any physician, as I, the search for the cause of the disease is the basis of appropriate therapy. Keeping your body in good health allows a sick body to move towards healing. It cannot take place without the knowledge of the relationship of this body with its forces of life and death.

This realization inspires in any therapist the desire to become a witness of healing by allowing the soul of his patient to relax and to "live through love that is shown him."

In order to embrace this new awareness, we must make a personal effort, certainly, but also a collective effort. For this reason, we formed the Invitation to life prayer groups.

We do not progress alone but with others.

For thirty years, Yvonne Trubert has guided our steps on a straight and narrow path, full of hazards, through her warm reception, her interviews, through missions, pilgrimages, coaching, events, seminars, and in service to our brothers of the whole planet Earth, whether atheists or believers, profane or initiated, regardless of race, color, religion or social status.

It is with great pleasure that I dedicate this preface in recognition for her faith, courage and the honor paid to both men and to women so that they could know they are God's son or daughter and brother or sister of Christ.

Dr. George Dulaurans

About Invitation to Life

The association Invitation to Life, commonly known as IVI, was founded by Yvonne Trubert in 1983 and has been awarded by the French government the status of “*intérêt général*” (“general interest”). The management of the association is entrusted to an administrative council, according to the law of 1901. Currently present in over 40 countries, Invitation to Life works for the personal development of each human being and provides support for all those who desire total and harmonious fulfillment in their lives. The association provides a means for each of its members to help him reach his goals: to discover the potential of his soul and to bring that potential to fruition while following the teachings of Christ in daily life. Invitation to Life also offers people the opportunity to work on their own behavioral habits (fear, jealousy, rancor, despair) that make them and others suffer. The founding principles of Invitation to Life aim for simplicity, without any form of esotericism or any selective intellectual reasoning.

The Mind

Of divine essence, of matter as well as spirit, atom and energy, man is much more than he seems or than he believes. The invisible part of him, his interior world, his soul is often left unaccounted for in our essentially materialist society.

Ignorant of the fact that invisible divine energy inhabits him, the human being is submitted to limitations that he creates and to the fears that keep him from becoming free and from fully becoming himself.

Yet, each person is unique. Each person has specific talents that constitute his heart and the foundation on which he will build his life and his relationship with others. The human being’s mission on earth is to truly become himself and thus help others. Each human being helps in the building of a better world.

The Member’s Path

At Invitation to Life, we believe that changing the perception of an “individual” towards that of a “person” happens necessarily through one’s personal development. Therefore, we work to liberate ourselves from the suffering that hinders and inhibits our soul to act within us. In isolation, a person cannot achieve this liberation because his

suffering, fear or guilt makes it much too difficult to pinpoint and accept his habits, much less master them. The help of others is indispensable for one's progress. IVI Members adhere to prayer groups in which the practice of respectful, silent and attentive listening of others allows them to confront their experiences and share solutions. This teamwork is illuminating and thus helps to drive out what makes us suffer through changes in consciousness within the context of everyday events. Thus we slowly erase the automatism and habits to which we fall victim.

In IVI's centers, volunteers who are part of the association are on duty to listen and to welcome the public. Often, the public that arrives in an IVI Center is simply in need of some consolation. It is important to ask for help, and IVI Members respect this request. There is no preaching at IVI. In fact, there is a difference between the members' activities and what the members offer the public. For the association's members, it is essential that there remain this difference.

When a person decides that he would like to become a member of IVI in order to help other people, that person is received in a preliminary meeting with the Opening Mission in order to have an information session. In this information session, said person will learn about the seven missions into which the association is divided: Opening, Teaching, Harmonizing, Listening, Linking, Discovering and Writing, the last of which is responsible for the edition of the Book of IVI, the internal journal of the association. If the person wants to join a group, the Teaching Mission signs him up for a new group with whom he will make his way for the duration of his time as a member of IVI.

Once a week, each group gets together to pray, then to listen to a lecture on a certain subject, e.g. forgiveness, perseverance, etc., and then to give testimonies of what they've been through and what they need to let go of, while being listened to in respectful and total silence. At the end of the meeting, everyone shares a meal.

In the first few months of a new group, the people are "animated" or led by one of IVI's established members. Eventually, the new members will attend the seminar where Yvonne Trubert teaches everyone all the movements that comprise Harmonization. When one becomes a Harmonizer, each member of the association can offer his or her services to any of the association's seven missions, go on a pilgrimage, go on an "itinerancy", or short trip, to visit and to support IVI prayer groups in other countries or simply volunteer in any of the IVI Centers. The IVI Member can also help members and non-members who are in need of being calmed or relieved.

It must be clear that IVI is an association that has been formed, apart from its secretary and its accountant, entirely by volunteers.

In order to create harmony between the divine entity and human beings—the soul and the human entity, known as “the ego”—each person can dispose of the “liberators of energy”, which are prayer, Harmonization and Vibrations. These “keys” create the channel of communication with the superior plane and they widen consciousness and regenerate the soul. They are the tools that support and accelerate the whole dynamic of transformation.

Just like the body, the soul also needs nourishment. Prayer is the soul’s nourishment. We pray to “God” with the rosary daily. We pray the rosary, which constitutes essentially the “Our Father” and the “Hail Mary.” Through the repetition of these prayers, the worries of the mind can be silenced, and the person can find peace in connection with his soul, or the presence of God within. Prayer means being in direct connection with God. Prayer means calling God and having confidence in Him to guide your life. Prayer is also a call for divine love to alleviate people’s physical and emotional suffering.

Following a very specific set of gestures, Harmonization concentrates on certain zones of the body that correspond to energy centers, also known as chakras, which are related to certain organs and biological systems. During a Harmonization session, which lasts about thirty minutes, the person who is harmonized lies down and keeps his eyes closed. Harmonization can only be done in a state of prayer. The rosary, as it happens, is said in silence by the harmonizer in order to respect the personal convictions of the person being harmonized.

It has been clearly stipulated in IVI’s statutes that under no circumstances should Harmonization replace medical treatment. Harmonization is not a medical act. “In fact, harmonization is actually complementary. Above all, it alleviates and consoles the person. Harmonization liberates one from fear and anguish. Harmonization helps to put vital energy in circulation again and gives a boost of life...” Harmonization actually allows each person to tolerate much more easily their emotional states during illness and to accept the illness and its treatments with a different outlook.

Vibrations, the third key available to IVI’s members, are a way to link humanity to the universe by calling on breath and sound to open a frequency of vibration that touches telluric and cosmic energy. To do “Vibrations” consists of emitting sounds in chorus, as in the manner of the chanting of mantras. On the energetic level, Vibrations permits humans to liberate themselves their inner tensions and to reunite themselves with the earth.

In the field

After twenty years of existence, the association counts on sixteen centers throughout France and at least as many throughout Europe and the world.

As previously mentioned, the Centers of Invitation to Life are defined as places of reception, Harmonization and listening open to all. The volunteers of the association take turns in order to be able to receive, harmonize and listen to every visitor, member or non-member, whether the person has or hasn't made an appointment. This way, every person should be able to leave the center after having been comforted, consoled and calmed.

With S.O.S. Écoute, Invitation to Life France employs a hotline open every evening and all day Sunday that is available for everyone, member and non-member alike, to call in anonymously and be listened to in total confidence.

In French, Spanish and English, there is a website available to the public with information on all of IVI's activities, as well as certain themes which people are recommended to reflect on.

Written by a collective of IVI Members, the book "Invited to Live", comprised of various testimonies by people who are part of IVI, allows for the diffusion of this message of hope.

Moreover, Invitation to Life holds prayer nights at its centers or at member's houses for important causes or emergencies (e.g. natural disasters, urban violence, etc.) and responds to various demands for prayer, such as assistance in the hospital for burn victims.

Other members participate in the IVI Choir and sing in hospitals, in retirement homes or for handicapped children. Other artists give their time to provide entertainment for people in prison.

In many countries all over the five continents, IVI Members propose a variety of activities that reach out to their communities and relay the IVI message on an international level.

Since 1984, Invitation to Life proposes pilgrimages that are open to everyone, in France and throughout the world. Pilgrimages are an occasion to be enriched and to discover other cultures, horizons and ways of thinking.

Through these pilgrimages and other missions, the members of Invitation to Life help distressed populations as they did after the earthquake in Mexico in 1985, the deadly fire in a mall in Paraguay in 2004, as well as disasters in the Philippines, Nigeria, Madagascar, Russia and Eastern Europe. As it is deemed necessary, IVI members will travel wherever there is a need or a demand for consolation.

In the same spirit, IVI holds a variety of international colloquia with many different contributors, who are authorities in their field, as well as hundreds of participants that work in that field along the same humanitarian lines as the association. The first three colloquia were on the following subjects: “Man, Earth & Life”, “Children” and “The Earth in Danger: What are the keys to Life?” Along these lines, pilgrimages, voyages and conferences facilitate encounters between people and communication that goes beyond borders.

Today, Invitation to Life is represented either through associations—some of which have been recognized as being in the public service—which have their own legal structure and their own centers, or, through prayer groups, satellite groups or individuals. Motivated and brought together by the same principles and objectives, these people who support our movement never stop responding to the growing need which prefigures humanity’s distress in this world.

There is still much more left to be said, but, essentially, since its foundation, the association Invitation to Life works to help each human being find meaning in his life, with mutual respect and a concern for justice and equity that comes from the true values of liberty, fraternity, equality and solidarity.

The Collective of “Invited to Live”¹

¹ Gentou, Albertine and Mignon-Gardet, Marie, comps and eds. Invited to Live. Paris: L’Harmattan, 2007.