

JOS - Human Constitution – December 12

In October, I discussed topics around the Path of Liberation and man's awakening to the Spiritual Path and its purpose.

In November, I talked about the Role of Observer in consciousness and nature of inner observation; About purification and the nature of crisis. Then about Meditation and its purpose, and working as the Observer in consciousness.

We are continuing with the theme of the Soul evolving in consciousness. Today, we're going to be talking about the Human Constitution, its evolution and its various components.

We will see that it is the conscious balanced integration of the forces of the 3-Fold Personality which produces the "lighted" instrument capable of recording and reflecting the light of the Soul. Gradually, the lights of the Personality and Soul blend and we, as "Living Souls", become the "Lighted Way".

Evolution through the Personality Vehicles



Monad
expresses
through
Lower
Vehicles

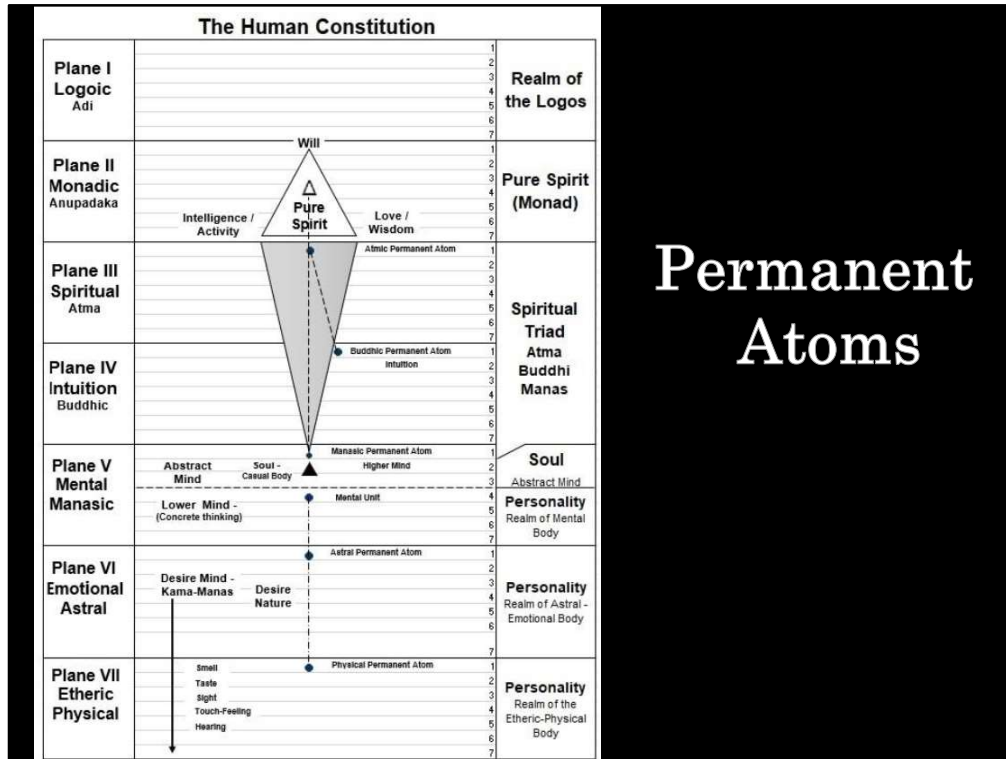
Evolution through the Personality Vehicles

160 years ago, Darwin talked about the evolution of the human form. Our focus here is with the Soul, the evolution of consciousness and the lower 3 vehicles. A discussion of the human constitution is about the evolution of consciousness through the Personality taking place over multiple lifetimes.

In Theosophical and other Eastern teachings, human evolution is understood as bringing the lower 3 bodies, i.e. mental, emotional and physical into an alignment and integration with the Will of the Soul.

Through spiritual evolution, the Monad causes consciousness to evolve thru **principles**, the **permanent atoms**, and the lower vehicles. These comprise the complete human being. The function of these principles and vehicles, and their interrelationship with each other will become evident to the spiritual seeker over time.

- A **Principle** is that which is being developed on each of the seven planes and subplanes on the cosmic physical plane. A principle is a the foundation upon which all things are built and is the nature of all living forms.
- Examples of a principle would be the development of prana, manas, spiritual will, kama or desire, and buddhi.
- It is a kernel of awareness holding the potentiality of full consciousness on some level of divine activity.



Permanent Atoms

During the course of human evolution, the Monad appropriates 5 permanent atoms and the mental unit for purposes of manifestation on the lower planes. Just before any incarnation, the permanent atoms are evoked from the Causal Body of the Soul to give life to the etheric body of the new physical host. Each permanent atom and the mental unit are appropriated points of atomic matter, and are connected to the sutratma, or life thread.

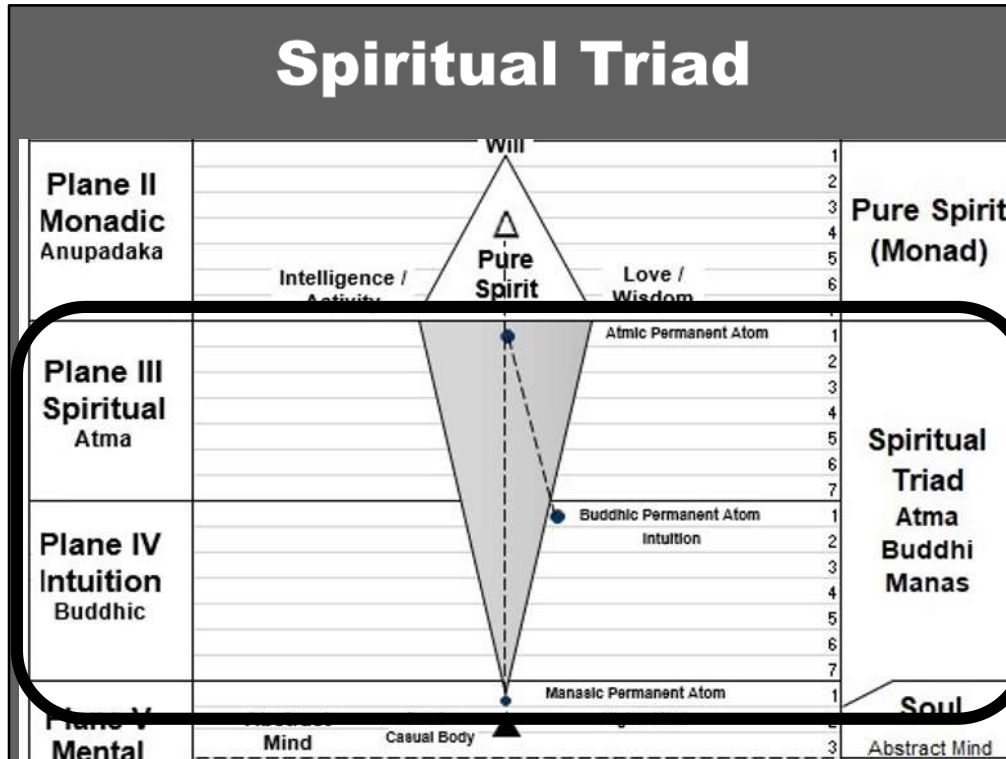
Each are small force centers around which the various sheaths or bodies are built to function on each of the five planes of human existence. The purpose of the permanent

atoms are to store or collect experiences and wisdom (both good and bad) over during any given incarnation.

It is only at death that the sutratma, the 'life thread,' is severed and the mental unit, the astral, and physical permanent atoms are withdrawn back to the Causal Body.

So, speaking of the complete human being what makes us up and what is our purpose?

- It is the Monad that wants full conscious awareness on all 49 planes and subplanes of the Cosmic Physical. To create this awareness, the Monad expresses thru the Spiritual Triad, known as the Atma-Buddhi-Manas, then to the Soul, then down to the lower planes where dwells the 3-Fold Personality of the man in incarnation.
- As we evolve in consciousness, we eventually come to understand that our **highest purpose** as expressed through these vehicles is fulfilling the Plan through Service!
- Man's consciousness eventually awakens to the concept his responsibility is service to the Soul and eventually the Plan using his creativity with others in group work.



The Spiritual Triad

The Spiritual Triad is often referred to as the 'Higher Mind' in incarnation. Just as the Soul expresses through its lower triad on the mental, emotional, and physical planes, the Monad expresses itself through higher spiritual substance called the Atma, Buddhi, and Manas. This is the Spiritual Triad.

It acts as a guidepost for the Soul, disciples and Initiates for achieving the higher levels of consciousness. Each of these energy expressions correspond to the 3 Aspects of the Monad

and are composed of the following substance:

- Atma – (Spiritual Will) The atmic is the plane and the source of eternal ideas, Divine archetypes, and principles. It represents the Will aspect.
- Buddhi – (Spiritual Love / Wisdom) Buddhi is made up of pure love, intuition, pure reason, non-duality, and is the carrier of formless ideas. Represents the Love aspect.
- Manas – (Higher mind or Intelligence) Manas means ‘mind’ and refers to the higher aspect of the mental plane. Manas represents the Intelligence aspect.

The human being is essentially Spirit or Monad expressing through the Spiritual Triad. Since we are consciously disconnected with the Spiritual Triad, the Soul’s function is to act as a bridge between the Higher Triad and with the lower Personality vehicles.

On the Path of Liberation, the Soul guides the lower personality for integrating and **replacing the lower expression of matter with the higher correspondence.** It is like a magnet drawing the aspirant towards the Spiritual Triad, such as buddhi

replacing astral matter. Eventually, the higher substance of these 3 aspects will replace the entire lower trinity. Regular meditation will aid in this process.

Late in the evolution of the Soul, the personality, beginning with the path of Probation and continuing with Discipleship, will create a bridge or Antahkarana between the abstract mind and the higher Manas. This will allow the intuition and pure reason to flow and bring the higher knowledge down to earth.

3-Fold Personality



- **Mental / Mind**
- **Emotional Astral**
- **Physical / Etheric**

Our Mental, Emotional and Physical- Etheric nature is called the 3-Fold Personality, or the lower triad. The higher corresponding expression the Atma-Buddhi-Manas of the Spiritual Triad will eventually replace the matter of our lower vehicles. [CHART]

- **Mental/Mind:** (Manas) how we think, process information and how we organize things. Also called the Concrete or Finite mind. When speaking of the mental aspect, we understand the Abstract Mind and the Casual Body are part of the mental aspect.
- **Emotional/Astral:** (Kama-Manas) desires, feelings -fears, happiness, hopes, sensitivities, anxieties. The separated man registers glamour, illusion, nature of desire; Emotions

have an effect on the physical-etheric form.

- **Physical/Etheric:** has dense, physical substance, energy, vitality, a nervous system and a brain.

Together, the "mental body", the "astral body", or the "physical body", or "vehicles" or "sheaths" make up each individual. As we will see, for the conscious seeker on the path, they are the means for directly developing awareness of the Soul for the aspirant, to the disciple, all the way up to the highest Initiates.

As much as we purify the mental (thoughts) and emotional bodies, then we provide the Soul with better vehicles for its light.

I'll discussing each of the lower 3-Fold Personality vehicles separately in its practical application and its purpose in the individual's life.



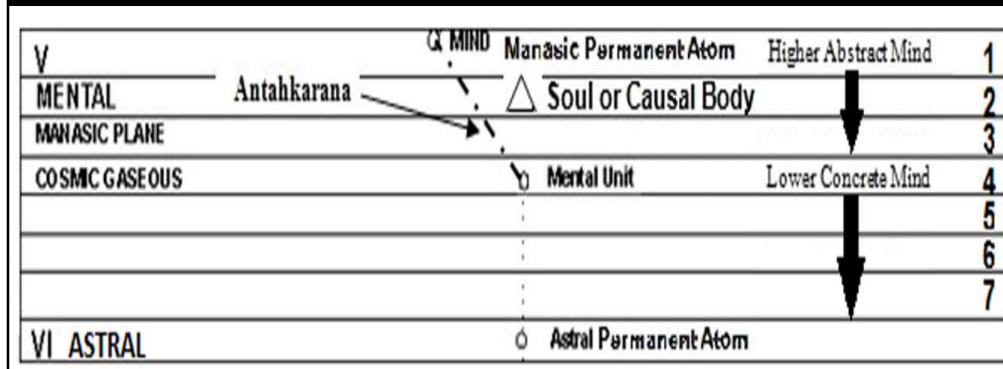
What is the purpose of the Human Mind in Evolution?

- The Human Mind has Intelligence and is the central faculty for cognition of man's life and his environment. It separates the human kingdom from the animal and it carries out the 3rd aspect of Divinity, Active intelligence.
- Thru the mind, man registers Soul intent and this contributes to his mental understanding and leads towards a progressive evolution and unfoldment of civilization.
- The Human mind and consciousness have evolved thru the intellect by the aspirant using discrimination and developing the Abstract mind. [CHART] This allows gives him the ability registering impressions and for contacting

the Soul and Spiritual Triad.

- On the spiritual path as we expand our consciousness, we aspire to allow the higher manas, of the Soul to guide our mind: thinking and thought construction.

Parts of the Mind



Parts of the Mind

The Mental plane consists of the Concrete Mind, the Abstract Mind and the Causal Body or Soul.

The **Concrete Mind** is also called the Lower Finite Mind.

- The concrete mind is the reasoning, conceptual, logical, discriminating, separating things in consciousness principle. It is also the creator of new thoughts and ideas in the lower mind.
- This is seen in the scientist, the architect, or accountant or anybody who analyzes data, comes to conclusions, and

distinguishes and discriminates between the real and the not-real...and sees the world through the five basic - physical senses.

- When thoughtforms of the concrete mind become too focused, it blocks any ability for registering impressions, and illumination from the Soul. For this, it is recommended for the spiritual seeker to practice detachment and dispassion. This is most readily accomplished through meditation where you learn to identify with the Soul's higher energies.

The **Abstract mind** is located on the higher mental plane, and shares the same subplane space with the Soul and Causal Body. It functions as a bridge between the concrete mind, i.e. the physical plane five senses and the highest aspect of our mind, the Soul. When alignment is achieved in meditation, the Personality can receive impressions, ideas, intuition, and love from the Soul, via the Abstract mind.

Causal Body - Soul



Stores Wisdom of Current
& Past Experiences

Parts of the Mind.....cont'dThe Causal Body / Soul

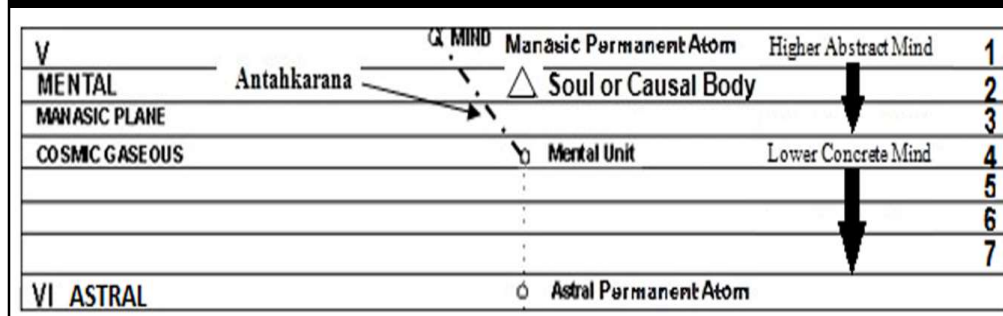
The Causal Body is the body of the Soul. Its purpose is to facilitate the evolution of the Personality of the aspirant to evolve into that greater Self and Awareness - the Soul. It stores the highest wisdom and essence learned from both the 'good' and 'bad' experiences, via the permanent atoms that a personality accumulates over a given lifetime. The essence of what was learned as a kind of wisdom is stored in the permanent atoms.

- From an esoteric viewpoint:
 - **'Bad'** actions or karma are the unwise use of energy

and force often through selfish motive by the personality. When we speak of karma in this way, we are usually referring to events and situations in a particular lifetime where the personality was focused on expressing motives, which may be selfish and the Soul was not the guiding factor. In cases like this, there is a stored “negative” energy in the Causal Body that must be transformed and purified.

- ‘**Good**’ energy is referring to a higher expression of consciousness within the personality produced by performing non-selfish deeds, such as altruism and service to others.
- From actions and experience, wisdom is gained. Though the wise use of energy and force (i.e. thoughts, feelings and physical activities) the Personality together with Soul, learn and use this knowledge to facilitate its growth.
- The Causal Body lasts throughout countless incarnations, and is only destroyed at the fourth initiation, when all karmic experiences are purified and the need for the human to incarnate and continue the cycle of rebirth, is no longer necessary.

Connecting with the Spiritual Triad



There is a Gap in Consciousness

Between the mind of the personality and the higher spiritual triad (i.e. Atma-Buddhi-Manas) a gap exists in consciousness. This gap is in essence a block to communication from the higher Triad and thus blocks the process of at-onement from taking place. This gap can be bridged by the creation of what is called the “Antahkarana” via a visualization or thoughtform created by the aspirant.

Note, visualization is an act of will.

The aspirant, and later disciple bridges the gap in meditation by visualizing a line of energy across the abstract mind [CHART] and connecting with the Soul. The Soul being the lowest level of the Spiritual Triad, is then open to energies of the higher Triad, which can be transmitted to the Personality. This connection begins on the Path of Probation and continues on the Paths of Discipleship and Initiation.

The real work of bridging involves the disciple using his will to relate the lower aspects, i.e. 3-Fold Personality with the three Divine aspects of the Spiritual Triad. He will do this with thought-energy.

The correspondence is as follows:

- The lower concrete mind relates to the Manas
- The astral/emotional relates to the Buddhi
- The physical relates to the Atma or spiritual will

Separation and Cleavage in the Mind



- Cleavages Block Integration
- Study Primary Energies

Separation and Cleavages in the Mind

The concept of cleavage is understanding that certain divisions and separations exist between a particular vehicle of the Personality and with the Soul.

A separation inhibits or blocks fusion and integration, such as between emotional and mental bodies, and the Personality and the Soul. In essence, cleavage is identifying any separations that exist in our consciousness that prevent or inhibit the flow of intuition, impressions and illumination coming from the Soul or Spiritual Triad.

- This is especially important to know during the integration

process on the Path of Discipleship, where you become the conscious Observer of energies and processes happening in your consciousness.

- Cleavage is overcome through meditation by allowing the forces and energies of the Soul to flow uninhibited throughout the consciousness and etheric body.

Meditating and using the Abstract Mind facilitates a re-orientation of the Personality so it can connect with the Soul and Spiritual Triad. This is most readily accomplished by bridging the gap between the lower mind and the higher mind.



The Astral Plane is the Plane of Emotions

It is a conglomeration of interacting forces and energies, i.e. emotions/ feelings that create illusion, glamour, and a distorted depiction of reality. A major purpose of the Path of Liberation is to completely purge all distorted views of reality for enabling clear seeing on all planes. This is achieved through alignment and integration with the Soul.

- Emotion is a *reaction* to someone or something and stimulates the “feeling” nature of the astral body. The results are often the emotions of fear, love, jealousy, hate, anger, greed, joy, elation, and desire.

- The conscious seeker is keenly aware of the dualities felt in his astral body, e.g. he feels pleasure, but is keenly aware the opposite is pain. At some point on his path, he will understand that becoming unattached through dispassion and bringing balance and alignment to his nature and will result in eventual integration and liberation. In the advanced stages of spiritual development, during the 2nd Initiation, he will **willfully** suppress those feelings that are destructive to the Soul's nature.
- We know that negative emotions can be transformed through a mental understanding and applied techniques. Thus, in meditation you will observe the negative emotion, e.g. anger and how it creates a separation in consciousness from others and blocks any higher inspiration from Soul.
- When you are confronted with an glamour or illusion in your astral body, it is best dealt with on the mental plane (i.e. the next plane above the astral) with help from the Soul.....and by using mental techniques. [Handout]
- [Handout] Using the **Technique of Light** you can bring awareness of *what* you are emotionally dealing with, and merge with the Soul to bring forth the higher aspect to overcome it. e.g. energies of hatred, intolerance and separatism balanced with cooperation and goodwill.
 - Remember how this techniques works: the glamour or

hinderance / obstacle in the astral is identified and the Personality and Soul work in cooperation to shed a Soul light on it to transform it.

- Using this Technique, you are achieving alignment and integration with the Soul by allowing the higher buddhi to replace the lower reactive astral nature.

Buddhi from the Plane of the Intuition represents a higher expression of love, sensitivity, compassion, pure reason, and intuition and causes refinement and redemption of the lower astral matter.

Desire Mind



Lower Desire vs. Higher Desire

Desire Mind

A significant portion of the Astral nature is made up of Kama-Manas or desire mind.

- The desire-mind is deluded by the world of form and emotion and seeks to acquire experiences consisting of personal desire, usually resulting in experiencing pain or pleasure. This is the combination of astral / emotional and lower mental (concrete mind) energy. Together this generates glamour in the lower 18 subplanes.

Desire Nature can create Obsession and Addiction

- Man's desire nature drives him to "want" e.g. objects, shopping, gambling, alcohol, drugs, sex, going into debt, sports, physical exercise, etc. Any of these can lead to

obsessions or addictions in the mental or astral bodies.

- The issue of kama-manas or lower desire mind drives a person and vitalizes or satiates the emotional-astral nature, and blocks out the Soul's presence.
- We should also understand that there is a higher desire to connect with the energies of the Soul and integrate the lower Personality with buddhi in your consciousness.

What is the difference between desires and emotions?

- Emotions – Emotion is created when a person 'feels' and he thinks about his feeling; resulting in a 'reaction' felt in the astral body.
- Desires – Desires are emotional feelings stimulated by lower mental thoughtforms which entered the astral body, e.g. *"I want this for my own satisfaction..."*

When higher desire becomes dominant, the aspirant tames his lower emotions and desires. To achieve this state, his goals should be to practice more:

- Acceptance – this is holding a positive attitude regarding the conditions in which you live. Ideally, this will be a right understanding in the concrete mind / Personality of life's situations where you the spiritual seeker will not be overcome by lower desire, feelings of *'I don't have what I*

want,’ or ‘I need to be in control.’

- Poise – Practicing poise involves completely subduing all the emotional reactivity and minimizing emotional disturbances in the Personality. Here we contrast “reacting to someone or situation” in favor of “responding”. A response comes from a place of poise in awareness and leads to greater discrimination and mental clarity.
- The aspirant also practices aspiration towards invoking “Manas / Buddhi”, i.e. a mental approach in meditation for consciously bringing forth the energies of the Buddhic plane to redeem the lower astral nature.

Note:

- Initial control of the desire nature begins on the Probationary Path and continues well into the Path of Discipleship or even the Path of Initiation. Learning to control desire will go a long way towards spiritual progress.
- Point on Emotions....we are not advocating turning off the emotions, but learn to have a higher expression with love and understanding, ideally from the Buddhic Plane.

**Emotions affect our
body in different
ways**



- **Effect on Endocrine System**
- **Higher Feelings = Natural Harmony**

I'll now make some final comments on how emotions effect the Physical Form and will this will lead us into the discussion about the physical-etheric vehicle.

So, what happens when a desire is so strong that you don't get your way, or can't have the object of your desire? Result: the lower mental-body and vital body are impacted or stressed. The medical profession and mainstream media have for a long time recognized a direct correlation between the mind, attitudes, emotions and the body. For example:

- We know that anger centers around an agitated solar plexus (third chakra) located around stomach level. This

results in experiencing problems around digestion, pain in the abdomen, anxiety, fear, worry, and headaches.

- We know that a that the nervous and endocrine systems work with the glands. The glands, when stressed will secrete hormones, such as adrenalin into the blood stream causing a general unsettled feeling, possibly fear, anxiety, hatred, separateness, and selfishness. With an increased amount of adrenalin in the system, the person may become more aggressive and unstable. **These all block Soul energies.**
- With feelings of love, goodwill, cooperation, and warmth about your life, your work, and towards people you are with, then the body will not be stressed and works in a natural harmony, and can be tool for service. Of course, this is the spiritual goal we are striving for.
- Without emotional stress or lower mental anxiety, the 'higher' mind is engaged. This allows for impressions, higher ideas, ideals, intuition, and flow of Soul's consciousness.
- For dealing with any of these anxieties, the Technique of Light is an excellent tool to overcoming all astral limitations.

Physical / Etheric Body



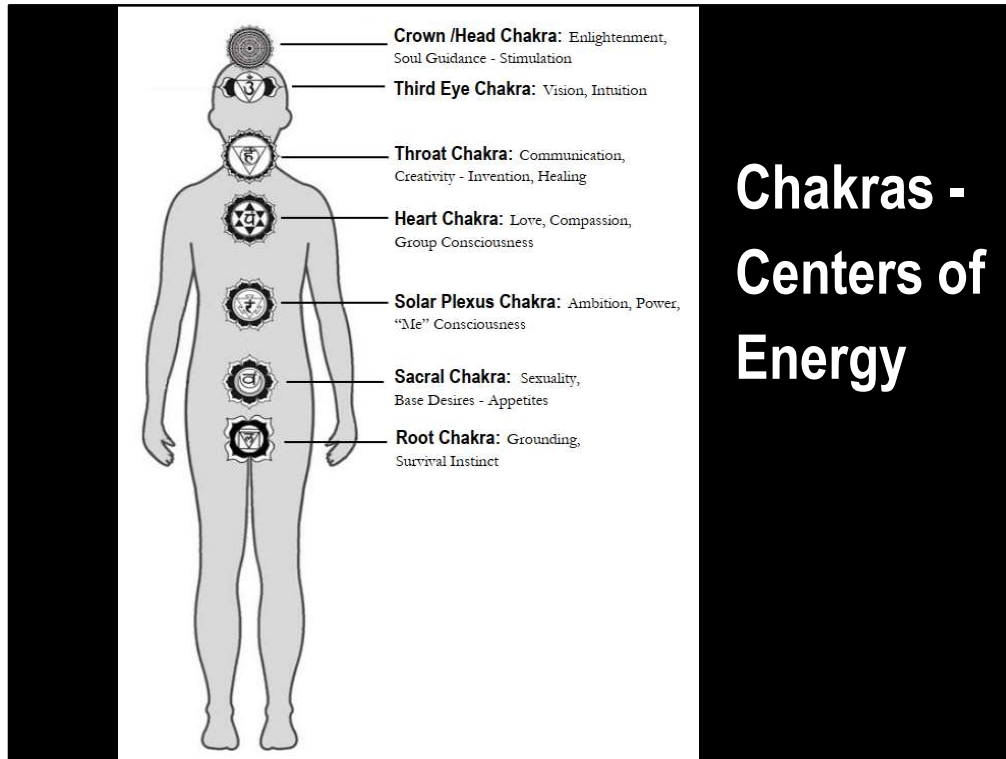
- **EB related to physical health**
- **Transmitter of energies from Soul**

The dense physical form is made up of the physical body, its organs and the 5 senses. The Etheric / Vital body is made up of the chakras and Nadis. Both are animated by the Soul, via the sutratma and functions on the physical plane through the Personality.

- On the subtle level, the "etheric" or vital body, is lowest form of response apparatus and represents the focus for Pure Spirit, via the Soul in the dense material world.
 - The etheric body is directly related to physical health and is seen as the vitalizing energy for the individual while in physical incarnation. Its made up of a more subtle matter than the dense physical form. Its primary function is to receive and transmit force(s),

such as prana and stimulation from the Soul to the organs, endocrine and nervous systems, and the blood stream.

- The Splenic center of the etheric body is a transmitter of vital energies that reach the physical form from the sun, prana or other vital forces in the environment.
 - For other sources of vitality, the Soul animates vital body through Life Thread or Sutratma, which conveys the life principle in the heart and throughout the body, via the blood stream.
- It is only at death that the sutratma or 'life thread,' is severed and the mental, astral, and physical permanent atoms are withdrawn back to the Causal Body.



Chakras - Centers of Energy

On the etheric and dense physical level, there are seven major energy centers or chakras and nadis which effect the human physiology. Each has a corresponding effect on glands of the Endocrine system and physical organs. They are:

Crown:, Pituitary body;, brain

Ajna or Third Eye: Pineal gland, ears, nose, and eyes

Throat: Thyroid gland, bronchial tubes, lungs, and vocal cords

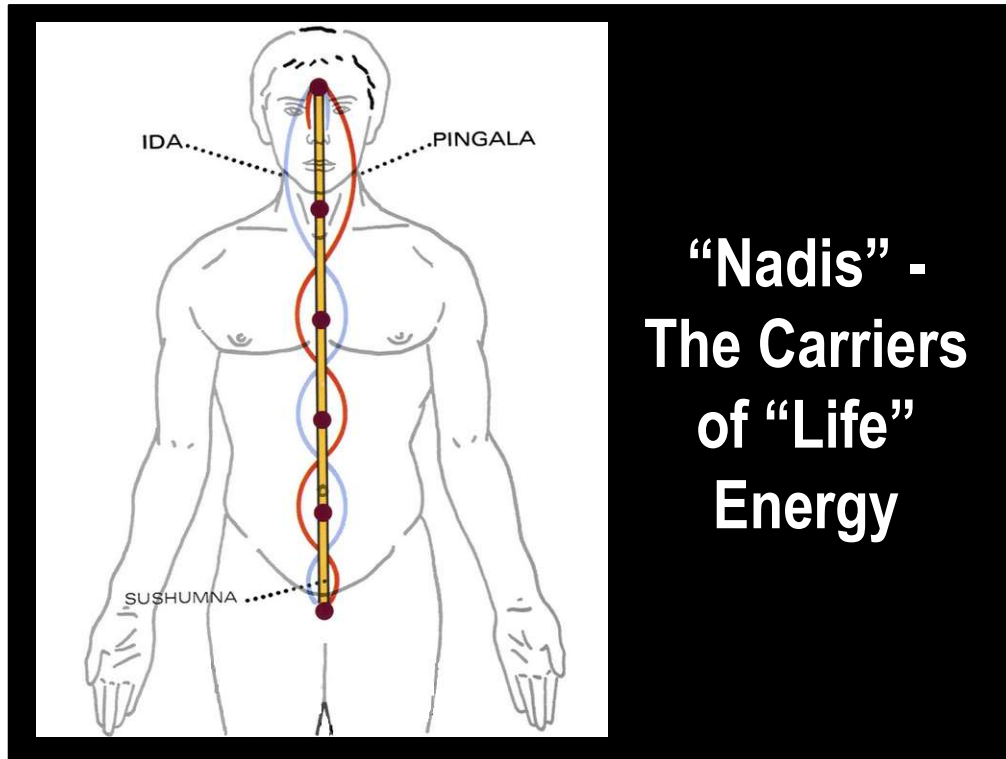
Heart: Thymus gland for immune system

Solar Plexus: Pancreas, liver, stomach

Sacral: Gonads, reproductive system

Base: Adrenal glands

These energy centers are overlaid and connected to the physical human body through the 'sutratma' or life thread in the heart. They are all stimulated by the Soul at periodic intervals in the aspirant's life to facilitate an alignment in the lower mental, emotional, and physical nature to bring Personality into a coherent and functioning unit.



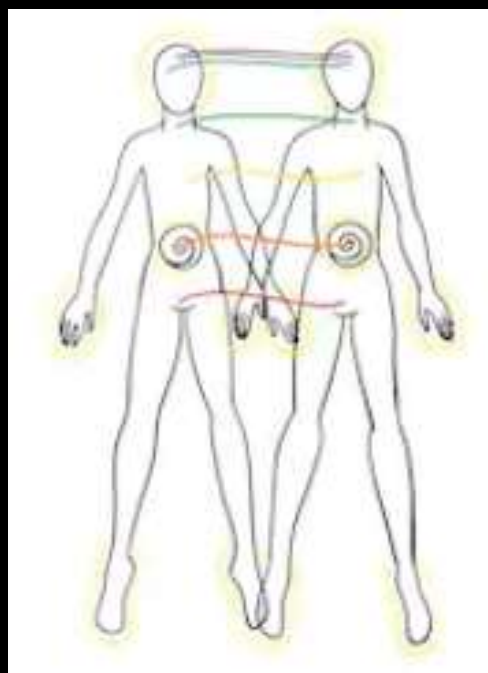
“Nadis” - The Carriers of “Life” Energy

- The Etheric body is made up of an extensive network of tiny lines of force called *nadis*. These are a finer and subtler matter from the physical and correspond to the human nervous system. Through these lines of force the system is *nourished and conditioned*. They also are important for the function of consciousness and sensation in the human aura.
 - The Nadis also interconnect with the seven major chakras and flow from the base of spinal column to the head. See diagram.
- During expansions of consciousness, three main channels in the etheric body come into play: the Ida, Pingala, and

Su'shuma.

- The Ida and Pingala are found up the spine on each side of the central channel, the Su'shuma.
- The three channels, under the direction of the Soul and **consciously aware disciple** willfully move energies up and down the channels to hasten the burning away of any remaining etheric webs or blockages surrounding any center.

Dynamic Chakra Connections



This is a subject seldom discussed in esoteric literature, but is important for becoming aware of the energy-dynamics happening in your consciousness.

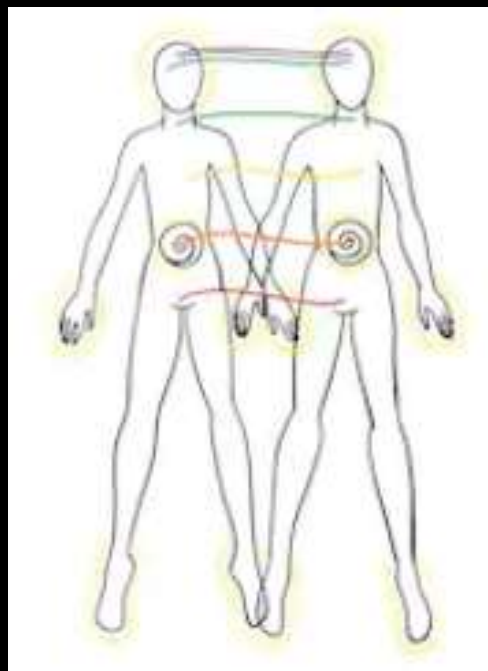
For the everyday person, the three centers below the heart, i.e., the base, sacral, and solar plexus centers are most active. Through meditation and after a measure of spiritual unfoldment, the heart and throat centers also begin to slowly awaken.

Keep in mind that during the Probationary and Discipleship phases of spiritual development, the aspirant is being overseen by the Soul. But whereas the Soul may be present

24/7 for connection, it is incumbent on the aspirant to reach out and consciously align with it. This is akin to the Personality “cooperating” with the Soul.

However, the Soul is not “in-active” during the development phase. It too wants the aspirant to succeed in his spiritual development. The Soul stimulates the aspirant through impression and the chakras.

Dynamic Chakra Connections



What happens when the Soul stimulates a chakra(s) into activity?

During spiritual development in the aspirant's life, the lower chakras have a corresponding interaction with the higher. Let's look at some chakra combinations:

- 2-5 combination, energies from the sacral center, e.g. sexual, vital and creative work in combination with the throat center. This energy combination produces a public speaker, a person of creativity. *[Sacral Center + Throat]*
- 3-4 combination, is a person working from the solar plexus but balances it with love and awareness of working with the group in the 4th center. Cooperation and goodwill will

facilitate this connection. [*Solar Plexus + Heart*]

- 2-4 combination, is a combination of the physical expression of warmth and love, or could be love making. [Sacral Center + Heart]
- 3-5 combination, the person “*says what he feels*”. [*Solar Plexus + Throat*]
- 2-6 combination, the person has an inspired idea or vision in the 6th center that is vitalized from the sacral center. [3rd Eye + Sacral Center]. With an awakened 3rd Eye, he can learn to willfully carry out his work. This would most likely be a person who wants to create a clear thoughtform for manifestation.
 - A natural unfoldment of the centers and their activity is recommended through meditation, spiritual study, and general purification of the thought life, such as practicing goodwill and harmlessness.
 - If the aspirant’s efforts are directed towards a selfless service to humanity, this mindset will balance the energies of the etheric body they will develop and unfold in a natural and Soul-oriented way.

Finally, the esotericist knows that the centers from the heart to the crown will remain dormant unless there is stimulation by the Soul in accordance with spiritual unfoldment. The aspirant knows **never to directly influence the centers**, as directly interacting with any one center can cause physical, emotional, or mental consequences, such as emotional or mental instability.

Training Body and Vehicles for Service



**Diet and
Physical Exercise
Aid in Soul
Development**

When I speak of training here, I'm referring to preparing the matter of the physical and etheric bodies for a connection with the Soul and performing service. A body composed of "spiritually unprepared" lower and dense matter will prevent aspirant from making contact with the higher vibration of the Soul. Keep in mind, that the higher vibration of the Soul would have virtually no impact on a non-evolved physical brain or etheric body.

To prepare and maintain the physical and etheric body to be an agile and useful tool for the Soul in service, it is recommended at a minimum that the aspirant has the

following daily regimen in place:

- Pure and vital food: Individual must decide whether to eat pure foods, such as organic or a vegetarian diet – as feels appropriate.
- Cleanliness: Practice good hygiene to keep the body clean from disease.
- Sunshine: Take it in where and when it's healthy to do so, as it helps with the vitalization of the body.
- Sleep: The aspirant must have enough sleep to enable him to carry out his spiritual work with the greatest facility. If the physical body is tired, or lacking in energy due to poor nutrition or not enough rest, then the body controls the situation and keeps the aspirant from making Soul contact and performing meaningful service.

Physical Exercise: Daily exercise or engaging in physical activity is important for maintaining a healthy body. Exercise will benefit to help overcome health conditions and diseases and help change one's mood.

Diet and Exercise helps in Soul Development and unfoldment

- Besides Diet and Exercise helping in your overall well-being, it also helps you maintain a sound mental-emotional and physical vehicles for service. This overall mindset, provides you with an awareness that you are a fully-unified

Being expressing the Soul's intent moving through you.

- Finally, I also recommend that you have a regular spiritual practice in place. I'll be discussing this in detail in February's talk.

The Third Eye



Crown
and Ajna
centers
become
active

Our final piece today, is about the function and purpose of the Third Eye

The third eye exists in etheric matter and is the center of force situated just in front of the forehead, between the two physical eyes. It is the etheric correspondence of the pineal gland. In esoteric literature, it is known as the *All Seeing Eye*, *Eye of the Magician*, *Eye of Vision*, the *Director Of Energy*, and *Eye of the Soul*.

On the path of discipleship, both the Crown and Ajna centers become active. There the disciple, who is Soul

integrated and directed learns to use the third eye as a primary instrument with the Soul. Together they create a magnetic field. In EP II, D.K. says:

“These two centers (externalized by the two glands, the pineal gland and the pituitary body) become vibrant and alive and intensely active, through service and meditation and right aspiration. A line of contact between them is eventually set up and established with increasing potency. There is also another line of outgoing fiery power toward the top of the spinal column. As the life of the soul gets stronger, the radiance of the centers increases, and the periphery of their sphere of influence is set up, creating a dual magnetic field.”



Third Eye and Creativity

- **Illuminates 3-Fold Personality**
- **Disciple is *Director of Energy***
- **Can function as Destructive faculty**

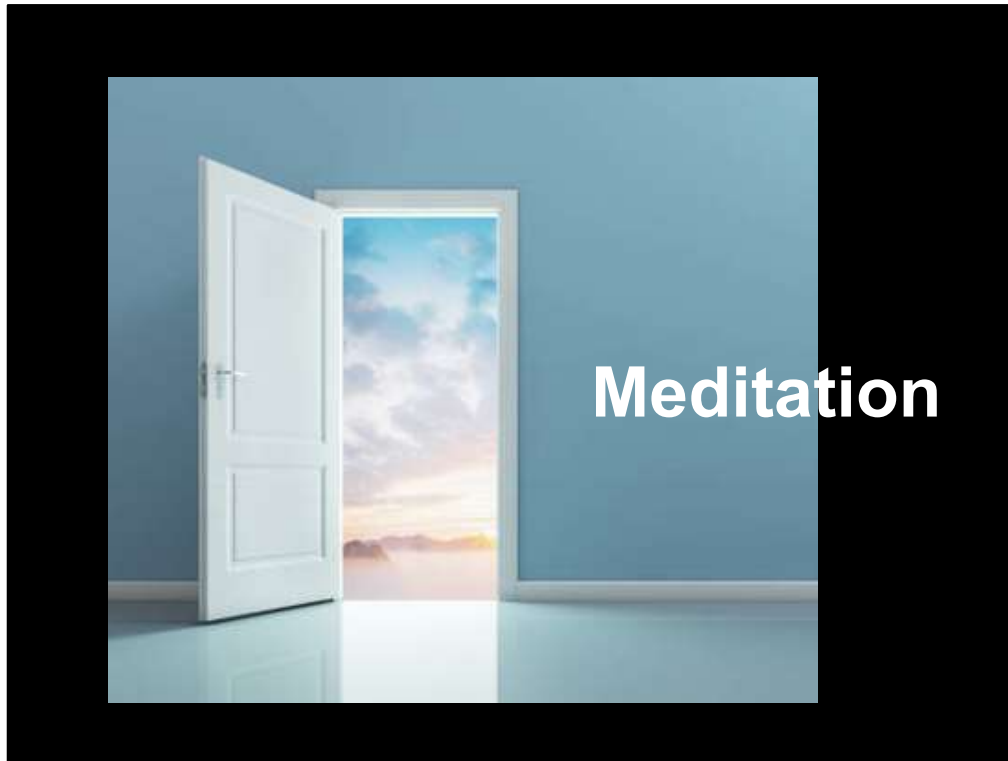
So from this, we understand the 3rd Eye has multiple functions:

- It provides the disciple with inner vision in the subjective realms to direct energy in all mental-creative work and his path of service. It manifests as a result of the vibratory interaction between the forces of the Soul working through the pineal gland and the forces of the Personality working through the pituitary body. When these two forces interact, a light in the head is produced.
- The disciple uses the third eye as the organ through

which he is the “*Director of Energy*” for all creative work. Being aware and setting up this dynamic between your lower mind and the Soul, will facilitate your creative, service and group work.

- As it is the organ of illumination from the Soul, the disciple can create thoughts to control and direct the energy of matter in the 3-Fold Personality through visualization techniques. This allows him to be in touch with causes more than with effects.
 - When thoughtforms, ideas and abstractions are visualized, and are potent enough, this will produce the light in the head and thoughtforms and ideas are brought into etheric being
 - The third eye is developed through the practice of the power of visualization. With this, illumination enters the mind and irradiates the lower threefold personality.
- The third eye can also **function as a destructive faculty**. This is in reference eliminating anything in consciousness, e.g. thoughtforms that inhibits the Soul life, and the developing higher Will energy of the Monad to take place. Think of it when using the Technique of Light as it destroys and transforms an troublesome thoughtform.

In essence, the third eye opens and functions as the result of conscious development through right alignment / integration with the Soul life.



QUESTIONS?

For my next talk in January, I'll be talking about Service and Spiritual Study, two vital parts of a vital spiritual practice.

I'll also be discussing the importance of discipleship and its various Stages.

Alignment meditation.