



Spiritual Studies Institute

ESOTERIC HEALING SERIES

Energy Make-Up of the Human Being

*We honor and thank all who came before us,
all teachers, from whom we have learned and who have
been there for us with infinite patience, love, and wisdom.*

Energetic Make-Up of the Human Being

1. Dense Physical/Etheric
2. Emotional or Astral
3. Mental
4. Soul

Energetic Make-Up of the Human Being: Preliminary Remarks

KEY THOUGHTS

- o Physical/etheric, emotional, mental and spiritual bodies
- o Personality
- o Aura
- o Sentiency to intellect to intuition

Living in this world what is our energetic make-up? We know that we are expressing ourselves through different aspects, namely physical/etheric, emotional, mental and spiritual. In occult teaching they are also called bodies, consisting of grades of substance.¹ They function in a certain range of vibrations, from relative low to higher vibrations, from the dense physical to the subtlest respectively. Together they emit what is called personality emanation or aura². Its intensity depends upon the quality and potency of the subjective life.

When the physical/etheric, emotional, and mental aspects are integrated into a functioning whole, we can call it a personality (see Appendix A). This is the point in evolution when we can open up to even higher vibrations, namely to our higher self or soul. During incarnation, these bodies are like sheaths of differing vibrations for our soul, each having a different quality and purpose. To use a metaphor, it would be similar to our different layers of clothing, each having a very specific quality and purpose, protecting and warming us, and all together enabling us to experience this world.

In occult teaching the make-up of the human being is also called the constitution of human being. On our planet, it developed step-by-step during the evolution of life in general, starting with the mineral, plant, animal, and last but not least the human.

¹ For the definition of substance, please refer to the glossary.

² For the definition of aura, please refer to the glossary.

All these stages or steps of evolution of life form are parallel with the evolution of consciousness, from sentiency to intellect

In the lecture on the Community Light Meditation (CLM), this process is described as follows:

How can we understand the personality as an integration of physical/etheric, emotional, and mental aspects? Ancient wisdom teachings hold that the human being unites within oneself mineral, plant, animal, human, and divine aspects or features. The mineral and plant elements compose the physical/etheric aspects. The animal component makes up the emotional aspect; and the human component, the concrete mental. The divine component can express the abstract mental and intuitional aspects. We unite all these different stages of consciousness within us, from sentiency, to instinct, to feelings-emotions, to concrete thoughts, to the potential of abstract mind and intuition. Today, the world of abstract mind and intuition becomes a reality to many of us, and not just to the small number of advanced thinkers of humanity. (Hoehne, 2009, p. 6)

We human beings encompass all life that came before us in form and consciousness. At the present time, we are ready to experience the next stage of evolution in consciousness, namely to step up from intellect to intuition.

1. Dense Physical/Etheric Body

KEY THOUGHTS

- o Contact with the environment
- o Connecting link
- o Common with plants
- o Network of fine interlacing force channels
- o Energy centers or chakras
- o Open interconnected streaming system
- o Rhythms and cycles

Of all bodies the dense physical/etheric body of the human being has the relatively lowest vibration. This body is twofold, consisting of the dense/physical and the etheric body. With the dense/physical body, with its gaseous, liquid and dense aspects, we are fairly familiar thanks to the medical science. This body enables us to make contact with the environment. We are just starting to explore the etheric body through imaging technology and science.

The human etheric body is the exact replicate of the dense physical. It connects us to the universal etheric web. It connects us to the energies and forces of each other, our environment, the planet, the solar system, and the cosmos. Furthermore, it is the connecting link between the emotional and dense physical bodies. We have this body in common with all plant life, which is highly dependent on cycles and right living conditions.

How is the etheric body constructed? What is its function and what are its governing laws? The etheric body is built of a network of fine, closely interlacing force channels. Where several of these channels cross, we have centers: several minor and seven

major centers or chakras³. All soul, sun, and planetary energies flow through the etheric body. It is especially important in the absorption of the rays of radiatory light and heat from the sun, which in turn is distributed throughout the body, wherever it is needed. It can be understood as an open interconnected streaming system governed by rhythms and cycles.

When these rhythms and cycles are disturbed and maybe even become chaotic, it results in congestion and/or depletion of the etheric channels and, consequently, in disease. For instance, our unprocessed life impression, which we experience during ordinary life and not address but repress, have the tendency to sink down from the emotional into the etheric body, only to manifest later in the physical body in form of pain and illness. In such cases, healing can come through a change in thinking and an adjusted life style.

2. Emotional or Astral Body

KEY THOUGHTS

- o Interpenetration
- o Sensation
- o Sympathetic nervous system
- o Pain and pleasure
- o Highly sensitive and reactive vs. calm, clear and reflecting
- o Holding tension of polar opposites
- o Transmutation
- o Intuitive impressions

The emotional body has a comparatively higher vibration than the physical/etheric body. It interpenetrates the physical/etheric body. It differs in state and not locality. Furthermore, it is the body of feelings and emotions displaying themselves to the occult observer in flashing colors and extending themselves a few inches beyond the physical/etheric body.

How are feelings and emotions different? Feelings are without thoughts, pre-verbal and polar; for instance, feeling pulled in two directions and not really knowing what to do. Emotions, on the other hand, are much closer to thoughts. "The discriminating aspect of the mind identifies what is felt, gives it a name or label and is able to communicate about it to others clearly" (Hoehne, 2009, p. 5).

We have the emotional body in common with animals. It developed during the course of evolution through the development of the sympathetic nervous system. Animals, however, have little control over this body. In both animals and humans, the emotional body makes sensation possible and with it the experience of pain and pleasure. In humans only, it also connects the mental and the dense physical/etheric bodies. In a less developed personality the astral body is misty, loosely organized with somewhat darker colors. It can become highly sensitive, reacting to every impression, often very polarized, either demonizing or idolizing someone and something. In a developed personality, it can become a well-developed organized body with lighter colors, and therefore, a useful tool in the collection of impressions from the outer and inner environment. Such a body is able to hold the tension

³ For the definition of chakra, please refer to the glossary.

between two opposing feelings, for example, between like and dislike, and transmute them into something higher, for instance, tolerance. Furthermore, a stable quiet emotional body is able to reflect intuitive impressions without distortions – an important ability of any esoteric healer. In both bodies, etheric and emotional, we find 90% of the causes of disease (EH, 3).

3. Mental Body

KEY THOUGHTS

- o Contact – sensation – perception – image
- o Cerebrospinal system
- o Concrete thought, intellect, memory, imagination
- o Discrimination
- o Intellect – intuition
- o Co-creation

The mental body is ovoid in shape, extending itself somewhat beyond the emotional body. It has the highest vibration of the three bodies of the personality and is unique to us humans with the exception of a few domestic animals. It also is a state and not a locality, interpenetrating the physical/etheric and emotional bodies. As the personality is developing mentally, it can grow in size. Its perceptual abilities are made possible through the development of the cerebrospinal system.

What is the function of the mental body? It gives us the ability to express concrete thought, intellect, memory, imagination, and the ability to discriminate between differing forms, colors, sounds, and vibrations. This capacity in turn gives us the potential to co-create with the Divine, to enclose an idea with substance and bring it into manifestation. However, sometimes we are falling victim to illusions, misunderstanding, and misinterpretation of a divine idea. Consequently, it leads to distortion of what is, ending in destroying that what we wish to manifest.

What is the mind? It is the part of our mentality, which soul is able to penetrate and “ensoul.” Therefore, the mind is the link between soul and mental body. For humans, it makes the next step in evolution, from intellect to intuition, possible.

In summary, the physical body has the ability to make contact with the outside environment. The etheric body vitalizes and gives it coherence. The emotional body translates the contact into sensations, feelings, and emotions. The mental body adapts these into perceptions, which in turn are transformed into an image.

4. Soul

KEY THOUGHTS

- o Essence of experience of the good, beautiful and real
- o Guided from within
- o Pure intelligence, clear vision, serenity, wisdom and bliss
- o Rainbow bridge or *antahkarana*
- o Interpenetration

The soul is enclosed in a sheath, also called soul or causal body. Here we find the essence of our experiences from the three lower worlds: physical/etheric, emotional, and mental. It is a vessel in which our experience is stored, everything good, beautiful, and real. In turn, it will give cause for our future expressions in the three lower worlds.

In the soul body dwells the Higher Self, the Soul⁴, the Observer, and the Thinker. The Higher Self is divine, shines, and is guided from within. The Soul is pure intelligence, clear vision, serenity, wisdom, and bliss. Any separative quality we might have expressed while living in the three lower worlds cannot reach the soul body.

In the beginning of a human's evolution, the soul body appears like an empty colorless bubble. With experience through many incarnations, step-by-step, it takes on delicate, ethereal colors pulsating intensely with living fire. Finally, the soul body of a Master is said to be of enormous sun-like splendor far beyond all imagination (Powell, 1978, p. 100).

When the appropriate time comes, a bridge of seven energies is built between the threefold personality and soul. It is called the rainbow bridge or, in Sanskrit, *antahkarana*. The soul then has the opportunity to fully interpenetrate the personality to work together for a higher purpose.

In the Community Light Meditation, we use the following ancient mantra:

*More radiant than the Sun,
Purer than the snow,
Subtler than the ether is the Self,
The Spirit within us.
We are that self, that Self we are.*

With this mantra, we are aligning and becoming one with the unspeakable beautiful part of ourselves, the soul or self. The question arises, how can we nourish this process even more? I hope that the answer will come to us during the course of this lecture series.

References:

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⁴ For the definition of Soul, please refer to the glossary.

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APPENDIX A

The Threefold Personality: Etheric – Emotional – Mental

	Etheric	Emotional	Mental
Occult manifestation:	o Web of closely interlocking force channels	o Mist	o Fire
Function:	o Contact o Form- and life giving to tangible manifestation	o Registering feelings and emotions o Sensations o Transmutation	o Perception o Image-making o Memory o Imagination o Co-creation with Divine
Action:	o Streaming	o Receiving and reflecting intuitive impression	o Creating, warming, nourishing a thought form
Distortions through:	o Maya o Seat sacral center o Desire/identification with form	o Glamour o Seat solar plexus center o Desire	o Illusion o Seat head center o Misunderstanding/ Misinterpretation of an idea and/or thought form
Results:	o Congested, depleted force channels	o Distorting o Highly reactive o Polarizing o Flooding and drowning of thought form	o Distorting reality, Fragmenting, Destructing, Obsessing, o Burning of thought form, o Blocking intuition
Healing:	o Devitalization o Detachment o Method of Indifference o Process Meditation	o Dissipation o Using the mind to shed the light of soul o Process Meditation	o Dispelling o Calling in the light of soul o Process Meditation

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