



Spiritual Studies Institute

## **ESOTERIC HEALING SERIES**

### **Genesis of Unlived Soul Life and Disease**

*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.*

---

#### **Genesis of Unlived Soul Life and/or Disease: Preliminary Remarks**

1. Cycles of Development in a Single Human Life
2. Interaction with Life Impressions
3. Processing Life Impressions
4. Causes of and Effects on Weak Energy Bodies (Physical/Etheric, Emotional, Mental)

#### **Genesis of Unlived Soul Life and/or Disease: Preliminary Remarks**

In lecture on “Energy Make-Up of the Human Being,” we learned about the different bodies, physical/etheric, emotional, mental, and soul. We realized that they are not different localities, but unique states of consciousness, each exhibiting a certain range of vibration from sentiency to intellect to intuition.

Today we will focus on a single human life, the cyclic development of the three-fold personality, etheric, emotional, and mental during childhood, adolescence, and early adulthood. Furthermore, we will understand how these bodies later in life enable the soul to experience life by encountering, processing, and transmuting<sup>1</sup> life impressions. Any degree of disability to do so will result in inhibited soul life and may lead to disease.

1. Cycles of Development in a Single Human Life

#### **KEY THOUGHTS**

- o All life forms manifest cyclically
- o Human soul manifests life after life
- o Etheric body
- o Emotional body
- o Mental body

Occult teaching holds that all life forms manifest cyclically, from universes to solar systems to even the smallest living forms like bacteria and viruses. Everything is in constant flow of becoming and letting go (EH, 1953). This applies also to each individual human life.

---

<sup>1</sup> For a definition of transmuting/transmutation, please refer to the glossary.

The human soul manifests cyclically life after life, also called reincarnation. During each lifetime, soul with its coherent and magnetic power unfolds the three-fold personality in cycles of approximately 7 years.

### **How do these life cycles manifest?**

**First cycle.** From birth until approximately the age of 7 years, the growth of the second set of teeth, soul unfolds the etheric body. During this time, the child needs healthy living conditions, fresh air, sunshine, and vital foods – similar to a flower. Anything that would hamper the development of the etheric body might manifest as specific predispositions for disease later in life. It is as if the fundament of a house was not build soundly giving rise to problems later. For instance, one of the mental illnesses that have their energetic roots in a weak developed etheric body is schizophrenia. Within the make-up of the three-fold personality, an unsound etheric body prepares the grounds for a predisposition of fragmentation and schism, which might render the personality marginal or non-functioning.

**Second cycle.** From about 7 to 14 years, soul develops the emotional body with its abilities for sensations, feelings, and emotions. We register pain and pleasure with this body. The emotional body has the tendency for extreme polarization, perceiving either something hellish—or the opposite—heavenly. It is under the guidance of a firm, loving, understanding, and patient adult that the child finds the right measure in the confusing emotional world. It is important that during this time the appreciation of beauty and esthetics be stimulated in the child, opening up the channels for soul life. Unsound development of this body can lead to a whole array of psychological diseases later in life. For instance, worry, anxiety, hysteria, obsession-compulsion, depression, and addiction. They all have in common the underlying unfulfilled desire, the longing and searching for something that could calm the inner unrest.

**Third cycle.** From approximately 14 to 21 years, soul develops the mental body. Built on a sound physical/etheric and emotional body, it can grow and unfold cognitive abilities with the concrete intellect and the powers of the mind, including those of memory and imagination. If the demands on the mental body become too stressful, for instance through inappropriate educational demands, later in life nervous conditions, headaches, or maybe even tumors may develop.

After 21 years, the cycles within the individual's life continue. However, this would be the topic of another lecture.

The majority of humanity is still focused on and learning about the emotional body. Today our thought life is greatly influenced by emotions. It is one of the next evolutionary goals of humanity to turn this around. In the near future, we will be able to choose mentally what emotions we give free reign and what kind of emotions we will put aside (Powell, 1927). It will give us the opportunity to choose a more joyful outlook at life.

#### 4. Interactions With Life Impressions

##### KEY THOUGHTS

- o Contact – sensation – feeling – emotion – concrete thought – perception – image.
- o Contact – sensation – feeling – emotion – abstract thought – intuition
- o Solar plexus center – heart center
- o “Lifting up the little lives”
- o Predispositions
- o Personality disorders - functional organ disturbance - diseased organ

In this world, the moment we are born, a flood of energies and forces impinge upon us. They all have an impact and have to be dealt with. For instance, each individual we encounter leaves an impact, which soul will process. We will all react differently, depending on the stage of evolution.

#### **How does esoteric healing explain the different stages of evolution of human consciousness?**

The unevolved human being simply reacts instinctually, living to satisfy its physical needs and sensual pleasures. This is good and appropriate at this stage of evolution. The energies and forces influencing and unconsciously nourishing it are mainly prana<sup>2</sup>.

To this energy of prana, the average person adds desire energy. Both together, prana and desires propel it forward toward short-lived fulfillments (DNA I, 699). As we have stated above, it leaves most of us longing and searching for something outside ourselves. This may even continue life-after-life, until we find the modus operandi within ourselves by awakening to the presence of soul.

Soul in contrast to personality is moved from within by the divine powers of spirit. By aligning and identifying ourselves with soul, we have the possibility to become an integrated personality and slowly but surely bring our etheric and emotional body under mental influence. We start to act and plan more intelligently, and start to participate in helping our fellow men.

For the purpose of this lecture, we will focus on the average individual, us included. Our challenges are largely emotional in nature. During waking hours, we are bombarded with uncountable energies and forces. We have to take it all in, trying to process them.

#### 5. Processing Life Impressions

##### KEY THOUGHTS

- o Process of becoming and letting go
- o Processing life impressions
- o Incomplete, distorted or aborted life impressions.

---

<sup>2</sup> For the definition of prana, please refer to the glossary

### **How are these life impressions processed?**

We remember from previous lectures that the average individual makes contact with the outside world in the following manner: contact – sensation – feeling – emotion – concrete thought – perception – image. It is an information gathering from the outside and an inner processing. The more advanced individual not only gathers the information from the outside, but simultaneously is open and connected to soul, namely abstract thought and intuition. Therefore, there is a continuous flow of contact – sensation – feeling – emotion – abstract thought – intuition.

Information is gathered, processed, and lifted up to a higher cognitive and vibration level and in turn applied in daily living. Esoteric literature calls this “lifting up the little lives” (DNA I, 676), namely elevate the life energies. It is a constant process of becoming and letting go. If any of these stages of the flow of life impression are interrupted, their process of “digesting” (Treichler, 1989) can become incomplete, distorted, or aborted altogether (see Appendix B for details).

Appendix C describes a method to process life impressions, and in Appendix D we will find a form for spiritual dairy writing.

#### 4. Causes of and Effects on Weak Energy Bodies (Physical/Etheric, Emotional, Mental)

##### KEY THOUGHTS

- o Weaknesses in the bodies
- o Stored unprocessed life impressions
- o Metamorphosis into worry, anxiety, depression, obsession/ compulsion, addiction

Weaknesses in the bodies may hold the unprocessed forces within the three-fold personality. They are “stored” and accumulate over the years and might later manifest in form of personality disorders, functional organ disturbance or maybe even in the manifestation of a diseased organ. This process is greatly intensified, if there is a traumatic painful event, which is not dealt with appropriately. Often, 7-9 years later, if coinciding with other stressors, the individual may manifest a serious illness.

### **How do these unprocessed life impressions stay and/or move within the threefold personality?**

Each individual has certain weaknesses also called predispositions, which together with other factors influence their course.

We will focus in the present lecture only on emotional combinations of predispositions. The area mostly affected within the chakra system is the solar plexus center. From here, as time goes on, each unprocessed or partially unprocessed life impression undergoes a different metamorphosis moving upward or downward, exploding outward or contracting inward.

Let us now examine the possible esoteric causes of some of the psychological afflictions.

- o Worry and irritation are more widespread today than ever before due to the increased sensitivity and interconnectiveness of humanity. Esoteric literature calls it an “imperial” and “insidious poison” (EH, 67-71). Besides other effects, these uncontrolled and not regulated emotions cause the emotional energy to

stream into and through the solar plexus center, causing intense disturbance, over-activity, stagnation, and inflammation. In turn, the stomach, pancreas, gall duct and bladder can get distressed (EH, 38). Even in mild cases of worry, we tend to get fatigued, making life for us more challenging.

- o Anxiety is a prime force in our lives caused by the demands and pressures of postmodern living. As we know, it is an emotional response. We have the emotional body in common with the animals. However, the animals have the choice physically either to attack or to flee. We humans do not have this choice; we only can withdraw emotionally within and turn pale. This involves the blood and the heart, the seat of soul and its life-giving energy. The resulting symptoms are "as if" something is constricting and strangulating us, putting us into a state of high alert together with a shutting down of our higher cognitive functions. We cannot think anymore rationally and logically.
- o Obsessive-compulsive forces have their roots in a shy and hypersensitive nature. When not addressed early, they move vertically upward from the solar plexus center into the image making process of the brain. Here they sit, plaguing the personality with ruminations and obsessions.
- o Depressive forces have their basis in tendencies taking life events the hard way, but at the same time deal with them only on the surface. Consequently, the solar plexus center gets over stimulated and stagnated. Over time, these unprocessed life impression weigh heavily, taking the personality to the depth of life experience. It seems as if the world is closing in, collapsing into a dark hole (Treichler, 1989).
- o Addictions, especially drug addictions, have become a challenge nowadays. Viewed esoterically, the addict interprets aspiration, longing and desire for soul energy as something physical and outside himself. Over time, this desire can become instinctual and habitual, difficult to resist like any other instinctual urge. Consequently, life impressions are not assimilated and soul is starving for life experiences. The felt emptiness and void after the drug has worn off may be an effect of the lack of soul experience (Treichler, 1989, pp. 64-69).

We need to keep in mind that all these different ways of interacting with unprocessed and/or partly processed life impressions is leading to inhibition of soul life. More specifically, temporarily, the descending life stream is ascertaining its livingness over the ascending life stream of soul.

In summary, we have learned about the cyclic manifestation of soul in a single human life through the etheric, emotional, and mental body. We discussed how soul uses these bodies to process the energies and forces that impinge upon the threefold personality. Any weakness or predisposition in these bodies could cause later life impressions not to be processed. Accumulated within the personality they could end up causing psychological and/or even physical diseases.

**References:**

- Bailey, A. A. (1944). *Discipleship in the new age I*. New York, NY: Lucis Trust.
- Bailey, A. A. (1953). *Esoteric healing: A treatise on the seven rays* (Vol. 4, 16th ed.). New York, NY: Lucis Publishing.
- Powell, A. E. (1927). *The mental body*. Wheaton, IL: Theosophical Publishing House. Retrieved from [http://www.hermetics.org/pdf/theosophy/Arthur\\_E\\_Powell\\_-\\_The\\_Mental\\_Body.pdf](http://www.hermetics.org/pdf/theosophy/Arthur_E_Powell_-_The_Mental_Body.pdf)
- Treichler, R. (1989). *Soulways: Development, crises, and illnesses of the soul*. Stroud, UK: Hawthorn Press.

Disclaimer: The information in these documents is not intended to diagnose, treat, cure, or prevent any disease or illness. They are presented for educational purposes only. Disease and health are not examined from a physiological and scientific point of view, but explore them within the framework of esoteric philosophy. Matters of personal health should be under the direction of a personal physician or skilled care provider. A single copy of these materials may be reprinted for noncommercial personal use only.

## ESOTERIC HEALING SERIES

### APPENDIX B

#### Genesis of Inhibited Soul Life and/or Disease

	I	II	III
	<b>Body Esoteric Form</b>	<b>Personality Level of Functioning</b>	<b>Process of Life Impression</b>
<b>I</b>	Soul Body	Soul identified Personality	Reflection, Contemplation, Meditation
<b>II</b>	Mental Body	Integrated Personality	Transmutation*, Illumination, Transformation*
<b>III</b>	Emotional Body	Personality Disorder	Life Impressions identified as polarized, e.g., painful, unpleasant. Therefore rationalized, intellectualized, projected, resulting in incomplete transformation
<b>IV</b>	Borderline (between Emotional and Ethereic Body)	Borderline, weak and unstable Personality (between Personality Disorder and Psychosis)	Life Impressions identified as polarized, e.g, painful unpleasant. Therefore blocked, displaced, repressed.
<b>V</b>	Ethereic Body	Psychosis	Life Impressions perceived distorted, threatening functional organ disturbance
<b>VI</b>	Physical Body		Manifested diseased organ

\* For the definition of Transmutation and Transformation, please see Glossary

Disclaimer: The information in these documents is not intended to diagnose, treat, cure, or prevent any disease or illness. They are presented for educational purposes only. Disease and health are not examined from a physiological and scientific point of view, but explore them within the framework of esoteric philosophy. Matters of personal health should be under the direction of a personal physician or skilled care provider. A single copy of these materials may be reprinted for noncommercial personal use only.

## ESOTERIC HEALING SERIES

### APPENDIX C

#### Method to Process Life Impressions

- **Reflection:** Take some time out and reflect on the events, which is a soul activity. For instance, we ask ourselves: "In essence, what was this all about?" Notice, if we might be emotional polarized we may not be perceiving all that what was involved.
- **Transmutation:** If we are indeed emotional polarized, using the mind, we try to perceive both sides of the event. Our view of the situation can shift and we might see the golden middle path leading out of the entrapment of the emotional polarization.
- **Evening review:** A daily review in the evening of the day's events is almost like chewing thoroughly (not mulling over and ruminating) what was dealt with perhaps somewhat rushed during the day. This can be done quietly within or in written form. In Appendix D, we can see the next step in this process, namely leading us through simply venting the day's events on different stages of higher cognitive processes.
- **Meditation:** What is a challenging event for us as a personality, we can present to soul, for instance in the Process Meditation (Hoehne, 2010a). The light of soul will help us to perceive life events with more understanding of and intelligent love for all factors involved (available through the SSI website <http://spiritualstudiesinstitute.org>).

#### Reference:

Hoehne, U. L. (2010a) *Process Meditation*. Unpublished manuscript, Spiritual Studies Institute, Escondido, CA.

Disclaimer: The information in these documents is not intended to diagnose, treat, cure, or prevent any disease or illness. They are presented for educational purposes only. Disease and health are not examined from a physiological and scientific point of view, but explore them within the framework of esoteric philosophy. Matters of personal health should be under the direction of a personal physician or skilled care provider. A single copy of these materials may be reprinted for noncommercial personal use only.



## **ESOTERIC HEALING SERIES**

### **APPENDIX D Spiritual Diary Writing**

#### **Intention**

With Spiritual Dairy (SD) writing we set the intention for a reflective and healing process to nurture spiritual growth. There are several layers to our being and, therefore, to our writing. What level or levels we are addressing depends on our need in the present moment. However, to avoid over-stimulation of reactive, self-referenced emotions concentrated in the solar plexus, we are keeping in mind, that according to the law of evolution the good, beautiful and true will be the final winner.

#### **1. Therapeutic writing (venting):**

It focuses on expression of high affective states. It is a container and witness for the externalization of feelings, which to us are not always socially acceptable. We are making the subjective inner affective states objective by expressing them in words and putting them on paper. By doing so, we are shedding light on and starting to release what is happening.

#### **2. Reflective writing:**

It includes self-observation and awareness. In such a way, we can become aware of all factors involved: sensations, feelings, emotions, thoughts, and the outside world – both the internal and external environment.

We can realize how they are influencing and affecting each other – how they are interconnected.

#### **3. Process writing:**

It is characterized by flow and openness to spontaneous insights and revelations of our underlying motives. It can bring un-lived soul life and unprocessed life impressions to awareness, those that might have been avoided and overlooked.

#### **4. Soul and/or observer writing:**

It is the process of transmutation of challenging emotions into something we can accept and apply in our daily life. It gives us the opportunity to integrate insights, revelations, and illuminations and consequently live a more inspired, joyful life. (see also Process Meditation, Hoehne, 2010a)

**References:**

Adams, K. (1999). Writing as therapy. *Counseling and Human Development*, 31(5), 2-3, 10-16. Retrieved from <http://www.journaltherapy.com/articles/documents/CounselingandHumanDevelopmentArticle.pdf>

Hoehne, U. L. (2010a). *Process Meditation*. Unpublished manuscript, Spiritual Studies Institute, Escondido, CA.

Disclaimer: The information in these documents is not intended to diagnose, treat, cure, or prevent any disease or illness. They are presented for educational purposes only. Disease and health are not examined from a physiological and scientific point of view, but explore them within the framework of esoteric philosophy. Matters of personal health should be under the direction of a personal physician or skilled care provider. A single copy of these materials may be reprinted for noncommercial personal use only.