

THE SEVENFOLD HUMAN STRUCTURE

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The 21st century is a crucial period of human evolution, especially its first half. The reason for this is that with the advance of the Age of Aquarius the right time has come to sort out on a spiritual level all human souls into two major categories. This is to be done in accordance to all their deeds in previous lives, and according to the impulses that they imbued their souls with, through all their previous reincarnations until the present day. And indeed, if we look at the current reality around us, with unprejudiced and unbiased eyes, we will notice that the human population has already split by large into two very distinctive groups.

On one hand we have a group of people who I shall call *materialistic* – the people who allowed their spirits to immerse into the material reality extremely deep. This went so far, that these people nowadays recognise the external material reality as the *only* reality. For them, practically, soul and spirit do not exist. They only believe in their physical senses of perception, in other words the only things that are “real” to them are the things that they can see, touch, smell, feel etc. For this reason, most of them do not believe in reincarnation and the only life in which they really believe is their current, present life. Thus, it does not make a big difference for them if they live in sin, commit a crime (if they are sure that they are not going to get caught by authorities, of course) or do whatever it takes in order to establish for themselves a comfortable and pleasurable life on Earth here and now.

On the other hand, there is the group of people, which we may call with the general term *spiritual*, who seek to liberate their spirit of all material restrictions and strive to expand their consciousness over the material existence. They regard the material reality as a temporary background, as a necessary provisional limitation, the existence of which is justified only as a means through which the spirit expresses itself. Most people belonging to this, second group eventually ascend to the idea of reincarnation and realize that *everything* that happens in the physical planes has its roots into the spiritual world. They begin to understand that if the reasons for certain apparent injustices or sufferings cannot be found in this life, then they have to be sought in the previous reincarnations and the personal karma, associated with the particular individual. In this way, the people belonging to the spiritual group gradually became aware of the fact that there is no point to deceive, lie or cheat, because even if they get away without being caught by the authorities on the earth plane, there are “heavenly authorities”, from which there is no escape.

Although the “materialistic” group of people appears to be much stronger in numbers, it is important to understand that it is in fact the souls of the people, comprising the second group who will inherit the future Earth. It is also important to understand that the choices that we make today are crucial, because while today it is still possible to a degree to make the final switch into your group of preference, with the advance of time, (especially after the first century of the new millennium is over) it will be too late to make any changes. By that time, the “spiritual” group of people will be ascended so high, and the “materialistic” group of people will accumulate so much negative karma, that it will be nearly impossible to make any changes in the course of direction and to try to catch up. For most of us, this means that our last chance to decide which of these two major groups of people we will join is during this lifetime. Those people, who are at the dusk of their lives, may still have another chance in one more incarnation till the end of the century to make the decisive switch, but for the rest of us the time is right now.

This spiritual fact, inspired me to write this article in order to bring to the attention of the general public some esoteric, spiritual truths, and in this way to facilitate those people who are still vacillating in their choice. Most people believe that the human body is a complex system, made up from bones, muscles, flesh, blood and all sorts of other organs and human parts which work together to produce us as we are. Although this sounds logical, nothing can be further away from the truth. The reason for this is that observing the human body from this angle we are only regarding one single component of it – the physical body.

For the clairvoyant observer, the human organism appears to be made up from seven distinct components, which we will call “bodies” for simplicity in this article. From these, the only body that is visible and can be observed directly by people with a normal sight is the physical body. Although the other six are invisible to the vast majority of people, nevertheless they are also as real to the clairvoyant observer as are the pages of the magazine which you are reading right now. It is important to stress, however, that not all people with psychic abilities can spot the subtle human bodies. Most of them cannot do that. From those who can, not everybody can observe all six. In fact, this is a really rare privilege and it is accessible only to a small number of very high initiates. But those clairvoyants who are in a position to perceive some of the lower energy subtle bodies, such as the “etheric” and “astral” bodies, all report the same results.

This does not come as a surprise, since the observation of the subtle human bodies is similar to the observation of material objects. Several people, looking at the same object – for example a table – will report similar results. All of them will state that the table is – for example – round and white in colour. Provided that they all have normal sight, none of them will perceive the table as black or square. The same process applies to people who have developed their clairvoyant abilities to a point at which they are in a position to observe human auras. Given that they have developed their abilities in a completely natural manner, they all will have similar observations, independently of each other.

A lot of people fall into the temptation of developing such abilities without having the necessary preparation. We should stress here, that the normal way leading to developing such faculties is a long and slow process. It relates to inner spiritual growth, reading suitable spiritual literature and practising spiritual life, full of humility, love, and desire to help selflessly other people. Only very slowly and after many years of meditation, preparation and humbleness, the clairvoyant abilities should appear as a consequential product to complement a soul that is already highly evolved, enlightened and transformed. In other words, clairvoyance is the by-product of high spiritual development and it is not the other way round.

For example in some of the yoga practices, the disciples achieve a state of enlightenment and inner peace that they attain a state of levitation. However, if the disciple is exclusively preoccupied with achieving the levitation state (for example because it looks like it is a cool exercise, which has a smashing effect in front of all your mates!), then he or she will not be in a position to make any real progress, regardless of how hard they try. This is because highly evolved spiritual people can become such a powerful source of an omnipotent love that it overcomes the power of the earthly gravitation and as a consequence they become able to levitate. However, they do not become more loving and spiritual, simply because they do special exercises that raise them above the floor. The difference is huge!

The same principle applies to clairvoyance abilities to perceive other people’s auras. These abilities should come naturally as a completely normal consequence of an evolving soul. At the same time, there are people who aim to attain quick results, without the necessary spiritual and moral preparation. A good indicator for this is how these people are using the abilities, which they may have. One should be aware of clairvoyants who use their “gifts” exclusively for personal, egotistical purposes, such as making a profitable business out of it, without the due consideration of how such abilities can be put into really good use in order to help other people. In such cases, we should carefully ask ourselves: Do such “gifts” really come from the good and benevolent spirits or do they in fact come from somewhere else? Most importantly, if we have doubts, we should vote with

our dollars and not spend them for such “New Age businessmen”, for essentially there is no difference between them and the “materialistic” group of people mentioned in the beginning of this article.

It is absolutely NOT obligatory to be clairvoyant in order to understand the concept of the sevenfold human structure. Anyone can understand it and begin to use it as a stepping stone in their everyday lives. It is in fact very beneficial for every ordinary man and woman to take advantage of the spiritual science, by reading about the subtle human bodies, studying the theory about the sevenfold human structure and then applying it in practice. This practical application affects initially only the way we think and the way we perceive mentally the reality around us since the concepts about the spiritual world arrive to us only through the analytical mind. However, through this process, the necessary spiritual impulses imbue the soul of the individual and sink deep down to his or her heart.

Through this process, the soul is getting prepared in a correct and natural way to process the necessary information, when the third eye begins to open. Thus, the proper preparation and training leading on the road to greater understanding about the (esoteric) reality around us can be achieved by initially simply reading suitable books or articles about the spiritual science. Such books have to be written by initiates, who have demonstrated their compassion and benevolence towards humanity. The reader has to exercise great discernment about selecting the type of literature that he or she reads, for there are many “masters” and “initiates” that claim that they will elevate your soul to the highest possible spiritual realms, while in fact they will drag it down to the Kingdom of Ahriman or Lucifer. More about it you can read in the next chapters of this article.

The safest and the most natural road to spiritual knowledge, known to me, are the two main bodies of spiritual science, namely *theosophy* and *anthroposophy*. Theosophy as known to the modern world was founded by the Russian born clairvoyant and initiate Helena Blavatsky in New York in 1875. By doing this, she made an attempt to spread some divine truth to the intellectually advanced part of humanity. Most of these truths have always existed in the world even before, but they were spread secretly as it was done in the past in Egypt, Greece or in the Middle Ages. In antiquity, the great temples and schools of spiritual wisdom were run by high initiates. In the Middle Ages the spiritual truths were spread amongst the alchemists, Rosicrucians and Freemasons. Again, the level of knowledge that the disciples of these orders possessed was determined by their level of initiation. The reason for this is that the great spiritual truths cannot be easily understood by everybody and that they can become even very dangerous, if they become a weapon in the hands of people, driven by egotistical or malevolent impulses. For similar reasons we don't give a three year old safety matches to play with, do we?

With the advent of the Age of Aquarius, however, the established order of passing down the spiritual knowledge started changing. Globalization, Internet and greatly facilitated world travel require that most spiritual truths are made freely available to the general public, regardless of the risks involved. In fact this risk is well calculated and it all has to do with the division of humanity into two major groups as described by me in the beginning of this article. People will be given the opportunity to choose their teachers: some of them will chose white masters, some of them will chose black masters. Upon completion of this process the final division of the human souls can be carried out and their subsequent place in the future of the Earth will be determined.

When theosophy first appeared in the physical world, it combined in itself the most important spiritual truths, made available to man. However, later this science got infected from the Eastern teachings bug from which it suffers till today. Some of the principal figures of Theosophy have been: Madame Helena Blavatsky, Annie Besant, Helena Roerich, Charles. W. Leadbeater, Geoffrey Hodson, Alice A. Bailey, Corine Heline and Dion Fortune.

Theosophy can be described as "a synthesis of science, religion and philosophy", and its motto is: "There is no religion higher than Truth". Practically, Theosophy presents itself today as a vast spiritual and cosmological system which seeks to investigate and explain Cosmos and man's role herein, on the basis of occult research

(research based on extrasensory perception, be it clairvoyance, visions or telepathically received messages) which is taught by a number of Theosophical groups around the world. In Western Australia, the library of the theosophical society is located on 21 Glendower St (opposite Hyde Park), tel. 93288104. Borrowing books from the library is free and as far as I know they organize introductory 9 week courses for a \$25 contribution on a regular basis.

Most Theosophical groups today base their understanding on the teachings which were given through Alice A. Bailey in the 1930's and 1940's from her Tibetan teacher, Dhjwal Khul. These books present a spiritual cosmology which describes the universe as a vast, living being, containing myriads of other living beings within it, all evolving towards higher and higher states of consciousness and experience.

On the other hand Anthroposophy is the spiritual science created by Dr. Rudolf Steiner, at the end of the 19th and the beginning of the 20th century. It originally stemmed from theosophy and Dr. Steiner was a secretary of the German section of the Theosophical Society for number of years. However, after the death of Madame Blavatsky, the eastern turn in the theosophical society became very evident especially under the rule of the new head of the theosophical society - Annie Besant. At one stage she even tried to put forth a young person called Krishnamurti as the new Christ, or Maitreya, or both.

The whole scheme collapsed some years later, when Krishnamurti disavowed his nomination due to loss of faith in his mission. But even before the occurrence of this event, it was becoming more and more apparent that Dr. Steiner disagreed with the direction in which the Theosophical society was turning. So this incident was used by him as a pretext to leave the Theosophical society and to establish his own Anthroposophical society.

Both sciences are based on the same esoteric truths, which are depicting the human organism as comprising 7 bodies that make up the human structure, of which only the physical body is visible, while the rest are subtle and invisible. Both disciplines describe in similar manner the esoteric events that unfold to a man after his death and before his new rebirth and both of them portray the evolution of the Earth as a chain of consecutive, evolutionary 'rebirths' etc.

However, due to its strong eastern orientation, theosophy is not in a position to explain the most important events in the human history in the last 2000 years, starting with the incarnation of Jesus Christ. Eastern teachings are very old indeed and their roots can be found in an epoch, which was in many respects very different to what occurred thousands of years later. Thus, theosophy neither possesses the appropriate terminology, nor really understands the fundamental and pivotal role of the incarnation of the Christ being for the future evolution of humanity.

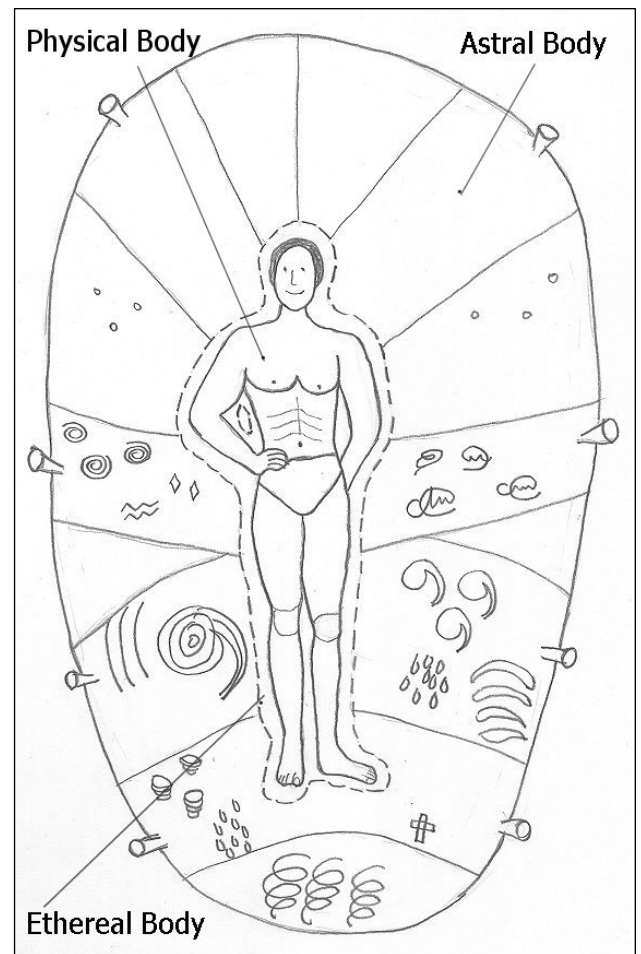
Let's use the following example to illustrate this fact. When children grow, normally they progress at school from year 1, to year 2, 3 etc. Students in year 3, for example, do not invalidate everything that they studied at year 1, but they understand that they cannot study the alphabet forever. As they gain more understanding, they do not think about the alphabet itself, but they use it as a stepping stone to read books, write short stories etc. Similarly, if one is stuck in the eastern doctrines only, he or she would not be in a position to understand the fundamental changes, which occurred in the spiritual world and on earth, during and after the incarnation of the Christ being, 2000 years ago. Such a person will be in the position of a student who in three consecutive years continues to study the alphabet, repeating religiously A, B, C...

For this reason, Dr. Rudolf Steiner established the spiritual discipline of Anthroposophy, inspiring people to grow and develop, explaining the spiritual facts and impulses from the correct, *spiritual-scientific* perspective. Being educated as a scientist from early childhood, he was the first clairvoyant to translate his visions and observations of the spiritual reality into understandable, logical and scientific language. The great significance of his works lies also in the fact that he was the first one to implement a proper terminology and to develop a spiritual language, based not only on the Eastern teachings, but primarily borrowed from the esoteric

Christianity. This was imperative in order to explain a good number of the most sacred spiritual processes and mysteries, which occurred during the epoch of the Christian mysticism in the Age of Pisces. In Western Australia Steiner's books can be purchased from Southern Aurora Books and Gifts, shop 3, St.Paul's Shopping Centre, crn Forest Rd & La Fayette Blvd, Bibra Lake, ph.08-94341944. Alternatively, some of the Steiner's books can be read for free on the web and the links for it you can find on my website – www.Lubomir.name.

For the purposes of this article, however, it is acceptable to state that it is based on the teachings of theosophy and anthroposophy (both of which for shortened we will call spiritual science), because both of them do not disagree about the sevenfold human structure. According to the spiritual science every human being that lives on this planet comprises seven distinct layers of energy, which for simplicity we will call "bodies". Although we are largely accustomed to apply the term "body" only to the physical body, which all of us can see, touch, move etc. this is not entirely correct, because there are another six members present there, which although invisible are nonetheless very important for the functioning of the whole human organism. We should envisage these subtle bodies as distinct layers of energy that surround and encompass the physical body. These are:

1. **Physical body** – the physical body is a summary, an outer expression and an end product of all the other subtle bodies that we cannot see. The physical body is visible and can be perceived by all, but its appearance is entirely determined by all the other "invisible" bodies. For example blushing is a direct physical consequence of spiritual processes of shyness or bashfulness that appear as high speed swirls and whirls in the astral body. The same can be said for most habits such as biting one's nails or tapping nervously with one's foot. The roots of such behaviour can be directly observed only in the higher, subtle human bodies. Thus, the whole physical expression of humans, starting with their face expression, height, forms and length of their hands, fingers, toes etc. and finishing with their eye expression is nothing more or less then outer expression of spiritual processes, which the clairvoyant observer can perceive directly in the subtle bodies of the individual in question.
2. **Etheric body** – the life bearer, the body that keeps us alive. The rhythm of the heart, the breathing process, the function of all internal organs and so on, is in fact a direct consequence of the action exercised by the etheric body. All living entities on our planet posses etheric bodies. It is the life force which brings the otherwise dead minerals into living motion and which has also the capacity to make the living entities grow and reproduce themselves. All plants and animals also have etheric bodies.
3. **Astral body** – the bearer of all emotions and feelings. Due to the astral body perceptions are also made possible, such as hearing, seeing, smelling, tasting, touching etc. This privilege is given only to the representatives of the human and animal kingdom. Plants and minerals do not posses astral bodies. Thanks to our astral bodies we can be cold or hot, feel sad or happy or experience pleasure or pain. The astral body can sometimes also overwhelm us with emotions, which can be positive or negative. If these are not dealt with on time, very often they damage parts of the



etheric body below and that is how we can get sick, develop ulcers, or have a headache. 90% of all diseases are caused by irregular function of the astral body, i.e. due to abnormal, uncontrolled or highly depressed emotions, passions or feelings.

4. **Mental body** – at this level begins the differentiation between the animals and humans in general. Through the mental body a thinking process becomes possible. Some highly developed animals also possess mental bodies in an embryonic state. On the other side, many degraded representatives of the human race have extremely primitive mental bodies. People in general believe that the mental body (or the human intellect as they call it) is the crown of the creation and nothing exists above it. In reality nothing can be further away from the truth. Human mind is only the intermediary, the messenger, similar to the Greek and Roman Gods Hermes and Mercury – the Gods of Mind and Intellect. The mind is capable to translate partially some of the God's reality into human language or a concept, but the origins of the idea or the concept itself reside in the divine, celestial realm above it, i.e. they reside high above the minuscular human intellect.
5. **Causal body (or the Higher Mind)** – The three bodies above the mental body, starting with the Higher Mind cannot be directly perceived by the usual mind, which we use in our every day thinking process (the mental body). On the level of the Causal body we deal with abstract ideas, impulses and notions such as love for humanity, high aspirations and ideals or striving for self-perfection and purification. There is a huge difference between love of one or several particular individuals (such as a spouse, child, parent or friend) and love and sacrifice towards humanity and all human beings in general. There is also a big difference between the love and care towards one or several pets and the love and struggle towards the implementation of the idea of conservation and saving the Earth with all animals inhabiting it and so on. All this pertains to the realm of the Higher Mind or the Causal body.
6. **Buddhi body (or the Intuitional Self)** – this is the part of us that is associated with wisdom, truth, intuition and compassion. In daily life we are largely unaware of it, because it is located at two levels above the mental body. Buddhi body determines the major periods of our lives (usually 3 or 4, but sometimes more). This is the power that inspires us for 4-5 years during our high school or University years for example, or which leads us during periods of relationship or marriage. If the marriage dissolves and another long-lasting relationship begins that means that the buddhi body has switched off from one source and switched on to another. The same rule applies for switching between long lasting trends in career or long lasting changes in the place of residence, etc.
7. **Athma body (or the Higher Self)** – This is the only body that never really dies. In the esoteric Christianity this body is also called “the spirit”, or the part which reincarnates from one body to another, in order to reach higher perfection and purification. The Athmanic body determines the life path of the spirit through many of its reincarnations, thus where it is really leading us can be determined only if we compare the major patterns in at least several of our previous lives. The circumstances in various lives change all the time, but the general trends do not. In other words, it is not the circumstances, but the quality and the substance of the moral impulses that is carried over.

In the next parts of this article we will describe each one of these bodies in greater detail and we will examine the relationships that they have with each other. Then, we will be in a better position to understand the physical reality around us and all the external processes that we observe in our daily life will begin to make much more sense to us.

PART 2

In part 1 of this article it was explained that the physical, human body is in fact only one of the parts comprising the sevenfold human structure. Since it is the only *visible* part of it, most people believe that it is the only component that really exists. However, nothing can be further away from the truth. There are also another six, subtle parts of the human body that are daisy chained to each other and that form a kind of hierarchy in a way, which is very similar to the angelic hierarchy, residing above and below man. The low-vibrational bodies have higher density, while the high-vibrational bodies have lower density. The substance of the Higher self (which is

the body that vibrates at the highest frequency and therefore is the purest energy that we can be aware of) is very similar in its composition to the God-Creator itself. Each consecutive body encompasses the previous one and permeates it, but since the frequencies of vibration of these energies are different they can co-exist in the same space and time, infusing each other, but in the same way not interfering with each other.

As follows, humans are situated in the intermediary position between the “fallen angels”, (the spirits with a lower vibrational energy that act primarily in the physical, ethereal and lower astral bodies of humans) and the higher angelic beings that exist at a higher frequency of vibration and act in the human’s higher bodies – the higher part of the astral body, the causal body, the Buddhi body and the Higher Self. If we put the things in this perspective, the concept about the battle between the God and the Devil for the human soul, described in the esoteric Christianity becomes much more clear and understandable.

The notion about the subtle human bodies can be better understood if we envisage that these “bodies” are in essence energies that manifest at different frequencies of vibration. Let’s take the radio waves for example. Nobody can *perceive* the radio waves directly, but everybody knows about them and we are in possession of the technology to detect their existence – namely the radio itself. The mere fact that when we switch the radio on we can hear our favourite station, clearly demonstrates that radio waves exist and that they are all around us all the time. Further on, by rotating the tuning knob we can increase or decrease the frequency of detected radio waves and by doing this we can change the radio station that we want to listen to. Other radio-waves devices such as the TV, two-way radio communication devices, mobile phones and the like, all operate on the same principle. This example shows that although in our daily life we are largely unaware of it, there are all sorts of radio waves that propagate in all possible directions and that vibrate in all sorts of different frequencies. These waves permeate the space around us and the space within us all the time, but because their frequency of vibration is much higher than the frequency of vibration of our physical bodies, they have no effect on us and we can co-exist with those waves in the same space and time without being affected by them (or so they say).

In short, not everything around us is what it seems and human bodies are one perfect example for it. We may think that we comprise physical bodies only, but the reality is that around the physical bodies that we can see, there are another six subtle bodies that we cannot see, but without which we could not be at all what we are today. According to the “modern scientific” view, the human physical body is just composed from various chemical and physical components, just the same as every other physical or chemical substance, with the only difference that the human body has a far more complex structure, but which is nevertheless just the same as the mineral composition out there in the nature. The truth is that if we do not encompass the view of the sevenfold human structure we will never be in a position to understand properly the world around us, including our own bodies.

If we have a proper look around us, we can identify four major kingdoms that exist on planet Earth. These are:

- The kingdom of *minerals*
- The kingdom of *plants*
- The kingdom of *animals*
- The kingdom of *humans*

The representatives of these four kingdoms inhabiting our Earth share some common characteristics, but at the same time there are some distinct differences between them which makes each one of them unique. The common denominator between all of them is the fact that they all possess physical bodies, which of course makes them all visible in the material world. With our eyes we can see the minerals, the plants, the animals and the humans and this is just about the only thing that they have in common, i.e. they all have a physical body that is made up from mineral substance.

If we compare, however, a mineral with a plant we will see that there is a great difference between these two. A piece of stone remains a piece of stone and only changes its shape under the influence of the outer forces of nature. At the same time the plant changes its shapes over some period of time, i.e. it grows, it produces new leaves, then it flowers, produces fruit and seeds and then it dies. From its seeds new plants are born and the process repeats again. Therefore, we can see that there is something in the plant that is not present in the mineral. There is something in the plant that makes it *alive* i.e. that encourages it to grow and that makes it reproduce itself. This life-force which is visible to the clairvoyant eye as a subtle body around the physical body of the plant is called an *etheral body*.

Minerals cannot grow and reproduce themselves, because they possess physical bodies only. Plants, on the other side can do that because in addition to their physical bodies they also possess etheral bodies that keep them alive. Any mineral substances left on their own fall entirely under the influence of the nature forces and as a consequence inevitably decompose over time. The etheral body is this life-force which permeates the physical body of the plant from the moment when the seed first starts to grow in the soil, until the plant finally dies. During this period of time the etheral body works constantly on the chemical and physical structure of the plant in such a manner, so that the physical body of the plant gradually takes on the shape of the etheral body around it. In other words the etheral body is the prototype or the shaping image of the plant. The etheral body can be regarded also as the architect or the sculptor who moulds the physical body of the plant. Without the etheral body permeating it, the plant remains simply a mixture of physical elements that quickly begin to decay and decompose in a similar fashion as all the other elements in the mineral kingdom.

Animals and humans also possess etheral bodies. Similarly to the plants, animals and humans also possess this life-force which works around their physical bodies from the moment of birth until the moment of death. Because of its presence, animals and humans can also grow and can reproduce themselves. In such way, every human being and every animal has a lower part of it that makes them akin to the plant kingdom. On the drawing, the etheral body of a man is shown as a substance of higher light that permeates the physical body and comes out a bit outside it, while at the same time its shape remains very similar to the physical body.

On the other hand, if we compare a plant with an animal, we can see that the animal can distinguish between cold and hot temperature, between pleasant and unpleasant taste and can experience a whole range of feelings like aggression, tranquillity, hunger, fear, anger, sexual desires and so on, while the plant is not even remotely aware of all these feelings. Again, the reason for this is that animals possess another (even higher) body, that permeates their physical and etheral bodies and which is the bearer of all emotions, feelings and instincts. We call this body *astral*.

The astral body makes it possible to experience all range of sensations, some of which are positive and some of which are negative. The animal following its instincts tries to avoid all negative sensations and to prolong all pleasant ones. In its actions, however, the animal is guided entirely by its instincts and not by reasoning or mental analysis. The reason for this is that animals do not possess mental bodies. Only some particular representatives of the animal kingdom are in initial stages of forming ones, but even then we are talking about initial stages of forming very primitive mental bodies, which are far yet from the ability for logical reason, speech, mental analysis etc.

In this respect it becomes clear that humans and animals are akin to each other, because the representatives of both these kingdoms possess astral bodies. For animals, however, this is the higher member of their structure, while humans possess also mental, causal, Buddhi and Athma bodies. Thus, for humans that are in strong connection with their higher bodies, it becomes possible to work on their inappropriate desires and instincts (the astral body) and raise its vibrations, while for the animals this task is impossible.

On the drawing, the astral body is depicted as an egg-shape energy field that permeates the physical and the etheral bodies. Its colours change frequently and are in accordance with the feelings that are experienced by

the individual at the time. Many different-shapes objects, swirls and whirls can be observed in it and they all have meanings, however, the interpretation of the human aura is a topic for another article. What is important to stress here is that the contour of the astral body in a healthy person goes approximately 1.5 m. around his physical body and the many coloured shapes inside the astral body pertain to particular emotional concerns of the person in question.

The seven human bodies are “chained” to each other. In other words, where one vibration finishes, another one begins and thus, changes in one of the bodies will be passed over to the one immediately above or below it. Usually, it happens from the top to the bottom – the changes in the Higher Self lead to changes in the Buddhi body. These changes then lead to changes in the Causal body, which in turn causes changes in the astral body and so on, but unfortunately this process can also be reversed.

We can illustrate this with an example of a man who is addicted to smoking. The smoke inhaled with the cigarettes affects the physical body first and causes certain negative effects, such as tar and other heavy residues being deposited at the lungs. These changes in the physical body lead to changes to the body immediately situated above it – the ethereal body. Since the ethereal body is the one that brings us life and health, that means that the life-force and the health of this person will become now out of balance. Once the ethereal body is undermined, that leads to changes also in the astral body. The astral body is the bearer of all our desires and needs and thus, the unbalanced ethereal body misbalances also the astral body in such a way that the person now starts craving smoking on a regular basis. In other words, the changes in the ethereal body lead to changes also in the astral body in such a way that the man in question becomes dependent on the poison that ultimately destructs him.

If the other (higher) members of the human structure are weak, these negative changes will creep up even further up the ladder of human bodies and affect the mental body of the person (who will now not only crave cigarettes on a regular basis, but it will constantly *think* about it, and the mental picture of smoking will bring him pleasure). If this process is left uncontrolled, the next member of the human structure will become affected – the causal body and then certain events will start unfolding, affecting directly this person in a negative way: for example his girlfriend may break up with him, because of his bad habit. Or he may find himself employed in a non-smoking environment, where he will suffer a great deal because of inability to sustain his smoking habit, etc. Further he may find himself in a situation of hardship, because he will not be in a position to sustain financially his addiction, or he can constantly find himself in situations where smoking is regarded highly inappropriate and undesirable. All these symptoms will indicate serious negative changes in the person’s causal body.

Normally the negative changes are stopped here, by the buddhi body. The buddhi body controls the long lasting periods of our lives and if nothing is done to counteract the bad habit, in some cases people may experience extremely long periods of struggle and suffering. These last in some extreme cases for a lifetime and greatly contribute to the degrading and to the falling apart of the whole human structure and ultimately to its death. The process described above becomes greatly aggravated if not cigarettes, but some other drug substances are involved, because in this case the changes in the ethereal and astral bodies are much stronger and the dependency on them is much more compelling.

The same process applies not only for drug addicts, but also for other people who take medically prescribed drugs and over a period of time become dependent on them. The problem with these people is even more severe, because while the consensus within the society is that doing drugs is unacceptable, at the same time taking medically prescribed medicines is regarded as something quite normal. For the clairvoyant observer, however, the difference between the heavy smoker, the drug addict and the person who is dependent on pills is minimal: the final result achieved by these three types of behaviour is essentially the same and leads to a chain reaction that destructs the ethereal, the astral, the mental bodies and so on and in the end leads to an untimely death.

Fortunately, the subtle bodies can be affected not only from below, but also from above. The Athma body or the Higher Self is the body that resides at the top of the chain of human bodies. It is in closest relationship to the God–Creator and basically it is made up of the same matter. In other words, the Higher Self relates to the God–Creator in the same way as the drop of water relates to the ocean. The difference in the size is significant, but the difference in the substance is minimal. Because it resides three levels above the mental body, it is extremely difficult to create a mental concept in our heads about the Higher Self. Nevertheless, its actions can be observed indirectly in the action of the Will of this person. The presence of a strong will power is a very good indicator of a highly developed and strong Higher Self.

Let's see now how the above mentioned destructive process of smoking can be reversed and turned into good. The opposite process initiates at the level, where the Higher Self resides. Normally the Will to do something about it is triggered as a consequence of all the negative effects caused by smoking. Then, if the person in question possesses a strong enough willpower, he starts changing the Buddhi body below it. We know by now that the Buddhi body controls the events in our life that are connected with time, or with some lengthy periods of time. For this reason, kicking the bad habit usually starts with the phrase: “From tomorrow I am not going to smoke”, or “From New Year I will stop smoking”, or “I did not smoke before for three months, so I can do it again”. Once a certain time period is set up, the process of changing the Buddhi body is put into motion.

The impulse (the Will) of non-smoking is carried down to the mental body, where the major battle takes place. Thinking of oneself in terms of being a non-smoker can help enormously in that respect. Eventually, this impulse is then carried down to the astral body, which also starts changing and after some period of time it stops craving cigarettes, freeing itself in such way from the dependency which was enslaving the individual before. Once the individual becomes free of the desire to smoke, the impulse initiated in the Higher Self can now permeate the ethereal body, restoring its original rhythm and flux. Since the ethereal body is the bearer of life and health, not long after that, the individual becomes feeling livelier and healthier. He realizes that now he is in a position to perform tasks which were not possible for him before, for example climbing up the stairs without losing his breath, or performing physical exercises which he couldn't do before. And finally, after some time, the ethereal body working on the physical body helps it to clean the tar and other residues accumulated in the lungs, which ultimately lead to a healthier, more functional and much better-looking physical body.

When we regard the controlling mechanisms of the subtle bodies from below and from above, it becomes apparent that the human freedom as it is often perceived in the society is a myth, i.e. in reality it does not exist. The spiritual world is so densely populated that there is no room for vacuum in the human soul. People, who deny the existence of higher forces (or God) and decide that they can act “freely” as they please, fall inevitably under the influence of the lower spiritual forces and become controlled by them. Those who accept the existence of higher forces and follow voluntarily the God's will become controlled by those forces from above. *Such is the man's destiny – his freedom lies only in the choice which forces he would prefer to be controlled by.*

Drug addicts are a perfect example that illustrates this notion. Everyone is familiar with the incapability of our society to deal with this problem. The reason why a whole bunch of doctors, psychologists, politicians, professors, social workers and the like cannot solve this problem is because these people do not understand the sevenfold human structure. They regard people as being made up of physical bodies only and this is why they fail in their attempts to find a solution. The major battlefield in the case of the drug addicts is not in their physical bodies, but in their astral bodies. This is the realm where they become controlled and possessed by the overwhelming forces of the lower spirits. It is impossible for any mere mortal to resist by himself the compelling power of the lower spirits in their deadly mission. This is especially true for individuals with a relatively weak will power. The only way to overcome any dependency (i.e. to win the battle in the astral and in the mental body) is to ask the higher, benevolent spirits for help. Besides, it is not important if the individual will ask them consciously or unconsciously for assistance – the bottom line is that without such help, the mere mortal human is not in a position to win this battle. The immense power of the lower spirits can be overcome

only from above, once the man accepts God in his heart and lets the higher forces control his life, instead of the lower ones.

Let's take as an example the drug rehabilitation centre, established in Russia by Ieromonah Anatoly Berestov. Father Berestov is a medical doctor, a monk and a neurologist. His drug addicts rehab centre was opened in Moscow in 1988. It is called the *Charitable Centre of St. John Kronstadt*. The father believes that prayer, confession and communion remain the most effective cures for Russia's millions of drug users. Each client at the Charitable Centre participates in Orthodox worship. After finishing the program, some receive additional treatment at hospital day programs and others further rehab, including job training at one of the five rural facilities. Some decide to enter monasteries.

Seventy percent of Russia's 450,000 officially registered addicts are 25 and younger, and most start using drugs at the age of 14 or 15. Rehabilitation programs are few, and patients must pay for treatment in almost all of them, in contrast to the Soviet era, when alcohol and drug treatment were not only free but also mandatory. The program at Berestov's 6-year-old centre, which is financed entirely by donations, includes psychological and medical counselling, work at the centre or a nearby monastery, and a heavy regimen of prayer.

It is important to note that most people that enter Father Berestov's rehab centre are anything but what you could call Christian believers. Their average age is 22, and the youngest is 17. Most of them have criminal pasts and are raised in an environment of constant violence, rape and abuse. "They're all former criminals, even murderers," - says Berestov himself - "But I'm not a police officer. I'm a priest, and my role is to repair." Most of the addicts that turn to this rehab centre do this initially out of despair, having realized that no one else can help them.

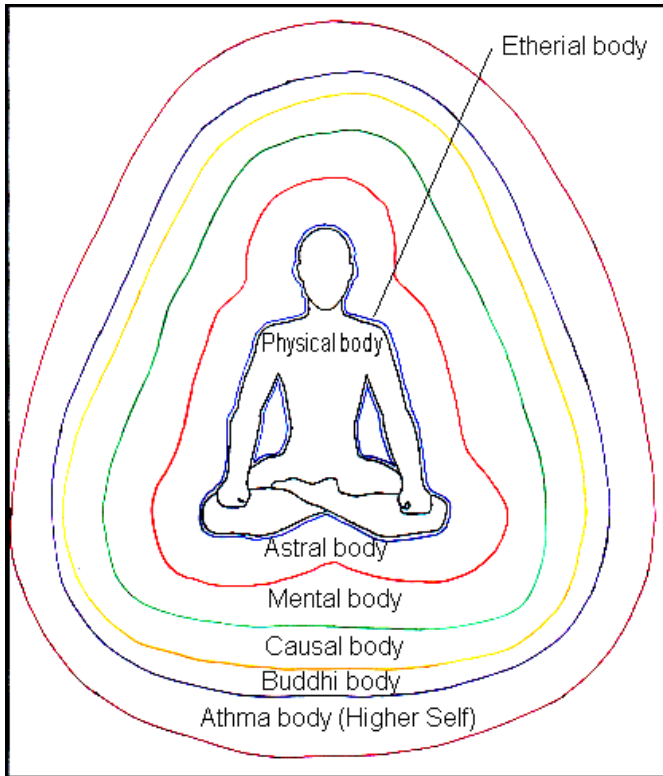
Practically all patients before entering the rehab centre had no concept of what is a sin, virtue or chastity. By 16 - 18 years of age they were already guilty against all 10 commandments given by the God to Prophet Moses on Mount Sinai. Their life was entirely defined by ideology of hedonism: pleasure, pleasure and again pleasure. But it is necessary to pay for pleasure and this payment costs considerable money. And where to get the money from? And then they have to steal, plunder, enter criminal groupings and even to kill. In such a way we see that for those people all values in life were reversed and what is really a virtue was considered by them to be a bad thing and what is a real sin was considered by them to be good. The important role of the rehab centre of Father Berestov is to reverse the value system of these people and to turn these teenagers to their real, spiritual values. "Once this is done" - says Father Berestov - "we do not have to heal anybody, because Christ Himself does the healing in the addict's souls". *The latest statistics shows that the centre has an 80 percent success rate for the 3,000 addicts treated there so far.*

The program of Ieromonah Anatoly Berestov is very popular in Russia and he regularly appears in the newspaper columns, on radio and on TV. A simple search on his name in the Internet on Google or some of the other search engines brings up many articles about him. As a further reading for those readers who are interested in his program I can recommend the article "*Liturgy vs. Opium*" which the reader can find on <http://www.christianitytoday.com/ct/2003/001/19.28.html>. The rehabilitation centre of Ieromonah Anatoly Berestov is just one example which shows that the dependence on the dark, lower, spiritual forces can be overcome only by voluntarily submitting one's soul to the higher spiritual forces of light.

The spiritual world is densely populated by spiritual beings that reside on all of the seven layers of energy vibrations described above. Some of them operate in the lower astral world, some of them in the higher astral world, some of them live only in our thoughts, etc. Besides, some of them are benevolent toward us; some of them are far from it. In the example of the processes described above both types of spirits will lead a battle for supremacy in the seven human bodies. The spirits, controlling the higher human bodies try to ascend the Man higher, so that he can come closer to their realm and become eventually one of them. On the contrary, the spirits working in his lower bodies try to drag him down so they can use him for their own purposes and to make him a puppet in their hands. The epic fight between the spirits for supremacy in the man's soul is at the same time

comic and tragic, mainly because most humans are totally unaware of it! In essence this is the battle between the “good” and the “evil” described in the Bible. Every single man living on this planet has to decide for himself which of these forces he prefers to join during his lifetime and this choice will determine to a great extent his future destiny.

PART 3



In part 1 and 2 of this article we explained that according to the western esoteric tradition, the physical human body is only one single component of a very complex structure that in fact comprises seven members. The physical body is the only one single part of it, which is visible, while the other six parts are invisible for the naked eye. Although the invisible parts of the human body are not at present time observable to people with normal perception, the call of the time is that people raise more and more their level of awareness. This is so, because in the future the direct observation of the human aura and the other invisible (for now) parts of the human body will become something completely natural and normal for the entire humanity. People who want to embark on the road of increased perception even today, which leads eventually to clairvoyance and observation of the other subtle human bodies, can begin doing so by creating mental concepts about the sevenfold human structure. In such a way once later they are in a position to raise their perceptions to a level where they can observe this themselves, they will know what they see and what exactly that means.

It is important to stress, however, that simply developing the ability to see in the spiritual worlds does not mean much. *Understanding what you see* is far more important. In other words, if someone is given the gift to see other people’s aura, this fact by itself means nothing. Without the understanding of what the colours and shapes mean, the mere observation of the human aura is meaningless. Only a person who knows how to interpret his observations can make sense of it and use this information accordingly. This process is similar to examining Egyptian hieroglyphs. You may be able to observe them, but if you do not know their meanings and how to read them properly, then they remain simply interesting but nevertheless meaningless pictures and wiggly shapes. On the other hand, for the one who have studied them and knows their denotation, the Egyptian hieroglyphs depicted on the doors of the pyramids will reveal spiritual messages and knowledge of enormous importance. *Therefore, it is important not to rush to develop quickly clairvoyant abilities as soon as possible, but to prepare ourselves by gaining more knowledge and wisdom first.*

The seven human bodies permeate and encompass each other, without interfering with each other’s energies, because they operate at different vibrational levels (or frequencies). In this way the seven human bodies are in a way linked and daisy-chained to each other, forming a hierarchy. Each consecutive higher subtle body permeates the one below and exists at the same time and space within it and around it. This process can be illustrated with the existence of the radio waves. At any given moment of time in the space around us thousands and thousands of various radio waves co-exist and propagate independently from each other. Some of them carry the signal for the TV channel 7; some of them carry the signal for channel 9 or 10. Yet, at the same time other radio frequencies propagate simultaneously the signals for all FM radio stations, others carry the signals for all AM radio stations. In addition, there are specialized frequencies for police services, ambulances and so on. It is apparent that although we cannot see them, there are thousands and thousands of various radio waves

that co-exist at every single moment of time, propagating independently of each other in the same space, but at different frequencies. The seven human members co-exist in a similar principle, with the only difference that they do not propagate all over the place, but stay more or less confined in the space surrounding the physical body.

Each one of the seven human bodies has a different shape. For example, the etheric body has a shape which is very similar to that of the physical body, but it is a little bit larger, so it is somewhat projected outside of the physical body. The astral body on the other hand is egg-shaped and is much larger than the ethereal body, reaching about up to 1 or 1.5 meters in diameter. This is the so-called human aura. Recent advancement in technology allows photographing of the human aura and the quality of such photographs is constantly improving. There is no doubt that in the future scientists will make many break-through discoveries in the realm of the spiritual, many more new technologies will be developed that will allow people to observe not only the aura but the other subtle bodies as well. Imagine putting on special glasses that allow you to perceive the aura of the other person directly. We are not too far away from developing this sort of technology.

Each one of the human bodies serves a particular function and can be described with some relevant keyword. In the following text I attempted to categorize the seven human bodies according to their keywords, main functions and their relation to the other kingdoms on our planet (the mineral, the plant and the animal kingdoms). In summary, the sevenfold human structure comprises from the following members:

8. **Physical body** – Its keyword is “*I exist*”. Through the physical body man is related to the *mineral kingdom*. The physical body is made up from the same substances as all other minerals on our planet. Without the ethereal body, however, the physical body is doomed to immediate decomposition. This is what actually happens at the moment of death. This is the only member of the sevenfold human structure that can be directly observed with a naked eye. For this reason many people still erroneously assume that this is the only body that really exists. In fact nothing can be further away from the truth. The physical body is merely the outer, physical expression of the other six invisible members of the human structure.
9. **Etheric body** – Its keyword is “*I live*”. The etheric body has very similar shape to the physical body that slightly expands around it. The etheric body joins and ties together to the physical body approximately at the fourth month of the pregnancy. The definite sign that that has happened is when the baby starts moving for the first time in the womb. From this moment onwards we can say that the foetus is alive. All living organisms on this planet that are alive, such as living plants, animals and people possess etheric bodies. Therefore through its etheric body, man is related to the *plants kingdom*. All plants possess two bodies – physical (through which they manifest themselves in the material world) and etheric (through which they become alive, i.e. they grow and reproduce themselves). In other words, the presence of the etheric body is what makes the plants different from minerals.
10. **Astral body** – Its keyword is “*I feel*” and it is the bearer of all emotions and feelings. Due to the astral body all perceptions are also made possible, such as hearing, seeing, smelling, tasting, touching etc. All animals on this planet possess astral bodies and this is what makes them different from the plants. Thus, through its astral body man is related to the *animal kingdom*. While the etheric body remains connected with the physical body during the entire life of the individual, the astral body does not stay connected with it all the time. In fact, it actually leaves the other two members of the human structure (the physical and the ethereal) every night. During this time it makes a trip around the astral world and that is where its name comes from. There, it is recharged with energy and then returns back in the morning to form one part with the other two members of the human structure. For this reason we are deprived from feeling and emotions during our deep sleep.
11. **Mental body** – Its keyword is “*I think*”. The first obvious difference between the animals and humans in general is the existence of the mental body. Through it, humans can reason and create a mental picture about the world that surrounds them. Communication and language are also made possible thanks to the mental body. Most people think that the human intellect resides at the highest place in the ladder of human evolution, but the truth is that it occupies only a middle position between the lower human nature

(the three bodies described so far) and the three bodies that reside above it (which collectively can be described as the *human spirit*). Because the human mind and intellect reside below the higher three bodies, it is largely unaware of their existence, but it can form a mental concept about it, if it puts some conscious effort into it.

12. **Causal body** – The causal body determines the karmic experiences that we encounter on a daily basis according to the choices that we make in our daily life, therefore the keyword for it is *to act*. According to the cosmic law of karma, *every* single act that we do in our daily activities gets written in a colossal cosmic database, the purpose of which is to ensure that we get back from other people exactly threefold of everything that we send to them. If we send them love, the law of karma (the causal body) ensures that we will get this love back threefold from other people. If we send them hatred, then we better watch out. Every single time when something nice or nasty happens to us, think about it as a direct consequence of deeds done in the recent past. And the causal body is there to ensure that the individual experiences the consequences of *all* his actions – good or bad.
13. **Buddhi body** – The principle of operation of the buddhi body is very similar to the causal body, except that it works on a much larger scale. The karmic relationships determined by the buddhi body are largely pre-determined by us before the time of our birth and are in direct relationship with our deeds done in previous lives. The buddhi body outlines the *major* events in our life, the main purpose of which is to teach us some significant life lesson. These can be for example marriage and remarriage, how many children we are going to have and what lessons we are going to learn through them, which city or country we are going to live in, etc. Usually it takes us at least several years to learn one lesson assigned to us by the buddhi body, so the most appropriate keyword for it is *life assignments*. The number of these life lessons varies from person to person, but in general each human has at least two or three major assignments to complete in their lives. Once they are done successfully, the individual graduates to the next level of development and is assigned easier tasks in the next life. In case people do not do their homework (or what is worst – in case they actively resist their karma!) then in their next life they have to start everything all over again in much more difficult circumstances.
14. **Athma body (or the Higher Self)** – And finally, the Higher self is the only energy that never really dies and that incarnates from one body to another. This is the purest of the spiritual energies. Its essence is related to the God-creator in the same way as the drop of water is related to the ocean. You can think of it, that this seventh body makes man actually similar to Gods. The keyword for it is *willpower*, because there is a direct correlation between the strength of the human willpower and the level of development of the human Higher self. The *will* to develop and raise our level of consciousness is the real power that drives us from incarnation to incarnation, although in the everyday life we are normally largely unaware of it.

We see that the human structure is very complex. Not everything is what it seems and this definitely is the case with humans. The visible, physical body accounts for only one of the elements in its structure. Man is positioned in an intermediate place in the Universe between Gods and the lower nature. This fact is clearly observed in the man's structure. Three of his bodies are connected with the lower world and three of his bodies are connected with the higher world. The three lower bodies are connected to the other kingdoms on our planet as follows; the *physical* body relates to the *mineral* kingdom, the *ethereal* body relates to the *plant* kingdom and the *astral* body relates to the *animal* kingdom. The higher bodies determine Man's *acts*, *life assignments* and *willpower*. His mental body takes an intermediary position in this structure and is designed to deliver messages from the higher worlds to the lower worlds.

Thus, it can be said that the whole purpose of the human existence is to provide a link between the higher and the lower worlds. In this way man is bound to work on the lower worlds and change them accordingly to the Will of the higher worlds. In this process, man also develops his Higher self and prepares himself to join the higher worlds as an equal partner and co-creator of the Universe.