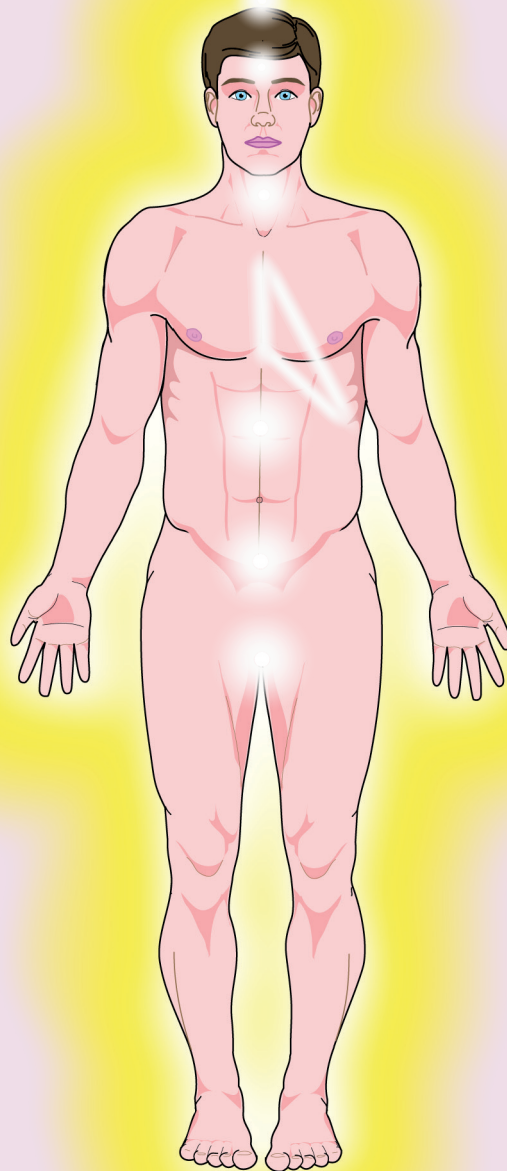


Introduction I Basics & Centers Esoteric Healing



Alan Hopking
www.bluedolphinpublishing.com



ESOTERIC HEALING ISBN 1-57733-110-9 paperback 1-5773-162-1 self-hardcover

ESOTERISCH GENEZEN ISBN 978 90 202 8446 1 paperback

This appendix is an introduction to the book: “ESOTERIC HEALING” by Alan Hopking. It contains essential information and overviews on the principles of Esoteric Healing and the most important centers used in Esoteric Healing. The study of the whole book, which contains much more information, is very important to deepen the insights, understanding and application of Esoteric Healing.

The three laws of health

1. The law controlling the will to live. This involves the First Aspect of Will and Power (Father, Shiva, Life, Spirit). This law controls the respiratory system.
2. The law controlling the quality of rhythm. This involves the Second Aspect of Love and Wisdom (Son, Vishnu, Quality, Consciousness). It controls the cardiovascular and nervous systems.
3. The third law controlling crystallisation. This involves the Third Aspect of Active Intelligence (Holy Spirit, Brahma, Matter, Appearance). The law controls the metabolic system (the organs of assimilation and excretion) ^{Ref 1}.

Happiness is a constant flow of successive adjustments that results in growth: the assimilation of ever expanding experience.

Disease is a result of an inhibited flow of Soul energy to the body. It is a process of liberation, for by taking on a disease, a person opens up to greater Soul awareness—an aspect of consciousness not in expression at the time ^{Ref 2}.

True healing

From the esoteric standpoint, true healing, healing that will change a person’s life and inner motivation, can only happen when the Soul of the patient is involved. It is seldom sudden, for it involves change and adjustment and reorientation from within. It calls upon the person to make decisions from within, decisions which the Soul wants, not what the little personality desires. True healing will often entail new habits of the body, nutritional change, and changes with regard to the body’s fitness, types of entertainment and relaxation. All these are influenced from within by esoteric healing, not imposed on the patient from without.

Meditation

It is considered a prerequisite that someone who wishes to practise esoteric healing should meditate regularly. While this book is not about meditation, to practice healing in the way described in the book, meditation is not only recommended but essential.

The use of thought in healing

Spiritual healers do **not** work with the consciousness aspect of the patient. They work entirely with the life aspect ^{Ref 3}. The life force works through the Heart center, utilising the bloodstream (love), while the consciousness aspect works through the brain, using the nervous system (will). To heal, we have to create a healing thought-form ^{Ref 4}. The function of every thoughtform is threefold:

- a. To respond to vibration
- b. To provide a body for an idea.
- c. To carry out a specific purpose ^{Ref 5}.

Thought is the carrier for love, the engine, which is the quality of the energy used in the healing thoughtform. We are truly working with the law of Magnetic Impulse. With every healing done from Soul level, we lift the whole of humanity^{Ref 6}. In fact, disease and healing are both aspects of the great “relationship system” which governs all manifestation^{Ref 7}. This is something to reflect on.

The Vital Force in the Body

With the incoming of the Seventh Ray (the Aquarian Age) we can now heal through the whole etheric body (without needing to touch the physical components, since the etheric is the template of the dense physical body). The seventh ray is gaining strength and impact. It is with this understanding that we undertake to study and practice the science and art of esoteric healing. Hence it is fundamental to become more acquainted with the etheric body.

The “etheric body” is a great network of energy weaving through and around the physical body. It is the vital force which maintains the activity of every function of the body. It is the cause and process of the interacting cellular movements in the body. If there is a withdrawal of vitality, atrophy and flaccidity results. If, on the other hand, too much energy is pouring through to a limb, for instance, tetany or tension occurs. A balanced, rhythmical flow through and round the body is the goal of healing. To achieve the goal, however, may require techniques extremely complex, detailed and subtle. But the purpose is the same: to bring about homeostasis (balance) in the body tissues. In this way the etheric body is able to vitalise the physical body. The etheric body is the reflection of the Soul, formed by the Soul of each cell in the body merged as one. It is in this energy field that we work and gain vital information about the patient on the different levels of their being.

Magnetic and Radiatory Healing

Esoteric healing deals primarily with two activities controlling energy, namely, magnetism and radiation. What do these two mean?

Magnetism

A healer must be magnetic above everything else. He must attract:

1. The power of his own Soul.
2. Those whom he can help.
3. Those energies, when need arises, which will stimulate the patient to the desired activity^{Ref 8}.

Radiation

The healer must understand also how to radiate, for the radiation of the Soul will do the following:

1. Stimulate to activity the Soul of the one to be healed thus setting in motion the healing process.
2. The radiation of the healer’s mind will illumine the other mind and polarise the will of the patient.
3. The radiation of the healer’s emotional or astral body, controlled and selfless, will impose a rhythm upon the agitation of the patient’s astral body, and so enable the patient to take right action, while the radiation of the healer’s vital body, working through the Spleen center, will aid in organising the patient’s force body or etheric body^{Ref 9}.

Radiatory healing is brought about by linking the Soul with the brain and the Heart center (see rule 5 Triangles: Open the Magnetic Healing triangle), then mingling the two auras on all three levels, both of them responsive to Soul contact. The Soul energy of the patient is then directed by the healer’s Soul towards that aspect of the patient’s physical body needing healing. This process is said to occur consciously or unconsciously.

Radiation is tangible substance and potency, producing effects.... Joy is the most powerful impulse behind the right kind of radiation^{Ref 10}.

Magnetic healing involves emanations from the etheric vehicle. Magnetic stimulation of the physical atom emanates from man on astral levels and later from Buddhic

levels, the levels of inclusive love ^{Ref 11}.

When a healer works magnetically and radiates his Soul force to the patient, that patient is enabled more easily to achieve the end desired - which may be complete healing, or it may be the establishing of a state of mind which will enable the patient to live with himself and with his complaint, unhandicapped by the karmic limitations of the body ^{Ref 12}.

Esoteric Healing defined

Esoteric Healing is an Art and a science calling for the use of the mind, but not the emotions, in the service of the intuition, for the purpose of transforming matter with life energies to bring about change that will benefit the whole.

For completeness I would like to add the following more esoteric definition: “*Esoteric Healing is the release of the Soul so that its life can flow through the aggregate of organisms which constitute any particular form*” ^{Ref 13}.

Esoteric Healing is an Art

This simply indicates that the use of this form of healing is a practical skill, and yet is not fixed or predetermined. Each time a new picture is started, it is different. Art relates to intuition, and intuition to Love.

Esoteric Healing is a science

Esoteric healing, as a science, is objective; the healer does not intend to be involved in the result. The healer wants to do the work and then leave the impact to cause a response in the patient. Esoteric healing, however objective, changes the healer as well, although not in the same way as it does the patient. The changes are different and impersonal, and so they can be called objective. In this way we can see that esoteric healing is a science, since it relates to the mind and to individually woven thinking patterns.

Esoteric Healing uses the Mind but not the Emotions

In esoteric healing we do not work from the desires and fears of the patient. We have no interest in psychic phenomena and regard it as an interference which the work of healing is better without. The esoteric healing practitioner believes the emotions and psychic states he might experience from contact with a patient to be illusions that are to be avoided. Intelligent intent lies behind all wise direction of energy. In this way the patient will not be bombarded with our desires and hopes. Instead, the patient will sense clarity, a feeling of purpose and direction, either immediately or over time.

Esoteric Healing uses the Mind in the Service of the Intuition

By tapping into intuition, the esoteric healer believes he or she can work with the causes of the problem or illness which is being presented. The intuition is the diagnostic tool. The healer is totally self-reliant. The Soul is an initiate; the Soul is a master. There is no need for intermediaries, guides, and inner teachers. There is no doubt that such guides exist on the subtle planes, but they are not reliable. Mostly they are promoters of glamour or personal aggrandisement in a

disguised manner. Esoteric healing and the esoteric healer works from the Soul plane or Soul dimension. Thus in healing, the healer aspires always to remain in touch with the Soul.

For the Purpose of Transforming Matter with Life Energies

To be a healer means working with the subtle energies and forces which surround and permeate the patient from the level of the Soul as reflected in the etheric body. The esoteric method of healing is based on selflessness and harmlessness and thus it handles and transforms the rate and rhythm of the patient's energies (according to the will of the patient's Soul), not for the healer's advantage but for that of the patient.

To bring about Change which will benefit the Whole

This stage, the last part of the treatment, brings about healing. The esoteric healing practitioner is not actually trying to cure or willing to cure. The patient and the patient alone, directed by the wisdom of the Soul, permits the healing.

What is an Etheric Center?

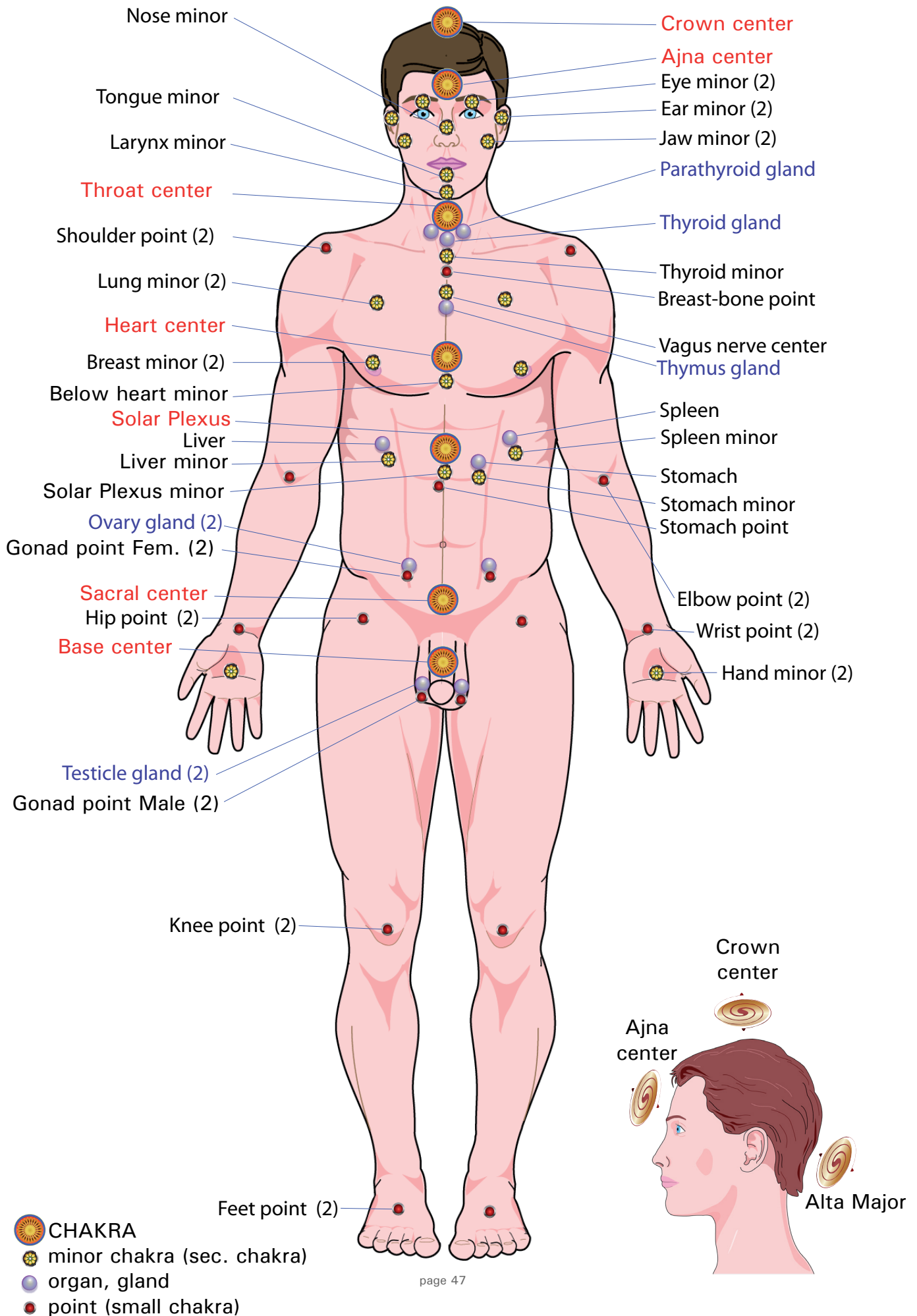
Etheric centers or chakras are points where the lines of force composing the etheric body cross each other, thus forming vortices of energy. There are seven major centers with three other centers regarded as of major importance (making ten centers), forty-nine minor centers (twenty-one of which are more important) and hundreds of lesser or minute centers. The healer has to think clearly before bringing about the desired results, but the energy poured out into the patient's vehicle is not mental energy, but one of the seven forms of pranic or life energy. This travels along the lines of forces or the channel which relates and links all the centers and connects those centers with the glands ^{Ref 14}. Therefore, we see energy flowing from the centers into the denser channels called nadis which underlie the nervous system as a whole (the consciousness stream), and via the endocrine glands into the blood stream via hormones (the life stream). But remember the healer only works with the life aspect (not the consciousness aspect), endeavouring to work through the very heart of the center where the point of life is to be found.

The importance of the endocrine gland(s) cannot be overestimated. They are a miniature replica of the septenary constitution of the universe and are the medium of expression and the instrument of contact for the seven ray forces. The Master DK confirms that the medicine and the healing methods of the future civilisation will be built around this still unrecognised truth. In all our work as esoteric healers and as servers in the world of causes for the betterment of humanity, we must remember that we are working with the science of energies (called the science of occultism) and that this will eventually lead to what is called the science of Laya Yoga or the esoteric science of the force centers ^{Ref 15}. So we are called on to respect the human energy fields we enter: they are intricate, delicate and intimate, deeply personal and karmically sensitive.



The etheric body in the human being:

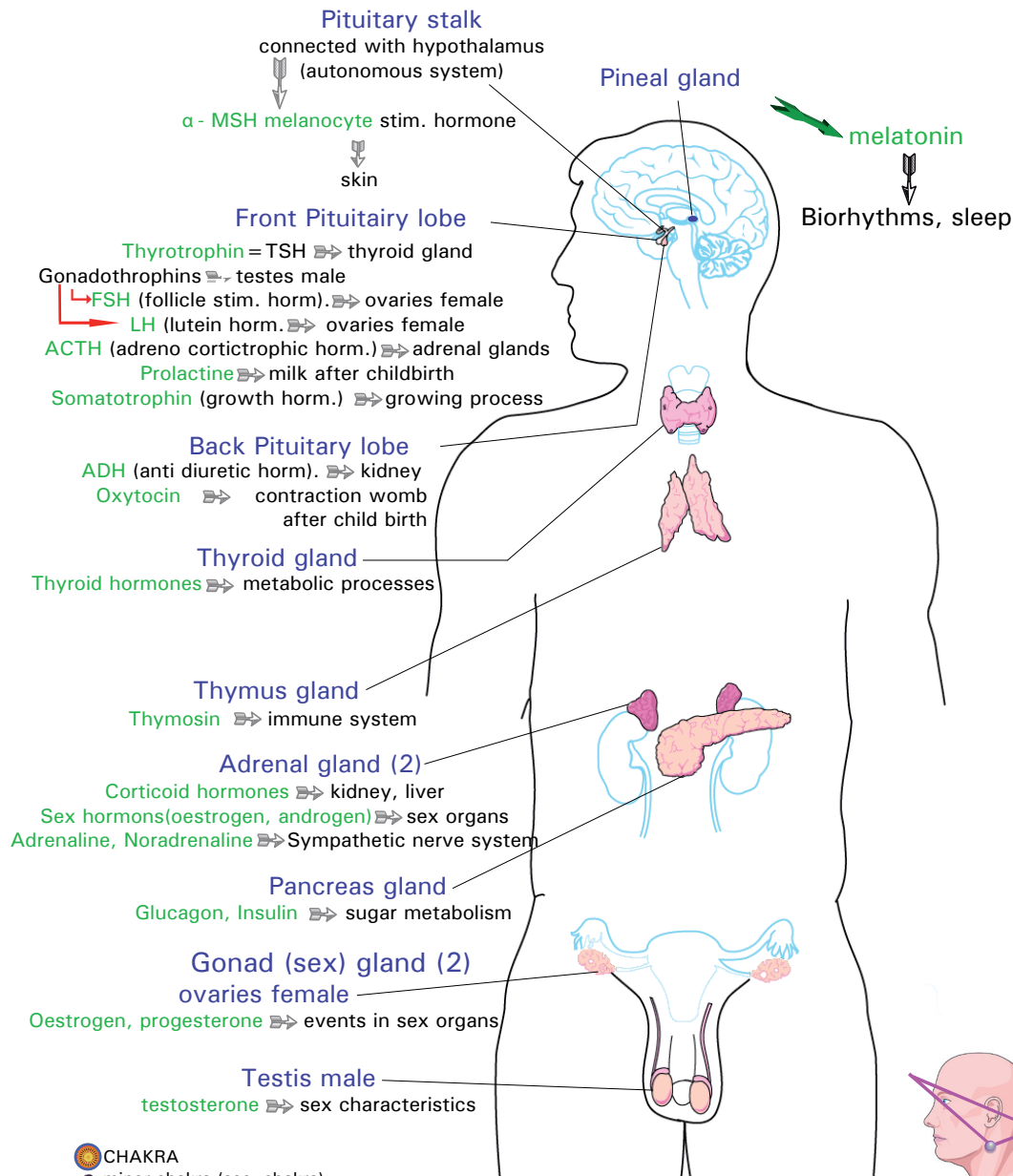
★ Is the symbol of the Soul. ★ Is the physical correspondence to the inner light body, which we call the Soul body or Causal body. ★ Is a body of light. ★ Has a rate of vibration that always synchronises with the development of the Soul. ★ Is the microcosmic “web of life”, for it underlies every part of the physical structure. ★ Enables the Soul to be in rapport with the environment. ★ Is indivisible, coherent and unified, symbolising the unity and homogeneity of Life or Energy. There are no separated organisms in the etheric vehicle. ★ Links the purely physical with the purely subtle, just as the Soul links the three worlds of the personality - that is, the physical, emotional and mental - to the higher planes in the solar system. ★ Is symbolised by the five-pointed Star.



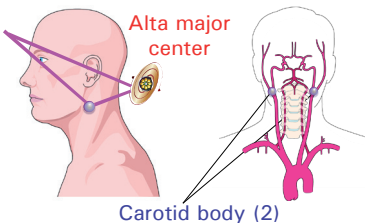
CHAKRAS & GLANDS

page 46

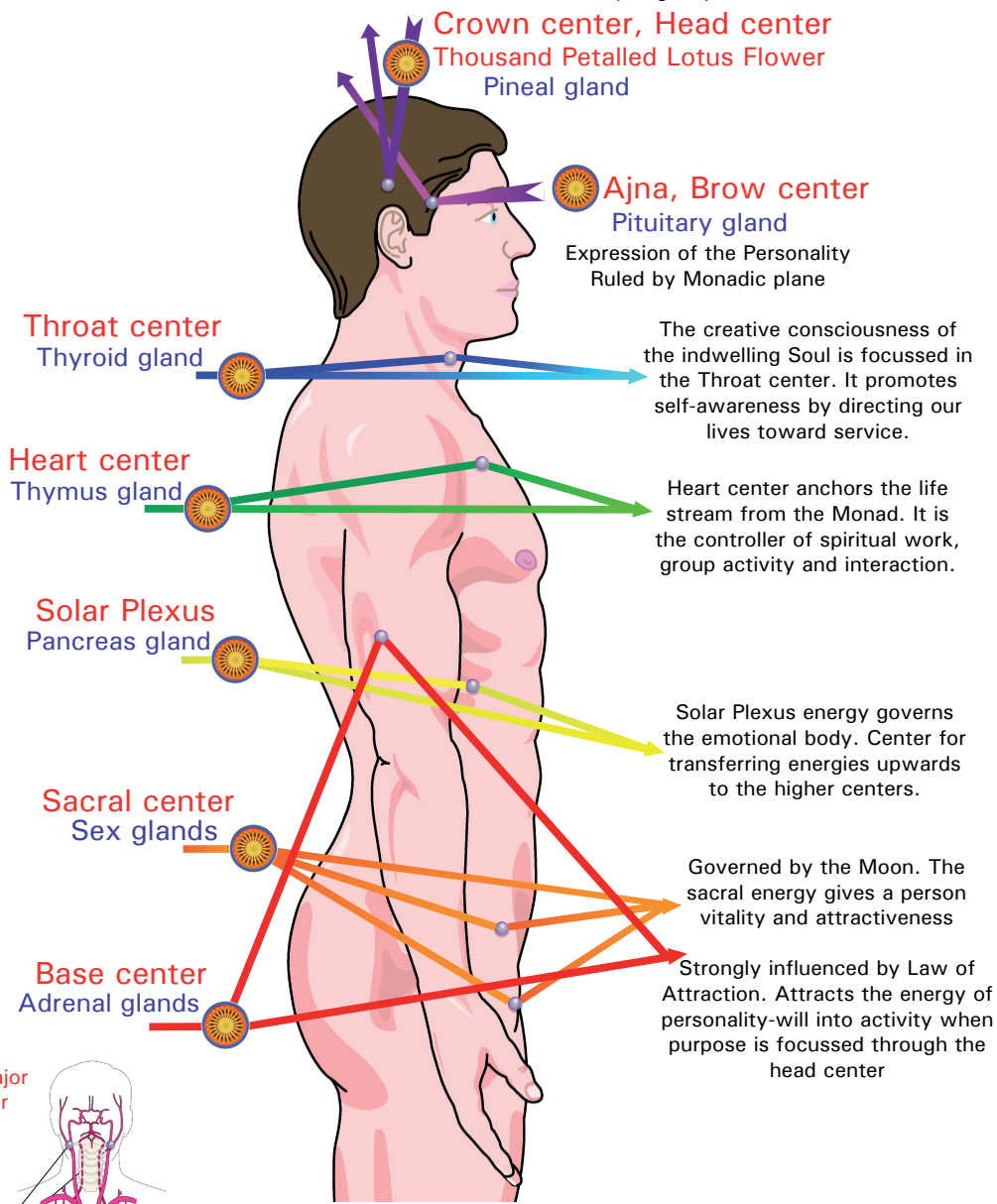
Hypophysis = Pituitary gland (3 parts)



- CHAKRA
- minor chakra (sec. chakra)
- organ, gland
- point (small chakra)



Seat of the Soul
Controlled by Logoic plane



BASE CENTER

page 80-83

Average person	Ray VII	The Sanskrit name is Muladhara . This center is a 4 petalled lotus .
Disciple	Ray I	The fires of the animal plane are centralised in the base center. ^(Ref 16)
Initiate	Ray IV	It is found on the fourth ether of every plane. ^(Ref 17)

The Base center governs elimination, emotional, mental and spiritual.

The Base center controls the **adrenal glands**. They are chiefly responsible for regulating the stress response (“fight”, “fright” and ‘flight’) through the synthesis of **corticosteroids** and **catecholamines**, including **cortisol** (glucose balance) and **adrenaline** (sodium balance).

The Base center is the harbor of our **unconscious fears and instincts** for survival as well as for **success and achievement (ambition)**.

The Base center governs the **legs** (e.g. specifically the knees to flee with), as well as the **spine**.

In fact the Base center **governs the whole skeletal system**.

The Base center controls the kidneys as well, and **rules the skin, the hair, sinews - the scar folding of the body**.

The Base center has a special relation to the Spleen center. ^(Ref 18)

The Base center controls the smell.

The **elemental being** of the physical body is in the Base center. ^(Ref 19)

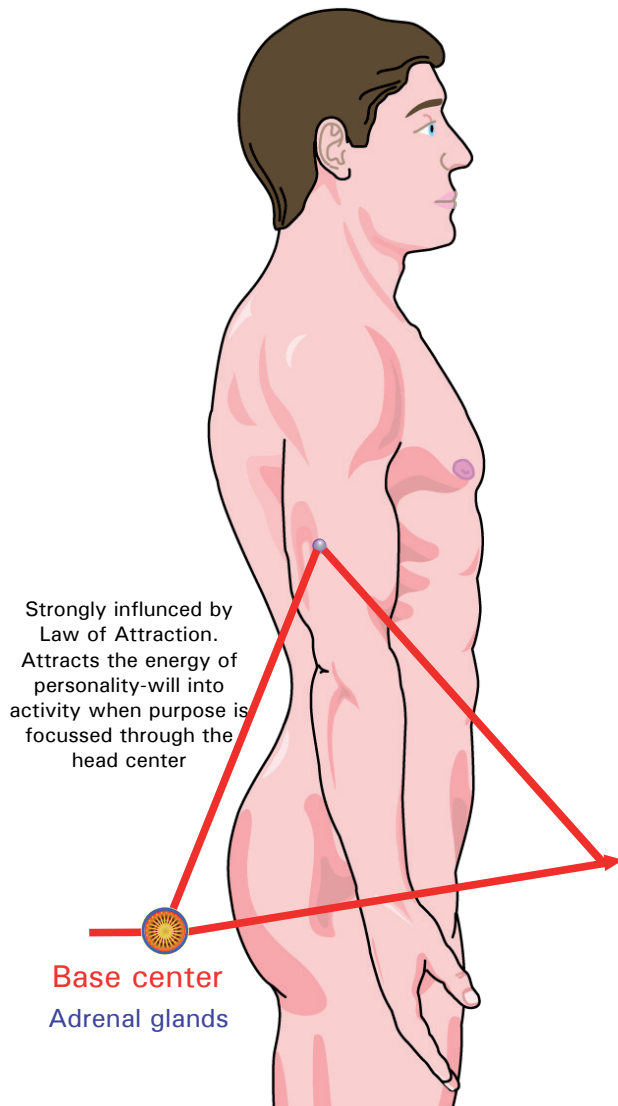
The kundalini sleeps in the Base center.

This chakra comes into its true functioning activity when two major fusions have been effected: that of the the fusion of the three bodies into one coordinated personality, and when Soul and body are at-oned. ^(Ref 20)

At the first initiation or expansion of consciousness, man consciously connects with the will of his intelligence and he discovers the light of his true nature. ^(Ref 21)





Ray I, the fifth initiation of Revelation and the Base center are all connected. ^(Ref 22)

The purpose of the Base center is to give order to the person, to arrange the person’s life so that there is a reason for living and a right to life.



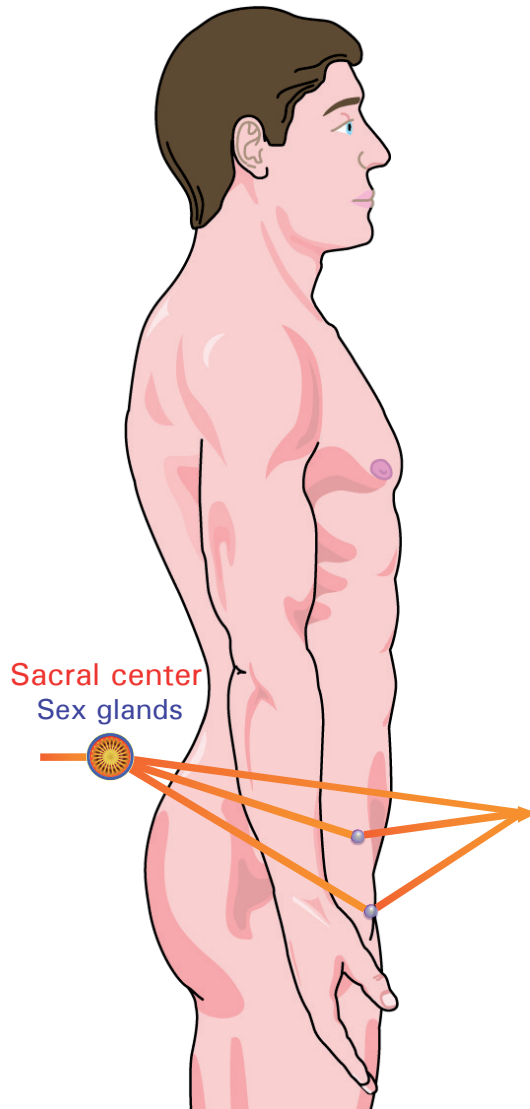
Strongly influenced by Law of Attraction. Attracts the energy of personality-will into activity when purpose is focussed through the head center

Base center
Adrenal glands

-  CHAKRA
-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)

SACRAL CENTER

page 83-85



Average person	Ray III	This center is governed by the Moon (linked to Saturn).
Disciple	Ray IV	This center is a eight petalled lotus .
Initiate	Ray VII	This center controls the gonad glands and the whole reproductive system including the breasts.

The male and female gonads produce steroid sex hormones, identical to those produced by adrenal cortical cells. The major distinction is the source and relative amounts produced.

The male gonads, known as the **testicles**, secrete the class of hormones called **androgens**, and produce **spermatozoa**. The predominant androgen in males is **testosterone**. The **female gonads**, known as the ovaries, secrete the hormones **estrogen** and **progesterone**, as well as ova. The dominant estrogen is known as **estradiol**, which is derived from testosterone.

Sacral energies govern also all the fluids of the body, including blood, lymph, semen, amnion fluid, mucus and urine, which relates the center to the kidneys as well. This center, along with the Base center, **governs the legs (specifically the hips and feet)**. **All cancers are due to misappropriated sex energy.**

The sacral energy has mainly to do with **self-perpetuation**, so it has a powerful **attractive or magnetic quality** towards its **complementary opposite**.

Sacral energy gives a person **vitality** and **attractiveness**.

The Sacral center is the origin also of the sense of **superiority** or **inferiority**.

This center also governs personal education and family responsibility, a greater sense of impersonality leading to the **sense of group life**.





Once the Sacral center is correctly led up to the Throat center, the creative process is transformed into **Sound Thoughts** and **pure Speech**.^(Ref 23)

Its relation to the Throat center connects it to the **“True”**.

The failure of the personality to respond and its inability to express the True, is to be seen as the failed alignment between these two centers.^(Ref 24)

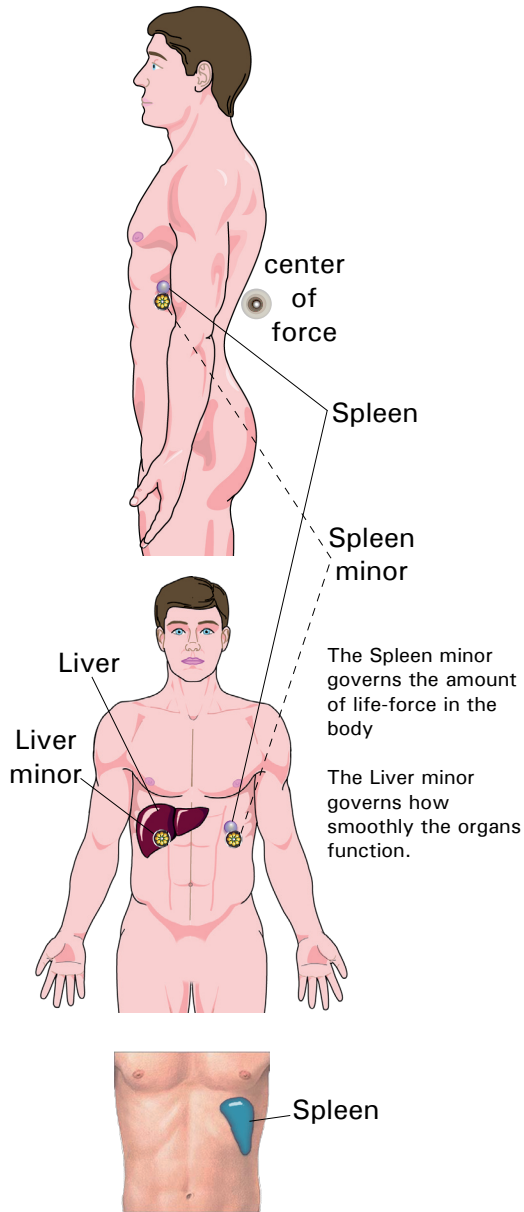
All separation, division, polarity and opposition is said to have underlying sacral influences.





The Sacral center has a particular relation to the Etheric body as a whole. In this sphere we are called upon to function adequately in response to the life of the Soul (on higher levels, to the life of the planetary Logos).^(Ref 25)

-  CHAKRA
-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)

SPLEEN CENTER

page 85-88



-  CHAKRA
-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)

Center of **Ray III** Its central force field is at the back of the etheric body, close to and connected to the physical spleen.

The Spleen center is a double minor center, i.e. one center superimposed on the other. These two vortices have six-petals each, making it a **twelve-petalled lotus**, linking it to the other twelve-petalled lotuses (heart, heart in the head, soul lotus, planetary heart, etc.) but giving it a massive **twenty-eightfold energy structure** (more powerful even than the main centers).

Other minor centers are formed by fourteen energy crossings over one point.

It is via the spleen that the negative or receptive life energy of matter and the living energy of the positive etheric body are brought together, and then a “spark”, as it is called, is made between the physical plane and the inner living bodies of man (through the medium of the etheric body).^(Ref26)

The Spleen center assimilates the energy or nervous force often referred to as **planetary prana**, which is to be distinguished from the individualised life force. The incoming prana rises to the Heart center.

The Spleen center which governs the working of the body, i.e., the amount of life-force available in the body, just as the liver center, a minor center close to the liver, governs how the body works, i.e., how smoothly or erratically the organs function.

Prana varies in vibration and quality according to the receiving entity. Probably 90% of patients at this time suffer depletion of this energy.

Esoterically, the Spleen center is directly connected with the **ANTAHKARANA** (a bridge from the personality consciousness to the Soul).^(Ref27)

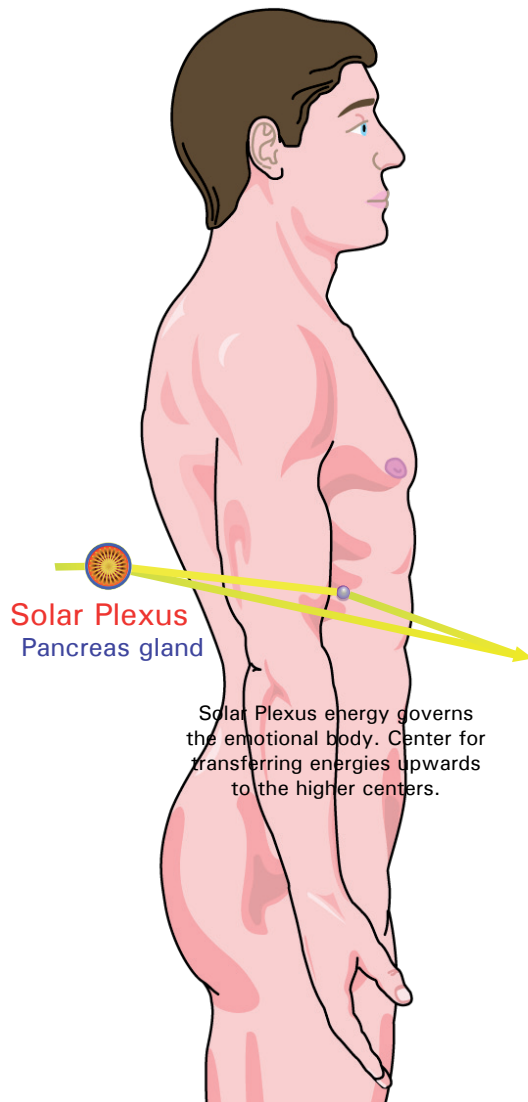
The Spleen center is also linked with the **pituitary gland** (see the Immortality Triangle), a clue as to its place in the head centers.

The Splenic energy is consciously diffused to all the centers. When its correspondence in the Crown center is activated, it becomes an agent of **occult healing**; through it, the healer, by an act of the will, absorbs the prana and vitality from the ethers and then breathes it out again upon the patient to be healed by an act of compassionate healing.^(Ref28)

To keep the Spleen center in good condition absorb pranic energy from the sun (through sunlight, sun-ripened foods, fruit, nuts and cereals, fresh air from forest and coasts, and sleeping with a window open at night), as well as move the emotional body by high aspiration, keep open to the downflow of force from the causal and intuitional levels, and keep the mental life intense, vibrant, and animated by powerful will.^(Ref29)

SOLAR PLEXUS CENTER

page 88-90



Average person	Ray II
Disciple	Ray V
Initiate	Ray VI

It is primarily a center for transferring energies upwards to the higher centers. As it does this, certain elements with it can lock onto certain ideas, thoughtforms and processes, resulting in the problem of glamour.

In their effort to control the astral body, aspirants often resort to a process of direct inhibition and suppression, resulting in the Solar plexus becoming a “great reservoir of drastically retained energy”.^(Ref 30)

What is required, rather, is the transmutation of the emotions into aspiration, altruistic devotion, as well as love and directed control.

The Solar plexus center dominates the whole of the digestive system.

The Solar plexus energy governs the emotional body. It gives us animal instincts and rules desires.

The center reacts without thoughts. This can be good or bad, so that the person in a blind fury does things they later regret. Solar plexus energy can be overwhelming.




When the Heart center is in balance and in control, the nature of the Solar plexus center is revealed.

The Solar plexus center is a great receiving center in preparation for transferring energy from below the diaphragm to the centers above where the effects of personality are not so important. The elemental being of the astral body expresses its life through the Solar plexus center, whose energies are later transferred to the Heart center.^(Ref 31)

A person in the process of this upward transmutation is developing the seven virtues (humility, kindness, abstinence/temperance, chastity, patience, liberality, diligence)



CHAKRA

-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)

Heart center anchors the life stream from the Monad. It is the controller of spiritual work, group activity and interaction.

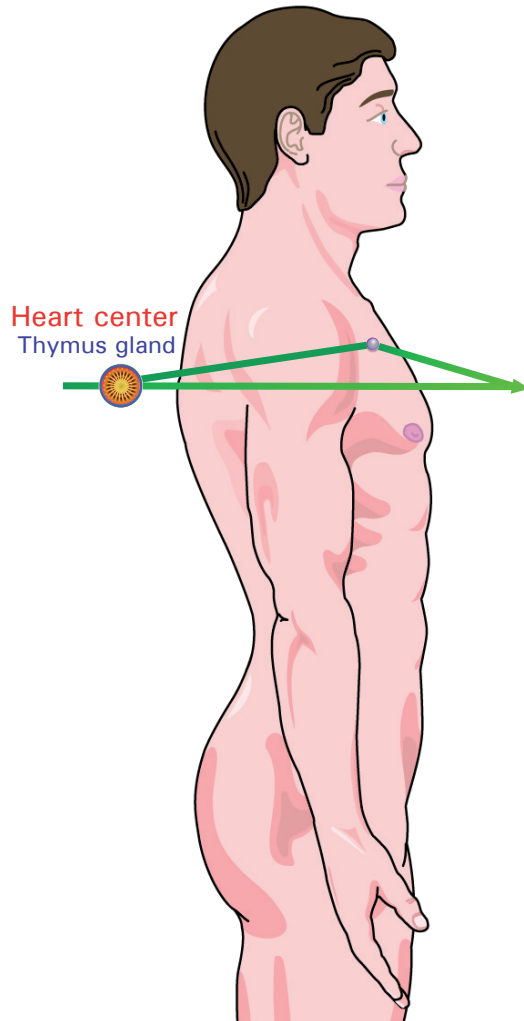
HEART CENTER

page 90-92

Average person
Disciple
Initiate

Ray I
Ray VI
Ray II

The Heart center is a twelve petalled lotus.



The feeling consciousness of the soul is focussed through the Heart center. This center anchors the life stream from the monad. Esoterically, the heart of the lotus thrills with life between the third and fourth month after conception. ^(Ref 32)

Its energy flows from the second subplane of each plane and from the love petals of the causal lotus. ^(Ref 33)

The thymus is particularly active during childhood, including two things: first, that the Heart center is open during babyhood (till eighteen months it breaks down mother's milk) and throughout the stage of growing up (from two to twelve years) it helps to develop the sex glands, working with the Sacral center open to instruction about compassion and true love; second, so that the parents can gently train the child into the ways of decency, politeness, respect and love; this is the heart's need for right discipline.

During puberty the influence of the Heart center on the solar plexus determine how it might react in adult life. Otherwise, controlling the Solar plexus will be that more difficult to attain.

The Heart center, whose twelve petals link it with the heart center of the planet, with the Planetary Hierarchy or fifth kingdom, governs the heart and circulatory system. It is also closely connected to the lungs and respiration as well as to the spleen.

The Heart center also governs the immune system and the lymphatic glands of the body. Love is the coherent force which makes all things whole. ^(Ref 34)

The Heart center is the controller of spiritual work, group activity and interaction. It is the organ of fusion and inclusiveness (while the Crown center is the organ of synthesis).





Immunodeficiency and autoimmune diseases can be helped via the Heart center. Impersonal relationships and the sense of inclusiveness affect this center's activity. ^(Ref 35)

The heart starts functioning after the second initiation, where one ceases to think solely as an individual and in addition becomes attuned to group consciousness. It then acts as a distribution center of hierarchical energy via the soul. In this connection the heart is the exit at death for aspirants and for men and women of goodwill. ^(Ref 36) This center is closely linked with the Ajna center, and, as the Heart center becomes fully alive, so the Ajna's gland - the pituitary body - enters into activity.

The heart appears to pump but actually it is simply the result of the rhythmical action of the vital force on the bloodstream as a whole. For it is the interaction of the heart, the blood stream and the nervous system that controls the assimilation of prana, or life energy, into the spleen from the etheric body.

Those who are more mentally polarised in their lives and those who are on a spiritual path that involves intelligence and reason (without emotion and devotional feelings) are often prone to heart complaints. ^(Ref 37)

People who are governed by the laws and rituals and repetition in their lives have problems and diseases of the blood stream. It is interesting to note that the Heart center and heart organ are governed by the ray of love (Ray II), and that the circulatory system is governed by the ray of ritual and magic (Ray VII), the two primary rays of healing among the seven. ^(Ref 38)

-  CHAKRA
-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)

VAGUS NERVE CENTER

page 92-94

Average person	Ray III	The Vagus nerve center has fourteen petals.
Disciple	Ray VI	
Initiate	Ray II	

This center can be said to be the most advanced of the minor centers, not so much in its vibratory status (for in this case the Alta Major center in the head is greater, nor yet in its highest development, for here the Spleen center is greater), but in the sense of its purpose, action and usefulness.

The Vagus nerve center reigns supreme for those who are entering the path of the Spirit, those people who have determined that they want to develop along the lines that evolution has laid down or predetermined. For the aspiring disciple, one still lacking in complete soul control and monadic direction, this center begins to have a major influence on life. ^(Ref 39) It is a call, finally, to group service (heart).

This center is not found in the etheric spine, like the major centers, but is further inside the etheric body, near the thymus gland. ^(Ref 40)

The healer can locate it between the shoulder blades, with its precipitation just above the heart and thymus gland, and on the vagus nerve, the tenth cranial nerve.

The physical nerve travels down from the brain to the heart and lungs, then to the digestive organs.

The vagus nerve, having its origin in the medulla oblongata, is also connected with the Alta major center. It is largely autonomic in its function.

For the disciple not under direct monadic control, it is the major pathway for information filtering down through the head centers. The spine takes up this function after the third initiation.

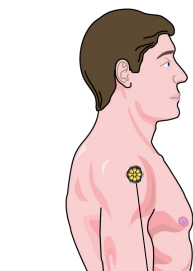
It seems plausible that the Alta major center uses the vagus nerve to regulate immune response, since the latter is connected with the Heart center and is subservient to it (being related to its pranic function).

Like the spleen, the Vagus nerve center is currently the main center for the reception of prana, and forms a radiant etheric triangle (see, **the Pranic Triangle**), which is the originating impulse for pranic circulation in the body. ^(Ref 41)

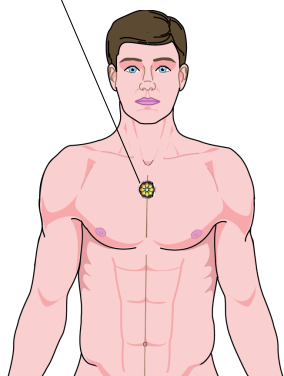
There is an important triangle connected with this center, called **the Kundalini Triangle**; the energy points are the Crown center, the Heart center and the Base center. ^(Ref 42)

There are three interconnecting regulators which control or fail to control the physical body:

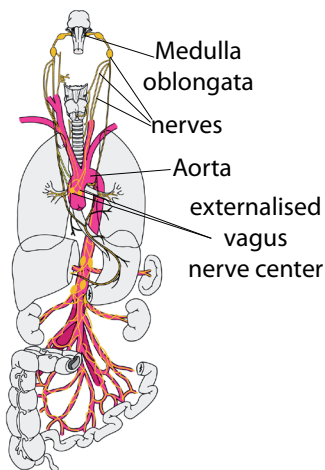
1. The etheric body through the seven major centers and the minor centers.
2. The endocrine system through the seven major glands.
3. The nervous system, and particularly the vagus nerve with its effect on the heart and the blood stream.







Vagus nerve center



Vagus nerve center

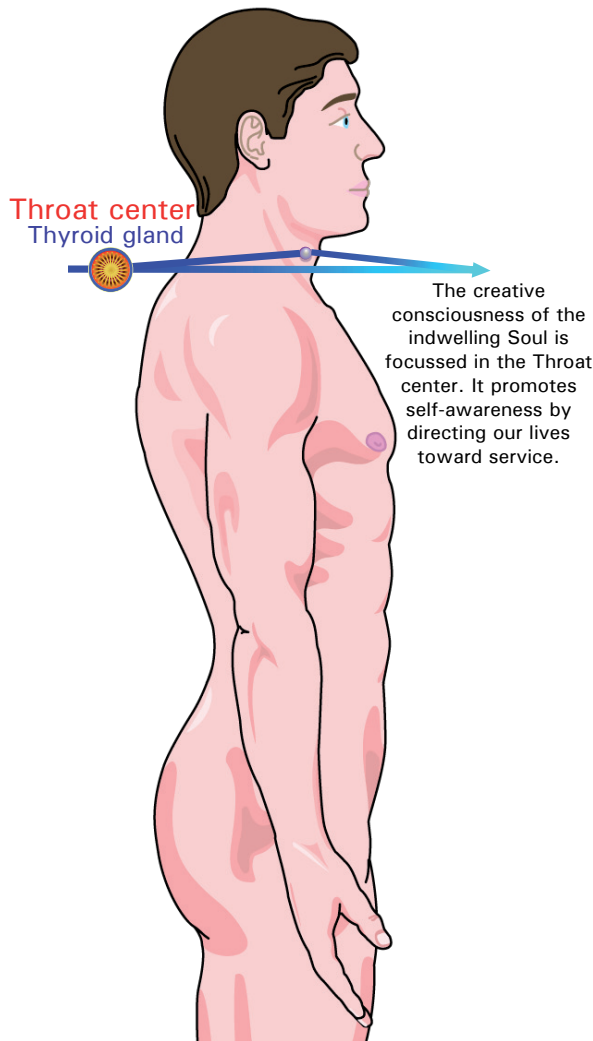


-  CHAKRA
-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)





THROAT CENTER

page 94-96

Average person	Ray IV	The Throat center is a sixteen petalled lotus.
Disciple	Ray III	This center is the highest in the etheric spine.
Initiate	Ray V	



The creative consciousness of the indwelling Soul is focussed in the Throat center. It promotes self-awareness by directing our lives toward service.

-  CHAKRA
-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)

As the life of discipleship proceeds, certain of the petals rise to sound in the two ears, in the medulla oblongata and in the carotid of the Alta major center. ^(Ref 43)

Apart from having a direct influence over the whole respiratory tract, this center governs the entire digestive system from mouth to anus. ^(Ref 44)

The creative consciousness of the indwelling soul is focussed in the Throat center. ^(Ref 45)

In an act of criticism, or if someone has real hatred for another, this negative energy is absorbed by the Throat center and flows like a river of nails into the Solar plexus center where the first symptoms of gastero-intestinal disease will manifest. ^(Ref 46)

“Where there is any physical weakness or limitation, there will be found the localisation of the projected poison” (D.K’s italics). ^(Ref 47) Voiced or silent criticism can seriously distort the Throat center and affect other centers in its contagiousness. **It must be rooted out before group work is to be undertaken.** Gall stones are a definite indication of criticism.

The great influence of the Throat center is over the lungs and respiratory system along with the ears and the vocal apparatus. The creative or destructive weaving of sound is controlled by the Throat center.

In this act, it is closely connected with the Heart center, for the Throat center governs the actual air intake, the act of respiration; and the Heart center controls the point of absorption of oxygen into the blood and release of carbon dioxide to the lungs, the so - called blood - air exchange. Asthma, bronchitis, respiratory diseases - all are related to Throat center malfunction. And since the Throat will become the clearing house for transferring energy of the lower centers into the Crown center as we advance in spiritual life, we need to take extra care of our thoughts and words. ^(Ref 48)

The Throat center influences the shoulders, arms and hands. Just as the Sacral center functions to create the physical life through regeneration, so the Throat center, the Sacral’s higher correspondence, is activated by higher creativity and controls the adaptability of thoughts and ideas.

Astral instability, a problem of the Throat center occurs when higher creativity is not properly channelled from the Sacral center, leading to perversion of the sex function, what DK describes as “ancient evil predisposing habits”. ^(Ref 49)

Here we find the condition, homosexuality, and its connection to Lemuria.

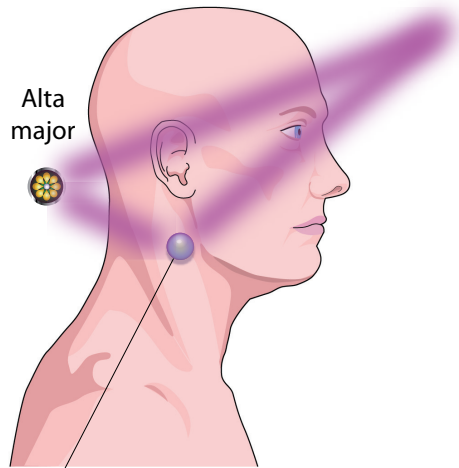
The Throat center is the genuine guardian of our health, the sentry on the bridge between the head and the body.

The Throat center promotes self-awareness by directing our lives toward the helping and lifting of our fellow humans, via understanding, cooperation and constructiveness.

Politicians and educators are both strongly influenced by this center, and, interestingly, the Throat center governs the whole field of science. ^(Ref 50)

ALTA MAJOR CENTER

page 96-98



Influenced by Ray III Alta Major is a minor center but functions as a major center.

The throat center connects with it at the moment that the Antahkarana is starting to be built.

Alta Major is connected with the Carotid body, which monitors oxygen content in the blood and controls respiration. ^(Ref 51)

Strong influence of the Throat center. When Alta Major is fully developed, it forms a communication center between vital energy of the spinal column (KUNDALINI) and the energy of the two head centers (Crown and Ajna).

Alta Major is the physical correspondence to the Antahkarana. ^(Ref 52)

Alta Major has powerful link with cerebellum (voluntary muscle movements), medulla oblongata (breathing, heart rate and blood pressure = also connections with Throat- and Heart center) and spine.

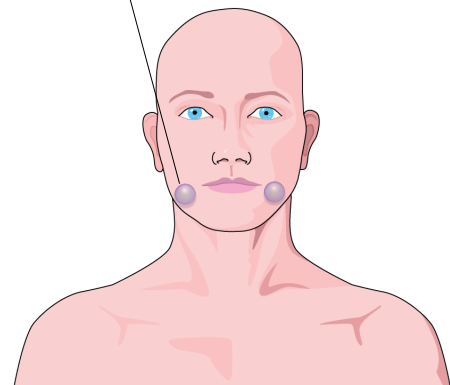
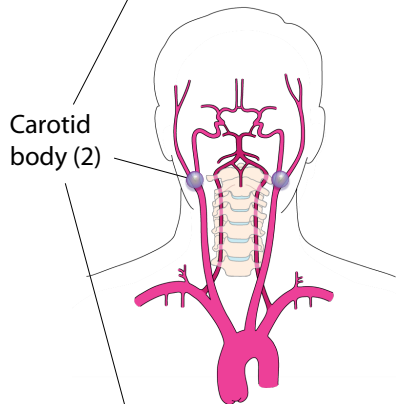
Alta Major development leads to an acquired and conscious control of one's dharma or Soul work on earth.

It has the power to bring down intuitive vision into consciousness. It is the healer's conscious link with the Higher Mind.

Through the Alta Major center the Spiritual Will of the Crown center is balanced.

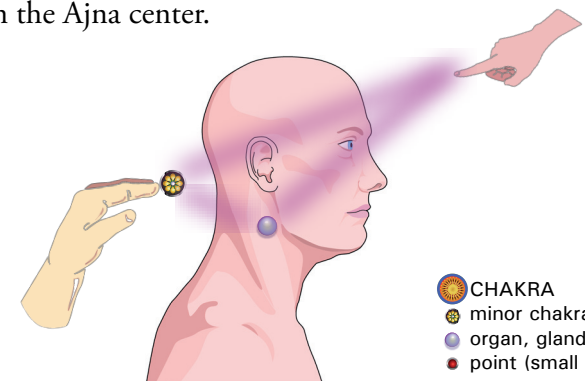
Alta Major center is particularly related to sleep and to the working out of past experiences in sleep.

It is helpful to go to sleep with the consciousness gently focussed in the Ajna center.



To balance Alta Major center.

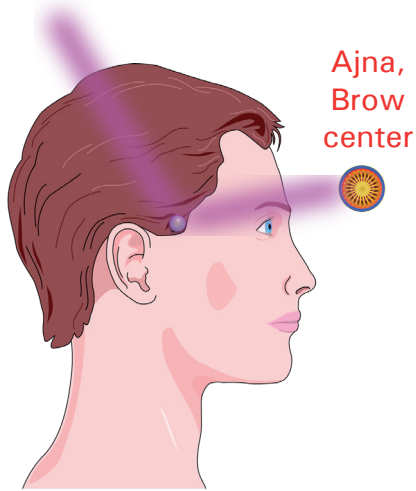
With thumb and forefinger of one hand enter the ingoing stream at the back of the head, and with the other hand's index finger placed about 20 cm from the front of the head (near the hairline of the mid-forehead) meet the outstreaming force.



- CHAKRA
- minor chakra (sec. chakra)
- organ, gland
- point (small chakra)

AJNA or BROW CENTER

page 98-101



Ajna,
Brow
center

Average person	Ray V	Referred to as Third eye, but only opens when the Alta Major center, Head center and Ajna center are in synchronous vibration.
Disciple	Ray VII	Ajna center precipitates into the pituitary body which controls all other glands.
Initiate	Ray III	

It is the seat of **personality power**.^(Ref 53)

Ajna center has strong links with **Hypothalamus**, which governs the autonomic system.

Ajna is ruled by the **Monad**ic plane.^(Ref 54)

It is an organ of **idealism**.

Ajna controls the expression of the personality and “grounds” and distributes the spiritual energy of the Soul.

When the Ajna center is active, it has a twofold flow, inward and outward.

The **outward flow** enables a healer to have inner vision and perception concerning the patient’s underlying condition and then to creatively work to correct it.

The **inward flow** of the Ajna is utilised when the healer is balancing the centers.

Linked to **Alta major center**, the Ajna center controls **Cerebellum** (muscular action) and the **central nervous system**.

Ajna center has 3 sections

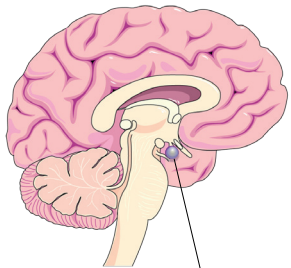
1. **Upper Ajna** (related to front pituitary lobe > 7 hormones) governing all centers in the body, their endocrine glands and expression through the circulatory system and heart. **Has power to Visualise**.^(Ref 55)
2. **Middle Ajna** (related to pituitary’s stalk) has **5 points** related to major centers of spine (see **diagnosis**).^(Ref 56)
3. **Lower Ajna** (related to back pituitary lobe) governing **central nervous system** with a special relation to Alta major center and Throat center. **In the back pituitary lobe the reasoning mind has its seat** ^(Ref 57) and through it we **express desire in its highest form**.^(Ref 58)

The Ajna is the most important center in magnetic healing. Its powerful energy is always transferred to the etheric body of the patient via the hand minors of the healer.

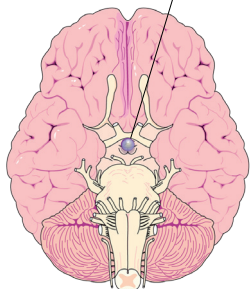
Ajna embodies the idea lying behind the act of creativity. The organ of creativity itself is the Throat center.





Ajna fuses the creative energies of the throat and the sublimated energies of desire or true Love of the Heart.

In the Higher Healer working according to the Inner Plan, the Ajna center becomes the directing agent or the distributor of the blended energies of the Divine Man.^(Ref 59)



Pituitary gland (3 parts)
Hypophysis



-  CHAKRA
-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)

CROWN or HEAD CENTER

page 101-103

Average person	Ray VI	From the heart of this many petalled lotus issues a flame of fire having
Disciple	Ray II	the basic hue of a person's soul ray. This flame mounts upward and
Initiate	Ray I	attracts downward a sheet of electric light, which is the downflow from
		the Spirit on the highest plane. ^(Ref 60)

The mental consciousness of the indwelling Soul is focussed in the Head center, ^(Ref 61) which itself is controlled by the Logoc plane. ^(Ref 62)

The Crown center controls the will and destiny of the Soul in incarnation, directs all the other centers and links one to one's Higher Self.

It is developed chiefly through meditation.

This center is also known as the thousand-petalled lotus flower.

The energy of the Crown center flows in from the top of the head via the fontanel and precipitates in the pineal gland, producing melatonin.

Melatonin has an influence over the circadian biorhythms of our lives.

The gland is affected by light, possibly because it has a pigment similar to that in the retina of the eye.

The usefulness of the Crown center only becomes apparent when the person has developed a certain degree of wisdom, discrimination and spiritual integrity.

The Crown center anchors the consciousness stream from the causal lotus on the Soul level.

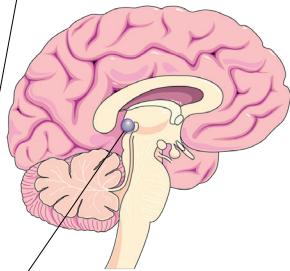
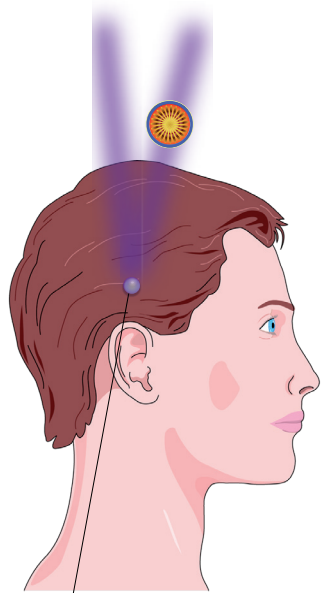
There are, under or within the range of the highest Crown center, seven head centers, which are synthesised after the fourth initiation (not including the 3 major centers which we know to be pineal, pituitary and carotid). Head center=upper brain (cortex); Ajna center=lower brain; Throat center=medulla; Heart center=third ventricle; Solar plexus center=hypothalamus; Sacral center=thalamus; Base center=cerebellum.

The Crown center governs the cerebrum (main part of thinking brain matter) and the right eye.





If this center should be over stimulated, epilepsy, headaches, migraines, and growths in the brain tissue could form or neurosis become apparent.

The Crown center only comes into conscious function when the Kundalini fires have risen significantly and the person is highly developed spiritually, morally and philosophically.

Students often confuse working with the Soul with working with the Crown center.



Pineal gland

-  CHAKRA
-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)

CROWN or HEAD CENTER continued

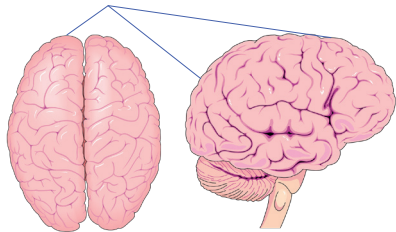
page 102

There are, under or within the range of the highest Crown center, **seven head centers, which are synthesised after the fourth initiation** (not including the 3 major centers which we know to be pineal, pituitary and carotid).



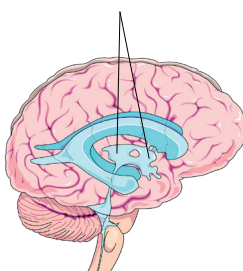
Crown center

Cortex = outer brain



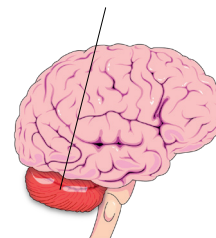
Heart center

Third Ventricle



Base center

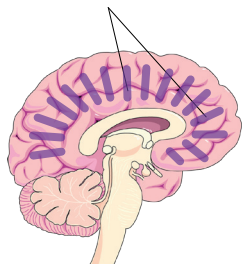
Cerebellum



Crown center = upper brain (outer cortex)
 Ajna center = lower brain (sub cortex)
 Throat center = medulla
 Heart center = third ventricle
 Solar plexus center = hypothalamus
 Sacral center = thalamus
 Base center = cerebellum

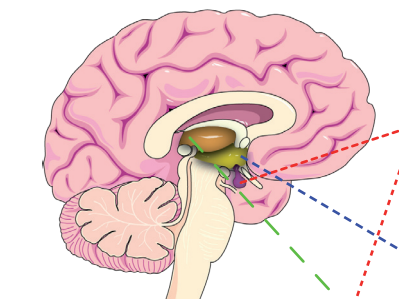
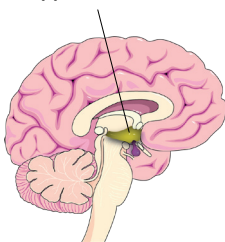
Ajna center

lower brain = sub cortex



Solar plexus center

Hypothalamus



Pituitary gland (hypophysis)

is connected with

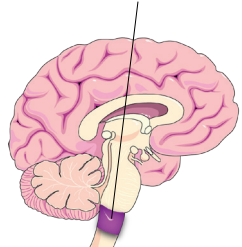
Hypothalamus

is connected with

Thalamus

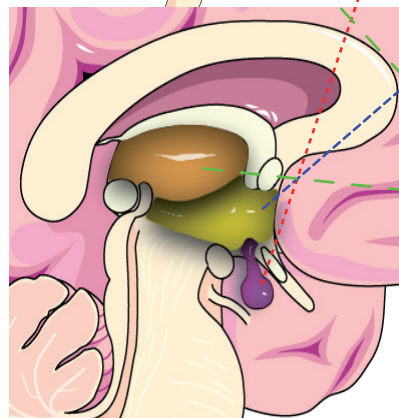
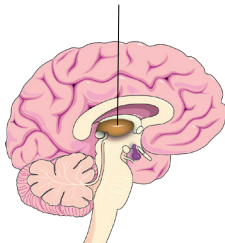
Throat center





Medulla oblongata



Sacral center

Thalamus



-  CHAKRA
-  minor chakra (sec. chakra)
-  organ, gland
-  point (small chakra)



ESOTERIC HEALING ISBN 1-57733-110-9 paperback 1-5773-162-1 self-hardcover

ESOTERISCH GENEZEN ISBN 978 90 202 8446 1 paperback

References

A treatise on the seven rays. Bailey, A. (1951-1970)

Vol. 1 Esoteric psychology 1

Vol. 2 Esoteric psychology 2

Vol. 3 Esoteric astrology

Vol. 4 Esoteric healing

Vol. 5 The rays and initiations, London & New York: Lucis Publishing Co.

- Ref 1 A treatise on the seven rays. Vol. 4 Esoteric healing Page 106
Ref 2 A treatise on the seven rays. Vol. 4 Esoteric healing Page 32 & Law I
Ref 3 A treatise on the seven rays. Vol. 4 Esoteric healing Page 628
Ref 4 A treatise on the seven rays. Vol. 4 Esoteric healing Page 676
Ref 5 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 552
Ref 6 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page
Ref 7 A treatise on the seven rays. Vol. 4 Esoteric healing Page 600
Ref 8 A treatise on the seven rays. Vol. 4 Esoteric healing Page 197
Ref 9 A treatise on the seven rays. Vol. 4 Esoteric healing Page 205
Ref 10 A treatise on the seven rays. Vol. 1 Esoteric psychology 1 Page 185
Ref 11 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 254
Ref 12 A treatise on the seven rays. Vol. 4 Esoteric healing Page 7ff
Ref 13 A treatise on the seven rays. Vol. 4 Esoteric healing LAW I
Ref 14 A treatise on the seven rays. Vol. 4 Esoteric healing Page 627
Ref 15 A treatise on the seven rays. Vol. 3 Esoteric astrology Page 515
- Ref 16 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 55
Ref 17 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 817
Ref 18 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 55
Ref 19 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page 304
Ref 20 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page 435
Ref 21 A treatise on white magic, or, the way of the disciple. London & New York: Lucis Publishing Co. Page 106
Ref 22 A treatise on the seven rays. Vol. 5 The rays and initiations Page 340
Ref 23 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page 304
Ref 24 A treatise on the seven rays. Vol. 4 Esoteric healing Page 569
Ref 25 A treatise on the seven rays. Vol. 5 The rays and initiations Page 178
Ref 26 A treatise on the seven rays. Vol. 4 Esoteric healing Page 335
Ref 27 Bailey, A. (1950a) Letters on occult meditation. New York: Lucis Publishing Co. Page 72
Ref 28 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 859
Ref 29 Bailey, A. (1950a) Letters on occult meditation. New York: Lucis Publishing Co. Page 71
Ref 30 A treatise on the seven rays. Vol. 4 Esoteric healing Page 239
Ref 31 Bailey, A. (1979) A treatise on white magic, or, the way of the disciple. London & New York: Lucis Publishing Co. Page 278
Ref 32 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 684
Ref 33 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 817
Ref 34 A treatise on the seven rays. Vol. 4 Esoteric healing Page 356
Ref 35 A treatise on the seven rays. Vol. 4 Esoteric healing Page 159
Ref 36 A treatise on the seven rays. Vol. 4 Esoteric healing Page 472
Ref 37 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page 536
Ref 38 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page 622
Ref 39 A treatise on the seven rays. Vol. 4 Esoteric healing Page 122
Ref 40 A treatise on the seven rays. Vol. 4 Esoteric healing Page 73
Ref 41 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 98
Ref 42 A treatise on the seven rays. Vol. 4 Esoteric healing Page 335
Ref 43 A treatise on the seven rays. Vol. 4 Esoteric healing Page 155
Ref 44 A treatise on the seven rays. Vol. 4 Esoteric healing Page 44
Ref 45 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page 304
Ref 46 A treatise on the seven rays. Vol. 4 Esoteric healing Page 39
Ref 47 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page 617
Ref 48 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page 515, 553
Ref 49 A treatise on the seven rays. Vol. 4 Esoteric healing Page 63
Ref 50 A treatise on the seven rays. Vol. 1 Esoteric psychology 1 Page 208
Ref 51 A treatise on the seven rays. Vol. 4 Esoteric healing Page 155-156
Ref 52 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 961-962

- Ref 53 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page 553
Ref 54 Bailey, A. (1950b) Telepathy and the etheric vehicle. New York: Lucis Publishing Co. Page 167
Ref 55 Bailey, A. (1930) The soul and its mechanism: The problem of psychology. New York: Lucis Publishing Co. Page 141
Ref 56 A treatise on the seven rays. Vol. 1 Esoteric psychology 1 Page 155
Ref 57 Bailey, A. (1930) The soul and its mechanism: The problem of psychology. New York: Lucis Publishing Co. Page 141
Ref 58 A treatise on the seven rays. Vol. 4 Esoteric healing Page 149
Ref 59 A treatise on the seven rays. Vol. 4 Esoteric healing Page 581
Ref 60 Bailey, A. (1962) A treatise on the cosmic fire. New York: Lucis Publishing Co. Page 170
Ref 61 A treatise on the seven rays. Vol. 2 Esoteric psychology 2 Page 304
Ref 62 Bailey, A. (1950b) Telepathy and the etheric vehicle. New York: Lucis Publishing Co. Page 167