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Introduction

In order to understand the true meaning of “ascension” and all that the term implies, one must first begin with an understanding of the basic nature of man. Most humans sense that they are more than flesh and bone, more than emotions, more than minds. But unless one has consciously delved into mystical and occult studies, he/she is left a bit lost at sea with these vague feelings. The intent of this book, therefore, is to define man’s spiritual components in order that the reader may more easily comprehend the great spiritual truths that are part of each and every one of us. Likewise, this information is intended to reveal the nature of humanity in relationship to the various kingdoms coexisting upon this beloved planet to the higher spiritual kingdoms with which humans interact daily and to the glorious and divine destiny that awaits humanity via the forces within evolution itself and humanity’s conscious progress along the path of ascension.

There is more and more material available on the subject of ascension. However, it occurs to me that in order for this material to be of greatest service one must first be acquainted with the essential divine make-up of humanity, building a solid base from which to view humans as the spiritual beings they are—a sort of launching pad for one’s cosmic voyage of ascension. Therefore, this book is dedicated to those who are first consciously waking up to realms they are already subconsciously or superconsciously aware of, but nevertheless need to consciously understand. This book is likewise dedicated to the many who are well on their way along the path of ascension, but who might like a few of the missing steps of understanding filled in. In truth, this book is most properly dedicated to the seeking minds and hearts of all humans, who, like children eager for a favorite bedtime story, never tire of hearing the telling and retelling of the cosmic and divine destiny that awaits us all.

I hope that those who are newly awakened buds upon the tree of spirituality and ascension can, with the aid of this book, more easily blossom into the maturity of their divine selves by welcoming into their minds the higher vision of themselves. I likewise hope that those who are better acquainted with the initiation and ascension process and with a more comprehensive understanding of the true nature of their beings will take the time to share this book with friends. And it is my fervent wish that even the most well-versed readers of occult studies will find herein another lens through which to observe their spiritual process, finding room to incorporate some of the basic understandings that have been perhaps glossed over as they made their ascension “leaps” from one phase of development to

the next.

Last but certainly not least, this book is dedicated to the Spiritual Hierarchy themselves, without whose divine guidance we would all be stumbling about in near darkness, searching for a candle to light the way. And to all the great ones who have lighted our candles by the flame of their own and who have shone as brilliant suns to bring us forward into the daylight of our understanding, do I humbly extend my gratitude and thanks, for they reveal to each of us the glory that we too shall someday be.

1

Humanity As Spiritual Beings ***(on the Path of Evolution and Ascension)*** **Our Spiritual Selves**

To begin with, man does not simply *have* a soul—man *is* the soul that inhabits the various bodies (the different bodies I will momentarily address). From an even higher perspective (beyond soul) man is spirit, a divine spark of that which we call God. And it is this spirit that manifests as soul, which then incarnates upon the Earth in order to grow, evolve, expand and ultimately return home to spirit or God, bringing with it upon its return the unique individuality and spiritual treasures it has accumulated through its process of reincarnation in the material worlds.

Therefore, let us proceed with the assumption that humanity does indeed reincarnate, using each incarnation to experience and ultimately master the various bodies. Reincarnation is indeed fact, and the process of sequential births is inextricably interwoven with the development of the physical/etheric, psychic/feeling or emotional/astral and mental bodies. For the sake of simplification I shall refer to them as the four lower bodies: the physical, etheric, astral and mental bodies. We have higher spiritual bodies as well, and I shall discuss them later.

The Physical Body

The physical body is the most familiar of the four lower bodies, since it's the one we see daily and the one that first meets the eye. Also familiar are the five senses with which we process the external world. These five senses—sight, hearing, smell, taste and touch—constitute the most immediate way we interact with the world. But equally obvious is the fact that these senses cannot be separated from our thought or feeling world because we all use the entire four-body system to process the world around

us (although we might not be aware of this).

The Etheric Body

Before proceeding to the astral body, which is the body form of the feeling world, I must draw attention to the etheric body, which is a subtler counterpart to the physical body. The etheric body interpenetrates (as do all the bodies) the physical body and can be likened to a blueprint of the physical. Many healers use the images from this body to diagnose difficulties within the physical body. It is this form that is most often seen departing the physical body immediately after death. It is via the connection to this body that an amputee feels what is called phantom pain after the removal of a limb. In this case, what is being felt is the reality of the perfect blueprint of that limb and mentally transferring the pain of the loss to the etheric double of that limb, which suddenly finds itself without a physical point of connection. Of course, the etheric limb itself feels no pain. The etheric body also connects, in a more subtle fashion, to the etheric bodies and to the world at large through subtle energy links. Much, though by no means all, of the aura can be seen by psychics who are able to perceive the emanations of the etheric form.

The Astral Body

The astral body comprises the sensory and emotional world of each individual. It also interpenetrates the physical body and the etheric body. Looking at the planet as a whole, one who is able to do so could see the astral body of Earth herself. It includes the full spectrum of feelings and emotions ranging from animalistic greed and violence to the most sublime emanations of devotion, love and beatitude.

There have been people throughout humanity's evolution so clairvoyantly gifted that they could actually perceive these feelings taking on literal shape and color. On a more practical level, when police find themselves at a standstill in investigations they sometimes hire psychics—gifted people able to pick up often quite-detailed impressions from an article of clothing or object that bears the *astral imprint* of either the victim or perpetrator of a crime. This process is known as *psychometry*.

Many are familiar with the experience of walking into a room and feeling a warm, welcoming embrace or a cold, even malevolent presence. Extreme negativity of feeling can and does leave its mark, and most of us are sensitive to this to some degree. Likewise, the tranquil emanations of a church or other place of spiritual devotion fills our hearts—sometimes to the extent that simply entering a place can so profoundly touch us that our eyes well with sudden tears.

The Mental Body

The same is true of the mental body and thought atmosphere of ourselves individually and our world collectively. This body penetrates the physical, etheric and astral and is of a higher frequency than the others. However, in the four-body system of man these bodies combine to form a cohesive whole. Thought is a very powerful aspect of ourselves and, through steady and concentrated focus, can help bring forth into manifestation that which seems out of reach on the physical level. “Thoughts are things,” said Edgar Cayce, and he could not have been more on the mark. Certain clairvoyants have likewise seen the images of thoughts in the same manner as they have seen the images of feelings. There is a distinct shape, size, and form to what we think, and we wear our thoughts about us in much the same manner as we wear our clothing, but thoughts are made of a more enduring substance.

All things start with thoughts. Everything first proceeds out of mind and then is acted upon, taking solidity and manifestation upon the physical plane. Without thought, humanity would not be a separate kingdom from that of the animals, for it is the very substance of mind that denotes a human being.

Again, psychics are often employed to tune in to the thought world of a case that eludes traditional investigative measures because since thoughts are a substance unto themselves, they can see things that are not visible to normal eyes. People who are developed in reading mental auras can easily see into the mental world of another. However, they should never abuse this gift by invading privacy or for selfish reasons.

Looked at more deeply, we can see how we are all sensitive to the thoughts around us. When entering an environment that holds dark thoughts, we frequently pick up on these images—much as a phonograph needle picks up sounds recorded long ago—and we are either repelled by or, sometimes, drawn into them. The power of thought combined with the astral/emotional bodies taken en masse is vast indeed, and it is the strong mental and astral emanations that make many of us so vulnerable to mass hysteria, riots and so forth.

Synopsis

For these reasons the path of ascension requires us to be master of our four-body systems, so that we may act as cocreators with God rather than reacting as victims of those less developed than ourselves. From one viewpoint, it can be said that the path of ascension is in the raising or ascending of the energies of these four bodies into their higher aspects, which are light and love—and thus reflective of the divine.