

MAN'S HIGHER SELF
HIS SUBTLE BODIES
HOW THEY
INFLUENCE HIS LIFE

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By
Doreal

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I am going to talk to you on your Higher Self, the subtle bodies of man and how they may influence your life. There never was a truer saying than that, "Man is fearfully and wonderfully made." That applied not only to the physical body of man but to his higher nature, his spiritual, astral and mental natures, as well as the physical body in which those higher natures manifest.

I studied for many, many years in the far East; I studied in India and Tibet and in the Eastern mysteries, the home of mystery; I believe I advanced farther than any teacher that is now teaching in the Western world. We may believe that there is no real spiritual knowledge and wisdom in the East, yet, the fact remains that every philosophy, every religion, everything which we know about the higher nature of man originated in the East. This includes the Christian religion, which is an Eastern philosophy, an Eastern religion. The West has developed no mysticism, no philosophy or no religion which does not have its

roots of origin in the far East. The East is the home of spiritual study but the West may be the place where it will be brought to its very highest point of manifestation.

I am giving this little prelude to my main talk because there are certain points that have not been understood by the Western student. It is an absolute fact that knowledge and wisdom and the spiritual powers are moving from the East to the West. For thousands upon thousands of years the East has been the home and center of all the mystery schools of the world. The great philosophers of Rome and Greece journeyed to the East to gain their knowledge but the time is now at hand when the East, as a mass, will turn to materialistic philosophy, and there is, and will come, the dawning of a new Spiritual Age here in America.

I want to give you an understanding of some of the hidden factors in your inner nature that are seldom spoken of, or written of, in books, some things, that have only been given by word of mouth from Guru to Chela, from Master to pupil. When we look at man, when we examine him with our material senses we see that he is a physical animal organism, that he is composed of certain chemical elements suspended in a solution of water. If that were all there were to man it would be very easy to understand man. But this does not show us why man functions as he does. Why is man a thinking creature? Why is man above,

and beyond, all of the other creations of the Divine, here in our material world? What power, what qualities, what attributes does man have that raises him pre-eminent above the beast of the field?

When Solomon, in Ecclesiastes, said, "Who knoweth the spirit of man which ascended unto the stars and the spirit of the animal body which descendeth into the earth", he was giving the primary teaching concerning the dual nature of man, that while all life upon the face of the earth, other than mankind, is of the earth, earthy, that man alone of all creations has what we call soul-consciousness or spirit. I do not mean the vital force of life which is in all living things when I use the term spirit, but the ego, the self.

Thus, we say that man has a dual nature; that is, a higher nature and lower nature. A great majority of persons in the world are entirely submerged in their lower nature; they are subject to, and bound by, their emotional nature.

In many of the philosophies of the East we are taught that man has a number of actual bodies, that he has first, the gross physical body, that he has an emotional body, that he has an astral body, a mental body, an etheric body, and a spiritual body, - actual bodies dwelling within the outer envelope or sheath of the material flesh. A deeper understanding of the Eastern wisdom gives us a considerably different interpretation of

that teaching. We understand that, actually, man in the final analysis, has only two bodies; a body physical and a body spiritual.

We know that man has a body spiritual because Jesus, time after time, referred to the body spiritual and we are even told in the ancient wisdom teachings that when man first was incarnated on the earthly plane that he was not in the earthly or physical body, that man's first incarnation was in the body spiritual but that he lost that body and fell into the animal realm and that through the process of spiritual evolution he may again regain that body spiritual.

The bodies that are referred to as the emotional body, the etheric body, the astral body or psychic body are not bodies in actuality. It is true that man has a physical body and a spiritual body and he has an intermediate framework which is sometimes referred to as the astral nature or body. However, the so-called astral body is merely a network of fine channels and organs that supplement the physical body and form the connecting link between the spiritual body and physical body and act as a supplementary body, through which the Divine powers, the Divine principles and Divine laws may manifest to us.

When we say that man has no emotional body, no real mental body, we are not stating that those faculties or those manifestations may not apparently exist.

The seeker for the deeper wisdom learns that those are rather qualities or attributes of one or the other of the two great bodies of man, the body material, or the body spiritual, towards which we are ascending.

People who have the Third Eye partially opened, have said that they have seen the emotional body of man, and that under the stress of anger, that it may flare with red brilliance, that under the influence of desire for wealth or money that it may glow with golden or yellow color. They have said that if a person is of an intense, or high, mental type, that their emotional body glows with green color and that it is only the very highest spiritual person whose emotions glow with a very high purple color of Divine love as opposed to the pink of human love. It may be that certain persons have actually seen those manifestations taking place within man, but that is not in an emotional body. It is rather the influence of mental conception of some emotional state upon the aura and upon the energies, and forces which flow through the subtle body, the astral body of man.

That astral body never leaves the physical body. It is as much an inherent part of the physical body as the bone, nerves, arteries and muscles and all the organs of the body. Without those subtle channels, without those higher bodies man could not exist as man. Man does not know himself. The ancient

saying of the East, "Man, know thyself and thou knowest all", is a most true saying, but how many of us can truly say we know ourselves? We know, perhaps, that we have a skeleton, muscles, a heart and stomach and perhaps some of us know we have a brain. Now really, how do you know you have a brain? Can you feel it, see it, taste it? It might be true that everybody else has a brain but maybe you are functioning without one. After all, we can only know the things which we ourselves experience.

There was one experiment performed hundreds of years ago by which one could see their own brain. That was to take a candle and stand in a dark room and gaze at some dark object or wall and hold the candle about this position in front of the face and fix the gaze over the candle - not on the wall, not on the dark surface, but about halfway between, about ten feet away, and then slowly move the candle back and forth, gazing over it all the time, and as you will see, a little grayish mass has formed between you and the wall; and then suddenly you will see an outline of the brain appear, and as you gaze, and slowly move the candle back and forth, it will become clearer and clearer and you can see the red blood vessels throughout the convolutions of the brain. You will get a magnified image of the brain. When you do that you can all know that you have at least a part of a brain. You can always say, "I know I have a brain because I have seen it." However, that has lit-

tle or nothing to do with our higher self. It is merely the use of the law of optics to see a small area of the brain magnified.

In the Book of the Gospel according to John, in the first chapter we find this: that John says, "In the beginning was the Word and the Word was God and the Word was with God. The same was in the beginning with God and without the Word was nothing made that was made and the Word came as a light in the darkness and the darkness comprehended it not." If we replace the word 'Word' which in the Greek was Logos, with its true translation, which is 'reason', we begin to find one of the qualities and attributes which make man dominant over all other creations, because the power of reason that man has is the power which raises him pre-eminent above all other creations, because no other creation in the world has that power of reason. That is the light in the darkness, the law or principle through which the Divine spirit created, shaped or formed, all things that exist. Therefore, if we understand that God is a God of reason, we understand that God is a God of law, and being a God of law, he is manifesting all phases in the material universe in accordance with that law, and that it therefore follows that man in all of his manifestations follows definite principles, definite law, and definite reason; and therefore, if we apply our power of reason, and study man as he is, we can begin

to learn man's true nature; we can begin to know ourselves.

Referring again to man and his relationship to his Higher Self and how it may influence his life: When we understand that everything which takes place in our physical body and in our physical life is not the result of our material or physical actions alone, but may follow some trend or some direction from our Higher Self, we can begin to understand why it is that sometimes we have impulses, intuitive directions to accomplish or do certain things.

In the East, in the Tibetan Secret Doctrine, we are taught this: That man lives from day to day under the law of cause and effect, that 'as ye sow so also shall ye reap' is universal law, applying to everyone of us, every moment in our life. In the Tibetan Secret Doctrine we are given this instruction: that when we perform certain acts in our daily life, carry them through the day, allow them to become deeply implanted in our mind and then dwell on them intensely during the day and especially in the evening just before we fall asleep, that those experiences, the holding of them in our mind and consciousness influences the manner in which we contact our Higher Self during the sleep state.

Every time we fall asleep we die. When we fall asleep our lower or physical nature is brought into a state of non-activity, excepting for the process which

carries on life. Our consciousness ceases to manifest in the material world, and, in place of that, our Higher Self begins to function immediately upon our falling asleep.

That is true of everyone of us but there is a difference in individuals. Some are able to bring back into their material consciousness the memories of the experiences that they have had during the sleep state, because when the physical body falls into a state of sleep our ego, our personality, our consciousness, actually and literally ascends from the material plane into a Higher State of consciousness where it communicates with its Divine or Spiritual nature.

Man has more than one mind. He has a conscious mind, a subconscious mind, and a superconscious or soul mind. Ordinarily, he functions in the conscious mind, but in the sleep state man functions only through the subconscious or superconscious. The subconscious mind directs and carries on the bodily activities necessary to life, but the ego or personality, which is distinct from the mind of man, rises into the Higher Spiritual plane and there holds communion with its Divine self.

When the ancients said that "God is a spirit" and also said that "man in his higher nature is a God", we must realize that we have a spiritual or God nature within our body, because Jesus said, "Is it not written ye are Gods and if it is

written to whom the Word comes then the Scriptures shall not be broken." What is that word? It is the gaining of mastery and control of our ego, or self, sleeping or waking. That is the first conquest of death, the conquest of the little death, which is sleep.

Jesus once said, "that the last enemy that shall be conquered shall be death". He also said to his disciples, "Many here shall not taste of death until they see me coming again in my kingdom," and yet, our churches tell us that his kingdom will come when he comes again at the resurrection. Is not the conquest of death the conquest of our loss of consciousness in sleep, then the conquest of the loss of consciousness in the greater sleep, which is death?

When I speak of the ego, personality or Self, you will have noted that I spoke of it as something separate and apart from the minds of man. In the ancient wisdom we are taught that all things have consciousness, that there are three kinds of consciousness and each of these three kinds of consciousness have three minor divisions, that there is first, simple consciousness of which everything which exists partakes, the rock, the earth, the mineral, the vegetable kingdom, the animal kingdom, including the physical body of man, has simple consciousness in it. The lowest form of simple consciousness is in the mineral kingdom, the second form in the plant kingdom, and the third and highest in the animal kingdom,

and that it is a law and fact of nature that each kingdom is evolving into a higher kingdom. That is, that the earth, the mineral kingdom is becoming the vegetable kingdom, the vegetable kingdom is becoming the animal kingdom and that the animal kingdom is evolving into a higher state, that is, in simple consciousness.

You may say we have no examples of one of the lower kingdoms evolving into the other, and yet, do we not have plants that have ceased to attach themselves to the ground and have learned to release their roots and float through the air, land somewhere else, and eat, then leave there by releasing their roots and floating again. Are there not such plants as the Venus flytrap plant found in South Carolina, and Central and South America, that have ceased from drawing their substance for life and growth from the earth itself, doing so by trapping insects, and in some cases of the large ones, even of small animals, a clear case of evolvement of simple consciousness from one kingdom into another.

Then, we say, that above and beyond simple consciousness is self consciousness. Man alone of all creations on earth has self consciousness. The lowest form is found in what we call the savage and barbarous races of mankind, such as the Hottentots of Africa and in early times some of the lower tribes of American Indians. Max Muller recounts one case of a Hottentot who was his servant while he was travelling in Africa study-

ing, and one day he was talking to another scientist and he talked for about an hour. This Hottentot was squatting on his haunches and apparently paying no attention and when asked, the Hottentot began to repeat word for word every word that Max Muller had said for about a half hour, but not one thought of his own was applied as would be the case of almost every person in the world. That has been the common faculty of men in a low state of consciousness.

We read of a Persian king that had such a marvelous power of memory that he knew the names of everyone of his two million soldiers. Such a memory is not the mark of a high degree of consciousness. It is the mark of a low degree of consciousness. It might be true that one can gain such a marvelous memory in a high state of consciousness, but when that has become memory only and no ideas or concepts added, then we know that it is that of a low state of consciousness, because they receive impressions as we would write on a piece of paper, but they are not able to express themselves.

We have two higher degrees of self-consciousness. The second is that in which the average man is found, and then beyond that there is the third state of consciousness. Men who have visions which seem to take them just a little beyond the common mass of mankind; and occasionally we find an individual who has such a wide grasp that they seem to intuitively grasp things, entirely new things, with-

out any effort; they bring new ideas through and concepts into manifestation through themselves.

We have a few outstanding examples in the world today. Nichola Tesla is one of them, though not well known to the world at large. Yet, he has brought more new concepts into the world than any person in the last hundred years. Practically all our new inventions are based on ideas discovered by Nichola Tesla.

Beyond and above self-consciousness is that which is called Cosmic Consciousness and there are three states or degrees of that, and in those higher states of consciousness man begins to approach the concept of, and the knowledge of, the Divine or of God. It is only in the higher states of consciousness that man can really and literally know God. When we speak of Cosmic Consciousness as being above that state to which man has evolved, we are not talking of everyone, but of the mass of mankind. Simply this: Man alone possesses self-consciousness and the power to attain Cosmic Consciousness, because he is consciously conscious, he is consciously conscious of himself as an individual, as an entity, and he is the only creation in the world that is so conscious.

In the Eastern teachings the soul is spoken of as conscious consciousness in opposition to unconscious consciousness. The animal, plant and vegetable kingdom is not conscious of itself. It

works by instinct and impulse which is supplied it by definite sources in the Divine Consciousness. It does not bring forth from itself. Man has an inherited consciousness too. In Sanskrit that is called "Samskara", inherent tendencies, and the physical body does certain things because we are influenced by the things which our ancestral body has gone through. But the conscious consciousness of man has power to meet, change, and direct into other channels the entire qualities of man.

When we speak of the subtle bodies, the higher self, let us just for a moment speak of other planes, of other dimensions of consciousness. It is a well known fact to occult students that man has an individuality, an ego, a personality which is capable of separating itself from its bondage to the physical body. By most this is called the astral body. They say that the astral body of man may pass from the physical body into the astral plane or what the scientists calls the Fourth dimension. Many people do not understand what the Fourth dimension is. Let us however briefly say this: That the so-called Fourth dimension or astral plane is a plane of existence which is relative to this material existence or plane in which we live, that it occupies the same space as our material body and material world, but it is separated from the material body by the plane or octave upon which it vibrates.

You know, man thinks of his physical

body as being a dense thing. As a matter of fact, it is not. Man's body is not dense at all. If man's body were compressed into real density it could be compressed into an object not more than one one-thousandth of an inch in height and there would still be a lot of space between the atoms and molecules. There are spaces through our body as vast in comparison as the distances that the astronomers say separate the earth from the sun. Those planes and those spaces are not empty. Relative to our physical body, but vibrating between the spaces that form the mass of our body are other planes of consciousness. The astral plane, the so-called, Fourth Dimension is one of those planes. It has existence; it is as actual, as real as this material world in which we stand. Most persons who say they have had astral experience have only been on the borderland between the physical plane and the astral plane.

Many occultists, in the western world, have said that man has an astral body and that I admit to a certain extent. There are many Nadis or channels in the astral body and through them higher forces and energies and powers flow into the material body, supplying it with all the subtle essences, and energies that are required for its well being. Those subtle energies and essences come through those astral channels but because those astral channels are necessary for life to continue in the physical body those never leave the physical body. Under conditions which

may be accidental, or self induced; one may separate the ego or personality, the conscious consciousness from the physical body. In other words, withdraw it into a step higher plane of existence.

The old Hebrews taught that man had a physical soul, an astral soul, a mental soul, and a spiritual soul and that each was an extension of the other, that the spiritual soul emanated the mental soul, the mental soul emanated the astral soul and the astral soul emanated the physical soul and that man's physical manifestation of the ego or consciousness is the manifestation of the spiritual soul stepped down four degrees, that the physical soul under certain conditions may lift itself or ascend from its bondage of the physical body, because, remember, the body is merely the house or temple in which the soul, the Divine nature of man, manifests. It may withdraw into the next higher state which is the astral state.

There is one peculiarity of the astral state, that gives us some key as to what man was in the very beginning. On the astral plane our thought power is considerably different from what it is in the material world. In the astral plane when you think of a thing, it is. Whatever you think manifests. Therefore, when man passes to the astral plane, the first thing he does is look at himself to see what he looks like and if he is all there and when he looks to see himself, he sees a replica of his physical

body, an exact replica of the body that he has on the physical plane and so he says, "Well, there is an astral body." What he has seen is a thought-form which has been created and crystallized because he has thought to see a body when he looked and then, because he is accustomed to such a vehicle, he goes on functioning in such a vehicle.

The ancient wisdom teachings tell us that the next step in man's consciousness is elimination of that astral body because only then can he be caught up into the Third Heaven spoken of, where Paul says, "I knew a man above fourteen years ago, whether in the body, I know not; or the spirit, I know not; who was caught up into the Third Heaven and there heard unspeakable things that it is not lawful for man to utter." You note that "being in the spirit" that Paul spoke of was distinct from being in the body and yet, after fourteen years, he could not recall whether he had met the man in the body or spirit. That is, the state of consciousness where he has ascended above and beyond the material world. That is the Edenic state of man.

We know that the Christian Bible, in the Book of Genesis tells us that in the beginning man did not have to toil, to labor, to earn his bread, that he lived in the Garden of Eden, and that the Divine Power of God brought to him all things that were necessary for his well-being. It tells us that Adam created all things by the Hebeli, which is a Heb-

new word meaning Divine Breath or Divine Creative Breath. That is, the Breath of God which was breathed into man so he became a living soul. That Edenic state of man is merely a symbol of the primal state of manifestation of soul where it had creative power, where it was able to create by its thought, exactly as the soul who is freed from bondage and rises into the higher planes, is able to create today.

The occultist says that man, when he first came into manifestation, came in the body spiritual, that he had creative power, but that after man fell and lost that creative power, the spiritual man passed into the higher plane and the lesser self entered into the animal body which had evolved up to the form of man from the lower forms of the animal kingdom. That is, that the ego or soul did not enter the body of man until it had become man. The soul followed one line of evolution while the body followed another and it was only after the animal body had become man that the two went on together.

When we realize that man is more than just flesh, that there is a Divine directing and guiding influence and force within him and that that force influences all the actions of his life, then it becomes a necessary part of our actual living to begin to turn to that higher Self for direction and guidance as to how we shall live, what we shall do in the world.

People say, "How can I find my High-

er Self? How can I turn to that Higher Self?" One way you can do it is to prepare the mind and body as a receptacle into which the spiritual nature of your own soul can pour the forces to guide you each day. When we go to sleep it is the things which are resting heavy on our mind which in some measure regulate the experiences the soul goes through. The Higher Self takes charge and directs us to the experiences of our own past lives and incarnations so that when we awaken in the morning everything we do the next day is influenced by the experiences our Consciousness has had.

We all have experiences in the sleep state even though we have no conscious knowledge of any experiences or anything. Therefore, the ancient wisdom teachers say - they make it very strong - that we should strive with all our might, especially during evening hours and before we fall asleep to dismiss from our mind and consciousness every negative thought, every worry, fear and pain and make our mind as calm and tranquil as a little child's. If we allow any thoughts to come in, see that those thoughts are directed towards harmony, love and wisdom and if we do so our consciousness will pass through the right experiences and when we awaken, lead us into channels which will bring us harmony and good instead of the negation and inharmonies that we meet with so often in life.

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