

Disturbances Within The Etheric Body

Assignment Three for Level One

by Kristelle Dumas

Discuss the main causes of ill health which result in disturbances to the etheric body.

The etheric body is a transmitter of all energies to the physical body. It is a vehicle of prana or life essence that vitalises and energises the physical body and integrates it into the energy body of the Earth and solar system. All types of cosmic force pass through the etheric to the different parts of the physical body producing both negative and positive results.

The etheric body comprises of a web of interlacing energy streams consisting of lines of force and light. Similar to a spider's web, these lines cross each other and this forms points and centres of energy. Where there are great streams of energy crossing each other lay the seven major centres commonly known as chakras. These seven major centres meet up the spine and within the head.

Each of these major centres is associated with certain organs, tissues and endocrine glands within the physical body. *See box below for example.*

For perfect health, all centres must be in harmony. If any of these centres are over or under-stimulated then this will result in ill health.

Additional to the seven major chakras are twenty one lesser centres and a further forty nine smaller centres. The centres act as inlets and outlets or doorways into which energies flow into the etheric from various levels.

As mentioned above, the seven major centres govern the endocrine system which controls the seven major areas of the physical body. Each gland of the endocrine system is an externalisation of the power and life that each centre of force provides. The endocrine system is responsible for the correct functioning of the entire body and brings all parts of the physical vehicle into relation with each other.

The endocrine glands respond to the inflow of energies from the etheric body and produce a secretion of hormones. This transmits directly into the blood stream which is essentially the carrier of the life essence. Having said this, it is easy to see how tainted energy may flow directly into the physical body producing ill health.

So, where do these energy forces flow from? They emanate from the astral or mental bodies otherwise known as the personality vehicles. These are two of the seven planes or areas of consciousness of our planetary life or solar system. The energy forces can also flow from the soul (if contact has been established) and from the envioning world.

Centre	Associated Organs and Tissues	Gland
Crown / head centre	Upper brain and right eye	Pineal gland
Ajna / centre on forehead	Lower brain, left eye, ears, nose and sinuses	Pituitary gland
Throat	Mouth, tongue, pharynx, larynx, trachea, bronchial tree, upper lungs, shoulders, arms, hands and lymphatic system	Thyroid gland
Heart	Heart, lungs, breasts and circulatory system including arteries, veins and capillaries	Thymus gland
Solar Plexus	Stomach, liver, spleen, gall bladder, small and large bowel	Pancreas
Sacral	Ovaries, uterus, fallopian tubes, testes and prostate	The gonads
Base	Kidneys, ureters, bladder, spine and external genitalia	Adrenal glands

At this point in time most of the diseases that the physical body suffers from have their roots in the etheric body. The main source of disease is caused by astral conditions.

The lines of force through the etheric network are conditioned depending on where a particular person's consciousness is usually focused. As the bulk of humanity is focused on the astral or emotional plane, this is responsible for a majority of diseases experienced today. The astral body has a potent effect on the etheric body and as much as 90% of disease originates in the astral body. Examples of this are seen in emotional conditions such as:

Uncontrolled and ill-regulated emotions – negative emotional attitudes including anger, depression, self pity and discrimination.

Inhibited or excessive desires – constrained or uncontrollable desires for food, sex or ambitions.

Intense worry – worrying thoughts about self, friends and family, current world situations and scenarios that have or may not even occur.

Irritation and stress – caused through imbalances in work, study or personal life.

These harmful emotional conditions pour a stream of negative astral energy through the etheric and into the solar plexus centre which is the centre that relates directly to the astral plane. This shifts the centre into intense disturbance and affects the associated organs and glands within the physical body. In this case it would be the stomach, liver, gall bladder and the pancreas that could be affected.

Diseases and difficulties may also arise from the mental body due to wrong mental attitudes, fanaticisms and frustrated idealisms. These negative thoughts flow through the etheric producing effects within the physical body mainly on a psychological level.

There are also diseases, problems and physical difficulties which can originate within the etheric itself and are caused by the following:

- Congestion
- Lack of coordination and integration
- Over stimulation of the centres

Congestion

As the etheric body is a mechanism for intake and for outlet, congestion will stop the free flow of the life force and results in the physical body submitting to disease.

Congestion within the etheric body manifests at the point of intake from the astral plane to the etheric. It also

manifests at the point of outlet from the etheric to the centre or associated gland.

When there is free flow of energy from the etheric body to the physical body there will be less likelihood of disease or sickness. If there is a blockage between the two, this produces congestion in the etheric body resulting in difficulty with the functioning of the physical body.

Lack of Coordination and Integration

The etheric body is the blueprint or mould of the physical body. It duplicates the body organ for organ and cell for cell and is the pattern upon which the dense physical body is built. A network of small channels known as 'nadis' connects these two bodies. If there is a weakness or the connection is too loose between the blueprint or inner structure and the dense physical body or outer form, then difficulty or ill health is inevitable.

A loose co-ordination gives general exhaustion within the physical body because the life force cannot adequately flow through certain points or centres and this leads to weakness. Specific examples of this would be a tendency to laryngitis or impotence if there was a weakness around the throat or sacral region.

A connection could also be so poor that the soul is unable to keep a hold of it's physical vehicle and this could lead to obsession or possession, fainting and loss of consciousness.

Over Stimulation of the Centres

There is also the possibility that the etheric body can be too closely integrated to the physical body in certain parts which causes the physical body to be in a constant condition of stimulation and can lead to a great deal of distress.

Over stimulation results in over activity of the nervous system and as a consequence leads to nervous trouble, migraines, mental and emotional imbalance and in some cases even insanity.

As far as the dense physical body is concerned, congestion, lack of integration and over-stimulation of the centres are fundamental causes of disease. These however are frequently effects hidden in the life of the astral and mental bodies. When referring to over stimulation, this could be the result of soul contacts through the mental body.

As the etheric body reacts to all conditions found within the subtle bodies, it is essentially a transmitter and not an originator. The inner energies are transmitted to the outer plane and the physical body has to learn to respond and recognise what is being transmitted. The effectiveness of the transmission is dependant on the condition of the seven centres and their point in evolution within the being.

The seven centres can be in one of five conditions or states of being:

1. Closed, still and silent with no signs of life.
2. Opening, unsealed with life pulsating and faintly tinged with colour.
3. Quickened, alive and alert.
4. Radiant and reaching forth to all related centres.
5. Each centre blended and working rhythmically with each other allowing the vital force to flow through from all planes.

A physical mechanism will be responsive to the forces flowing through if the centres are awakened and receptive. If the centres are closed, little force can be transmitted and the physical mechanism will be equally slow and unresponsive. An example of this can be seen if the centres below the diaphragm are awakened and those above are not. If this is the case, the person will have a consciousness focused in the animal or emotional nature and hence the physical disease will lie below the diaphragm as well. It is amazing how it is all linked together.

There are also inherited diseases from the past that must be considered when looking at the disturbances within the planetary etheric body. Due to the fact millions of mankind have suffered and died from these diseases and then buried in the earth throughout the ages, this has contributed to the infection of soil and hence the planetary etheric body.

There are three major diseases that have been inherited consisting of:

Syphilitic or social disease – brought about with the over-expression and over use of one aspect of the physical body through the wrong use of cycles and misuse of sex life. This originated in the Lemurian times when the emphasis of the life force was on the development, use and control, perpetuation or reproduction of the physical body.

Cancer—brought about through inhibition, suppressing emotions and lack of emotional transmutation. This originated in Atlantean times when the people of this time dammed back the natural flow of desire as a fearful reaction to the diseases connected with the sex life in Lemurian times.

Tuberculosis – brought about through lack of rhythmic living in our Aryan race. This was caused when the shift of life emphasis was moved away from emotional nature to that of the mind. This in turn produced a disease of depletion due to the temporary starvation of the emotional nature.

Basically, disease can be traced to the individual etheric body when the problem is purely local or to the planetary etheric body when affecting large masses of people such as epidemics or war.

One last thing to note is the etheric body requires the proper and necessary fuel to feed, vitalise and restore balance. Without this, negative physical and psychological effects will continue to arise within human and planetary manifestation. By understanding that everything has an etheric body that surrounds and interpenetrates the dense physical body, we can assist in creating better health and harmony on a personal and planetary level.

The best way we can assist is by establishing a better measure of vitality by living a positive, healthy and regulated life. We can do this by ensuring that we keep a regular rhythm between our work, relaxation, exercise and sleep. Eat fresh wholesome foods and avoid getting worried about everything and anything. By ensuring that we get 10 - 20 minutes of sunshine a day, this enables the spleen to store up healing energies of light and heat which guarantees vitality within the etheric. Finally by cremating our bodies when we pass away, we can purify physical vehicles and not pass diseases back into the soil of the earth and into the planetary etheric body.

I leave here in summary, stating that the main causes of all disease are to be found firstly in the overactivity or underactivity of any centre of the body. Secondly disease is also due to karmic or inherited causes. Either of these results in disturbances within the etheric body consequently affecting the physical body with ill health and difficulties. Freedom of disease will only come once we start 'cleaning up' the forces flowing mainly from the astral and mental bodies, through the etheric and into the physical body.

References

Esoteric Healing, Alice Bailey, Lucis Publishing.
Esoteric Healing Workbook of Part One, Judy Jacka