
The Etheric Body

A Proposed Lecture for Young People

by Kristelle Dumas

Our bodies are charged with energy and this energy interacts with all living things. There is nothing within the manifested universe that does not possess an energy form which controls, governs and conditions the outer physical body. This is true for the four kingdoms in nature being mineral, vegetable, animal and human as well as for the planets and solar system.

There are many different forms of energy ranging from mechanical to electrical and from heat to light and what these energies share in common is the ability to cause some type of change or simply just make things work.

An example of this can be seen through the distribution of light and heat from the sun. Using this tremendous energy, the plants, vegetables and trees are able to change and grow.

How does this energy flow to the plants? It is through the etheric body and this is the same body that is used to stream energies to all physical forms whether it is from the soul, sun or planet.

The etheric body is seen as the blueprint or mould of the physical body. It extends beyond the surface of the dense physical body and duplicates the body organ for organ and cell for cell. It is the pattern upon which the dense physical body is built whether it for a solar system or a human being.

The existence of the etheric body has been validated by scientists and evidence is provided with the development of Kirlian photography. For those of you who are not familiar with Kirlian photography, it is a photographic process that records electrical discharges that naturally emanate from living objects and produces a glow surrounding the object on a photographic plate or film.

Purpose

The etheric body is the vehicle of prana which is the energy or life essence of the universe. Its function is to store up radiatory light and heat secured from the sun and then transmit them to all parts of the physical body via the spleen.

The prana enters through the spleen centre and energises the physical body by transporting it to every part.

The purpose of the etheric body is to vitalise and energise the physical body as well as integrate it into the energy body of the Earth and solar system. The etheric body is able to do this as it is a web of interlacing energy streams consisting of lines of force and light. Along these lines of energy the cosmic forces flow, similar to the way the blood flows through the veins and arteries. It incorporates a part of the network of energies that underlie all materialised forms both great and small and connects everything in life. These lines of energy can not be seen and it is only through their action that we know of their existence. This is similar to the way we know electricity exists when we plug in a kettle to its supply. We can not see the electricity however we know it exists because we witness its action.

Energy Centres

The etheric body is a subtle or fine body composed entirely of lines of forces and where these lines of energies cross each other they form points and centres of energy. Where there are many lines crossing each other, there are larger centres of energy. Where there are even greater streams of energy crossing each other, there are seven major centres commonly known as chakras. These seven major centres meet up the spine and within the head.

It must be remembered that these seven centres are not situated within the dense physical body and only exist in the etheric form which surrounds and permeates the body. They are closely linked to the dense physical body by a network of "nadis" which are smaller channels acting like veins and arteries carrying the quality of energy into the body and mind. The nadis could be thought of as the nervous system of the etheric body. They are an intricate network of nerve channels that underlie every single nerve within the entire physical body. The nadis act as a mediator between the brain, the nervous system and higher states of consciousness.

Additional to these seven major centres, there are twenty one lesser centres and another forty nine smaller centres. These lesser centres respond and are conditioned by the seven major centres. The seven major centres however respond to the inflowing energies of other higher forces known as the seven rays. Irrespective of size, all centres react to the inflowing energies of our planetary life.

For perfect health all centres must be in harmony. If there is over or under-stimulation in

any of these centres then the result will be ill health.

So, if we now look at the physical body we see that there are three parts to it. Firstly, there is the dense physical body that we can see. Secondly, the etheric body which provides the dense physical body with energy and vitality and thirdly the nadis which act as a nervous system helping to link the former two together. These three aspects form one unit and while a body is incarnation, they are inseparable. This is the same for all forms in nature.

The etheric body is seen as a transmitter of all energies to the physical body. All types of force pass through the etheric to the different parts of the physical body producing both positive and negative results. When there is a free flow from the etheric to the physical body there will be a 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.

Planes of Consciousness

These interlocking and circulating lines of force within the etheric radiate from the seven planes or areas of consciousness of our planetary life or solar system. Today I speak of the first plane known as the physical plane which consists of the dense physical body and the etheric body. The second plane is the astral or emotional plane which gives the ability to possess desires, emotions and imagination. It is interesting to note that the physical and astral planes contribute to 90% of the causes of physical disease. The third plane which I will mention is the mental plane which allows the ability to perceive, have thoughts and beliefs. Here is an example of how these three planes or bodies could be represented for the human form.

The further four planes I will only just briefly mention as "Buddhic" the spiritual love plane, "Atmic" the spiritual will plane, "Monadic" the highest spiritual self and lastly "Adi" which is the highest plane of the Divine principle of the universe. Depending upon the plane into which a particular person's consciousness is largely focussed, will condition where the lines of force are radiating from through the etheric network.

One other thing to note here is that each of the seven major centres relate and respond to one of these seven planes. For example, the base centre responds to energy radiating from the physical plane and the crown centre responds to the energy radiating from the highest plane known as Adi.

Each of the seven major centres then associate with certain organs and endocrine glands within the physical body. For example, the base centre

is associated with the kidneys, ureters, bladder, spine and adrenal glands within the physical body. If there is a negative stream or block of energy flowing from the physical plane into the base centre, then you will find there will be issues within those associated organs and glands in the physical body.

For a majority of humans, the etheric which is also known as the vital body is directed and swept into activity by the astral body. If there are imbalanced emotions within the astral then this is a concern. A general unhealthy condition can be caused by the following:

- Negative emotional attitudes - such as anger, depression, self pity and discrimination.
- Inhibited or excessive desires - this could be for uncontrollable or constrained desires for sex, food, ambitions, etc.
- Intense worry - this could be anything from the uncertainty of the current world situations, to worrying about family or friends, or even worrying about scenarios that may have not yet occurred and probably never will.
- Stress and Irritation - caused through imbalances in work, study or personal life

These harmful conditions will pour a stream of negative astral energy into and through the solar plexus centre which is the centre relating directly to the astral plane. This will then shift the solar plexus centre into intense disturbance. This in turn affects the stomach, the pancreas and gall bladder within the physical body. This brief example is a small glimpse to show just how interconnected everything actually is.

By understanding that everything has an etheric body that surrounds and interpenetrates the dense physical body, we can help to create better health and harmony on a personal and global level. It is essential that the etheric body receives the proper and necessary fuel to feed, vitalise and restore balance. Without the proper fuel, negative physical and psychological effects will continue to arise within human and planetary manifestation.

You can assist in re-establishing better etheric control through the following:

- Sunshine - see to it that you get ten to twenty minutes of sunshine a day when the sun is not at its highest meridian. The spleen area welcomes exposure to the sun so that it can store up radiatory light and heat from its energy.
- Careful diet - eat fresh wholesome foods and be sure to include plenty of proteins and vitamins.

- Avoid fatigue and worry - ensure that you get the sufficient amount of sleep (approximately 8 hours per night) and be alert to the fact that worry and irritation are highly infectious and can produce effects on a global scale.

Basically, the best way to establish a better measure of vitality is by living a positive, healthy and regulated life.

Planetary Implications

As the human physical body has major and minor energy centres, so does every other manifested organism being from the natural kingdom all the way to the planetary bodies of our solar system. From microcosmic to macrocosmic, the etheric bodies of all forms is the basis of manifested life. Underlying each embodiment are the energy centres acting as inlets and outlets distributing energy through out its manifestation. Even the Earth has five known planetary inlets which distribute energies across the planet. These are situated in London, New York, Geneva, Darjeeling and Tokyo. I am sure even more will be discovered as time progresses.

In conclusion, it has been recognised that all aspects of manifested life and form or organism within all forms is intimately related through the planetary etheric body. These lines of light and force pass from form to form. Some of these are bright and some are dim. Some move fast and others slow and lethargic. Either way, it is always in constant circulation. There is not one single atom within the body that does not receive this living, moving energy. Therefore, there is not a single body of manifestation that is not connected to us or the Divine.

With this observation in mind, it is important to recognise and re-awaken to our true nature. Each of us takes part in this world and therefore participates in the energy which constitutes its very substance. The world is our source and our sustenance. The boundary between each of us and the vastness which surrounds us is not as solid and sealed as we have been lead to believe. The energy that flows between us carries with it our feelings and reactions and creates an interactive environment we have learnt to shut out and ignore. We have learned to think of ourselves as separate and because of this have overlooked ways to assist in the unity of which we are only a very small fragment. Only when we rediscover just how interconnected everything is, will we learn to combat disease and ill health and move forward on the path of evolution. With your awareness of the etheric raised, you may consciously choose to assist in the transformation of the world as we know it.