

SESSION OUTLINE 5
Book 219 Man's Subtle Bodies & Centres
The Aura, Solar Plexus & Chakras

Omraam Mikhaël Aïvanhov
On-line Study Series

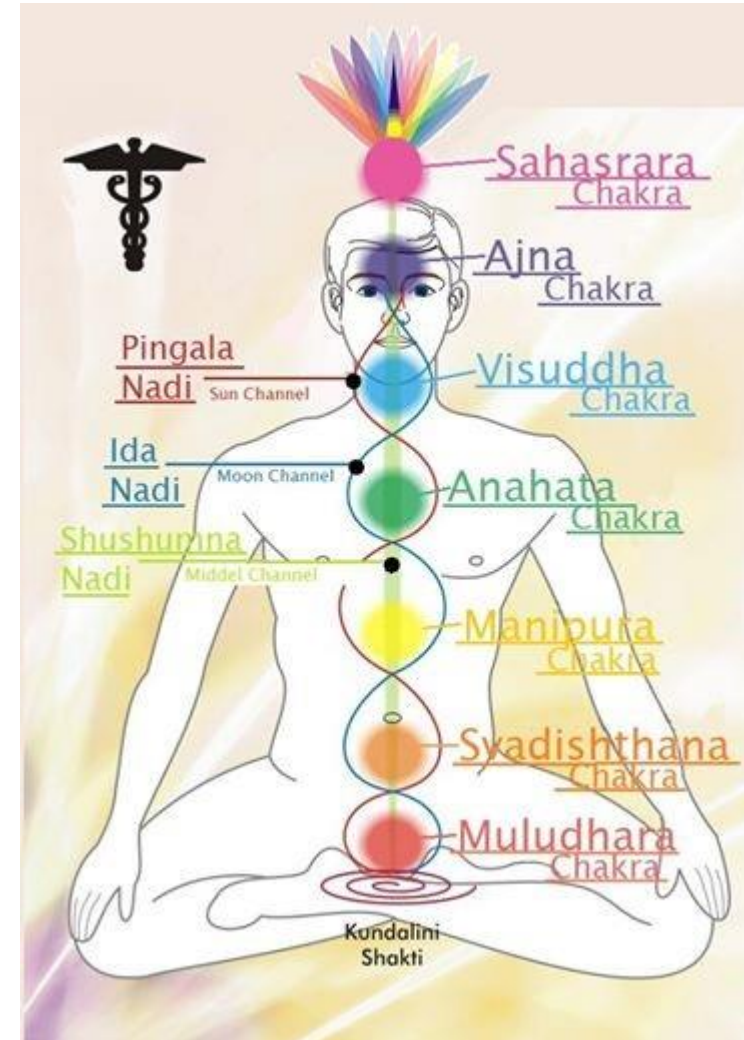
September 2014



SESSION OUTLINE

1. Introductions and Welcome
2. Any comments arising from the Daily Work since our last meeting
3. Round Table - Key Transformational Concepts from the reading - (What, So what?)
4. Discussion - Transformation Actions (Now What?)
5. Daily work for the next month - from Book 13
6. Next Monthly Video Conference - Date & Reading
7. Feedback on this session
8. Closure

Figure 1 **CHAKRAS**



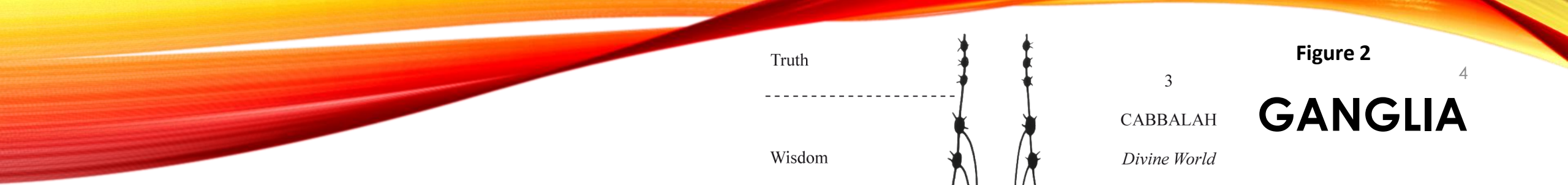


Figure 2

GANGLIA

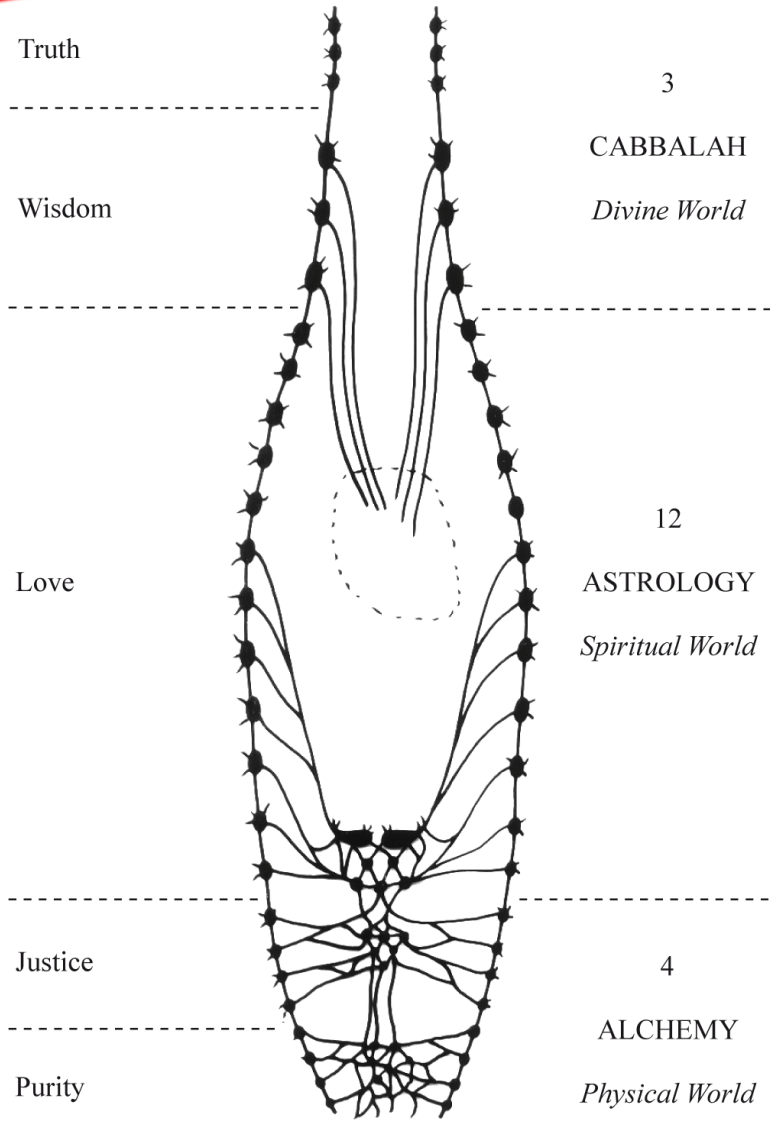


Figure 2. The chain of ganglia and their corresponding virtues and numbers.



TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 1)

What?	So What?	Now What?
<p>Every human being possesses a physical body which is made up of different organs, but nature has other keys for this keyboard: yes, a sixth and even a seventh and eighth sense, far more intense and far more powerful.</p>	<p>Human beings are doomed to disappointment, for these sensations are severely limited. Why? Because each organ has a specific function and can provide only those sensations which correspond to that function. The Hierarchy of the 5 senses...</p>	<p>In order to feel fulfilled and enjoy the extraordinarily rich and powerful sensations they hunger for, they are going to have to stop relying exclusively on their five physical senses</p>
<p>*In the West, people live too much in their physical sensations; they have no energy to spare for the cultivation of other faculties. *Nature has established this hierarchy amongst the five senses. But her work did not stop there: other senses must now put us in touch with vaster and more remote regions of the universe.</p>	<p>*But it's a life which conceals the true. *If we want to grasp the whole of reality we must practice until we succeed in awakening other faculties that have always been there, within us, but which are still asleep, waiting until we are ready to use them.</p>	<p>It is important that you understand this and that you eliminate from your lives many different sensations which prevent you from perceiving things as they really are... All of you who want to make progress on the path of evolution, should limit and reduce the sensations you receive through your five senses and start to look within yourselves.</p>
<p>Adam and Eve ate the fruit of the Tree of the Knowledge of Good and Evil...</p>	<p>This can be interpreted as the choice of a certain course of studies. ... Adam and Eve embarked on a course of studies, and a very difficult course it is, for it requires them to confront a subject-matter which grows ever more.</p>	<p>I know that when human beings have learned to control and master matter thanks to the work of their five senses, they will soar upwards again and start to develop their spiritual senses.</p>

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 2)

What?	So What?	Now What?
<p>Ch2 Everything is surrounded by its own subtle, fluidic atmosphere made up of the particles and emanations it is constantly giving - This atmosphere constitutes the aura –</p> <p>The aura has exactly the same function as the skin-</p>	<p>Like the skin, it serves several important purposes, first amongst them being that of protection. Then to serve as an organ of exchange, and finally, the skin serves as a sense organ which enables us to experience sensations of heat and cold, etc...</p> <p>...in practice they are closely linked: sensitivity, exchange and protection all function at once.</p>	<p>Learn to care for your aura just as you care for your skin.</p> <p>The aura is the only authentic beauty salon.</p>
<p>*Man's entire destiny depends on his skin, because it has a determining influence on his relations with other human beings and with the world at large.</p> <p>*The whole of a man's destiny, his triumphs and his failures, are expressed in his skin</p>	<p>Every detail of your skin has significance. Its consistence (whether it is smooth and supple, hard, flabby or soft) reflects your essential qualities and characteristics: perseverance, will-power and activity or frailty, laziness and failings.</p>	<p>Self-mastery makes you all powerful</p>
<p>The aura is a blend, a combination of all the emanations of all our subtle bodies, each of which, by adding its own unique emanations, adds its own shades and tints to the whole. 217</p>	<p>... *if the causal, buddhic and atmic bodies have been awakened, they add yet other, brighter, more luminous colours and other, more powerful vibrations.</p> <p>* as your aura grows and spreads it will enable you to communicate with every area of the universe</p>	<p>Those who know how to guide and control their thought strengthen their auras tremendously.</p>

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 2)

What?	So What?	Now What?
<p>A great Master can reach out so far with his aura that he can take a whole region under his protection, and at the same time, penetrate and intermingle with the aura of those who live in that region, breathing new life into them.</p>	<p>*By means of his aura a Master purifies the atmosphere around him, illuminating and giving new life and a new beauty to all creatures. *For those who desire love, light and power there is one way, and only one, of achieving their heart's desire, and that is to work hard to cleanse their aura of all the impure colours whose bad vibrations destroy the good in others.</p>	<p>*You must stop applying your minds to all kinds of concerns which will give you neither happiness nor celestial visions, and launch out on the wings of your strong, luminous aura, towards the sublime heights (the High Ideal). *Disciples should work to develop the purity, brightness, beauty, power and magnitude of their aura. 286 (5 aspects) ...</p>
<p>If a man is pure his aura becomes limpid and transparent; if he is intelligent it becomes brighter and more luminous; if his life is very intense his aura vibrates with great intensity; if he has developed his will-power it becomes very powerful, and if he has concentrated all his energies on spiritual things his aura expands and grows until it becomes immense. And the beauty of the aura (its colours) depends on the harmony which reigns amongst all its different qualities and virtues.</p>	<p>*By cultivating these virtues we improve our aura. *By cultivating our aura, we start to understand many things. 367 *There is no more effective protection than a pure, luminous aura. No formula, no talisman is as powerful as the aura. There are two ways to work on your aura: 1- Deliberate conscious effort 2- Cultivate and acquire virtues (they form your aura). A Master, or a disciple who is already very advanced, radiates love to the whole of creation, to the whole universe. Their love reaches out beyond the stars.</p>	<p>1- Picture yourself bathed in the purest, most luminous colours. (Use a prism) at sunrise, imagine that you are surrounded by a luminous sphere and that you are sending your love out into the whole wide universe. 2- Concentrate all your efforts on acquiring the virtues of purity, patience, forbearance, generosity, hope, faith, humility, justice and selflessness. Combining both methods is even better. The whole question for a disciple, is to learn how to cultivate and develop his aura so that it may attract only favourable influences from the planets 402</p>

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 2, PART 2)

What?	So What?	Now What?
<p>If you want permission to enter certain regions of the invisible world you must have a pass, and that pass is your aura, the colours of your aura.</p>	<p>This means that in order to gain admittance to a particular region your aura must contain the special colours of that region... 447</p>	<p>The only really effective method to is to develop our aura is to change the way we live.</p>
<p>The aura is a highly structured, hierarchically ordered world. Like the Tree of Life it is divided into regions in which dwell angels, archangels and benevolent nature spirits, but it can also harbour diabolical spirits from hell.</p>	<p>He who is blessed with the presence of spirits of light manifests himself in extraordinary gifts of clairvoyance, clairaudience, healing and so on: he works miracles.</p>	<p>You can vivify your aura by your love, make it brighter and more luminous by your wisdom, strengthen it and make it powerful by your strength of character, and you can make it pure and translucid by the purity of your own life... 470</p>

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 3)

What?	So What?	Now What?
<p>The sympathetic nervous system of man consists of a chain of nerve centres running from the brain to the base of the spinal cord, and a peripheral series of nerves and ganglia connected by a network of nerve-fibres known as plexuses.</p>	<p>This gives twenty-six pairs in all. These twenty-six pairs of ganglia in the sympathetic nerve system, therefore, are divided into 5 groups which correspond to the five virtues represented by the pentagram: purity, justice, love, wisdom and truth. (diag. 515)</p>	
<p>We have two sets of three pairs of cranial ganglia: 3 stands for the Divinity; it is the number of the Cabbalah which answers the question, 'Who?'. Who creates? Who is at work in the universe? Astrology is linked to our respiratory and circulatory systems. Astrology answers the question, 'When?' Alchemy answers the question 'What?'</p>	<p>Each one of these virtues enhances the functioning of the ganglia or organs to which it is linked, just as each and every fault against these virtues upsets that functioning.</p>	
<p>As the brain cannot act directly on the internal organs, it uses a conductor, the sympathetic system, and the solar plexus is the principal centre of this system.</p>	<p>The solar plexus is an extremely important centre, we must be careful to avoid whatever makes it tense because this, in turn, leads to the contraction of the blood vessels and other ducts and canals of the body.</p>	<p>To replenish your solar plexuses: Choose a tall, sturdy tree, stand with your back to it ...Watch and listen to running water Plunge your feet in hot water- The best way is to live a pure, sensible, luminous life and restore harmony.</p>

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 3 PART 2)

What?	So What?	Now What?
<p>*The solar plexus controls the majority of the functions of the physical body...</p> <p>*The solar plexus created and continues to nourish the brain.</p> <p>*The solar plexus, being the seat of the subconscious, maintains man's contact with the ocean of universal life, with the whole cosmos, and this is something the brain cannot do – at least, not yet.</p>	<p>Thanks to its outer layer of white matter, therefore, the solar plexus can feel everything that goes on in the body, in every single cell, and is therefore able constantly to restore order and balance.</p> <p>The one in charge at the moment, the one that controls and commands all the others, is the solar plexus in conjunction with the Hara centre, situated a little lower down.</p>	<p>You must learn, therefore, to divide the burden between the two centres: the solar plexus, in the belly, and the brain in the head. This is the only way to be balanced.</p> <p>.</p>
<p>What is the relationship between the solar plexus and the brain? They are the two poles: the one masculine and emissive and the other, feminine and receptive.</p>	<p>The brain is active and dynamic, but it tires very quickly if the solar plexus doesn't subsidize it regularly. The source, therefore, the projector, is the solar plexus and the brain is the screen which manifests, expresses and publishes whatever the plexus feeds to it.</p>	<p>Begin by concentrating on your solar plexus and then, when you feel that you have reached a state of peace and inner warmth, you can begin to work because your brain will be sustained and nourished by the energies flowing from your plexus.</p>

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 3 PART 2)

What?	So What?	Now What?
<p>The solar plexus is also a brain, but reversed. The white matter, which is on the outside of the solar plexus, is in touch with the white matter on the inside of the brain, and the grey matter which is on the inside of the plexus, is in touch with the grey matter on the outside of the brain.</p>	<p>When you have learned to concentrate on the solar plexus with a deeply loving attitude you will be able to tap its immense resources of energy and direct them to the brain.</p>	<p>If you feel that communications are not getting through as they should, you can massage your neck in the region of the cervical vertebrae, and this will get the currents flowing again between the solar plexus and the brain. The neck is an extremely important passageway.</p>
<p>The dark sun, which never stops giving, is the masculine principle, and our sun represents the feminine principle in relation to it, for it receives from it the energy which enables it to shine.</p>	<p>That which is visible is always the consequence of something that is invisible, buried deep under the surface.</p>	
<p>Man is like a tree, with roots, a trunk, branches, and in the brain, flowers and fruit. The Hara and Solar Plexus are our roots.</p>	<p>The solar plexus is the most important part of man because it is the root; the root is always the most important: if anything goes wrong with the roots, the whole plant deteriorates.</p>	<p>In order to touch the heart of the universe you have to intensify your love. And this is something that has to be done with the solar plexus.</p>

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 4)

What?	So What?	Now What?
The Hara is man's life-centre, his centre of gravity, the universal centre.	And when one concentrates on it and develops it to the full, one becomes tireless and invincible.	Those who have worked to develop their Hara centre are extraordinarily well balanced.
Brahma resides in the belly, Vishnu in the region of the heart and lungs and Shiva in the brain.	Now you are ready to penetrate and explore this centre - Hara, to learn to develop it, and discover the source of your being. For it is there that you will find your source.	Dig, dig deep and you'll find gold and oil.' It was a way of saying that this is where you have to dig: in the subconscious. The Philosopher's Stone – or VITRIOLUM.
For years now I have been instructing you only in the things of the higher spheres: this has been simply to prepare you to penetrate into the depths of your own being.	If you want to know yourself as you truly are, you have to know both regions: that which is above as well as that which is below. That which is above, are the brain centres, and that which is below are what the Japanese sages call the Hara.	The Hara represents the subconscious, the obscure depths of man. So before going down, we have to learn to protect ourselves, otherwise we shall simply be swallowed.
Understand the mysteries of the Hara which is buried in the depths of the subconscious and is linked with the superconsciousness.	We must join the lower centres or chakras to Sahasrara, the crown chakra situated in the brain.	You must begin by purifying and strengthening yourself, and later, when you feel ready to do so, you can venture into the lower regions: this is an experience that lies ahead of you, and you must prepare for it.

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 4)

What?	So What?	Now What?
<p>Darkness is infinitely vaster than light: it embraces and penetrates all things, whereas light is like a tiny spark wrapped in darkness. Darkness is the root of all being.</p>	<p>Every phenomenon visible on earth, all manifestations and materializations spring from darkness. When the Christ is born in man, he too is born from the lower regions...</p>	<p>It is here, in the Hara chakra, in this crib flanked on either side by the ox and the ass – the liver and spleen – that a disciple has to bring to birth the divine infant, the child Jesus, a new consciousness.</p>
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<p>‘That which is below is like that which is above, and that which is above is like that which is below. ...In each of the two worlds there is an ‘above’ and a ‘below,’ so that that which is below in the world of illusion corresponds to that which is above in the world of reality.</p>	<p>... since the Creator is on the highest plane of the divine hierarchy, in man – who is a reflection of that hierarchy – the creative function is at the lowest level. The lower centres in man correspond to the highest levels in the divine world, for in man, the microcosm, the macrocosm finds its reflection upside down.</p>	<p>The important thing is that now, in this incarnation, you begin to release the divine currents within. ... Hurry up and start to do something about it in this incarnation, knowing that if you don’t begin now, you will not be able to do so next time, either.</p>

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 5)

What?	So What?	Now What?
<p>Ch5 The Book of revelations and the New Jerusalem... For it is we who are the city, and in the centre of that city – that is in the solar plexus – flows a river with a tree growing on its banks.</p>	<p>The solar plexus represents both the tree growing on either side of the river and the river itself, the currents and vital forces flowing through it. The roots of the tree are the 12 pairs of dorsal ganglia and nerves of either side of the spine... linked to the 12 signs of the Zodiac</p>	<p>In the Zodiac are the attributes of the twelve fruits of the Tree of Life which is none other than the Sephirotic Tree</p>
<p>Kundalini power is coiled like a serpent asleep at the base of the spinal cord. This is the power that has been called Mother of the Universe, and that Hermes Trismegistus calls the ‘strong fortitude of all strength’.</p>	<p>*Disciples are strongly advised not to attempt to arouse the Kundalini force before they have cultivated great purity and humility. *On either side of Sushumna are two other channels: Ida and Pingala. These two channels interweave upwards in a spiral movement, until Ida terminates in the left nostril and Pingala in the right.</p>	<p>This is why breathing exercises are considered most effective in awakening the Kundalini force. By doing these breathing exercises every morning, therefore, gently, little by little, you awaken the Kundalini force.</p>
<p>You must also realize that the teaching of the Universal White Brotherhood is the true teaching of Christ and that it provides a modern form of yoga perfectly adapted to Western mentalities.</p>	<p>Before freeing the Kundalini force, one must clear the passage through the central spinal channel, Sushumna, and they do this by the purity of their lives and by means of certain special exercises.</p>	<p>It is important to prepare its pathway and clear out all the impurities and obstacles so that it may move rapidly up to the crown chakra, Sahasrara without damaging anything on the way.</p>

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 6)

What?	So What?	Now What?
Ch6 The sun sends us energy in the form of minute luminous spheres and the spleen chakra absorbs the white light of the sun and breaks it up into the seven colours of the prism, before sending the different colours to the different parts of the body...	If you want to absorb these tiny globules of vitality sent by the sun, therefore, remember to concentrate on this chakra in the mornings, at sunrise, it will become more receptive and capable of assimilating even more sunlight and you will find that your health will improve...	The light of the sun will break up in 7 colours: red and orange to the sexual organs; yellow to the heart and lungs; green to the stomach, liver, intestines and kidneys; blue to the throat and nose, and purple to the head. Red can also be used to strengthen the nervous system...
Beyond the limits of the physical body, in his etheric and astral bodies, man has a series of subtle force centres lying along the axis of the spine: the chakras (a Sanskrit word meaning 'wheel') or lotuses.	In order to stir them to activity a yogi has to awaken the Kundalini force lying dormant at the base of the spine and direct it upwards, so that it passes through the chakras, liberating the potentialities of each one as it goes.	Muladhara bestows life force; Svadhithana, creative powers; Manipura, collective consciousness; Anahata, universal love; Vishuddha, wisdom; Ajna, clairvoyance, and Sahasrara, omnipotence and total freedom.
An initiate develops the three chakras of the head in the last stages of his evolution, when every other aspect is ready, when his whole being is harmoniously developed.	The three head chakras (Vishuddha, Ajna and Sahasrara) are three antennae which the solar plexus uses, just as a submerged submarine uses its instruments.	a very simple exercise to help you to develop the throat chakra, Vishuddha – and Ajna -

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 6 PART 2)

What?	So What?	Now What?
<p>Tree of the Knowledge of Good and Evil is the series of chakras lying along the spine, and the serpent at the foot of the Tree in the Garden of Eden is Kundalini, the serpent coiled at the base of the spine.</p>	<p>Yes, the Tree of Life is the solar plexus whereas that other tree, the Tree of the Knowledge of Good and Evil, is the spine.</p>	<p>I should mention another one which applies to all the chakras, and that is singing. Singing produces waves which cause man's subtle centres to vibrate. The songs in the UWB...</p>
<p>Ch 6 part 2 All the secret science of man, the universe, and Kundalini -is concealed in the shape of some symbols and structures.</p>	<p>Caduceus of Hermes, Tree of Life, Stupas</p>	

TRANSFORMATIONAL CONCEPTS (BOOK 219, CHAPTER 6 PART 3)

What?	So What?	Now What?
<p>Ch 6 part 3 The eternal 'watcher' who sees and records everything. Its home is between the eyebrows, in the Ajna chakra.</p>	<p>If you want to be vigilant and lucid you should concentrate, from time to time, on Ajna, the chakra between the eyebrows, thus identifying with this eternal watcher</p>	<p>The virtues of Ajna are passive, feminine: Ajna can give you the power to see everything, but it does not give you the power to act. It gives you vision, it allows you to see images, but it does not allow you to change the course of events or of forces. Sahasrara does.</p>
<p>You have to reach the last chakra, the crowning point, Sahasrara, which is emissive, dynamic and masculine, and which can give you the power to act.</p>	<p>The Lingam: the two principles, masculine and feminine, must not be separated; they must always be united. Men and women can only find it by uniting the two principles within themselves, by being both man and woman at the same time.</p>	<p>This masculine and feminine polarity can be found in the two chakras, Ajna and Sahasrara.</p>

DAILY WORK – SEPT/OCT

Book 13 – A New Earth - Methods, exercises, formulas, prayers

- Chapters 14, 15 & 16 - Working with Light, the Aura and the Body of Glory
- Start the practice
- Keep a Reflective Journal – The Master encouraged us to take notes
- Share if you wish with the group on Facebook (The Initiatic Teaching..)
- I am available if you have questions 😊

NEXT MONTH – OCTOBER SESSION

- Session Date: Sunday November 2, 2014
- Izvor Book 224, **The Powers of Thought**
- Make a note of Key Transformational Concepts as you go
- Select 1 or 2 to share during our conference
- Keep a Reflective Journal
- Share if you wish with the group on Facebook
- I am available if you have questions 😊

MONTHLY PROGRAMME MAY-NOVEMBER

- 11 May, **Solar Civilisation**, Izvor book 201
- 8 June, **Respiration, Gymnastic & Nutrition**, Book 13
- 6 July, **Man's Psychic Life**, Izvor book 222
- 3 August, **Introduction to the Sephirotic Tree**, Izvor book 236
- 7 September, **Man's Subtle Bodies**, Izvor book 219
- 5 October, **The Powers of Thought**, Izvor book 224
- 2 November, **Moral Laws & Reincarnation**, Izvor book 202

Note: Readings are provisional at this point and may be revised

BETWEEN-SESSION WORK MAY-NOVEMBER

From Complete Works, **Book 13 - A New Earth - Methods, exercises, formulas, prayers**

- May-June, **Chapters 9 & 12 - Sunrise & Solar Plexus**
- June-July **Chapters 2, 3 & Appendix - Daily Programme, Respiration, Gymnastic & Nutrition**
- July-August **Chapter 10 – Mental Work – Concentration, Meditation, Contemplation + Brochure 302, Meditation**
- August-September **Chapters 5, 6 & 7 – Overcoming Evil, Purification & Human Relations**
- September-October **Chapters 14, 15 & 16 - Working with Light, the Aura and the Body of Glory**
- October-November **Chapter 17 – Formulas & Prayers**
- November -December **Izvor Book 206, The Philosophy of Universality**

Note: Readings are provisional at this point and may be revised

COURSE MATERIALS

This slide pack will be uploaded to the Facebook Initiatic Teaching Group and on Journey with Omraam Mikhael Aivanhov website :

<http://with-omraam.com/groups/>

Please click 'Join Group' and then click on Media then Documents Tab.
If you have not registered, you will need to do this. Here are the instructions

<http://with-omraam.com/register-log/>

Thank you for your time
and look forward to keeping in touch on Facebook
See you in November!

