Jacob was tried by an angel by the Ford of Jabbok, where Jacob wrestled with an angel and defeated him (Gen. 32:24-28). Moses was tried at a lodging house when God sought to kill him, but he overcame it (Ex. 4:24-26). Jesus was tried in the wilderness through the temptation of satan and Jesus defeated him (Matt. 4:1-11).

Jacob removed all foreign gods from his house and hid them under an oak tree (Gen. 35:4). Moses burned the golden calf with fire (Ex. 32:2). Jesus came to destroy the evil world with the tongue of His mouth (Jas. 3:6; Isa. 11:4; II Thess. 2:8; II Pet. 3:7; John 12:48).

Jacob’s body was embalmed for forty days (Gen. 50:3). The angel Michael and the devil disputed about the body of Moses (Jude 1:9), but the place of Moses’ burial was kept unknown to the Israelites. Jesus’ body was sought by many people but was never found (Matt. 28:12-13).

NOTE 1: A further comparison between Moses and Jesus:
Moses received the Law on Mount Sinai; Jesus delivered the Sermon on the Mount. Moses made a bronze serpent so that the people could save themselves by looking at it. People whom are bitten by sin may look to Christ and live spiritually. When Moses stretched out his hand toward heaven, there was darkness in Egypt for three days, but the people of Israel had light where they dwelt (Ex 10:22-23). Jesus separated the children of light from the children of darkness through His ministry.

NOTE 2: The name of Jesus is the Greek form of the Hebrew “Joshua”. As Joshua led his people into the Promised Land by crossing the river Jordan (at about the same place that Jesus was baptized), Jesus is leading His people to the divine world of heaven.

The Etheric Body

A. Introduction

Humans exist with both a physical and etheric body. The physical body is made up of solids, liquids, and gas. This body is derived from and connected with the earth. However, the invisible etheric or vital body is composed of *four grades of ethers, which are derived and connected with the sun(s). These ethers fill all space, pervade matter, and are active in all processes of life.

The etheric body is part of the physical body composition and is, therefore, subject to natural law. When the physical body dies, the etheric body may survive for a while, but when the physical body decays, the vital body also disintegrates. They both return to their respective physical and etheric bodies of the planet. Because it is the mold or pattern of the physical body and sustains and ensures its well being, it should not be separated from it. It interpenetrates the physical structure like sand in a sponge and empowers it with life so that it is able to function.

This luminous body is an exact replica of the denser physical body. That is why it is also called the etheric double. It has, therefore, a brain where physical life memory is stored. It becomes, together with the physical body, independent and fully alive after the first breath of air and etheric energy is taken. At that time, it is imprinted with its astrological birth sign.

It is also known as the energy – or bioplasmic body and is mentioned in the Bible as the “Golden Bowl” (Eccl. 12:6). It is recorded in Daniel 5 as a materialized hand, which wrote on the wall of King Belshazzar’s Palace. This materialization of a ‘spiritual hand’ is possible because of the etheric substance that is subtracted from the people and its surroundings. It is also possible to materialize with this substance a whole spiritual being, as it is written in the Gospels. This Divine Being could not be seen very well, appeared and disappeared out of nowhere, and could also be touched.

Just as the physical body has blood vessels and organs, the etheric body has meridian channels and force enters. They are the organs

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1 God tested Jacob by placing an angel in the position of satan. As Adam surrendered to the invasion of satan, Jacob, however, did not succumb. The angel gave him the blessing, and he was also given a new name, “Israel”, which means “He who strives with God” (Gen. 32:28; 35:10).

* Like the molecules (ions), atoms, electrons, and particles in density, it fills up the emptiness of space within the atoms and the planets.
through which the psycho-spiritual beings express themselves in the physical world. The etheric body functions as a link between the spirit body, or psyche, which empowers the etheric body with psychic energy, and its physical counterpart. It houses the force centers, or chakras, through which portals, communication between them is possible. Another function of the chakras or energy vortices is to absorb vital energy from the surrounding air and distribute it throughout the nerve channels (nadis), as electricity is delivered in a wiring system. As the physical body needs air to sustain life, so does the etheric body need life force energy, most of which is extracted from the air we breathe.

This vital force is known as “Ka” in Ancient Egypt, “Chi” in China, “Prana” in India, and “Mana” by the Polynesians. In Greek, it is called “Pneuma”, and in Hebrew “Ruach”, which means both air and breath of life. It was called “Mumia” by Paracelsus (1493-1541), “animal magnetism” by Franz Anton Mesmer (1733-1815) who was also able, through hypnotism, to bypass the conscious mind or etheric/physical brain and give suggestions to the subconscious mind, which is the conscious mind of the human spirit. This vital force was called “Odic Force” by Karl von Reichenbach (1788-1869) and “Orgone Energy” by the American scientist William Reich in the 1940s, whom was also able to accumulate this energy. In 1945, the Czech scientist Robert Pavlita called this force “psychotronic energy”, which he was able to draw off, accumulate, and store with his psychotronic generator. This vital energy can be received, stored, and changed naturally in the force centers of the etheric body, as electricity is stored in batteries.

The emanations of these forces could be seen in the early 1900s when Dr. Walter J. Kilner developed a special screen, through which the ultraviolet part of the electromagnetic spectrum could be observed. This screen was later developed in aura goggles. Soviet scientists Simyon and Valentina Kirlian eventually photographed the energy field, or aura, which surrounds and penetrates all living things, using high frequency in the late 1930s.

Today, the vital force is also known as “subtle energy”, “life force” (energy), “bio(plasmic) energy”, “nerve energy”, “healing energy”, “pyramid energy”, “kundalini”, etc. A scientist from America called it the “life field”, and a scientist from England called it the “morphogenic field”. It will not be long before scientists from all over the globe will explore and investigate this fascinating physical level.

B. The Etheric or Health Aura

The etheric body is also called a ‘health body’ because diseases of the physical body can be first detected as dark spots in the aura of the etheric body, where the flow of vital energy is blocked or depleted. The energy balance of the vital body can however be restored by acupuncture, pranic healing, and so on, and by invocation or faith healing by God and (through) Divine beings.

When a part or greater part of the etheric body is driven out of the dense body by, for example, anesthetics, the subject is unconscious and impervious to pain. When consciousness returns, a pricking, tingling sensation is felt when the etheric atoms are re-entering their physical counterparts. This also happens in a less dramatic way when one of our limbs has been sleeping and wants to return to its normal function. This etheric limb can also be felt for a while, when the physical limb has been amputated.

Just as the physical body can be afflicted by disease, so the spirit or psyche can endure psychological problems. This will first affect the etheric body and then the physical body. Diseases of the spirit body can be emotional, such as lust, guilt, hatred, fear, anxiety, depression, despair, etc. and mental by being prideful, deceitful, judgmental, narrow-minded, confused, doubtful, unbelieving, etc. There are also many problems of the psychic, etheric, and physical bodies and their relationships, such as obsession, multiple personalities, and the temporary or permanent dislocation of the spirit and physical bodies, which result in epilepsy, insanity, and other psychotic disorders.

The etheric body forms a protective barrier between the physical body (planes) and the spirit body (planes). However, the etheric web can be damaged and pierced by shock, ill health (delirium), excessive alcohol (delirium tre-mens), etc. and can easily be punctured by hard and soft drugs. Those substances may open an individual to unwanted psychic experiences from the lower planes and eventually wear down the resistance of the etheric shell to negative forces. The result is that those individuals hallucinate, hear voices, and other abnormal psychic disturbances. They are not only influenced by the lower beings of the spirit planes but also by creatures from the etheric realm. Some of those beings are out to vampire etheric energy (especially from the emanations of blood) of their victims to feel more alive, to materialize, and to act as poltergeists.
However, a good defense against these dark forces is to have a well-developed radiant personality with strong auric emanations. This we may build up by meditation with our *more or less developed Divine Spirits and a close relationship with our Creator through life of intimate communication.

C. The Aura, Its Size and Color

The physical body is surrounded by an etheric aura that appears to be (as some people say) hazy – light blue and gray in color. It is an invisible emanation or energy field following the contour of the body, known as the inner aura. A band of energy radiating from the spirit body (emotional and mental aspect) encircles this, which interpenetrates the etheric body as water in the sand. The spirit person, in turn, is interpenetrated by the Higher Self of evolved people, just like air penetrates water.

The Self, or Divine Spirit, is surrounded by an areola of luminous golden (psychic) colors and is centered on the head as a halo, or nimbus. It has been seen around spiritual masters, mystics, and saints throughout the ages, in all cultures and civilizations. The outer aura in the average individual extends about six to eight feet and is often dull in color. The aura for a spiritually evolved person projects much further and is usually clear and bright. Thus, the size, colors, brightness, and dullness of the colors reveal, in a truthful way, one’s physical, emotional, mental, and spiritual (Divine) well being.

When we meet people, irrespective of religion, race, or culture, we may more or less like them when our auras are in resonance with all or some levels of their being, or not like them when the vibration of their aura is not like our own.

The basic psychic colors and size of one’s aura may remain practically the same for some time because it is what one is and what one has become. However, the movements and variations of the aura’s size and **colors may change many times a day, depending on the moods and thoughts of the person. A burst of anger or lustful desire, for example, may temporarily change the aura to murky crimson and scarlet colors. The aura will change more easily when we again yield to the same emotion. When, however, those outbursts of emotions become habitual, the aura will crystallize and thus be more difficult to change.

In conclusion, we find that the physical body not only has an etheric aura but also a physical aura beyond the visible light spectrum. It is composed of energy fields, such as electromagnetic fields, heat and sound waves, and other emanations, which can be measured scientifically.

D. Life Energy and Its Application

Life energy can be received directly by being exposed to the sun’s rays and indirectly by breathing in the air around us and from the ground we walk on. More of this precious energy can be assimilated by closer contact with nature; walking with bare feet, climbing hills and mountains, touching and sitting under a big tree, or sleeping under a pine tree, thus absorbing prana from the ground and trees.

It is also good to be around flowing or falling water, especially along a beach where the waves are breaking, or after a powerful rainstorm. The surroundings are highly oxygenated, and one can immerse oneself in a field of negative ions, which have a positive effect on our own electromagnetic field. Submerging or swimming in water, especially in salt water, can do a good cleansing of our aura.

We also absorb vital or life energy by eating high vibration foods, such as fruits and vegetables. They should be, however, fresh and in season, when they still contain an abundant amount of life energy. However, when they are preserved or held in cold storage for too long, they lose a lot of this energy. Processed, overcooked, devitalized food, smoking, and alcohol also clog up the channels or nadis of the etheric body and eventually create poor health. It is also advisable, whenever possible, to eat the food which is grown locally because it is usually more compatible with the vibration of our body. Our drinking water should be taken from our natural environment and exposed to sunlight, so that it will contain a great deal of prana. We are in very much need of this life force because many people die early in the morning when it is at its lowest level.

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* See “The Birth and Evolution of the Divine Spirit or Soul”.
** People who can see the auras of others speak of the black of evil, the red of anger, the green of jealousy, the pink of love, and the golden radiance of high spiritual life.
E. Exercise in the West and East

Exercises in the West such as brisk walks, sports, jogging, workouts, and the likes are good for toning and flexibility of muscles and joints. These actions bring more oxygen to the blood and brain and remove toxins from the body. They also generate a great deal of vital energy, thus raising one’s energy level. These exercises release tension, increase our strength, endurance, mental clarity, and concentration.

In the East, in the Yogic and Taoist tradition, much physical stress and strain is avoided by not overexerting oneself. External exercises, such as walking, body positions, and movements are combined with internal exercises. Through following special breathing techniques, the supply of vital energy is considerably increased. Because energy follows thought, the flow of that energy can be directed and circulated through the body by the mind. This energy can also be “pumped” through the system to invigorate various organs of the body by controlled breathing. Through special breathing techniques, one may even feel lighter and may eventually be able to levitate. These exercises, together with meditation, may result in the healing of the body, emotional calmness, and peace of mind. It will also integrate the mind (spirit) and body. It may even lead to Self-realization when our Divine Self or Higher Self is discovered and awakened deep within the temple of our personality or lower self, and is aligned with the ego. In the West, this process is called “individuation” by Carl Jung and “psychosynthesis” by Roberto Assagioli.

Chi Kung and Tai Chi are practiced every morning in many Chinese communities. They teach energy cultivation, thus feeling less depleted and stressed at the end of their workday. Both use the mind, breathing, postures, and movement, together with meditation and self-healing – by massage of acupuncture points – thus building strength for endurance, self-defense, and many other improvements. In any stressful situation, we may enter in a psychological condition known as the “fight or flight syndrome”. In this dilemma, adrenaline is released from the adrenal glands to speed up our reflexes and give us an extra energy boost. In addition, enormous quantities of Chi (life force) are liberated to the muscles so that it is even possible for a desperate mother to lift up a car from her dying son without experiencing torn ligaments or tendons. People who are exhausted may receive an extra boost, and athletes may perform better than they did before.

F. The Flow of Chi

As Chi flows through the body, so does it flow over the surface of the earth through special pathways (dragon lines or leylines) and force centers. The flow of Chi affects and is affected by two forces – Feng (wind) and Shui (water). When these flow harmoniously, more Chi will pass through that area, giving abundant life energy to all forms of life.

The Principles of Feng Shui are also applied to location and orientation of buildings in harmony with the environment and circulation pattern of the flow of Chi. The structure of buildings and homes, as well as the placement of furniture, should be considered in accordance with those principles. We should also take into consideration when designing homes that Chi is denser above the ground than high in the air. In following the principles, the greatest amount of Chi will circulate in those places, giving the dwellers more energy and life. They then will live more in harmony with themselves, each other, their environment, and the universe.

G. How to Develop Auric Sight

For some people, it may take some time to develop auric sight. It might therefore be advisable at first to “feel” the outer and inner auras with your sensitive hands, especially the palms and fingertips. The outer limits of the aura, as well as trouble spots, can also be detected by means of dowsing and use of the pendulum because our subconscious is already aware of this knowledge.

Because the etheric aura and body is part of the physical constitution, it is easier to see than the auras of the spirit – and Divine Self.
Most easily seen are the whirling and spinning dots of air vitality globules against the blue sky on a clear sunny day or just before sunset because they are part of the densest etheric spectrum. We can see them with our physical eyes by using a greater proportion of the rods and cones within our eyes or to see them better with etheric vision. Some esoterics say that the etheric double and its aura, which lies just beyond the visible spectrum, can best be seen with the *third* eye, which is located in the center of the forehead. They say that this is the organ of etheric and psychic vision of a human being. Through it, the etheric auras of plants and trees and etheric beings such as fairies, lower classes of extra-terrestrials (ETs), and other non-human entities, can be seen.

NOTE: Psychic vision can also be detected by the lower faculties of the psychic body.

Another way of seeing etheric auras is to let somebody stand about one foot in front of a black wall (or white wall) in a dimly lit room. As an observer, stand back and gaze or stare just beyond the outline of the other body, with your physical eyes slightly out of focus, like you would look just before you fall asleep, when you cannot look straight, or when daydreaming. You will at first see a band of luminous light following the contours of the skin of the physical body. Its thickness varies with different people, but it is usually between one quarter to one inch thick. Soon thereafter, you will see the two to four inch hazy etheric or inner aura and its emanations. By holding your hands in front of a dark wall and a light behind you and by using your mirror, you can also observe your own aura.

Your etheric sight may be further developed to see the less dense levels by using, for example, imagination or guessing to such an extent, that it is possible to see (like x-rays) through physical bodies, walls, layers of earth, closed containers, and letters. With more practice, you will see, with psychic vision, the auras of the spirit and Divine bodies.

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* Others say that the third eye is a vortex of energy of the three highest chakras and works in connection with the three upper endocrine glands. It is used by the Divine Spirit for spiritual vision, and it is known as the “all-seeing eye”.

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**PART 1**

**PREPARATION FOR THE BIRTH OF THE DIVINE SPIRIT**

**I. Introduction**

Before the birth of the Divine Spirit or Christ-child can take place in someone in whom the original sin is strong and the *good and evil personality* is ruling their life; the personality or ego goes through the experience, of what St. John of the Cross called the *dark night of the soul*, Martin Luther the “wrath of God”, Kierkegard, “despair”, and Carl Jung “defeat of the ego”.

When the ego -good and evil- is strong, the evil in the personality or satanic nature is also strong. The evil nature within the human being or false self of the ego, will do anything to preserve its identity and uphold its domain. The ego as a whole needs to be “broken down” –not eliminated-, so that the satanic nature is no longer dominant in the personality. The purified personality then may choose to become a co-worker with his /her Divine Spirit or Soul and their individual (ized) Spirit (of God).

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*I See Appendix 1

† Satanic nature is also called -evil nature-false self-fallen nature-old nature-dark and shadow side of human nature-the flesh-See also Appendix #4.