

THE ETHERIC BODY

Master E.K.

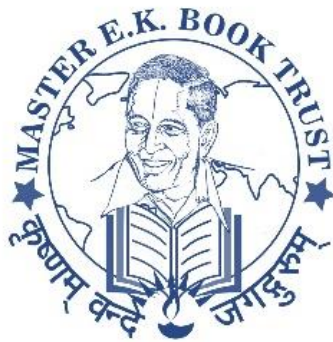
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*Public conference at Geneva, 09 September 1982*

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## THE ETHERIC BODY

TODAY it is something about the etheric body and also about the etheric substance in general. In the modern age, we hear the word the etheric body and the etheric substance since the advent of the Theosophical Society, the founder of which was Helena Petrovna Blavatsky. Since then we find the concept of the subtler vehicles incorporated once again in the mind of man and gradually making their proper position established as concepts in the minds of modern man. Of course, in the beginning there were many hazy and glamorous concepts concerning these subtler bodies because it was something new to the present wave of humanity. There was such a craze about these subtler bodies towards the end of the previous century and also the first quarter of the 20th century. We find that almost every Theosophical Society member contributed some material or paragraph or article or textbook about these subtler bodies. If you just have a glance at the old copies of "The Theosophist" at Adyar, you see a wonderful range of concepts about these subtler bodies until the whole thing became a butt of ridicule. There was also a time when the word Theosophist meant something very disgraceful, because it came to be

understood with the meaning of “the one who invokes departed souls and spirits”. For about twenty years, in the London Theosophical Society, there were people who had activity with devils in the name of theosophy. So, once again, things were to be re-established and the pious meaning of the word theosophist was to be reoriented in its original sense intended by Blavatsky at first.

In the meanwhile, the Theosophical Societies gradually faded into insignificance because of the same type of orthodoxy which religions had previously. The more we try to know how we are different from others and how we are distinguished from others, the more we segregate ourselves from others and then nature segregates us and shuts the door of communication. That is what happened to all the cults that took the form of a religion. The same thing happened to what we call the Theosophical Society. But theosophy has nothing to do with any society. Theosophy means a school of thought that imparts the ancient wisdom; anyone who is really interested in the ancient wisdom of all nations and also the wisdom of the unchanging values that existed as the very residue of human truths can be classed as a theosophist in its true sense. All such people gave us a good, clear idea of the subtler vehicles of the human constitution. It is only since the advent of the

Theosophical Society and the teachings of Madam Blavatsky to the 20th century that the so-called modern minds began to suspect that there was something behind and beyond what we call matter.

If we know only our physical head we are forced to confront some problems and some questions without discovering any answers. If a stone were thrown on the head and if I said “my head pains”, what branch of science can define what pain is? Physics can give us the mass, the weight and the momentum of the stone that has fallen on the head and also the acceleration due to gravity of the stone. Chemistry can give me a beautiful analysis of what minerals and chemicals the stone contains. Physiology and biology can give me the structure and the formula of the biochemistry of the head and the skin on the head. We can very easily calculate the weight and volume of the stone and the head. We can make a beautiful column of the statistics we gathered and nowhere we can find an item called pain.

If we ask an optician what is the relationship between the object and the image, or a doctor about how we can see objects with our eyes, he will explain to us the phenomenon of object and image and the properties of a biconvex lens and he can detect the

image on a screen and show it to us. But what he is missing wonderfully is that, although there is no doubt that the object can throw its image upon the screen, the screen cannot see the object or the image; the whole thing can be thrown upon the screen of our eyes, the screen behind the eye cannot see it, but we see it. When we ask “what is sight”, the optician can explain to you only what is light and till today, there is no science which can define what sight is. The same thing with hearing. If I can listen to you and I ask the anatomist or the physiologist how the phenomenon goes, he can explain only about the ear drum and the nerve that is working in the ear drum and also he can graphically show us the sound vibrations that travel through space. That is about sound, but we asked him about hearing. So what about smell? The medical man assures us that there is a membrane which captures smell and that there are buds on the tongue which can capture the taste. That much we ourselves know, we do not need a technician to explain it to us. Even a child or a dog or a cat knows that its tongue has taste, but if we expect something from the objective scientist about the definition or the description of these phenomena, the answer is clean ignorance till today. If there is anyone who can give me a definition, I am ready to learn it and teach it to others.

The person has to accept that when a stone is thrown on his head he has pain. Ask what is pain, according to physics or chemistry or biology or medicine or anatomy. Pain is personal. He has to accept that there is something going on beyond the physical. Pain does not exist in any cell of the physical body or the atoms of the tissues of which the cells are made up. One day we will find that pain is not physical. I may say “I have pain here”. I may say “I have a headache” – the location may be physical but pain is never physical. Pain is what is called sensation which has no place of expression on physical matter. If I say “I have arthrose and pain in knee”, it means there is something wrong in the matter of the knee, but the pain is in the knee-centre of the mind but not in the knee-matter of the knee. The same is the case with all the sensations. If I say “the pudding is tasty, the tongue can taste the pudding very well”, it is false. It is the mind that is tasting through the buds of the tongue. When we have a local anaesthesia to the tongue, then there is no taste. This is what is known as sensation.

Behind sensation there is feeling, behind feeling there is what is called the form of feeling which is translated into a vibration of feeling and which is translated into what we call an idea. This is possible only in the case of the human and animal beings. In the



plant kingdom it is not possible. Now he has to accept that beyond the physical matter of his head and skull and the fine, thin matter of his brain cells there is another quantity which is unknown, another existence which makes us understand pain and pleasure and sensations and all these things. If someone calls this the subtle body, sometimes the pure materialist may laugh. He says: "I don't find any subtle matter there. If I analyse the tissues of the head, there is nothing except what we know as the chemicals in the chemical laboratory. All are only well-known elements and compounds, not very rare things". So he may assure us that there is nothing except the minerals and the chemicals, nothing like what you call the subtle body.

In the early days of the Theosophical Society, when for the first time the centres of energy along the spinal column were explained and the original Sanskrit and Tibetan texts about the six chakras and the seventh one, the head centre, were quoted, great intellects laughed at it, especially doctors and their children and their near, dear friends. They assured us that they could find these chakras neither in the anatomy theatre when they dissected a corpse, nor in the body of a living organism when they took the radiography of the living body. Then they totally denied the existence of these chakras. So, when they denied the existence of the

chakras how can they accept the existence of a consciousness in the “hollow”? The fine, narrow, hollow tube within the vertebral column and within the cord itself. There may be space here, but how can there be any consciousness in it? So, when they said that its name was Sushumna, they laughed at it. On either side of this consciousness, two other consciousnesses, one solar and the other lunar, are existing in our vertebral column. They are called Ida and Pingala. They said: “It is all nonsense, ignorance, superstition, we don’t believe that which we do not see or find”. The one question put by Mme Blavatsky to all these fellows was, “do you have mind?”. They felt insulted. “If you have, please show us your mind. Either allow us to dissect your head and see your mind or show us something like mind in any corpse in the anatomy theatre”. They blinked, does that mean they had no mind? She asked them, “do you have common sense? If you have, show me”. They could not show. She asked, “does that mean that you do not have any common sense?” So where does common sense exist? It exists in a plane called mind. Where does pain exist? It exists in a body called the subtler body.

In course of time, man could understand the existence of all these subtler bodies and the Secret Doctrine of Helena Petrovna Blavatsky gradually

became popular among the non-Theosophical Society members and influenced the intellects of every branch of learning and produced wonderfully desirable changes in the scientific thought of this century. This no one can deny. But excuse me, the Theosophical Society members can never boast of this knowledge, because they are the only fellows who did not read her Secret Doctrine. If anyone at all through one century and a half has gone through the Secret Doctrine from leaf to leaf, it may be two or three among the Theosophical Society members of the globe and not less than two thousand non-Theosophical Society members on this globe. Those who try to understand it and those who try to propagate it and those who try to influence the scientific thought in the light of the writings of Blavatsky, all of them happen to be non-members of any Theosophical Society till now. It may be always true that the prophet is never honoured in his own village, but wonderfully, today we have many people who know these subtler bodies.

Let us try to understand one of these subtler bodies, called the etheric body. We can imagine our existence in terms of layers from outside into the depths. We have what we call the physical, which we know to some extent and which the anatomy theatre fellow knows much. Then we have to question how this body is

moving, how the parts are animated. If at all I want to hold this glass, how is it that my fingers are gripping it? Matter cannot do it and you cannot demand any function of matter. If we believe that it is matter that it is doing all these things, that means we believe that this wire is electricity. Electricity is flowing through the wire, wire can never be electricity. Similarly, force is flowing through the cells of the matter of our body and force can never be matter. The force state of existence is different from the matter state of existence and they are interconvertible. That is for the first time explained to us by Albert Einstein and there were people who laughed at him. Still there are a few people who laugh at him, just as there are people who laugh at the sun and the moon.

If force and matter are interconvertible, we can understand very easily that a block of ice and the water upon which the block floats are interconvertible. Just as water and ice are only two states of the same substance and they are not at all two entities or items of existence, so also matter and force are two states of the same existence and not at all two different entities. They cannot be “x” and “y”, but they can be “x1” and “x2”, that is, interconvertibility. Under certain conditions, the force state of existence becomes the matter state of existence and when the conditions are reversed, the

matter state of existence is reverted into the force state of existence. Like that we have the matter state of existence but we have also the second one, the subtler body, which they say is made up of astral matter. But the one exists in the other though they are the two states of the same existence. We find in-between some semi-physical existence. It is not completely physical but it is not totally free from being physical. We have some such existence between the astral matter and the physical matter in us. You can ask how we feel the touch of air – it is because air is also molecules of gas, physical in nature. No doubt, accepted, but if you switch on the light in darkness, what is it that makes my eyes feel the light? If air were to be physical of its molecules, is light physical of its molecules? The answer is “blinking” – total ignorance till today.

We try to explain that light is also a state of matter, but it refuses to obey in terms of matter. Then we try to explain in terms of force, that light is a form of force. Again it totally disobeys us in terms of force. That is the fate of the position of the concept of modern science about light till today. So, it is both matter and force. The people of one religion believe that it is force. The people of the other religion believe that it is matter. So, there are two religions in modern science about light. If we can understand light as an existence which has the

properties of both matter and force, then what is the response of the eye to light? Is it physical? No, it is sensory. Just as the physical body has a vehicle, so also the sensory body should have a vehicle of its own. Just as the physical body has its own tissues, the sensory body also should have its own tissues and that body is called etheric body.

What is it made up of? It is made up of ether. The scientist says, “we don’t accept the term ether”. O.K., we ask him, “what do you mean when you explain to us that it is alpha rays and gamma rays, beta rays, etc.? or x-rays, infra-red rays and ultra-violet rays?” That means rays beyond the known rays and rays below the known rays. Are we to accept the terms beyond and below as scientific? Are we to accept that Alpha, Beta and Gamma initiate us into the greatest secrets? And the word “etheric” does not initiate us? After all, Alpha, Beta, Gamma are only symbols used and they do not signify anything at all. (change of tape...) The word ether signifies many things which the modern scientist has not yet understood. Had he followed the school of thought of Albert Einstein and his followers, the modern scientist would have understood things long ago. But not all can be Albert Einsteins. So, here there is a difficulty in accepting and understanding the etheric matter.

Another question: “When electricity is flowing through the conductors, we are very familiar with the conductor and its metal, as familiar as with the conductor in a bus. But we want to know what is flowing and what electricity is made up of. It is a flow and a current, you accept and I accept it. We accept that it is conducting so many functions, but what is it made up of? Beyond atoms we should travel, but matter never exists beyond electrons. Electricity exists beyond electrons. So, existence is there beyond matter and we have an existence which is not at all material in its nature. If we can understand that electricity has existence, there must be a substance of which electricity is made up. It need not be matter, but it should be substance. Matter means materialistic, but substance need not be materialistic or physical. Accept that there is a substance of which the electricity is made up and then once again ask the physics professor to tell you what is flowing in the lines of the magnetic currents. It is not the iron piece part of the magnet, that definitely we know. Just as we are not our physical body, magnetism is not the physical piece of the magnet. No one can deny that great beings are travelling from one direction to another direction in the magnet and that they are travelling in an orderly and beautiful way with their “traffic rules” wonderfully observed. See how the

traffic rules of the magnets are observed. See how the traffic flows in one-way direction and then we force the traffic to go in the wrong direction when there is a red light by pushing the car in the street. This is not possible in the case of the kingdom of magnets. A highly educated citizen may sometimes push his car through the street when the light is red, violate the traffic rules, meet with an accident and be dashed to the ground, but never any of the citizens who exists in the city of the magnets.

So, what are these fellows made up of? How are their bodies made? The same thing we called electricity. In one particular condition it is called electricity, in some other condition it is called magnetism, both being interconvertibles. In Geneva it is called Swiss francs, in London it is called pounds. Both are accepted in the bank for an exchange. Similarly, we have the “pounds” on the etheric plane which we call the units of electricity and the Swiss francs which we call the units of magnetic energy. Sometimes we exchange and interchange them according to the need. We use a magnet to produce electric currents. We use an insulated wire to charge the armature, so we produce a motor and a dynamo according to the need. These are the wonderful banks where we exchange our pounds and Swiss francs. But the common thing is money, whether



pounds or dollars or Swiss francs, it is money, about which the miser and the physical plane materialist can have fantastic ideas. But to a real student of economics and a real student of spiritualism, there is nothing like money there existing, except the paper or the coins which we accepted, which are useful neither to eat nor to drink. What is there is goodwill. The goodwill that is due to you from me or the public. That is what we blindly call money, until we become spiritualists.

Here, the money of the physical plane is the etheric substance. It can be transformed according to the need into any of the functions. How does it exist in the physical matter? Does it exist as a layer under the skin? No. You see how cotton is made into a fabric or a string and cotton is different from the yarn taken out. Similarly, understand your physical body as the cloth or fabric made up of yarns and your etheric body as cotton. What is the relationship between what we call the cotton cloth or each of these yarns and the cotton? See how in the yarn cotton exists, see how in the cloth both yarn and the cotton also exist. If I say, “there is cotton in the cloth”, that does not mean that under a layer there is something like cotton, but there is as much cotton in the cloth as there is cloth. The fact is that there is no cloth at all except cotton. We can call it cloth-state of cotton. Similarly, what we call physical body is only a myth, it is

only a false idea. It is as it appears but it is not what it is. What it is is etheric matter, what is felt and how it appears is what we call the physical matter. In such a way the etheric body exists in us as much as our physical body exists. It is also the same dimension as our physical body because our physical body is nothing but ultimates or the results of the existence of the etheric body, just as the ice block is only a state of what we call water. Can we call water a second item which is different from water? So, ice block cannot be a second entity to the water on which it is floating, and the physical body can never be an entity in itself and an existence in itself at all.

The ancient scientists compared the physical body with a soap bubble. See how a soap bubble has air inside and air outside and how the equilibrium of the two airs maintains the bubble state of soap. In total there are only two items in the bubble: one is the air and the other is soap matter. But in effect we have a third thing that we call the bubble. Similarly, we have our physical body, which is not an item at all. This is one thing which is to be understood about the etheric body.

The second point which is to be remembered is that if we put some gypsum powder or calcium upon the skin, the skin cannot accept it and we have to wipe it

off. But it is a fact that our tissues contain calcium and calcium compounds. Why is it then that when we throw some more calcium, the skin does not accept? Had it been the case our friends would have made us a picture of calcium. The body is different from the calcium outside. That means, all the chemicals and minerals that are there in the earth can be accepted into your body, but only into the shape of your body and the nature of your body, in terms of the rules of your existence, otherwise nothing can be accepted. We eat bread, we eat potatoes, we drink milk, etc., but we are not being converted into bread or potatoes. The chemicals that are there in our food are being translated into our own existence. Your shape is standing constant and the matter is taken in according to the need into your shape and then thrown out according to the situation. But the shape is not disturbed by anything. If at all the shape changes, it changes according to the law of age and growth. The face and the features may change through a period of forty years, but your friends can recognise you anywhere on the street because the shape is due to your etheric body, not physical matter. There is the mould on the etheric body, which you can call the signature of your body, and only into that signature the material is being thrown daily. So, what we call shape belongs to the subtler bodies, not the

matter of the body. There are intelligences who preserve shape in the etheric body. For example, if there is a little injury on the skin, the shape of the injury continues until it is healed by the many doctors working in the skin for 24 or 48 hours. If you make a little injury with your nail on your skin, that mark continues for about half a minute or one minute and the intelligences of the etheric body are maintaining that mark so that it is properly healed within a few minutes after you made an injury like this. So, that is the nature of the etheric body. It preserves shapes and according to those shapes the physical matter stands. Or more correctly, the physical state of the body exists according to the shape that is printed upon the etheric body.

We recognise each other because of the shape of the etheric body, not the physical body. See how the corpse changes its shape within hours. It is because the etheric matter is decentralised and disfigured out of its shape. It is not that there is no etheric body in the corpse, but there is no centralisation in the corpse. There is the etheric matter just as there is the physical matter that is busy getting analysed into decay. But since there is no centralising agent called the Ego, every cell in the physical matter declares its independence because the government is dead, and the result is that the corpse loses its shape according to

the individual shape of the cells that are decomposing. This is in short the relationship between the physical matter and the ether matter.

When we are getting emaciated and losing our flesh due to some disease it is the etheric body that is emaciated first and the result is, we find that the physical body is being emaciated. When we try to feed the physical tissues with physical medicines, the emaciation will be temporarily checked, but the moment we stop taking these vitamins and medicaments once again the emaciation occurs in a very rapid way. These are the changes that occur in the etheric body first and then we observe them on the physical body. We think that the physical body is being emaciated. Similarly, a person gets bloated and bloated in his flesh gradually. Though he takes all the care to control his diet and begins to fast day after day, he is never reduced because obesity is not a physical change, it is a change that occurs in the etheric body and then the etheric body invites the material of our food into the cells to be hoarded in the etheric body. If you want to regulate your physical body and if you want to make it thin or thick, if you want to keep it shapely, the care you are expected to take is of the etheric body and not of the physical body at all.

There are certain rules that are to be observed when the etheric body is free from pollutions and then only it produces physical tissue free from pollutions, otherwise if at all there exists any pollution in the etheric body, the physical body will be continuously and repeatedly polluted, even though we take the greatest care of the hygiene in its physical sense. So, mental purity is also as important as, or more important than physical cleanliness. Our mental attitude about our shape and about ourselves makes our shapes regular or irregular. If we have shapely concepts and ideas about others, if our thoughts are progressive about others, if our thoughts are of a helping and loving nature about others, if we believe in the principle of sympathising, cooperating, the principle of goodwill, then our thoughts become shapely day by day. They will regain their original purity and proportion, the etheric body will have a change into a proportionate shape of body, and gradually the physical body is changed. As long as there is a noble purpose, the purpose gives a shape to the mental body, the mental body gives a good shape to the etheric body, and the etheric body adjusts the physical body into a required shape. But as long as we live without a purpose in life, it is only the daily routine and the type of life we live that decides the shape of our body. When there is no purpose at all for

our life to live, then the theory of use and disuse comes into practice. Those parts of the body which we use, they begin to become more and more active and the other parts gradually dwindle.

Suppose a shop keeper sits in his shop daily from morning to evening, not having many movements or journeys and not having any ideas at all except about his own business, his family, his wife, children and his food, drink and the immediate needs. Then gradually his body becomes unwieldy for him to manage because the mental body discovered that he never uses his body. Then if he begins to fast or starve to become thin, it is not possible. But at the same time, if he has a purpose in the mind and is an active member of the merchants' association of the town and has constructive ideas about the commerce of the city, the same fellow never develops such a disproportionate body though he sits in the shop from morning to evening.

So, it is recommended by the great people to have some purpose in life and preferably a positive purpose, powerful enough to make us live without any nervousness about our own needs, a purpose which makes us forget about our own needs and existence. Automatically we will discover that our existence is not

a problem at all and that it does not require any special attempt at all. The work we do will provide us everything we want. So, when you grow to such a mental condition that you do not remember yourself while you are working with great interest for a noble cause, then your etheric body is daily purified with the showers of new etheric substance, just as some people inhabiting near forests and rivers are lucky enough to have the chance to swim in the river daily. So, they have pure etheric bodies and as long as the etheric body is pure, the physical matter is bound to be pure, because from our food and drink, the body accepts only that which is pure and rejects that which is not pure. There is an automatic filtration of what we take. This is another point which we have to remember about the etheric body.

What we call chronic diseases, the diseases which recur again and again in spite of repeated medication, they all belong to the etheric body not to the physical body at all and as a result, they can never, never be cured with medicines at all. We have to change our habits and our attitude towards life and our attitude towards the members of our family and our neighbours and friends and colleagues. Until we make radical changes of our own ideas about others and our own ideas about money and our property, there will be a serious flaw in one of our concepts which works as a



keynote out of tune with our life, and the physical body always responds in terms of the wrong keynote which we have in our concept. The result is, we respond wrongly to our food or drink or sex or sleep or work and continuously the physical body cells are disturbed. When we begin to cure the physical matter, once again the stream of thought is driving a current of etheric force in the wrong direction and the doctor will wonder why the disease recurs mysteriously. This is another point which we have to remember.

Exposure to sun daily at least for one hour or two hours is absolutely necessary to have a pure and daily cleaned etheric body. Why? The matter of our etheric body is in no way different from the matter of the sun's rays we receive. What we call light and what we call heat are the sensations caused by the etheric matter to our body. So, the solar heat and the solar light are a must to everyone. Those who expose their body to the sun's rays one hour every day, they have their etheric bodies daily cleaned and purified. Also running water of a river or a stream will help a lot in cleaning the densest part of the etheric layers of our body.

Then, the etheric body is the cause of what we call regular and irregular patterns. For example, we see a flower and we find a symmetry in the arrangement of

the petals. Where does the artistic sense exist? Not in the eye of the fellow who observes the flower, but in the etheric body of the flower, which is a part of the etheric body of the plant in which the pattern or the model of that particular flower, bud and floral formula exists. The number of petals and the arrangement of petals, everything exists as the model in the etheric body of that plant and the difference between the flowers of one type of plant and another type of plant also is due to the etheric body of the plant. Similarly, we too have a floral formula, a flower diagram or a symmetry of expression to our etheric body. That is given to us daily by the sunrise, sunset, noon and midnight. The day and night in their duration of the diurnal activity of the earth work as the four-petalled flowers to every one of us, along with all other living beings on this earth. Every one of us daily receives the model of these four petals on our etheric body. When we know how not to disturb or destroy it, when we know how to preserve it and make it more strengthened, then we have the benefit of health, joy and ease in life.

How to preserve it? Have your own programme in the day also fixed up at some hours and have one, two or three items of your daily routine, as many as possible according to your way of living and possibilities (change of tape) and see that you do the same thing at the same

time in the same place. That establishes your floral formula and floral diagram on your etheric body. If you choose to pray at 8 a.m. today prefer to maintain the same time tomorrow and the day after, etc. And unless you are removed from the place by journeys, you prefer to have this same room and the same position and the same direction for your meditation. So, these rules for meditation are highly scientific. They are prescribed by the ancients to regulate our subtler bodies. Establish what is called the “regular figures” of expressions of the etheric body. So, this is the one thing which is most desirable. Have some of the items of the day fixed up for the time and the place, but they should be something different from your daily office and profession items, because office activity is routine activity and not original activity. Suppose a musician is sleeping after a beautiful dinner in the night and throughout the night he begins to snore. If his wife boasts that her husband was singing all through the night and that it was all music, is it correct? He may be a musician, it is true, but he is only a musician when he is awake. While sleeping he is no more a musician. Similarly, we cannot have our routine work as our practice for the etheric body. You should have some other items, other than the routine. They may belong to some branch of art, like music, or painting, or picture drawing, or poetry ,or it may be

something like Yogic way of routine, that is, practice of meditation according to Patanjali, or regulating your activities in the path of devotion, daily trying to offer yourself up or dedicate yourself up to your own God. All such attempts when done continuously with a purpose and devotion regulate your subtler bodies, clean your etheric body and make it healthy and pure day by day. These methods are far more scientific than what the scientist knows about you. So, the one duty is to see that the etheric body is kept pure and regular-

A good understanding of the network of the etheric body is required. Suppose there is a thick blanket made of cotton, a sheet of cloth to make your own pants, another, thinner than it, to have a T-shirt, and a thinner one to have as handkerchief. See how the one differs from the other, though the whole thing is made up of cotton. So you find many types of fabrics in cotton. Similarly, you have many layers of etheric substance in your etheric body. The one attracts the heat and light from the sun's rays. That is the most important. As long as that centre is working, we are expected to live without any medicines and there is no possibility of our contracting any disease at all or any contagion at all. That centre is what we call the spleen centre; not the spleen, but the spleen centre in the spine, which the ancients called Swadhistana. It is responsible for the

number of calories of heat that is being produced in your body. Why the corpse does not produce any heat? That centre is closed and it attracts no more solar rays. You can ask me, “how can we attract the solar rays during night time, after sunset?” Solar rays attracting does not mean directly when the sun is looking at us. It means the influence of the sun upon the earth, showering its rays wherever we are in whatever angle we are from the sun. It might be night or day, our spleen centre is attracting the energy from the solar rays.

There is another function to this spleen centre. It converts the energy of the food material into the calories of heat. The food is taken in and it goes through the digestive system. It gets digested and analysed and eliminated. What are we getting from the food? We believe that we are getting the essence of the food. No doubt, up to the level of blood we are getting the essence of our food; to some extent it is true. Beyond the level of the physical tissues we are not at all getting anything. Then what for is this food material being utilized? What for are the physical tissues being utilized? Are they maintaining us? Are we living, eating the physical cells of our body? Not at all. What is the purpose served by the wick of a candle when the candle is burning? Is it feeding the light of the flame? Not at all. Is the oil feeding the light of the flame? Not at all. The

oil is providing millions and millions of intelligences travelling towards the flame and the wick is the bridge upon which these workers are travelling towards light. Fire is there in space, but it is made visible fire by these intelligences and it is made heated fire by these intelligences and also lighted fire. We see the original fire decomposed into heat and light. That is what the Devas in the candle units and the wick are doing. They are never bringing any light. There is already fire in space, which they are decomposing into light and heat, just as a dynamo or an electromagnet does. Similarly, the same thing, the same purpose is being served by food in our constitution. Your consciousness is not strengthened or enlightened by food, but the decomposition process that takes place during the assimilation and metabolism releases energy from the food atoms and this energy is not at all physical. It is released in terms of calories of heat and when the purpose of the fuel is finished in what we call food, once again, the matter is thrown away. New material is taken in the form of tomorrow's food and the atoms are decomposed to make a release of the extra calories of heat required tomorrow and the material substance is again sent out.

So, no one of us is eating food in its real sense. Food is to our body what fire is to cooking, what fuel or

the firewood is to cooking. No fool mistakes that the wood in the fire is taking the shape of the food in the vessel. Similarly, when you know about the etheric body, you will understand that you are taking nothing from your food. The calories of energy in the form of heat is taken from the food material and previously it was stored in the food materials from the sun's rays and after receiving it is transformed into either electricity or magnetism or radioactive principles. That is the reason why our health or our span depends upon our capacity to assimilate, not the quantity of food we eat. What is it that we call our strength? Our resistance? What we call our strength is the quantum or the capacity of our etheric body to extract the required number of calories from food. When this capacity is feeble, when the passage between the etheric body and the physical vehicle is narrow, we say that the fellow is delicate in health and weak in constitution. What happens if you feed the strongest foods to that fellow? He immediately goes sick and dies. What happens if you feed him with all the vitamins and the proteins of the world? At first he begins to improve a little, afterwards there is no improvement at all and if you still push some more vitamins into the constitution, he goes into one type of sickness with a series of reactions. These are some of

the factors to be considered when we become conscious of the existence of the etheric body.

The spleen centre controls the number of calories required according to the temperature outside. When it is chilly outside, it produces more number of calories and keeps the body hot or warm. When we go to the hot countries, when the temperature is too much, it makes a perspiration of the body and keeps the temperature less. We have automatic regulators of temperature according to the climate. So, when we do not misuse it and when we do not prefer to use the air-conditioning apparatus frequently, the spleen centre remains active for a very long period of life, preserves its capacity to adapt to the environment and the basic health is not disturbed.

Similarly, there is another centre which we call the base centre or Muladhara. That centre controls the solid material of the physical body, so that the required quantity of the required chemicals like calcium, phosphorus, sulphur are accepted into the constitution through our food. When that centre is disturbed, there is a disturbance in the physical tissues in the body.

And there is another centre which we call the navel centre or Manipura. It controls the water content of our



constitution and when the constitution requires water it makes us feel thirsty. When the constitution is cleaned, it empties our bladder. So, there will be a proper distribution and a qualitative and quantitative control of water in our constitution by the Manipura. What we call chakras are the fabrics of various textures of the same cotton which we call the etheric matter.

Then we have what is called the heart centre or the Anahata chakra which controls the pulsations of the muscles and nerves of our body, which controls the expansion and contraction of every part and every centre of the body, which we call the peristaltic action of the body. For example, the lungs are controlled in their expansion and contraction to respire. The heart is controlled in its expansion and contraction and so, there is the function of the heart. When the etheric centre of the heart centre is disturbed, there will be a disturbance in the cardiac functioning, which the cardiologist can never understand, because the cardiologist is concerned only with the physical heart and its muscles and nerves. Functioning heart is different from the structural heart. Here, the functioning heart is what we call the etheric centre. This heart centre controls the pulsations of any part of the body.

What we call the throat centre controls what we call the sound vibration. That means, our relationship with the space in which we live in. There is a bolt fixed between our physical body and the space in which we live through this centre. The bolt exists on the etheric body because space is ether in its content, just as a vessel immersed in a river is filled with the same water as the river and has its own connection at the lid with the water of the river. Similarly, the throat centre keeps the connection between our body space and the space outside and it works as the regulator of our space consciousness.

Then we have what is called the brow centre, the Ajna chakra. It fixes up the physical matter to our mental body. There is a bolt to our physical body, with which the physical matter is fixed up to our mind.

These are the popular functional centres in the etheric body which control solids, liquid, fire, air and ether and mind. So, this is the ladder for us to climb up from our physical earth to the finer and finer kingdoms up to God. These centres are located in the etheric body and every day, the etheric matter is absorbed from the sun's rays and our earth has its etheric body only made up of our sun's rays. Through these fabrics of each of these centres our thoughts travel and they are

galvanised and the result is that the force is channelled through the cerebro-spinal system and the etheric matter of the etheric body flows uniformly as a current or river with its branches into the many limbs and organs according to the need, serving the purpose of healing, nourishing and feeding.

The more we become conscious of the existence of the etheric body, the more we come to know of the laws of nature working upon our constitution. We will understand the strange phenomena which we call appetite, thirst, etc. We will understand the real meaning and significance of these phenomena and make a better use of those phenomena. Generally speaking, thoughts are conditioned by the etheric matter in our body, but when some part of our etheric body is damaged, thoughts automatically travel in a damaged way in our mind. So to say, when there is a spot of vulnerability in the etheric matter there is a weak point and a vulnerable spot in our thinking also, and though we know that something is wrong, we accept to do it. So, the rupture in any part of the etheric body not only conditions our thought currents but also it chalks out a deformity in our habits and behaviour and as a result it produces abnormal growths of tissues on the physical spot corresponding to that area. See how sometimes, when we have some growth of muscle or

some tissue, we get it operated but once again we get it. If there is a polyp in the nose or ear, many times when it is cauterised, once again it is got. When there is a lump, when it is cut or surgically operated, once again it occurs in the same place. An obstinate ulcer which refuses to heal on the physical plane when it is medically healed appears again on the same spot after some years. A skin disease like eczema, after it is totally cured on the physical plane, appears exactly at the same place again and again, because the diseased spot exists on the etheric body. not on the physical body. What is the use of our washing the physical cells with medicines? When water is polluted with ink and made into an ice block, what is the use of washing the ice block with water? Similarly, an impurity or a pollution that is there on the etheric plane can never be cured by physical means. So, Yogic methods and good food and exposure to sun and fresh air and water are the only remedies. Even these methods are only temporary unless the thought becomes progressive.

The more and more we begin to grow positive about the welfare of others, the more and more automatically the etheric body is made pure. As you know, the statistics in the world show that the healthiest and strongest people are found among those who think of others' health and others' welfare and who have no time

to think about their health. You will find a resistance of a very rare and high order in their constitution. They will be radiating life and light, faces beaming like children. So, this is the main clue for everything.

The more we try to rectify the faults of the etheric body, the more the thoughts are regulated and rectified, but at the same time, the more the thought is regulated, the sooner the etheric body is cured of its defects. There is a peculiar vicious circle which is to be known in the end. See how the universal consciousness produces etheric matter and etheric matter produces physical matter, physical matter produces our own body and the physical cells of our brain form a seat of our mind. See how the material plane becomes the seat of our existence and appoints the mind to protect the physical vehicle. See, our mind is made manifest by the physical cells. Without the physical and etheric cells, there is no manifestation of an individual mind. That manifested mind is appointed to take care of the physical cells. It is a circuit. Matter manifests mind and mind is expected to take care of matter. So, a riddle we cannot understand is the beginning. It was said there was an insane fellow and the doctor advised that he should be married, then he would get cured. The father of the girl advised that he should be healed of his insanity, then only he would be ready to give his daughter. To marry he should be

free from insanity, to be liberated from his insanity he should be married, medically speaking. That is the condition of every human being in this physical body. Every moment mind is manifested through matter. Every moment the mind is expected to frame rules and protect the matter. So, there are only two people left in the jungle, the one has to protect the other.

So, on the etheric plane, whenever the etheric matter is ruptured, the thoughts are ruptured. We are expected to protect the etheric matter to protect our thoughts. But the next step of your evolution is that in whichever direction you direct your thought, the fabric of the etheric matter begins to travel in that direction. If you produce a new dimension in your thought about some fine art or about some healthy occupation to the mind which was not there with you previously you will produce a new centre of interest or a nucleus just as you make a channel towards your own field of wheat from the river. Then you will be able to tap the water of the river into your field. (change of tape) The matter of the etheric body begins to take that direction and forms a beautiful centre of force.

So, thoughts properly directed rectify the deformities of the etheric body and physical health is automatically established. This is the next stage of

evolution which is called the Yogic evolution. In the previous stage our thoughts are controlled by the lines of force of the etheric matter. That is what we call the force of habit. In the next stage of evolution you will understand the unfailing force of what you call habit and you will direct the force of habit into the positive and required direction. Instead of fighting against your own emotions and faults and wasting your life and energy, you will be producing new channels of thought towards devotion and positive values. For example, if you are suffering from outbursts of anger, hitherto you were trying to get rid of your anger and fight out anger. The result is, you are more conscious of your anger for more number of hours in the day. You are meditating upon anger and the result is, you are growing angry against your own anger. That is the fate of those who fight against their weaknesses but after attaining a certain degree of evolution you will know the secret, you will understand how the mind is deceiving you and you will know how to deceive it. Now you will begin to shower your devotion and begin to love people who want your help. You will arrange your daily routine in such a manner that you have no time to think of your anger and fight it out. Within an incredibly short period of one year, you will find that you are freed from the devil and if some old friend asks you, “how is your anger?”, then you will

recollect that long ago you forgot about it and now you are reminded of it. That is what happens when a thought current is well directed. It makes a new channel of the energy of the etheric currents and the result is what we call a new habit engrafted and we do not remember what has happened the old habit. If we remember that it is gone that means it is not gone.

So, we are expected to encourage this change in evolution by ennobling our thoughts, wilfully and intentionally. Encourage the action of your etheric substance in the etheric body by proposing something noble, something benevolent and something useful, so that you are always active and have no time to think about your own defects and faults. This is something useful about the etheric body and thank you all.