

Bringing the Spiritual, Emotional, Mental and Physical Bodies into Alignment and Harmony

A person's ability to ascend depends not so much on the perfection of the spiritual, emotional, mental and physical bodies as much as their harmonization in unity with higher consciousness.

You may be familiar with the parable which provides a spiritual analogy of the master, the driver, the horse and the carriage. The carriage is the body, the driver is the mind, and the horse is the emotions. In this parable, the horse has not been fed, and is not properly harnessed to the carriage, there are no reins connecting the driver to the horse, and the carriage is in very bad condition. This is a marvelous allegory of the complex organization of man, consisting of four parts which may be connected, unconnected or badly connected. The carriage is connected to the horse by shafts, the horse is connected to the driver by reins, the driver is connected to the master by the master's voice. If something is lacking in one of the connections, the organization cannot act as a single whole. This means that if we are seeking to bring our four bodies into harmony and alignment, it is necessary to work on the bodies themselves as well as the connections between them.

By observing the bodies which all are a part of our integral whole, we can also see how they are connected. We can observe our physical body, our carriage, for clues to what is happening in the emotional and mental bodies. Observe your posture, is it hunched and contracted or open and relaxed? Is there tension in the body, tightness in the muscles? How is your breathing? Is it rapid or shallow? Are you sighing? Do you have a feeling of suffocation? All of these are indications of underlying emotions such as unease, guilt, anger, anxiety, sorrow and fear. If the inner observer, the silent witness is present, balance can be rapidly restored with a conscious breathing exercise for even just a couple of minutes, a most effective way to consciously link the respiration and the nervous system. Or if thoughts and emotions are out of control, you can take your body for a walk. It will bring you back into harmony and your energy will flow.

The act of witnessing brings insight and self-knowledge. Many are here on earth to work with, to clear and heal the emotional body. Lower vibrational thoughts and emotions such as hatred and jealousy, cannot enter the fifth dimension, yet

they are a natural occurrence in the third dimension. The emotion of the highest vibration which is most conducive to inner harmony and unity is love, however in the third dimension love can so easily turn to hatred. The emotional body has not evolved the way the mental body has. The mental body is highly developed on earth because of the formation of language and speech in order to convey more complex thought as the thought process developed, but the emotional body has remained in a more primitive state. The energy and development of the higher mental body can assist in raising the vibration of the emotional body so that we can come to experience the higher fifth-dimensional emotions of compassion, forgiveness, equanimity, understanding and acceptance. Shifting to a higher perspective with your emotional body will help you gain a greater understanding of why people act certain ways. You still might feel anger but even while feeling angry, you can bring in compassion and choose to respond with compassion.

Our difficulty with the emotional body is separating ourselves from the emotional state of the moment. We are identified with it, take it for granted and do not challenge it. If we can observe our emotional body in a non-judgmental, non-identified way, we then have the opportunity to not go with the emotion. We need to observe all the emotional reactivity of our lower self. Negative reactions are our teachers. They help us discover what we may still hold in our belief systems and come to better understand ourselves so that whatever is found can be released. In alchemical teachings, turning lead into gold, there is always the idea of a retort, a vessel, something that cannot be penetrated by wrong influences, which brings together all the essential parts of a man by means of a certain friction, transforming all these parts into a new body. This is a powerful metaphor; the friction is our struggle. If we indulge in negative emotions such as self-pity or envy, our vessel is leaking.

Negative emotion is one thing, and its expression is another. If you express a negative emotion, you are in its power at that moment and can do nothing. If you are able to control the expression of the negative emotions, they become easier to observe, struggle with and gradually eliminate. If you take note of your feelings of annoyance, resentment and their circumstances, this information can be very illuminating over the years, and throw light on such things as feelings of entitlement, not getting what we feel we are owed and deserve, unmet requirements, and habitual attitudes imposed on others.

Our thoughts create our reality, and we can use our mental body and think in a new way to awaken the emotional body and create right attitudes. The mind is the processor, and new thoughts and ideas can lead the master to enter the carriage and tell the driver where to go. Right thinking has power over negative emotions. Seeing how much we lose by spontaneous negative manifestations we can mentally prepare ourselves ahead of time and catch the negative emotions as they begin to arise.

What is the mind? The mind is not in the cellular structure. From the higher perspective the actual mind exists as an energy field in the aura. The mind has infinite powers many of which are still untapped. The mind is naturally multidimensional, it can perform multiple functions, the mind can exist in the future, in the past and also in the present. The mind has sovereignty over all physical functioning, it can heal the body, it can bilocate the body. The mind has a mental aspect which can be equated with consciousness. For there to be a true expansion of consciousness, all four systems, the mental, the emotional, physical and spiritual must be in unity.

Attitudes are first formed in the mind, and they can limit the mind and become very fixed habits determining our automatic reactions, and affecting our emotions. Attitudes are habitual patterns of thinking, believing and feeling, so they are intricately linked with our mental, emotional and physical bodies. People have all kinds of attitudes about life, about religion, about politics etc. Attitudes can be frozen as in the case of prejudice, and powerfully affect peoples' lives.

The human mind fixes at an early age through easily formed habits of thought, associations, borrowed beliefs, opinions, etc. It becomes fenced off in sterile attitudes, contributing to its own early enslavement. And it is so easy to think just as everyone else thinks. There are also the powerful and sophisticated thought control systems in place to control our mental body. Also due to our limited senses, our thoughts are based on the visible third dimensional world moving in time. The belief system in the third dimension is by its nature self-limiting. We must reclaim our mental body, examine carefully the information that our belief system is based on and change the mind with new ideas. New ideas will open up connections which have been unused. Then new and wider realities can appear, beyond the given realities of the senses, and will bring a corresponding increase in consciousness.

When looking at our lives we can try to incorporate higher fifth dimensional thoughts and ideas into our mental body. Fifth dimensional thoughts include: “ There are multidimensions and I am able to participate and receive information from the higher dimensions as well as the lower dimensions. We are all one. The true reality is eternal. My soul is eternal.” Fifth dimensional beliefs can be brought down and applied in the third dimension and applied on a daily basis to your understanding of life and all its events. Such higher thoughts are: All things are for the good. There is a higher purpose to all that is occurring.” Beliefs and thoughts are perceptions and energy that you can control. Higher thoughts of this nature affect the emotional body and can help bring you to a more evolved fifth dimensional state of equanimity, a more evolved detachment which affects how you look at the planetary drama as well as your personal life. It will also allow you to leave Earth with a higher level of spiritual energy.

Your thought fields exist not only in your conscious mind, but also include your subconscious, unconscious. We need to become aware of and monitor our thoughts, especially in the subconscious which we can access more easily. Our self-talk is not always of a positive nature and a thought is almost like a program, such as “I will never amount to anything”. The subconscious is programmable like a computer, and makes no distinction whatsoever between the programs which are being downloaded. The more you can work with higher thoughts the more in harmony you will be. Fortunately we can use affirmations to reprogram the subconscious.

The subconscious needs to be cleansed. A powerful way to begin cleansing the subconscious of old habitual negative thinking is to simply affirm: “ I cleanse my subconscious!” Another powerful affirmation is: “ All thoughts and patterns that are not serving a higher purpose are hereby discarded and removed!” Bringing in the quantum light provides maximum power for whatever you wish to manifest. The light makes your subconscious very receptive to higher vibrations, and a higher vibrational thought can supersede a lower thought. You can for example state the affirmation: “I receive omega light continually”. Saying or chanting “ Kadosh Kadosh Kadosh Adonai Tsevaot “ will open up the light within your subconscious mind and provide you with an inner light.

We can use fifth dimensional energy to work with and change the physical body. We can integrate the mental body and apply fifth dimensional thinking for the

manifestation of physical energy and healing. You can use an affirmation such as: "I am able to be on the highest level of physical health on all levels." Pathogens enter the body first through the aura, so there is a need to upgrade the aura. When the aura is cleansed of all mental, emotional, spiritual and physical lower density energies, you can work to accelerate the body and raise your vibration to connect with the fifth dimension.

The cosmic egg is an archetypal shape of spiritual light and energy shared by all higher beings in the galaxy. You can visualize your aura as four layers, a spiritual, emotional, mental and physical layer. They are all separate energy fields. You can command that your aura and all four bodies go into the shape of the cosmic egg. The cosmic egg gives a greater sense of organization of all four bodies, and control of your energy field. Command that they all interact and merge in a balance, that your spiritual energy be in balance with your mental energy, and your emotional energy be in balance with your physical energy. Know that if one system gets out of balance, then the other will help bring it back into balance. By interacting with your cosmic egg energy field you are facilitating the acceleration of the physical body. It is the cosmic egg energy field that initiates transformation into the fifth dimension.

The spiritual energy field affects everything and it contains spiritual particles that are able to interact with your physical particles. Your body and your spirit are programmed to be vessels. As a vessel you can hold higher light on Earth. You can say to yourself, "I am a radiant channel for divine light and love!" Spirit is beyond physical reality and transcends space and time. Your spiritual light quotient is measured in terms of other lifetimes as well as the present one. Mental and spiritual energy are close because mental energy is expressed through pictures ideas and words. When you connect the spiritual with the mental you have an energy that transcends physical laws and includes divine energy. Thought power is related to spiritual energy and practicing thought projection moves the spirit body. You project a thought and connect it with spiritual light. The development of a higher spiritual vibration can assist in the development of the mental body, the physical body and the emotional body. Expanding your consciousness to connect with your Higher Self, your fifth dimensional body, and higher consciousness will bring you into harmony and alignment.