
Planes of Reality in Which we Exist

Finer substance, higher energy, higher “vibrations” Primary Creative Force Moves Into Denser Layers of Manifestation
Spiritual Plane:
Ketheric Template Level
Celestial Level
Etheric Template Level

Astral Plane

Gradation of Light

Physical Plane

Mental Level

Emotional Level

Etheric Level

Physical Level

Figure 15-1 lists These Planes of Reality in which we exist and which correlate with each of the auric layers or bodies (shown in Chapter 7. The physical plane is composed of four levels: the physical, etheric, emotional and mental levels. The astral plane is the bridge between the spiritual and physical, and the spiritual plane is above it and has gradations of enlightenment within it. As stated in Chapter 7, we have at least three layers in our spiritual bodies—the etheric template level, the celestial level and the ketheric template level.

Creation or manifestation takes place when a concept or a belief is transmitted from its source in the high levels down into the more dense levels of reality until it becomes crystallized into physical reality. We create according to our beliefs. Of course what is taking place on the lower layers also affects the higher ones. In order to understand the process of creating health or disease, let us look again more closely at how consciousness manifests on each layer of the auric field.

Level	Expression of Consciousness in the Auric Levels	Statement Consciousness Makes
7 Ketheric Level	Higher Concepts	I know. I am.
6 Celestial Level	Higher Feelings	I love universally.
5 Etheric Template Level	Higher Will	I will.
4 Astral Level	I-Thou Emotions	I love humanity.
3 Mental Level	Thinking	I think.
2 Emotional Level	Personal Emotions	I feel emotionally.
1 Etheric Level	Physical Sensation	I feel physically.
Physical Level	Physical Functioning	I exist. I am becoming.

Figure 15-2 lists how consciousness expresses itself on each auric layer and the statement that consciousness makes. On the physical level, consciousness takes the form of instinct, automatic reflexes and the automatic functioning of internal organs. Here consciousness makes the statement, “I exist.” at the etheric level, consciousness is expressed in terms of sensations like physical pleasure or pain. Unpleasurable sensations such as cold and hunger are signals that something is needed to rebalance our energy in order to flow once again in harmony. At the emotional level, consciousness is expressed in basic primal emotions and reactions like fear, anger and love. Most of these emotions relate to the self. On the mental level, consciousness is expressed in terms of rational thinking. This is the plane of the linear analytic mind.

On the astral level, consciousness is experienced as strong emotions that extend beyond the self and the other to encompass humanity. The astral plane, an entire different world, is the plane where astral travel takes place, and, as described by people who have experienced it, that plane differs from the physical plane in the following ways: objects have fluid form; light is radiated from objects rather than being

primarily reflected off them; and to travel, one need only concentrate on where one wants to go and stay focused on that place. The direction shifts with the focus, so that if you shift your focus, you shift your direction. Concentration power is very important on this plane!

The differences and similarities between the physical and astral planes would not be surprising to the physicist, since the laws that govern the astral plane would be based on natural law governing a medium of finer substance, higher energy and faster vibrations. These laws would, of course, correlate with those we know in our physical world. I propose that our physical laws are, in fact, simply special cases of general laws, the cosmic or universal laws which govern the entire universe.

On the spiritual plane there is yet another world with its own reality, one that seems, from my limited view of it, to be far more beautiful, full of light and loving than ours. On the fifth layer, the etheric template, consciousness expresses itself as higher will, with which we will things into being through the power of naming and defining them. On the celestial level, consciousness expresses itself as higher feelings like universal love, that is, love that goes beyond human beings and friends into a universal love for all life. On the seventh level, consciousness is expressed in higher concepts of knowing or belief systems. This is where the initial creative impulse begins from our knowing, not just linear knowing, but integrated knowing.

The basic primary creative force is initiated in the highest spiritual body and is then moved into the astral body. Or, from another point of view, one might say that the finer substances and energies in the spiritual bodies induce harmonic resonance in the astral which then induces harmonic resonance in the lower three bodies. This process continues all the way down into the frequency level of the physical body. (The phenomenon of harmonic induction is that which occurs when you strike one tuning fork and another in the room will sound.) Each body expresses this impulse in terms of its conscious reality at its own level. For example, a creative impulse from the spiritual moving into the astral will be expressed in terms of broad feelings. As it moves into the lower frequency layers, it will be first expressed in terms of thoughts, then specific feelings, then physical sensation, and the physical body will respond automatically through the autonomic nervous system. It will either relax if it reads a positive impulse or will contract if it receives a negative one.