

Instant ACTIVATION of BG3 Energy in your BODY

<https://youtu.be/a-SvTGSJ4sA?si=e1sEMebbpYz7OhhK>

transcript

0:00

your heart is connected to a higher source that creates the pulse of the heart so the breathing of the lungs and

0:06

the pulse of the heart are in a particular Rhythm that's entrained to something at a higher level you have the hyperbola you have the vortex coming

0:14

from two different directions like at the chakras and in between it you get the spinning disc of bg3 energy simply

0:21

creating correctly the sound of these things the sound was the vibration

0:26

itself and by harmonizing the time pulse can put the into resonance with higher forces so this is a core part of uniting

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the different parts of the ancient Egyptian temple science another old traditions connected to the shocky

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concept of the hamalian tradition and what it actually does is it is the carrier wave that sends all the other

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energies it was found by the French who could penetrate thicknesses of lead that could not be penetrated by

0:52

X-rays and so they were fascinated by it and so in applying the negative green

0:59

carrier wave energy it is what inside the physical body actually moves the

1:05

energy from one location to another makes the organs work and it also sends things from one system to another system

1:13

it is what conducts the energy in the energy meridians of the body like the acupuncture meridians from the Chinese

1:19

tradition it is the foundation of sexual energy and vitality in the body at the

1:24

emotional and mental level it breaks down resistance opening up the blocked

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psychological aspects of a person to open to massive shifts in one's life and

1:36

bring subconscious blockages into awareness at the spiritual level it actually conducts the energy from higher

1:42

plain levels into the human physical body and the more spiritual activity a person does blessing prayer meditation

1:49

Etc the stronger this vibration is from their energetic field all of our modern

1:54

technology is based on cracking two codes the code of the spectrum of

2:00

electromagnetic energy and the code of the spectrum of physical matter we call the spectrum of physical matter the

2:06

periodic table of elements based on the work of menal in the late 1800s in Russia now once we cracked the code

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where we identified every aspect of electromagnetic energy and every part of

2:19

physical substance in the world at that point they could put the two together so

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all of our modern technology is based on knowing what exact elements from the periodic table to match with what

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frequencies from the electromagnetic spectrum and that's what makes your cell phone work that's what makes the lights

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work at your house what makes your car run everything is based on a combination of these two things but as we often

2:43

describe in the work of biogeometry what they left out was the focus of every classical tradition

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because it's only been the last couple of hundred years that modern science and medicine has only focused on the

2:56

physical plane before that every classical tradition focused on the level of vital life force and higher

3:03

Consciousness above the physical and they manipulated those energies to be able to do things on the physical plane

3:10

they actually worked at the positive level above the physical that actually gives rise to the physical level itself

3:16

today we manipulate the physical directly the physical and the electromagnetic there's often a

3:22

confusion about vital life force being electromagnetic energy and I don't believe that's actually the case I think

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the best solution to this was given by the great rosac crucian teacher Rudolph Steiner where he described the way that

3:36

the vital life force which is the foundation of every classical scientific and healing system is at a level above

3:42

the physical and that is like what was referred to as scalar Waves by Nicola

3:48

Tesla and these higher energies from the vibrational level referred to as the

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aetheric in the Greek tradition referred to asqi in the Chinese tradition key in

4:00

Japan Prana in India Etc every tradition had a name for it that energy penetrates

4:06

down into the physical and animates physical substance the human physical body without this is a corpse it

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animates physical substance but in so doing it slows down below the speed of light and begins to disintegrate as it

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disintegrates it gets to be herzan waves as described by Tesla and becomes the electromagnetic spectrum so

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the problem is is that we've created a new technology that's very powerful for manipulating physical structures but

4:34

does not take into account what the effect of the vibrations from these are

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on actual living beings Because the actual living aspect of biological life

4:46

has been stripped out of Modern Biology you're not allowed to describe it if you try to talk about life force and Modern

4:52

Biology they will say that you are a victim of the vitalist fallacy and they

4:57

will have nothing to do with you so the knowledge of thousands of years of

5:04

observations and particular techniques in irva Chinese medicine Mayan healing

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all types of traditions all over the world have been completely cast out but now with having identified in modern

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times the electromagnetic and physical spectrums the French succeeded in identifying the vibrational Spectrum the

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level connected to the vital life force itself and that became a foundation for the creation of modern

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biogeometry now some of this was connected to the knowledge in ancient Egypt but it's in a new form Dr Ibrahim

5:37

kareim demonstrated that through applying a simple geometric form to biological life he could change the life

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functions in a biological system through very simple geometric forms and one of

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the big discoveries of Dr kareim is that one thing I identified is that the

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French vibrational spectrum of the 12 bands each of these bands has a very particular power and that power is a

6:02

polarized power some are more Yin some are more y some are more activating some are more sedating but he said there's

6:09

another power and that is the power that is beyond polarity that is the power of

6:15

the original Singularity of the original Center the energy of the unified source of all

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creation that is beyond polarity where everything is one and so then he began to apply these vibrational methods that

6:28

the French had pioneered in modern times based on their inspiration from ancient Egypt and he then found a way to be able

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to identify the vibrational characteristic of that energy of the center of that original unified Source

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the energy that harmonizes and balances all living Energy Systems not through

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applying an opposite polarity for polarity balancing but by directly activating the center itself and he

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found that one of the Hallmarks of that vibration from the center is a gold vibration

7:00

and that classical Traditions consider this gold vibration to be the source of physical gold physical gold as

7:06

everything in the physical plane is a crystallization into physical matter of

7:11

a subtle vibration from a higher level and so all of these references and different Traditions the dsts the

7:18

Christians the ancient Egyptians talking about the gold was not a metaphor it's

7:23

quite literal so when a person does Advanced spiritual work the Saints develop the golden ARA around their head

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and their body because they're in resonance with the center they're in resonance with the original unified

7:35

source and so Dr Kim took his work further and was able to identify some of the secrets of ancient Egypt through

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this vibrational science that he developed in called biogeometry one of the aspects of this is that different

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geometric forms based on the shape caused wave create different energetic effects but there's a deeper level

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behind that and that is different geometric forms as actually resonate with different levels of creation or

8:03  
what Dr kareim calls PLS of nature so this is a form that we use in advanced level of

8:08  
biogeometry called the Ibrahim kareim Universal pendulum and it actually

8:14  
combines shapes of multiple different plane levels the physical the vital the

8:20  
emotional astral the mental the causal the spiritual and the Divine levels that

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all have particular geometries that resonate with them this means that by using the correct geometric form the

8:31  
ancient Egyptians understood they could create a direct resonant exchange like with an antenna based on the sacred

8:37  
geometry sacred geometry became an antenna to resonate with a particular higher plane so for example if we take a

8:43  
look at this level what in the human being is the emotional body and emotional function and referred to as an

8:49  
outer plane in the western tradition as the astral plane astral coming from a root Aster meaning star meaning a source

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of light and the forms that connect to that are the form of a hemisphere or a

9:03  
pyramid so when they use the form of a pyramid it wasn't just for Pyramid Power

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as an energy but what pyramid power actually is is the negative green ray

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that was identified by the French the penetrating carrier Ray that comes from

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this particular form both the hemisphere and a pyramid create that negative green

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emanation but the reason why that form is creating the emanation is because the shape itself acts like an antenna for

9:31  
the astral plane and that's why they knew further that by modifying the shape

9:37  
on the pyramid by making a slight indentation in the center of the four faces of the pyramid it's so slight you

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can't see it from the ground you have to see it from the air and from the air you can see here the slight indentation at

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the faces of the major pyramids at Giza Plateau what that did is it changed the Resonance of the pyramid from the

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general astral plane where the lower astral has some questionable energetics

10:02

to resonate with the higher astral and when you do that it cleans up the energy

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that's being projected by the pyramid so one of the great secrets is the geometries act like antennas to resonate

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with higher planes of creation and then as a secondary effect they will emanate through the shape caused wave a

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particular vibration that is the result of that particular connection and they

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knew enough about it in fact to to work not just with the general negative green ray as we see here but actually to work

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with sub bands or sub energies inside the general band so the placement of the

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king's chamber inside the Great Pyramid is not in the exact middle where you might expect it to be it's not in the

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middle it's about 6° 15 minutes off of Center and so that's to get a particular carrier wave within the negative green

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band that's a sweet spot in the entire band a sweet spot for being able to connect a person through a carrier wave to

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higher dimensional levels which is why that place in the king's chamber was used for these initiation rituals as

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described by the Freemasons and others and now let's talk a little bit about exactly how it works so this is the

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vertical and horizontal wave pendulums for each of the Bands the energy may either propagate parallel to the Earth's

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surface we call it a horizontal wave or it can move perpendicular and we call that a vertical wave they create

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different biological effects and so we have two different pendulums to be able to detect it and they're fairly simple

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to use and this not only can be used for design purposes to design things that have the strong vibration to them it

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also can be used to test things that naturally have this energy so what makes a spiritual power spot in nature is that

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it has a strong concentration of this Universal harmonizing Force the bg3

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every classical tradition is the guardian of particular places on the Earth's surface that are their spiritual

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power spots and now you can tell the true power spot from a false one one that's been falsely claimed to be one is

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that it has a strong concentration of this bg3 vibration if it's a true power spot in the microcosm of a human body

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those power spots appear as the chakras acupuncture points cells of the body all of which naturally have the spg3 energy

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as well and this connects to all types of energetic functions and we primarily

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focus on it for healing work but what it's actually doing is it's restoring a Natural Balance and resonance the reason

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that we have this feeling of disease is because we're no longer in resonance

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with the higher source that is supposed to be supporting the functions of the body that's Way Beyond the consciousness

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of most people but every classical tradition was aware of it and they had to restore that connection so in the

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ancient Egyptian Mysteries they understood about the importance that say of the heart and so there are particular bio signatures for the heart that not

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only have a effect at a more gross physical Vitality level it also has

13:01

effects on human consciousness for example the place of the sinoatrial node or the sinus node the masterpac maker of

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the body is actually the place understood by the ancient Egyptians and by Sufi Traditions today as the place

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that higher vibrational forces resonate in the human physical body and restore

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our connection to higher sources years ago I had a very serious car accident serious damage to my neck and my spine

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had a hard time just being able to move around and through the use of the correct biion numeral alteration of a

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bio signature it gave me back my quality of life and when you change the numerical sequencing of the patterns

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then actually changes the level that the pattern is vibrating with now for practical work one of the major things

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that we teach people is harmonizing electromagnetic fields Dr Kareem actually demonstrated that he could

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harmonize the electromagnetic fields in entire small cities in a project in Switzerland in 2003 and we we have

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various types of tools that we can use to create energetic effects this biogeometry Cube but the cube creates a

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strong concentration of this bg3 harmonizing force in an environment the Hamburg emitter was used in the Swiss

14:12

project this allows us actually to set this up and to Target distant sources of

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electromagnetic disturbance cell towers things of that kind and to actually transmute it from the distance Source

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within a location itself things like the space harmonizer will help to create a balanced energy within the location the

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outdoor stand is used in the Earth itself to balance and harmonize the energies in the earth now one of the

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really fascinating thing is the concept of balancing brain hemispheres one

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aspect of it has to do with the basic concept of a tidal flow of energy now

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one of the things that I learned over 30 years ago based on my work in the US Marine Corps as a nuclear biological

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chemical warfare specialist that then led to my studying geometric forms in biology chemistry and physics and then

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into the work of finding the same patterns in classical traditions for healing and Spiritual Development is

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that whenever you start working in a body of work and people start talking about a Taurus structure and they start

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talking about Vortex patterns you should pay attention because these are core energetic patterns that all creation are

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based on so if you get a sphere open it up top and the bottom and get energy to move through the center now the center

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of the sphere that connects to the original unified source and the peripheral of the sphere that connects to the entire vibrational Spectrum are

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constantly circulating together connect to the unified Source going through the channel go out to the created World on

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the perimeter and now you've got a sphere that has a perfect energy

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circulation that is the form of the energy field around a human body it's the form of an energy field around

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phenomena from the microscopic up to the galactic this is a very important energy circulation pattern and the exact center

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of that is the channel through the center of the sphere that's in the form of a hyperbola hyperbola is kind of like

16:03

an hourglass and so there is a particular creation pattern that you see Dr kareim

16:10

has put in to form here where it's too hyperbola and in the human energy field

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this actually operates as one that goes through the central axis of the body and

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that's what he refers to as the spiritual axis and then there's a time space axis that runs more on the

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horizontal axis through the body again this gets involved and I can't go through the whole thing right now just want to give you a basic idea and so a

16:33

bulge appears on one of these because when the independent being begins to perceive within SpaceTime it creates an

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expansion from the center outward and it creates the Bulge you see here now what this leads to then is that

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Dr kareim found that there was a resonance when he broke the two fors apart to be two pillars sometimes he

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refers them as the pillars of wisdom this one here without the Bulge without the space time for perception resonates

17:00

very strongly with the right brain Hemisphere and the intuitive perception

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of a human being the one with the space-time perception that grounds things into physical reality has the

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Bulge coming out from the center from space-time perception that's connected to the rational faculties of the left

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brain Dr Kareem then added our biogeometry dials to the top that allows us to tune in different vibratory Powers

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so what you can do with this is you can actually tune any person's brain hemispheres to specific vibratory States

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so one of the things that we demonstrate is that if you activate the person's visual cortex in their brain and

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properly tuning it in with this tool what you can then do is from the visual

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cortex you can fill it with the bg3 unified Source vibration and anything

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the person looks at will immediately harmonize with bg3 energy they will become a harmonizing Force straight

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through the visual Ray coming out of the eyes this is going into to then practical things that they would do in

18:01

the Egyptian temples with modern techniques now these Earth energy grids are themselves connected to the whole

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vibrating Matrix of the earth and so one of the major things that Dr Kareem went

18:13

into at this conference that got super deep is this concept then of what we described before about the toroidal

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energy structures of SpaceTime that we use in the Advanced Training for tuning the human brain hemispheres he connected

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that up with the vibrating Matrix of all of the energy grids on the earth and

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then looking at how that manifest once again as the SpaceTime Wormhole which we

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have here and then the mental spiritual Wormhole here in the central axis of the Taurus around the human energy field and

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then he began to go into very deep levels about how human beings are anchored into SpaceTime through entire

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structures of these toroidal fields back and front vortices in hyper herbalis in

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the inside of the Taurus and that that is the foundation of all of the chakras of the human body with then just like in

19:06

cosmological structures you have the hyperbola you have the vortex coming

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from two different directions like at the chakras and in between it you get the spinning disc of bg3 energy just

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like you see in cosmological structures say applicable to one life cycle or

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several lives this is an entire pattern of the vibrational template for a person's Incarnation to root them into

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SpaceTime he then took that further and talked about the way that we materialize things from the higher planes into

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physical SpaceTime through structures of this kind which then are replicated

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microcosmically inside the human body and so again there's expansion and

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collapse with the bg3 field in the central disc this becomes an entire cosmological structure and also leads to

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the concept of the gates so when they describe in the ancient Egyptian tradition about the multiple Gates you

20:01

pass through in the data or the underworld in the higher dimensional

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worlds this Gates exist within the center of the toroidal movement because

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the entire structure of movements in SpaceTime and outside of space time from one dimension to another are all based

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on the same template whether it's in your energy field or in great dimensional structures it's the same

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pattern replicated at higher and higher levels and higher and higher scales it's what in sacred geometry we call scale

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invariance and so this means then that our brain structure and our ability to

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perceive higher spiritual realities and things of that kind are a resonance

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between the structures that affect our brain hemispheres and the same structure at a higher level of construction

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elsewhere in SpaceTime in the movement through these dimensional Gates and so

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that's the concept in the ancient Traditions including very much in ancient Egypt of initiation of being

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able to travel through the gates if you read the ancient Egyptian text that we have translated in modern times with the

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name that it did not have an ancient Egypt which is the Egyptian Book of the Dead its name in The Original Egyptian

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is closer to the book of coming forth into light that particular text talks

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about passing through all these gates in the afterlife that lead to all of these

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different ATT M ments and different experiences and this was then connected through what we often hear about today

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with new death experiences of traveling through the tunnel the tunnel is the interior of the Taurus it's that

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internal movement and there's an initiation Bridge death is the walk across the bridge in the movement

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between the right brain perception and the left brain perception the human mind

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and the structure of the brain is itself a microcosm of a higher dimensional structure that is the essence of

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initiation and then when you get to the center the crossing point in the human brain that becomes a corpus kosom and

22:02

the way that we interact in the center point with bg3 harmonizing energy in the center the effects of the two

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hemispheres and every human existence physical existence is like a snowflake

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that then anchors with the left brain perception into SpaceTime on top of a primordial ocean of energy this has to

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do with the pulse of time in the human body your heart is connected to a higher

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source that creates the the pulse of the heart so the breathing of the lungs and the pulse of the heart are in a

22:32

particular Rhythm that's entrained to something at a higher level once that gets off that Rhythm all types of health

22:38

problems are created the balance of the time pulse in the heart pacemaker is connected to the weighing of the heart

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in the Hall of judgment in ancient Egypt that means that there is a master balancing method based on restoring the

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correct pulsation of time within the human body that connects to the lungs and the heart but is also beyond the

22:59

lungs and the heart so the first thing we need to be aware of is that every person has a unique configuration in

23:04

their own energy and their Consciousness that configuration of the energy and Consciousness leads to the activation of

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specific energy centers in their body more than others and specific energetic connections and flows of energy

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movements from one Center to another this can even take the form of particular types of geometries in the

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body of energy which have specific purposes and effects on the person 's Consciousness and energy one of the

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first things that any esoteric teacher will do when he meets a person on the

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path or a person that's going to be a student of some kind is they will look into their energetic structure because

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the person's energetic structure reveals their level of maturity their present

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capacities and all spiritual teachers know that a certain stability and

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crystallization of parts of the structure of a person is essential in order for them to be able to understand

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and work responsibly with higher work regarding spiritual realities now this

24:04

is a very rich topic with many different facets to it and we find through karmic

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research that it's through our struggles and striving and to a great degree

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suffering that we have had in previous lifetimes that has created what we

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experience as our greatest strengths in our current lifetime this is a type of karmic compensation for our suffering

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and it's the purpose for these difficult experiences and trials that we have in

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the Earthly world as we've mentioned before no matter how intense our suffering is and time we will forget it

24:38

but all of the gifts that we got all of the strengths and the change to our core structure that we got through overcoming

24:44

those challenges will become a permanent part of us and become the strengths that we enjoy the most in our daily life now

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understanding our energetic structure every thought that you have every feeling every impulse to action that you

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have creates particular energetic movements and activations in our subtle bodies and this is connected to one of

25:06

our core principles in spiritual science that Consciousness and energy are two sides of the same coin they constantly

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affect each other it's a two-way street in other words so that if you do work

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with your Consciousness that work will then reflect an energy movements and activations in your subtle body if you

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do practices based on energetic movements so Chi Kong and things of that kind those energetic movements will

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change your Consciousness we need to be aware that the spiritual practices taught in different spiritual Traditions

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have been intentionally crafted by the teachers in those traditions in order to

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create specific structures and the subtle bodies of the initiate within that tradition the person's subtle body

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is being formed through these practices in such a way that they can then perform

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the functions that are focused on by whatever that particular tradition is and different Traditions focus on

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different types of functions and abilities one particular tradition will focus on your developing very strong

26:05

healing abilities with the etheric life body another will do almost nothing with that but will focus on being able to

26:12

discern higher spiritual realities at the astral plane and in higher spiritual planes through our work in modern

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spiritual science we can analyze the different traditions and get clarity

26:25

about what tradition focuses on what strengths to develop through the

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practices that they give in their initiation tradition that again create specific structures in the subtle bodies

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of their initiates that make their Consciousness and energy body focused on particular things this is an essential

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first step of our being able to recognize our own structure and the way that things affect us so that we can

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make informed decisions about what practices we want to do and we know how the practices affect us on the

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independent path of spiritual initiation we need to be fully conscious of the

27:01

particular structure and purpose and effects of all the spiritual practices

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that we do now the next few stages that come after this checking into the energetic field are as follows at the

27:13

next stage two of the simplest layers that we can examine in our subtle bodies to get a sense of effects on them are

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the etheric body level and the astral level the aetheric body level or layer is

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experienced when you feel vibration or tingling or density or pressure in the

27:34

subtle bodies when we say density it means that a part of your energy body like let's say around the third eye

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feels more dense than the energy around it when we say pressure it's like something is pressing in on a particular

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energetic location in your body and you can also perceive these aetheric Sensations in terms of heat and cold

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Sensations not necessarily a physical sensation of heat and cold but a energetic sensation of heat and cold

28:00

then the astral layer is experienced quite differently where we either feel or see in our own mental screen light

28:08

and darkness and also color those are particular modalities of the astral

28:14

plane which is again quite different from the type of feeling that we have of the etheric body and so when we do

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energy field awareness we can look into what we're feeling and what we're perceiving with the light and color in

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parts of our own etheric body and again this is also Illuminating for us the experiences we have that are related to

28:32

the etheric life body versus those that are within the astral body so now we're becoming actually conscious of the

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subtle bodies and able to look into the structures created inside of them the next level is that we can then perceive

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which exact energy centers of our body are activated or are Sedated by a

28:49

particular spiritual practice so those energy centers in us that are activated will have increased  
Sensations within

28:57

our energy body of their energy movement and activity and we can also have

29:03

sometimes an internal vision of the types of qualities that we just described for the etheric and astral uh

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layers of ourselves when these energy centers are activated now at higher levels this can become a  
direct

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perception of how these activated energy centers then connect to particular Spiritual Beings spiritual  
worlds

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spiritual forces of various kinds that's how this progresses over time the next stage is that after

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this initial work of just becoming aware of it presents itself to us when we empirically check in during  
the energy

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field awareness practice we can then start checking into specific centers of

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our energy body in other words not just seeing which ones manifest themselves to our inner awareness  
when we check in but

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we can methodically go through looking at and examining different centers of the energy body one at a  
time and so the

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way to start with this practice is looking at what we call the anchor points you you can check into the  
energy

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center that's the Anchor Point for the I am presence that's in the very center of the head in the cave of  
Brahma you can

30:03

check into the Anchor Point for the astral Body In The Head and the Heart and the Hara or the belly  
region of the

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body you can look into the seven anchor points of the etheric which are what we think of normally as  
the seven chakras

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of the body you can look at the 12 anchor points of the physical body which is related to the 12 levels  
of the

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physical body and also the 12 meridians of Chinese medicine these are particular anchor points then

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that we can check into to begin to see how we're getting structured then we can also take a look at this  
in terms of the

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structuring effects on people's different subtle bodies themselves so in other words as we said before a  
person

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may have a very highly developed mental body but a very underdeveloped emotional body their emotional body may be very

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wounded or immature which is why they fled into the higher mental body to be

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able to think and cope with things in the world without having to deal with those painful emotions in fact it's very

31:01

common that even many Eastern gurus that are presented as very very highly

31:07

developed have very highly developed mental or higher spiritual bodies but still have major issues that are held

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within the emotional body we can then at a next higher level begin to do more

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advanced work that actually is most effective after we have done a training in sacred geometry when sacred geometry

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is taught as an actual initiation science when you learn sacred geometry's initiation science you can start then

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looking at deeper levels of structure that a person has and also energetic structures in the world that are based

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on particular geometric forms that have particular vibratory qualities and in particular effects on Consciousness and

31:46

so one aspect of this is looking for the geometric forms that are created in the subtle bodies through the structuring

31:53

process this can be something as simple as particular triangles of energy that are formed in the energy body where for

32:00

example three activated centers will be linked up together or it can be something more advanced like looking at

32:05

something like the Tree of Life pattern known in the Jewish cabala and that has offshoots in other Traditions like what

32:12

in the dasos tradition in Cyprus is called the symbol of life which is based on the same basic pattern and this is a

32:18

more complex pattern of 10 energy centers in the body and their energy Pathways of connection as we're looking

32:24

at this next deeper aspect of study structure we can look for these types of geometric structures but that's easiest

32:32

once you've actually learned what these geometric structures are and what they signify and that's best done through a

32:38

higher level type of sacred geometry education that is based on initiation

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when it's based on initiation work sacred geometry becomes what the rosac crusan refer to as learning to read the

32:51

secret script because these are the actual archetypes or patterns that everything in our world is based on and

32:57

and they connect us in higher level initiation work to directly perceiving the thought forms from the mind of God

33:03

that lay down all of these patterns and the final thing to mention here about our learning to perceive our own parts

33:10

of our energetic structure as we're giving these bridging Concepts to more advanced work is looking for aspects of

33:18

our structure from the perspective of different systems of energy qualities in the subtle bodies taught in different

33:24

Traditions so for example you can look at it from the perspective of Chinese medicine where you look at yin and

33:30

yangong energies in the body as simple polarities and also the system of the

33:36

five elements or the five phases in which all of these different elements in the body work with one another in

33:43

particular cycles and so for example you'll find if a person has focused too much on

33:49

Kundalini practices and raising fire energy in the body they may have ended

33:54

up creating great difficulties in their their own health and energetic balance

34:00

by having burned out the water element from the body and so seeing it from these different perspectives will

34:05

illuminate different things that's going on in a person's energetic structure or you can examine it from the perspective

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of the three doas of Indian ayurva or from the perspective of the four different ethers in Rudolph Steiner's

34:17

etheric physics that comes from the rosac crucian all of these becomes frames of reference or perspectives that

34:23

we can use to be able to really understand subtle levels of a person's structure now this then brings us to the

34:30

topic of us making informed choices about what practices we're going to do

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based on our energetic structure understanding the need to have balanced work in active and receptive meditations

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and also the six essential exercises which are the ones that as we've described help to harmonize and balance

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all the aspects of our core development they'll help to neutralize detrimental effects from other types of spiritual

34:57

practices that may lead us to becoming one-sided otherwise they will help to guarantee our success with our Spiritual

35:04

Development and our different types of spiritual exercises that we engage in as

35:09

we look at aspects of our different subtle bodies and if a person has problems with their emotional body for

35:15

example that our third essential exercise which is connected to illuminating our feelings and also the

35:22

control of the feelings so that we don't have to externally Express every feeling that we have but

instead we relax into

35:29

the feeling and let it become integrated into US instead of being expressed externally in an uncontrolled and

35:35

sometimes destructive way another example of this as far as our choosing spiritual practices is that it may be

35:41

that a person that is very spiritually ungrounded that has difficulties in their everyday life that they have not

35:47

fully incarnated in the physical body and they don't even feel themselves in the body very strongly may be attracted

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to learning Advanced practices like outof body travel and what you'll actually find is that this is something

36:00

they have a natural subconscious tendency toward because they're already partly out of their body they already don't want to be fully incarnated and so

36:07

they're naturally attracted to learning about being fully out of the body and out of body travel and there's nothing

36:12

wrong with learning these skills these are natural skills at higher states of development but we have to look at

36:18

what's going to create the most balance and Harmony according to their current structure if they're not well incarnated

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presently then they'd be much better served by doing work of a Chong type where they

36:30

work on the etheric body and they focus on the feeling of etheric vibration and being actually present within the

36:37

etheric vibration in their physical body particularly in the lower energy centers

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of the body the ones that are in the abdomen region and then with the energy

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channels that go down into the legs all the way down to the feet and to the kidney one point in Chinese medicine

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that's at the sole of the foot that connects us to the the Earth Energy so a person who is not well grounded who is

37:00

not well incarnated who spends time opening up the lower energy centers of the abdomen

37:08

the leg channels and then the channels in the feet that connect to the Earth will get much greater benefits for their

37:14

Spiritual Development than focusing on outof body travel at that current stage of their process that's we're talking

37:21

about choosing practices based on your energetic structure and being aware of this another example of this is that

37:29

normally today when you go to a yoga class the yoga class has a particular set of standard aenas or postures that

37:36

they will lead you through in a sequence it'll be different from one class to another based on who a person's teacher was and what sequence was that they

37:42

trained in but in higher levels of Indian Hatha Yoga the teacher is trained

37:48

to be able to actually perceive aspects of the energetic structure of the

37:53

students that they have and they will then assign them particular ASAS or postures sometimes pranayama breathing

38:00

practices that are based on balancing whatever things are out of balance currently in their body of energy now

38:07

they do this based on Concepts usually from Indian ayurveda of the three doshas

38:13

and so for example if they have a student that has too much paa in the body too much fire energy they don't

38:18

need to give them postures or breathing exercises that's going to increase the fire in the body they need to give them ones that will sedate the fire and help

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to increase qualities and by the same token if a person has too much Vata too much air element in the body they don't

38:32

need to do practices that increase the air element they need to sedate it and to increase these other elements and so

38:38

these are some practical examples of what I'm talking about regarding choosing spiritual practices based on

38:44

our structure this is really essential to understand and unfortunately it's not discussed much in modern metaphysics but

38:51

for your independent path of spiritual initiation and for our new spiritual science this is a really fundament

38:56

mental issue for us and so we've all heard the phrase you can't take it with you in regards to you can't take your

39:03

material possessions and accomplishments in your Earthly life with you when you pass through the gate of death and

39:08

that's absolutely correct the thing you can take with you is your structure what

39:13

you take with you is the way that you have worked with and the degree to which you have illuminated your thinking your

39:19

feeling your willing the activation of energy centers the connections between them the stabilized geometric forms that

39:26

are part of your structure this is what you take with you because this becomes

39:31

essentially the core Foundation or blueprint that makes you who you are

39:37

this creates your future spiritual Destiny it helps determine what your experience after death is going to be

39:43

are you going to be primarily unconscious and have to be guided by higher Spiritual Beings through the afterlife and back to your next life

39:50

like a person who's deaf dumb and blind in the physical world because you don't have fully developed organs of spiritual

39:56

ual perception because you didn't work on them during your Earthly life or will you be able to be more conscious and

40:01

more autonomous in that afterdeath journey and returning to the next lifetime it'll also help to determine

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things like what spiritual Realms and beings you're attracted to and that you go through in this afterdeath process

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and what you're attracted to and what you get as your life conditions in your next Incarnation your karma is laid into

40:22

that structure and everything about your activation of your potential and what your next conditions of Life are going

40:27

to be both in the spiritual world and in the physical world are all based on your structure that's why this is such a

40:33

vital topic and this work on our structure can most effectively be done while we are physically incarnated and

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conscious in the physical body we can't put it off until we go into the spiritual world the most important work

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needs to be done here that's the gift of being here and being in a physical

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body