

# THE DEVELOPMENT OF HUMAN CONSCIOUSNESS



**with Eltrayan**

The Development of Human Consciousness by Eltrayan  
e-book for the Self Empowerment Academy  
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# *The Development of Human Consciousness*

We provide the following information as it helps to have an intellectual model of reality so we have an acceptable understanding of who we are, why we are on earth, where we have come from, the future and the galactic picture. The following information comes from over 30 years of research and is based on various sources of ancient wisdom: the ancient mystery schools of India, Egypt and Greece. In recent times these secrets have been released to a select audience by the Rosicrucians and the Theosophical society.

Obviously this model of reality may differ from that which you have adopted but the point is that at this time, it is not information which we have acquired that is important, but rather what we are doing with it and how we are applying it in our own lives. Does our model of reality create a limited or a limitless life for us? Does it enhance the lives of others and benefit the earth? If not do we have the courage to change our model so it supports the paradigm of health and happiness, peace and prosperity for all?

We will describe, simply, a sophisticated and comprehensive model of the the structure of human evolutionary existence, as outlined in Rosicrucian and Theosophical literature. These writings take their primary instruction from the ancient Vedic scriptures, which are written in Sanscrit, the oldest surviving language.

There are four main ways by which people find the path of spiritual evolvment:  
(1) the companionship of someone who is already on the path, their physical presence being of great influence; (2) hearing or reading teachings on the subject; (3) sheer force of thought can lead to the conclusion that there must be a plan of evolution and those who know about it, and that there must be a way by which those evolved individuals can be contacted; and (4) the practice of virtue, which develops intuition to take the person to the correct company.

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### ***FATE and FREE WILL***

Many people ask how the apparent contradiction of human free will and the simultaneous certainty of a master plan can be explained. How can both be so? To understand this it's necessary to understand the composite nature of humanity. The Ancient Wisdom teaches that individuals consist of 7, 10, or 12 components, depending on the level the student wishes to consider. In the simplest model of understanding, these components further divide into three parts, the trinity of most religions.

The example of this trinity in humans is the spirit, soul, and body. Our spirit is an extension of what is referred to as our self, also called the monad or the atman. The self is an individual spark of the divine. To better know itself, the self projects a ray into the denser vibration levels of matter, clothing itself to become the spirit, then extending the ray to construct the soul, which then projects a ray to still more dense levels to construct the body.

The human spirit remains in existence for the life of our galaxy. The soul, which is the aspect which reincarnates, withdraws into the spirit between physical lives. Bodies, including the lower mental and astral bodies dissipate after each physical existence, to be reconstructed with each new physical manifestation.

Spirit speaks to soul and soul to body. While the three parts compose the whole, they are at the same time individual life forces, which aspire to gravitate to the evolutionary rung above them. The three parts consequently may have differing priorities and objectives. People call the voice of soul conscience, which is the collective wisdom of all their past lives, and occasionally hear the whisper of spirit, which they say is intuition. The voice of the self is referred to as knowing.

Spirit is cooperating with the spiritual hierarchy in assisting nature's plan of evolution. That plan is set and will not vary, being the expression of the will of the "Principle", the unmanifest creator of the universe. The plan of evolution is what fate is. The level of free will is a measure of spiritual and intellectual status, spirit having more than soul, and soul more than body. Consequently, humans exercise free will in the physical world only to the extent that the grand design can not be affected.

Spiritual enlightenment involves opening the lines of communication between spirit, soul and body. A veil exists between each part which may be made less course and more transparent by aspiring to being, and by living out, the role of the higher aspect of yourself. The Ancient Wisdom says that the four attributes required for enlightenment are: discernment, desirelessness, good conduct, and love.

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### ***AS ABOVE, SO BELOW***

This is a saying credited to Hermes. Hermes was a name shared by a succession of Egyptian and Greek seers and the saying is a truism of nature. Life's string of existence runs for eternity, from forever to forever. This is difficult to understand in the physical world, where linear time is an aspect of perception. However, nature's plan is repeated all along the string of life, and an examination the human evolutionary structure will reveal an exact mirror of the structure of the composition of humans.

Since life is endless, it is a matter of deciding which segment to consider. As mentioned, the Ancient Wisdom considers increasingly complex views of 7, 10, and 12 compartments. For simplicity we'll outline the 7 segment model of human evolutionary unfolding:

- (1) the mineral kingdom - simple organic unism as a body,
- (2) the plant kingdom - the pressure towards individualisation increases,
- (3) the animal kingdom - the beginning of distinct individualised groups,
- (4) the human kingdom - individuality,
- (5) Adepts - fully developed individuality, realisation of a unifying underlying consciousness,
- (6) lower Gods - perfected individuality, beginning of cosmic consciousness, and,
- (7) Gods - realisation of cosmic consciousness without loss of a perfected, impersonal individuality.

This model of evolution is repeated in the composition of humans. The seven components of humans are traditionally described using Sanskrit terms:

- (1) physical body - the common carrier of all the inner constitution of the human

during physical life,

(2) astral model body - the exact but more ethereal model on which the human body is built,

(3) prana - the human individual electrical field manifesting as vitality,

(4) karma - the organ of desires and aspirations, the driving force in the human constitution,

(5) manas - the organ of ego consciousness, the reincarnating soul,

(6) buddai - the spiritual organ in humans which expresses itself as intuition, the inseparable veil of the atman, and the

(7) atman - divine pure consciousness.

These seven components in humans divide into spirit, soul, and body:

	atman
spirit	buddai
	manas
soul	karma
	prana
body	astral body
	physical body

At death, the soul divides; the manas, which is the reincarnating aspect, being withdrawn into the spirit and the karma and the three lower bodies decomposing into their constituent life atoms.

There are 5 other levels in the composite human which make up the 12 compartment model of understanding. Below the mineral kingdom, there are three non-physical elemental kingdoms, and above the Gods there are two more highly spiritually evolved kingdoms.

The numbers 7,10, and 12 reoccur. 7 is the keynote of Earth, that is, energy is distriuted in units of 7.10 is the key note of the solar system, the sun distributing

energy in units of 10 to Earth, and 12 is the key note of the galaxy which distributes in units of 12. The galaxy includes the solar system, and the solar system of course includes the Earth.

Each human is a miniature mirror of the universe. Human principles and elements are built from the forces and substances of which the universe is built. The individual's constitution is so constructed and divided because the constitution of the universe is so constructed and divided. For example, humans are composed of five of the great elements: fire, air, water, Earth, and astral light. The elementals which belong respectively to these feel attracted to humans by reason of their co-essence. That element which predominates in a human will be the ruling element throughout life. For instance if it is Earth, the gnomonic element, then the gnomes will lead the person towards attracting metals - money and wealth.

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### ***BIRTH and DEATH***

A question often asked is: how do we manifest into physical human form? In the trinity model of understanding, humans, when physically alive, consist of spirit, soul, and body. The three aspects coexist on different levels of vibration. When the spirit re-descends into physical incarnation upon the Earth, it throws forth from itself, and gathers around itself, material substances on the various planes through which it descends.

This structure of life atoms on the psychomental plane is the soul. Only half of the life atoms composing the soul are provided by the spirit. The other half are life atoms which composed this soul and were discarded by it in past lives, and which return by psychomagnetic attraction. The soul then projects a ray into the denser levels, forming the lower mental, astral and physical bodies. Only half of these bodies' life atoms are provided by the soul, the rest being those which were exuded in past lives and which are reattracted.

The comment often passed by adolescents to their parents that they didn't ask to be born is not correct. Each person who is born has selected the environment, including their parents, where they are most likely to learn the lessons they have



set for themselves, and to repay the karmic debt they have decided to eliminate.

Can the length of a physical life be extended with causing disruption to nature? Each person is born with a life energy ration, and the rate at which they use it is a matter of individual choice. Halving the breathing rate dramatically extends lifespan, halving the food calorie intake increases the balance of life expectancy from that time by one third. The other main ingredients in achieving longevity are a passion for life, and exercise.

Is there an upper limit to longevity? Adepts who incarnate physically to perform service for humanity find after approximately two hundred years, that the energy cost in maintaining that body is greater than the inconvenience of being reborn.

What relationship do the new bodies created at birth have to past lives? The lower mental, astral, and physical bodies are new for each life, although approximately half of the life atoms of each are attracted to them, having been deposited by the individual on that plane in previous lives. The lower mental and astral bodies which humans first form are exactly an expression of the individual as they were at the end of their last life. As the person goes through life, these bodies are modified considerably.

After death, a period of time is spent in the more dense astral kingdom, while the soul divides into its higher and lower aspects. Those who have led a virtuous existence do not spend long there. However, the excessive emotional outpourings of loved ones can hinder this journey. Cremation of the body rather than burial also helps to speed up the disintegration of the astral model body, so that advancement to the bliss of the kingdom of Heaven can occur.

The soul spends the time between lives in the kingdom of Heaven. The level of consciousness the spirit inhabits is the spiritual state of Nirvana. Nirvana does not mean annihilation, but absorption into the great universal soul, which is a state of being, not an individual. Reaching this state means becoming part of the integral whole, but with no loss of individuality. The spirit lives without fear of modification of form, since form pertains to matter, and the state of Nirvana implies lack of even the most sublimated particle of matter.

What is the goal at the end of our many lives? Within the grand plan of evolution,

the goal for humanity is achieving the melding of our personality, soul and spirit. Beyond that lies the choice of unimaginable adventures.

What lessons are to be learned in physical existence? Humans have been cut off from direct knowledge of spirit, to dwell completely in the isolation of three dimensional experience, since only in such isolation from the divine can humans develop the necessary self consciousness and freedom which are the prerequisites for developing individual self consciousness and for the appearance of unconditional love on Earth.

When in physical manifestation, time appears to be a basic element. However, time is simply another aspect of activity, motion, or dynamics, in the guise of a symbol. It denotes the amount of activity in terms of a definite unit, using space as a background. This makes possible the correlating of events and the bringing of order into the universe. There is no actual movement of time, but rather what we see as the passage of time is the physical world going from lesser to greater levels of chaos. There can be no time without motion, nor motion without time, and neither without thought.

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### ***KARMA and REINCARNATION***

Reincarnation is the rebirth in a physical body of the soul of an individual, to gain the experiences which are only available from physical manifestation. A large number of lives need to be lived to achieve the desired result. Karma is the accumulated result of all past lives, a type of impersonal debit and credit ledger, the balancing of which is a major reason for humans to incarnate so many times. When this is understood, it is obvious that negative and harmful acts are only done in ignorance of this knowledge, since an equally negative and harmful reaction is automatically applied to the individual performing the act, in either their current or a future life.

As a general rule, humans usually are born not less than three and not more than seven times in one gender before switching over to the other. However, as soon as the individual soul makes some progress, considerable elasticity is introduced into the arrangements, and the soul is born into the gender, race, and conditions

best suited to produce conditions to strengthen the weak points in the individual's character.

However, there are patterns which often apply. For those who have a degree of spiritual awareness, one group incarnates every seven hundred years, and the other group every twelve hundred years. The difference is determined by the way the individualisation of the particular soul was attained. Those who became individualised by intellectual development have twelve hundred year breaks. Those who did so through an instantaneous rush of affection or will, have seven hundred year breaks, being able to experience the intervening bliss in a much more concentrated form. There is a great deal of flexibility with regard to these intervals between lives, a dominant factor being the necessity of bringing groups of people into incarnation together, to work out mutual karmic interrelations.

Those who are the most recent entrants on the human life wave have rest periods of from one or two hundred years, down to as little as five years, with dense, materially attached individuals being Earth-bound, that is being promptly reborn, which occurs quite frequently. This material attachment does not apply to all who are quickly reborn. For example, the Tibetans are a special class of individuals, who re-manifest quickly.

There are three great types of karma. The first is the vast mass of unexhausted karma, good or bad, accumulated from past lives, which waits to be worked out. The second type is that particular part of the first which has been selected to be resolved in the current incarnation. The third type is the new karma constantly being made by present actions. It is the karma of the second type which the astrologist or palmist tries to read, and their calculations are often invalidated by intrusions from the other two varieties.

There are no real accidents, however, occasionally an event occurs which is said to be karmically unmerited. This happens when an individual is caught up in the more potent karma of others. It may involve negative consequences which are not deserved. In this case, a karmic credit is established and compensation is provided by the administrators of karma, in the blissful period between lives.

The degree of individualisation in animals varies, as an animal group soul gradually breaks up into smaller subdivisions. Quadrillions of flies or mosquitoes

are attached to one group soul, millions of mice, and thousands of rabbits or sparrows. In the case of the more advanced animals, including the elephant, the monkey, the dog, the cat, and the horse, usually only a few hundred are attached to each group soul. In the case of a really intelligent pet dog or cat, one soul hovers over not more than ten or a dozen bodies.

As long as you are thinking of yourself and putting forward any energy, you create karma. Even if the energy is good; good karma binds you to physical life just as surely as bad karma, because you have done it for yourself. But if you do all your good deeds without a single thought of self, thinking only of humanity as doing them through you, then the karma comes to humanity as a whole. Perfected humans make no individual karma.

Many people think that spiritual advancement is desirable for the state of bliss that is developed, but that is not the primary motive. The joy of the Lord, the joy of the Logos, the joy of the Masters, is not in any vague pleasure or bliss. Their joy is in their work, the mighty work of evolution, work in which all are encouraged to join - the joy of pouring forth unconditional love throughout the universe.

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### ***THE ULTIMATE REALITY***

The Ancient Wisdom teaches that the past, present, and future blend together in eternity, for eternity has no past, present, or future. Eternity and infinity are the two sides of the ultimate reality, and the trained and initiated seer can view this reality. For example, life on an electron can be compared with life on Earth, the difference being the rate at which life on the electron is lived. A solar system, of atomic size, can come into being, live its full life span, and vanish many times in one human second.

To the life on the electron, one human second is "eternally" long. Humans would view the past, present, and future of life on the electron, as now. In the same way, the Gods' time tempo is incomparably slow, and human past, present, and future, which seem so real to humans, similarly appear to the Gods, as simply now. To a higher God, the life of humanity's solar system is a fraction of one of that God's seconds. The seer's art is to raise their consciousness to a higher plane in which past, present, and future are perceived as now.

Every entity has a degree of free will. The amount of free will is a measure of the level of spiritual vitality and intellect that the individual has developed and accumulated. The person who has foresight made possible by a reserve of free will can modify their conduct, and accordingly amend the affect of the future on them, without of course changing the total picture of the future, which is not possible.

Every atom has its home in a molecule; every molecule has its home in a cell; every cell has its home in a body; every body has its home in a greater body, the greater body in the case of humans being the Earth; which has its home in the solar system; which has its home in the galaxy; which has its home in the universe; which has its home in something still more vast. There human comprehension ends, however the chain continues ad infinitum. Every thing exists in something greater than itself and contains hosts of beings inferior to itself. The nearest concept that human consciousness can grasp in attempting to define the Absolute, is space.

The word Absolute is the past participle of the Latin verb - *absolvere* - meaning "to set free". Absolute means freed, freed from all conditions beneath it. In human terms, it means one who has risen above and been freed from all the shackles that fetter the average person. However, Absolute is a relative term, since every living entity is forever growing, evolving, thus encountering new situations to master.

The one thing that no entity can avoid is continuous existence, however that does not mean immortality of the personal ego. Everything changes. Nothing that is composite is immortal. Immortality means unchanging continuity of a being as it is, which would mean that the entity could never grow. Yet there is in the heart of every entity an essence which is deathless. In continuous boundless infinity, unending existence cannot be wiped out. The reason for the evolutionary journey is two-fold: to enable the divine spark to gain self consciousness on lower planes than its own, and to aid the evolution of the life atoms which form its various vehicles on the different planes through which it descends.

The philosophy incorporated in the Ancient Wisdom is based on three foundation-stones:

(1) The primary consideration is a "Principle", which is eternal, boundless, and inconceivable, since it transcends any power of human conception. It is referred to as a "Principle", since there is no word in the English language that accurately describes it. It is everything, all that is, ever was, will be, the foundation of everything, from which everything flows forth, and into which everything eventually returns, from atoms to Gods. It is boundless life, beyond duration, beingless, without limiting dimensions.

(2) There appears from time to time, in regular and periodic successions, like ebb and flow, worlds and beings continuous throughout eternity: the appearance and disappearance of incalculable numbers of universes in all degrees and stages of spiritual, astral and physical evolution. Thus universal cyclical action is the second proposition.

(3) Each individual spirit, every entity, shares a fundamental identity with the universal Over-Soul, which is an aspect of the "Principle" previously outlined.

Humans are composite creatures consisting of 7, 10, or 12 compartments, depending on the complexity of the view taken. This is a miniature mirror of the hierarchy of the universe. In considering the 7 compartment model of the universe all the following elements are to be understood as interpenetrating, interwoven with each other. Each element emanates from the one before it and thus each successively contains growing complexity, containing not only its own characteristic individuality, but also the aspects of the preceding elements. The physical universe is therefore an elaborated carrier of all the other six elements. The further the process of unfolding proceeds to-wards the material sphere, the weaker the influence of the higher elements progressively becomes, the luminosity being reduced:

(1) Cosmic Monad: The first and unmanifest Logos.

(2) Akasa: The origin of the Cosmic Soul; the source of all intelligent order and laws in the universe; the second and quasi-manifest Logos.

(3) Cosmic Mind: The source of all individualised intelligence; the third and creative Logos.

(4) Cosmic Karma: The source of pure impersonal, universal compassion; the source of the impelling cosmic energies of the universe; the intelligently guided

force of the hierarchical universe.

(5) Cosmic Vitality: The source of cosmic vitality, permeating in all things.

(6) Astral Light: The lowest functioning aspect of Akasa; the equivalent in the cosmic hierarchy of what the astral model body is to humans; the reservoir of all psychic, moral and physical emanations of the Earth.

(7) Physical Universe: The body or garment of the six more ethereal elements preceding it.

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### ***EARTH'S PLANETARY CHAIN***

There are seven root races in one world period, seven world periods in one round, and seven rounds in one chain period of the Earth planetary chain. There can be considered to be seven, ten, or twelve cosmic planes, depending on the breadth of the view. For the sake of simplicity we will discuss the seven plane view. It is on these cosmic planes that the chains of solar systems appear. Each of these seven cosmic planes has seven sub-planes, which have all the qualities and attributes found in the parent plane.

It is on the sub-planes that the Earth planetary chain of globes appear. On each of these seven sub-planes the Earth has an embodiment, beginning with the highest sub-plane and with each embodiment progressing to the next, lower sub-plane. When each globe has run through its seven root races, it projects its surplus energy to the next sub-plane where the next globe will appear. When all the seven rounds are completed, when the last life wave has completed its seventh root race on the seventh round of the globe, then the chain dies and that globe becomes the moon of its child globe.

Round one is a mirror of the boundless "Principle" in the universe which is born from its own essence. Round one is the outlining round, striking the pathways according to past karma for all the succeeding rounds. All the twelve kingdoms combine to rebuild the globes of the chain from their past embodiments. The first entities that appear are the highest entities from the last incarnation of the chain, who work with the elementals. It is always the more evolved which set the pace and give the plan for the less evolved to follow. After each round the high entities lower a rung and the elementals rise a rung, thus being on the same level in the

fourth round as they pass. By the end of the seven rounds, the spiritual entities who started at the bottom will have evolved to God - humans, or the equivalent beings in other kingdoms.

Round two is equivalent to Akasa, which is spirit or space, in the universe. If round one is considered the embryonic stage in the birth of humans in the womb of nature, then the second round begins with the birth of the child. Each kingdom follows its own special destiny, as laid out by the higher classes, God's plan for humans and for all the classes beneath them. Each kingdom follows in the footsteps of the kingdom above it. Round two retraces the events of round one, but in an improved manner. This rerunning, in a progressively advanced form, is repeated in each subsequent round.

Round three is equivalent to Cosmic Mind in the universe.

Round four is the mirror of Cosmic Karma in the universe. In the middle of the fourth round, about four and a half million years ago, the arc of spirit descending into matter, reached its lowest point and swung to matter reverting to spirit. At this middle point there was a balance of matter and spirit.

Round five is like Cosmic Vitality in the universe.

Round six equals Astral Light, the lowest aspect of Akasa, in the universe.

Round seven is like the physical universe.

On each round, particular emphasis is placed on an aspect of humanity that is being developed, with all components being perfected by the end of the seven rounds. For example, by the seventh root race of this round, human flesh will be much finer, cloudy, almost translucent. By the time humans reach the last globe, their bodies will be self luminous, bodies of light.

Humans will leave this planetary chain as Gods; and what of the animals? Humans will become the lowest of Gods. This role is necessary since pure spirit cannot work in matter at all, because spirit is so far above physical being. Between spirit and matter are the various classes of Gods which provide the link and which transmit the spiritual energy into the lower world. This is how spirit



acts on matter; indirectly. The lower Gods work in the realms of matter, and one of the forces they use is astral physical creative fire.

Entities who had not reached the higher levels on the preceding chain, the lunar chain, who were not completely evolved in their spiritual/intellectual aspects, provided the initial bodies for humanity. A superior level of beings, who have use of the fires of the spiritual-intellectual realms, provided the spiritual and intellectual aspects of humans. Humans will complete the seven rounds as the second type mentioned, and the animals as the first type. Thus the current animals will provide the bodies for humanity in the next chain.

When you look into the window of the cosmos, the view is of mirrors into mirrors eternally. With a limited capacity to comprehend and absorb, the initial reaction is often confusion and frustration, which is a natural and reasonable response. The special advantage that humans possess is that they contain all the complex and most subtle secrets of the universe and life within themselves, being a functioning, if relatively small version of all that was, is, and will be.

The last Earthly words of Lord Gautama Buddha were: "Brothers, all things that are, are composite, are component, built up by elements. Find your way to the Truth."

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### ***LEMURIA and ATLANTIS***

For ease of communication, the first four root races are usually referred to by the names which are commonly used for the four continents they inhabited: Polarian, Hyperborean, Lemurian, and Atlantean. Neither Lemuria or Atlantis are the real archaic names of these continents, but listing all the correct names of the countries of both continents would be too lengthy.

Lemuria was a huge continent, stretching from Madagascar to Ceylon, and Australia which was an inland region of the large continent. Lemuria broke up due to a decrease in the velocity in the Earth's rotation. It was not submerged by flood, but was destroyed by volcanic action, and afterwards sank beneath the surface of the ocean.

The first physical human appeared about 18 million years ago and was a giant; which was required to survive the huge monsters of the land, sea, and air that existed at that time. The first solid humans were light yellow in colour, appearing between the middle and the end of the third root race. This race should correctly be termed the Lemuro-Atlantean. They were very large, with very soft flesh compared to current bodies. Humans of the third root race were androgynous, then changing to the two sexes. At that time everything on the globe was of a grosser nature, while shells and corals were still in a semi-astral state.

By the sixth sub race, humans were building their first cities out of stone and lava. The Lemuro-Atlanteans had a dynasty of spirit-kings, demi-gods who had assumed bodies to rule over them and who instructed them in arts and sciences. But because they were material spirits, they were not always good, and under the influence of one such king, the Atlanteans became a race of wicked magicians.

The Lemurians and the early Atlanteans were divided into two distinct groups - the "sons of night" or darkness, and the "sons of the sun" or light. The former, leaving their homes during the long months of darkness, descended to fight terrible battles with their more advantaged opponents of the equatorial regions.

The Atlanteans reduced in size as the root race progressed, but were still twenty-five feet tall half way through the root race. The continent of Atlantis was submerged over a period of time some millions of years ago, due to a decrease in the velocity of the Earth's rotation. It lies under the Atlantic Ocean. Only Africa, as a continent, was never part of either Lemuria or Atlantis. The druid priests were the descendants of the last Atlanteans.

The third, fourth, and fifth root races are each between eight and nine million years in duration, but the root races to come, the sixth and seventh will be shorter, and root races one and two were much longer. This was because root race one was almost purely astral, with the individuals intellectually unconscious. Root race two was also astral, even though moving towards the physical, with a similar state of consciousness. There was no death in the first two root races, and root race three became physical at about its mid point. The first root race commenced about one hundred and thirty million years ago.

The sixth root race will leave sex behind, with androgyny again appearing, but in a more refined form. The flesh of sixth root race humans will be much more tender and soft, as if light was behind it. The seventh root race will begin having bodies of light.

The seat of the fifth root race, the Aryan, is an area of central Asia, the general location now known as Turkey, Iraq, Iran, and Afghanistan. This is now largely desert but was then green and fertile. These people later descended into the Indian peninsula. The Arabs who populate that region now are the offspring of mixed Atlantean and Aryan peoples.

Each root race starts half way through the previous one. The traditional way of expressing it is to say that the old waters mix with the new, as the more advanced of the previous root race begin to reincarnate in the bodies of the newer root race.

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### ***THE SIXTH ROOT RACE***

The sixth root race will be founded in southern California. The spiritual hierarchy decides what additional qualities are to be introduced into humanity and this is done with the creation of a new root race.

The spiritual entities charged with the responsibility are two Ascended Masters, perfected humans who will physically incarnate to achieve this. They will be the Manu and the Bodhisattva, the brain and heart, of the new root race, and their names respectively, are El Morya and Kuthumi. The Manu will gather from the current root race those who most resemble the type required, develop in them the necessary characteristics, and he will then incarnate into this group. Since he has eliminated his individual karma, he is free to mould all his vehicles, causal, mental and astral, exactly to the copy set before him by the spiritual hierarchy. Those descended from him will constitute the new root race. He will be the parent of twelve children, one born in each sign of the Zodiac, and will reincarnate as one of his own great grand children to further enhance the root race.

The members of the new root race will be required to take up new bodies as soon

it is necessary to lay aside the old ones. They must therefore accept being born again and again, without the usual interval of bliss on the higher planes between lives. For century after century, they must undertake this task. This is no light burden to assume, but those involved will make rapid spiritual progress, through the privilege of working in many lives under the immediate physical direction of the Masters El Morya and Kuthumi.

The first root race and the early part of the second root race were astral humans, and were not truly human as we understand the term, because they were mindless, having no self conscious intelligence or thought. The first root race propagated by a portion of the parent breaking off, the portion growing to be like its parent, similar to living cells to-day. They were huge and shapeless at first, not forming bodies of human shape until late in the third root race.

The second root race became more material, a jelly-like substance, and propagated by budding. A small part of the body, a bud, dropped off from the main trunk and grew into a being like its parent. About the middle of the second root race many of these buds would leave the parents at certain seasons, as do the spores or seeds of plants today.

The third root race was still more material than the second, becoming tender flesh covering bones, and acquiring skin, hair, and physical organs. The method of reproduction was hermaphroditic or androgynous, that is to say the two sexes existed in every individual of the early and middle parts of the third root race. These creatures produced eggs from which their young grew.

In the latter part of this root race, humans separated into opposite sexes. The Lords of Mind had begun to embody intelligence in humanity in the last part of the second root race, and this took place fully in the middle part of the third root race. In the middle of the fourth root race, during the Atlantean civilisation, involution began; human descent into matter passed the bottom of the arc and from that time became an ascent back to spirit.

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## ***THE HUMAN MIND***

Human intelligence was awakened by entities who came from Venus, who are referred to by the Ancient Wisdom as the Kumaras, the Lords of the Flame, or the Lords of Mind. The four publicly known Kumaras are Lord Sanat Kumara, Lord Sananda, Lord Sanatana, and Lord Gautama, who recently replaced Lord Sanaka who has moved to other cosmic spiritual responsibilities. With them came twenty-five adepts as assistants plus about a hundred human beings who were associated with them. These humans were merged into the ordinary humanity of the Earth. There are another three Kumaras who are generally not known: Lord Sanat Sujata, Lord Sana, and Lord Kapila.

Mind exists in all things, even in inanimate objects, but it is latent, existing as potential only. In humans, that dormant aspect has been activated. The Kumaras lit the candle's wick, but the candle was already there. A little child cannot perform intellectual tasks, but as the years pass the child begins to think logically, to be endowed in progressive measure with self consciousness. So it is with the human race. The Kumaras have not yet fully manifested their intellectual splendour; it is still in progress. Human minds are still imperfect, not yet fully evolved. The current human intellect is infinitesimal compared to that which the average person will possess in the future.

Each definite thought produces a double effect - a radiating vibration and a floating form. These vibrations, like all others in nature, become less powerful as the distance increases, as they radiate out from their source. Whenever they settle upon another mental body, they tend to provoke in it their own rate of motion. The second effect of a thought is the floating thought form. It becomes for a time a kind of living creature, the thought-force being the soul, and the vivified matter of the mental and astral planes being the body. Each thought draws around it the matter appropriate for its expression, deciding the colour and shape of the thought form.

A general thought floats detached in the atmosphere, and gradually exhausts its energy and falls to pieces, unless it awakes sympathetic vibration in a mental body near at hand which absorbs it. Thought forms produce exactly the idea initiated. Vibrations, on the other hand, are more far reaching but only produce influence.

The quality of the thought determines its colour; the nature of the thought

determines its form, that is its shape; and the definiteness of the thought controls the clearness of its outline. So both vibrations and coloured thought form shapes are being produced in all thinking moments. Every human travels through life enclosed within a pond of their own creation, surrounded by a mass of vibrations and forms created by their habitual thoughts. Each individual's view of the world is tinged by their pool's colours and modified by its vibration rate.

Until humans learn complete control of their thoughts and feelings, they see nothing as it really is. Humanity then owes a great deal to the Kumaras. The stimulus provided by the Lords of Flame advanced the development of the human intellect by a measure of millions of years. As a matter of interest, they also brought from Venus certain additions to Earth's kingdom: wheat, as a food for humans; ants to modify the animal kingdom; and bees to assist in the fertilisation of flowers. Earth evolution has attempted to imitate these importations, producing: rye, white ants, and wasps.

Some minds operate at times in ways less than positive and constructive. However, evil is simply imperfection, insufficient evolution, and is therefore relative. What humans may call good, the Gods may call evil because of their higher standards. Evil has no absolute being, but exists, due to the illusionary nature of the universe. The karmic consequence of wrong doing is eventually, if painfully, an effective teaching mechanism. There is an old phrase which is appropriate: it must be that evil be upon the Earth, but woe to the evil-doer.

Evolution, change, growth, in the physical world can have a painful aspect; but it also has an aspect of great joy when it is realised that change means improvement, rising into nobler things. Also, humans live at the present time in a material state. In the more ethereal realms, growth is a continuous process involving joy. Spiritual growth, at all levels of existence, brings about no suffering or pain at all, but exquisite, pure joy.

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### ***THE SYSTEM OF EVOLUTION***

The full life term of a root race is eight to nine million years. Root races overlap, the new root race being initially established about half way through the previous

one. Humanity is currently about half way through the fifth root race. The middle of the fifth root race is approximately 16,000 years hence, and will be marked by a geological racial catastrophe, as are marked the mid points of all root races.

There are seven root races in one world period. The system of our evolution in the solar system is:

7 branch races make.....one sub race,  
7 sub races make.....one root race,  
7 root races make.....one world period,  
7 world periods make.....one round,  
7 rounds make.....one chain period,  
7 chain periods make.....one planetary scheme, and,  
10 planetary schemes make....our solar system.

Humans have just passed the middle point of the chain of worlds. According to ancient wisdom, there are to be seven journeys round the seven globes. Three of these journeys have now been completed, and the human life wave is now on the fourth globe of the fourth round. The middle point of this world period was during the fourth root race, the Atlanteans. The middle point in evolution does not however correspond to the middle point in time. The earlier radical changes in the constitution of humans extended over millions of years, but later changes connected with the development of civilisations passed much more rapidly, taking only thousands of years.

Because the Earth is fourth in the succession, three of its seven globes are in physical manifestation at this time. The globe that humanity populated which preceded Earth was Mars and the succeeding globe for humanity's occupation is Mercury. Of course, humanity will in the future be progressively ethereal.

This universe is only one of an infinite number of universes. They are called in the Ancient Wisdom, "sons of necessity", because of links in the great cosmic chain of universes, each one being an effect with regard to its predecessor, and being a cause with regard to its successor. The appearance and disappearance of the universe are described as an outbreathing and inbreathing of the "great breath", which is eternal, and which, being motion, is one of the three aspects of the Absolute, the other two aspects being abstract space and duration.

The above data is offered to provide one model of reality that may explain some of the many questions that people have. The Self Empowerment Academy recommends that you adopt what feels right for you and that you also do your own research.

Sources of data for the above come from the Theosophical Society, The Ancient Mystery Schools, the Rosicrucians plus a wide variety of Ancient Wisdom teachings including the Vedas.

**Points to remember:**

The best teacher you have lies within you – we call it our DOW – the Divine One Within (and Without). It is that all knowing, all loving, all powerful Source of Divine Love and Divine Wisdom that breathes us. If invited, it will guide us, love us and heal us and nourish us. For more on this go to [www.jasmuheen.com/shop/e-books](http://www.jasmuheen.com/shop/e-books) for the Biofields & Bliss Series and more on the Ancient Wisdom.

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More writings and research by Eltrayan can be found in the many back issues of the free online magazine – The ELRAANIS Voice at [www.jasmuheen.com/who.asp#editor](http://www.jasmuheen.com/who.asp#editor)

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Initially writing in journal form as personal therapy to relieve the stress of the media, Jasmuheen gave birth to "Dancing with My DOW". After appearing before over 800 million people to launch Divine Power and Divine Nutrition onto the global stage, Jasmuheen has now retired from the mainstream print media. This book also covers effective tools in dealing with the press. Available as an e-book.

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