

6-26-2016 Readings: Healing the Emotional Body

The World of Maya from, The Science Called Hinduism.

“All matter originates and exists only by virtue of a force which brings the particles of an atom to vibration and holds this minute solar system of the atom together. We must assume behind the force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.” Max Planck

This is what Eddington says about the world: “The world that we experience in everyday life is a convenient mirage attuned to our very limited sense—an *illusion* conjured by our perceptions and our mind. All that is around us (including our own bodies) which appears so substantial is ultimately nothing but ephemeral networks of particles and waves whirling round at lightning speed, colliding, rebounding, disintegrating in almost total emptiness. So called matter is mostly emptiness, proportionately as void as galactic space, void of anything except occasional dots and spots of scattered electric charges.

This universe of changing form is called *maya*. It is the illusory power of the *Brahman* (the essential divine reality of the universe) which makes us believe that the external world is the true reality. *Maya* is not illusion but it is that which creates some sort of delusion in us which makes us think that the shapes and forms and events in which we live, are real. It is the power of confusing concepts for reality, for confusing the map with the territory! ... When we confuse the myriad forms of the divine play with reality, without perceiving the unity of the *Brahman* underlying these forms, we are under the spell of *maya*. But if we realize that *maya* is only a veil which hides Reality from us—an appearance that has been produced at some point in space and time—then we are no longer under the spell of *maya*. We will understand that it is only a display of forms.

Maya is also known as *Shakti*, [the energy of the supreme divine Mother, the female generative power in the universe] the power or energy of the *Brahman* and it is she that projects this dynamic world. Thus, she is not an existent reality and has no existence apart from the *Brahman*. Hence, the *rishis* said that the world is *maya*. Even though it appears to be solid and real it is actually not what we think it is. Thus another meaning for the word *maya* is ya-ma—that which doesn't exist.

How [is it that] the Supreme unchangeable substance turned into the changing world? *Vedanta* [Hindu philosophy derived from the Upanishads] describes this unique phenomenon by postulating *maya* as the cause of the superimposition. *Maya* has two powers, one to *veil* and the other to *project*. It veils the *Brahman* and projects pluralities on the non-dual. How is this done? Let us take the example of light and darkness. Light exist, darkness does not. The latter is only the absence of the former. Although darkness does not exist in reality, it has empirical [or experiential] existence. Similarly the world also exists empirically.

According to the relativity theory, continuous activity is the very essence of matter. Hence, in Hinduism, *maya* is described as a state of “becoming” whereas Being is only attributed to the *Brahman*. ... The only way to break free from this spell of the enchantress *maya* is to come to a realization that all the phenomena we perceive with our five senses are part of the same reality. This means that we begin to personally experience that everything including our self is nothing but the *Brahman*.

The true nature of consciousness is revealed to us only when *maya* is removed from the mind through right perception. How to remove this *maya* is the next question. [The answer is self-enquiry.] By negating all those parts of our selves which are transitory or superficial we will come to the realization that we are nothing other than that Supreme Consciousness of the *Brahman*.

Glamour... A World Problem (Alice A. Bailey)

If men and women would bring their lives under a closer scrutiny by the true inner or spiritual man and could thus determine what combination of energies conditions their life activity, they would not continue to function—as they do now—so blindly, so inadequately and so ineffectually.

It is for this reason that the study and understanding of *motives* is of such value and importance, for such a study determines intellectually (if properly investigated) what factor or factors inspires the daily life. This is a statement worth careful consideration. I would ask you: What is your major actuating motive? For, whatever it may be, it conditions and determines your predominant life tendency.

Many people are solely inspired by desire—material, physical and temporary. Animal desire for the satisfaction of the animal appetites, material desire for possession and for the luxuries of existence, the longing for “things,” for comforts and for security—economic, social and religious—control of the majority. The man is under the influence of the densest form of *maya*, and the forces of his nature are concentrated in the sacral center. Others are motivated by some form of aspiration or ambition—aspiration towards some material heaven, ambitions for power, desire for the satisfaction of the emotional or aesthetic appetites and for the possession of the more subtle realities, and the longing for emotional comfort, for mental stability and assurance that the higher desires will meet with gratification. All this is *maya* in its emotional form, and it is not the same thing as glamour. In the case of glamour, the forces of a man’s nature are seated in the solar plexus. In the case of *maya*, they are seated in the sacral center. Glamour is subtle and emotional. *Maya* is tangible and etheric.

...for a man succumbs to *maya* when he is controlled by any other force or forces than those energies which come direct from the soul, conditioning and controlling the lesser forces of the personality as they eventually and inevitably must and will.

Definition of The emotional body (The New Dictionary of Spiritual Thought): The Emotional Body is the vehicle or reflective nature, called “astral” (meaning starry), wherein reside unresolved emotions and currents of force *awaiting expression*. Mental polarization involves taking control of the emotional body and clearing it so it may serve as a purified battery for the personality, empowering it to fulfill the purpose of an incarnation.

Hands of Light, B. Brennan on The Emotional Body (as seen from the higher sense perception or clairvoyance)

The second auric body or next finer after the etheric body, is called the emotional body, and is associated with feelings. It roughly follows the outline of the physical body. Its structure is much more fluid than the etheric and does not duplicate the physical body. Rather, it appears to be colored clouds of fine substance in continual fluid motion. It extends one to three inches from the physical body. This body interpenetrates the denser bodies that it surrounds. Its colors vary from brilliant clear hues to dark muddy ones, depending on the clarity or confusion of the feeling or energy that produces them. Clear and highly energized feelings such as love, excitement, joy or anger are bright and clear; those feelings that are confused are dark and muddy. As these feelings become energized through personal interaction, body psychotherapy, etc., the colors separate out into their primary hue and brighten.

The Pain Body, Eckhart Tolle, from A New Earth

An emotion is the body’s response to a thought. Although the body is very intelligent, it cannot tell the difference between an actual situation and a thought. The ego is not only the unobserved mind, the voice in the head which pretends to be you, but also the unobserved emotions that are the body’s reaction to what the voice in the head is saying. The voice in the head tells a story that the body believes in and reacts to. Those reactions are the emotions. The emotions, in turn feed energy back to the thoughts that created the emotion in the first place. This is the vicious circle between *unexamined* thoughts and emotions, giving rise to emotional thinking and emotional story-making. The voice of the ego continuously disrupts the body’s natural state of well-being.

Fear, anxiety, anger, bearing a grudge, sadness, hatred or intense dislike, jealousy, envy—all disrupt the energy flow through the body, affect the heart, the immune system, digestion, production of hormones, and so on. An emotion that does harm to the body also infects the people you come into contact with. Do positive emotions then have the opposite effect on the physical body? Do they strengthen the immune system invigorate and heal the body? They do, indeed, but we need to differentiate between positive emotions that are ego-generated and deeper emotions that emanate from your natural state of connectedness with Being [Brahman].

Positive emotions generated by the ego already contain within themselves their opposite into which they can quickly turn. Ego generated emotions are derived from the mind's identification with external factors which are, of course, all unstable and liable to change at any moment. The deeper emotions are not really emotions at all but states of Being. Emotions exist within the realm of opposites. States of Being can be obscured, but they have no opposite. They emanate from within you as the love, joy, and peace that are aspects of your true nature.

Most people limit themselves through grievance, regret, hostility, guilt. Their emotional thinking has become their *self*, and so they hang on to the old emotion because it strengthens their identity. Because of the human tendency to perpetuate old emotion, almost everyone carries in his or her energy field an accumulation of old emotional pain, which I call "*the pain-body*."

Any negative emotion that is not fully faced and seen for what it is in the moment it arises does not completely dissolve. It leaves behind a remnant of pain. The remnants of pain left behind join together to form an energy field that lives in the very cells of your body. Like all life-forms, it periodically need to feed—to take in new energy—and the food it requires to replenish itself consists of energy that is compatible with its own, which is to say, energy that vibrates at a similar frequency. A happy, positive thought is indigestible to the pain-body.

The usual pattern of thought creating emotion is reversed in the case of the pain-body, at least initially. Emotion from the pain-body quickly gains control of your thinking, and once your mind has been taken over by the pain-body, your thinking becomes negative. The voice in your head will be telling sad, anxious, or angry stories about yourself or your life, about other people, about past, future or imaginary events. It is not so much that you cannot stop your train of negative thoughts, but that you don't want to. This is because the pain-body at that time is living through you, pretending to be you. And to the pain-body, pain is pleasure.

Whatever you identify with turns into ego. The pain-body is one of the most powerful things the ego can identify with. That unholy alliance, however, eventually breaks down in those cases where the pain-body is so heavy that the egoic mind structure, instead of being strengthened by it, are becoming eroded by the continuous onslaught of the pain-body's energy charge, in the same way that an electronic device can be empowered by an electric current but also destroyed by it if the voltage is too high. Some people may feel that they cannot live with themselves anymore. Inner peace then becomes their first priority. Rather than pulling them into unconsciousness, the pain-body becomes their awakener, the decisive factor that forces them into a state of Presence.

The beginning of freedom from the pain-body lies first in the realization that you *have* a pain body. Then, more important, is your ability to stay present enough and alert enough to notice the pain-body in yourself. When it is recognized, it can no longer pretend to be you. *It is your conscious presence that breaks the identification with the pain-body.*

Final note:

The emotional body is a fluid layer of substance and it must move freely for optimal health. When emotional substances are not freely moving, they stagnate and calcify and become toxic. They move freely only when we are conscious of them and allow them to live their purpose, which is to move and express. If we pay attention and consciously and compassionately feel the sensations they create in our bodies, without obstructing them, they will be transmuted into renewable energy, and we will build a healthy emotional body that supports our etheric and physical bodies.

To pierce the veil of *maya* and see what underlies all creation, to dissipate *glamour* and induce clear thinking that is free from illusion, to dis-identify with the *pain-body* and experience freedom from the past, all requires deep self-inquiry, present mindedness, and conscious living. It always comes back to how we live our daily lives because how we live our daily lives is what conditions our spiritual growth.