The seven types of nested periods that most affect human evolution, current periods highlighted.
Wheels Within Wheels: Root-Races and Wider Evolutionary Periods

“Great fleas have little fleas upon their backs to bite 'em,
And little fleas have lesser fleas, and so ad infinitum.
And great fleas themselves, in turn, have greater fleas to go on;
While these again have greater still, and greater still, and so on.”
- Augustus DeMorgan

Evolution is full of repeating periods or cycles. A period may be as small and short as an individual breath or heart beat, or as vast as the life of an entire Solar System or even the manifest Universe itself. Cycles contain periods of activity or manifestation (often referred to as a manvantara, Sanskrit for “within era”), followed by periods of rest or inactivity (often called pralaya, Sanskrit for “dissolution”). For example, the busyness of day is followed by the quiet of night (before the next day begins), and physical incarnation is followed by life on higher planes (before the next incarnation begins).

Multiple instances of an evolutionary period frequently form a larger cycle. A sequence of periods often follows a model of involution followed by evolution. In other words, early instances are ethereal or small as they’re first being introduced, middle instances reach full manifestation or materiality, and late instances are more spiritual as they follow the return path. For example, in human incarnations we’re born as small and weak babies, grow into strong adults involved with the world, and then get old and focus more on spirituality, withdrawing from active life. For an example involving cycles within cycles, on the beach waves flow inward and recede, each wave being a small cycle. However these waves are part of the much larger cycle of the tides, where over a longer period of time the entire set of waves comes inward during high tide and recedes during low tide.

Evolutionary periods often take place in groups or cycles of seven. (Many aspects of esotericism appear in sevens, such as seven planes, seven Rays, seven chakras, and so on.) The chart above shows the seven cycles that most affect human evolution. Each instance of a cycle is composed of seven instances of the period on the next row down. Conversely, each period “lives and moves and has its being” within the next higher cycle, ultimately reaching Logoiic levels, so in a sense even the smallest period can be seen as a Divine expression that helps facilitate evolution. Each period is administered by a highly evolved being or beings, ranging from Masters for the smallest periods, to great Manus for the middle periods, to Planetary and Solar Logoi for the largest periods. A more detailed look at each of the seven types of evolutionary period follows:

Root-Race: Root-Races are the period most familiar to humanity, where even many non-esotericists are aware of the civilizations of Lemuria and Atlantis. Root-Races both refer to a soul’s physical characteristics (the species of its physical body) as well as consciousness (its level of evolvement). In addition, Root-Races are associated with the human civilization that took place during that period. Root-Races are introduced in sequence, however there’s a bit of overlap between them. Each
Root-Race is administered by the current Manu of the Hierarchy. The seven Root-Races are:

1. **Borean**: This was the first Root-Race on this planet, where it was mostly etheric as opposed to expressing on the dense subplanes of the physical plane.
2. **Hyperborean**: The next Root-Race continued the grounding process started in the first Root-Race.
3. **Lemurian**: This was the first Root-Race that was fully physical with what we would consider humanoid bodies, and which manifested a civilization. Many younger spirits individualized their souls during Lemuria, through planting of the spark of mind by the Solar Angels.
4. **Atlantean**: This Root-Race was primarily characterized by emotional expression, which often manifested as sensuality or materiality. Much of humanity still has Atlantean consciousness, even though the civilization of Atlantis was destroyed by floods thousands of years ago.
5. **Aryan**: This is the Root-Race taking place now. It’s primarily characterized by intellectual development. Some dislike the potentially negative connotations of the name “Aryan”, and therefore prefer to use “Kraunchan”, the Sanskrit name for the fifth Root-Race continents.
6. **Aquarian**: This Root-Race will begin a few centuries from now during the Age of Aquarius. It doesn’t have a formal name yet, however given its time period it’s sometimes referred to as “Aquaria”. It will be characterized by higher mind, love, intuition, and personality integration.
7. **Pushkaran**: The seventh and final Root-Race to take place on this planet doesn’t have a formal name yet either, however it’s sometimes called “Pushkaran”, which is Sanskrit for “seventh realm”. It will continue evolution into ever more spiritual levels of being, with qualities including will and full soul expression.

Note Root-Races 3 through 7 correspond in sequence to the five planes of human evolution: Lemurian is physical, Atlantean is astral, Aryan is mental, Aquarian is Buddhic, and Pushkaran is Atmic.

**Subrace**: A Root-Race contains seven subraces. Subraces indicate more subtle evolutionary qualities or modes of expression, and in the physical sense are closer to ethnicity or culture. Subraces are introduced in sequence, however there’s a lot of overlap between them. Once a subrace is introduced, it generally stays for the remainder of the Root-Race. Subraces, being smaller periods, are administered by Masters who report to the Manu. Subraces in turn are divided into seven branch races, although branch races tend to be more blended with each other than the larger cycles.

Six subraces of our fifth Root-Race have been introduced so far, where the sixth subrace only made its appearance in the last few hundred years. According to “The Solar System” chapters 47-53, the first six subraces are named as follows: 1) Hindu, 2) Arabian, 3) Iranian, 4) Keltic, 5) Teutonic, 6) Austral-American. According to “First Principles of Theosophy” page 52, the seven subraces are named: 1) Hindu-Egyptian, 2) Aryan Semite, 3) Iranian, 4) Celtic, 5) Teutonic, 6) Austral-American, 7) Latin-American. These Theosophical sources use the same names except for the first two subraces.
**World-Period**: Seven Root-Races make a World-Period. A World-Period is the period of time covered by all seven Root-Races upon a planet. The general term for a planet or body where Root-Races evolve is “Globe”, because some World-Periods take place on non-physical planes in environments very different from a standard physical planet. World-Periods take place in sequence, with eras of pralaya between them. During a World-Period other Globes are mostly but not completely abandoned, where they have small amounts of life on them, waiting for the primary lifewave of evolution to come around to it again.

**Round**: Seven World-Periods make a Round. A Round is the period covered by seven World-Periods on seven different Globes. The seven Globes in a round have their lowest manifestations on different planes, ranging from higher planes for earlier and later Globes, to more dense planes for the middle Globes, demonstrating involution followed by evolution. Rounds take place in sequence, with eras of pralaya between them. Different Rounds implies that Globes aren’t visited just once, but rather that previous World-Periods took place on Earth before the first Root-Race, and that we will eventually return to Earth again sometime after the seventh Root-Race.

For our current set of Globes, the starting and ending Globes A and G are in lower mental matter, Globes B and F are in astral matter, Globes C and E are in ethereal physical matter, and Globe D is in dense physical matter. The dense planet we call Earth is Globe D, which is the only Globe of the set able to feature dense physical life. According to “The Solar System” chapter 55, Globe C where we had our previous World-Period before the first Root-Race is the planet Mars, and Globe E where we will evolve after the seventh Root-Race is the planet Mercury. Those planets don’t have dense physical life (except for perhaps microbes) but they can certainly support ethereal civilizations.

Note there are similarities between evolutionary periods of similar positioning. For example, the 3rd period in any group tends to deal with physical activity (e.g. Lemuria the 3rd Root-Race, and Mars the 3rd Globe which is associated with activity in astrology). The 4th cycle in any group tends to deal with emotional expression (e.g. Atlantis the emotional 4th Root-Race, the passionate Keltic culture forming the 4th subrace, and the Moon which used to be the 4th Globe and is associated with emotion in astrology). The 5th cycle in any group tends to deal with intellectual development (e.g. our intellectual 5th Root-Race, the practical Teutonic peoples, and Mercury which will be the 5th Globe and is associated with the intellect in astrology).

**Chain**: Seven Rounds make a Chain. A Chain is the period covered by seven Rounds of evolution around the seven Globes. Chains happen in sequence, with eras of pralaya between them. After a Chain-Period, the seven Globes that compose it break up and a new set of seven are created, similar to how a human’s personality bodies disintegrate after an incarnation. Chains also take place in a series of seven, where (similar to Globes with their involution followed by evolution model) the seven Chains have their seven Globes on different planes, ranging from a set of higher planes in earlier and later Chains, to more dense planes in the middle Chains.

We are currently in Chain IV of our series, which has the densest set of Globes. Given that Globe D of Chain IV is the only body with fully physical life on it of the 49 Globes covered by the seven Chains, that shows how unique an opportunity
physically incarnated life is! Remnants of Globes from previous Chains can occasionally be seen during the next Chain. Earth's Moon is Globe D from the previous Chain, meaning Chain III in the sequence is often called the Moon Chain. More evolved souls on Earth (if you're reading this, you're probably in that category 😊) originally individualized during the Moon Chain, as opposed to younger souls who individualized much more recently during the Lemurian Root-Race.

**Scheme:** Seven Chains make a Scheme of Evolution. A Scheme is the primary expression of a Planetary Logos (although by no means its only activity). According to “The Solar System” page 12-13, there are 10 Schemes in our Solar System: Venus (most evolved, in its 5th Chain), Earth and Neptune (next most evolved, in their 4th Chains), Vulcan, Jupiter, Saturn, and Uranus (in their 3rd Chains), and three unnamed Schemes in earlier Chains. Ignoring the unnamed ones, that leaves seven primary Schemes. According to “A Treatise on Cosmic Fire” page 373, there are seven Schemes of Evolution with dense physical planets: Venus (most evolved again, in its 5th Chain), Mercury, Earth, and Mars (in their 4th Chains), and Vulcan, Jupiter, and Saturn (in their 3rd Chains). Although there are slight differences in naming, both sources result in seven primary Schemes of Evolution.

Note there are connections between Globes (planetary bodies), Chains (wider eras of evolution), and Schemes (expressions of planetary Logoi). For example, “Mars” can refer to the dense planetary body orbiting between the planets Earth and Jupiter (which is technically a Globe in Earth’s current Chain), it can refer to a wider era of evolution with Mars-like qualities (such as a Chain of some Scheme, which may be the Mars Scheme or some other Scheme), or it can refer to an entire Scheme or planetary Logos (which contains many Chains and Globes). In “A Treatise on Cosmic Fire” page 389, the Chains of the Earth Scheme are named: 1) Neptune, 2) Venus, 3) Saturn, 4) Earth, 5) Mercury, 6) Mars, and 7) Jupiter. However, that source then immediately suggests calling Chains by their numbers to avoid confusion with actual planets.

**Solar System:** All Schemes together produce a Solar System. A Solar System is the primary expression of a Solar Logos (although by no means its only activity). Our Solar System or at least our sun is sometimes called “Sol” to distinguish it from other stars. Solar Systems both take place in sequence (where one Solar System “dies” followed by a pralaya, after which the next Solar System takes its place), and Solar Systems can also happen concurrently (where a group of Solar Systems forms a Cosmic Logos, similar to how a group of planetary Logoi forms a Solar System).

Most relevant to our evolution is a series of three Solar Systems. The first Solar System developed the Active Intelligence aspect of Divinity, the second Solar System that we’re in now is developing the Love aspect of Divinity, and the third Solar System to take place in the distant future is going to develop the Will aspect of Divinity. Just as our current Chain has some remnants of the previous Chain (i.e. the Moon), so does our current Solar System contain some remnant energies from the previous Solar System, that our evolution is helping to transmute.

**Summary:** Presently, human evolution has reached the 6th subrace of the 5th Root-Race on the 4th Globe of the 4th Round of the 4th Chain of the 2nd Scheme of the 2nd Solar System. These particular periods are highlighted in the chart at the top of this paper.
Considering all the evolutionary periods together:
- 7 subraces make a Root-Race.
- 7 Root-Races make a World-Period.
- 7 World-Periods make a Round.
- 7 Rounds make a Chain.
- 7 Chains make a Scheme of Evolution.
- 7 Schemes of Evolution make a Solar System.
- 7 Solar Systems make a Cosmic Logos.

Adding up all the evolutionary periods, one Cosmic Logos contains:
- 7 Solar Systems.
- 49 primary Schemes of Evolution (7×7).
- 343 Chains (7×7×7).
- 2401 Rounds (7×7×7×7).
- 16,807 World-Periods (7×7×7×7×7).
- 117,649 Root-Races (7×7×7×7×7×7).
- 823,543 subraces (7×7×7×7×7×7×7).

For further reading about Root-Races and related topics see:
- Subraces: “First Principles of Theosophy” by C. Jinarajadasa, Chapter 2, pages 51-60.
- Morya Federation course 120 materials.

With Love, Light, and Power,
- Walter D. Pullen 😊