

Walking on Water

By Victor Dutro

The object of this paper is to provide a pathway of learning the process required to Walk on Water. This is not the only way to achieve this ability but one that I have found that works for me. I hope this serves to help others in need of such a process.

What is Walking on Water?

Some may be familiar with the Bible story of Jesus walking on water from Matthew 14: 22-31. In this story, Jesus sent his disciples to cross the Sea of Galilee while he went to pray. Late in the night a storm arose and the boat was tossed about and the disciples were afraid. Jesus came to them walking on the water. At first, they thought Jesus was a ghost but he called to them and told them it was he. Peter said if that is you let me walk on the water and come to you. And so he did. As Peter looked around and saw the waves and the storm he became afraid and fell into the water and began to drown. He called to Jesus to save him and we know that he did.

I don't present this story to promote the Bible or religion but to point out that in my view this is a formula for achieving Mastery over the astral plane and achieving the 2nd Initiation.

One must recognize that the storm and the water that threatened to drown Peter in the story is an analogy of water being the emotions and glamour found on the Astral plane, and drowning in the emotions and one's glamour is because of the distortion and beliefs and the focus on these and not the higher light found on the mental plane.

I pondered on to whom this paper would be addressed. Certainly, anyone could gain benefit in learning a way to rid themselves of their emotional blocks and dissipation of their glamor. However, it is likely that average humanity would fail to recognize its value and/or need. I would suspect that those that would find the following of value would be those that have already found themselves on the Spiritual Path and taken the first Initiation and are aspiring to take the 2nd which requires Mastery of the Astral Plane. As I have already pointed out there are other means and pathways to achieve this goal. If the reader finds anything of value in the following it is my hope and with my blessing that you use this method as a tool to help you on your Path.

Disclaimer:

I would like to take this time to recognize those in the mental health field and appreciate their work. There will be cases that a professional therapist would be the best route to get to issues and to have help in resolving emotional issues. The process I am about to deliver does require a stable, intelligent mind and relatively calm emotional control. If a person is subject to mood

swings as one might encounter with a bi-polar condition, I recommend you seek professional assistance. The process I am going to present is intended for mentally healthy individuals.

‘body vs. Body’

In this paper, I use the term “body” with a small b to mean one thing and “Body” with a Capital B to mean another. It is important for the reader to know these distinctions. In the attached paper titled ‘body to Body’ under the heading, ‘The Body’ these distinctions are spelled out.

Emotional energy blocks and issues:

Even though I am not a mental health professional much of what I will put forward here is supported at least in part by others in the various fields of Kinesiology. Names such as Dr. John Diamond, author of ‘Your Body Doesn’t Lie’, Dr. David Hawkins, author of ‘Power vs. Force’, Dr. John Thie, author of ‘Touch For Health’, Dr. William Whisenant, author of ‘Psychological Kinesiology, Changing the Body’s Beliefs’ and others use Kinesiology to access the inner workings of the body and some the non-physical aspects within the Body.

In my own experience, I have found that the body parks memories of troubling or traumatic events that happen over the course of our lives, in the body’s energy field. It could be held within a muscle or organ or other tissue and/or at the microscopic level. It can be stored in the aura, or in the web of energies within and surrounding the physical body. These could be held or connected to our nervous system and brain and become associated with similar events either actually experienced or experienced within the creative imagination. It is my opinion that experiences within the mind via a visual media, such as virtuality or game experiences are also stored as “Real”. In the conscious mind, we may know they were not real but the lower vehicle doesn’t make that distinction, in my experience. My object is not to support or refute the why and wherefore of this topic. I will leave that to experts in that field. The point is that the process that I have used successfully for many years is that we can find these issues quickly and resolve them just as quickly. The whole process is given and controlled by a higher power. I call this the “Soul”. The reader may wish to call it something else or disagree with me based on their beliefs. If this is the case, I would ask that you accept this as a possibility for the time being. In my paper ‘body to Body’, I describe this source as possibly coming from many different levels, entities, thought-forms both of a lower nature or a higher nature. It could be coming from our own creative imagination or our higher self or some spiritual guide. This is why I often call it the “Body”. This way I don’t need to know from where the answer comes. Later I will spell out my process to minimize the danger of accepting false or negative, lower level entities attempting to divert and mislead you.

In addition to what I call emotional issues, we have what DK (Djwhal Khul) describes as glamor.

Glamor by my definition is a distortion of the truth. This can be at the mental level and is further called “Illusion”, at the etheric level it is called, “Maya” and on the Astral level it is called,

“Glamor”. The methodology to remove each of these requires a different process and DK gives us the methodology to do this. I will be focused on the Astral plane Glamor formula given in ‘Glamour, A World Problem’ by Alice A. Bailey.

Glamor or Glamour

Both words mean the same thing. Glamor is the American spelling Glamour is the English spelling. I originally wrote my papers using the English spelling but have tried to switch these to the American spelling. I have retained the English spelling if ‘glamour’ was used in the quote.

Glamor:

During my work of using both my ‘Emotion Chart’ and the ‘Glamour Chart’ and the fact that they both reside on the astral plane it was easy to see a relationship between the two. It might even be that what we call emotional blocks might also be called glamor. I have treated them the same and used the same process to eliminate them. Someone might find a distinction between them but I don’t believe that will alter this process or the results.

How the Average person deals with energy blocks and glamor:

It is my opinion that they don’t (deal with it) or if even a little help is gained it is insufficient at best. I am specifically referring to the mass of humanity that we associate with the “Average” individual. DK points out in Esoteric Healing, that the root cause of disease is either astral or etheric in nature. It is the lack of communication between the Soul and the lower-self.

Soul Communication:

When this communication becomes a reality then the Soul can direct the lower as to what needs to be brought up and resolved, which, if the Soul allows it, the energy block is removed and this allows the energy to flow “Freely” through the body’s energy system. This process is about the removing of energy blocks and glamor and also of building the pathway of communication between the Soul and the lower-self. This communication is at the very heart of this process.

Personality:

Just so we are on the same page, I would like to define the lower-self as the Personality. It becomes the Personality when there is a certain degree of integration between the Physical (including the brain), the emotional body (The astral body) and the mental body. The reader will note that we (Students of the DK material) make a distinction between the brain and the mind. These are not the same thing, but I am not going to explain the distinction here. It is good enough for you to just be aware that to us they are not the same. The brain only plays a minor role or not at all in this process except that the energy flows will involve and enhance or cause a detriment to the physical body.

Benefit or Detriment:

Let me make this very clear, energy blocks and glamor are a detriment to the physical body. The removal of these is a benefit to the body. The process's given by DK in his formula to dissipate glamor and my synthesis of his formula with my emotional work will assist in the building the communication between the Soul and the Personality.

The Soul at Work:

What I am about to say might be controversial but it is as a result of my own experience over many years that I make this claim. The Soul is bound and determined to get your attention. To achieve this the Soul will set up situations, scenarios and life events that put us in a learning frame of mind. If we fail to pay attention or learn, the Soul will cause us pain and suffering. If we continue to not pay attention, it will turn up the pressure on us. Eventually, we will succumb to a disease and/or death or a life-changing experience that leads to an advancement on the Path.

The Qualities of the Soul:

The qualities of the Soul include Group Consciousness, Unconditional Love, Beauty, and Unity. This list is not complete but only a checklist to help us to discern the difference between information coming from the Soul, or some high-level entity such as a Master or the Hierarchy.

I would just like to add that what I call the Soul, another might call, Higher Self, Spiritual Guide Solar Angel, Christ Consciousness, Buddha Mind, Monad, or God. What I might call a conversation with my Soul another might call a conversation with God.

Deception in Communication:

If you get information that doesn't fit the above list then it's not coming from a higher source. Beware of deception. A common ploy is an entity saying or sounding like someone from the higher realm. What they say might sound viable but it will eventually get around to its purpose to control you or deceive you. If it singles you out for some divine task or special assignment or gives you a 'Big Ego boost making you special' then watch out. If it leads you to a special 'Reward for you alone' then it isn't coming from a higher level. These are 'Red Flags' that indicate a false voice or false impressions. Watch your motives too. If you are doing something that benefits you and not others then this opens you up to receiving false information and the chance you will fall victim to deception.

A rule to follow:

Serve others and not the little self (personality). As a rule, always work for others, whether you are doing healing or emotional work. Even as we work on ourselves as individuals, the end goal is to help the Soul in our development so that we can be of Service to the Soul and Hierarchy. We must continue to maintain our focus on the Divine Plan and Purpose.

In part of DK's formula, he tells us to not focus the 'light' on our own aura but onto the Astral Plane. There is a connection from ourselves to that Astral Plane that we need to identify and in DK's directions he has us recognize the ways in which a particular glamor (and I want to add, the emotional issues or energy blocks) affect the daily life and all relationships. This in DK's formula is given as one of the "Preparatory Stages". The complete formula will be found in the 'Appendix'.

I will not present DK's formula in its entirety here (it is in the 'Appendix') but will present parts as they are needed to indicate a relationship to my work.

Alignment:

Above I hinted at the need to be connected to the Soul or some higher level when we do our work. The same is true whether we are meditating or doing energy work. Alignment is very important and should be the first step in all healing or meditation. The method you use is up to you.

I have found that using DK's "Sons of Men" Stage I & Stage II meditation along with the artwork given by Vicktorya Stone as a great aid in preparing myself for either meditation, healing or Kinesiology.

You can find Vicktorya Stone's presentation of DK's Stage I Sons of Men alignment process at <https://www.youtube.com/watch?v=PK-KeUbAb7U>

To contact Vicktorya: www.Vicktorya.com

Spiritual Kinesiology:

Spiritual Kinesiology (SK) or simply Kinesiology. Another common name for the many branches of Kinesiology is "muscle testing". It should be noted that there is a field of Kinesiology that deals with the study of muscles in motion and is related to physical therapy. This field has virtually nothing to do with what we do. If there is any confusion it is our fault as we technically should call our Kinesiology either Specialized Kinesiology or something else. I have elected to call this system of muscle testing, Spiritual Kinesiology or SK.

In an earlier paper 'body to Body', I covered the process of SK with some pictures that illustrate my method of self-muscle testing. The 'body to Body' paper is added to the 'Appendix'.

Learning muscle testing:

If the reader would like to learn muscle testing I would recommend taking a course provided by the Touch for Health organization. www.Touchforhealth.us. Touch for Health is the Granddaddy of all the different branches of Kinesiology being taught today. They will teach you the basics of balancing the muscles and a lot more. Muscle-testing is a skill and an art that takes time and training. It is highly recommended that a person gets formal training from a TFH

certified instructor before attempting a more advanced technique of self-testing. It isn't going to hurt you but more than likely you'll develop bad habits and you will, in all probability, get inaccurate or inconsistent answers.

Dangers of Muscle testing:

When muscle testing the student will learn that the body doesn't lie. However, there is a problem that pops up sooner or later. The student will try to use muscle testing to benefit him/herself. This is a violation of Universal Law and goes against the Soul's purpose. Can you imagine where that might lead? The Left-hand path. At this point, entities of a low nature can gain access to you by misleading you and using deception or wrong answers to your questions. This is a common problem of students of muscle testing. Not all students are on the Path and those that are might try to use muscle testing for personal gain. Doing so will most likely end badly. I can speak from personal experience in this regard. This can be avoided if you remember it only works correctly when you use it to help others. The Alignment between the lower self and the Soul is extremely important.

If your intent is to use muscle testing to benefit yourself then don't waste your time and spare yourself some grief. The Lord of Karma will be watching.

My findings are consistent with those of David R. Hawkins, M.D., Ph.D. In his book 'Power vs. Force' he speaks about Kinesiology as the greatest discovery since the compass. He also suggested that anyone could learn it. A few books later, he amended this statement and indicated that the user must be above a certain level of consciousness. He was using a different system of identifying Spiritual development but the point is the same. If the user is trying to use it for personal gain the results will be inconsistent or in error.

My story:

If you use muscle testing, you will get an answer to whatever your question pertains to. In the beginning, the student will be learning to balance the muscles and the body's energy system. This Balance is the 14 muscle balance I learned in Touch for Health I Class. Doing this is the beginning of learning to communicate with the Body. As I indicated in 'body to Body' we don't know from where the answer comes and it really doesn't matter at this point. The object is to heal the body or balance the body's energy.

My personal story is that I learned muscle testing to reduce my back pain. After learning to do a 'Balance' it took me all of 5 days and 8 Balances to reduce my pain to Zero. This was proof positive that this worked.

Two years earlier I had suffered a back injury and was in excruciating pain every day for two years and never for a moment had the pain been zero or anything near it. This story began about 28 years ago. I didn't know it at the time but my Soul caused me the pain so that I would awaken to it and using the muscle testing was how I learned to communicate with it. It would give me pain from time to time. I would do a balance and the pain would go away. This went like this for Four years and then on a particular Sunday, my back was hurting so I did my usual balance. By this time my Body wanted me to be aware of the emotional issue involved with the pain. I would find the age involved, I would find who did what was involved and what was happening at the time that brought on the emotional issue. After I had the emotion, the when it happened and the 'who' that was involved. I would complete the balance and the pain would go away. Normally the pain would be gone for a week before my back would start hurting again.

This particular Sunday the pain came back within an hour. I did another balance. One hour later the pain came back. I was about to do another balance when it dawned on me that every issue, every emotion, every age that I found and cleared over the past four years were parked in my lower back. This didn't make any sense to me. My back had plenty of time to heal so why is everything parked in one part of my body and not anywhere else? It was at this point that I realized that there was an 'intelligence or some entity that was putting every issue that needed to be cleared on my former injury site. I reasoned that the Body could have put the issues in other parts of my body. I said out loud, "I just figured you out. You're putting everything on my lower back because you know that I will do a balance. I will make you a deal. If you move the pain to somewhere else, I will do a balance". Guess what? It moved the pain to my upper back. This was a major breakthrough in that I now knew I could talk to it and it listened to me. This was the beginning of my communication with what I now know was the Soul. It has never said, "Hey, I 'm the Soul". I had to figure it out for myself. Over time we began voice communication but I still use muscle testing to locate an item from a list. This is what I will describe next.

Finding Answers using SK:

By now, it should be evident that I can use muscle testing (SK) to get an answer to any question I want to ask but even though I get an answer, I really don't know from where the answer comes or if it should be trusted. This is why my 'Alignment' is important here.

Using muscle testing we can use any muscle that is convenient. When I am self-muscle testing, I use the fingers as pictured in the paper 'body to Body'. I can set it up to be a yes = strong /no = weak muscle response or what we call an "indicator" response. I use the indicator when I want to find an item from a list. An indicator format is handy because we want the muscle to change state only when the right word on the list is selected or being tested. So the way I use it, I want the muscle to remain strong on every word tested except the 'right' word. The 'right' word is the word that the Body wants you to find. For example, let's say that the Body wants you to work

on the issue of 'Fear'. The Body will then switch off the muscle when you come to the word 'Fear'.

The Body will bring me to the chart that includes the word 'Fear' and the exact list that contains the word 'Fear'. When I come to 'Fear' in the list, the muscle switches off and the fingers open. (It indicates that the word 'Fear' is the right word by switching off the muscle.)

I have composed the charts so that the emotions and glammers are listed.

Fire

Fire A:

Joy
Shock
Sorrow
Sadness
Internalization
(Un) Appreciated
Nervousness
Over-excited
Discouraged
Assimilation
Nourishing
Hurting

Fire B:

Elation
Despair
Despondent
Lightness
Heavyness
Loneliness
Humiliated
Hope(less)
Serving
Balance
Buoyancy
Solitude

Fire C:

Forgiveness
Compassion
Self-confidence
Self-esteem
Self-worth
Self-doubt
Insecure
Secure
Anger
Hate
Love

Fire D:

Gloomy
Hysteria
Relaxation
Stubbornness
Renounce the past
Tranquility
Responsible
Generosity
Jealousy
Remorse
Calm

Earth

Earth A:

Rejected
Assurance
Indifference
(Dis)approved
Faith in the future
Anxiety re. the future
Consideration
Recollection
Confidence
Alienation
Sympathy
Empathy
Brooding
Cynicism

Earth B:

(Un)reliable
Criticism
Contentment
Disappointment
Deprivation
Hunger
Nausea
Greed
Empty
Sympathy
Empathy
Harmony
Disgust
Doubt
Bitter

Metal

Metal A

Cheerful
Depressed
False pride
Haughty
Humility
Modesty
Openness
Scorn/Disdain
(In)tolerance
Prejudice
Contempt
Regret

Metal B:

Guilt
Grief
Regret
Release
Self-worth
Enthusiasm
Depression
Letting go
Indifference
(Un)merciful
Compassion
Sadness
Apathy

Water

Water A:

Fear
Anxiety
Peace
Dread
Terror / Panic
Resoluteness
Frustration
Impatience
Inner direction
Confidence
(In)adequacy
Courage

Water B:

Fear
Anxiety
Phobia
Sexual (in)security
Creative (in)security
Superstition
Paranoia
Cautious
Careless
Reckless
(In)decisive
(Un)loyal

Wood

Wood A:

Love / Anger
Rage / Wrath
(Self)righteous-
-indignation
Forbearance
Adoration
Motivated
Assertive
Boredom
Helpless
Impotent
Passive
Humble
Choice
Proud

Wood B:

Anger
Rage / Wrath
Distressed
Vengefulness
Resentment
(Self) righteous-
-indignation
Transformation
Responsibility
Unhappiness
Happiness
Irritability
Hostility
Content
Bitter

Central

Central

Self-respect
Overwhelm
Shyness
Success
Shame

Governing

Governing:

Embarrassment
Unspported
(Dis)honesty
(Dis)trust
Truth

Emotion Chart

Emotional Chart example:

As an example of the emotional chart: I have adapted my chart from one I learned many years ago that had the emotions listed under the 'Five Elements'. The original chart was composed by Dr. Bruce and Joan Dewe from New Zealand. Since my body learned using this chart I have found it is best to not confuse it by switching things around. I have made the chart without the circular graphics, the associated meridians, and organs. All credit for the original conception should go to them.

Finding the emotion:

Note: To follow up on my example of 'Fear', the Body knows the issue is fear but we don't at this point. We use the muscle testing method to locate the emotion.

I would ask the question, "Is the emotion listed on the emotion chart?"

I would then determine the format I want to use and in this case the Yes/No format and then test.

The Body would answer using the Yes/No format: Yes. This answer tells me to use the 'Emotion Chart'.

I would ask the following questions: Remember we are trying to find the emotion at this point.

"Is it listed under Fire?" The Body would answer: 'No.' "Under Earth?" 'No.' "Under Metal?" 'No.' "Under Water?" The Body would answer: 'Yes.' Now I know the emotion is listed under this element.

I could have used the Indicator format in the above tests. I would hold the fingers tight forming a circle (view pictures in 'body to Body'). I would then ask, "Is it under Fire?" The Body would answer 'no' by not going 'weak'. "Is it under Earth?" Again the Body would answer by not going weak. The same for Metal, Wood, Central, and Governing. The Body would switch off the muscle when I tested, "Is it Under Water?" The Body would release the muscle the fingers would open and the finger I am testing with would pull through the closed fingers. (See the pictures in 'body to Body').

By using the indicator format I just hold the fingers tight and don't have to reset them on every word. This makes finding the word or item in a list a lot faster and easier.

Under 'Water A' on the Emotion Chart, are the words: Fear, Anxiety, Peace, Dread, Terror/Panic, Resoluteness, Frustration, Impatience, Inner direction, Confidence, (In) adequacy and Courage.

Since the Body wants us to work on our 'Fear' it will indicate this by turning the muscle off when 'Fear' is selected and tested. Again we test by pulling on the fingers with the opposing finger. The muscle is now weak (because it is the 'right word') so the fingers open when

pressure is applied and the finger being pulled, slips though. This happens so fast that there is no way that the conscious mind can open and close the fingers by itself. We don't want an answer from the consciousness or the Personality. We want the answer from the Body. Note: It is at this point that we learn the emotion the Body wants us to find and work on. In this example, we would have found 'fear'.

Testing someone else:

If you were testing someone else, you would ask the questions out loud so the other person can hear them and have them keep their consciousness busy by having them do something or say something, like "I am curious, I am curious, I am curious" while you test the fingers. In this case, their job is to hold the fingers tight. This way the Body can respond without interference or manipulation from their lower-self, Personality or body (note the lower case b).

Finding the details:

Now once we know the emotion, we might need additional information if the issue regarding that emotion doesn't come to mind. If it doesn't come to mind you can ask the Body. "Do I know what this is about?" If it says yes then you ask, "Do I need to know the age?" If it says, "yes", then here is how I find that.

Finding the age:

I break the age down in groups of ten years. I use the indicator format again. I ask, "Is the age between 0 and 10?" if it doesn't switch off, I go on to the next group of years. "Is it between 10 and 20?" For this example, it pops open. So we know the age we are looking for is one of these years. I ask, "Is it between 10 and 15?" It answers "no". Now I know the age is 15, 16, 17, 18, 19 or 20. I can test them one at a time and the muscle will go weak at the right age. For this example let's say the age is 17. Sometimes when you get the age, it is hard to figure where you were at that age. What I do is add 17 to my birth year and this gives me the 'year'. Sometimes it helps to know the month but this hasn't been needed in most of my experiences. You might need to know more if say you moved or changed locations during this year or age.

Jogging the memory:

My experience has been that when you get closer to an issue this way the memory will pop in your head. Knowing who might have been involved can also help to zero in on the memory. The beauty of SK is that we can zero in on the issue because the Body wants us to find it! We are in communication with it by muscle testing. It is very rare for the issue to not come into the awareness. If it doesn't, just ask, "Do I need to know this information?" If it says no then you can skip it.

The Body wants you to know:

There may be something else the Body wants you to realize. Ask yourself, “What did I fear at that age?” The question might be, “Who did I fear?” This description may seem like a long process but it takes longer to write it than it takes to muscle test for it. You have to realize that what we are seeking is an issue that the Body deems important to find and resolve. If the Body is bringing it up it is going to allow you to find it and get this, resolve it.

The Body’s purpose:

The Body doesn’t do this for entertainment it wants you to learn to listen to it and learn to communicate with it. All these emotional issues and glammers we find and resolve are building the bridge of communication (also called the Antahkarana or the Rainbow Bridge) between the Soul and the Personality.

In the above process of tracking down the emotion, the Body wants you to find the issue so you can release it or balance it or using DK’s Glamour dissipation formula we can clear it from the Astral Plane which in turn helps all humanity.

Perspective:

It also helps to keep things in perspective. The finding of the given emotion or glamor might take 15 minutes or less. I have been told by a psychologist that it sometimes takes 5 years of therapy to find and resolve an issue.

We just did the Hard Part:

The hard part is finding the issue, but with the Body helping you, finding it is certain. It just takes some practice and asking the right questions. Above I have given some standard ones I use but listen to your Guide or Intuition and let it guide you. Often the words will pop up in your mind. Muscle test them.

Adding up what we’ve discovered:

OK at this point we know the emotion, the age, and let’s say we remembered an event that at the time terrified us. This is pure gold. This is the issue that is blocking energy and that is hurting us in some way. It has to be a priority because the Soul or the Body brings up the big issues first in most cases. Don’t be shocked or surprised to have an emotional response like crying or sweating. The body is going to release an energy that has been pent up for a long time in most cases. When you release energy it is a good idea to drink a lot of water for the next few days. I have experienced the energy release and adjustment takes as long as 3 to 7 days. Sometimes it feels like you are coming down with the flu. The water will help flush it out of the body through the urine.

Releasing methods:

So far we have just found the issue and now we can release it. There are many ways to release these energies. As I said before I used the 14 muscle balance method to release years and years of emotional work. The Body will want you to use the highest and best method you know. If that method is using Esoteric Healing it will want you to use that. If you know DK's formula for the dissipation of Glamour it might want you to use that. Lately, I have been using the dissipation of glamor to resolve the emotions just as I would for a glamor. The idea is the same. I use the process word for word and use the three lights just as I would for a glamor.

The Body determines what is needed:

Now in this paper, I have used the emotion of 'Fear' as an example. I showed you how to get to the root cause that the Body wanted us to find and look at. For you, this should be enough to resolve it, however, I have been discovering that what used to work for me, now the Body has added some extra steps. Not only would it want me to find some time in my past that needed to be resolved, now it wants me to relate it to what is happening now. Then it wants me to imagine what or how this would relate to me in the future. It also wants me to relate to how this affects humanity and the planet and even other kingdoms. So for me I use the dissipation of Glamour on all my emotional work and the Body will bring up those glammers that it is ready for me to dissipate.

There for a time this summer the Body had me dissipating glammers listed on the 'Glamour Chart' one glamor after the other. One each day for a period of time. Lately, I am bringing up more emotional issues on the 'Emotion Chart' again with one from the 'Glamor Chart' thrown in every once in a while. All of my recent work is related to Service to help humanity with these issues. This is not to say I am finished with my own work. Quite the contrary, every issue I have worked on I have an issue or an involvement with it. It is interesting to note that I don't recall ever having to go back to a specific time and place but I have had to revisit a particular emotion again and again as well as a certain age. It seems in my case, I have had many issues at 17 years of age. I suspect that this was an age of many transitions such as living at home to moving away and going from childhood to adulthood.

DK points out in the formula that he wants us to not focus on our own aura but to work on the Astral plane and in this way we destroy the glamour there and also our connection with it or to say it another way we destroy our share in it, this share is how we are/were connected to it.

Glamor Chart:

This brings us to the 'Glamor Chart'.

Using the 'Emotion Chart' as a model I constructed a chart listing the glammers given by DK in 'Glamour a World Problem', by Alice A. Bailey. I listed them under the given ray to facilitate the use of muscle testing. I also listed the three origins given so that I could muscle test to find which one to use. I then added a list of the Astral sub-planes so that I could also muscle test to

identify the appropriate sub-plane. If you have understood the 'Emotion Chart' example above, the 'Glamor Chart' works the same way.

I will be brief on the muscle testing procedure if you need to, just review the example given above on finding 'Fear'.

Spiritual Kinesiology Glamour Chart

Ray 1

The glamour of:

- 1) Physical strength.
- 2) Personal magnetism.
- 3) Self-centredness and personal potency.
- 4) "The one at the centre."
- 5) Selfish personal ambition.
- 6) Rulership, of dictatorship and of wide control.
- 7) The Messiah complex in the field of politics.
- 8) Selfish destiny, of the divine right of kings personally exacted.
- 9) Destruction.
- 10) Isolation, of aloneness, of aloofness.
- 11) The superimposed will – upon others and upon groups.

Ray 2

The glamour of:

1. Being busy.
2. Cooperation with the Plan in an individual & not a group way.
3. Active scheming.
4. Creative work – without true motive.
5. Good intentions, which are basically selfish.
6. "The spider at the centre."
7. "God in the machine."
8. Devious and continuous manipulation.
9. Self-importance, from the standpoint of knowing, of efficiency.

Ray 3

The glamour of:

- 1) Materiality, or over-emphasis of form.
- 2) The intellect.
- 3) Knowledge and of definition.
- 4) Assurance, based on a narrow point of view.
- 5) The form which hides reality.
- 6) Organization. (Or classification.)
- 7) The outer, which hides the inner.

Ray 4

The glamour of:

- 1) Magical work.
- 2) The relation of the opposites.
- 3) The subterranean powers.
- 4) That which brings together.
- 5) The physical body.
- 6) The mysterious and the secret.
- 7) Sex magic.
- 8) The emerging manifested forces.

All material (except the title) on this chart from the 'Glamour A World Problem' by Alice A. Bailey, (Lucis Trust, NY, NY, 1950)

Chart constructed for muscle testing by Victor Dutro

Ray 5

The glamour of:

- 1) The love of being loved.
- 2) Popularity.
- 3) Personal wisdom.
- 4) Selfish responsibility.
- 5) Too complete an understanding, which negates right action.
- 6) Self pity, a basic glamour of this ray.
- 7) The Messiah complex, in the world of religion & world need.
- 8) Fear, based on undue sensitivity.
- 9) Self-sacrifice.
- 10) Selfish unselfishness.
- 11) Selfish service.

Ray 6

The glamour of:

- 1) Harmony.
- 2) War.
- 3) Conflict, with the objective of imposing righteousness and peace.
- 4) Vague artistic perception.
- 5) Musical perception.
- 6) The pairs of opposites, in the higher sense.

Ray 7

The glamour of:

- 1) Devotion.
- 2) Adherence to forms and persons.
- 3) Idealism.
- 4) Loyalties, of creeds.
- 5) Emotional response.
- 6) Sentimentality.
- 7) Interference.
- 8) The lower pairs of opposites.
- 9) World Saviours and Teachers.
- 10) The narrow vision.
- 11) Fanaticism.

Origin

"The three major predisposing subsidiary causes" (of glamour) GWP p.125.

- 1) The glammers induced by the planetary life and inherent in substance itself.
- 2) Those glammers which are initiated by humanity, as a whole, and intensified throughout an aeonial past.
- 3) Glamour engendered by the individual himself, either in the past, through participation in world glamour, or started this life. Note: You can test for: **Past Life – This life.**

Astral sub-plane

Counting from the top down: * DK tells us it is normally on sub-plane 2, 3 or 4.

Astral sub-plane:

1. One.
2. **Two.**
3. **Three.**
4. **Four.**
5. Five.
6. Six.
7. Seven.

Glamor Chart sample:

See the above nchart.

Ray 5

The Glamor of:

1. Materiality, or over-emphasis of form.
2. The intellect.
3. Knowledge and of definition.
4. Assurance, based on a narrow point of view.
5. The form which hides reality.
6. Organization. (Or classification.)
7. The outer, which hides the inner.

Using the Glamor Chart:

Keep in mind we are going to find the Glamor the Body wants us to find and dissipate using DK's formula.

Using SK, find the chart. The Body indicates to use the 'Glamor Chart'.

Using SK, find the Ray.

Using SK, find the Glamor under that Ray.

Now we can find the Origin by using SK.

Those are listed under 'Origin' on the same chart:

DK gives us these as:

1. "The glamor induced by the planetary life and inherent in substance itself.
2. Those glammers which are initiated by humanity, as a whole, and intensified throughout an aeonial past.
3. Glamour engendered by the individual himself, either in the past, through participation in world glamour, or started this life."¹ Note: you can test for: Past Life – This Life.

Using SK find the 'Astral Sub-Plane' (also on the Glamor Chart).

Before we can go to the formula procedure we need to consider how the Glamor is related to us in the present. If the Body has told us the Origin was #3 then we could test if this originated in

¹ Glamour A world Problem, Alice A. Bailey, (Lucis Publishing Co, NY, NY 1950)p125

‘This Life’. If it did we could find the age and explore for a memory and relate it to our present. This is the same process we followed under finding the age above. Obviously, if the origin to the glamor was #1, #2 or #3 Past Life then I would guess you won’t have a memory of it.

If the origin was from a source other than for ourselves we still might be able to relate to it or be under its influence. Take time to consider how the Glamor has affected you and consider how life and events might be different if this didn’t affect you. This information will be useful when you begin the procedure for the dissipation of glamor.

DK’s formula.

In ‘Glamour A World Problem’ by Alice. A. Bailey, DK gives us the formula for the dissipation of glamor for the individual on pages 215 – 219. This is the one I use to release the emotion or Glamor indicated by the Body. Using SK you could test which method the Body wants or prefers you to use.

It has been my experience that when the tester is new and hasn’t learned but maybe one technique the Body will allow that method to be used. The Body knows what you know and what you don’t know. The Body will make allowances for your making mistakes or forgetting a step. In the beginning, it will allow your intent to carry more weight. As your experience and expertise increase, the Body will require you to use the highest and best approach you have learned. It may direct you to add to or modify an approach as well. For example, methods that were once used and were effective would not be effective if you had later learned a better (better according to the Body) technique.

I have written out DK’s formula on two pages so that you could print them and use them.

See ‘Formula For the Dissipation of Glamour’ in the ‘Appendix’.

The process:

1. Alignment.
2. SK for Chart. Either the emotional chart or glamor chart.
3. Questions to find the relationship to the indicated emotion or glamor. 3a, Age the Body wants to look at. 3b. Who was involved or what was involved. 3c. Where did this take place and what was going on at that point in time? 3d. How does this indicated event relate to the word found on the charts?
4. How does this past issue relate to the present? To the Soul’s purpose?
5. SK for Origin (according to DK) and Astral sub-plane.
6. Insert this information into DK’s formula and follow the procedure.
7. State the 3 lines of power.

8. Direct the Light as given in the procedure onto the sub-plane indicated above to dissipate the issue.
9. Complete the formula and withdraw the light.
10. Draw the hands to the heart and end with the 'Great Invocation'.

Conclusions:

The purpose of this paper has been to use Spiritual Kinesiology and the 'Teachings' of Master Djwhal Khul in finding the energy blocks, the problematic emotional issues and the glamors that needed to be addressed, resolved and/or dissipated.

As we learn to become the Master of our emotions, remove energy blocks and bring our emotional body under our control we, in effect, are learning to 'Walk on Water'.

In this process, we are also learning to communicate with the Soul via the use of SK and by following its guidance we are learning to let the Soul control the form, life, and all events. As in the Bible story of Jesus walking on water, it wasn't that Jesus was able to walk on water that was important but that Peter could by following Jesus's example. Peter could prevent himself from being drowned in and swallowed up by the stormy sea (emotions and glamours) by shifting his focus from his lower-self (and its problems) to the Soul. Another idea on the Bible story occurred to me. Peter represents the Personality and Jesus the Soul.

By becoming the Master of your emotions, emotional upsets, energy blocks and freeing yourself from glamor you too can 'Walk on Water'.

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Appendix:

body to 'Body'

The Science of body and Spirit communication

By Victor Dutro

Introduction

Spirit Kinesiology or Spirit K, could be a special branch of Specialized Kinesiology, that enables an individual to access Spirit via the form or outer expression of Spirit. I call this outer form the body and the Inner Source from which all things flow (which includes the Soul and the Spirit), the 'Body'. I go into more detail below under 'The Body'. In this presentation, I will be as brief as possible due to the vast amount of detail and knowledge that lies behind this concept. I will not attempt to fill in the required knowledge and the step by step process that would enable a student to apply this technique and thus gain access to the Soul and the Spirit. This is an attempt to present the concept behind the actual process.

Background:

This concept did not just spring out of my mind out of the wild blue yonder but it was brought to my conscious mind based on years of study and training as well as a build-up of life experiences in a process of synthesizing years of Soul Guiding Revelations. I studied many of the Kinesiology available at the time and one in particular called Transformational Kinesiology. This used Kinesiology along with the Ageless Wisdom teachings and in particular the Alice A. Bailey books.

Kinesiology, as I use the term, is a bit different than what academia knows it as. To them, it is the Science of Muscles in Motion. This type of Kinesiology is very much related to physical therapy used for rehabilitation of sports injuries and the like.

Our Kinesiology or Specialized Kinesiology (as we use the term) is used to balance the body's muscles (and energies) by a scientific approach of turning on and off the muscles. This was discovered by Dr. George Goodheart D.C. in the 1960's. Since then it has been discovered that this mechanism not only balanced the muscles but also gave access to other more esoteric information and systems far beyond the dense physical.

Meridians, Nadies and Energy Centers (Chakras) from Ancient Chinese medicine were incorporated into the process early on and this enabled even the most skeptical student to discover for themselves that there was a world beyond the dense physical body and that they

could use this process of muscle testing to gain access to the inner workings of the body, the emotions, and the mind.

Kinesiology uses form

The Kinesiology student learns to use the body's muscle response to gain access to the Body's knowledge initially to heal or balance the body's energy. The muscle turns on when energized and off when switched off. The beginning student is not aware of where this ability comes from and when they graduate to asking 'yes' and 'no' questions they don't know from where the answers come.

They are taught to use the muscle testing protocols to do specific tasks. There is no limit to what task this could be applied to. In the study of my own field of interest, it has been used to bridge the gap between the lower mind and the higher mind and to the Soul. This bridging process is called the Rainbow Bridge or the Antahkarana.

The Antahkarana

When we couple our creative ability with our meditation practice I believe we build this bridge to the Soul and beyond. The objective is to integrate the Personality with the Soul which we call a Soul-Infused Personality.

Whether we reach the Soul using proper meditation procedures as when we use Raja Yoga Meditation or if we are assisted using the Kinesiology using Spirit K. there is the merging of objectives, both with the intent to communicate with the Soul and higher Spiritual Realms. The reader of this may not be convinced that this is possible but when one is properly trained, the two processes have more in common than one might think at first. Later I will describe some common obstacles that both will need to address. Both are procedures that use the inner workings of the mind. The questions to be asked in each protocol come from the same source and the answers do as well.

Alignment is key

The sum total of training and Character Building is to instill a clear, trustworthy and steady vehicle or receptacle for the Soul and then the Spirit to utilize. This alignment process has been used in meditation for thousands of years and has a proven track record to bring a student of the Ageless Wisdom to a stage of enlightenment and connection with the Soul and/or Spirit. Beyond that, of course, is the goal of alignment with All-that-is. We all know of this process and its importance in the development of consciousness, the identification and the ultimate At-One-Ment.

What is not yet accepted by the general population or the scientific community is the fact that it is difficult to test and/or measure results of meditation. The students of the Ageless Wisdom can advocate meditation is a viable science but many still see it as pseudo-science at best.

I believe that Spirit K. using Kinesiology is a step that is needed to fill in the gaps between the physical realm and that of Spirit. This is only a tool to assist those that need 'Proof' at the physical level to verify those non-physical states of mind and beyond. Their body is used as the

required interface much like the keyboard and the monitor is used to translate the inner workings of the computers processes and calculations.

Up to now, the test results from one muscle tester to another, in some cases, have given skeptics the impression that muscle testing is not reliable or repeatable. It is my belief the cause of this inconsistency is the same reason people receive different impressions while meditating. The problem is that everyone is unique and everyone is at a different stage of development in consciousness. Alignment is as important in muscle testing as it is while meditating. Failure to do this Alignment opens oneself to getting wrong information or connecting with some undesired source.

The Scientific Approach to Spirit

Muscle testing is based on the body switching on and off an indicator muscle to answer yes and no questions. Those questions can be based on the physical body and its functions and this is the way most Kinesiology students use it. However, over years of self-testing, I discovered that there is an intelligence within that wants to communicate and it can use the muscle testing procedure to do so. As it turns out, it is the same entity that I have contacted during meditation and this entity is called the Solar Angel.

The beauty of Kinesiology is that the new student can learn to properly perform muscle testing and immediately get a response from the body without going through years of special training. The body wants to communicate and it responds to stress/no stress tests, as well as yes/no format questions. I won't go into details here but it is important to consider other factors such as motive, intent, and alignment, to ensure accurate test results. While the new student is learning, the body makes allowances for a lack of esoteric knowledge and the omission of a rigorous preparation and alignment process. The Body actually knows what the student knows and uses this to allow a healing or body balance to succeed. As the student learns to communicate with the Body, the Body then can assist the process by leading the student to those lessons that are beneficial to expand the students' consciousness.

The student can see and actually feel the physical responses of the body as it switches on and off the indicator muscle. Any muscle can be used as an indicator but the heavy muscles become exhausted quickly so I use the fingers and specifically the middle finger and thumb to hold in a ring and then test the strength of that ring. (see pictures 1-4). I can switch the format from a strong response =yes/ weak response = no. I can also switch formats to what we call an 'indicator' format. Weak response = yes and a Strong response = no. The benefit of having these different formats is to keep the patient/client/testee neutral and keep them guessing as to what format is being used and thus which answer is being given. We want the 'Body' to give the answer, not the conscious Personality.

To help facilitate this we can have the client say "I am curious, I am curious" over and over, as the test is being applied. This keeps their conscious mind busy and helps avoid interference with the Body communication. This process is taught in the classes on virtually all Kinesiology branches that I have witnessed or experienced. This is just part of the fundamentals of muscle testing. Some use silent muscle testing (just thinking of the question rather than say it out loud),

but the International community frowns on this practice. They believe that all questions being asked the patient/client should be put to the client verbally and out loud. They claim the client has the right to know what is being asked and can opt out or refuse to allow the test to go forward if for some reason it infringes on an issue that the patient/client may want to keep private. This is an issue of ethics. The Body would give the true answer without regard to the consequences of possible embarrassment or reveal the secrets of the client. It should be noted that Alignment is paramount here and I will explain why in the next section. The takeaway here is that the Body doesn't lie. I have attached several pictures at the end of this paper to show my self-muscle testing method. I like using the fingers as they don't tire as quickly as many other heavier muscles tend to do, but it's good to know how to test the others muscles.

Note: I have found that the more you know the subject being for the more confidence I have in the answers being given. For example: The more you know the nature of glamor the less likely you would enhance the glamor rather than dissipate it.

The 'Body'

To a beginner, the initial muscle test response coming from the Body, is in most cases, believed to be just coming from the physical components, those of the nervous system, the nerves themselves, the cellular structure, the various systems within the anatomy of the human body, and its senses of touch, taste, hearing, smell, and sight, are used to experience the outer world. These senses are hard wired within the body (note the use of the small letter b). These are the nerves plus the chemical, electrical and magnetic impulses that transmit signals to the brain for processing. The brain then transmits signals back to the various body components such as the muscles if the movement is desired, or another bodily system. This is the automatic mechanism that is the result of millions of years of evolutionary development. The brain is, in essence, the interface between the dense physical and those regions beyond this basic elemental level of consciousness. Once a task is learned at this level it can essentially function without the need for guidance or decision making from other regions of the 'Body'. This aspect of the bio-system can be studied in any anatomy book and is beyond the topic I wish to present here.

Associated with this densest of the bodies are those regions that are more refined levels we know as liquids and gasses, and beyond these, we have the even more rarified energy levels we know as the etheric or vitalizing energy field that interpenetrates and surrounds the dense physical body. Beyond that, we have the Astral planes and the mental planes all the way up to the rarest levels that are considered part of the Cosmic Physical Planes. We study these levels when we cover them under the topic of the Human Constitution and I won't elaborate on these in this paper. The point I do want to make here is that the 'Body' is inclusive of everything here and more.

The 'Body' as I use the term with a capital B is the Greater all-inclusive matrix of energies and forces.

It includes the dense physical, the emotions and desires, beliefs both true and false, glammers and illusions, the entities of various levels of consciousness both in incarnation and out, thought-forms, impressions, the Solar Angels, members of the deva kingdom of all grades, the Masters,

Chelas of different grades and Spirits of all grades of enlightenment, access to the Akashic Records and entities of the Hierarchy, Shamballa, the planetary logos, the solar logos and beyond. I am sure this is only a partial list but I hope you get the idea that to me the 'Body' or simply the Body is all of this. When I muscle test the body I get a response from the Body. When I meditate and ask a question I get a response from the Body.

There is no limit as to what can be accessed except by our own ignorance, wrong identification, our fears, our glammers and our illusions. As we expand in consciousness our capabilities increase to eliminate those hindrances that distort or disrupt the free flow of Spiritual Energy throughout our body at all levels.

As I have stated before, the Body knows everything about the body and its point in evolution. It knows what its purpose is and the Divine purpose that is to be unfolded in this lifetime. The Body is aware of what lessons are needed and how to bring those about. It knows what steps need to be experienced and mastered to enable the developing Personality to strive to join with the Soul and more.

As the Personality develops it learns the process of communication with the Solar Angel as well as recognizes its tone, color, and frequency and thus avoids falling victim of being misled by some entity pretending to be the Angel. The Body includes all, the good and the bad. It is up to us to discover the means to discern the True from the False, the Real from the Unreal. This is why the process is dependent on our development of Character. The Soul and those of the Spirit express those qualities which are inherent in Unconditional Love, Purity, Unity, Brotherhood, and Selflessness. If the entity doesn't fit these basic characteristics then it isn't the Solar Angel and it isn't of the Spirit. This applies to both meditations and to muscle testing.

The Solar Angel/Soul is group conscious and it won't be directing our day to day decisions. The esoteric student can pay attention to the way Master DK teaches his Disciples to get an idea as to the way a master makes suggestions for the student to do something. There is never a directive to do this or that. The student is always given a choice and the decision is always left to the Free Will of the student to follow the suggestion or not.

Discrimination

As with meditation and also with muscle testing there is a need to be able to discern the Real from the Un-Real, the True from that which is false. Spiritual Reading helps to learn the Rules and the esoteric psychology underlying the energies and forces. It is important to live as a Spiritual Being as best as one can. The virtues that are developed and the ability to align with the Soul and with Spirit develop within one's nature the ability to know the Seven Rays (types of energies) and recognize them in all things. The student in time becomes the Occultist and proceeds upon the Path of Discipleship, the Path of Initiation and will finally become the Master of the Wisdom. How does one learn discrimination? Each student must take themselves in hand and develop those virtues, follow the rules and laws given and do what is required to purify one's nature of all hindrances and always be vigilant for anything that doesn't fit the quality aspect of Divine Love, Divine Intelligence or Divine Will. If what we are getting serves the little self or feeds its need for something and not serving others then that should raise a red flag that we are

being misled. Dismiss this and work on one's alignment. Pure Love and Selflessness are needed.

Conclusion

Become an expression of more Love and Light. The Astral Plane becomes a tool to express Love and is a powerhouse for healing energy. The lower mind becomes less caught up by illusions as it aligns with the Soul and Spirit. Replace negativity with its opposite and with that of Love.

Alignment with the Soul/Solar Angel or with Spirit is key to meditation and with Muscle testing.

I believe that muscle testing is the link between the body and the Body and once this is explored and better understood, it could lead to the scientific breakthrough that connects the dense physical to the Spirit. Science requires a systematic way to test and retest and get consistent results that can be used to validate if something has merit. Muscle Testing, I believe will be able to provide this 'Proof'. Work still needs to be done to train the Kinesiology students to properly align with the Soul. This implies that a certain level of development in consciousness needs to be attained as well. Today's students of the various Kinesiologies have a way to go in this regard. This is the root cause of the different testers getting differing results rather than indicating a more consistent result. Kinesiology is a tool that if properly used can bridge the gap between the lower mind and the Soul and the Spirit. I see this as a compliment to Meditation, not as a replacement. If a person needs 'proof' that there is something beyond the dense physical then Kinesiology, in my experience, provides that proof.

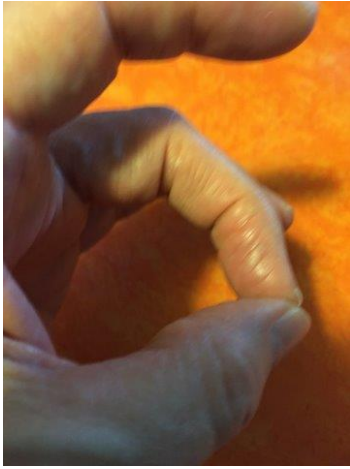
Does everyone need to learn muscle testing? No! Spirit K. has a place and is a tool that facilitates the Spiritual development. Once Soul contact is made on a consistent basis, muscle testing is no longer required except when teaching others. Then it is very valuable. I use it every now and then to check my impressions. It is easily accessible and fast. It is ideal to zero in on an item from a long list of possible choices. This is particularly useful for finding the emotion the Body wants to address and heal. Finding the age and the persons involved with the emotion is so easy to use, that we can find the culprit and resolve the issue in seconds or a few minutes. I have been told that in the field of psychology the protocol in common usage, currently takes many years to get to the root of a similar issue. Utilizing Kinesiology in their practice would revolutionize this process.

There is a need to be careful about teaching Kinesiology to those that would misuse it for selfish purposes. As it is now most of those branches of the various Kinesiologies are more concerned with its application to some aspect of the dense physical. This, in my opinion, protects the hidden secrets within the Esoteric that could cause great harm to the student if a student were to misuse this tool for selfish purposes. The Law of Karma applies here.

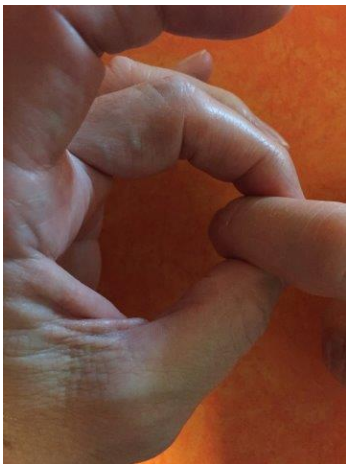
Those past a certain level of consciousness and with proper training in Character Building, learning the Rules and Commandments should also learn the fundamentals of Kinesiology and thus speed up their Spiritual Development and at the same time practice Raja Yoga Meditation. In my experience, they work together.

Kinesiology teaches the student to pay attention to the body and communicate with the Body.

So, in conclusion, we have a scientific way to communicate with the Body and through it, the Soul or Spirit depending on ones' level of attainment.



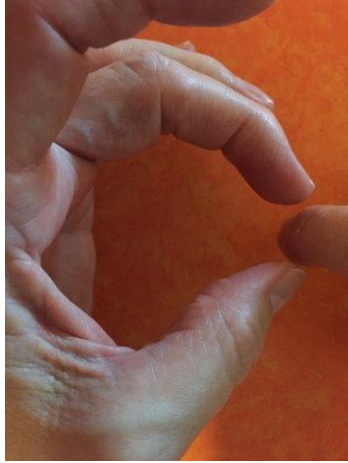
Picture 1



Picture 2



Picture 3



Picture 4

Picture 1 shows the ring to be tested. It is held tight and not voluntarily relaxed. The middle finger from the other hand is used to challenge the rings' strength. Shown in Picture 2.

Picture 2 shows a strong test result the finger doing the strength test is not able to separate the thumb from the middle finger. The ring remains solid.

Pictures 3 shows the muscle is starting to give way indicating a weak muscle result. Note that the thumb and the third finger forming the circle are no longer in contact with each other.

Picture 4 shows the finger completely pulled through. At this point, the thumb and the middle finger would snap closed. This happens really fast. I have stopped the motion to simulate the process.

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Preparatory Stages.

1. Recognition of the glamour to be dissipated. This involves:

- a. A willingness to cooperate with the soul in physical, astral and mental ways in order to aid in the more technical work. Ponder on the implications in this sentence.
- b. A recognition of the ways in which this glamour affects the daily life and all relationships.

2. The three stages of focussing outlined (pp. 208-210) must be undertaken.

- a. The stage of focussing the light of the mind and the light of matter in the mental vehicle. This is done by a process of lifting up and of blending and fusion, and to do this the activity of the creative imagination is employed.
- b. The stage of meditation which in time brings about the fusion of the light of matter, the light of the mind and the light of the soul upon the mental plane.
- c. The stage in which these three lights are realised to be one unified light—a searchlight, ready to be turned in the needed direction.

3. The recognition of two aspects of preparedness:

- a. Alignment of the personality, so that the three aspects of the lower nature are seen as constituting one functioning personality.
- b. An act of integration in which the personality and the soul are seen also as a unit. This is done through the dedication of the personality to the soul and its acceptance by the soul.

These two lines of thinking produce a field of magnetic thought and realisation in which all the work is done.

4. A pause in which the whole man braces himself for the work to be done. From a profound pre-occupation with the stage of soul contact and initial preparation he now focusses his attentive mind upon the glamour to be eradicated. This does not involve a consciousness of the glamour and its why and wherefore. It means a turning of the attention of the integrated soul-personality to the astral plane and the particular glamour; the attention is not turned to the astral body of the aspirant, seeking to do the work. This is a statement of major importance because in destroying the peculiar type of glamour with which he is concerned, the aspirant or disciple begins to destroy his share in it—that in him which gives him contact with the glamour—and at the same time he is preparing himself for group service along the same line. This will not prove an easy task.

II. The Technique or Formula.

5. By an act of the creative imagination the worker endeavours to see and hear the soul—the source of light and power in the three worlds—breathing out the OM into the mind of the attentive waiting personality. There the light and power of the soul is retained and held by the positive personality, for a negative attitude is not desirable.
-

6. The retained light and power, combined with the dual light of the personality (focussed as we know on the mental plane) is seen generating an intense light which can be visualised as a searchlight of great brilliance and strength. It must be seen as a sphere of vivid brilliant light but not yet radiating out or projecting outwards.

7. When this act of visualisation is deemed to be satisfactorily accomplished, a pause then ensues wherein the aspirant focusses all the will he has behind the light thus created by the fusion of the three lights. This refers to the stage spoken of by Patanjali as that of the "mind held steady in the light." This use of the will—soul-personality will—is dynamic but at this stage quiescent and not magnetic or radiatory.

8. Next follows a process wherein the glamour to be dissipated and the searchlight of the mind are brought into relationship by the power of thought. The glamour and its quality and the searchlight and its power are recognised to be as they are, and the effect or effects to be brought about by that relationship are carefully thought out. This must not be done in such a way that the mind process, light [Page 218] and power will strengthen the already powerful glamour. It must be done in such a way that at the close of the process the glamour will be appreciably weakened and eventually dissipated. This is an important realisation.

9. Having, as far as possible, achieved the needed concentration, realisation and relationship, the aspirant then (by an act of the will and of the creative imagination) turns on the searchlight and sees a vivid beam of light stream forth and pierce the glamour. He must visualise a broad brilliant beam, pouring forth from the illumined mind on to the astral plane. He must believe that this is so.

10. Then comes an important and difficult phase of the work in which the worker names the glamour and sees it in process of dissipation. He aids the process by saying with tension and inaudibly:

The power of the light prevents the appearance of the glamour (Naming it).

The power of the light negates the quality of the glamour from affecting me.

The power of the light destroys the life behind the glamour.

The saying of these three sentences constitutes an affirmation of power and of purpose and must be enunciated at a point of tension, with the mind held in steadiness and with a positive orientation.

11. Again the Sacred Word is sounded with intent to produce what in occult parlance is called an "Act of Penetration"; the light is then seen accomplishing three things:

- a. Making a definite impact upon the glamour.
- b. Penetrating the glamour and being absorbed by it.
- c. Dissipating it slowly; as time elapses the glamour will never again be so powerful and will eventually disappear altogether.

12. This is followed by a process of withdrawing wherein the aspirant consciously and deliberately withdraws the beam of light and re-orientes himself upon the mental plane.