

‘The Astral World’

by

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In May 1997, fifteen psychotherapist friends – the core group of the current Association for Transpersonal Psychiatry – met in the south of the Netherlands to exchange views on ‘the astral’. The study weekend was flavoured with an unusual experiment: a channel, who had not participated in the discussions, was invited to tune into her source in the presence of the plenary gathering, in order to transmit a message on ‘the astral’. The information supplied turned out to be so fascinating and unusual that we thought it would probably be of interest to a wider public too, which is why it was published in the Netherlands (Bres 195, april / mei 1999, pp. 57-61).*

What follows is the unabridged and unaltered text on the astral as it was delivered on 10 may 1997, faithfully translated into English.

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Welcome. Concerning the subject you are currently discussing, there are now various levels at which information can be communicated. A very small part is already known to you because the astral is divided up into vibration levels which, by speed of their vibration, indicate subtle borders.

You know that the dense physical plane is completely enveloped by the astral. **Even on the astral plane, we call the lower vibration fields, which are close to the dense physical, very material ones. These are the levels at which the emotions and the emitted lower-mental vibrations are brought together.** These levels are very impenetrable, although they are already experienced as very subtle by you, as humans. These are the astral levels you are very familiar with, in which you spend most of your time when you are communicating in everyday life, and even a large part of the night, when you are trying to process the events of the day. These dense physical levels are already very impenetrable for spirit guides, and moreover, they are unpleasant, due to the strong chaotic

* A channel or medium is someone who transmits information from disembodied entities. A comprehensive article on channelling (‘Channelling: Sick or Scientific?’) can be found in the Journal of the Society for Psychical Research, vol.63, Nr. 856, July 1999, pp.193-202.

current that flows here. You can imagine that the succession of emotions you experience in one day – a whole movement of vibration speed and recognition with other emotions of other people – has a chaotic effect on this level.

The finer the radiation the lighter the vibration area becomes. Therefore, when you reach the higher-mental level, a more pleasant atmosphere will meet you on your way in the astral realm. In spite of the very great chaotic resonance that occurs here, this is an area that is already more densely populated by helpers, people who do not have a body and thus play a protective or stimulating role in your life. But this area is still very chaotic, due to the jumble of successive thoughts.

When we transcend this area, the new level of the higher mental powers comes to the fore. This is the level at which creativity develops a very strong force, with major consequences. Here, forces are consciously driven, and when one concentrates, it is possible to reach this level and get inspiration in this way, both with a view to shaping one's own life from the aspect of the soul, and to expressing one's own creativity in abstract thought forms and gaining access to new ideas.

This level works very creatively in causing attraction, or, to put in differently, when you launch a certain thought from this level, fed by willpower, this thought can have very many consequences for the target at which it is aimed.

This is the first level at which it becomes interesting for man to have contact with, both for directing oneself and for receiving inspiration. Here, certain thought clusters are activated from higher levels, in the hope that people will pick them up. Thoughts of reconstruction and of healing, which are highly necessary for the lower astral levels.

When this level is transcended in its turn, 'the spheres' come forward. In the spheres, multidimensionality is a reality. By this is meant that the time factor, which is determining in the dense physical structure, can be transcended, so that more causal principles can come to the fore.

The first sphere can be described as an intuitive zone in which a wealth of information is available about the course you can take in your life, from the point of view of the soul, and about the evolution and the reality that are at the basis of the meaning of dense physical lives.

When this sphere is reached at a very lucid moment, this can create the illusion that you have met God, because here, the force of luminosity has a very liberating effect on certain limitations in the various lower areas. That is why they are called spheres. You arrive in a different world, where logic is too limited to describe the spatial experience you can have in multidimensionality. Words are not adequate to express what this experience is like.

However, this is only the first sphere, in which the evolution of the soul becomes clearly visible, and where a meeting with the original sphere of unity

can take place. Here, the door to supramental powers is opened; powers that feed the earth with creativity, which you then experience as rays of light. This light offers communication that goes through matter, into the core of the earth. For thousands of years, this light has been screened off by human beings because of its subtlety and its capacities of confrontation. This must not be confused with being judged; it is more like an effect of mirroring.

When you make contact in this sphere, you are, as it were, completely X-rayed, so that you meet yourself in the nakedness of your original powers, and see your limitations as well as the armour you have covered yourself in over time, and against which you fight so, as to be able to return in the light. This results in a strong confrontation in the heart with your own Being, as well as with your shadow. That is why it is a sphere that can only be visited very sporadically, by very enlightened beings. We are referring to human beings here.

When this has happened, this means a total transformation of the dense physical matter, which requires an intermediary stage in the lower astral spheres. We mean an intermediary stage of cleansing, of self-confrontation, and of quieting lower-mental noise. Because these are the obstacles that prevent you from making contact.

From this first sphere, an ever-continuing evolution is possible, an evolution that proceeds through the various rings towards an ever-greater concentration of powers and an increasing mastery of one's own capacities and abilities.

From the first sphere onwards, group consciousness is clearly present, in which you are stimulated by a unity, by a state of being carried by light energy, stimulating one's own being, one's individuality, towards multidimensionality. This means that you do healing work in all spheres simultaneously.

Only then will the path you have covered individually, struggling breaking through your own armour, have meaning and become a guiding principle, when you realise what your goal is, through this human body. A greater goal, in which the connections become clear, both with other people and with your idea of the creation process. When you then evolve, you go through several tunnels, in which each ring represents a particular colour, a particular capacity. What happens when these doors open up for you can no longer be expressed in words. You have experiences, experiences in Being. As a human being, you can, however, have several of these experiences, in which your ability to concentrate functions as a key to the door, allowing you to enter, even if only for a few seconds, into the light.

So much for the personal relationship with the astral structure.

When we place this globally in the world view, in **the evolution of the earth**, then it is clear that there are currently large rents in the lower astral spheres, which were deliberately made to allow supramental light to, again, penetrate as far as the earth, so that now, every human, every living creature, every evolution

plan that is connected with the earth, is stimulated to renew its contact with causal nature, the origin of things. All this is necessary, with a view to a new integration, which is inevitable. In this process, man must evolve from the third chakra level, the level of the solar plexus, to a central point in the heart. Thus, he can again tune into the deeper sense, into the causal significance of every living creature.

At this moment, it is mainly the shadow that is activated, the unconscious destructive forces in man, in order to bring them to inner confrontation and transformation, with the aim of regaining the sense of connection, first by the individual concentration of powers in relation to the soul, then in relations between human beings, and then in the relations between man and every natural realm.

The integration of the soul is necessary to achieve harmony again. The earth is now busy creating this harmony, through conflict and release, in order to come to insight through crisis.

At first, man himself was stimulated to achieve all this in a more gentle way. However, as this proved too subtle to come to insight, it was eventually decided to give the earth a vigorous stimulation.

This is the current state of affairs, in which the astral sphere appears to be seriously polluted and there is therefore a great need to create light and allow peace to return in these spheres.

If you wonder what **your contribution** could be, we can only stimulate you to consciously assume responsibility for your own evolution. It is simple. Ask the light of the sun to flow through your body, not only through the mental layers, but into every cell of your physical body. The light is present, in each of your cells, in slumbering form. When you activate this, you bring about releases in the various armoured zones within yourself. You activate, as it were, your own soul power, and as simple as this may seem by way of contribution, it is the most efficient, because the supramental forces transcend and multiply every earthly initiative. All we ask is that you open yourself to this light energy. Do not underestimate this. However simple it may seem, you will unleash in yourself a storm of conflicting energies, which have built up in yourself, life after life, in the form of destruction. When you let the light shine on this, the charge of astral emotional force will be liberated, and you will feel it in your physical body and in your nervous system, as tension and extreme heaviness.

Then, we ask you to go through it, with love for your body, with love for your Being, with understanding for the dense physical material evolution, in the chain of which you are a link. When you persevere in this and aim your willpower firmly at receiving the light and sending it on, through your roots, to the earth, you will be fulfilling your bit of evolution in relation to the earth. And do not forget: every awakening brings a greater responsibility for yourself and your fellow humans. Thereby, you must become more and more this light and resist

the temptation to play the astral games that others still play. But trials of strength are logical; they are a result of the testing of your capacities in yourself. However, keep on bringing the light of your origin into it, so that you are not tempted to let this trial of strength escalate into dominance, because these are the energies that are strongly present in the astral field, precisely because of the level of power and powerlessness that currently defines the human species. You are all subject to this, by the choice of living in a physical body. When you become more and more conscious of this, you contribute to the whole, and you automatically integrate the capacities of your soul and come closer to the creative forces of the original level.

We will hereby conclude this communication... You must realise that there is a lot more to be said about the astral. It is like a country without borders, in which all kinds of people live and all kinds of evolution take place.