**WHAT IS ENERGY**

**and how can I DEVELOP SPIRITUALLY**

**by**

**Marguerite dar Boggia**

 The nature of energy is the unanswered question of science.

 The stupendous book, "The Secret Doctrine", written by H.P. Blavatsky, sets forth the accumulated Wisdom of the Ages, and the cosmogony alone is the most stupendous and elaborate system. Many scientists are now studying that book.

 The fundamental Law in that system, the central point from which all emerged, around and toward which all gravitates, and upon which is hung the philosophy of the rest, is the ONE homogeneous divine SUBSTANCE-PRINCIPLE, the one radical cause.

 It is called "SUBSTANCE-PRINCIPLE," for it becomes "substance" on the plane of the manifested Universe, an illusion, while it remains a "principle" in the beginingless and endless abstract, visible and invisible SPACE. It is the omnipresent Reality: It is impersonal, because it contains ALL and EVERYTHING. *Its impersonality is the fundamental conception of the System.* It is latent in every atom in the Universe, and IS the Universe itself.

 The Universe is the periodical manifestation of this unknown Absolute Essence. . . .It is best described as neither Spirit nor matter, but both.... .They are One, in reality, yet two in the Universal conception of the manifested, even in the conception of the One Logos, (Deity) its first manifestation.

 The Universe is called, with everything in it, MAYA, because all is temporary therein.

 Everything in the Universe, throughout all its kingdoms, is CONSCIOUS: i.e., endowed with a consciousness of its own kind and on its own plane of perception.

 The Universe is worked and *guided* from *within outwards.* As above, so it is below, as in heaven so on earth. The whole Kosmos is guided, controlled and animated by almost endless series of Hierarchies of sentient Beings, each having a mission to perform, and who -- whether we give to them one name or another, and call them Dhyan-Chohans or Angels -- are "messengers" in the sense only that they are the agents of Karmic and Cosmic Laws. They vary infinitely in their respective degrees of consciousness and intelligence.1

 Dr. Ervin Laszlo, in "*Science and the Akashic Field: An Integral Theory of Everything*" posits that "the universe, with all things in it, is a **quasi-living**, and a **coherent whole. All things in it are connected**."2.

 On October 15, 2012 NASA produced a picture of an angel-shaped object. Its size was estimated by NASA to be twice the size of the earth. It moved directly to the sun.

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 Devas, called Angels by the Church, are endless in number, size, in variety, in degree of consciousness and evolution. They belong to Hierarchies of great Beings, which Hierarchies fill endless SPACE.

 It is said that Man can neither propitiate nor command the Devas; but, by paralyzing his lower personality, and arriving thereby at the full knowledge of the *non-separateness* of his Higher SELF from the One absolute SELF, man can, even during his terrestrial life, become as one of the Masters and Great Ones.3

**ALL ENERGY IS MADE UP OF LIVES**. Wherever there is an atom of matter, there is life, because Deity is within every atom.4 It is the consciousness and the rate of vibration of the life that determines its point of development. The little elemental lives of the earth are known as gnomes, those of water are known as the undines, those of the air: sylphs; and those of fire are the salamanders.

 All lives and atoms, whether mineral, human, planetary, solar or galactic are in the process of BECOMING. Because Consciousness is infinite, evolution is endless.

 The goal for the evolution of the atom is self-consciousness as exemplified in the human kingdom. The goal for the evolution of a human being is group consciousness, as exemplified by a planetary Logos. The goal for the planetary Logos is God Consciousness, as exemplified by the solar Logos. All souls are identical with the Oversoul. This relationship between all souls and the Oversoul constitutes the basis for the scientific belief in Brotherhood. Brotherhood is a fact in nature, not an ideal. This is the goal for the Aquarian Age. 5

 Meditation for the beginner is difficult. The mind wanders constantly. A breathing exercise is helpful to quiet the mind before the meditation. One exercise that is excellent is to place a finger on one nostril and inhale 7 times, then place the finger on the other nostril and exhale 7 times. Do this 7 times and then reverse the process. This exercise is excellent to prevent a cold. It helps and strengths the invisible etheric body of a human being.

 A monograph in the teachings of the Rosicrucian Order AMORC taught that St. Francis of Assisi recited: "Christ within me; Christ above me; Christ below me; Christ on the right of me; Christ behind me; Christ on the left of me." What he was doing was rotating the energy AROUND HIMSELF. The Tibetan Master indicated that many priests and monks who have weak bodies, in their past lives prayed to Jesus, outside of themselves. They were sending the energy outside instead of keeping it inside. While many may reject the name 'Christ', they can substitute it for 'god' or the 'Soul', if they wish to mentally recite this. I, found it very helpful.

 The next step is to ACT AS THE SOUL. "As a man thinketh, so is he" is based on fact. Shakespeare said: "assume a virtue, if you have it not." Say to yourself: "I, the Soul, am sitting", I, the soul am reciting the mantram and prayer to invoke the Spiritual Hierarchy of the planet.....I, the soul, am concentrating on the 3rd eye in my forehead as I meditate. etc.

 **The Tibetan Master, D.K. suggested that  we start the Meditation  by reciting  the following  and ACTING as the SOUL.**

**I AM THE SOUL**

**I AM LIGHT DIVINE**

**I AM LOVE**

**I AM WILL**

**I AM THE FIXED DESIGN  (of your Life, implied, but not said)**

**Then recite the new mantram:**

**I am the Creator of the Universe**

**I am the Father and Mother of the universe**

**Everything came from me.  Everything will return to Me.**

**Mind, Spirit and body are my temples, for the Self to realize in them,**

**My supreme Being and becoming.**

**Then invoke the spiritual energies by reciting ALOUD THIS POWERFUL INVOCATION MANTRAM:**

**THE GREAT INVOCATION**

**From the point of Light within the  Mind of God**

**Let Light stream forth into the minds of men.**

**Let Light descend on earth.**

**From the Point of Love in the Heart of God,**

**Let Love stream forth into the hearts of men.**

**May Christ return to Earth.**

**From the Center where the Will of God is known**

**Let purpose guide the little wills of men,**

**The purpose which the Masters know and serve.**

**From the center which we call the race of men**

**Let the plan of love and light work out**

**And may it seal the door where evil dwells**

**Let LIGHT, LOVE & POWER restore the plan on Earth.**

Then silently meditate keeping your attention focused on the Ajna Center (the third eye in the forehead) and when the mind wanders, (as it will) mentally sound the OM.

                Once you decide on the time and day of the meditation, it is important that it should be consistent.

 The Spiritual Hierarchy urges students to form a Transmission Meditation group. It is the easiest method of serving the Spiritual Hierarchy and humanity. It also benefits the individual.6

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**References:**

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3Ibid, Blavatsky p. 276

4Bailey, Alice A. *A Treatise on Cosmic Fire*, Lucis Publishing Co. 1925 p.246

5Ibid, Bailey p.7

6dar Boggia, Marguerite *Transmission Meditation* www.FreePythagorasTeachings.com under Articles.