ASPECTS OF THE LIFE FORCE

(and how to improve health)

**by**

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 As humanity develops, diseases become more personal and are not so definitely related to the herd or mass condition. They arise within the persons themselves, and though they may be related to the mass diseases, they are based on individual causes.

 It is at this point that the doctrine of reincarnation becomes of supreme value. The disciple begins to institute those conditions, to create those forms and build those vehicles which, in another life, will prove more suitable for soul control and more adequate instruments with which to carry forward the perfecting process which the soul demands. The disciple does not concentrate upon the physical body at any time or begin with any physical emphasis to work at the elimination of disease or disharmony. He begins with the psychology which the soul teaches and commences with the causes which are producing the effects upon the physical plane.1

 Disciples acknowledge that the etheric body is the real physical body. It is the substantial body that underlies the dense physical body. He knows that it is a VORTEX of energies focused through numerous centers. That it is composed entirely of lines of force and of points where these lines of force cross each other and thus form, in crossing, **CENTERS of energy**. Where great streams of energy meet and cross, you have **seven major centers**. There are also 21 lesser centers and 49 smaller centers.2 These centers (called 'chakras') are VORTICES of energy. They have the appearance of petals or spikes of a wheel.

 The outgoing forces from a center, play upon the ***etheric counterpart*** of the entire intricate network of NERVES which constitute **the nervous system**. These counterparts of identical subjective correspondences are called in the Hindu philosophy, the "NADIS". They constitute an intricate network of fluid energies which are an intangible, interior, paralleling system to that of the bodily nerves.3 The nadis ,which are threads of energy *INFINITELY* *INTRICATE*, are the instrument of the **LIFE FORCE**, as well as is the blood stream.4 The nadis and the network of the nervous system are related primarily to two aspects of man's physical equipment: the seven major centers in the etheric body and the spinal column with the head .

 Experience will tend to show that the more closely the **interplay, between the nadis and the nerves**, can be brought about, the more rapidly will the control of disease also be implemented.5

 Nikola Tesla , the world's greatest inventor, experienced a nervous condition as a young man. In his autobiography6 he said that the pain he endured surpasses all belief. He could hear the ticking of a watch with three rooms between him and the time-piece. A carriage passing at a distance of a few miles fairly shook his whole body. The whistle of a locomotive 20 or 30 miles away made the bench on which he sat, vibrate so strongly, that the pain was unbearable. The ground under his feet trembled continuously. His pulse varied from a few to 260 beats. The twitchings and tremors of all the tissues of his body was the hardest to bear. He endured this for several weeks. He had a powerful desire to live and to work.

 As evolution proceeds and the life forces flow more freely along the NADIS and through the major, minor and minute centers, the rapidity of the distribution of the flow and the radiance of the body steadily increases.  The separating walls within the enclosing sheath of the tiny channels of force eventually dissolve under the impact of soul force and so disappear. Thus the nadis of the advanced disciple take a new form indicating that he is now essentially dual and is therefore an integrated personality. He is soul AND personality. Soul force can now flow unimpeded through the central channel of the nadi and all the other forces can flow unimpeded around it.  It is while this process is going on and the forces within the nadis are being blended and thus forming one energy that most of the diseases of the mystics make their appearance, particularly those connected with the heart. Simultaneously with this appearance of duality in the nadis, the disciple finds himself able to use the two channels—ida and pingala—which are found up the **spinal column, one on each side of the central channe**l.  There can now be the free flow of force up and down these two  “pathways of the forces” and thus out into the nadis, utilizing the area around any of the major centers as distributing areas and thus galvanizing, at will, any part of the mechanism into activity, or the whole mechanism into coordinated action. The disciple has now reached the point in his development where the etheric web, which separates all the centers up the spine from each other, has been burned away by the fires of life.  The “sushumna” or **central channel** can be slowly utilized. This parallels the period wherein there is the free flow of soul force through the central channel in the nadis. Eventually this central channel comes into full activity. All this can be seen by the clairvoyant eye of the Master.7

 As the webs dissolve, the individual attains continuity of consciousness; that is, he recalls all that occurred on the psychic plane while he was asleep. My husband found himself helping the North Vietnamese to win the war.

 Today there is uneven development of the centers. Some are unawakened, others are over-stimulated. These uneven conditions produce potent effects upon the nervous system and upon the glands, leading to overstimulation in some cases, subnormal conditions in others, lack of vitality, over-activity and other undesirable reactions which inevitably produce disease.

Such diseases either arise from within the body itself as the result of indigenous or hereditary predispositions, present in the bodily tissue; or they arise as the result of the radiation or the non-radiation of the centers, which work through the nadis.8

 To sum all up: Disease, physical disability of any kind (except, of course, those due to accidents, and, to some extent, to planetary conditions inducing epidemics of a virulent nature such as war oft produces), and the many differing aspects of ill health can be directly traced to the condition of the CENTERS, as they determine the activity or the non-activity of the NADIS; these, in their turn, affect the nervous system, making the glandular system what it is in the individual. The blood stream is responsible for this condition reaching every part of the body.9

 How can we stimulate and develop the unawakened centers, such as the head and heart centers? Evolution is a slow process. The best method is purity in the life, awareness of thoughts and emotions, the expansion of consciousness through study, consistent meditation and service. Students tell me that meditation is difficult because the mind wanders. Others have found that by joining a meditation group, meditation became easier. I have found that an easy way to serve is through transmission meditation. The spiritual Hierarchy sends the energy, It is received by the centers in the head and spine, which act as electrical transformers, stepping down the rate of vibration of the energies. Then it is taken by the Hierarchy and used for humanity. At first, I could not believe that the Hierarchy sends the energy, but only after ****seeing the violet ray of light over the roof of a house where the group was meditating, did I understand and believe. Only three people are necessary to form a group for this transmission meditation. For more information see **www.FreePythagorasTeachings.com** under "**Meditation**". The beauty of it is that someone is psychically present to tweak our 'chakras' so that the energy is taken in safely.

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