



Compendium of Metaphysics II: The Human Being-Emotional, Lower Mental, and Spiritual Bodies (Paperback)

By MD Phd Adriana Balthazar

Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. As part of the process of spiritual growth, we must work on the purification and refinement of our different vibrational bodies. In order to purify and evolve our emotional body, we must remain vigilant to expose our habitual emotional patterns and thus become able to change the old recordings that are impressed on our etheric body. Also, we must learn new ways of dealing with negative emotions, how to stimulate positive emotions, and how to remain in balance by making this body sensitive to the guidance of our soul. Our work to purify and develop our mental body involves developing intelligence, cultivating moral capacity, encouraging new attitudes, developing correct discernment, reprogramming the subconscious mind, periodically silencing the mind, practicing abstract thinking, and learning to dispel illusions. The human spiritual bodies (atma, buddhi, and manas with the soul extension) emanate from the human monad or divine spark. A person's aura is formed by the aggregate of all human subtle bodies and their radiations. The interaction among the three lower bodies, the chakra system, and the soul extension determines what we call good health...



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