

Lesson XII

BODILY EFFECTS OF SPIRITUAL PROGRESSION

Body is the identity of form. Form is the 1
solidified aspect of forces of unfolding con-
sciousness. Forces of thought and feeling, 4
enacted in living, make the body what it is.
What is present as Cause is likewise present
in the Effect produced. As consciousness
advances, feeling and thought change accord- 8
ingly. This produces a change in the nature
of the body as to its elements. Outline of body
is from the Creation and not produced by
man.

Body is embodiment of primal Creative 12
forces. It is changed by the forces of Truth,
when they are thought, felt, and lived. Higher
qualities of thought influence the body, but
have no power to change the nature of its 16
elements. This change is effected only through
a unity of thought, feeling, and act, induced
by Truth. Truth is the unity of Wisdom and
Love. It is active when the male and female 20
qualities of consciousness have been subjected
to each other, and conformed to the Divine
Will.

Every organ of the body is primarily the 24

- 1 formation of specific forces, which consciously
known, affect the particular organs formed.
Forces of thought and feeling react to the
4 body according to their nature. Happy, bright,
optimistic thought and feeling make for
greater harmony than heavy, morose, and
pessimistic thought and feeling. Fear reacts
8 to the solar plexus and the heart, causing
distress to the body. Worry and anxiety make
for diseased conditions. Grief poisons the
stomach and makes digestion impossible.
- 12 Anger has the capacity to upset the organism
and interferes with the circulation. Spiritual
thought and feeling react to the body in a
peculiar way. Instead of building up the
16 mortal body, they begin to tear it down.
While this is as it should be, since the new
wine cannot be put into the old wine skins, it
is more or less surprising to the unfolding ego.
- 20 Many will deny this statement because they
think that the mental aspirations and thought
constitute the spiritual thought and feeling.
To think *about* spiritual ideas and love and
24 *think and feel them* are two different matters.
The former makes for rejuvenation and tem-
porary heaven, the latter for regeneration and
the travail of spiritual birth.
- 28 John, the Baptist and his disciples fared

better bodily than Jesus and his disciples. The 1
former type the mental unfoldment and the
latter the spiritual. Even so, the metaphysical
students of this day fare better bodily than the 4
spiritually progressing. This is because the
metaphysical student has not experienced a
change of heart, by which the nature of the
body is disturbed; as has the spiritually pro- 8
gressing student. The effect of spiritual
progression upon the body of the ego is to
decrease the mortal elements and to increase
the spiritual qualities of being. This is disso- 12
lution and destruction in the direction of the
flesh; but it is construction and rebirth in
the direction of the real man to be manifested.
The goal of spiritual progression is bodily 16
redemption. While this is not effected in
self-will but in Divine Will, all spiritual
progression makes consciousness ready to be
transformed and the body redeemed. 20

The body of Light, to be gained as spiritual
progression climaxes in the Law of the Lord,
is not the body of mortality. The body of Light
is formed from the consciousness of Christ; 24
though the darkness of forces must arise
because of Christ, this being the means by
which the Body of Light is formed. Even as
the body of mortality was formed through the 28

- 1 progression of the consciousness in the dark-
ness, so the formation of the Christ body is
through the darkness, controlled in Christ.
4 The formative power is in hell, that is, the
forces of darkness; but these must be con-
trolled to the Lord or Laws of Being. Hence,
the necessity of darkness arising because of
8 the Light, so that redemption of the body may
be effected.

The introduction of a higher light or intelli-
gence acts favorably upon the body, hence,
12 the first effects of advancement are more har-
monious than the later mystical unfoldment
of the consciousness. This first harmonious
effect is only on the surface, and makes the
16 ego conscious of heaven in a temporary sort
of way. The deeper one gets in Truth the more
deeply the forces penetrate the organism; and
the more changed the body becomes in its
20 elements. The outer aspect of the body is but
a "coat of skins" hiding the realities of being.

The twelve centers of Being directly under-
lie the bodily organism. The consciousness of
24 Truth gained is the opening of these twelve
centers of Being. From these, the spiritual
qualities penetrate the organism, and the
travail of rebirth is carried on. Every organ
28 relates to the character of the forces that

produced it, which in turn relate to the centers. 1
For example, one of the centers is identified
in quality as Love. Love gained in Truth
changes the quality of the heart, not as to the 4
form of the physical organ, but as to the
elements that form the physical. This current
of Force is carried by means of the blood to
the entire organism, a change of heart, which 8
is a change of Love, effecting the entire body
in an organic, vital way.

Body is not blood and muscle but formation
of energies, generated through interior pro- 12
cesses of spirit, soul, and mind. These appear
solid and fixed but in reality are circulatory
and changeable. The forces of the body,
moving about the twelve centers of Being, are 16
in a process of change. Marked changes of
thought and feeling change the elements of
the body, and even the texture of it is trans-
formed under deep spiritual experiences. The 20
twelve glands are the connecting link between
the twelve centers of Being and the outer
body.

The body bears the brunt of all forces, 24
hence, is as the "lamb" that is slain. It is not
the Lamb of God, but the objective aspect of
it. It is continually slain in some form or
another in order that the ego may progress. 28

1 The body is more than a vehicle through
which consciousness progresses. It is the
temple of God, and proper respect for its func-
4 tions must be gained. Unless the body of mor-
tality is seen in the true light, consciousness
of the Real body or temple cannot be attained.
This consciousness is not gained through dis-
8 regarding and disrespecting the body, but by
seeing it as sharing in the glory of God.

Rest of body conforms to peace of mind.
A relaxed body is equivalent to a mind and
12 spirit freed from anxiety and worry. This
means a body in which Creative forces more
harmoniously circulate. Poise of body is one
with poise of mind and soul. Control and
16 mastery of the various forces of the body
promote poise and balance. The body
registers the exalted states of spirit and
may become light, ethereal, and apparently
20 sensationless. This progress of body is harder
to bear, in this world of mortality, than a
painful one. But to go free from mortality,
one must become conscious of the body to be,
24 and suffer the inconvenience of bridging from
the material plane of expression to the
spiritual. This is part of the "living death"
which egos must experience. But those being
28 spiritually born will not be really hurt in this

“living death.” The “living death” is the 1
death of mortality, by which man is made
free in spirit and body.

MEDITATION 4

I see body as the temple of God and deal
with it accordingly.

The entire organism is controlled in har- 8
mony and peace.

I am the embodiment of the Creative
Principles and manifested now in reality of
being.

