**Content for ATOWM Series II, Rules of Magic for the Astral Plane, Video Commentary, Program Twenty-Five, 10.9 continuing Rule X, 0:28 hr; pages 295-296.**

[Program 25: A Treatise on White Magic – Rules of Magic for the Astral Plane – Rule X 10.9](http://makara.us/04mdr/webinars/white-magic-2/2018-08-19-Program-25-A-Treatise-On-White-Magic-Video-Commentaries-Rules-for-Magic-for-the-Astral-Plane-Rule-X-10.9.wmv) 60 MB .wmv file  
Video by Michael D. Robbins. 19Aug2018 / 0:28 hr.

[Program 25: A Treatise on White Magic – Rules of Magic for the Astral Plane – Rule X 10.9](http://makara.us/04mdr/webinars/white-magic-2/2018-08-19-Program-25-A-Treatise-On-White-Magic-Video-Commentaries-Rules-for-Magic-for-the-Astral-Plane-Rule-X-10.9.mp3) 27 MB .mp3 file  
Audio by Michael D. Robbins. 19Aug2018 / 0:28 hr.

**Transcript**

Well, hello everybody, and good morning. We are working on rule 10, rules for magic for the astral plane, and this is number 10.9 and the 25th of our programs for the rules for the astral plane.

Now we've been talking about studying the emotions, and DK has recommended this book called the *Science of Emotions* by Bhagavan Das, and I've had a chance to love that book over and it's really worthwhile, it's a very interesting fifth ray book about a sixth ray subject. E.g.  
<https://www.amazon.com/Science-Emotions-Classic-Reprint/dp/B008HLDPKG/ref=sr_1_1> So maybe one would like to get hold of it and study the different types of emotional response in the attempt not only to understand but to control the astral body.

This is all about control of the astral body.

Now there's something from the *Old Commentary,* we're going to begin.

***I would like to suggest to students that they procure if possible The Science of the Emotions by Bhagavan Das. It is an able treatise on the astral and sentient body, and deals with the factors that most nearly concern the aspirant as he faces the problem of understanding and of controlling his emotional nature, of mastering the technique of development, and of reorienting it to wider experience and of preparing it for the tests and expansions of the second major initiation—the baptism and the final entering of the stream.***

***Metaphorically speaking, the experience that lies ahead upon the Path is covered in the following esoteric phrases:***

***"When the stream enters the River of Life, its passage can be traced for a short moment and then is lost. When the currents of the sentient life meet where the river passes round the mountain's massive foot, then one vast stream is seen which floweth north."***

***The symbology of this is apparent, and can be also used to depict the flow of the two currents—Ida and Pingala—and their blending in the river of energy that mounts to the head. There is the meeting place, and there the sacrifice, enacted upon the mount of Golgotha (the place of the skull). TWM 296-297***

***Metaphorically speaking, the experience that lies ahead upon the Path is covered in the following esoteric phrases:***

***"When the stream enters the River of Life, its passage can be traced for a short moment and then is lost. When the currents of the sentient life meet where the river passes –*** this passage can be traced for a short moment and then lost when the currents of the sentient life meet where the river passes – ***round the mountain's massive foot, then one vast stream is seen which floweth north."*** This seems to suggest the idea of entering the stream once the astral body is controlled to a degree at the second initiation and the mountain is the mountain of initiation, and there is a great stream which continues to flow along the path of initiation and upon the way of higher evolution.

As well, I assume that this flowing towards the north is towards the higher centers and the higher possibilities, and the individual life is lost increasingly in the life of the ashram. The life of the plan is an impersonal process and it's not that we retained our distinctness and cultivate that. We give all we can to the expression of the Divine Plan, and we become lost in the general flow towards the higher possibilities and then towards the north, which represents in a way the very top of the human energy system, as the south represents the bottom.

***The symbology of this is apparent, and can be also used to depict the flow of the two currents—Ida and Pingala—and their blending in the river of energy that mounts to the head.*** That is clear. …

***There is the meeting place, and there the sacrifice, enacted upon the mount of Golgotha (the place of the skull).*** So it did the things which were rama ties in the life of Jesus are actually spiritually, anatomical and physiological. Really interesting here the actual way that the sushumna occurrence rises blending Ida and Pingala to the very top of the head. This is the rising of the will energy at the base of the spine all the way into the energy of purpose which is held in the highest head center. Ida on the left and representing the form, and pingala representing the soul, and sushumna in this case representing the spirit.

We have to make sure that these flows can occur, and there is a constant cleansing going on to make sure that the flow can be unobstructed and not to damaging. The kundalini flow itself will cleanse and purify, but if the obstructions are excessive and the kundalini is aroused too early there will be a severe damage and the setting back of the process for some lives perhaps. So we proceed cautiously with fires of the form, and the fires of the personality in general.

***In considering the sentient body of a human being I will probably help the most if I deal with it in terms of its moods and ordinary expressions, for it is only in dealing with its effects and in seeking to master them that man arrives at knowledge of himself and so becomes a Master. The most ordinary manifestations of astral activity are:***

***I. Fear.***

***II. Depression or its opposite pole, hilarity.***

***III. Desire for the satisfaction of the animal appetites.***

***IV. Desire for happiness.***

***V. Desire for liberation. Aspiration. TWM 297***

0:06:40 ***In considering the sentient body*** that is the term which Master DK prefers for the astral body ***of a human being I will probably help the most if I deal with it in terms of its moods and ordinary expressions, for it is only in dealing with its effects and in seeking to master them that man arrives at knowledge of himself and so becomes a Master.***

So, we need to recognize and master our moods and reactions within the sentient body. … We deal with effects we master the effects, master our moods and reactions and other defects within the sentient body.

***The most ordinary manifestations of astral activity are:*** and look what comes up right away, not necessarily the desirable reactions:

***I. Fear.***

***II. Depression or its opposite pole, hilarity.*** I'm sure that many of us have noticed how the hilarity gives way easily to depression, and maybe the opposite is also true. Hilarity gives way often to depression.

***III. Desire for the satisfaction of the animal appetites.*** Desire is directed downwards, and this is Martian in its origin. We also have a type of reaching desire, at least the individual considers it.

***IV. Desire for happiness.***

Then a type of desire which many of us as students of esotericism and students of spirituality at first at least a:

***V. Desire for liberation.*** And that flies on the wings ofaspiration. Well we have to not exactly over come that, but the desire for service and for the sharing of compassion and the saviorship, elevation of others that has to take the place of the desire for liberation.

Every time there's a universe there's no real liberation, the universe itself is the incarnation of the absolute deity and the infinitesimal portion of absolute infinity is incarnated, and there's no liberation from that except when a universe disappears into its absolutely infinite matrix.

At least this is my perspective at the present time. All I can do is share it. That the mind is woefully inadequate to handle these matters when dealing with infinitude, and yet one must I think. Because all of the implications are there and we're involved in some kind of infinite process, many internal processes I say were actually involved in and have been forever. So paradox enters and apparent contradiction of rational thought, but there'll be a way to come into the fuller understanding of it through still higher factors faculties than may be at present we possess

0:12:40So these are the most ordinary manifestations of astral activity.

In these five they sum up practically ***most ordinary manifestations of astral activity,*** sentient experiences of man, and we will consider each one of them from the following angles that cause the effect and the method of direction.

So, just pause for a moment and ask yourself, ‘How does my astral body vibrate? To the fear response? To the ups and downs – sometimes symbolized by Aquarius? Depression and its opposite pole hilarity?‘ I've spent a lot of time in the discipline of theatre and opera, and I've seen a lot of this, the desire for the satisfaction of the animal appetites.

I think they stay with us for a long time, maybe subsiding a bit when were older in the physical body.

Desire for happiness. That seems ubiquitous, doesn't it? It is a sign, it is a point reached when the disciple is no longer desiring happiness. But desiring to serve the plan, and happiness and joy are the byproducts, the side effects, the almost inevitable effects, and then desire for liberation. That's the tough one because life is burdensome in many ways and Master DK calls it *the dire pain of life itself* those are His words.

It is maybe only natural that on this particular planet where there is an element of imprisonment due to the presence aid and development of our logos and certain major catastrophes along the way. The desire for liberation I think is quite a natural factor, as long as it does not remove us from the great stream of service, because we can't really go through the door of initiation alone as the *Old Commentary* tells us, but when holding the hands of our brothers, we can pass through and that the door of initiation for the one, would pass through alone, was simply a figment of the imagination.

We have to remember that it's in the identification and the unification with others that we actually passed through the door of initiation. So there's a bit of a paradox, in order to climb one must descend so.

***In these five are summed up practically most of the sentient experiences of man and we will consider each one from the following angles:***

***1. The cause.***

***2. The effect.***

***3. The method of direction.***

***You will note that I say 'method of direction' not method of control. Aspirants must learn that they are working with, and in, forces, and that right and wrong activity on the physical plane is due simply to a right or wrong direction of the force currents and not to anything inherently wrong or right in the energies themselves.***

***I. Fear. This is one of the most usual of the manifestations of astral energy, and is put first because it constitutes, for the vast majority, the Dweller on the Threshold and also in the last analysis is the basic astral evil. Every human being knows fear and the range of the fear vibrations extends from the instinctual fears of the savage man based on his ignorance of the laws and forces of nature, and on his terror of the dark and the unknown, to the fears so prevalent today of loss of friends and loved ones, of health, of money, of popularity and on to the final fears of the aspirant—the fear of failure, the fear which has its roots in doubt, the fear of ultimate negation or of annihilation, the fear of death (which he shares equally with all humanity) the fear of the great illusion of the astral plane, of the phantasmagoria of life itself, and also fear of loneliness on the Path, even to the very fear of Fear itself. This list could be largely extended but suffices to indicate the prevalence of fears of all kinds. They dominate most situations and darken many happy moments. They reduce man to a timid and frightened atom of sentient life, standing afraid before the stupendousness of the problems of existence, aware of his insufficiency as a man to cope with all situations and unable to leave his fears and questionings behind and step into his heritage of freedom and of life. Often he is so ridden by fear that he becomes afraid of his very reason. The picture cannot be too blackly coloured, for fear is the dominant astral energy at this time and sensitive humanity succumbs all too easily to it. TWM 297-298***

0:16:40 ***In these five are summed up practically most of the sentient experiences of man and we will consider each one from the following angles:***

***1. The cause.***

***2. The effect.***

***3. The method of direction.***

***You will note that I say 'method of direction' not method of control.*** He really calls our attention to that and sometimes there are forces that when we attempt to control and even suppress them they have a very bad reaction upon our system you will note that I said method of direction not method of control.

***Aspirants must learn that they are working with, and in, forces, and that right and wrong activity on the physical plane is due simply to a right or wrong direction of the force currents and not to anything inherently wrong or right in the energies themselves.***

So we achieve brightness with regard to forces by right direction in line with the divine plan. One almost has to use that as a refrain. Well, now, he's going to take these up and there's quite a bit of material on fear.

We will always be coming back to these, this is page 297, and I'm just going to enlarge these points because I think we're going to be dealing with quite an extensive discussion here to ongoingly here.

***I. Fear. This is one of the most*** important things discussed on how to handle that this ***usual of the manifestations of astral energy, and is put first because it constitutes, for the vast majority, the Dweller on the Threshold and also in the last analysis is the basic astral evil.*** I think the fear reaction will pretty well be banished by the time the fourth initiation is approached, but before that time I think every one of us must admit if we dig deeply enough we're going to find it, however subtle it may be. It may not be one of those obvious fear and trembling manifestations, but there are recoils tendencies to pull backward perhaps we should be moving forward.

I kept asking that as to myself, as I mentioned earlier, if I had to travel underground for 4 kilometres much of it underwater, given my present stage of health and expertise as a diver, I think I might experience fear if I was forced to do that.

I'm sure we can all find the areas whether they relate to the physical plane or to some sort of psychological task or some type of exposure, we can find the fear if we look.

***Every human being knows fear*** now a human being, let's see, the highest of the human beings is the Master, the Master has no fear, but I think by that time there is the Mastery – ***and the range of the fear vibrations extends from the instinctual fears of the savage man based on his ignorance of the laws and forces of nature, and on his terror of the dark and the unknown,*** where the violent animals lurked and caused such habit among early man were told the terror of the dark and the unknown to the fears so prevalent today ***to the fears so prevalent today of loss of friends and loved ones, of health, of money, of popularity and on to the final fears of the aspirant—the fear of failure, the fear which has its roots in doubt*** that after all is the esoteric teaching truth***, the fear of ultimate negation or of annihilation,*** I think that's really a big one and foundational – ***the fear of death (which he shares equally with all humanity)*** even the aspirant right ***the fear of the great illusion of the astral plane, of the phantasmagoria of life itself, and also fear of loneliness on the Path, even to the very fear of Fear itself.***

0:22:00I think Franklin Roosevelt made much of that point. *The only thing we have to fear is fear itself.* It's a great first ray statement and it's amazing how the oratory of certain great leaders during the Second World War. We need to inspire the people.

There's also very negative demagogic oratory which arouses the beast in man, and we are these days experiencing the power of some people to do that and to take humanity backwards strictly into the personal. [This was recorded in the years before the leader who is referred to was seen outside of the glamour and *coup* waged against him, with the propaganda and lies told across all corporate media outlets, due to his bringing light and love and real progress; the demise of the long-entrenched status quo, deep state, *swamp creatures*.]

This is a very good section really, and the range of the three of vibrations, I just want to read that again

*I. Fear. This is one of the most usual of the manifestations of astral energy, and is put first because it constitutes, for the vast majority, the Dweller on the Threshold and also in the last analysis is the basic astral evil. Every human being knows fear and the range of the fear vibrations* ***extends from the instinctual fears of the savage man based on his ignorance of the laws and forces of nature, and on his terror of the dark and the unknown, to the fears so prevalent today of loss of friends and loved ones, of health, of money, of popularity and on to the final fears of the aspirant—the fear of failure, the fear which has its roots in doubt, the fear of ultimate negation or of annihilation, the fear of death (which he shares equally with all humanity) the fear of the great illusion of the astral plane, of the phantasmagoria of life itself, and also fear of loneliness on the Path, even to the very fear of Fear itself. This list could be largely extended but suffices to indicate the prevalence of fears of all kinds. They dominate most situations and darken many happy moments. They reduce man to a timid and frightened atom of sentient life, standing afraid before the stupendousness of the problems of existence, aware of his insufficiency as a man to cope with all situations and unable to leave his fears and questionings behind and step into his heritage of freedom and of life. Often he is so ridden by fear that he becomes afraid of his very reason. The picture cannot be too blackly coloured, for fear is the dominant astral energy at this time and sensitive humanity succumbs all too easily to it. TWM 297-298***

*these vibrations extend* ***from the instinctual fears of the savage man –*** the gods are in the thunder and lightning and the wind and so forth, ***based on his ignorance of the laws and forces of nature, and on his terror of the dark and the unknown,*** from which He could be attacked ***to the fears so prevalent today*** in a more social man right more in the love petals of the egoic lotus ***of loss of friends and loved ones, of health, of money, of popularity and on to the final fears of the aspirant.***

I mean this hasn’t stopped with the aspirant, that would be nice if it did – the ***fear of failure*** but there can be no failure once one that's convinced of that and has seen that can be delay that can be temporary apparent failure but no real failure***, the fear which has its roots in doubt*** is all that we are part room there's that painting of rod where the saint is praying quite fervently but there's a little black serpents biting His heel the serpent of doubt***, the fear of ultimate negation or of annihilation*** to me that seems to be a root fear, the fear of non-being, it's kind of a philosophical fear***, the fear of death …*** which shares a lot with the idea of obliteration and non-being and the aspirant shares this with all humanity if the aspirant is true and clear

So we are looking at the various kinds of fears and they seem to mount and become higher for the aspirant fear of failure maybe fear of the phantasmagoria, of life itself, that's amazing, because DK says did you have to consider outer life and all associated persons as a fear as phantasmagoria, but as I say I think the ultimate existential fears are the fears of negation and of annihilation and the fear of death.

Anyway, DK says:

***This list could be largely extended but suffices to indicate the prevalence of fears of all kinds.*** Prevalence, it's the number one condition in the astral body, and this particular book is dedicated to the control of the astral body, and thus in a way to the preparation for the second initiation, these fears that is.

***They dominate most situations and darken many happy moments.*** while He speaks like the man of experience they reduce man, or what a picture.

***They reduce man to a timid and frightened atom of sentient life, standing afraid before the stupendousness of the problems of existence, aware of his insufficiency as a man to cope with all situations and unable to leave his fears and questionings behind and step into his heritage of freedom and of life.*** That is absolutely such a beautiful statement … I want to enlarge it and reread it, because it just captures what fear does to us, and we really have to know and understand that.

0:27:00So these fears they ***dominate most situations and darken many happy moments.*** Well just think about your own life, and the happy moments that may have been darkened by that lurking, looming fear of something, who knows what, for the aspirant.

So often, fear of failure ***They reduce man*** and this is where the language gets very graphic ***to a timid and frightened atom of sentient life, standing afraid before the stupendousness of the problems of existence, aware of his insufficiency*** like what do we do? I can't do it. So often we hear that – ***aware of His insufficiency as a man to cope with all situations and unable to leave his fears and questionings behind and step into his heritage of freedom and of life. …*** So perfect love casteth out all fear and thus leads to the freedom which is man's heritage.

***Often he is so ridden by fear that he becomes afraid of his very reason.*** You sometimes see this in church people; they're afraid to think about it that because it will violate their belief, and their belief will take them to heaven and save them, so they don't even want to use their god-given thinking power.

***The picture cannot be too blackly coloured, for fear is the dominant astral energy at this time and sensitive humanity succumbs all too easily to it.***

Well friends, it's necessary that I simply make this a half-hour program, but at least we have a start and we can take up this issue about the causes of fear.

This has been really a very interesting section. …

This is rule 10.7 … this is the 19th of August, and we're going to go on with video commentary number 26 … we didn't cover a whole lot of pages typically but we're on page 298. That's how far we've gone and I'll take this up. …

This is just a little introduction to the conditions of the astral body, and we're dealing with fear, and now we're going to deal with the causes of fear. That is the next factor. He spends quite a bit of time on this.

So farewell for the moment and I'll be back when I can be.