

THE ADDED VALUE OF ESOTERIC PSYCHOLOGY

INTRODUCTION

The modern exoteric science of psychology, which is taught at the universities and practiced by the mainstream psychologists all over the world, investigates man's personality by focusing more or less on the objective world of perceivable appearances and forms. Correspondingly it lays its emphasis upon the conclusions of material scientists. The latter recognize only the definitely proven, or that which can be proved by the acceptance of an immediate hypothesis. This attitude has prevented until this day a more fundamental and holistic, or synthetic, understanding of the psyche of human beings.

Exoteric psychology simply does not perceive man as a synthetic whole. Rather it tries to get a grasp of the psychic functioning of man by investigating different fields, such as the nature of his reactions, the level of his intelligence, the quality of his physical brain mechanism, the way of his thinking and the sum of his complexes, psychoses, neuroses et cetera. It fails to correlate the different results with a lack of synthesis as a consequence.

Without emphasis upon the nature of *the soul within the forms*, and upon the subjective energies and forces behind the objective world of forms, which is the field of esoteric psychology, the modern psychologists cannot understand the true nature of man's temperament and the real subjective cause of his varied reactions, his complexes and suppressions.

In this paper I will elaborate on the values and limitations of exoteric psychology before I dive into the added value that esoteric psychology can bring in a real understanding of the psychic nature of man. Its biggest contribution can be found in the study of *the rays* which are manifesting through every human being. Another added value is the study of the *centres of force*, or the chakras. Energy and force determines man's behaviour, a fact which is not known or acknowledged by the modern psychologist. Other important contributions are the science of *esoteric astrology* and the *revelation of the soul*. I will shortly describe the integration of the personality and the integration of the personality and the soul – via the ACLRI process of alignment, crisis, light, revelation and integration – and I will end with a tabular overview of the Integration Techniques of the different rays.

MODERN EXOTERIC PSYCHOLOGY

Values

In her two volumes of *“Esoteric Psychology”* (EP I and II) Alice Bailey mentions the following values of modern exoteric psychology:

- The *gathering of information* of the functioning of man, the nature of his reactions, the quality of his intelligence and ways of thinking, and of his complexes, psychoses, neuroses, et cetera.

“Modern psychology, experimental and academic, has done much to gather information as to how a man functions, what is the nature of his reactions, the calibre of his thought apparatus and the quality of his physical mechanism, the mode of his thinking and the sum total of complexes, psychoses, neuroses, instincts, intuitions and intellectual fixations which he undoubtedly is.”
(EP I, p.4-5)

- It studies the relation and contacts of the individual to the larger whole and the environment; and the means and ways man can *adapt to and integrate with his environment* and make himself useful in service.

“The major science today is Psychology (...) The reason for its greatness and usefulness lies in the fact that it lays the emphasis upon the relation of the unit to the whole, to the environment and contacts; it studies man's equipment and apparatus of such contact, and seeks to produce right adaptation, correct integration and coordination and the release of the individual to a life of usefulness, fulfilment and service.” (EP II, p. 402-403)

- It emphasises in its methods upon the *form side* of life, the world of appearances, and upon the conclusions of *material* science.

“The modern exoteric science of psychology, with its emphasis upon equipment, upon the glands and their effects, upon dreams and their occasional effect, upon instinctual behaviour (which is largely a reaction of the physical body) and upon all the latest conclusions of the investigating material scientists the world over.” (EP II, p. 301)

- Its research has led to a much *better understanding* of man's physical reactions, his emotional habits and his mental processes.

A man's physical reactions, his emotional habits, and his mental processes—normal and abnormal—are far better understood than they were twenty-five years ago.” (EP I, p. 160)

Limitations

In the same volumes Alice Bailey also writes about the limitations of exoteric psychology:

- She says that modern psychology is in a dead end street in her understanding of the complex mechanisms of the physical, emotional and mental aspects and complexes of man and his interactions with his environment, because we know nothing of the real man – *the soul*.

“Modern psychology is in a cul-de-sac. (...) we have arrived at an amazing knowledge of man, of his instincts and animal mechanisms, of his reactions to his environment and of his sensitive apparatus; we have learnt much about the sub-conscious, through which ancient racial sins and knowledges, suppressed complexes and latent desires, as well as highly organised psychic reactions,

well up into the conscious mind so disastrously. We know much anent the man as a whole functioning unity, and of the interactions existing between the nervous system, the glandular system, the muscles, and their expression, in forms of quality, character, personality, and the environment. We have learnt much, therefore, about that composite being called man, and man, as a psychic entity, is an established fact in nature, as is man, the animal. But man, the soul, remains still a speculation, a hope, a belief.” (EP I, p. 118-119)

- The focus on the outer forms has its clearest limitations in the fact that the modern psychologists do not look at a man as a synthetic whole, and neither enter into the life aspect which penetrates the form. Human beings are considered more or less as objects and the *true sources* of their phenomenal appearance are seldom investigated.
- The true nature of man’s temperament and the real subjective cause of his varied, complex and suppressed behaviour will remain hidden as long as the *ray qualities*, or the underlying and driving *energies and forces*, are not taken into the field of research.

All schools of psychology go astray in their handling of the human unit (because) they do not judge a man as a synthetic whole (...) the average psychologist seldom enters into the realms of true quality and of the life aspect; the man under investigation is considered more or less objectively, and the true sources of the phenomenal nature are seldom touched (...) until there is a more adequate knowledge of ray qualities, and until a man's soul ray is determined and the effect of that ray upon the personality ray is charted and known, the true nature of his temperament and the real subjective cause of his varied reactions, his complexes and inhibitions will remain a problem most difficult to handle.” (EP1, p. 160)

- The lack of acknowledgement of the *Law of Rebirth* leads to the fact that modern psychologists cannot explain inequalities in physical, emotional and mental bodies.

“The dilemma of the psychologist today is largely due to the fact that the law of rebirth is not yet recognised scientifically or among the intelligentsia. He is therefore faced with the problems of the inequalities in the physical equipment (...) There is a widespread failure to recognise the underlying cause which is responsible for the "appearance", for the mechanism (...) There is—in time and space – no synthesis (esoterically understood) permitted, but simply the isolated appearance of a human being, making up hosts of human beings, variously equipped, greatly limited by that equipment, and faced also with an environment which seems antagonistic, lacking inner synthesis, coordination and integration, except in the case of the highly intelligent and deeply spiritual people who are functioning souls. For these latter, the average psychologist has no adequate explanation.” (EP II 323)

- Modern psychologists fail to relate the many points of view to each other. There is a *lack of synthesis*, a failure to correlate results, and a tendency to

overemphasise one aspect of a truth while excluding other ones which are just as important.

- Moreover they are often prejudiced by their *biased education*, which leads to weakness in their own equipment. This hinders their efforts to help their patients.
- Much trouble is caused by the failure of education to take into consideration the whole man, and to recognize the existence of a central point of consciousness within the form (or body) which determines it's functioning. This failure originates from the *purely materialistic attitude* of science to recognise only the definitely proven, or proof by the acceptance of a hypothesis.

“Some of the difficulties which have to be faced as one considers the conclusions of the many, many schools of Psychology are based upon the fact of their failure to relate the many points of view to each other. (...) There is to be found a lack of synthesis, a failure to correlate results, and a tendency to over-emphasise one aspect of the ascertained truth to the exclusion of others equally important. (...) Prejudice, dependent upon a biased scholastic training, often frustrates the outlook so that the weakness in the psychologist's own equipment negates his efforts to aid the patient. The failure of education today to take into consideration the whole man, or to allow scope for the activity of an integrating centre, a central point of consciousness, and a determining factor within the mechanism of the one who must be helped to adapt himself to his life condition—this above everything else is responsible for much of the trouble. The assertion of the purely materialistic and scientific attitude which recognises only the definitely proven, or that which can be proved by the acceptance of an immediate hypothesis, has led to much loss of time. When again the creative imagination can be released in every department of human thought we shall see many new things brought to light that are at present only accepted by the religiously inclined and by the pioneering minds. One of the first fields of investigation to be benefited by this release will be that of psychology.” (EP II, p. 403-404)

ESOTERIC PSYCHOLOGY

Where exoteric psychology has led to a greater insight into the lower personality the science of esoteric psychology can and will lead to an intelligent, more holistic comprehension of the psychic nature of man through the scientific study of the following aspects:

- The centres of force
- The seven rays
- Esoteric astrology
- Revelation of the soul

“The Science of the Centres is yet in its infancy, as is the Science of the Rays and the Science of Astrology. But much is being learned and developed along these three lines and when the present barriers are down and true scientific investigation is instituted along these lines, a new era will begin for the human

being. These three sciences will constitute the three major departments of the Science of Psychology in the New Age, plus the contributions of modern psychology and the insight into the nature of man (particularly the physical nature) which it has so wonderfully developed.” (EP II, p. 479-480)

The potential of esoteric psychology is to reveal the exact relation between consciousness and form through a study of the esoteric centers of force (the chakras), the seven rays, esoteric astrology and the revelation of the soul.

The Centres of Force

There is much, and quite old, Eastern knowledge of the centres of force, or the chakras, which is not known or accepted by Western scientists. An understandable interpretation of this knowledge for Western science can contribute to a more fundamental and holistic understanding of the psychic nature of man.

“Only when modern psychologists add to the amazingly interesting knowledge they have of the lower man, an occidental interpretation of the oriental teaching about the centres of force through which the subjective aspects of man—lower, personal and divine—are to be expressed, will they solve the human problem and arrive at an understanding of the technique of unfoldment and of integration which will lead to intelligent comprehension, a wise solution of the difficulties, and a correct interpretation of the peculiarities with which they are so frequently confronted.” (EP II, p. 413)

The vital or etheric body is composed of energy streams. These flow through seven major centres of force, or chakras, which are focal points in the etheric body.

These centres are (EP II, p. 413):

1. The head centre
2. The centre between the eyebrows
3. The throat centre
4. The heart centre
5. The solar plexus centre
6. The centre at the base of the spine
7. The sacral centre.

These centres of energy are found in close proximity to, or in relation to, the seven sets of major glands (EP II, p. 412):

1. The pineal gland
2. The pituitary body
3. The thyroid and para-thyroid glands
4. The thymus gland
5. The pancreas
6. The adrenals
7. The gonads

It is one of the tasks of the esoteric psychologist to investigate the effect or the relation of these seven centres. In the end this will unveil the true source of many of the modern physical and psychological health problems. Many of these problems are caused by the over-stimulation, or the under-development, of these centres, whose are closely connected with the endocrine system.

“Another task of the psychologist is to investigate the effect or the relation of the seven centres of force, which are to be found in the human body, in the etheric counterpart of the physical body. Many of the modern physical ills and a large number of undesirable psychological conditions will then be traced to their true source. This is the over-stimulation, plus the under-development, of the centres of energy found in the human mechanism and closely connected with the endocrine system. This is part of the new Science of Humanity.” (EP II, p. 519)

The Seven Rays

The study of the seven rays, or major types of man, is another important added value esoteric psychology can bring.

“When to this acceptance (of the centres of force) can be added a study of the seven major types, the science of psychology will be brought another step nearer its eventual usefulness as a major instrument in the technique of human perfecting.” (EP II, p. 413)

The seven rays can be regarded as seven types of electrical phenomena, or as seven types of energy and force which regulate the different aspects of man’s apparatus and condition his consciousness.

The seven centres of force are related to the seven rays as follows (EP II, p. 521):

<i>Ray one</i>	<i>Power or Will</i>	<i>Head centre</i>
<i>Ray two</i>	<i>Love-Wisdom</i>	<i>Heart centre</i>
<i>Ray three</i>	<i>Active Intelligence</i>	<i>Throat centre</i>
<i>Ray four</i>	<i>Harmony through Conflict</i>	<i>Ajna centre</i>
<i>Ray five</i>	<i>Concrete Knowledge</i>	<i>Sacral centre</i>
<i>Ray six</i>	<i>Devotion</i>	<i>Solar plexus</i>
<i>Ray seven</i>	<i>Ceremonial Order</i>	<i>Base of spine</i>

Every human being is under the influence of the energies of five rays: the soul ray, the personality ray, and the rays for the three bodies of the personality: the mental, astral and physical body. The science of esoteric psychology is able to shed light on the nature, abilities and limitations of man, and will lead to a better comprehension of the nature of his fellow men, by an understanding and interrelation of the ray types.

“Study of the rays will give a practical method of analysis so that we can arrive at a right understanding of ourselves as ensouling entities, and at a wiser comprehension of our fellowmen. When, through our study, we ascertain for instance that the tendency of our soul ray is that of will or power, but that the ray governing the personality is that of devotion, we can more truly gauge our

opportunity, our capacities and our limitations; we can more justly determine our vocation and service, our assets and our debits, our true value and strength. (...) We can then deal more intelligently with ourselves, with our children and with our friends and associates.” (EP I, 8)

“When the true nature of the seven rays is grasped, and when their effect on humanity in expressing the seven types of men is also understood, we shall then approach the subject of man's duality with greater intelligence. We shall comprehend better the nature of the forces which constitute one or another of these dualities. This is the true esoteric science.” (EPI 120)

Esoteric Astrology

Exoteric psychology is not acknowledging the science of astrology in general, let alone the science of esoteric astrology. Great opportunities to come to a fuller understanding of truth are missed here while *“astrology is essentially the purest presentation of occult truth in the world at this time”*. (Esoteric Astrology, EA, p. 5)

Exoteric astrology focuses on the *personality* and his individual horoscope as it considers an individual as important. It tries to discover the destiny of man and help him to know what he should or could do, regarding the astrological constellation he is (born) in. The *sun sign* is considered of major importance.

Esoteric astrology regards man as a *soul* which is an integral part of a much larger whole. It focuses on the soul and its place in the planetary, the systemic and the universal picture. Therefore the *rising sign*, or ascendant, plays an important role in this science, where more modern interpretations of exoteric astrologists fail to emphasise the importance of it. The rising sign indicates the destiny of the soul, and its place on the path of evolution.

A study of esoteric astrology will lead to an understanding of the astrological types, and of their characteristics, qualities and tendencies.

“They (modern psychologists; E.H.) will be greatly helped also by a study of astrology from the angle of energy contacts, of the lines of least resistance, and as one of the determining influences and characteristics of the type under consideration. I refer not here to the casting of a horoscope with the objective of discovering the future or of determining action. This aspect of astrological interpretation will become less and less useful as men achieve the power to control and to govern their stars and so direct their own lives. I refer to the recognition of the astrological types, of their characteristics and qualities and tendencies.” (EPII, p. 413-414)

Revelation of the Soul

Esoteric psychology has, the same as with esoteric astrology, its emphasis on the soul as well. *The soul is the true psyche*. It is non-separative, group conscious and inclusive, while the personality is individual, separative and self-centred. In fact, the

soul *is* group. There is no such thing as my soul and thy soul. Soul is consciousness which includes all.

Esoteric psychology studies the soul as a centre of consciousness, and the human bodies (physical, astral and mental) as centres of experience. The soul, as a centre of consciousness, uses the bodies as centres of experience. This is possible because the soul has its own life and is itself a major centre of experience in the life of the monad. In order to experience its consciousness, and to express itself, the soul has to use the personality with its three lower bodies. This is one of the major purposes of the personality. The soul has to take form in the bodies or vehicles of the personality to experience consciousness while it cannot do this in a vacuum. Because the soul is the driver it can, with its energy, use the bodies for its goals. Although the soul resides somewhere above the head, one can generally say it expresses through the heart which is within the form.

Esoteric psychology also studies the integration of the personality – *“the means whereby consciousness shifts from one body into another, so that a definite expansion of consciousness takes place”* (EPII, p. 335) – and the integration of the personality and the soul.

Integration of the personality

Before the personality can become integrated with the soul, the personality itself has to become aligned or integrated into one whole so that it can control the life through the bodies or vehicles. This alignment of the vehicles into one integrated personality is brought about through practice in the four D's:

1. Discipline
2. Dispassion
3. Detachment
4. Decentralization

Through disciplined practice in taking a dispassionate, detached and decentralized attitude in matters the physical, emotional and lower mental bodies are used to thrive in, the Self or Soul can penetrate in the usually rebellious elemental lives of the personality. Alignment through *meditation* allows the impression of the soul upon these vehicles. In this way the necessary requirements are imposed and the vehicles fall into line.

This process of integration of the personality takes place on the Probationary Path. It can take 3, 7 or 11 lives/incarnations in which one lives as an integrated personality, mostly dominated by the personality ray.

Integration of the personality and the soul – the ACLRI process

The next integration is the one between the personality and the soul, where the soul becomes the dominant factor. This takes place on the Path of Discipleship and is brought about by:

1. Control of the personality by the soul. The soul ray begins to dominate the personality ray and subdue its activity.
2. Downpouring of soul energy via mind, emotions and brain. In this way alignment of soul/mind/brain is developed.
3. Alignment of the centres/chakras along the spine so that the soul energy can pass up and down from the directing centre in the head.

The process by which this integration takes place is called the **ACLRI process**. This is the process of:

Alignment: the soul ray begins to dominate the personality ray; downpour of soul energy -> soul – mind – brain; alignment of the centres along the spine so that the soul energy can pass up and down from the directing centre in the head.

Crisis: a crisis happens because the soul approaches; friction between personality and soul arises. This leads into the next stage of:

Light: the soul is light; the man sees clearly the next step to be taken; light is thrown on the personality condition, on the personal issues and imperfections which are blocking the soul infusion, and on the next step to be taken how to solve the blockages. It is a deflating light, the lower ego is beginning to deflate, to melt a bit.

Revelation: this is the impersonal revealing of the Plan which comes from a higher place. One starts to become available for the Masters.

Integration: integrating the revelation into ones everyday way of being; bringing the three bodies into one synthetic whole, the personality; bringing all parts together; to become good in what one became to do.

Integration Techniques

There are different integration techniques for the different rays. I will summarize some of the key parts of the different formulas in the table below:

Ray	Integration word	Formula of integration (key parts)
1. Power or Will	Inclusion	The love of <i>power</i> must dominate. Achieve a goal. For you there must be not a circle, but a line.
2. Love-wisdom	Centralization	The love of <i>love</i> must dominate, not love of being loved. The power to draw unto oneself must dominate. Release thyself from all that stands around...so look to me. I am the One...
3. Active Intelligence	Stillness	The love of <i>truth</i> must dominate, not love of my own thoughts, or love of my ideas or forms. Be still. Learn to stand silent, quiet and unafraid.
4. Harmony through conflict	Steadfastness	The love of <i>unity</i> must dominate, and love of peace and harmony. Both sides are one. There is no war, no difference and no isolation.
5. Concrete knowledge	Detachment	Love of the <i>form</i> is good but only as the form is known for what it is – the veiling vase of life. Behind that form, I am. Know Me.

6. Devotion	Restraint	Love of <i>truth</i> must always be. Men love the truth as they interpret it; they love the vision and the dream, forgetting that the truth is limited by mind...
7. Ceremonial order	Reorientation	Love not the work. Let love of God's eternal <i>Plan</i> control your life, your mind, your hand, your eye.

CONCLUSION

While modern exoteric psychology has led to more insight into the lower personality of man it fails to give a holistic picture of his real nature and psyche. The real psyche of man is not his emotional and mental nature but his soul. The soul is the central field of study of any esoteric science.

In this paper an outline is given of the added value of esoteric psychology, after a summary of the values and limitations of exoteric psychology. The latter regards man from his objective form side and fails to acknowledge the subjective inner life which drives the form. Only when the energies, the forces, and the soul, as the (for the human eye) invisible drivers of the exoteric forms, or bodies, are taken as subjects for investigation, science will come to a more holistic comprehension of the psychic nature of man.

Esoteric psychology investigates this psychic nature of man through its study of the centres of force (or chakras), the seven rays, esoteric astrology and the revelation (and integration) of the soul. These subjects are shortly described in this paper.

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