

AN ESOTERIC APPROACH OF PSYCHOLOGICAL PROBLEMS

INTRODUCTION

In my practice as a personal and spiritual coach I am developing a more esoteric approach of the psychological and existential problems clients are dealing with. In this paper I endeavor to describe some elements of such an approach through a dialogue between a hypothetical client Ron (in normal letters) and an esoteric counselor (*in italic*).

This dialogue is referring to a session further up in a longer cycle of sessions. The client already followed sessions for three months in which the esoteric approach is gradually developed and in which the client showed to be receptive to it. At the beginning of the cycle it is already established that there are no physical reasons for the mood swings of the client.

DIALOGUE

The problem

Hi Ron, come in and take a seat. How are you doing today?

Not so well to be frank. I woke up very depressed today. I don't see the sense of it all, I see everything as negative and dark and I feel very low and tired. I'm really fed up with these setbacks. They come and go as they please. Our previous sessions brought me a lot and sometimes I feel great and the world looks bright and shining and then, out of nowhere, a cloud sinks over me and everything becomes grim and gloomy. I am not the suicidal type but I have to say that in those moments I can understand the desperate ones who see no other option. I don't seem to have any control over these mood swings. They control me. I feel like a dumb toy which is tossed around. What is the sense of it all? Why am I here? Why do I feel so depressed? And most important: how do I get the hell out of this feeling, right now! And how can I achieve a more stable state of being, get a sense of control? I want to be in control!

Okay Ron, I get the picture. You're feeling gloomy and are desperate to get out of it. And you want to get a grip on the fluctuations in your mood. I also hear an existential outcry: what is the sense of this all?

Yeah, absolutely! What the heck is this all about? What am I doing here? Who am I? Why do I feel like this?

The Big Questions again, isn't it?

Indeed, they keep bugging me.

Who are we?

Well, let's start with who you are. We already discussed some ideas, but repetition contributes to deepening and integration. Could you tell me what you learned already?

Not at the moment. I don't feel up to it. You tell me!

It's much better if you first give it a try yourself Ron. Just tell me what comes up when you ask yourself: who am I? Take your time. Ask the question and wait. Dig deep into yourself.

(After 10 seconds) Pfff, I don't know.

Take a little more time please. Suppose you would know, what would be the answer? Just close your eyes, breathe slowly and deeply and let the answers come.

(After 30 seconds) Well, okay, I suppose I am a man, a husband, a father without much attention for his spouse and children, once a manager who worked very hard and had a lot of stress, now a seeker whose interest for esoteric material is growing, but also a struggler and a not-knower. Something like that?

Good, go on. Try to dig a little bit deeper please. You started with the outside and you already glided more to the inside. You know that's what is asked of you from our earlier sessions, so that's good. Go in deeper now. What is behind or beneath the seeker, the not-knower? Who or what is the one who is thinking these things, who is coming up with these labels? Just be very still and wait for what comes up. Take your time.

(After a minute) Well, I guess that I am the one who thinks, the thinker. But where are the thoughts coming from?

We already discussed this earlier as well. When you are the thinker they have to come from you I guess. Is it not?

Pfff, Jesus man! I don't know. Am I the thinker? Or are these thoughts just flowing through me? And if so, from where are they coming. Who is the maker?

Very good Ron. I'm impressed with what you come up with. You ask very essential questions. Maybe it is now time for, again, a little sharing of some of the timeless knowledge of the Ageless Wisdom. Is that okay for you?

Yeah, I like that. It helped me the previous times. So go ahead!

The central concept of the Soul

As always, just try to be open and listen. Don't judge right away what you hear, but be still and receive.

Let's start with who you are. According to the Ageless Wisdom you are not your personality, or your body, or your emotions or thoughts. In reality you are a human Soul, which is the true man who is incarnating over and over into different personalities and bodies. The Soul is a central concept for us, human beings, in the Ageless Wisdom. Without the concept of the Soul, as the indwelling entity in our body, we are left with identifying ourselves with the outer forms: the physical body, emotions, thoughts and the sum total of these: the personality. Those are all temporary forms and everything which is temporary actually is an illusion. It is not real.

When we identify ourselves with these outer forms we get lost. We lose the sense of who we really are. And that's what's inside of the forms. The forms are only what we see, they are external things who come and go. What's inside the exoteric and visible forms is something invisible and esoteric. This is the energy, the life, the consciousness, or the Soul which drives those forms. Those terms are not exactly all the same, but let's not bother with that for now. This Soul is much more permanent than the visible forms. It is there for many, many lives.

So, you are a Soul Ron. You already knew this of course. You also know you are not Ron. That's the name of your personality in this life, or this incarnation of your Soul.

I remember this, but it's good to hear it again. I can take this in. It sounds pretty logical to me. And good, too. I certainly identify myself still quite often and automatically with my body, emotions and thoughts. If I understand you correctly that might explain why I feel so lousy, am I right?

You are. How do you feel right now?

Well, a little better I have to say.

Why would that be?

Maybe there is some hope for me? I know that there is more than meets the eye, and that this is not all there is, that there is a much bigger reality behind this misery. I know this, but it keeps slipping out of my daily awareness. Keep repeating it please and tell me more.

Could you say more for example about reincarnation? You already told me some of it. But does it really exist? Did I have other lives? I can't recollect any of them. But it would mean I get more chances to become happy. That wouldn't be so bad. But how can I know this for sure?

The Law of Rebirth

How you can know for sure is by listening in, to the language of your Soul, by daily meditation and experiencing what this brings. In this way you build a relation with your Soul, your true identity.

Are you doing the daily meditations I've given you so far Ron?

To be honest, I do them now and then. I have a hard time to do them daily I have to say. There is so much that distracts me.

It doesn't come all at once Ron. It takes practice, routine and patience to put meditation in your daily schedule. But you're doing a good job. Just do the best you can, and then maybe some more. It also might help to know a little bit more of the knowledge the Ageless Wisdom is offering, and to study it. Let me go on with sharing some of it.

Reincarnation is a scientific fact in the Ageless Wisdom through the Law of Rebirth. This life is not your sole opportunity in which to fulfill your destiny and achieve happiness. Happiness is not a word frequently used in the Ageless Wisdom by the way. We incarnate over and over to achieve growth of our conscious awareness of the Soul, and eventually an integration of the Soul and the personality. When that is achieved, the personality will be whole and fulfilled, and happiness, or better: joy, will be an automatic result. It is important that you recognize the opportunity and the lengthened sense of time this great Law of Rebirth is giving you.

Your present crisis is, as every crisis in your human lives as an incarnated Soul, an opportunity to demonstrate that the small you, as the personality, achieves integration with the much realer You, the Soul. This is a shift in perspective that allows you to see the value of the crisis as a learning experience for the Soul. This guarantees victory in your present crisis, and in any crisis or difficult conflict that will follow.

This also will serve to stabilize the Soul's purpose and it makes you comprehend the inevitability of responsibility. You need to become fully aware of the responsibility of living your life with a daily recognition of the past, an understanding of the purpose of the present, and with a clear eye to the future. The recognition of this Law of Rebirth, which also can be called the Law of Opportunity, and its implications, especially the time element, should give you hope.

It certainly does. It feels as if fresh air is flowing in, as if a window is opening.

Yes, a window of time, or a window of opportunity. If you want to read something about this I can recommend a good book, Esoteric Psychology II from Alice Bailey. I mentioned her earlier in our previous sessions. At page 431 this is discussed in more detail.

The recognition of this great Law of Opportunity also will greatly lessen the growing tendency towards suicide which humanity is showing. I heard your statement that you are not the suicidal type, but as you brought up this problem yourself I thought it wise to mention this. Suicide is not a good idea. It is not the escape that is hoped for. The emotions and thoughts will go on for a while after the physical death. More can be said about this when I explain to you the whole structure of man. Do you understand what I mean by this?

No, not really. I heard you speaking about the temporary outer forms: the physical body, emotions, thoughts and the sum total of these: the personality. Is that what you mean by the whole structure of man?

The whole structure of man

Yes, that's where I already indicated at the much broader structure of us human beings. As I already said, we are much more than a dense physical body. To start with this physical body, it consists besides its visible dense part of an etheric part. Much can be said about this, but I will keep it short and concise. This etheric body is the vital body, or the non-visible part of what is called the physical-etheric body. It is also called the 'body double' because all the dense physical parts and organs are energetically reflected in the etheric body. It consists of many force centers, which can be comprised in seven main centers or chakras. But I guess you are familiar with these.

I am indeed. These are the root center at the base of the spine, the sacral center under the navel, the solar plexus, the heart center, the throat center, the ajna center or third eye, and the crown center.

Yes. So this physical-etheric body is our first temporary body. This etheric double can be imagined as an energy body which surrounds and penetrates the dense physical part. The second temporary body is the astral body or better: the emotional body. Its name 'astral body' stems from the fact that some clairvoyants see this body as an entity of sparkles or stars, but in reality it is the body in which our emotions dwell and they can be pretty dark as well.

You can say that again!

You remember I spoke already of this body?

Yes, but what I notice again and again is that my emotions can be very dark sometimes and not sparkling at all.

Yes. Each body consists of different levels, seven to be exact, but I will leave this. Enough for now is to repeat that emotions go from very low (fear, hate, anger, grief), and not sparkling at all but instead very sticky, to very bright and sparkling (unconditional love and joy). It can be imagined as a next layer or sheet around the physical-etheric body which it is permeating as well. The third temporary body is called the mental body, which actually is the lower mental body. This is the body of the concrete thoughts of the lower mind.

As I said, these three bodies are temporary. They dissolve after death but not all right away after the death of the physical body. That's why the 'solution' of suicide is false. When the dense physical body dies, the etheric double follows after a short while. But the emotional and mental bodies stay intact, at least for a while. That means that the mostly disturbing emotions and thoughts of the one who thinks is ending his life go on after the physical death. His lower ego and mind will dwell into these bodies as long as it is needed to integrate his emotions and his thoughts. These bodies will

eventually die, or dissolve, first the emotional and later the mental body, depending on how much the Soul is in control and the time it needs to complete the full retraction upward and shed the temporary lower vehicles. Then the Soul retracts completely into the Egoic Lotus, which holds the evolving consciousness of man as long as he is continuing to incarnate.

The emotions and thoughts during and after physical life are illusions by the way. As well as physical matter is, because all are temporary forms. And as I already said, everything temporary actually is an illusion. Mental thoughts are called illusions in the Ageless Wisdom while emotional illusions are called glamour and physical illusions maya. We perceive them to be very real by the way, but perceived from the standpoint of the Soul they are not. The emotional plane for example is not real – it is a conglomerate of all the emotions, fears, dreams of people built up over thousands of years and continues to blind us to reality and keep us mired in the emotions. But until we have mastered it, it is very real to us. Yes, our vehicles are made up of real substance, but we are not that substance. Rather, we are the spark of life that informs or animates it for the duration of this particular lifetime. We pick up one lifetime where we left off the last time; we build our new vehicles out of material that is compatible with our level of consciousness. So while we are still unevolved, we attract matter that is low-grade to make up our vehicles. But as we evolve consciously, we are able to attract rarer and rarer matter and our vehicles will be made up of matter that is subtler and finer and is a fitter receptacle for our Soul.

I think this notion is very important to understand for you Ron. All the things you are worrying about seem to be very real to you, but in fact, seen from the higher standpoint of your Soul, they are not!

Yeah, right. And what does this bring me? They are indeed pretty real to me I can tell you. When I am depressed it envelops me all over. Not much room or space then to contemplate on these wisdoms you are sharing. No offense by the way, this knowledge fascinates me, but I have to be frank.

That's no problem at all Ron. Just speak your mind. And I understand what you're saying. Let's close our eyes for a moment now. Let's meditate together again. This time on what I said about our constitution. And during this meditation I will say some more about it.

Meditation

(Both close their eyes and the meditation starts, slowly spoken with pauses between the different stages)

As always, first connect yourself with Mother Earth Ron. Focus on your foot chakras and your root chakra and visualize connections going down from them, all the way towards the crystal core of Mother Earth. Let her supporting, caring and nurturing energy flow upwards and fill your three bodies. All the way up, from your feet through your legs, from your root chakra to the second, the third, the fourth, the fifth, the sixth and the seventh chakra at the crown. Let this nurturing energy vitalize your physical-etheric body and energize your emotional and mental bodies.

Now focus on your third eye. Withdraw all your attention there and let's do "as if" now. Let's do as if you can look into the tunnel of this chakra of clear vision. Then go slightly backwards and do as if you connect the third eye with your pituitary body or gland. Just focus and feel. Now go upwards to your pineal gland. Connect this with your crown chakra and use your creative imagination to visualize it opening, unfolding like a lotus flower.

Go further upwards, about one meter above your crown, as if you reach the Soul, the real You. Visualize the Soul as a bright shining star or sun, or as a lotus with twelve petals. Now we are above the three planes our lower temporary bodies dwell in. We are on the higher mental plane. See the petals of your Soul, also called the Egoic Lotus, unfolding. This Egoic Lotus is the Crown Chakra on the higher mental plane.

The light is growing ~~every~~ ever more brightly and the silence more deafening. Can you hear it? Can you feel it?

And we're still not at the highest point Ron. Next time we will go up further. Up to the Monad, or pure Spirit, or the Father in Heaven on the Monadic Plane, the plane of the Monad, our real essence

Let's be silent, let's just Be!

(After a while...)

Okay Ron, time to come back on earth. Let your consciousness sink down, from the Egoic Lotus or Soul right into your crown chakra, and further down to the other chakras all the way to your root chakra and feet chakras. Now breathe three times slowly and deeply in and out and open your eyes after the third breath.

(Ron opens his eyes.)

Welcome back. How are you? What did you experience?

Pfff, what a trip. I feel very relaxed now. It was great actually. I experienced all kinds of sensations but especially a deep and profound silence. And I saw a very bright light in the end, when we were at the Egoic Lotus. That light even became brighter when you mentioned the Monadic plane. What is that?

That's the plane of our Father, the real Us, the Monad. Maybe it is now time to tell a little bit about that. But let's first be silent for a while, and enjoy your experience with the Soul or the Egoic Lotus.

(After a while).

The Monad

Okay, that felt great. But you raised my curiosity. What's the Monad? I thought the real us was the Soul?

It's all a matter of perspective. From our personality level, we perceive the Soul as our true essence, and it seems like it is for countless lifetimes. But in actuality, the Soul is still a lower vehicle for the Monad, who is our real essence. The Monad is the indivisible core atom, which by far is not the physical atom scientists are speaking about. It is very non-physical, and it is a spark of Life, of God, or of the primal Source or Cause. So our Soul is not our real essence. As long as we are human we are a Soul, and for reasons of convenience and comprehension we call this the real Us for the time being. But there is more to discover and to travel Ron. The Soul is not the end of our journey although it might take a while before our Soul Body, also called Causal Body, dissolves.

But not to worry! We already are in a much better place when we can integrate our personality with the Soul. That's a very important step to make, or better: process to fulfill. But before that we have to integrate our personality, to align our three lower bodies and the personality. That also will make us feel much better. Your worries and anxieties will disappear in the process. But it will take some effort. You have to work for it Ron. You have to make all the necessary steps by yourself, and I will be there to assist you, if you want.

What is that work consisting of?

*Living your daily life as consciously as you can, experience life as it is, with the periods of crises included. Do you remember what I said? **A crisis is an opportunity** to demonstrate that the small you, the personality, achieves integration with the much realer You, the Soul. It actually indicates progress instead of disaster or failure. Are you aware of the fact Ron that the whole human race progressed to its present point of evolution by crises? The same goes for you, as for each individual. In the end, psychological crises are an indication of progressive steps on the way up. They are bringing a sense of gain and freedom, when we surmount, overcome and solve them.*

So you may welcome the present crisis Ron, as any crisis, as an opportunity to grow and to make progress on your journey upwards, first to your Soul, and then even further upwards to your real essence, the Monad. You already felt how it feels to be in your Soul or Egoic Lotus, didn't you? You tasted a small glimpse of the glory and beauty that is ahead of you.

So I am not lost at all? I am not doomed to dwell like forever in this misery here?

Which misery?

Well, the misery here on earth!

You can call it a misery Ron, but you can call it something else too. This brings me to another important topic, which we already discussed, but let's make it more explicit.

Positive stating of problems

You tend to focus on the problems Ron. You are not alone in that, it is really a most common human habit, of which I am not excluding myself I can tell you. So, in

*speaking to you, I also speak to myself. Actually **any psychological difficulty is universal and not unique**. Let this sink in Ron. You are not alone with your problems! It is your sense of uniqueness that makes you feeling lonely and separate from others. It makes your personality too important, and this you should definitely learn to neutralize.*

You, or better: we, because I am not free from this too, have to learn to be aware and mindful of our thoughts and our speech. They direct our behavior and influence our emotions and state of being tremendously.

To become mindful we have to train ourselves to watch our thoughts and speech. We have to step into the role of the watcher, which is the Soul actually. From the 'higher' viewpoint of the Soul we can watch our personality, and its emotions and thoughts, and become aware of our tone of voice.

When you speak of misery, what's your tone of voice then Ron?

Not very positive I guess. Rather negative I would say. With good reason, by the way!

Stop now Ron, and hear what you just said. Also feel what it's doing to your state of mind. How do you feel when you acclaim: 'with good reason, by the way!'

I feel tension.

Where?

In my chest, and also in my solar plexus.

Okay, very good! Feel it, stay with it, embrace it, just let it be and think nothing of it. Just watch it.

What's happening now Ron?

The tension is gone. When I focused on it, it shortly grew, but then it withered away. Now I feel good.

Great. Let's go into what really happened here. Why do you think you felt tension?

I was emphasizing a negative thought. That made me feel tensed.

Right, of course. And you also experienced what happens when you focus on the tension and just let it be. It will wither away.

Now we add another strategy to this, which we also discussed in earlier sessions.

Opposite thinking

We are going to reframe your negative thought into a positive one, into its positive opposite. You know we call this opposite thinking. So, how can you reframe misery?

Misery is a negative word. The positive opposite would be something like joy I guess. But it's not really joyful here on earth, do you think?

Is it not? Do you never experience joy, or see others be joyful?

Hmmm, well, okay, I guess I can see joy too. And of course I experience it now and then myself. But...

Stop! No buts here. Focus on the joy that you have felt, connect yourself with a joyful moment in your life. Do it now!

(After a while) *Tell me what happens.*

I feel okay, quite well actually. I was thinking of the birth of my first son. And then I got a vision of all the births of all the first sons in the world and felt the joy of the fathers.

Right, very good, that's what I mean. This brings me to another, already familiar, topic.

The power lies in us

I hope you remember the fact that the power to solve your so-called problems lies in yourself.

I do, and I just experienced some of it again. Yes, how awesome!

All your discomfort, pain and distress are only symptoms of your aspiration. Maybe you forgot, but it is there isn't it?

Yes, I guess so. But what do you mean exactly by aspiration? Aspiration for what?

You tell me Ron.

I aspire to go forwards, upwards, in my struggle for life.

Struggle?

Okay, sorry, positive reframing needed here. In my adventure of life, in my life journey.

That sounds better.

But why does it have to feel so bad now and then?

*Good question. I asked it **of** myself too for a while. Until I read about it in the great book *Esoteric Psychology II* of Alice Bailey on page 428. Maybe you can read the passage about our sensed discomfort, pain and distress that are reactions of the*

lower aspects in ourselves. These are negative and resisting to that aspect which is seeking integration, which is positive and dynamic and therefore essentially more powerful. Do you understand that?

I guess so. Sounds a little complicated, but I will read more about it. But I think I get the message. My lower personality is resisting integration. It wants to hold on of what he knows. It grasps onto it, for by losing it he thinks he will die.

Which actually is the case. Our lower personality needs to die, or to dissolve, in the process of integration with the Soul. Then the personality will merge with the Soul and together they can travel further upwards to the Monad, our real essence.

All very good, but still difficult to handle for me. In my down moments I am not able to make or feel connection with my Soul. I feel very lost and alone then.

Of course. That's because the personality makes himself all important and with that separates from his fellow travellers. But you can always act "as if", as we did in our meditation. Bailey writes also on page 428 of Esoteric Psychology II that acting "as if" holds the solution for the problem. By the use of the creative imagination, the bridge between the lower aspect and the higher can be built and constructed. And she states the immutable fact that as a man thinks, hopes and wills, so is he.

With that we will end the session for today Ron. I guess you need some time to let this all sink in.

I surely do. Thanks doc! I feel a lot better than when I came in.

That's great to hear. See you next time.

Eric Huysmans,
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