

13 HEALTH

13.1 The Causes of Disease

¹Human disease is caused by wrong rhythm of life, by ignorance of the law of periodicity.

²The appearance of man on the planet is not the cause of disease. There was disease in the mineral, vegetable, and animal kingdoms long before man.

³The monads of evolution (quaternary matter), being involved in first triads, utilizing existing secondary and tertiary matter, are dependent on their higher two triads for their evolution. Disease is the result of the frictions ensuing when energies flowing down meet with resistance and must take other outlets than the normal ones, when energies from the higher two triads and also from the causal envelope are impeded, misdirected, misused by the monads in some respect because of ignorance.

⁴Until the individual has become a causal self there are frictions between causal energies and the envelopes of incarnation.

⁵All four envelopes of incarnation (the mental, emotional, etheric, and the organism) may present symptoms of disease. These depend on the monad's intentional or unintentional misuse of its envelopes. Causal selves, too, can suffer from diseases of the organism, but not of the other envelopes. There are many possible causes in his case: strain because of excessive helpfulness, omissions, or remnants of bad sowing that has not been reaped to completion.

⁶When the monad can apply the laws of nature and the laws of life without friction, then vital energies issuing from the causal envelope meet with no resistance in the envelopes of incarnation, but pour freely down through the lower envelopes to the right centres of the etheric envelope, and the man is healthy. That this is not the case is due to wrong emotionality and mistakes as to the rhythm of life in the current and in previous incarnations. Most diseases have an emotional origin and depend on hatred in its countless modes of expression.

⁷Diseases that result from hatred (criticism and judgment) depend on energies going from the throat centre to the navel centre.

⁸The organism, too, has been whipped up to abnormal performance through stimulants, and the individual will have to pay for this.

⁹Physical disease is the result partly of wrong stimulation, overstimulation, wrongly applied stimulation, or some sort of inner tension; partly of inhibitions, psychic deprivation, or congestion of energies.

¹⁰Irritation results from self-interest, self-sufficiency, and self-satisfaction.

¹¹The cause of disease may lie in past incarnations.

¹²The basic cause of disease are mistakes about the law of periodicity, the law regulating the processes of nature. The law of periodicity can be studied in sexuality, for example such as it expresses itself in woman, in particular. By following this arrangement of nature, the cyclic manifestation of sexual impulses, important discoveries about the rhythm of life could be made. The application of this understanding would eliminate most causes of disease. The knowledge of the law of periodicity is in itself an entire discipline, which will be given to mankind when it proves itself able to comply with the laws of life. Mankind has never sought to apply these laws, even though the wise men of all ages have intimated their existence. The planetary hierarchy casts no pearls. Pearls will be given to mankind, when it proves itself able to estimate their true value.

¹³The cause of disease is not, as many sects assert, erroneous thinking. If that were the case, then everybody would be incurably ill. Few people are able to think at all and fewer still are able to think in accord with reality. Human thinking is imaginative construction, and imagination is a product of mentality and emotionality.

¹⁴The sects (Christian Science, Mental Cure, and many others) that have talked about mentality as the main cause of disease have enormously overrated the effect of man's mental energies on himself and on others. Pure mentality has not been a cause of disease.

¹⁵At the utmost it might be said that mentality contributed through its influence on emotionality and through its ignorance of the law of periodicity. The participation of mentality depends on a wrong attitude, consisting in the dogmatic and fanatical assertion of all temporary fictions of life-ignorance, in the emotional belief in the validity of those fictions, in the disappointment brought by shattered hopes, in the never-ending carping at imperfection, which is inevitable. However, this belongs more to emotionality than to pure mentality. Only when the "authorities" in all domains and of all degrees see their almost total ignorance of reality, this insight which makes the truly wise humble before their work and which is absent in the others, only then will dogmatism and fanaticism come to an end. Many people have a self-deceptive complex of inferiority in relation to themselves but a complex of superiority in relation to others. Such a condition evidences neither wisdom nor humility.

¹⁶The more mankind develops mentally, the larger will be the share of mental consciousness as a cause of disease, due to mental inhibitions and abuse of mentality. A certain esoteric school gives the share of mental causes as 25 per cent, other schools as 5 per cent. Such differences are due to the "cultural class" under discussion. Readers familiar with esoterics understand such discrepancies without difficulty, but to the "uninitiated" they appear unreliable.

13.2 Esoteric Healing

¹In an extensive work (running to 771 pages), *Esoteric Healing*, 45-self D.K. gives an account of the seven methods of healing used by disciples of the planetary hierarchy from time immemorial. It depends on the attitude of mankind to esoteric knowledge whether these methods will be used extensively once again. There must be no more of that negative attitude to everything esoteric taken by medical science hitherto, no more of the accusations of fraud brought by ignorance.

²Esoteric healing is based on esoteric knowledge of the etheric envelope and its centres, of the different kinds of etheric energies and their effects in different centres, these effects being particularly dependent on the functional quality of the centres. Esoteric healing presupposes etheric objective consciousness, so that the healer can methodically direct etheric energies to the right centre and ascertain their effect. All other "methods" are haphazard. The experts on this art assure us that if the uninitiated attempt it, their chance of success is not even one per cent, but the risk of their aggravating the patient's suffering is very great. If the patient recovers after being treated with the methods of ignorance, he would have recovered anyhow. The same is true of medical science and its methods, a fact of which truly discerning physicians are very well aware. They must be "loyal", however. It is on the soil of this false loyalty that so much humbug is flourishing.

³A 44-self (H.) says regarding esoteric healing of disease that magnetism is the kind of energy applied. The healer must be able to raise the vibrations of the diseased organ using both his own magnetic energy and that of his patient. The raised vibrations enable the diseased cells to attract positive energy and repel the negative energy causing disease. The healer is able to consciously direct his magnetic energy to the organ to be healed, influencing the passive cells in such a manner that they become capable of expelling the negative atoms. This procedure is risky if the healer does not know how to remove the expelled atoms definitively, since they can return to the organ, with harmful consequences.

⁴At all events, right esoteric treatment requires a knowledge and an understanding that no human being can acquire on his own but obtain only from the planetary hierarchy. In the future, this kind of healing will probably be possible only via a "group soul" of esotericians

(having a consciousness of community thanks to the common group envelope). Consequently, the collected experience and concordant energies of the group will be able to do the work in the one right way.

⁵If the idea expressed in the above were scaled down to be applied to the health problems of the human organism, people would see the truth of the esoteric axiom saying that “all disease in all envelopes ultimately derive and result from the inhibition or wrong distribution of energies from higher worlds and, where the envelopes of man are concerned, of the energies of his causal envelope.” It is the energies pouring down from the causal energies that keep the lower envelopes alive. If the etheric envelope does not distribute emotional energies expediently, then “disease” appears in the organism. There are defects in all of man’s envelopes of incarnation, and their original causes are always the same. That understanding will revolutionize the views of medical science some time in the future. And not just the views of medical science. Many theological dogmas will then be seen to be the fictions of ignorance.

⁶Aspirants to discipleship work unconsciously to vitalize centres above the diaphragm with energies from the three centres of the causal envelope (the centres of intelligence, unity, and will, names they have been given on the basis of their lowest functions). These energies pour down through the centres of the mental and emotional envelopes to the etheric envelope. If they are not given an expedient outlet through the activity of the organism (a domain of knowledge very little studied yet), the consequence will be disease, usually heart but also stomach disease. These are conditioned by reaping, of course. By directing his attention to the diseased organ the sick person often aggravates his suffering, since “energy follows thought”.

⁷Esoterics asserts as an axiom, a basic fact, that in the whole cosmos there cannot possibly exist anything corresponding to what ignorance has called “miracles”, the “breaking of laws of nature”, etc. Esoterics willingly concedes, however, that there are many things appearing as miracles to ignorance.

⁸There are occult schools (New Thought, Christian Science, Mental Cure, etc.), which maintain that man need not be ill and that disease can be cured in an occult way. Christians, too, believe in miracles, the healing of the sick through the laying on of hands, the power of prayer, etc.

⁹Mental Science, Mental Cure, and what not, are right in asserting that many illnesses are due to a wrong emotionality (“as expressed in that feeble imitation of reality which they call thought”). They are right in their endeavours to encourage the patient to react to life, circumstances, and people more rationally. But they make an immense error by absolutifying this, saying that the cause of all disease is mental. That is not the case even with those who have attained the mental stage. All disease is caused by mistakes made about laws of nature and laws of life in this life or in past lives.

¹⁰Those sects lack a knowledge of the matter aspect and of the law of development including the different stages of development. Mental energy does not heal, but causal energy from Augoeides does, realities of which they know nothing.

¹¹The planetary hierarchy asserts that the method of “healing of disease” cannot be made exoteric. People start from the assumption that life in the physical world (however it be and in whatever circumstances it is led) is the only desirable condition. They know nothing of the plans for the individual’s development in new incarnations. They know nothing of the application of the laws of life on the individual case. In fact, you can by delaying the individual’s leaving off of his organism do him a real disservice.

¹²The esoterician asserts that disease can be cured in some cases, but that this is possible only if you know the causes (in past lives) and, having a full knowledge of each particular cause-effect condition, can decide whether the Law makes this possible. Otherwise the consequence will be that a certain organ is cured, but not the constitution, so that the disease

is transferred to another organ. Or the “germ of disease” may be transferred to a higher envelope and must unfailingly work out in the next incarnation, if not in this one. These are exceptional cases, however. The disease is present, even if physicians cannot ascertain it, and works out in unexpected ways.

¹³The problem may belong to a quite different complex of problems, however, where the original causes in past lives are concerned. Do the causes ultimately fall under the law of destiny or the law of reaping, under the law of finality (development) or the law of mechanical events? If the final effects have done their work, then they are not necessary. Then the individual can enter under another law, and the disease can be cured definitively, but then only under the supervision of Augoeides.

¹⁴It is admitted as a possibility, though one of scant probability, that this could have happened without the occult helper being able to follow the entire process up to contacting Augoeides.

¹⁵That much is correct in the New Thought teaching that if the individual has consciously taken his stand under the Law, then the final causes are eliminated. There is no guarantee of health, however, until all mankind applies the laws of right diet and right way of life.

¹⁶Only causal selves, being able to decide whether the individual should really be cured, are suited to be “physicians”. Of course, most diseases are of the category of “collective” reaping, and they not only should be cured but it is the duty of mankind to see to it that they are cured. There are many fatal illnesses, which science is unable to cure. If these are of the category of collective reaping, healers who are disciples of the planetary hierarchy will be able to cure them. To forestall the self-deception which is seen in Christian Science and certain Christian sects and which is otherwise unavoidable, those healers will be allowed to cure only as members of a team of healers at least one of whom is a disciple.

¹⁷It should be added here that anyone who has acquired the understanding of life that esoterics makes possible (if the prerequisites of this understanding are there at all) has incomparably greater prospects both of liberating himself from illusions poisoning life and of acquiring force enabling him to stand life and also to be of use to others.

¹⁸Just as there is a “healing power of nature”, there is a “healing power of the soul” as well. Both expressions bear witness to life-ignorance. Just as sleep restores physical strength, the “unconscious” demonstrates that there is a “force for liberation and healing in the very essence of life”. Neither psychoanalysis nor psychosynthesis can explain this healing power of the soul, however. Theologians reject this hypothesis, explaining that if it were true, “then Jesus’ work of salvation would be unnecessary”. But they have once and for all idiotized their instinct of reason and so have made themselves impervious to common sense.

13.3 Diet

¹Since all people (as usual) believe themselves able to make statements on everything, a reliable statement is a rare thing. What has not been written on vegetarianism the value of which is somewhat known to the foremost experts on nutrition only? The principal issue does not concern how long vegetarians live – no human being decides how long he will live – but the state of their health. Radical diet reformer Are Waerland said on his 75th birthday (wearing swimming trunks and looking like an athlete) that he had not been ill for even one day the last 50 years, after having never been well the first 20 years of his life. There are more people able to affirm the same.

²Vegetarians and other supporters of diet reform do a good service by making propaganda for a more rational way of life. Besides, it is only a question of time when medical science, which in its usual self-sufficiency scoffs at what it does not comprehend, must surrender in this respect as in so many other ones. To the esoterician, however, the problem of diet is not the primary one. He does not start from below but from above. First he liberates himself from

the mental fictions of life-ignorance, replacing them with a mental system that agrees with reality. Then he liberates himself from his emotional illusions. In so doing he has gained the possibility of leading a rational life in the physical world. And all of this is the result of his own work, of understanding he has acquired on his own by critically examining the sovereign solution of the problems of life afforded by hylozoics. It is not belief, not assumption, not acceptance on the word of authority. Now he knows what common sense means.

³Vegetarian diet “refines” the organism and makes it easier for its organs to convey energies from the etheric envelope to the organism. At the present stage of mankind’s development, the organism has been made increasingly unfit for its purpose (assimilation of vibrations reaching it from higher envelopes and ultimately from the causal envelope, from which all vital energies issue) through inexpedient diet, etc., indulged in during hundreds of generations. Many generations of a rational regimen are required before it will be possible for new races to supply a physical organism working expediently. Many people inherit organisms that are so degenerated that they cannot assimilate even vegetarian food. This need not at all prevent the individual from developing consciousness in his higher envelopes through consciousness activity, so that he can reattain the level of development he once acquired. But it will require more work than would otherwise be needed, and it will make it harder for him to attain a still higher level.

⁴For anyone striving to acquire consciousness in higher molecular kinds (implying vitalization of new petals in the corresponding centres) it is very important that the centres of the etheric envelope work as well as possible. This is achieved only through a vegetarian diet and the freedom of the organism from “poisonous substances” of any kind.

⁵Alcohol and tobacco do not affect the nervous and glandular system only but also centres in the etheric and emotional envelopes. Tobacco has a paralysing effect on the mobility of the emotional envelope. Alcohol (even a very small dose) paralyses the centres picking up mental vibrations, so that the individual’s consciousness activity is exclusively limited to emotionality, and in greater quantities it reduces the higher emotional faculties as well. Alcohol stimulates the organism to heightened activity but impedes the ability of the etheric envelope to convey vibrations from the mental envelope. Alcohol destroys the ability to perceive the superconscious but can stimulate the subconscious, which people have already mastered and whose achievements they regard as “culture”!!!

⁶Common salt, so-called table salt, contains sodium chloride. It has no nutritional value, but is harmful because it expels potassium chloride from vegetables.

⁷Potassium chloride is the finest of all nutrients, necessary to the organism, the nervous system in particular. By being salted vegetables are made useless from the nutritional point of view. Sodium chloride, which is not removed from the body through large quantities of water, deposits in tissues and nerves, resulting in rheumatism and increased nervousness.

⁸The only merit of sodium chloride used to be as a preserving agent (a means against putrefaction), which was desirable before the refrigerator was invented. Anyone who has once got used to a salt-free diet finds it tastier.

⁹Every chemist knows that sodium chloride expels potassium chloride, and it can easily be demonstrated. It is typical that people are so dependent on taste sensations that they prefer what harms them.

¹⁰In the intestines are found two kinds of bacteria: fermentative and putrefactive bacteria. Fermentative bacteria are necessary to health. Putrefactive bacteria give rise to most diseases. They thrive especially in eggs, fish, and meat. In contrast, they find no nourishment in vegetables, which support fermentative bacteria.

¹¹Oat meal porridge, which is indigestible (even to horses’ stomachs), gives a feeling of satisfaction and establishes in childhood most kinds of future stomach disease.

¹²Physicians do not care for the facts given above. They have not been taught them, and so they are not scientific facts.

¹³Below is given the diet prescribed by the planetary hierarchy to aspirants desiring to be accepted as disciples. It contains an absolute prohibition of meat, fish, all kinds of alcohol, and all sorts of narcotics, thus also tobacco.

¹⁴Especially recommended are: milk, honey, whole wheat bread (graham bread), all the vegetables that contact the sun, oranges (above all, oranges), bananas, raisins, nuts, some potatoes, and unpolished rice.

¹⁵Exceptions to the rule occur in the case of disciples who are initiates of old standing (who have passed the different preparatory stages in previous incarnations), who in a reaping incarnation have had their constitution so damaged (the digestive organs in particular) that they require a meat diet. Because disciples can activate their centres above the diaphragm, which aspirants have not learnt and which in their case requires a special refinement of their organisms.

13.4 The Organism and the Etheric Envelope

¹The four distributive factors of the organism are the centres of the etheric envelope, the nervous system, the endocrine system, and the blood.

²All energies reaching the organism come through the etheric envelope.

³When science has succeeded in discovering the existence of the etheric envelope of the organism, medical science will enter upon entirely new paths. In making that discovery it will have acquired the first condition of eradicating disease.

⁴Disease ultimately depends on the centres (centres of consciousness and activity) of the etheric envelope, on their activity or inactivity. When medical science has understood this, this will revolutionize the medical way of looking at things. What has been said here is no attack on science as such. Through its study of the organism it has laid a solid basis for further research. The dogmatic attitude ruling must be deplored, however. There is something to be utilized in homeopathy (homeopathic remedies act on the etheric envelope and not on the organism), light treatment, chiropractic, hydrotherapy, vegetarianism, etc., which physicians scornfully reject and refuse to investigate systematically. That is fanaticism and will discredit science to an increasing extent.

⁵Scientific research has a long way to go before it will be able to fully understand the functions of the endocrine glands. In this connection it should be pointed out that these glands, too, undergo changes as the individual reaches higher stages. New kinds of energies make themselves felt.

⁶The first effect of the activity of the endocrine glands and their secretion is psychological. Emotionally and mentally, man is in his organism what his endocrinal system makes him, and the endocrinal system, in its turn, is a product of higher energy sources, which implies that you cannot (as science believes) fundamentally change a man or his organism only by treating his glands. Physicians need to reach the insight that the endocrine glands have been formed by and receive their energies from the seven main centres of the etheric envelope.

⁷The centres mentioned dominate the endocrinal system, which controls the seven domains of the organism and is responsible for the right functioning of the organs and the physiological and psychological effects of their functions. The endocrine glands connect all the parts of the organism with each other, with the etheric envelope, and with the blood.

⁸The blood passes on the nervous energies and the glandular energies to the entire cellular organism.

⁹It is largely the vibrations coming from the etheric envelope that are conveyed through the blood.

¹⁰Two fundamental energy currents build up and maintain the organism: the “life current” issuing from the third triad (via the heart centre) and acting through the blood, and the “consciousness current” coming from the second triad (via the crown centre) and acting through the nervous system.

¹¹The heart is the centre of vital energies, and the brain is the centre of consciousness.

¹²The entire nervous system is connected with the centres of the etheric envelope.

¹³All disease can be cured using the energies of the centres of the etheric envelope. This fact is not science recognized by the learned, and with such an attitude of the learned and the public, it will not be common knowledge. That is included in the karma of mankind: universal blindness. And before it gives in, there is nothing to be done about it.

13.5 The Three Basic Kinds of Disease

¹Syphilis, cancer, and tuberculosis are diseases that were rife in mankind in Atlantis already. Since organisms permeated with those diseases have been buried, the soil of our entire planet has become so thoroughly poisoned that both plants and animals are carriers of germs of latent disease. Human waste products with their germs of disease have been flushed into the sea and been absorbed by its organisms, by fish, for example, which are consumed by human beings, and so the “circulation” goes on. There are countless germs of disease that are destroyed only when treated with fire.

²What is said here concerns things that science has not yet understood and perhaps has not even been able to understand. It is an esoteric fact, however, which future research will be able to demonstrate. Cremation can reduce the risks of further poisoning and will in the future be decreed by law. Not even this will be sufficient, however, since also minerals can give rise to disease, a fact the implications of which mankind cannot escape. Only essential (46) selves are immune against “infection” of any kind thanks to the material composition of their envelopes.

³Diseases, epidemics, vermin and insect pests are parasitic phenomena. As long as human beings parasitize on others (and they do so to an extent they apparently do not suspect), they will be victims of parasitism themselves.

⁴According to D.K., cancer is caused by a surplus of first department energies that overstimulate cells in the organism so that they start growing and turn into tumours.

⁵As many nature healers have demonstrated, cancer can be cured using repeated fasts in combination with enemas of suitable content and diet (raw vegetables and fruit). That is not science, however. And just imagine how much surgeons would lose on such treatments!

⁶As long as physicians cannot cure cancer except in certain cases using only a small number of methods, they are not entitled to make statements on the many modes of treatment they have not studied. When they do so anyhow, they demonstrate their dogmatic self-sufficiency, which we know only too well.

⁷A compact opposition is raised against every attempt made at throwing doctors out of work, and in the name of science they refuse to have anything to do with new discoveries. It can often be observed that it is not in their interest that people get well or remain well. There are many exceptions, of course. The corresponding is seen in many “professions”. It is as though people were seized with the mania for possessions and that money, money, money were life itself. Some of them simply cannot grab too much. It is about time to put an end to the fleecing system.

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Endnotes by the Translator

1.13 “Few people are able to think at all and fewer still in accord with reality.” This appears to be a paraphrase of “Few live in the world of thought and fewer still in the world of reality.” Alice A. Bailey, *Esoteric Healing*, 1953, p. 91.

2.9 “As expressed in that feeble imitation of reality which they call thought.” Alice A. Bailey, *Esoteric Healing*, 1953, p. 560.

3.1 Are Waerland (1876–1955), Swedish diet reformer and diet educator. Wrote *In the Cauldron of Disease* (1934). Died in an accident, not from disease.