

A Metamorphic Reflection on the Seven Principles of Man

May I learn to see: To know intellectually that the human constitution is comprised of seven interrelated principles and to learn to experience the higher ones according to one's personal spiritual development. **I am not this body:** The gross physical body comprised not only of human cells, but of virus, bacterial, and fungal cells as well. **nor its etheric garb that binds its form:** The Etheric Body is the "model body" (Linga Sharira) that enables prana and other energies to build the human or animal body. It is mortal like the physical body and this astral likeness slowly dissipates after separation of the silver cord at death. **nor the energy that drives it:**

**May I learn to see
I am not this body,
nor its etheric garb
that binds its form,
nor the energy that drives it.
As for distracting desires
I work through this weight
and rise to new heights
on the mental plane,
lower, then higher,
moving towards
the Buddhic realm
where thoughts transform
into meaningful insight
and outside and inside
converge as one,
though I-ness persists
till unity prevails,
and I rest in the light
completely absorbed.
AUM**

Prana, the animating life principle in all humans and animals; the cosmic life force or "breath" of all life on whatever level or form. **As for distracting desires I work through this weight:** The weight of the Kama Rupa (Desire Body) includes the whole range of emotions, passions, and desires commonly classed as instinct, sensations, and feelings. **and rise to new heights on the mental plane, lower then higher:** The fifth principle (Manas - Sanskrit for "mind") operates on two levels: Lower Manas as the personality, the center of the common ego consciousness of a person and as a higher one (Upper Manas) where a more refined reflection

can take place. Spiritual living and meditation open the door to the domain of the Upper Manas. When conjoined with the next two higher principles, Buddhi and Atman, they become the reincarnating spiritual monad. **moving towards the Buddhic realm:** The spiritual soul; a step-down transformer or vehicle of Atman. **where thoughts transform into meaningful insight:** a faculty facilitating higher understanding, judgment, and discrimination. **and outside and inside converge as one:** Where the subject and object become fused into one. **though I-ness persists:** While a state of unity is achieved, there is still a sense of self consciousness. **till unity prevails:** Where subject and object become completely fused without a sense of self. **and I rest in the light completely absorbed:** in a state of samadhi, the perfect union of all the faculties; the final and eighth stage of Yogic endeavor intimating the attainment of Nirvanic consciousness. **AUM:** A mystical three-syllable word with various mantric significances.

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