

The challenges of cleansing the emotional body

We often speak about how important and relevant this, given the importance of the times Humanity is currently going through. For disciples and aspirants, this is a task of utmost importance. The majority of the world population today is still Atlantean in consciousness and therefore polarized in their emotional body (also referred to as the astral body), in the solar plexus or in the etheric heart. Emotional polarization means the world and all experiences connected to our daily life are experienced primarily through emotions. Much around us appeals to our emotional nature nowadays: marketing of products; programs to improve us as personalities; but also the extreme polarization obvious in politics in many countries. The entire advertising industry is built on the fact of the emotional body and its mechanism, although I doubt those that work in it are conscious of this. Everything they do aims to create an emotional response in us. We are actually bombarded with product ads that appeal to how we feel. Products to some extent lost their utility from practical use. So-called aspirational products are all over, and we spend money on them simply because we feel good having them, which is actually an aspiration, but in this context a lower-level one. Sentimental attachments pass for love, leaving many to wonder what love actually is.

But what is actually an emotional response? I could best describe it as a reaction in us, coming from either the solar plexus or the etheric heart, that latches onto emotions expressed by others. These reactions are often instantaneous, or at least quick. No words need to be spoken, we just feel something in us that connects to the other emotions expressed. Our emotional reactions strengthen the others, and vice versa.

As we know from the teachings, the emotional plane swirls with all kinds of emotions. There isn't a particular structure here, emotions are not necessarily ordered in one way or another, and the currents can be very strong. It is easy being stuck on this plane. The Hierarchy could be actually stimulating the emotional plane now in order to enable the needed steps forward towards mental polarization. The outgoing 6th Ray, that of devotion and idealism, could also have an effect on strengthening the emotional body as it is going out and ceding its place to the incoming 7th Ray. It also has an impact on the heart: in my immediate environment – I live in Hungary and work in Austria – I have seen a tremendous and spontaneous outpouring of support for Ukrainian refugees when the war started last February. In Hungary this happened despite the government not actually organizing a formal response, or even encouraging its citizens to help, taking the somewhat cynical view that refugees will just travel onto Western Europe anyway, so we need to do nothing. However, from the ground up, private citizens have organized a system to help, relying on donations of money and time from individuals. Many have taken refugees into their homes. We are continuing a process here: in Lemurian times the goal was to create a functioning and coordinated physical/etheric body, in Atlantean times the focus became coordinating the emotional body, and we are still in these post-Atlantean times, working towards mental polarization, in really intense times.

Of course, mental polarization is actually the goal, because that allows the mind to receive Soul impressions and let the brain process them properly. On the emotional plane we are not open to the Soul. The question arises: ideally, what is the proper role of the emotional body? It is to register Love as pure reason. For this, it needs to be calm and clear. We need its perceptive qualities to respond to our fellow human beings in need. I think it is also important to remember: thoughts cleanse emotions, and emotions cleanse the etheric body. The many different modalities used in alternative health care systems – like reiki or prana nadi or body talk – are based on this idea.

Bypassing the emotional body is not possible. The temptation could be there to say it is causing us so much trouble, let's just not deal with it. We do not have this option as it is part of the threefold integrated personality, along with the mental and the physical bodies. We cannot just tell ourselves "don't react", although of course not reacting to emotional content is part of it. But we do have to react if it means helping our fellow humans in need, and we need to be receptive to their suffering. In order to help appropriately, however, some mental qualities are needed, and the basis for our actions has to be Love and Goodwill, and our seeing us and all other lives as part of the One Humanity.

Cleansing the emotional body is really creating mental polarization, and transforming it and adjusting it from this upwards direction. If the Soul is absent, no effective cleansing of the emotional body is possible. It is the Soul impressions entering the mind that allow mental polarization to develop, but there is also something else: we need a certain amount of mental discipline - thinking. Detachment, dispassion and discrimination, the three Ds, play a very important role here. Let me try to give practical definitions of these three Ds, the way I understand them.

- Detachment is the lack of emotional attachment and the ability to view ideas, people and events on the physical plane from a broad perspective, and seeing their interconnectedness, and placing everything in the context of the One Humanity. A loving heart is much needed here as detachment can easily turn into coldness without it.
- Dispassion is a state of being emotional uninvolved but it is important to note that it doesn't mean disinterest. When we do something with dispassion we are observers, implying that we don't grab a one piece of the puzzle and run with it but our actions originate in the pure love and goodwill of the Whole. Instead of passion, we should use the conviction stemming from a mentally polarized mind and strong intuition.
- Discrimination is absolutely a mental activity. We need to be able to understand the differences among ideas, actions and events, and distinguish the Real from the Unreal. It is easier when dispassion and detachment are also practiced at the same time, and via Soul impressions entering the mind

the intuitive faculty is awakened. A good way to practice right now is in the media, as it is flooded with fake news.

All of this takes place on the subjective plane. All of these are mental qualities which will play a role in quieting down the emotional body. The role of meditation is crucial since meditation allows Soul impressions to enter our mind. We all have the experience in meditation when the mind is quiet and therefore the emotional body is quiet.

In order to overcome the challenges of cleansing the emotional body, to achieve mental polarization, an important triangle has to be built between the soul, the mind and the brain. But we cannot forget the heart and how important it is to link it to the mind. Love then becomes pure reason.