

# PRANA

By Carol Rudd 1981/2

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## MY THEME

I have chosen as my 'text' two sentences from SUMMARY OF PRINCIPLES in the Wireless Anatomy of Man and its Function, which is a telegrammatic account of the whole of Polarity.

4. Prana, "The Life Breath" is a neuter current which knows itself not. It occupies the upper region of the body."

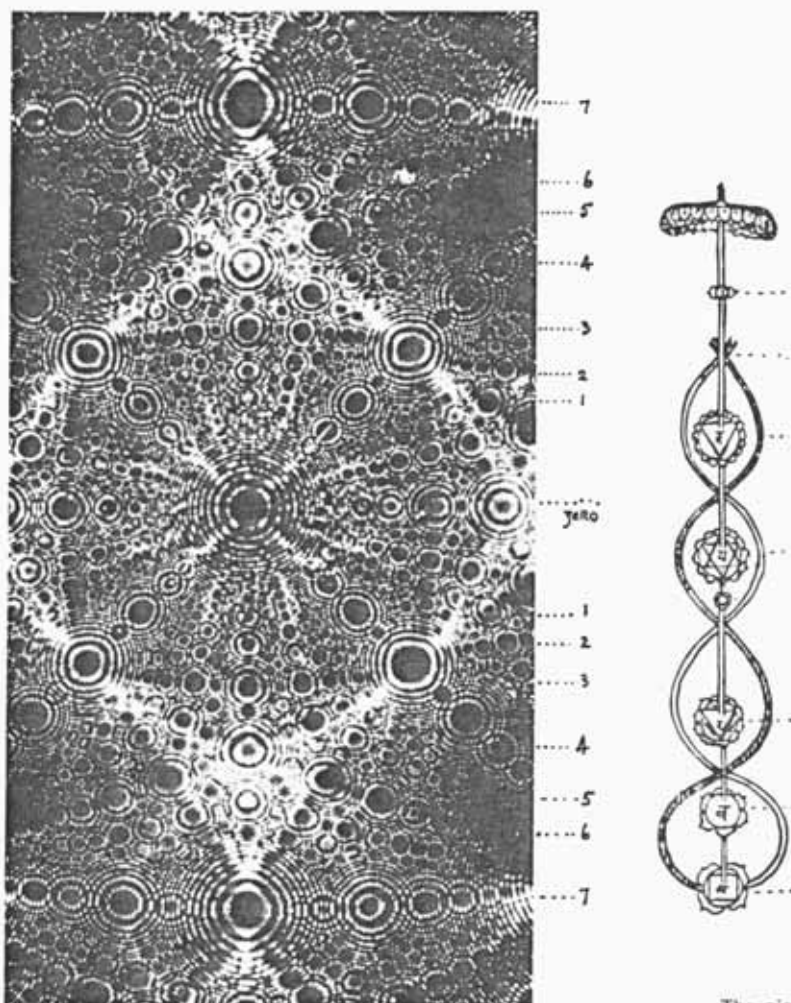
I hope you will bear with me while I grapple with 'Dr Stone's books as a resource along with some of the primary sources that Dr Stone used and other texts written about energy concepts.

## PRANA : INTRODUCTION

Throughout Dr Stone's work the constant theme of "As above, so below" is a profound and necessary concept to grasp, not only in his theoretical descriptions of the nature of the cosmos but applied to body work. The effectiveness of Polarity Therapy is derived from the deep insight into the nature of man in his spiritual and metaphysical nature. He made a vast study of world religions both exoteric and esoteric besides being acquainted with modern concepts of physics, physiology and anatomy. The scope of his work is enormous and in one life time one can barely do justice to any of it, let alone a couple of years study . But I shall attempt to put some of the pieces together for myself by referring where possible to Dr Stone's sources and more modern syntheses of

The Life Breath is God and is in man, what is above in the heavens is below on earth, in man, in the cell and in the atom .... but let us give the Life Breath - prana, a context.

The evidence for seven levels or thresholds of energy in the octave is not only available in the rainbow and spectrum of light, but also in the structure of solid matter. Man's consciousness is scientifically structured in layers similar to the music scale, and the seven worlds around him interpenetrate each other in spheres of energy in the human aura.



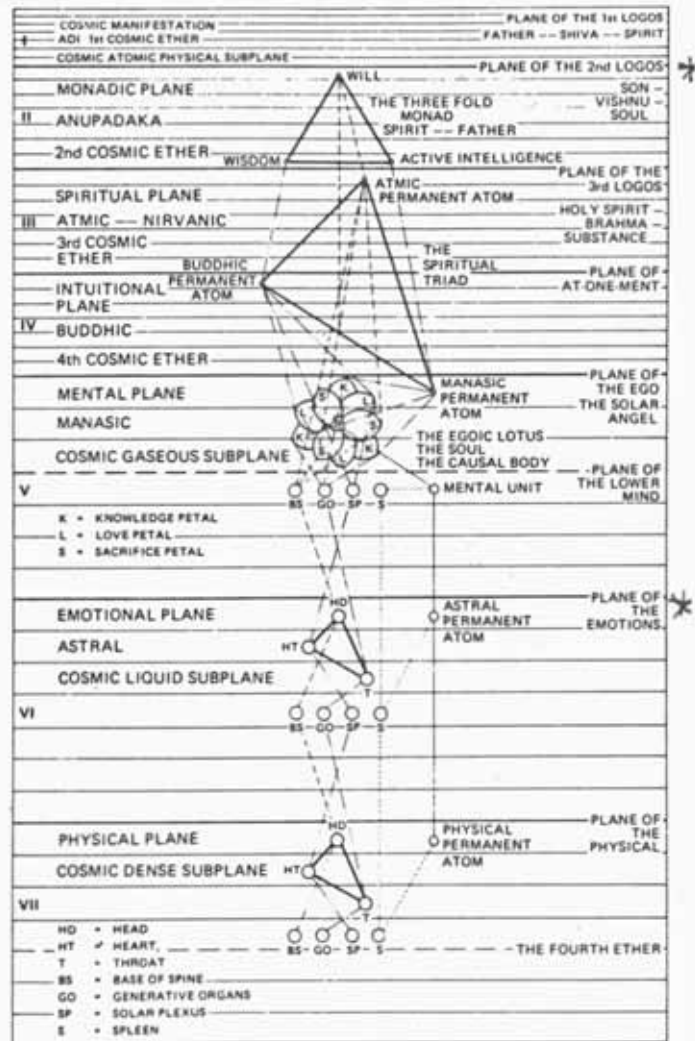
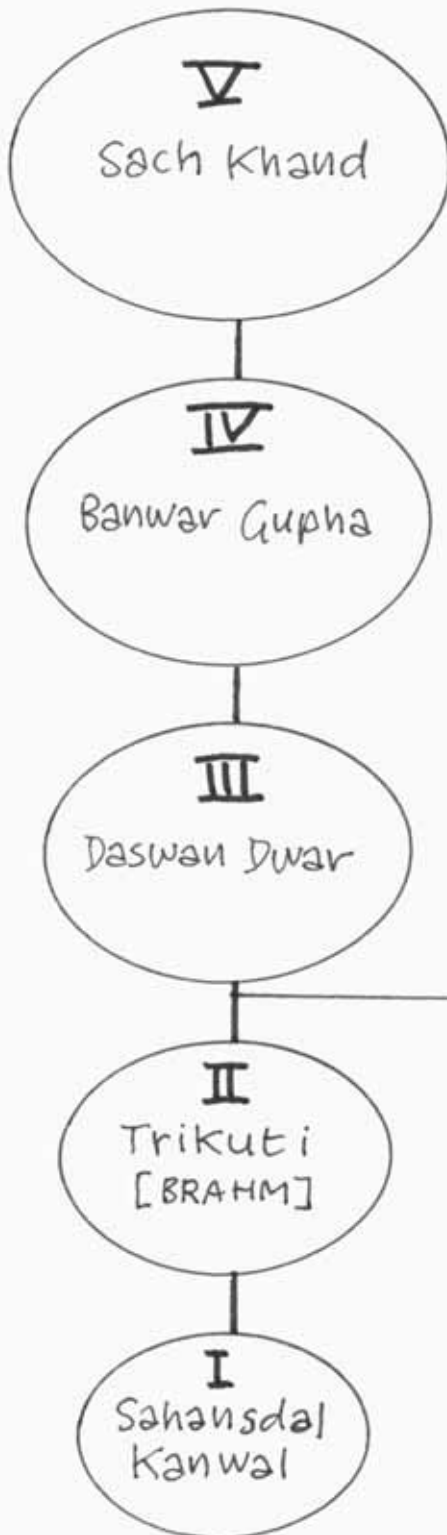
The picture taken by Dr. Erwin Mueller

From Christopher Hills, Nuclear Evolution

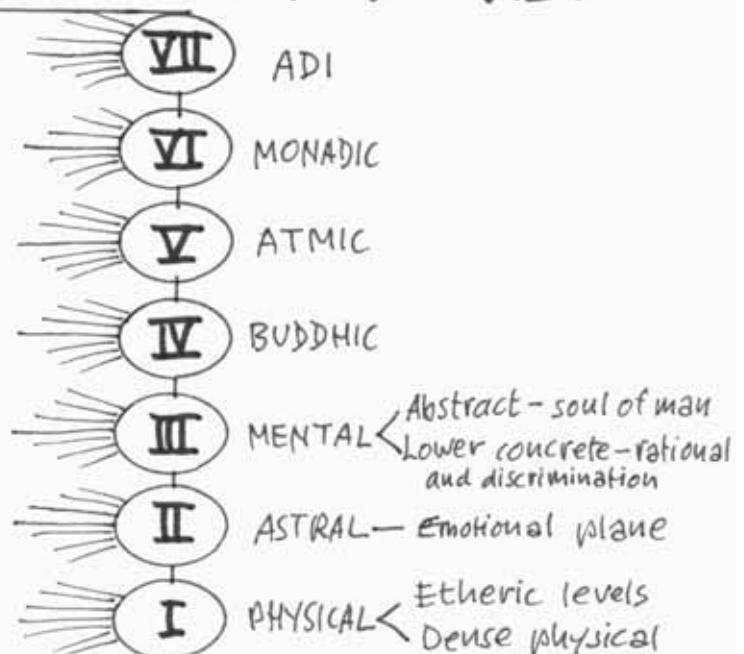
The picture taken by Dr. Erwin Mueller of the arrangement in solid matter of the atoms of platinum crystals in a needle tip, shows clearly the nodal points of energy. As such, it is a modern reproduction of the ancient seven-fold chakra system seen by the clairvoyant sages who wrote the Vedas.

# Planes of Energy

## THE SANT MAT VIEW



## THE THEOSOPHICAL VIEW

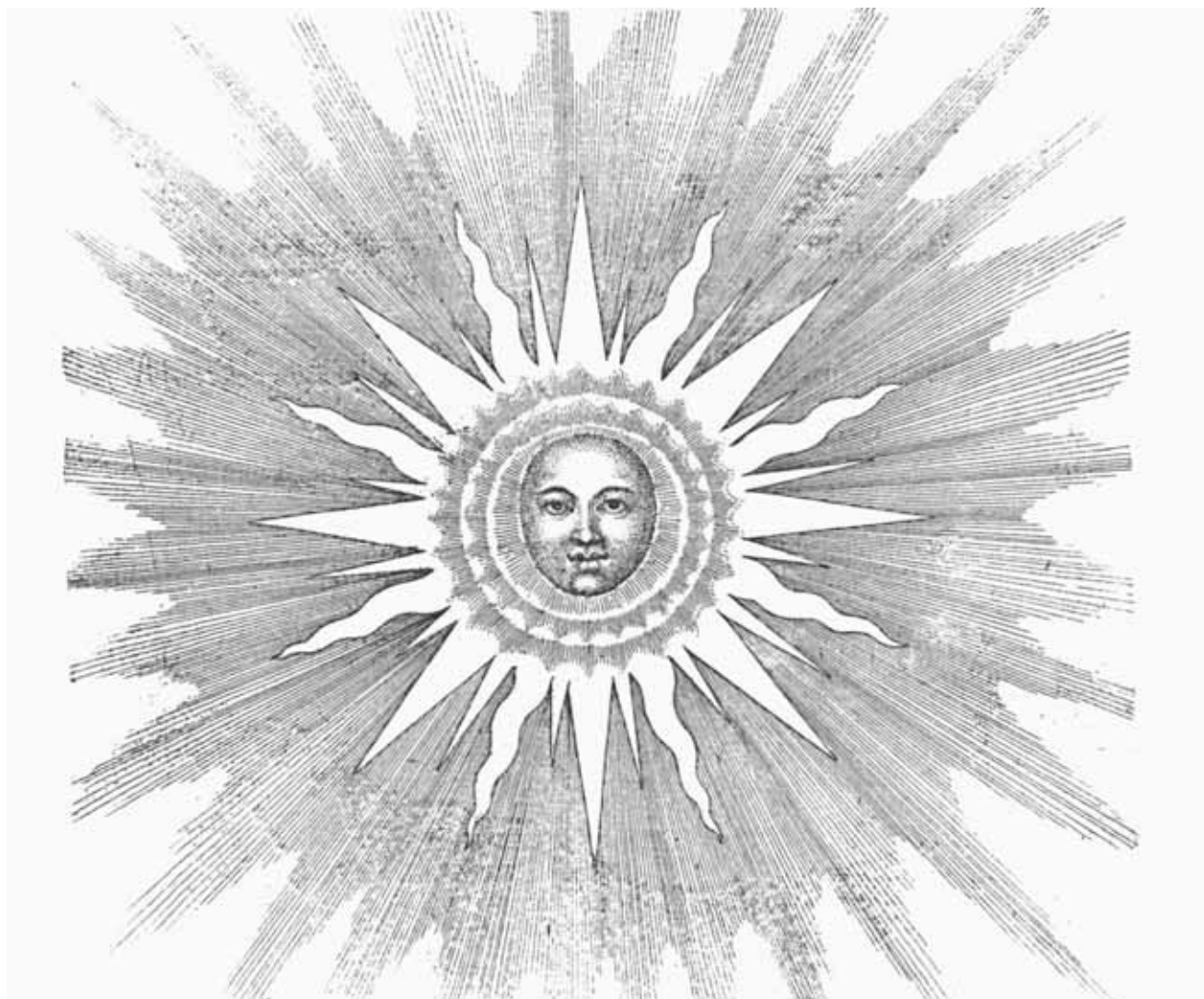




## STEP-DOWN ENERGY

Dr Stone is careful to define prana as a step-down of mind energy which is a step-down of soul forces, and in so doing is able to clarify it in spiritual perspective. Many philosophies ancient and modern take prana to be the supreme force, the mastery of which will enable one to gain enlightenment. This means that in descriptions of the nature of energy sources it is easy to get confused.

In a letter to a disciple in SPIRITUAL GEMS Maharaj Sawan Singh warns him not to be misled by the Theosophists cosmology by telling him that their stages only go up to Brahm and are broken into many, whereas the Philosophy of the Masters goes way beyond it. Brahm is the Lord of the second Spiritual Region; the Power that creates and dissolves the phenomenal world. This is magnificent, beautiful and resplendent and so spiritual voyagers can easily be beguiled into thinking that it is the end of their journey. Since we will be referring from time to time to the theosophists scheme it would be useful to compare their scale of reference to that of Dr Stone's.



The Solar Logos, drawn by Robert Fludd, alchemist. Taken from the book Robert Fludd, Hermetic philosopher and surveyor of two worlds, Jocelyn Godwin. The sun is the brightest object visible to mortal sight, and a universal symbol of the Supreme Deity. Many alchemists saw it as the midpoint of the chain of being stretching from Heaven to Earth. The sun, like the heart in the human body is source of vital energy or prana.

## PRANA : SOME DEFINITIONS

A really thorough definition of prana would describe its functions but this will take up the body of our thesis. For the time being we will give its various definitions throughout a selection of literature on the subject.

Dr Stone's understanding came from the 'true psychophysiology' of the Bible which he studied with acknowledged debt to the Jewish tradition of the Kabbalah;

The Vedas also and His Master in India gave him constant inspiration.

In Volume I, Energy - The Vital Polarity in the Healing Art, he tells us that "Prana is the breath of nature, which was breathed into the nostrils of the form of man and which united the form of clay with the living soul .... The soul functions through mind energy when combined with prana... It is then linked with nature and can function in it." ... "Man was pure soul... when he came into being in the world" .... "the prana in the air made him a living being."

In THE PATH OF THE MASTERS Julian Johnson tells us that prana is 'the highest form of natural force except for mind', which echoes Dr Stone's description in Lest we Forget Volume II, of prana as a 'step-down current from the Eternal Sound Current' which supports all other things.

Prana is also described by him as the "life principle in the air and blood, breath of life in the body". In the practice of Polarity Therapy it is this prana which must be balanced. "When we are ill and have pains, we think that it is the body which hurts and is sick, when in reality it is the life breaths or Prana Currents in the body which operate it and sustain it, which are out of balance." Balance he defines as the co-ordination of the polarity of attraction and repulsion.

So... it seems pretty crucial to gather some idea of the meaning of prana and its function in man and in the cosmos in order that we may apply ourselves to the all-important balancing.

The most common association of prana is the term pranayama used by yogis. There are many yogic definitions of prana but a pretty common one is the following (from Hatha Yoga by Yogi Ramacharaka) .... "Prana is the name by which we designate a universal principle, which principle is the essence of all motion, force or energy, whether manifested in gravitation, electricity, the revolution of the planets, and all forms of life from the lowest to the highest."

In THE ETHERIC DOUBLE by Arthur Powell (a theosophist) is the closest look at the Sanskrit word prana - "pra, meaning, 'forth' and an, to breathe, move, live. Thus pra— an, Prana, means to breathe forth, lifebreath, of life energy being the nearest equivalents of the Sanskrit term."

This description is pretty close to the Hebrew - Nepesch, or "the breath of life" breathed into the nostrils of Adam, also called "Ruach", and the cosmic breath of the Universal Spirit (Paramatma)" - Patanjali.

In Madame Blavatsky's SECRET DOCTRINE she says that "by the manifestation of Prana, the spirit which is speechless appears as the speaker. The whole constructive

vitality,-in the universe and in man, is thus summed up as Prana.”

David Tansley in RADIONICS AND THE SUBTLE ANATOMY OF MAN gives a more tangible definition - “Prana is the name given to those energising forces which flow from the sun.” Dr Stone calls the sun ‘the external source of prana and of life’.

Prana’s activating, life giving properties make the sun a very appropriate symbol for it, but symbols have been derived from many planes. In the Hymn to Prana from the Atharava Veda it is eulogized thus - “Prana, the One Life, is the name to which are attached the seven spokes of the universal wheel. Manley Hall, who was a friend of Dr Stone’s and a fervent explorer of the occult says in his book THE SECRET TEACHINGS OF ALL AGES that “In India the god Prana - the personification of the universal life force is sometimes shown surrounded by a circle of bees because the bee is the accepted symbol of the generative power.” The fleur-de-lys it seems, used by the Kings of France as a motive was a stylised representation of a bee derived from this source.

In recent times Wilhelm Reich (1897-1957) Austrian psychiatrist and psycho-analyst became infamous for his theory that there is a cosmic energy (he called it ‘orgone energy’) which pervades the atmosphere and all living organisms and that this energy can be collected and concentrated using a box called an ‘orgone accumulator’. His ‘orgone energy’ has great similarity to the concept of prana. His tracing of the flow of orgone energy in the body has had a great impact on other healing systems dealing with energy flow.

Let us now see what we can find out about the source of this wonderful life—giving force.

## **PRANA : ITS SOURCE**

### **The beginning**

In a chapter entitled The Mystic Viewpoint of Creation in his book THE MYSTIC BIBLE Dr Stone tells us that “The Bible and most other Sacred Scriptures begin with a vivid account of the Creation” and in essence the accounts are much alike. Many accounts give as a first cause a Sound - in St John he mentions the Word or Logos; in Sant Mat, the Teachings of the Saints it is called the Holy Shabd or Sound Current. The Sufis call it Bang i Asmani - literally, Celestial Sound or Sault-i-sarmade which is the same as “Word”.

Prana is a step-down current of this original source which is purely spiritual.

This is the abode of the soul.

“The soul is a unit drop of the ocean of the Eternal Spirit which is the dweller in the body as the knower, seer and doer; it experiences all sensation and action.”<sup>1</sup> It is important enough to bear this in mind for Dr Stone to quote in full the saying “I am the Seer. They (the various emotions and attitudes caused by the Elements) are not mine, they belong to the various Elements. They are objects for my observation. These do not belong to me. I

am the Seer. Witness.” 2

The soul alone is the power in the body which reacts to any mode of application of therapy or action. Consciousness and intelligence reside within the soul.

Physical consciousness is a blending of the soul powers with the mind. It rules the superior regions of the brain. Mind is a step-down of soul forces to act as an intermediary link between spirit and matter. PRANA IS A FURTHER STEP-DOWN OF MIND ENERGY.<sup>1</sup>

The Vedas, Upanishads throw further light on the creation of the fine psychic prana called sukshma prana, out of the mind substance known as chit akash. This is referred to in Genesis as woman called Eve as flesh or substance drawn from his substance or flesh. This sukshma prana - the subtle or astral prana emanates then from Eve or mother nature. It is not a first cause, but the seat of desire. Its purification is of the utmost importance to the yogi and is the purpose of pranayama of old. The practice of pranayama or breath control will take the yogi only to the top of the mind region, but he will have no means of staying there or going beyond without latching onto the Sound Current.

Shankara the Great Vedantist and reorganiser of the Swami order classed Prana as one of the seven Elements, which correspond to the seven regions of the universe, the seven sheaths of Brahman, and so forth. These are: Prana, Manas (mind), Ether(space) Fire, Air, Water, Earth. It is a quality of doing, not of knowing and a result of creation, not the creative force.

### **Prana - Mind's link with Nature**

So prana is not consciousness, awareness itself but is an aspect of mind which is the soul's link to manifestation. Prana is the mind's link with nature.

“Prana knows itself not”, but is the vital energy which takes the shape of the many patterns which Dr Stone describes. This is his ensuing description of its cosmic play as the Divine Creative Breath:-

“As energy it has an ebb and flow like the tides in nature. The centrifugal force\* of Manvantara (manifesting period) in the Universe is the outgoing breath. “ God breathes life into creation which expands into being. This is involution into matter. This centrifugal force of prana is also “the motor current in the individual life .... an outer awareness equal to the daytime consciousness of action.

The centripetal+ force as the Pralaya (resting) period of the universe becomes the ingoing breath and the sensory consciousness, equivalent to night—time and sleep.” God draws creation back into Himself in his inspiration and in our sensory awareness we receive back and go inward and up.

So prana's tides are in the universe, the breath and the nervous system.

In Indian mythology the breathing cosmos is seen as alternating periods of activity and rest: the days and nights of Brahma. In an interval between successive creations, Vishnu reclines, having withdrawn the Universe into himself. He is seen within the Golden Egg in his threefold aspect (not shown in this illustration): as himself, as the serpent Ananta-



Sesha - who forms his bed - and as the Cosmic Ocean lupon which he and the serpent float. All creation is like a dream within him, ready, as he breathes out, to manifest from the potentiality of the primordial waters, as the spiralling of the cosmic serpent.

\*centrifugal means spiralling out from the centre or Latin lit. fugere, to flee from.

+centripetal means moving towards to centre or Latin lit. petere, to seek!



### **Thousand petalled lotus**

Away from the beauties of metaphor Dr Stone tells us that the origin of life (prana) is in the pattern field of the mental area where it splits into potential sensory and motor currents. Roughly sensory currents are those which carry information from the periphery to a centre and motor vice versa. Its action is in the etheric field and the etheric body and its centre is in that thousand rayed whirling disk of energy which supports all visible creation.

### **Heart**

In the body, the heart chakra is the microcosmic life centre which draws energy from within its centres as the individualised life prana.

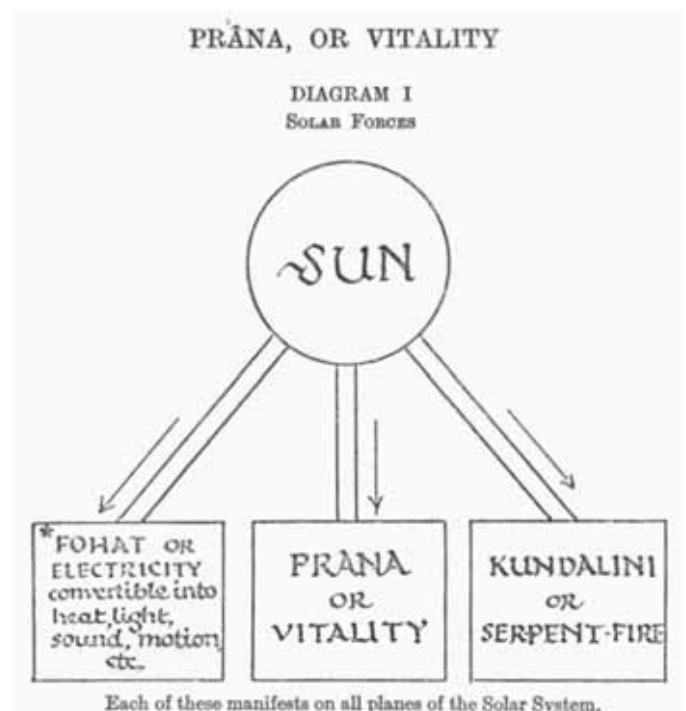
### **Sun**

Externally the sun is the source of all prana and life. It is combustible matter and stored as heat units, (Lest we forget).

In Madame Blavatsky's SECRET DOCTRINE she speaks of "a fundamental dogma" of occult science, that the Sun is the store house of Vital Force, and that from the sun issue those life-currents which thrill through space, as through the organisms of every living thing on earth.

The diagram is taken from Aurthur Powell's THE ETHERIC DOUBLE.

Fohat is an esoteric Tibetan term meaning Primordial Light





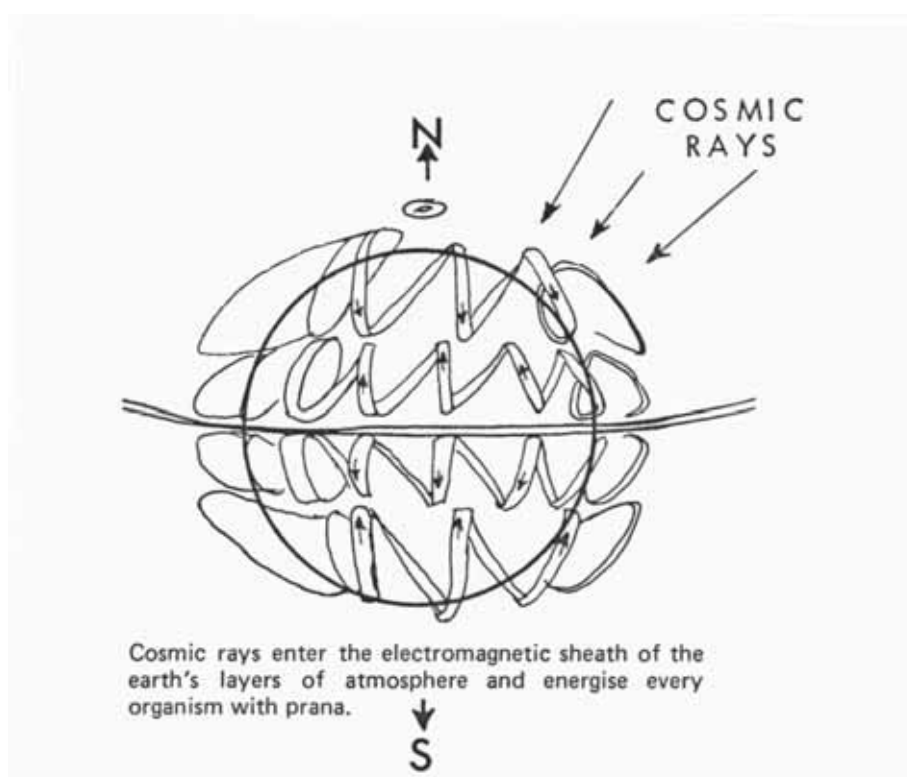
## World

Prana enters into the world from above as light, is then absorbed by the subtle matter of the earth's many rarified zones or levels including the human level. (Alice Bailey).

So we see the sources of Prana as they originate on different planes. The Sound-Current, Mind, Thousand Petalled Lotus, the sun and the heart (in conjunction with the breath). It is interesting to add to these bare bones the description by the Theosophists of the various planes of Prana.

Alice Bailey's statement is noteworthy in that she talks of Prana entering the world as light, this is the external source but internally it is Sound.

Most cosmological analyses including Christopher Hills, Arthur Young as well as many others seize on the fact that God said 'let there be light', not realizing, as Dr Stone points out, that first God SPOKE. So light is the reflection of Sound, and moves at right angles to the source. Whereas sound emanates in the same direction.



Nevertheless she has much useful information to add - "In all three bodies human, planetary and systemic or logioic - will be found a great organ within the organism which acts as a receiver of prana. This organ has its etheric? (subtle) manifestation and its dense correspondence." (Treatise on Cosmic Fire Chapter entitled The Etheric Body and Prana).

**In the system** - she tells us that there are special geographical receivers of planetary prana, but they are secret. Dr Stone tells us that prana is more abundant in some places than in others - healing spas and places where miraculous cures take place are probably such centres which are special geographical energy points or related to ley lines.

**In the human** - the receiver of prana is the etheric counterpart of the spleen and its radiation is the health aura. The relevance of the spleen chakra is not commonly

acknowledged in the study of Polarity so we will take a closer look later in the section Upper Region in our breakdown of Dr Stone's sentences—"Prana — The Life Breath" is a neuter current which knows itself not. It occupies the upper region of the body" from Principles Volume II.

## **PRANA: THE VITALITY GLOBULE**

In Volume III Polarity... Dr Stone complains that we talk about the benefits of sunlight on vegetation and the body but forget that it is the "energy principle in the sunlight, with its live—giving vitality which mingles in the air and oxygen and gives warmth and life to blood and tissues." The following description from the Theosophists elaborates on Dr Stone's term 'mingles' above. He says that it has escaped our attention because it is too fine a nature for our instruments - the Theosophists unashamedly use occult perception and psychic reports in lieu of this scientific instrument-ation. (Gradually it is becoming scientifically acceptable and even exciting to use dowsing rods, pendulum, Kirlian photography etc and a bridge is being built between the two types of knowing.)

Dr Stone calls this vitality 'the fire of life' which echoes the term "Fiery Lives" used by Madame Blavatsky to describe prana activity which is "the driving power behind all the body's actions, secretions and functions in general.

Remarkably the Theosophists give a description of what this Vitality principle might look like! Mostly they call the special molecule which incorporates prana a VITALITY GLOBULE. Their vivid descriptions bring the fact of this energy alive.

It is the life breath within the organism and "a life" is that portion of the Universal Life Breath that a person is allotted - our breaths are numbered as well as the hairs on our head! They explain how prana integrates the body - the way in which the prana integrates the body and the many patterns it forms is, of course, Dr Stone's background to his therapeutic work.

Deriving their insights from the same Vedic sources as Dr Stone they have much in common, except that they remain in the end intellectual whereas Dr Stone gets down to it and manipulates the body to help the prana move through the blocks it forms due to mental-emotional aberrations. They share the understanding that prana is the controlling agent in chemico-physiological changes in proto-plasm. Protoplasm is the first mold or pattern of organic matter and is the only part of the cell which is really alive.

Madame Blavatsky speaks of prana as "invisible" or "fiery lives which supply the microbes with "vital constructive energy" thus enabling them to build physical cells. The size of the smallest bacterium is like a tiny speck compared to an elephant. "Every visible thing in this universe was built by such lives, from conscious and divine primordial man, down to the unconscious agents that construct matter".

They echo Dr Stone's insistence that the body is not the knower. Although "as a sheath the physical body does not feel, it is a receiver of impressions only".

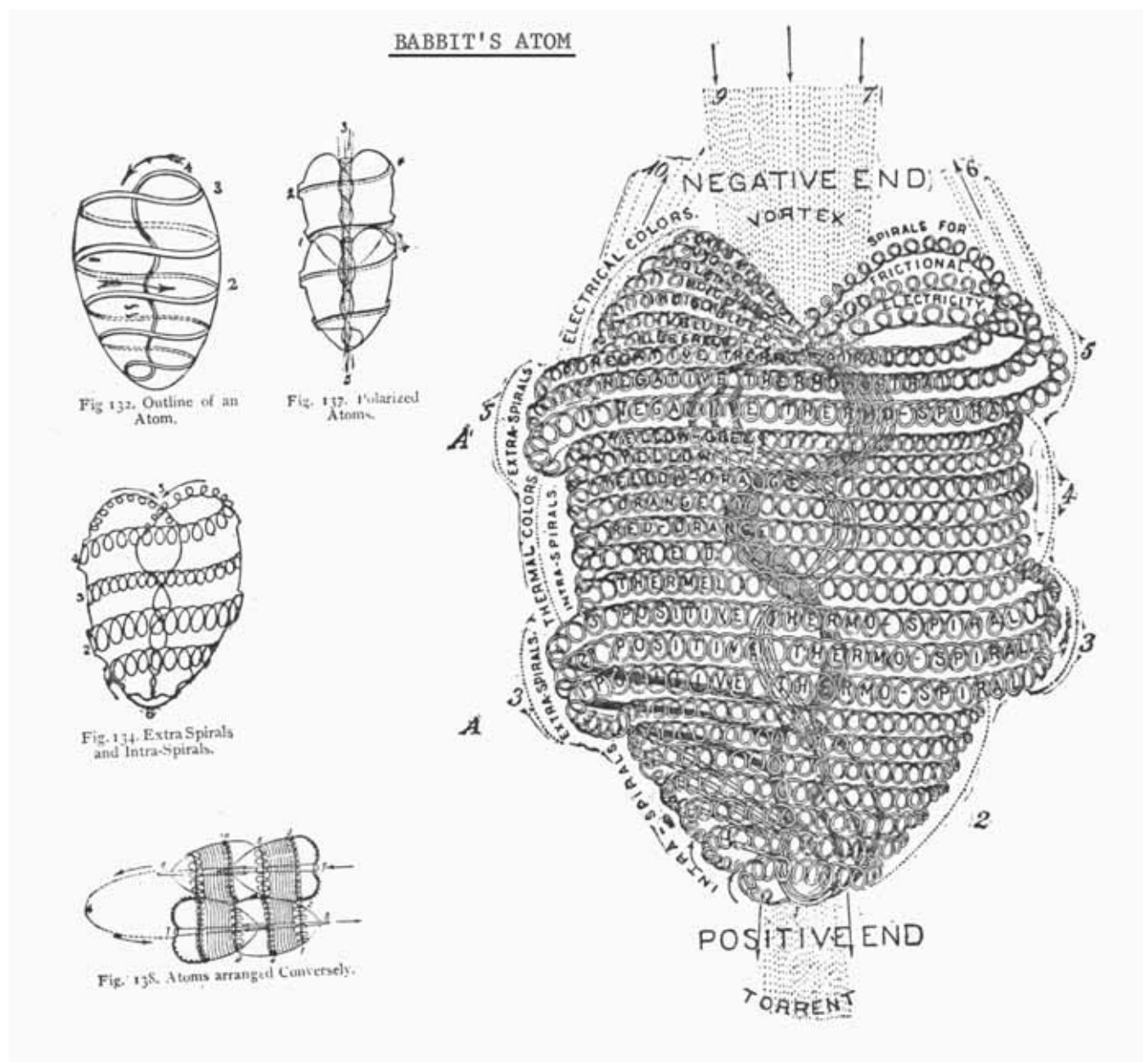
Physical contacts are transmitted inwards by prana, and these are acute, sharp, keen, specific, quite different from the heavy, diffused sensations deriving from the cells

themselves. They point out that prana is quite seperate and distinct from light and heat but nevertheless is abundant in sunlight & deficient where sunlight is absent.

## Vitality Globule

The fact that we feel fresh and alert when the sun comes out is because the prana emanates from the sun and enters some of the ‘ultimate’ physical atoms which float about in the earth’s atmosphere in countless myriads. “Although we say that this pranic force “enters” the physical atom, it does not do so from outside: it enters from a higher dimension... and so appears to the clairvoyant as welling up within the atom.”

Both the Theosophists and Dr Stone as well as many others derive their inspiration of the nature of the atom from Babbitt whose dia ram from his “Principles of Light and Colour” published in New York 1878 is printed in Notes for Polarity Conventions. Energy from different planes activate the atom each serving a different function;

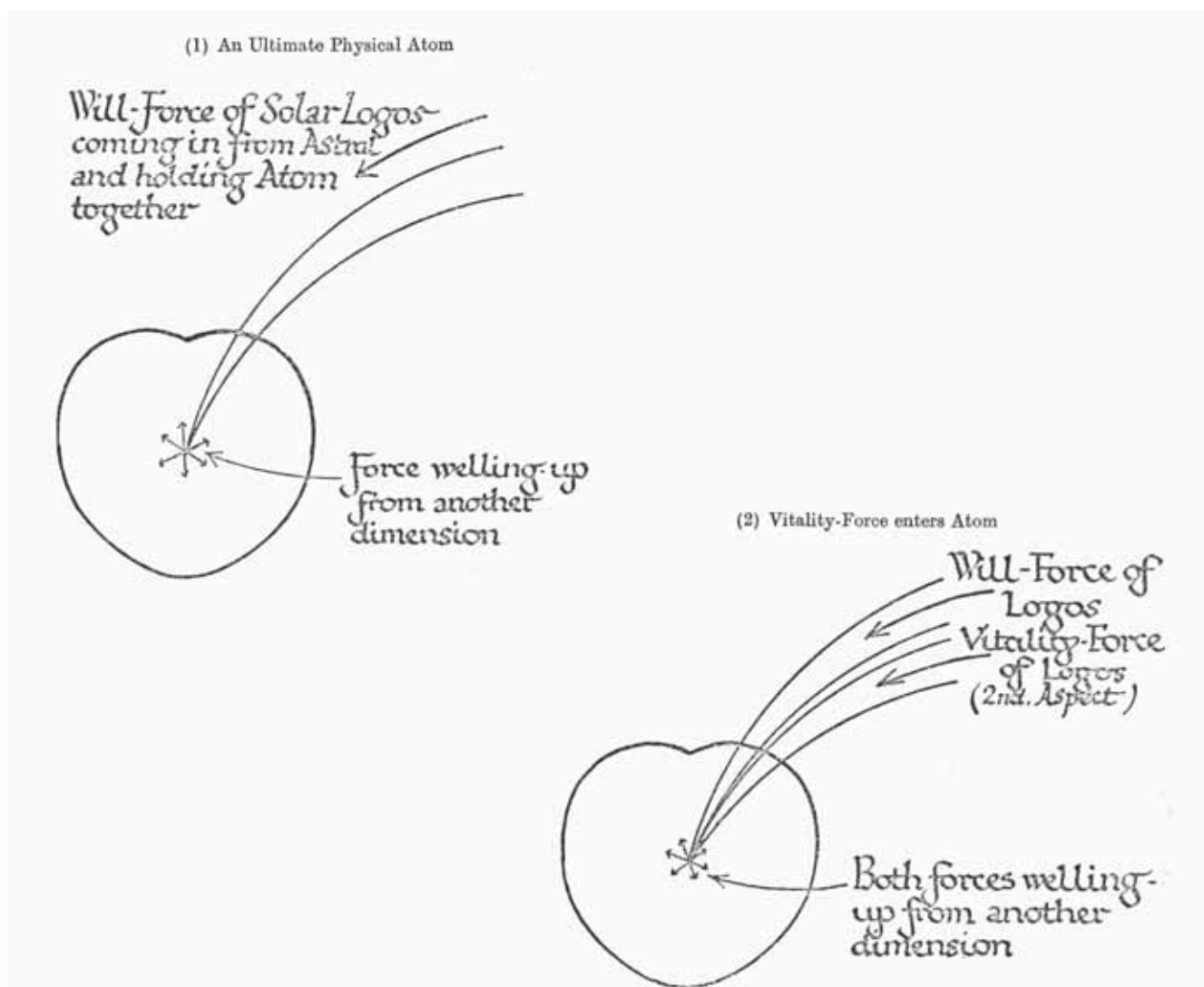


The drawings below roughly imitate the shape so that we can imagine the forces described taking their place in the arena of spirals. It is worth noting here how this configuration of spirals is a microcosmic. representation of the energy patterns of the body - the central kundalini and the sensory and motor spirals also. "It is a picture of the heart of the sun, a pure light force spinning perpetually through itself." (Jill Purce, The Mystic Spiral).

We can see in the drawings that there is a force which they call Will Force of Logos which holds the atom together. Then from a higher plane the "Vitality Force of Logos (second aspect)" well up also from the inside the atom. You can see these planes on the diagram in the introduction.

These drawings are taken from Occult Chemistry by Alice Bailey.

### (1) An Ultimate Physical Atom



### (2) Vitality-Force enters Atom

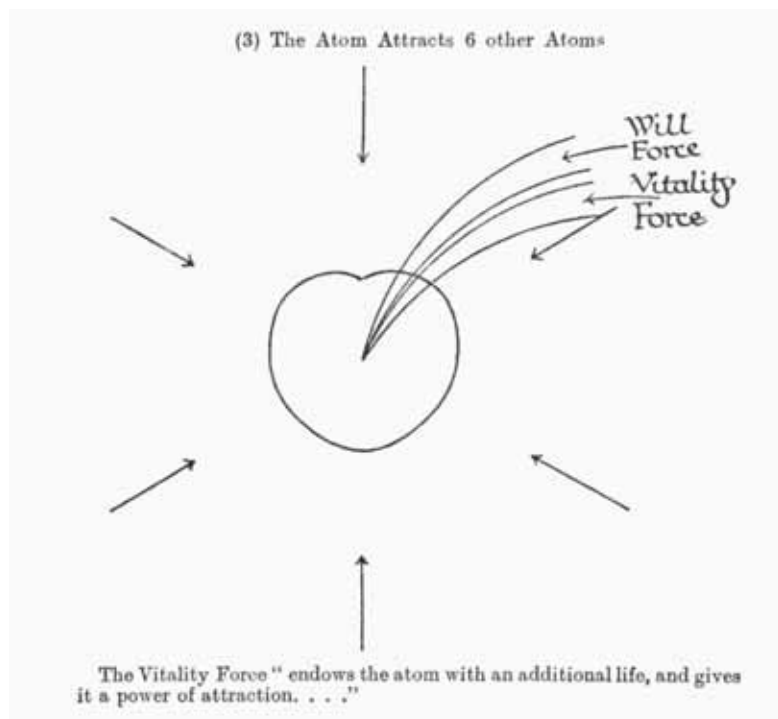
The diagram is very complicated as a picture of forces but it is quite inter-esting to note how the energy of Vitality comes from a much higher plane than that of cohesion.

It is thus that the effect of Prana on atoms is quite different from that of other forces. Electricity deflects them and holds them in a certain way giving them a separate and

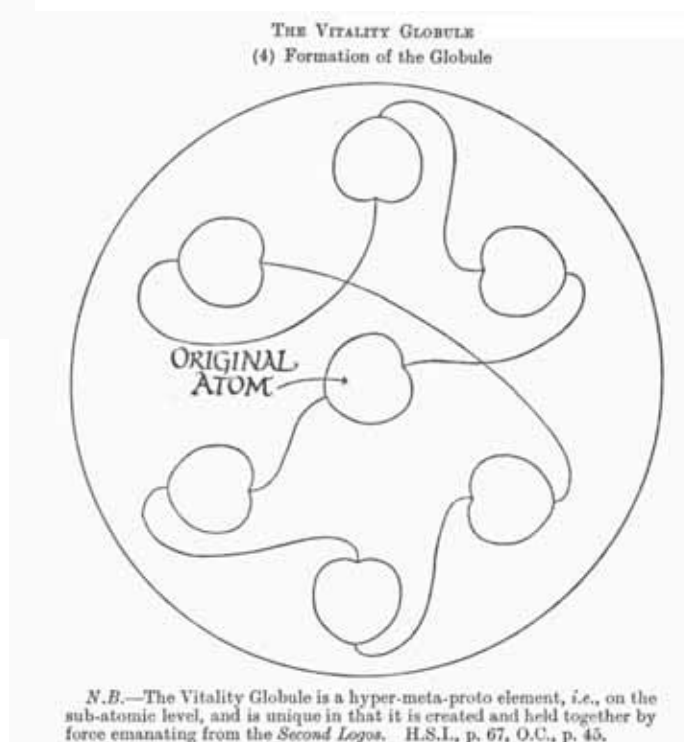


distinct vibration rate. Other variants of what they call Fohat, like heat and light can cause enormous oscillations to the atom but they are acting from without.

### (3) The Atom Attracts 6 other Atoms



### (4) Formation of the Globule



This additional life given to some atoms in the atmosphere has a “six-fold power of attraction, so that it immediately draws around it six other atoms”. This is the Vitality Globule. It is the exceedingly brilliant bead upon the male or positive snake in the chemical element oxygen, and it is also the heart of the central globe in radium.

As Wilhelm Reich also noticed they can be seen by almost anyone on a sunny day on account of their brilliance and extreme activity.

The best way to see them is to face directly away from the sun and focus ‘ a few feet away with a clear sky as background. In brilliant sunshine this vitality is constantly welling up afresh and the globules are generated in incredible numbers.

## **PRANA - IS A NEUTER CURRENT**

It seems strange that such a powerfully energetic substance or force such as prana can be classified as neutral so let us look more closely at what a neuter current is.

### **Three modalities**

That all matter, emotions and mind substance and energies move by the three modalities of neutral, positive and negative polarity is a fundamental principle of Polarity Therapy.

The creation of the triune energy pattern reaches back to the mountains, Mount Meru, Mount Sumer and Mount Kailash (neutral, negative and positive respectively) In Trikuti, the second stage in Sant Mat where the ruler is Brahm. These represent the three gunas, sat (to be) sattwa guna, raj (to be excited) rajas guna, tam (to annihilate) tamas guna. There are many descriptions throughout spiritual literature of the world showing the primacy of these three states.

In Greek legend it is the fates who weave, spin and cut the cloth. Dr Stone says that the idea of three bodies or fields of expression is as old as mankind. "If Deity is triune, man must be, since he is an exact image of his Creator."

### **Healing**

"In Polarity Therapy energies are balanced and co-ordinate harmoniously through the variations of the polarity function of the three gunas in their sensory and motor manifestations." (Louise Hilger, Spiritual Link).

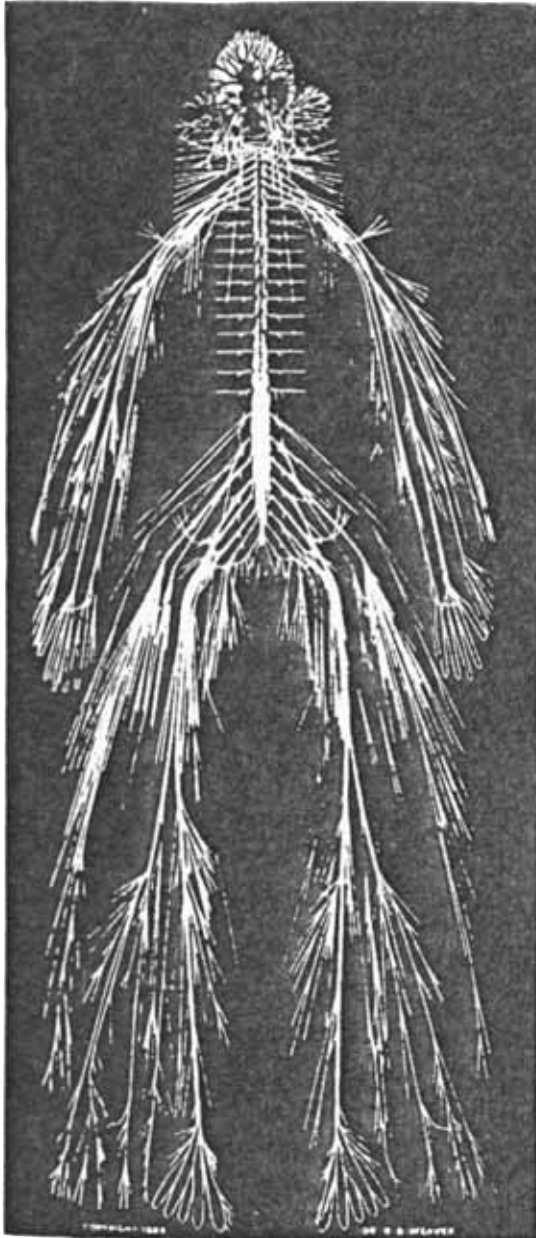
When positive and negative poles are balanced the neuter prana can flow freely and energise every cell and healing can take place. These currents of negative, positive and neuter energies which flow through the creation of nature, each cell of all beings having its period of activity, balance and rest are "prior to chemistry". They represent the beginning, the middle and the end of anything - "even a stick has two ends and a middle." This threefold system is not only prior to chemistry but prior to life on this plane.

### **The Garden of Eden**

In the Mystic Bible Dr Stone gives us a profound picture of the creative forces creating and operating on mankind. Here we see the neuter psychic prana in the etheric realm as the root and cause of the three classes of trees or principles of air, water and fire which are the etheric energies in the cosmos, Below that are the four rivers out of the One River.

# TREES OF LIFE IN MAN - ILLUSTRATIONS

1



1 . There were three types of trees planted in the Garden of Eden. The first type was the Tree of Life. This is the neuter principle of the airy element and the pattern for the brain and the spinal cord. In the core of the brain and spinal cord exists the pranic energy as a highly vibrating intense etheric essence. With the breath through the right and left nostrils the brain, cortex and meninges become highly charged electromagnetic fields. People who don't breathe through the nose —look very dull because the prana is not energising the system through the stimulation of the Shneiderian (mucous) membrane of the nose.

The bottom half (from 2L down) represents the Tree of the Knowledge of Good and Evil. It is the water principle and the centre of desire. Man can choose to use his energy from here to go down into sensation or up towards his source.

This picture represents the cerebro-spinal nervous system emanating from the brain as its root and source like Cabbalistic Tree of Life.

2 In this Egyptian painting from the centre of celestial tree a goddess, like the Great Earth Mother, distributes food and drink of immortality. The tree is planted in the water principle from which arose the water and the earth elements, The third Eype or Tree was that fit for food - representing the fiery energy of digestion and nourishment.

2



“The One River of energy is the psychic prana which flows out of the etheric realm and becomes the gross physical prana which in turn flows over the nervous system in the body of man.

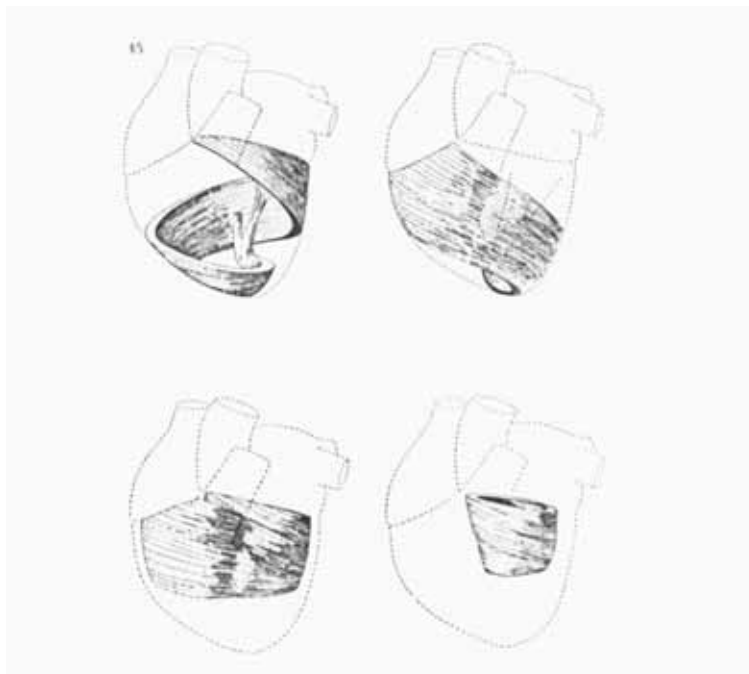
The second River Gihon, has a close connection with Prana - Gihon means ‘gusher,’ ‘intermittent spring,’ or ‘virgin fountain.’ Which describe accurately the heart and its beats; the fountain of life in the body. Here we have the neuter pole in the body. Rudolph Steiner says that the heart was a result of the necessity to combine the forces which created it. This connection with the heart and also the lungs led Dr Stone to assign prana to the upper part of the body, although it animates the whole of it.

### **The heart**

Dr Stone calls the heart the mixing bowl of the Life Principle i.e. Prana in the air, fire and water elements. The life force from the Sun - fire is breathed in using oxygen as a conveyor - air, is transported by blood around the body? water. Only the neuter current of air could unite the G positive energy of fire and the negative energy of water. It is truly the Mystic Chalice or “The Holy Grail”.

Dr Stone expresses it beautifully in Polarity Therapy :—

“**Three energy principles unite in the heart** to form the mystery of “The Holy Grail”, known as the life principle in the body. **The watery** or liquid form of matter is represented by the **blood** which is circulated by polarity energy in the chalice of the heart.” Here below is a drawing of the structure of the heart muscle which with a centrifugal action pushes the blood from one cavity to another. We see here the recurring form of the spiral.



(Scientific American May 1957.)

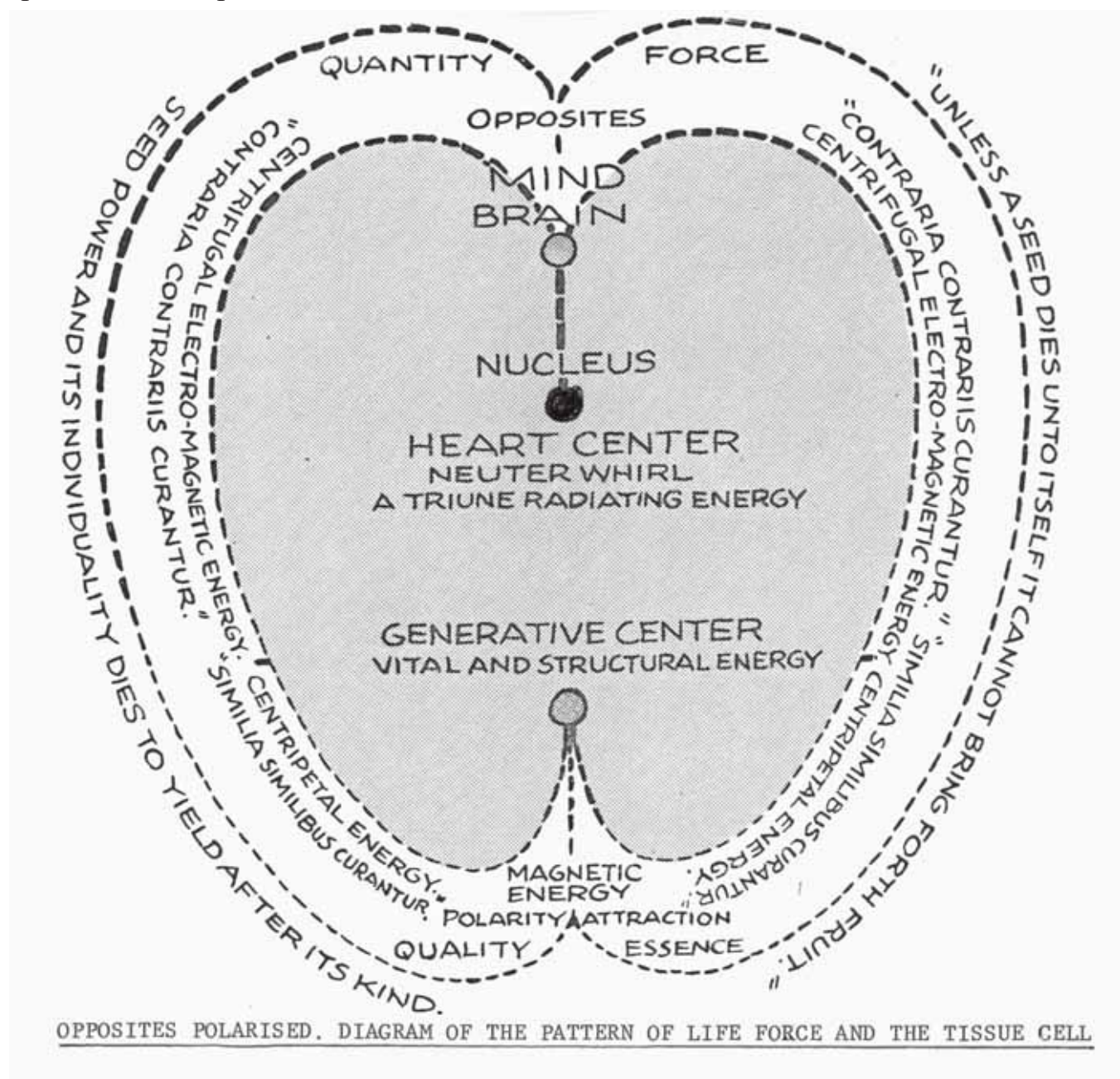
The blood is cooled and refreshed by the **air and oxygen of respiration**, and is heated and agitated by the fire of life and emotion, to circulate and impart life to every cell in the body.



In Vedic teachings they refer to the heart as the seat of Brahma or the spiritual centre of consciousness in man, and compare it with the hanging cup of a lotus flower or banana blossom. "God lives in the hollow of the heart". The Taoists of China likened the heart to a chamber of fire located between heaven (the head) and earth (the abdomen), and said that its transformation led to immortality. In Pranayama the attempt is made to quieten the heart, the seat of desire by controlling the breath. In Polarity Therapy the comparison between the heart beat and the respiration gives diagnostic information as well as accounting for each side separately and of course in Acupuncture the reading of pulses yields enormous insights of the body/mind.

### The anchor of life

"Two threads of energy link the form of man to his soul (David Tansley, Subtle Anatomy)... The first is consciousness anchored in his head to the pineal gland",. Dr Stone would use the term Eye Centre. "The second life thread is anchored in the heart at sino-auricular node, a specialized tissue that governs the heart beat; it frequently is spoken of as the pacemaker.



As long as the connection of the life-thread to the heart is maintained, then man continues to live and work on the physical plane of existence. The combined life threads are called the silver cord.”

It is very debatable whether one can pin a function of this nature onto particular physical organs when after all the job is done by energy - but scientists are accepting and exploring areas of the body in terms of their more mystic function and coming up with major reinforcements of ancient knowledge.

### **Opposites Polarized**

This beautiful diagram from Volume III Polarity Therapy amply shows the heart’s neutral position as whirl of triune radiating energy. The pranic life force circulates throughout the body, moved by the pumping action of the heart and by the interaction of the diaphragm and the lungs.

In the Mystic Bible Dr Stone quotes the Bible: “And God said, Let there be a firmament in the midst of the waters, and let it divide the waters; from the waters.” Genesis 1:6. In the human body, the diaphragm is the elastic functioning firmament which divides the waters or energies - the above from the below: the fire and air above from the earth and water below. Dr Stone calls it the fixed stabilizer of body functions. It is very important that this should be kept free so that the energies may flow into each other.

In Reichian therapy where diagnosis may be developed mostly from a very close watch on the pattern of breathing, the diaphragmatic segment is one of the most important of the seven rings of muscular armoring that run transverse to the vertical axis of the body.

**The diaphragm** immobilizes when we hold the breath in order not to feel feelings. He considered it the final fortress against powerful sexual feelings arising from the pelvis. Dr Stone has the advantage in treating the diaphragm because of the understanding of the positive and negative ,poles. (See Chart 10 Vol II). Whereas dealing directly with the diaphragm itself can be very slow work. When the diaphragm is released the sensations of energy freed can be quite remarkable. This is not merely the oxygen flowing but the prana freed in its passage by its renewed connection with awareness. Prana allied to thought is a most powerful healing tool.

In the neutral polarity state called balance, energy can move freely from top to bottom and keep the flow from centre to periphery and back again to ensure health of all tissues.

“In this state the energies of the body are in tune and in communication with all life in the cosmos and exchange freely, in etheric and airy essences.” Dr Stone.

### **The blood, conveyor of three essences**

The life principle anchored in the heart of man is able to blend with the blood and thus carry the .life-force or prana to all areas of the organism. The oxygen carried by the blood is only the chemical vehicle of the **Mercurial** (mind) Essence spoken of by the alchemists. Man cannot manufacture this. The fiery essence (Sulphur) of blood flows in the media of the red cells. The white cells act as the conveyor of watery essences (Salt). So all three essences are mingled in the blood in the chalice of the heart and pumped via the arteries to every part of the body.

Another organ which seems to be connected with the distribution of energy essences is the spleen. On the physiological level it manufactures white blood cells(lymphocytes) — watery essence, keeps a store of red blood cells (fire) and according to theosophists is the distributor of prana to the etheric body (air).

We have already discussed the fact that “Prana .... knows itself not” it only being a stepdown current of Mind, derived from soul energy which alone is the knower in the body.

## PRANA - IT OCCUPIES THE UPPER REGION OF THE BODY

*From Robert Fludd. see page 4.*



### *The Pulse*

"The Pulse, or the new and secret history of the pulses, drawn from sacred sources yet compared with the sayings and authority of the ethnic physicians. "My bones are pierced in me in the night season; and my pulse takes no rest" (Job 30.17). "Come from the four winds, O breath, and breathe upon these slain, that they may live" (Ezekiel 37.9)."

Fludd's interest in the blood was more metaphysical than anatomical, though he was certainly familiar with the evidence of dissection. With the other Paracelsians, he believed that man is nourished by subtle as well as physical food, and that this is also

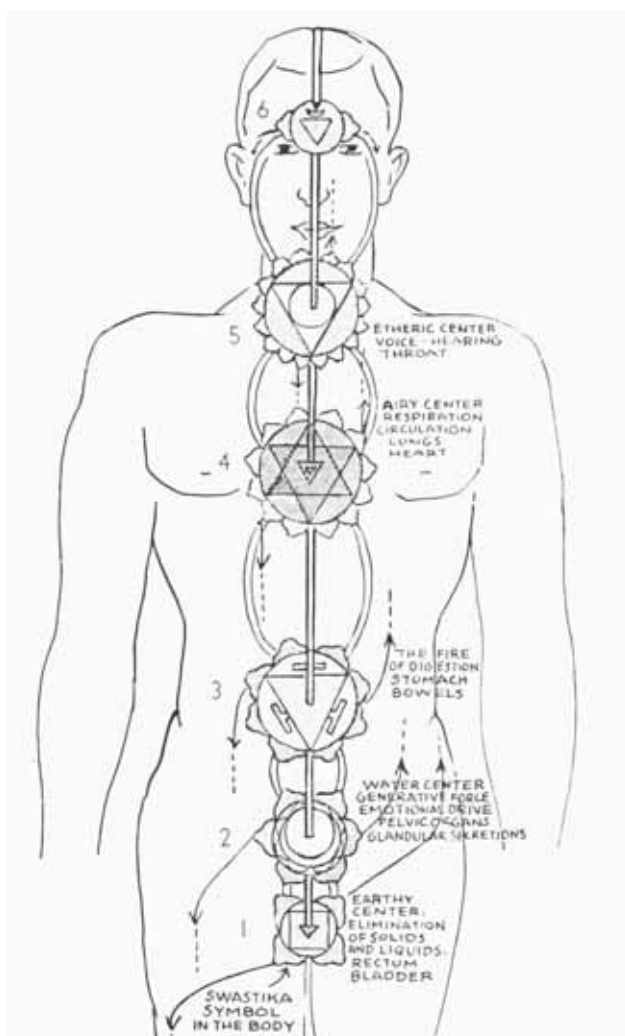
carried by the blood. It comes in the first place from the Sun, and is taken up by the four winds as the Sun revolves round the quarters of the Earth. The winds, in turn, carry this aerial spirit into the heart, which is the 'sun' of the physical body, and through it this collection of 'dead bones' is vivified. Obviously we have here a description of what the Hindus call 'prana', the etheric life force. Given this super-physical function of the blood and the heart, it is natural that Fludd should regard the pulse as an indicator of general health, and it is to diagnosis through the pulse's strength and speed that this book is devoted.

MC I, b, t.p.



It seems strange that Dr Stone should tell us that Prana “occupies the upper region of the body” since, probably his most popular and certainly most useful chart shows prana emanating right through the body and is called CHART OF THE SUBTLE PRANA CURRENTS IN THE HUMAN BODY AND THEIR CHAKRAS AS WHIRLING PRIMARYFUNCTIONAL CENTRES OF ENERGY.

Here we have a picture of what he calls primary respiration whilst the breathing in of oxygen and nitrogen and the release of carbon dioxide is what Dr Stone calls secondary

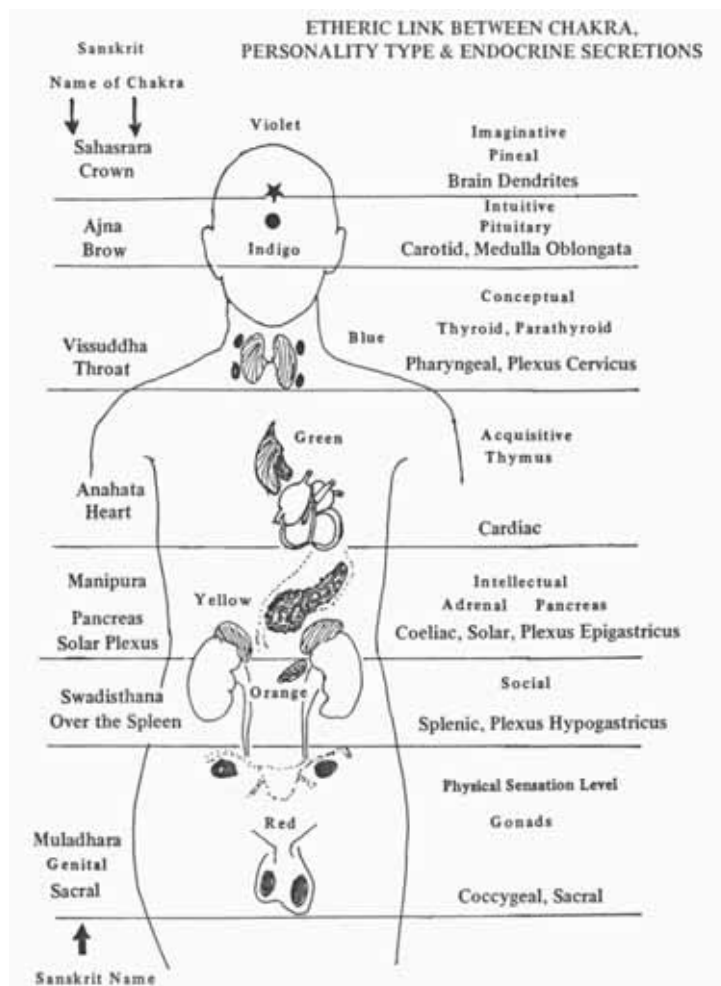


respiration which of course takes place in the lungs. In primary respiration the chakras connect the whole body with cosmic forces attracting and absorbing them then releasing them in an individual transformation which psychics see as the aura. “Positive and negative electromagnetic light-waves connect our life and energy principle with the whole cosmic supply in space.” These light waves are absorbed the subtle matter of the earth’s many rarified zones or levels including the human levels at the various chakras.

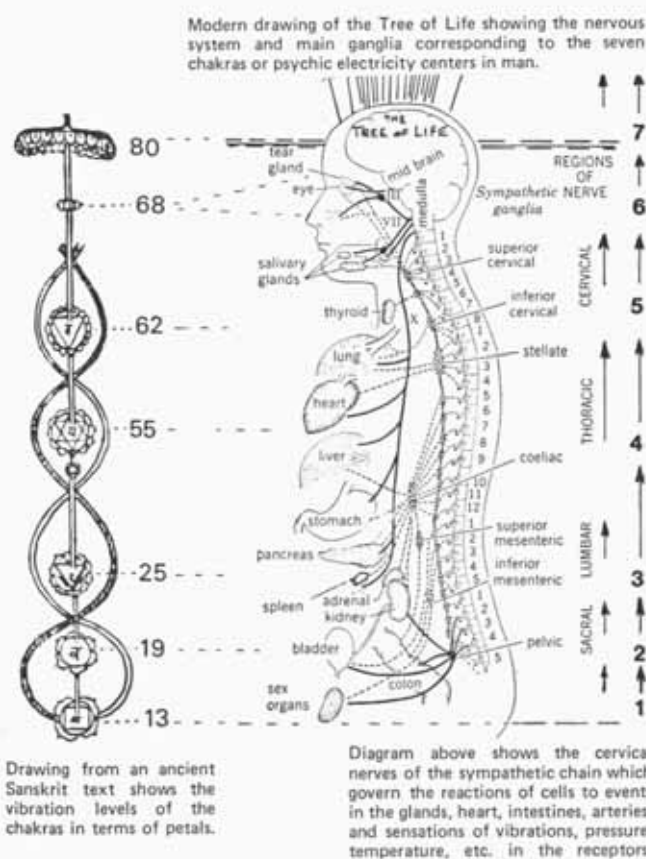
The way the prana flows through the chakras in our vehicle determines what kind of person we are and what levels of being we can function on and what zones of life we understand - also what treatment we need. Christopher Hills in his books has developed a whole character typology on the basis of the colour emanated from the chakras as they are transmuted by the person.e.g. a person whose strongest vibration was red from the base chakra would tend to be materialistic and unable to see in an altruistic way.

He says the human body is a resonating system, resonating that is to cosmic energies. The aura can be measured according to the excitement of the electron shells around the atoms





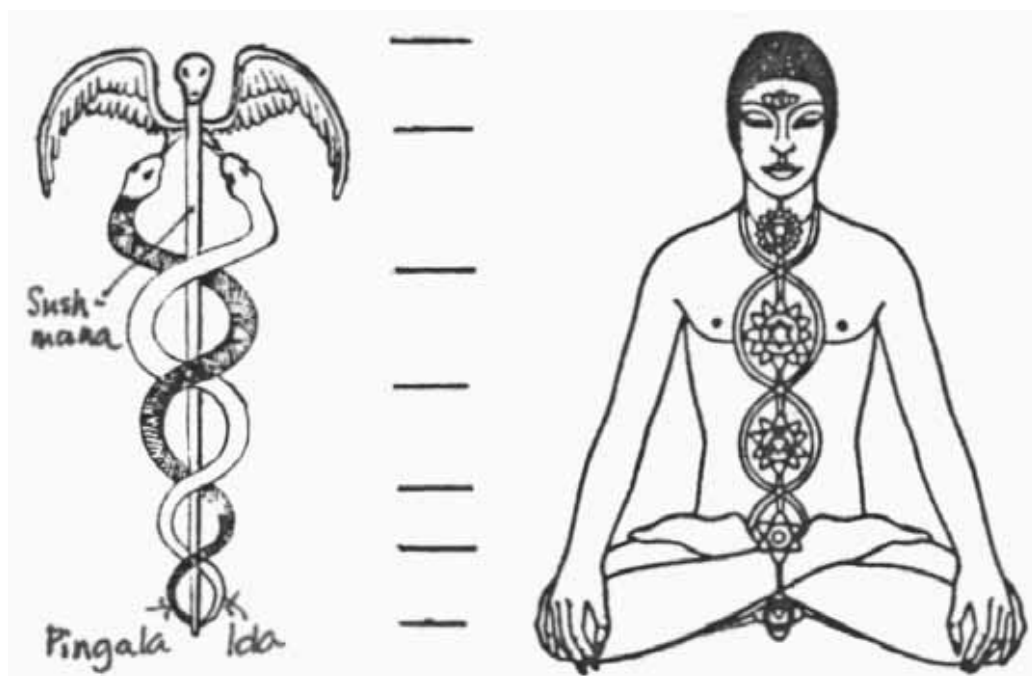
LINKS BETWEEN CHAKRAS, ENDOCRINE  
GLAND SECRETIONS, NERVE PLEXII  
AND CHARACTER TYPES.  
From Christopher Hills, Nuclear  
Evolution.



of our bodies. This we can feel with our hands during a Polarity treatment as degrees of energy.

The earth itself receives light from the cosmos like a giant chakra and within its magnetic field there are subsidiary vortexes spiralling around several centres which resonate with different types of crystal structures upon the earth. Each type of crystal has an affinity for a different energy and this properties can be used in healing through their vibrations. Resonance means to resound, or vibrate sympathetically. As in a room of violins one note might be played which will be echoed back by the others without a player!

In our chart from Book II - the chart of the subtle prana currents - we see their chakras as nuclei of vibrating spinning etheric energy substance of sound and light currents. The chakras derive their energy from the crossing over of the dual current of the caduceus which descends from the forehead in “ a serpentine twisting motion.” Prana is breathed in with the oxygen and becomes polarised by the opposite currents in the two hemispheres of the brain. Dr Stone calls the caduceus the “dual wireless brain energy “

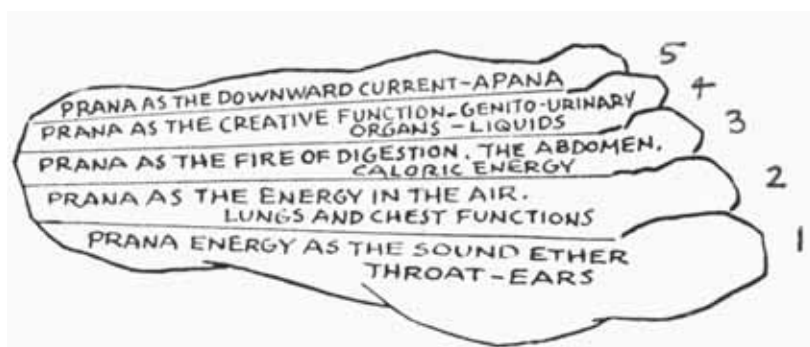


This functions in the body as two polarized currents that are positively (on the right) and negatively (on the left) charged. They are also called the moon and sun energies. The central canal, the Sushumna, is the neutral ultrasonic energy substance which is the primary life current and the core of being.

The ida and the pingala where they cross give of a vibratory impulse to form the chakra, they also give an impulse to every cell “in conjunction with the cosmic energy current latent in the oxygen” - prana.

What we see indicated by the small arrows leaving the chakras in Chart II are the longitudinal influences forming the five sensory and the five motor currents flowing through the body to each digit of the hand and foot.

## Mind and Prana function through the fields of matter and its centres



He indicates the dividing of the prana energy into five main streams finishing at the feet and hands. Finished that is as motor currents — the return flow is through the tattwas as a finer medium. This is why he describes the **functional** centres of energy in this instance.

On the above drawing we can see prana energy as the sound - or ether energy governing the throat and ears and arising from the etheric chakra, (1). As the serpentine energy moves downward it loses momentum and throws off a 'spark' a little further away from the centre - like a catherine wheel slowing down and spraying its spark with greater horizontal than vertical energy. At (2) we can see Prana from the airy centre as the energy in the air, governing lung and chest function. At (3) we see Prana as the force of digestion governing the abdomen and calorific energy. At (4) we see prana from the water centre as the creative function governing the genito-urinary organs and liquids. And finally at (5) from the earthy centre "prana as the downward current or APANA.

This term APANA is used in the Tantric tradition and by Patanjali as one of the **prana vagus**.

### The five prana vayus

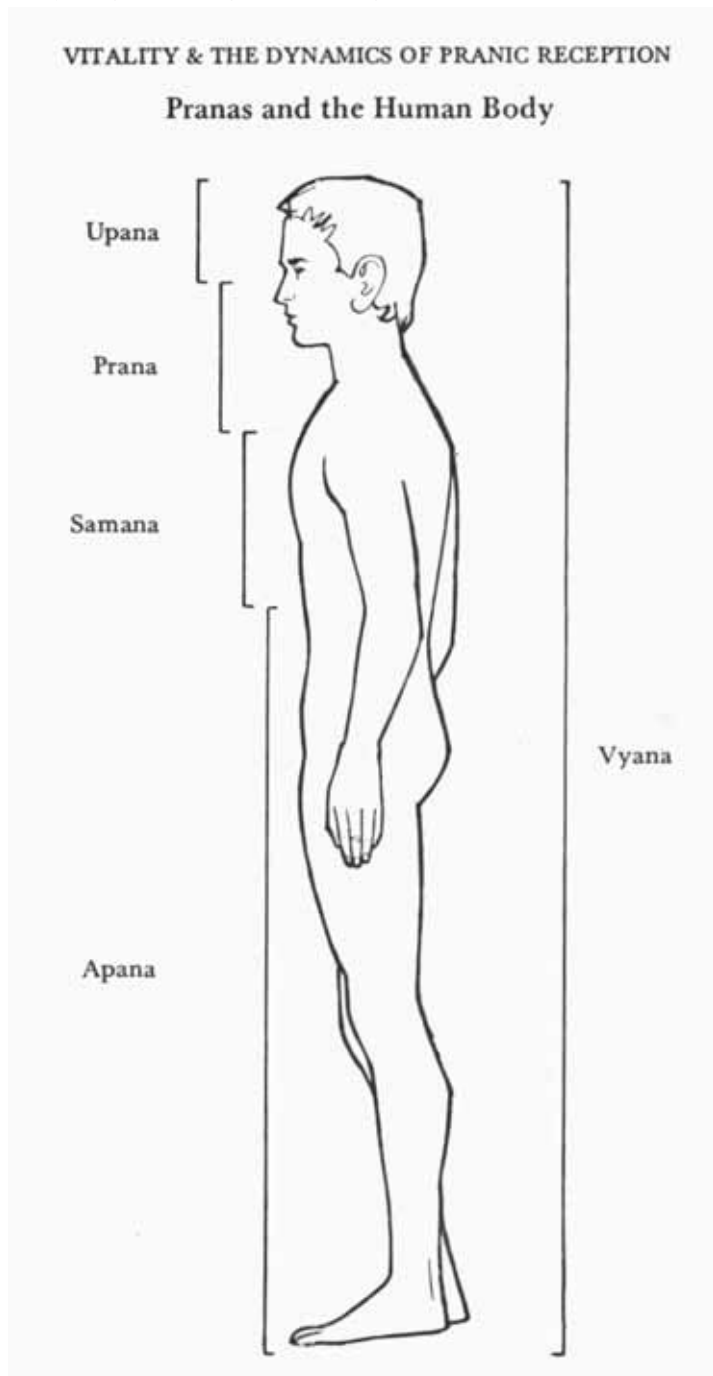
"The Ayurveds used the five elements 'ether, air, fire, water, earth' and the five fine life-air or breaths which they called pranas which animate them and connect them for the function of the five senses, and they had specific names for each one of these energies." These can be seen on the table below.

PRĀNA VAYU AND REGION AFFECTED	RAY OF VITALITY	CHAKRA CHIEFLY AFFECTED
Prāna; heart	Yellow	Cardiac
Apāna; anus	Orange-red	Basic
Samāna; navel	Green	Umbilical
Udāna; throat	Violet-blue	Laryngeal
Vyāna; the entire body	Rose	Splenic

Here are some descriptions taken from the Gheranda Samhita:

"The prana moves always in the heart (why Dr Stone assigns prana to the upper region?) ; the apana in the sphere of the anus; the samana in the region of the navel; the udana in the throat; and the vyana pervades the whole body."

In the Prashnaopanishad it says - “To them spoke the principal life: Be not lost in delusion. I even, fivefold dividing myself, uphold this body by my support} These correlate to Dr Stone’s five ovals also as well as the five elements and are the activities connected with them. Vayus are called ‘winds’ by some authorities. The description below is taken from David Tansley Radionics and the Subtle Anatomy of Man and Iyengar’s Light on Yoga.



1. Upana Vayu is found between the nose and the top of the head and has as a special relation to the brain, the nose and the eyes.

2. Prana vayu, extending from the nose to the heart, and having special relation to the mouth and speech, the heart and lungs i.e. it moves in the region of the heart and controls respiration. This is the prana vayu and is one of the five prana vayu or winds.

3. Samana vayu, which extends from the heart to the solar plexus. It concerns food and nourishing the body through the medium of food and drink, and has a special relation to the stomach. i.e. it stokes gastric fires to aid digestion.

4. Vyana vayu, which is the term applied to the sum total of prana in the human body i.e. it pervades the entire body and distributes the energy derived from food and breath.

5. Apana vayu, which is the term for the wind that controls from the solar plexus to the soles of the feet. It concerns the organs of elimination, of rejection and of birth, thus having a special relation to the organs of regeneration and of elimination.

B.S. Iyengar also mentions **Udana vayu** which dwells in the thoracic cavity and controls the intake of air and food. He also tells us that there are a number of other vayus - namely **naga**, which relieves abdominal pressure by belching, **kurma** which controls the movements of the eyelids to prevent foreign matter or too bright a light entering the eyes, **krkara**, which prevents substances passing up the nasal passages, **devadatta**, which provides for the intake of extra oxygen in a tired body by causing a yawn, and lastly



**dhanamjaya** which remains in the body even after death and sometimes bloats up a corpse!

These are the subsidiary vayus which combined with the five major vayus forms a major part of the Ayurvedic system of medicine, which is concerned with the dynamics of pranic reception.

These prana vayu are what Dr Stone calls the five keys of vibratory action these match the five tattwas or fields, By flowing through them the fields become animated as the five senses expressed as the five motor and five sensory actions. At another time he refers to the “five pranas as the vital airy and primal plasma or so called gas currents penetrating the five tattwas or elements in their static constitutional function in the body”. It is these “plasma gases” that are at the root of all our physiological ills since they prevent the cells breathing and performing their functions. Mind - he says can only be understood IN ITS TOTAL FUNCTION by tracing it from its source to the stepdown energy fields. In this pattern anatomy of sub-mental fields there are great possibilities for a true psychophysiology. Since Dr Stone wrote this more or less crying in the wilderness a number of schools have sprouted up to explore these possibilities.

#### THE MINOR CHAKRAS

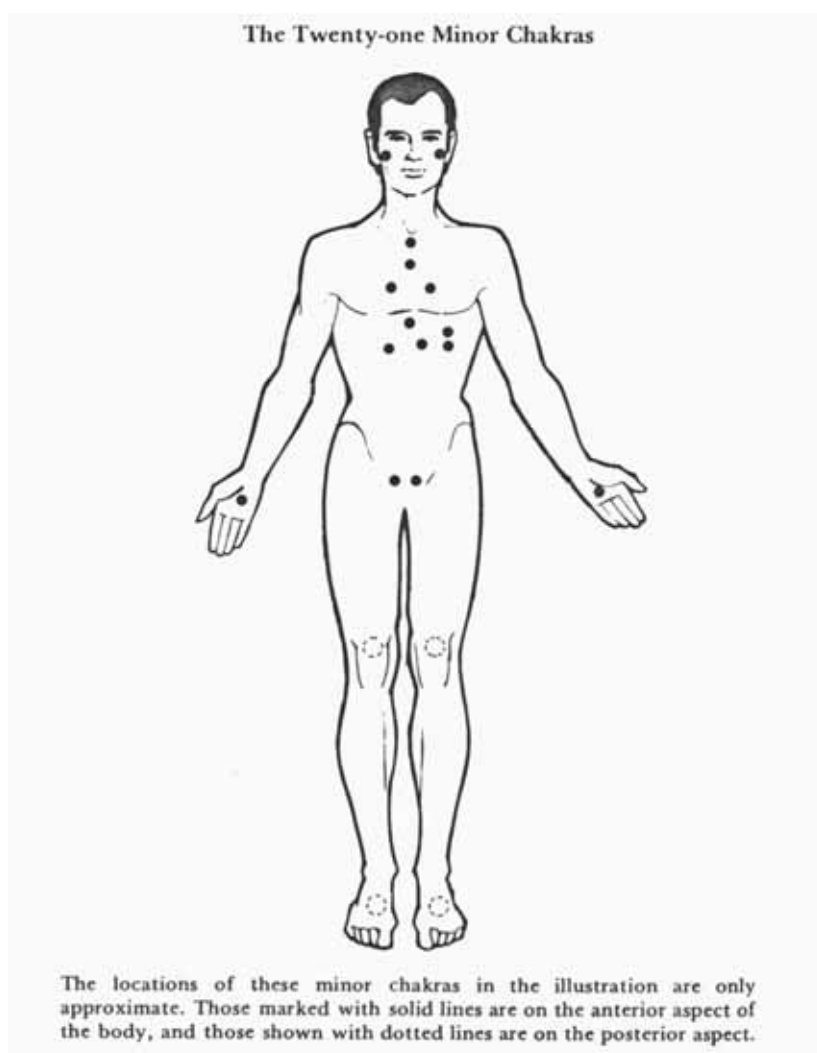
Besides the seven major chakras, characterised by Dr Stone as, from below upwards - earth, water, fire, air and ether which are the main ones which concern us in Polarity therapy, there are the eye centre and the crown chakra which is the province of spiritual teaching rather than medicine, there are noted in Tantric and other texts minor chakras. They would not normally concern us but there is one which we would like to go into in more detail the splenic chakra - so let us give it a context.



NADIS, PRANA CONDUITS CONNECTING MAJOR AND MINOR CHAKRAS.

On the previous page is a diagram from Tibetan sources depicted in Christopher Hills and David Tansley. It depicts the prana currents connecting the seven major chakras with their subsidiary centres in the etheric vehicle. In Tantric tradition the conduits of vital force or rana are called NADIS. They form a subtle and intricate web of energy fibres that permeate the physical form. It is nice to see the little faces to the right and left of the forehead depicting the Pingala, positive solar current and the Ida, negative current having the face of the sun and the moon respectively.

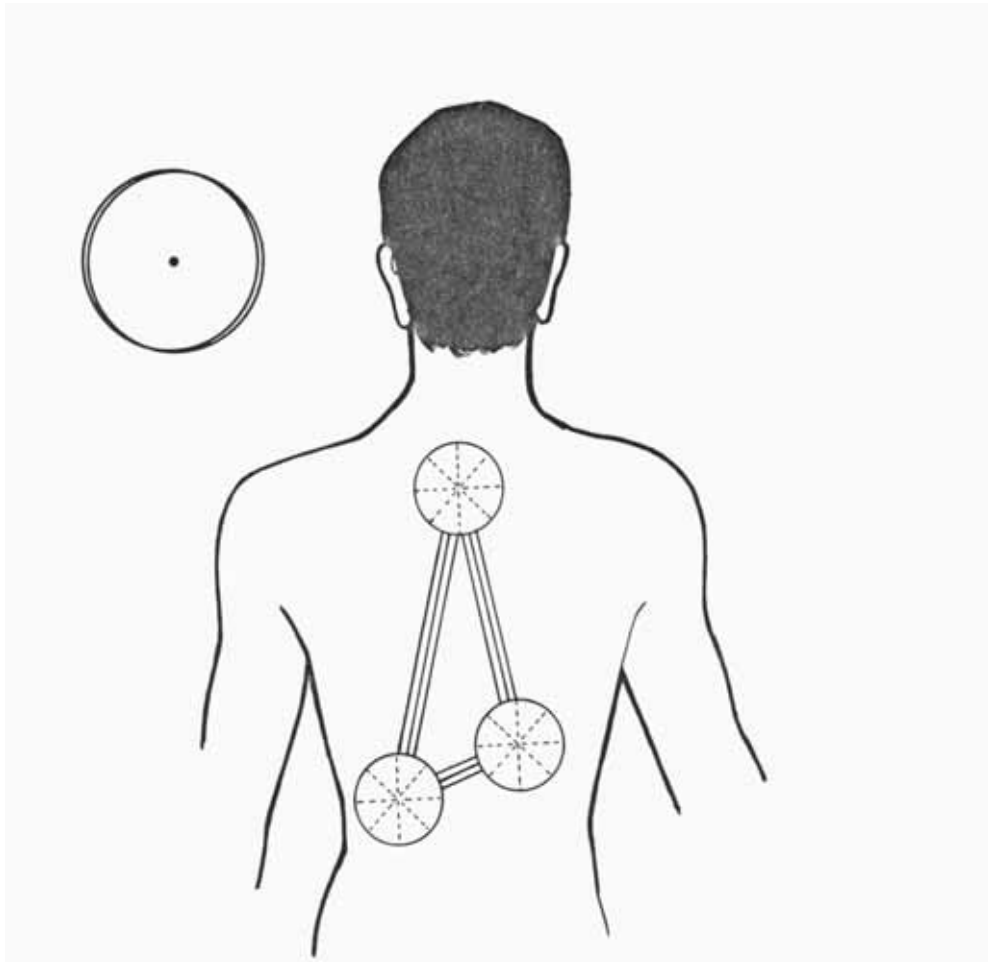
Below is a simplified picture of the twenty one minor chakras which are taken into account by "Centre Therapists" in Radionics.



They are to be found in the following locations: one in front of each ear, one above each breast, one where the clavicles meet, one in the palm of each hand, one on the sole of each foot, one just behind each eye, one related to each gonad, one near the liver, one connected with the stomach, two superimposed -connected with the spleen, one behind each knee, one near the thymus gland, one near the solar plexus. (David Tansley, Radionics and the Subtle Anatomy of Man).

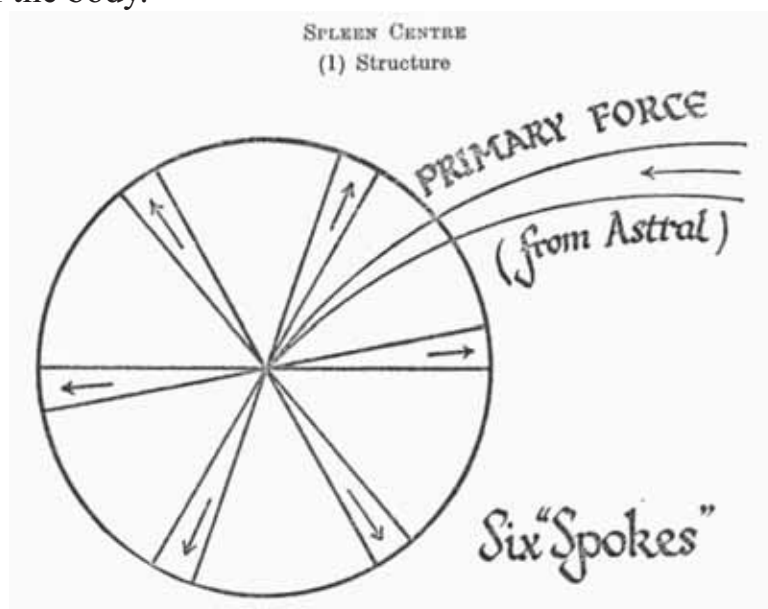
The three we are interested in make up a triangle of force known as the pranic triangle. The best known one is the spleen chakra; in addition to this there is another chakra situated just below the diaphragm, and a third lies between the shoulder blades just above the heart chakra. This is the area Dr Stone denotes as the brachial plexus. The importance of it to breathing he emphasises in a story in Polarity Therapy.

## The Pranic Triangle

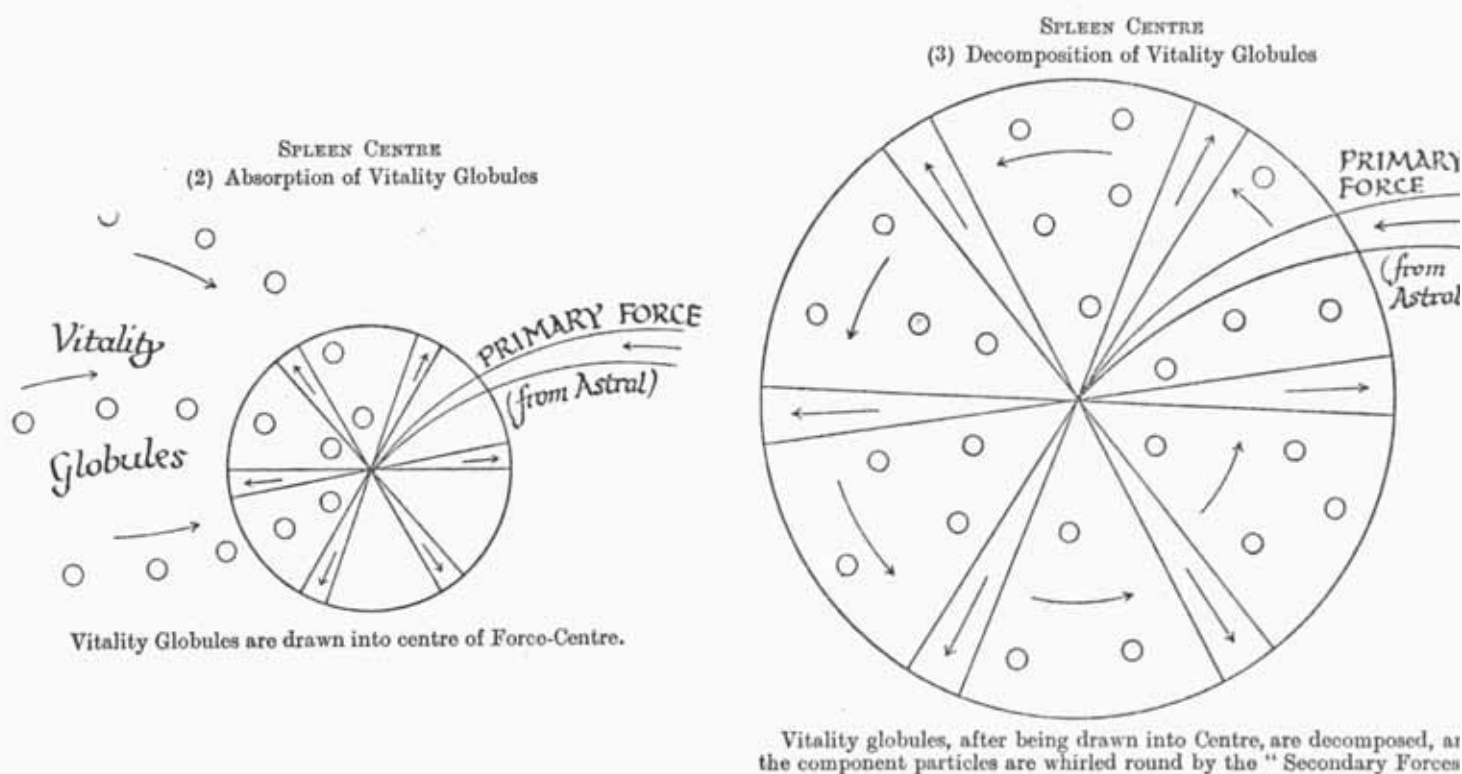


The patient was given up to die. Dr Stone noticed the limitation of shoulder movement and with great difficulty got under the shoulder blades in order to release the brachial plexus, the positive pole of the air principle as a motor action. The chakra over the diaphragm would be over the neuter area of the air principle - but what about the spleen?

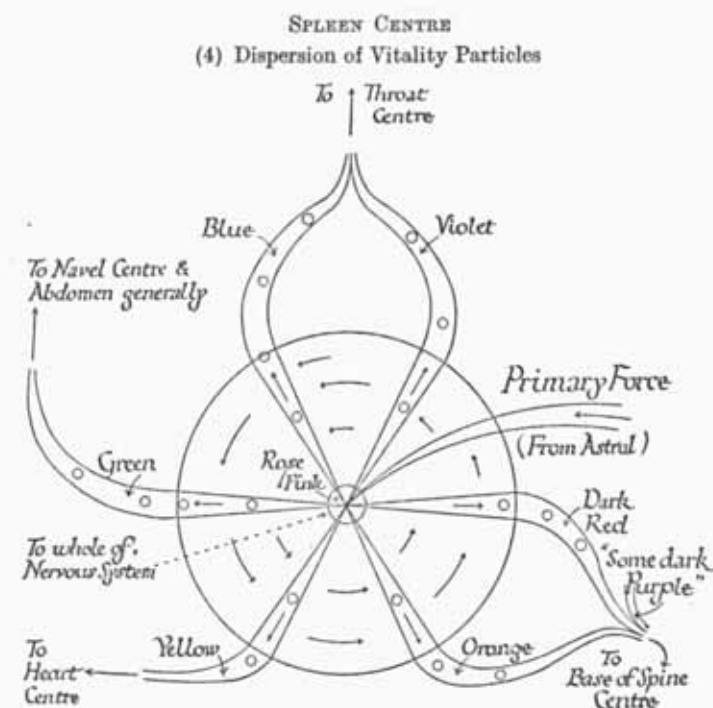
According to the Theosophists this centre is unique in this, “that it has the all important function of absorbing the Vitality Globules from the atmosphere, disintegrating them, and distributing the component atoms, charged with the specialised and transmuted Prana, to the various parts of the body.”



The Vitality Globules are first drawn into the spleen centre: then they are broken up into seven component atoms, each one charged with one of the seven varieties of prana: these atoms are then caught up by the rotating secondary forces and spun round the chakra.



"Although there are seven distinct kinds of Prana there are only five main streams because after issuing from the spleen chakra the blue and the violet join into one stream and the orange and dark red join into another stream."



Process :—

1. Vitality globules are drawn into Centre.
2. Vitality globules are broken up into particles.
3. Vitality particles are whirled round by "secondary" forces.
4. Vitality particles are seized by appropriate "spoke," and despatched to destination shown.

N.B.—The rose-pink atoms are the original atoms which first drew round them 6 others to form the globule.



Alice Bailey in Solar Fire says that this matter of the Etheric body is of very practical interest, and when its importance is better realised, men will attend to the distribution of prana within the body with closer attention and will see that the vitalisation of the body via the three centre,(pranic triangle) proceeds unhindered.

Dr Stone says of the spleen in the Mystic Bible that it is the “etheric exchange centre for the function in and through the blood stream.” There seems to be some difference between the etheric body and the body created by the chakras which is at a much finer and higher level. The etheric body is almost the physical body and is created and fed by the astral body. Whatever name is given the etheric body referred to by the Theosophists is a much less subtle force than Dr Stone tunes us into with his Polarity Therapy. He is dealing with the evolutionary energies which constantly tune us into currents which are moving towards spiritual realisation, whereas the energies that involve the splenic chakra for instance are much more physical, This is borne out by the feeling that results from a Polarity treatment compared to an acupuncture treatment for instance. This is why I think he does not mention it in his work, much more work and investigation needs to be done in this area before any real conclusions can be drawn.

The spleen lies in the upper left part of the abdomen and serves as a reservoir for blood. The physical organ is simply the externalization of a subtle force centre which is directly responsible for absorbing the solar or pranic forces from the sun and distributing their vitalizing qualities to the physical form by way of the etheric body. In a letter believed to have been written by Albrecht Dürer to his physician, a sketch depicts the spleen as a sun-like disc, symbolizing the relationship of this organ to the forces flowing from that planet.

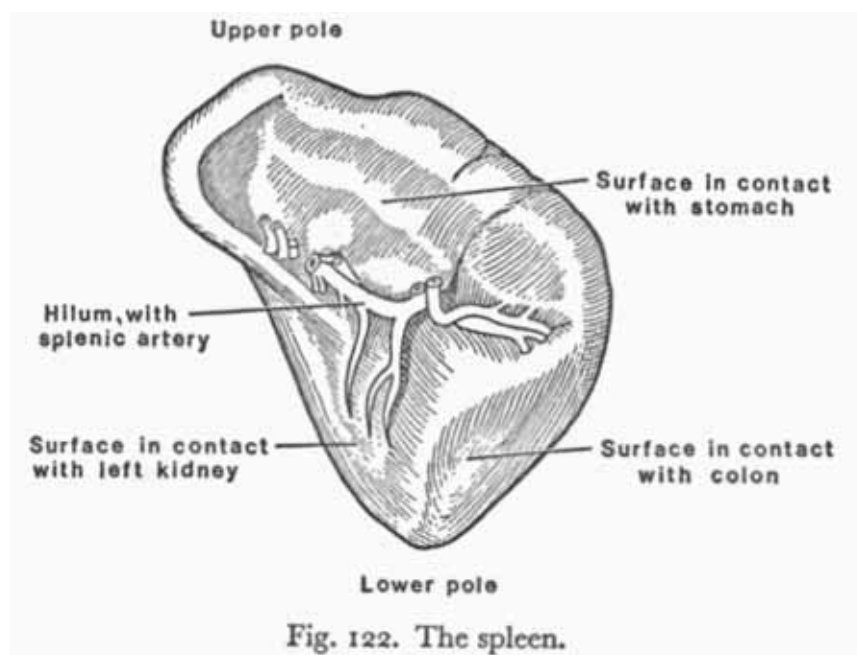


Taken from the Subtle Anatomy Of Man  
David Tansley.

(Self-portrait drawing  
by Albrecht Dürer, Germany, 16th

So although it looks like a bit of hocus-pocus went on when the Theosophists substituted the splenic chakra for the water chakra in their depictions of the chakras the function of the spleen in vitalising the etheric prana seems worth investigating. This is amply supported in Naturopathy by the mysterious function of the spleen in the lymph system, where it seems that it can do all of the jobs the other parts can do and reflects all their individual functions. This would be explained by the fact that the energising force of prana entering at the spleen area was being divided around the body from that centre.

It is interesting to note the shape of the spleen and its contact with other organs. It is pyramidal in shape (Dr Stone says that the three doshas\* have their sway here) and has contact with the diaphragm, stomach, left kidney and colon — air, fire and earth.



## **The spleen in acupuncture**

In *Healing Ourselves* by Nabom Nuramoto she talks of the spleen being the organ in which Yin/Yang is most balanced — it is neither 'full' nor 'empty.' The important function of spleen-pancreas are the distribution of nourishment through the body... and the governing of will and memory (Arthur Powell says that by developing the splenic chakra one has access to Astral memories). When the spleen is malfunctioning we lose our strength of will and seem foolish.

In the five-elements theory, the spleen is located at the centre; when the spleen is sick, the entire body is fundamentally sick. It is a 'ki' disease, when this force is prevented from circulating properly disease immediately arises. "Ki" is the force of the universe.

The spleen is spoken of as the 'truck driver' of nourishment for the whole body, if it's not working then nothing gets nourished no matter how well balanced the rest of the body is. It needs the spleen to get blood cells manufactured and distributed etc. There can be a lack of discrimination and relationships can become unbalanced on an emotional level due to not distributing one's energy evenly (Cindy Rawlinson and June Hannigan).

I have gone into this question of the spleens function in distributing prana at length for many reasons. One is the fact that after feeling very exhausted for quite some time even with very good Polarity treatments I finally went to an Acupuncturist who diagnosed a spleen insufficiency and dramatically changed my feeling of leaking away into space in to a very strong animal urge to eat, drink and shout! The other was that I was very interested that Dr Stone places prana as occupying the upper part of the body. The function of the heart and lungs and diaphragm and the physiological level and the Tree of Life on the higher etheric levels and the pranic triangle on the lower have enabled me to see why this is so.

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