

Making Yourself New: Discover the Secrets of Creating Your Own Etheric Body and Achieving Individuality

In the realm of spirituality, the etheric body holds a profound significance. It is the bridge between our physical and spiritual selves, the gateway to unlocking our true potential. In her groundbreaking book, "Making Yourself New: Etheric Body and Individuality", Alice Bailey reveals the secrets of cultivating our etheric body, a journey that leads to greater consciousness, individuality, and spiritual fulfillment.



Cognitive Yoga: Making Yourself a New Etheric Body and Individuality

★★★★☆ 4.6 out of 5

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Understanding the Etheric Body

The etheric body, also known as the vital body, is an energy field that surrounds and penetrates our physical bodies. It acts as a conduit for life force, nourishing our physical and emotional well-being. Unlike the physical

body, which is visible and tangible, the etheric body is invisible to the naked eye and exists on a higher vibrational plane.

Bailey describes the etheric body as "a network of living energy." It is composed of a complex system of channels, centers, and organs that mirror those of our physical bodies. Each organ in the etheric body corresponds to a specific function or aspect of our being, such as digestion, circulation, or emotional expression.

Developing the Etheric Body

The development of the etheric body is essential for our spiritual growth and evolution. Through a combination of practices such as meditation, visualization, and energy work, we can strengthen and refine our etheric bodies, enhancing our connection to our higher selves and expanding our consciousness.

One of the key practices emphasized by Bailey is "etheric breathing." This involves consciously directing our breath into the etheric body, infusing it with life force and activating its energy centers. By practicing etheric breathing regularly, we can promote the flow of vital energy throughout our bodies, stimulating healing, rejuvenation, and spiritual awakening.

The Path to Individuality

The cultivation of our etheric bodies is intricately linked to our journey towards individuality. As we develop our etheric bodies, we become more aware of our unique qualities and purpose in life. The etheric body becomes a vehicle for expressing our individuality, allowing us to manifest our higher aspirations and fulfill our soul's mission.

By harmonizing our etheric and physical bodies, we create a bridge between the two worlds. This bridge enables us to integrate our spiritual insights into our daily lives, bringing about a profound transformation in our consciousness and experience of reality.

Practical Applications

The teachings of Alice Bailey in "Making Yourself New" provide invaluable guidance for those seeking to develop their etheric bodies and achieve individuality. Here are a few practical applications of her teachings:

1. **Meditation:** Regular meditation helps to calm the mind, connect with our inner selves, and activate the energy centers in the etheric body.
2. **Visualization:** Creative visualization can be used to strengthen the etheric body and manifest our desired qualities and outcomes.
3. **Energy Work:** Energy healing techniques, such as Reiki or pranic healing, can help to clear blockages in the etheric body and promote energy flow.
4. **Ayurveda and Yoga:** Ayurvedic practices and yoga postures can help to balance the etheric body and support its development.
5. **Nature Connection:** Spending time in nature, especially near bodies of water, can help to revitalize the etheric body and promote spiritual growth.

Alice Bailey's teachings on the etheric body and individuality offer a profound path of spiritual transformation and self-discovery. By embracing the practices outlined in "Making Yourself New", we can cultivate our

etheric bodies, unlock our individuality, and achieve a deeper connection to our true selves and the universe around us.

Remember, the journey towards creating your own etheric body and achieving individuality is a continuous process. It requires dedication, patience, and a willingness to embrace the transformative power of spirituality. By embarking on this journey, you will embark on a path of profound personal growth and fulfillment, ultimately leading to a life of greater consciousness, purpose, and joy.



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