

KEY DEFINITIONS

THE 9 PRIME CAUSES OF PSYCHOLOGICAL PAIN BREAKOUT SESSION · OCTOBER 21, 2018

The following are selected definitions for the CAIET Conference breakout session in Toronto, 2018 from my book *Spiritual Happiness: The 9 Prime Causes of Psychological Pain* which is being launched at this conference.

ELECTRO-IMMUNE SYSTEM

Just as each of us has a physical immune system whose function it is to identify what is self from what is non-self and take remedial action, so each of us has what I refer to as our “electro-immune system.” This is the energetic equivalent of our physical immune system. Our electro-immune system reflects the combined electro-magnetic strength of our body, soul, mind, spirit, and energy field. When an energetic frequency or essence that is alien to us enters our energy field our electro-immune system seeks to reject it, much as our physical immune system seeks to repel and eradicate an alien pathogen. Our electro-immune system is strengthened or weakened depending upon our mental, emotional, and physical processes. As it is with our physical immune system, so there are definite actions we can take to strengthen our electro-immune system.

ENERGY WORLDS

The energy worlds are the seven levels of the planet’s energy field which correspond with the spectrum of energy historically known as the “astral light” and the “seven astral planes.” These seven planes of energy and the forces and powers they contain range in quality from being highly illuminated and spiritualized (level 1) to being extremely toxic (level 7). The colors and qualities that are contained in our personal energy field directly reflect the level of energetic connection we make to the seven levels of the planet’s astral light. This is important to understand in giving context to raising our level of vibration and seeking to create a high-level energetic ecology in our body, soul, mind, and energy field. We breathe the energy worlds of the planet and the energetic frequencies they contain every second of our lives. The vibrational level of the energy worlds we connect to determines the level of energetic wellbeing we are able to experience.

HUMAN ENERGY FIELD

The human energy field, or aura, is our personal, energetic ecology which contains the record of all the energetic signals and impressions we have processed throughout the trace of our lives, including certain energetic residues and crystallizations. The human energy field is an ever-changing kaleidoscope of color as the mental and emotional states we experience shift and are vibrationally expressed through the seven-color rainbow spectrum (red, orange, yellow, green, blue, indigo, violet). The rainbow spectrum is also reflected in the seven wheels or vortices of energy known as the chakra system.

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MIND

Our mind develops according to the energies, knowledge, and experience we provide it through the way we exercise our gift of conscious choice, how we focus our attention, and what we direct it towards. Our mind is made up by how we use its three primary powers: our conscious, semiconscious, and unconscious. Our mind is the combined energetics of our brain. Through the choices we make, the essences we process, the experiences we have, and our attitude to these experiences we develop the unique power of our mind. In the sacred geometry of our human design template our mind functions primarily on a threefold operating system corresponding with the three powers of our conscious, semiconscious, and unconscious; while our soul operates on a fivefold structure corresponding with the five senses and centers of soul activity; and our energy field operates on a sevenfold structure corresponding with the seven frequencies of the color spectrum.

PSYCHE

Our psyche consists of the combined energies of our mind, soul, spirit, and energy field. From the moment of our birth, our psyche has a unique energetic frequency. This frequency continues to develop and change as we age in accordance with our experiences and our attitude and address to these experiences. According to how we think, feel, and behave our psyche becomes connected with and attracts to itself essences, powers, and forces from the energy worlds spectrum of the universe. As these essences, forces, and powers integrate with us, they change the frequency of our psyche and increasingly define who we are as individuals. The relationship between our psyche and how it integrates with the forces and powers of the energy worlds is a vital ingredient in understanding psychology and the development of our character.

PSYCHOLOGY

The word “psychology” originates from the word “psyche.” Psyche is commonly defined as the totality of elements that form our mind and also as the human mind, soul, or spirit. In my study of the energy worlds and the energetic systems of our human design, our soul, mind, and spirit denote three very different natures of energetic power. I view the study of the psyche and, by derivation, psychology as the study of the interrelationship and interdependence of our mind, soul, spirit, emotions, energy field, and body—in other words, all working parts of our energetic and physical systems and the unique manner that this manifests in each individual life. The soul and spirit are vital aspects of our psyche and have mostly disappeared from current considerations in psychology. In addition to our mind and emotions and the resulting effects they have on our physiology, I believe the study of psychology needs to include the effects of the interactions between our energetic systems and the planet’s energy worlds spectrum.

PSYCHOLOGICAL FORMATIONS

Psychological formations are the patterns and programs we develop in our psychology through the trace of our lives. These formations, aggregated together, form our psychological profile. Our psychological formations amplify or reduce our level of spiritual connection and determine the levels and contents of the energy worlds spectrum with which we integrate. The nine syndromes block the light of our authentic selves and the flow of the energies of the universe through us, causing us psychological pain. The remedies to these syndromes can be likened to nine lights which empower our inner spiritual connection. These lights, when present in our psychological profile, boost our connection to our human design template and our innate ability to experience spiritual integration and happiness. They also act as landing lights which emanate from within our energy field and are invitational to the higher qualities of the planet’s energy worlds and beyond.

PSYCHOLOGICAL PROFILE

Our psychological formations create our psychological profile. Our psychological profile is the combined result of our experiences, and our attitude and alignment to these experiences, and the knowledge and energetic connections we acquire. Every person develops their own unique psychological profile during the trace of their lives. No two profiles are ever exactly the same, although there are certain basic patterns that appear and re-appear in many individual profiles. The nine syndromes represent patterns of thoughts and behaviors that repeatedly appear in our psychological profiles. The patterns that we form enhance or diminish our possibility of spiritual happiness. The study of our psychological formations as they are caused to develop through the higher and lower use of our human systems and how to transform our psychological profile for the best benefit of ourselves and others is at the heart of spiritual development practices. It is also at the heart of the study of the nine syndromes.

SOUL

Our soul power is the energy that animates our body. To experience this, we need only raise a finger, move an arm, look up, or make any other physical action. In so doing we are experiencing our soul power at work, fulfilling its most basic function which is to animate our body. Our soul is a fivefold energy system which powers our five senses of sight, smell, touch, taste, and hearing. Our soul—a fivefold compound essence—is recharged at night when we sleep. Its power can be measured by the size and brightness of our etheric, the first level of our energy field that radiates out from around our physical body.

SPIRIT

Whereas our soul is a planetary property, our spirit is of a higher universal nature. Our spirit is the highest, most illuminated part of our human design. It is an essence of higher Creation that uniquely occupies every human life, causing us to have a personal energy field that radiates within the containment of our auric sheath. This type of energy field, or aura, is unique to human beings. Other forms of organic life, by contrast, have an energy field that is not held within the containment of an auric sheath but whose radiation emanates and merges directly into the energy worlds of the planet.

Our spirit is a source of inner illumination which, when it is actively present in the moment, brings with it a great sense of wellbeing and joy. When our spirit floods our mind, we use words such as “illumination” and “enlightenment.” When our spirit floods our body, soul, mind, and energy field it produces an illumined energy field which radiates light. It is the presence of the illuminating power of the spirit that is represented in religious artwork as a bright light or halo around the head of an enlightened being or as a golden radiation that emanates out from the entirety of the energy field of the person who is depicted.

Our spirit is a higher universal power which is present and active in our formation in the womb but may or may not be actively participant in our lives. This is because our spirit—the highest and most illumined part of us—comes into active participation only when our body, soul, mind, energy field, and psychological formations combine together to produce a level of energetic vibration that our spirit can operate within. Thus, if we are functioning within the lower three levels of the energy worlds spectrum, our spirit is caused to retreat and cannot participate actively in our lives. Conversely, when we are able to engage with what lights us up and this corresponds with the energetic frequencies of the higher four levels of the planet’s energy worlds, our body, mind, soul, energy field, and psychological formations function at a high level, enabling our spirit to join, illuminate, and enlighten our lives.

According to the energetic ecology we create in our body, mind, soul, and energy field by how we think, feel, and act, we can attract throughout ourselves the illuminating power of our spirit. The energetic ecology we create is determined by many factors such as our belief systems, attitudes, experiences, and how we exercise our power of conscious choice. When our energy field is empowered by the presence of our spirit, essences that exist within the higher levels of the planet's energy worlds are attracted to join us. It is the presence of higher energetic signals in our energy field that encourages the participation of our spirit in our lives, because our spirit can only join us when the energetic ecology we create resonates at level 4 of the planet's energetic spectrum and above. In levels 5, 6, and 7, we find ourselves in the lower levels of energetics in which the nine psychological blockages form and flourish. These nine syndromes are major blockers that prevent the flow of our spirit. Our spirit cannot participate in an energetic ecology in which dark formations dominate and so remains hidden in the region of our sacrum at the base of our spine. Our spirit cannot be tarnished or injured in any way. It is designed to withdraw in the presence of toxic energy. Our spirit is of such a high pedigree that it either participates when the energetic ecology we provide is of a level that invites its presence or it withdraws and retreats from us when our energetic ecology is toxic.

SYNDROME

I use this word to describe a psychological and energetic state that has progressed from being a temporary and occasional occurrence (such as an occasional bout of fear) into a chronic condition. A syndrome consists of a repetitive default pattern in our psychological profile that is both attached and attractive to corresponding energies from the planet's energy worlds spectrum and from the thoughts, feelings, and energy fields of other people. The syndromes I work with and have identified in my client practice, are comprised of particular groups of symptoms that appear together and undermine or block our possibility for spiritual happiness while simultaneously causing us psychological pain. These syndromes, although established as recurring default patterns, can be cleared and superimposed upon through the work of spiritual transformation.

The nine psychological syndromes and remedies I discuss in my book, do not present themselves singly or in a linear fashion but present themselves in multiple combinations. Several syndromes may manifest together to produce a dense fog through which it is difficult to penetrate. Alternately, several lights coming together can produce an intense illumination within our energy field that is so potently energizing and healing, it can enable us to achieve accomplishments and experience states of wellbeing far beyond our expectations.

From Psychological Pain to Spiritual Happiness:
The 9 Prime Causes of Psychological Pain
And How To Heal Them
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