

Exercises to Build Archetypes

These visualization exercises create thoughtforms that will become a powerhouse to control our future mental, emotional, and physical actions. We are creating fundamentals — archetypes — in our creative imagination.

Exercise 1

1. Sit very quietly and relax.
2. Visualize that you are sitting near a river. Make it very real. Take some water in the palms of your hands and wash your face with the nice, cold water. Say, “May this water purify and clean my eyes and face.” Repeat this three times.
3. Now wash your feet. Make your imagination as real as you can. Wash your toes and both feet and say, “I wash my feet so that I will be able to work for the Almighty Power in the Universe.” Wash your feet again and repeat the same words. You are sanctifying yourself.

4. Wash your hands and say, "I wash my hands so that I can build the Temple of the Lord." Wash them once more and say the words again.
5. Wash your face again with nice, cold, pure water. Wash it three times and each time repeat mentally, "I wash my face so that it shines with sincerity and joy."
6. Wash your eyes and blink in the water. Open and close your eyes and say, "I wash my eyes so that they radiate peace and power." Do this three times.
7. Now, find a waterfall. Stand beneath it and feel the cold, almost freezing water. Make this real. Hear the noise of the water hitting your head and back. All of your body is under the waterfall. Say, "I wash my body, O Lord, and dedicate my body to Your Service. Let all pollution and dirt be washed from my body so that my body is healthy, energetic, happy, and strong." Repeat this three or four times in your own words.
Imagine that the dirt is being washed away into the river. You are washing not only your physical body but also your emotional and mental bodies. Let whatever you do not like be rinsed away.
8. Step out from under the waterfall and wash out your mouth. Wash your lips and tongue and all inside your mouth. Gargle and rinse it out, sweeping out the dirt, gossip, belittling talk, cursing and other ugly things. Then say, "I wash my mouth so that it may always speak about Beauty, Goodness, Righteousness, Joy, and Freedom." Wash your mouth out again.

9. Turn to the sun. Look at it and say, "I have washed myself. Now I am ready to absorb your light." Close your eyes and see the light of the sun penetrating into every part of your body, healing, harmonizing, and cleansing. Imagine your whole body being soaked by the sun: your knees, your back, your shoulders and chest, your head, your legs. Every part is soaked by the sun.
10. Dress yourself in a long white robe and say, "I am going to meet my Angel." See your Angel approach, and kneel in front of Him. He is radiant, beautiful, powerful. Tell Him that you have washed and purified yourself. Choose three physical habits, three emotional habits, and three mental habits that you are ready to renounce. Tell Him that you are now ready to renounce these habits.

Do not attach to the habits you are renouncing. Name them one by one, and say after each, "From now on I am renouncing you." After naming all nine, say, "I renounce the temptations of my physical body; I renounce the temptations of my emotional body; I now renounce the temptations of my mental body."

11. Rub your hands together and open your eyes to complete the exercise.

The habits and attachments of our three bodies are hidden. It depends on how smart you are to find them and bring them out of their caves. How many rattlesnakes live in the caves? You are going to pull them out one by one

and say, “Now I have you!” Some examples of things we can renounce are physical inertia, attachment to food, and activities that are just for our own self interest. Some emotional attachments are being slow to forgive, quick to judge, and careless in our speech. The mental attachments are the hardest to discover. Self-pity is a very big mental snake that hides under your bed and always hisses.

This is a process of confession. We are in confession now to confess in front of our Solar Angels and before the group that we are dropping certain things that are not good for us.

You must have the courage to speak them. This is not a plan; it is an actual dropping off. You are dropping these things. Such an action creates great joy in the Solar Angel of the group if you abide by it. For example, if you say, “I am not going to gossip,” you reaffirm and stress to yourself that you are going to abide by your decision to renounce. And the group says, “Yes, you will do it,” and fortifies and strengthens your own decision for self-discipline. This is a very important point.

If you were unable to find any emotional or mental vipers, it may mean that they are deeply hidden. It depends on your character, nature, and psyche. It is not a sign of being backward or forward; it just is.

You are now like a sculptor. You have the stone of your personality and a chisel and hammer in your hands. You are going to make yourself so beautiful. What are those things that are making you ugly?

Exercise 2

1. Close your eyes.
2. Find fifteen things that are making you ugly.
3. Say, "I wish that I could be finished with these."
4. In your imagination take a piece of paper and write down the fifteen traits. See how beautiful this process is. Do not hurry; be realistic. Once you write it down in your imagination, repeat it in your mind.
5. Pour gasoline on them, and burn them.

After completing the visualization, take a piece of paper and record the first trait. State why it is ugly and how it has harmed you. Then proceed through the remaining fourteen traits and your observations about them. After the list is complete, you can actually burn it if you wish.

The first step is to decide from your viewpoint and from the viewpoint of others what those things are which make you ugly. Be your own judge. Judge yourself and say, "Gossip is not good." Then write it down. Look again. "Well, touchiness is not good." Write it down also. Imagine real problems that you are pulling out of your nature. Find out why you sometimes like yourself and sometimes you do not, even though others may like you. Remove these fifteen things from your nature. Be honest with yourself. There is no criticism.

Exercise 3

1. Close your eyes.
2. Find ten very important qualities — physical, emotional, mental, spiritual, social, in the group, in the world, and in humanity — that will make you the most beautiful person. Ask yourself, “What qualities, if I had them, would make me the most beautiful person and why?” Use your creative imagination. Do not limit yourself. Think great...because you can be great. Find these ten qualities that you most desire, and discover why each one is important to you.
3. Open your eyes and write down your list and the observations you had about the qualities.
4. Close your eyes again and think of five things that you are doing wrong in any group or organization to which you belong. Perhaps you think that you do not do anything against your group, but be very sincere because that is what will get you closer to your Solar Angel. If you lie to yourself, then you will not expose yourself and you will be hiding. Find five things that you are doing wrong toward your group or organization.
5. Open your eyes and record your observations.
6. Close your eyes. Find three things you are doing wrong to your physical elemental. Be very sincere. You must be intelligent to find them and give the correct answers.

7. Now find four things that you are doing wrong to your emotional elemental.
8. Record your observations.

Exercise 4

This exercise is a little more complicated.

1. Close your eyes.
2. Find the ways and means by which the physical elemental tries to seduce you. What techniques does it use? This is not easy, but make an effort to find them. Start with finding the object it uses. For example, it may be food, sex, inertia, or laziness. How does the elemental seduce you, then bleed you, and eventually control you? Through this procedure you will begin to discover its techniques. You can do this procedure the same way you would examine how a person seduced you and drew you into complications and trouble.

We usually do not make the effort to discover these things. But once you begin the process, you will see how the elemental has various formulas, stereotypes, and clichés that it uses repeatedly. People think that the stock market is complicated but actually with only two or three different formulas, they put all of your money in their pockets. The same is true of the physical elemental. It has just a few tricks.

Take an example from the past and study it in your mind. Find the tricks of that elemental. For example, do you have an example of how your physical elemental prevented you from attending a full moon meditation? Perhaps it played a very intelligent trick. Perhaps it made you drink alcohol or do something against your conscience. Find out how it works. Find its language and technique.

The physical elemental cannot be made a scapegoat because a scapegoat is innocent. The physical elemental plays sick. It plays being excited, hungry, or thirsty. It plays the show-off. You are going to uncover and fix the physical elemental.

You are not aware of how much control you lose by not knowing the techniques it uses. From now on you are going to separate yourself into parts. You only think you are a complete human being, but you are not. You are going to reassemble the parts.

When you buy a car, you must learn how to operate it. When you buy a computer, you spend six months learning how to operate it. But you have not been taught how to operate the parts of your personality machine.

Exercise 5

This is a very beautiful exercise which helps you discover that you are not the physical, emotional, or mental bodies. The purpose of this exercise is to teach you that you have different parts in your mechanism. You must learn how these different parts operate, the language they speak, and the laws and rules they follow.

1. Close your eyes.
2. Visualize yourself standing on a mountain top. Now, in your visualization, lie on your back and get out of your physical body. Look at it. See your body lying there. See your physical body as soil, as earth.
3. Next, leave your emotional body and remain outside of it. See your emotional body as something watery.
4. Now leave your mental body and remain outside of it. See your mental body as ethereal, fiery.
5. You are a flame. Look at the three bodies and observe how they operate. The physical elemental wants something; the emotional elemental wants something; the mental elemental also wants something. But you are not them! Observe your three bodies lying there and mentally register that you are not them.
6. Now dress yourself in the mental body. Then put on the emotional and physical bodies. Stand up.

Exercise 6

Repeat the steps in Exercise 5, with the following addition. When you have left the physical and emotional bodies, notice that the physical eyes are blind but that the emotional eyes are half open. The mental eyes are just replicas. See the bodies in the same pattern.

Exercise 7

Repeat Exercise 5, with the following additions:

1. When looking at your physical body, see if you can find any dark spot on it.
2. Next, look at the astral body and you will find the corresponding black spot. They may be in different places.
3. Now look at your mental body and see if there are any black spots there. Try to see if they correspond or if they are different.
4. Stay as a flame and focus your ray from that flame, sending it to any black spots that you find in the bodies and dispersing the spots. This is the supreme self-healing exercise.
5. Try to shed light until no black spots exist in any of your bodies. Try to dissolve every spot. This is how the Great Ones heal and regenerate Their bodies.
6. Look at your physical body again and if there is any area that needs work, direct the beam of your flame to the corresponding spot in your etheric body. You are projecting a beam of light to the etheric body. Change the black spots into violet.

In the astral body change the black spots to silver. Make the body totally silver.

The mental body is mostly green because the lower mind is green. If you see a dark spot, make it totally green.

7. Now ponder how these bodies are different from you. You thought they were you, but they are not.
8. Rub your hands together to end the exercise.

The three bodies resemble each other, but the mental body resembles the physical body more than the astral body. The physical body is a total reflection of the mental body. That is why we say, “Whatever you think in your heart, that is what you are, and that is what you will become.” Our physical bodies are the condensation of thought, the resumé of our thoughts. That is why Master Morya says, “Lofty thinking has a great healing power.” In lofty thinking you have harmonized and beautiful thoughts that eventually mold your body.

In the future, great philosophers and thinkers will live very long lives because their mental bodies are going to become their physical bodies.

Read in *The Psyche and Psychism* about the five senses. It says that when you enter into the astral plane, you do not see anything. Unless your astral eyes are open, you do not see anything. Have you had a dream where you were driving a car and could not see anything, or where you were walking blindly? If so, you were having an astral-level experience.

Even if you cannot see the astral aura, you can still have the sense of feeling and of knowing. The astral body is feeling, the mental body is thinking, and the physical body is the instrument of action. You use these three instruments for feeling, thinking, and acting, but you think you are the instruments. In the physical body there is a

pushbutton that says, "I want sex." Then you say, "I want sex." But it is not *you* who is asking; it is the physical body who is asking. Maybe it asked for sex because it saw a naked body. The naked body activated a pushbutton on a computer. Every sexual impression that you have on your diskette comes to the surface and overpowers your will, making you obey the images.

For example, you are making an index and looking for the word "war." When you push that button, "war" fills the screen, collected from various paragraphs and pages of the text. If the computer is smart enough to do this, what about the creators of that computer? The human mind is more intelligent than a computer, but you must see this. Blavatsky said something very important: "If in the future people understand how electricity works, then they will know what man is and what God is."

You are an extremely complicated, masterpiece computer that has pushbuttons. Your three bodies operate mostly from pushbuttons, and you can, unknowingly, push certain buttons causing the machine to work in certain ways that you do not want. Since you pushed the button already, if you do not know how to push the "cancel" button, the first operation will exhaust itself before it stops.

You have made notes on your paper listing the different ways that the physical body seduces you. But did you think to note the ways in which you make him seduce you? Let us say you are in an airport magazine shop and you find a pornographic magazine. Up to that point your body was okay, but now it says, "Hey, let's go to a nightclub." You pushed the button, so it acts.

You are going to find the tricks for how this mechanical computer works. It is mechanical — not conscious. You do so many silly things and think that you are doing them, but they are being done mechanically. The Ageless Wisdom says, “Man is a machine.” Man runs by pushbuttons. Until the human soul controls the machine, the man *is* a machine. He does not really exist. If you sit and ask, “Why am I doing all these things that I dislike in my life?” you will see that you were not even present. The physical, emotional, and mental bodies were working and playing the game. The whole show was run by them. There is something written in the *Bhagavad Gita* to which we often fail to give proper attention. Krishna says, “All life runs by *tamas*, *rajas*, and *sattva*. *Gunas*¹ run your life.” This was so difficult for me to understand: “*Gunas* run the show.” You need lots of time to think and meditate to find out exactly how *gunas* are running the show. *Tamas* is inertia, *rajas* is motion, and *sattva* is rhythm.

Krishna then says something very mysterious: “*Sattva* binds you with the threads of harmony and beauty. You must go beyond *sattva*.” Krishna is saying that your physical body can be most beautiful, the emotions can be most beautiful, even the mind can be most beautiful, but still the human soul can find a beauty which surpasses these beauties a million times. Then why are we stuck in our lower vehicles? By reading carefully you will begin to see the answer.

1. *Gunas* are the three qualities or motions of all matter. For more information see *The Bhagavad Gita*, Ch. 13, and *The Creative Fire*, pp. 103-105.

In the same line, the *Gita* says that “action” is really “inaction” and that “inaction” is “action.” The spirit in man is not in action, but also it is in action. When the spirit is identified with the physical, emotional, and mental bodies, it is in action, but actually it is not doing anything. It is just observing what the personality monkeys are doing and it is seduced by them. The *Bhagavad Gita* is a masterpiece. That is why I want you to study it. I want all of you to finish the *Bhagavad Gita* course, then the Virtues Course, and then higher and higher courses. They are splendid.

As a group we are seventy years ahead now and things are changing. You are growing, but you do not know how much you are growing because you do not see it. In groups there is a curious phenomenon that occurs. Group members look at one another, so it appears that no one is advancing. But the relative speed of the group as a unit is very fast. You cannot see this because you are not standing still on the outside watching the group as a whole.

One day I became sleepy while I was driving, so I decided to awaken myself by having some fun. I saw another car and passed him. Then he passed me. Then I passed him. Sometimes we traveled alongside one another for two miles or so. We were going eighty m.p.h., but it seemed as if we were standing still. Yet, if you observed us by standing on the roadside, you could tell how fast we were going. In similar ways you criticize each other and say, “So-and-so is the same cabbage,” or “So-and-so is the same potato.” But since you are all speeding along together, it only seems that way. When you see this, your criticism will stop.

Another law has been mentioned many times but is rarely discussed. As soon as you come in contact with the Teaching, you are in danger. This is true because the age-long accumulations of trash within your psyche must come out. Fear, anger, hatred, jealousy, stupidity, and many other monsters that do not have names come to the surface like trash. You see it but do not know what to do with it. Other people see it too and say, “She is trash.” Wait a minute! She is in transformation now. Give her time. That is why I stress that we must have patience with ourselves and with others. People come to me and say, “Throw this person out. He is obnoxious. He doesn’t have discrimination or understand what he is doing.” My reply is, “Shut up and sit down. A person whose trash is being released really knows about it. He or she knows that when you put mud in your hair and on your body, the water you rinse yourself with will be muddy. The water is dirty, but you are cleaning yourself and it takes time. During that period of time, do not keep me busy with your complaints.”

Time must be allotted for transformation. But there is another danger. Sometimes when you suddenly see the trash floating on the surface of your life, you identify with the trash. Instead of emptying the trash, you unite with the trash and then nobody can clean you. It is so important to know these things so that you are not harsh with one another. This is the Wisdom of the Path.

I know people who make me crazy every day, but eventually they become so beautiful. You must be patient and endure. Our intention must be not to lose any brother or sister. Losing someone is easy. We say, “Go to hell! I

don't want to see your face again! You are obnoxious. You criticize others and gossip about others. You fall into treason," and so on. It is very easy to say these things, but can you instead work to change that person and help him or her become beautiful? That is how you win. That is when your Master will say, "Aaaah, you can do it." It is easy to destroy, but the repair is not so easy.

Now we are coming to the most dangerous phase. Take a three-minute walk and rest a little so that you can be ready for the next exercise.

Exercise 8

This part of the seminar is called self-confession.

1. Visualize your Solar Angel standing in front of you. Tell your Angel whatever you think you have done wrong, said wrong, or thought wrong, with very real and deep regret and renouncement. It must be very specific, not imaginative. Find nine things and say, "I am really sorry that I did these things."

What is it you have done in your life that is against your Solar Angel, which means, that is against everything? Be very specific. Remember the events and go over them and dramatize them so that He sees exactly what you did. For example, if you stole my lamb, how did you do that? What did you do with it? Enact it exactly so that He sees and says, "Wow. Okay, next." Confess nine things. Do not hesitate and do not hide anything. He actually knows already, but you are going to clean them from your consciousness

and make your conscience pure and clean. What nine things do you think are wrong?

You can find them from your childhood until now, or you can go back only a few years. If you go back as far as your childhood, it will be one loaded trap.

Take ten or fifteen minutes to go through all nine points. Do not jump from one to another. First finish one, then go to the next. When you have finished all nine, rub your hands together and open your eyes.

2. Now close your eyes again. This time find seven instances in your life of which you are extremely proud. Talk about them with your Solar Angel. "I did this, and this is the way I did it. Watch to see how I am doing it." Find seven great things that you have done in your life. When you are finished, rub your hands together and open your eyes.
3. Once again close your eyes. Find three great things you want to do. Have a wide, creative imagination. Really do the things that you wish to do in your imagination. For example, if you are going to build a university, see that it is built and completed. Make it actually, consciously built. Find three great things you want to do before you pass away. What three great things will be written in history about you? When this exercise is completed, rub your hands, open your eyes.

You can always increase, change, and refine your thoughtforms and make them clearer, just as an engineer

does. If an engineer is going to build a temple, he takes a piece of paper and a pencil and works until the design is perfect. Then he decides how he can implement the blueprint. He will need to determine how much money he will need, which people, what skills, how much labor, and so forth.

First comes the vision. Your vision then disciplines you and makes you able to actualize your vision. When your vision is actualized, then comes the experience. Now you know what you really desire and what the actualization of your vision will do for you. If you desire something wrong, notice how that desire does not bring joy to you. If your vision brings joy, prosperity, greater wisdom, and freedom, then you desired the right thing. The formula for surpassing and transcending yourself is to have a vision and strive toward that vision.

You do not have to destroy the old, outworn thoughtforms. When you build new ones, the old ones disappear. The new one “eats” the old one; the old one is nourishment for the new one. Forget the old one and put increasing emphasis and thought upon the new one, and it will come to you.

There is a law that was very simply expressed by Christ: “Knock, and it will open. Ask and it will be given. Search and you will find.” But you must know how to knock, how to ask, and how to search. If you really knock, it will be opened. We think that things are hidden and that we must find them. No, it is all here — everywhere! But it is a matter of concentration. If you connect yourself with

the storehouse of divine wisdom, you will know everything. It is just this simple.

When the time comes for you to draw in certain people to implement your plan, you can reveal part of the plan to those people. But the greater your vision and the closer it is to the Hierarchy's, the greater will be the number of your enemies.

Suppose everyone around you has a computer. You do not know which person will steal from your computer with his own computer. If you do a computer search about the atom, for example, you might find that another computer has the answer. You get permission from the other computer and load his information into your computer. You now have the information that you drew from the other computer. But this computer may have stolen the information from another computer, and so on. Let us say that the person you plan to include is a very good person, but in some circuit he is tied to a dark computer. The dark computer will be able to tap in and find out what is going on in your computer, and then the dark computer will take action to prevent your pro-Hierarchy plans from manifesting. Master Morya says in *The Fiery World* that many great visions and decisions have been destroyed by dark ones just as soon as they became informed of the plan.

There is risk as well as benefit in having co-workers and talking with them. You need to be wise in how to do it. Twenty years ago, I spoke about building a temple to some people and they made a mess out of it. I was very sorry that I spoke to them about it because they made my idea ridiculous.

It is important to have a little reticence. If you say to your friends, “You know, I am going to open a business for you very soon,” it may be that for some reason you cannot do it and keep your promise. Wait until you can do it, and then tell others. If you check yourself, you will find that you have created many complications by talking about your plans beforehand. It is important to emphasize control of speech, especially where your visions are concerned. Your visions are sacred. Do not talk about them; you do not need to. Work to actualize them instead. Your work will speak louder than your words.