

# Contents

Chapter 1	Mind and Body	6
Chapter 2	Mind and Physics	13
Chapter 3	The Ego	27
Chapter 4	Psychology - Mainstream and Esoteric	39
Chapter 5	Human Consciousness	49
Chapter 6	Glamours, Illusions and Evil	65
Chapter 7	The Subtle Anatomy: Our Esoteric Constitution	83
Chapter 8	The Seven Rays	91
	The First Ray - the Path of Will and Power	94
	First Ray Evolutionary Qualities	95
	First Ray Involutionary Processes - Glamours and Illusions	96
	The Second Ray - the Path of Love and Wisdom	97
	Second Ray Evolutionary Qualities	98
	Second Ray Involutionary Tendencies - Glamours and Illusions	100
	The Third Ray - the Path of Active Intelligence	101
	Evolutionary Qualities of the Third Ray	102
	Third Ray Involutionary Tendencies - Glamours and Illusions	103
	The Fourth Ray - the Path of Harmony Through Conflict	104
	Fourth Ray Evolutionary Qualities	106
	Fourth Ray Involutionary Tendencies - Glamours and Illusions	107
	The Fifth Ray - the Path of Concrete Knowledge	109
	Fifth Ray Evolutionary Qualities	110
	Fifth Ray Tendencies - Glamours and Illusions	111
	The Sixth Ray - the Path of Devotion and Idealism	112
	Sixth Ray Evolutionary Qualities	113
	Sixth Ray Involutionary Tendencies - Glamours and Illusions	115
	The Seventh Ray - the Path of Organisation	116
	Seventh Ray Evolutionary Qualities	117
	Seventh Ray Involutionary Tendencies - Glamours and Illusions	118
Chapter 9	Chakras in Perspective	121
	Base or Root Chakra	134
	Sacral Chakra	135
	Solar Plexus Chakra	135
	Heart Chakra	136
	Throat Chakra	137
	Brow Chakra	137
	Crown Chakra	138
Chapter 10	Genetic and Environmental Influences on Consciousness	141
Chapter 11	As Above, So Below	147
Index		149
Bibliography		152
Theory Assessment		155



# INTRODUCTION

PsychoBioKinetics is a programme quite unlike any other kinesiology course that is concerned with the mental-emotional level of our being. To qualify this statement, a brief overview of the structure and composition of PsychoBioKinetics is required.

They key statement that may be made about PBK is that pre-eminently this is a course of study dedicated to the awareness that: "all is energy" and that "energy follows thought." With these central themes, the nature of mind and consciousness is variously explored and described.

The subject of study of the human mind, as considered in some conventional circles, is by no means the sole domain of the mainstream science of psychology and psychiatric medicine. Mind as a phenomenon cannot be "pigeonholed" thus, for the reason that the human mind is quintessentially *us* at all levels of our being. Mind precedes all else.

Throughout Applied BioKinetics much use is made of the concept of the Triangle of Health. It is a highly practical and effective model for the assessment and treatment from the kinesiological perspective, of energy imbalances throughout the makeup of the individual. However, unlike nutrition and structure, the mental-emotional component represents our being at the non-physical, non-local or metaphysical levels. It is the metaphysical component of our being that is at once descriptive of our true natures and also the greatest source of stress, suffering and disease.

Hence, the subject of the human mind and its definition is approached by drawing information from the disciplines of neurophysiology, psychoneuroimmunology, biochemistry, somatopsychic therapy, humanistic psychology, modern post-quantum physics, the ancient wisdom and theosophy.

From this theoretical platform defining mind both exoterically and esoterically, a workable construct of the mind's reflection in the physical form and in the subtle anatomy, is created.

The kinesiologist therefore, has a definitive structure upon which to base exploration of the energetic makeup of the individual. In keeping with the concept of suppression, deep-seated sources of "primary stress" may be identified and cleared, enabling true healing to occur.