

Seven Planes Study Chart

The Monadic Plane **gives birth** to the Mental/Causal Plane
The Mental/Causal Plane **gives experience** to the Monadic
The Atmic Plane **gives birth** to the Physical/Etheric Plane
The Buddhic Plane **gives birth** to the Astral Plane
The Astral Plane **gives experience to the Buddhic**

7th Plane: Adi: Emptiness

Where all distinctions of polarities cease to be a barrier in a sea of play... According to Alice Bailey the Adi sets up the first sub-plane of the etheric.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

6th Plane: Monadic: Transcendental/Global Healing/Unity/Hindu Atman.

Jewish/Michael "spark." *Ground of being. According to Alice Bailey the Monadic sets up the second sub-plane of the etheric. The Monadic Plane gives birth to the Mental/Causal Plane..*

1. Your Atman - Unity that underlies your soul and all part of you.
2. **(Where we have explored our relationship with Will, John's friend.)**
- 3.
- 4.
- 5.
- 6.
- 7.

5th Plane: Atmic: Laws of Physics and Nature/Miracle Healings

According to Alice Bailey the Atmic sets up the third sub-plane of the etheric. The Atmic Plane gives birth to the Physical /Etheric Plane..

- 1.
- 2.
- 3.
4. Rules of etheric, acupuncture, nadis and tantra.
5. Gravity, laws odd physics, group agreements.
- 6.
- 7.

4th Plane: Buddhic: Group Consciousness/Gestalts

(Shared Soul groups, but not only soul groups, also "issue" groups with whom you explore issues together.)

Somewhere in the Buddhic Plane you will share consciousness with devas, elementals, nature spirits, etc.

1. *The Buddhic Plane gives birth to the Astral Plane. Synchronistic space at the level of connection by meaning, not mechanics.*

The raw material of emotions, origins of emotions before they become individualized.

Everything there is a part of you and you are a part of it.

- 2.
- 3.
4. Where most people in this group will probably find most of their relationships.
- 5.
- 6.
- 7.

3rd Plane: Mental/Causal

Arises out of the Monadic Plane and feeds back into Unity, how each supports the other, how each feeds into and makes the other more.

1. Soul Contact
2. Soul Contact
3. Soul Contact (participates in every breath, every moment of your body and life)

From John's Seven Planes Class Causal Exercise (8/15/12)

Sense in which soul provides the creative matrix...

Say hello to how the causal causes everything...

Say hello to a new deva that John introduced to us in his Seven Planes Practice, a deva that hasn't worked with us before, a specialist in the causal and the human consciousness at the physical, etheric, astral and mental levels.

Somewhere in the three causal planes say hello to individual soul.

Imagine you can feel the shape of your physical body emerge out of that causal soul

The shape of your emotions...and your astral body

The shape of your thoughts...and your mental body

The shape of your causal body...and your causal body...

4. Abstract Intelligence (In the Western sense of that phrase) **Mental Permanent Seed**, center of the head, pineal.
5. Abstract Intelligence (In the Western sense of that phrase)
6. Concrete Intelligence
7. Concrete Intelligence

2nd Plane: Astral (aka:Emotional)

Arises out of the Buddhic Plane. How the Buddhic participates and undergirds and supports the astral.

Astral feeds back into the Buddhic making it more than it was, each interpenetrating and supporting each other, enhancing, making possible.

1. Where a lot of systems find Higher Self. **Emotional Permanent Seed**, liver.
- 2.
- 3.
- 4.
- 5.
6. Operating system.
7. Operating system.

1st Plane: Physical/Etheric

Arises out of the Atmic Plane where you find the Laws of Physic. Interpenetrates and mutually enhances each other)

Group Nadis: Adi Plane sets up the first sub-plane of the Etheric.

1. **Physical permanent seed** in the heart/sternum area. **Brahma Nadi**: very thin shining nadi in the center of the shushumna/central channel. This shining nadi hooks into the soul/earth interconnection. It is inside the body but interconnected with nadis into and through the earth. (**Note**: the **Chitra Nadi** is multi-dimensional, though it is in a way still etheric 1, and especially open to atmic.)
2. Group Meridians (Monadic Plane) Inside the shushumna/central channel is **Vajrini Nadi**, at the color of fire.
3. Individual Nadis: **Sushumna and Ida and Pingala**. Blueprint, structure of body, sets up structure of physicality. Yogi's say, "Clear nadis equal perfect health." Remember that each petal of a chakra is a nadi. Each chakra is the intersection of nadis. (**In the central channel/shushumna you will find a larger elemental, called the body elemental.**)Yogic breathing exercises.
4. Individual meridians: Acupuncture, such as the two that form the micro cosmic orbit: where you connect the governing and conception meridians by placing the tip of your tongue to your palette.
5. Physicality
6. Physicality
7. Physicality

Permanent Seeds

Seth suggests that the permanent seed is more than an information deposit, or an instruction set but, for instance, a Sethian approach would suggest that the physical permanent seed and the soul are exchange points and a supply depot.

Planes

Think of planes as maps of relationship and consciousnesses.

According to Alice Bailey: Relationship of Higher Planes to Etheric

The Adi sets up the first sub-plane of the etheric.

The Monadic sets up the second sub-plane of the etheric.

The Atmic sets up the third sub-plane of the etheric