

Seven Planes Chart

with John Friedlander

7th Plane: Adi: Emptiness

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

6th Plane: Monadic: Transcendental/Global Healing

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

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

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

4th Plane: Buddhic: Group Consciousness

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

3rd Plane: Mental/Causal

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

2nd Plane: Astral (aka:Emotional)

- 1.Where a lot of systems find Higher Self
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

1st Plane: Physical/Etheric

1. Group Nadis
2. Group Meridians
3. Individual Nadis
4. Individual meridians
5. Physicality
6. Physicality
7. Physicality