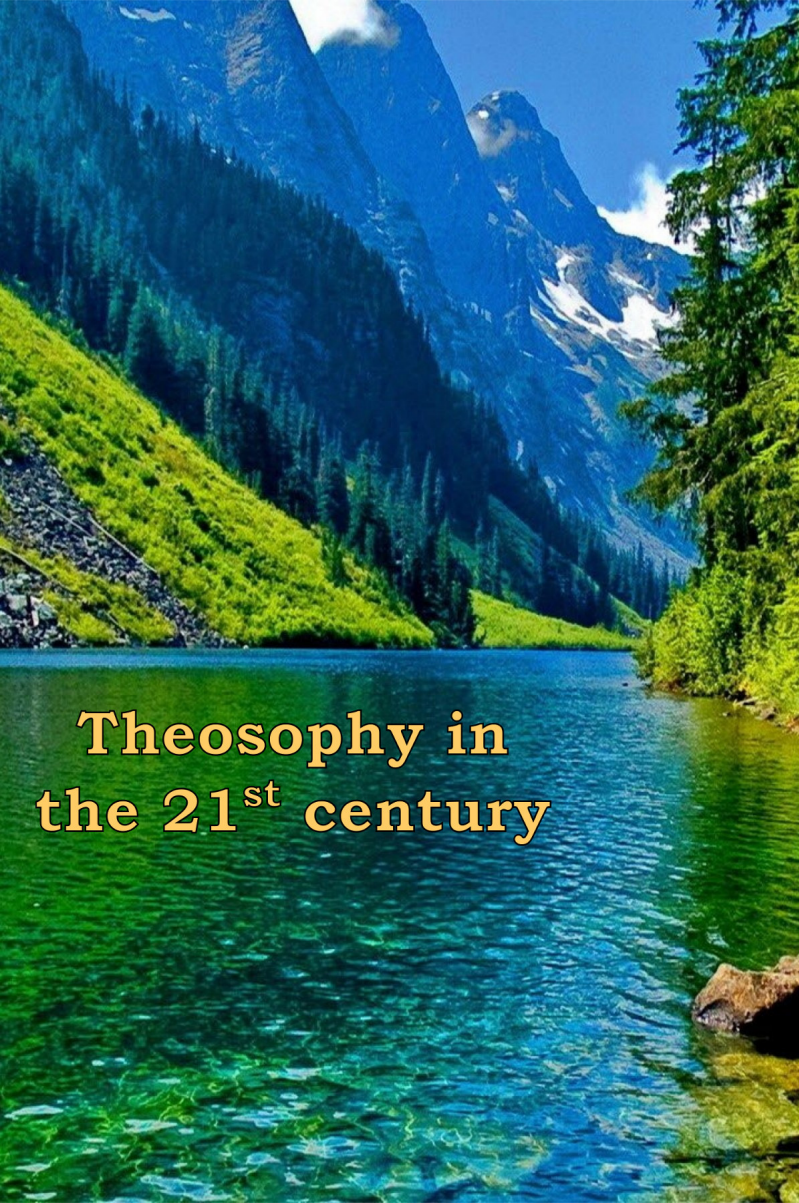




Theosophy in the 21st century

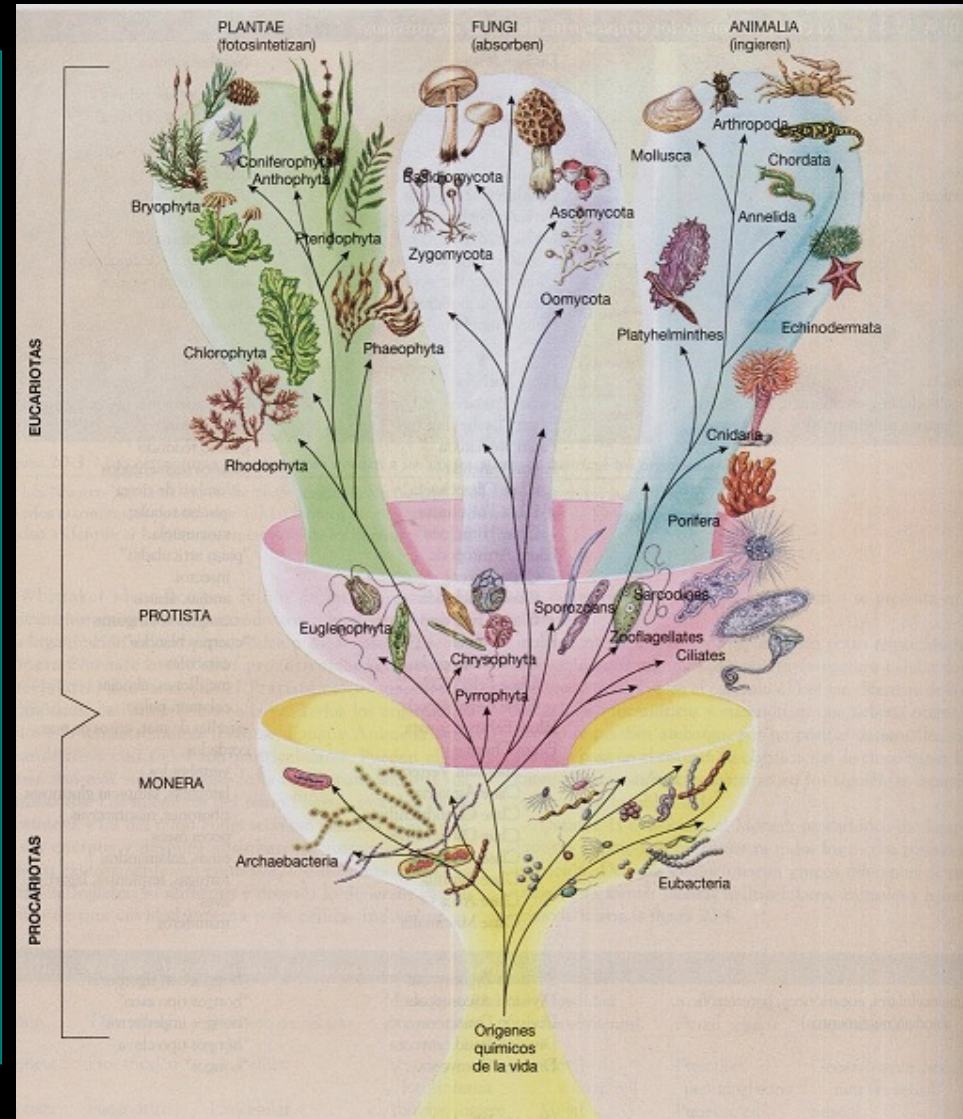
5 Who are we?

Course created by
Carlos Pérez Menéndez
SOCIEDAD TEOSÓFICA ESPAÑOLA

The human being according to Biology

- Biology has discovered that all living beings have evolved from simpler to more complex forms.
- Biological evolution is produced by genetic changes and inheritance
- It is not known how or why life arose (3,500 M years)
- Mammals descend from an ancestor that appeared 280 M years ago.
- Man does not descend from the monkey, but both have a common ancestor

Phylogenetic tree of living beings

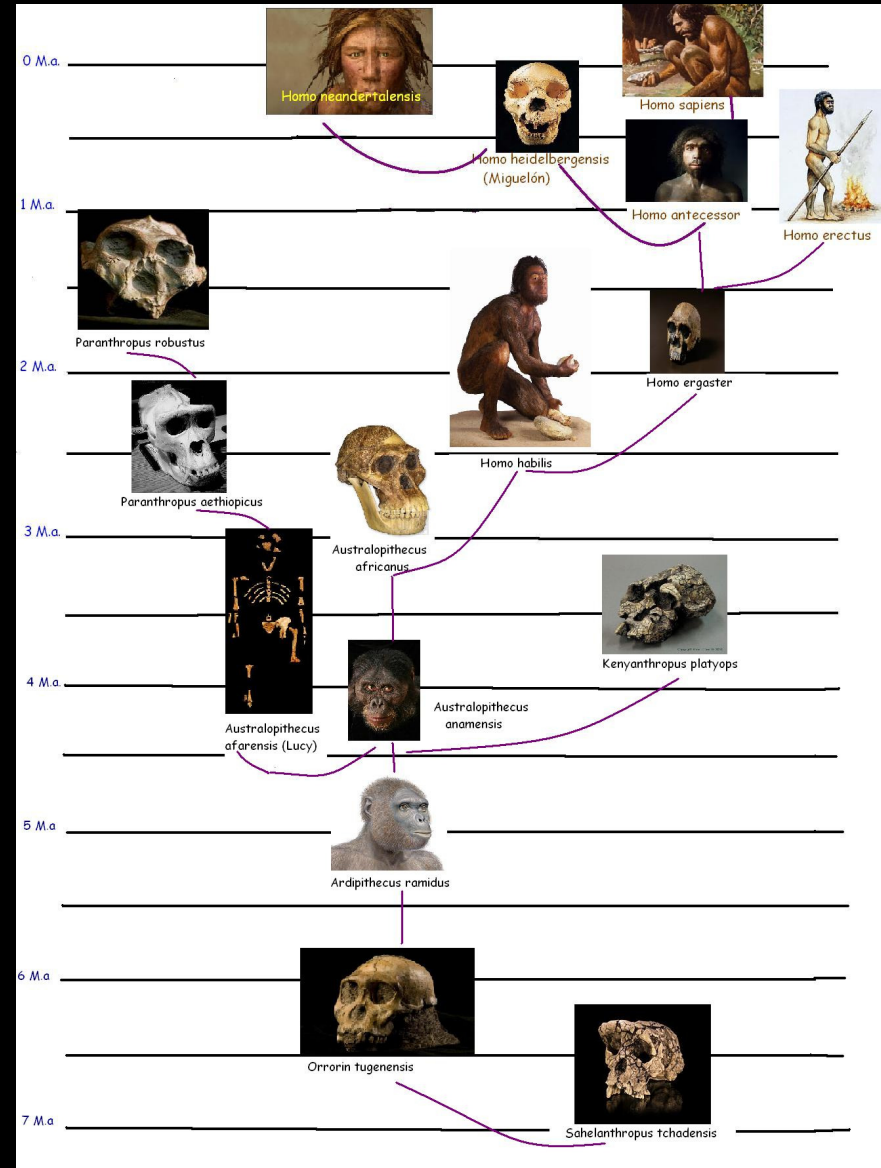


The evolution of hominids

- Hominids appeared at least 7 M years ago
- The current human species is **Homo Sapiens** that appeared about 400,000 years ago in Africa
- It is a social, intelligent species, capable of learning, uses tools

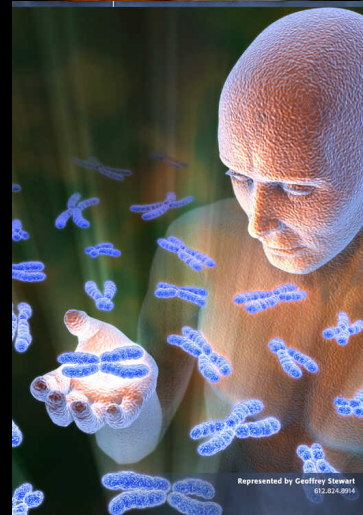


Probable phylogenetic tree of hominids



We are complex beings

- In addition to our body and our senses, we have emotions, thoughts, fears, joys, pain, hope, affection, ...
- All are subjective aspects of what we call **consciousness**
- Since ancient times man has intuited that his body is only a part of himself

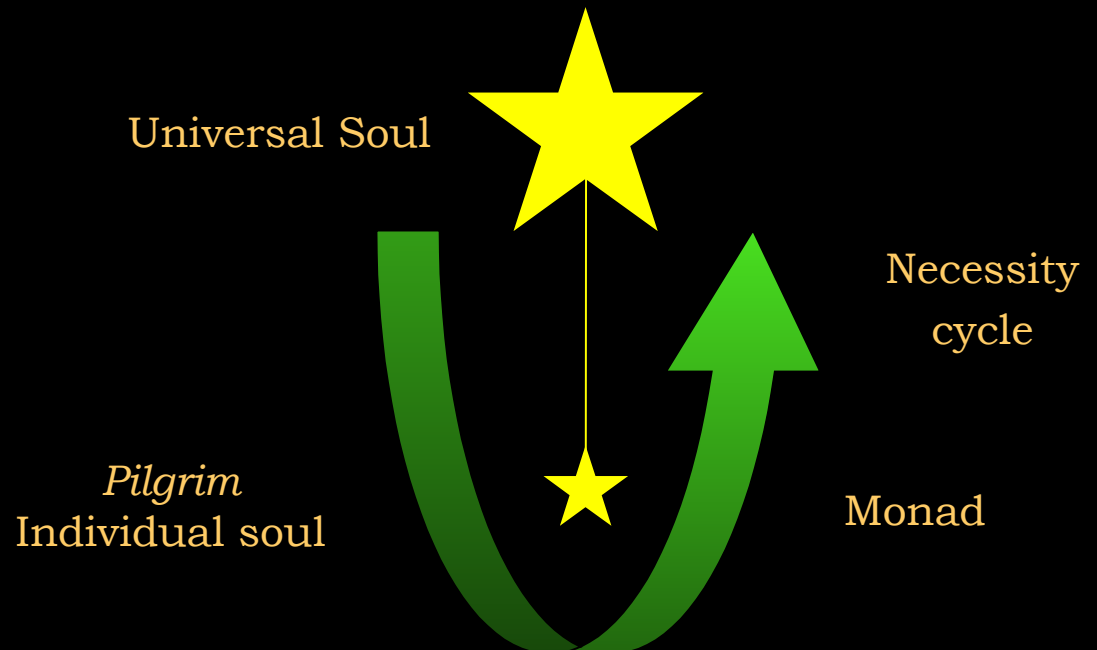


Our essence

III. The fundamental identity of all Souls with the Universal Over-Soul, the latter being itself an aspect of the Unknown Root; and the obligatory pilgrimage for every Soul — a spark of the former — through the Cycle of Incarnation (or "Necessity") in accordance with Cyclic and Karmic law, during the whole term.

Helena Blavatsky, The Secret Doctrine, Proem

- Esoteric Philosophy tells us that we are an emanation of the Manifested One
- We are in essence a Monad, Spirit, a "spark" not detached from the evolving fire



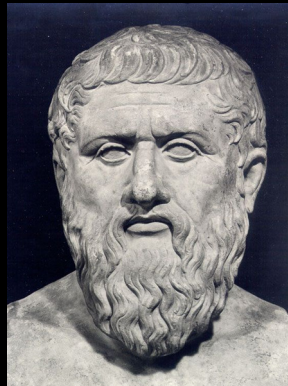
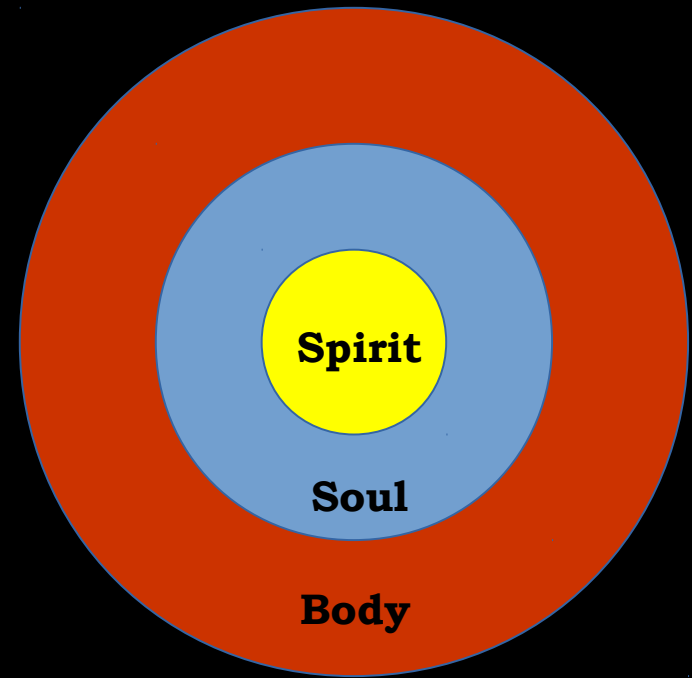
What's in between?

- We know from our own experience that we are complex beings, so what is there between the physical body and the spirit?
- Consciousness expresses itself in different ways within us
- It is not as objective as when we study the organs and cells of the body
- Every philosopher or thinker from the most remote antiquity has asked himself who we are, what is our nature



The triune classification

- Plato and many ancient philosophers considered the triune man:
- **Spirit:** The immortal, the essential spark, the *heart*
- **Soul:** *Psyche*, our psychological identity. Intellect, emotions, inspirations. It can be divided into animal soul and spiritual soul
- **Body:** The material instrument for perception and action



Plato
(-427 to -347)

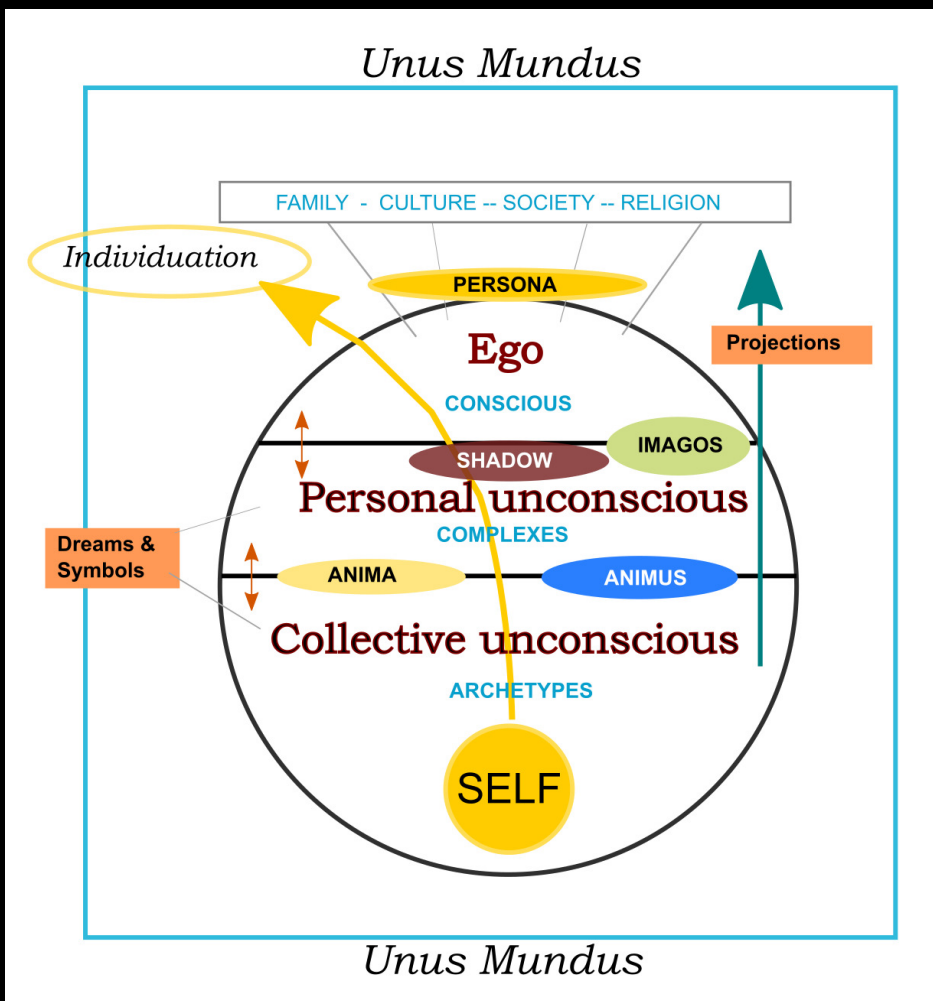
What does Psychology tell us?

- Psychology is the science that tries to understand mental functions, perception, thought, emotions, cognitive processes, behavior, social behavior.
- There are many currents that have evolved
- Jung's model includes personal and trans-personal structures and archetypes



Carl Gustav Jung
(1875 - 1961)

Jungian model of the
psyche (Dr. Daniel Wilhelm)



The Theosophical Ideas

- Man is an emanation of the One Reality, manifested in **7 principles**
- A principle is a functional aspect or differentiated expression of consciousness
- The principles relate to each other and act together as a whole
- The body is the physical vehicle of the entire structure
- The human being is a Microcosm
- There are many classifications

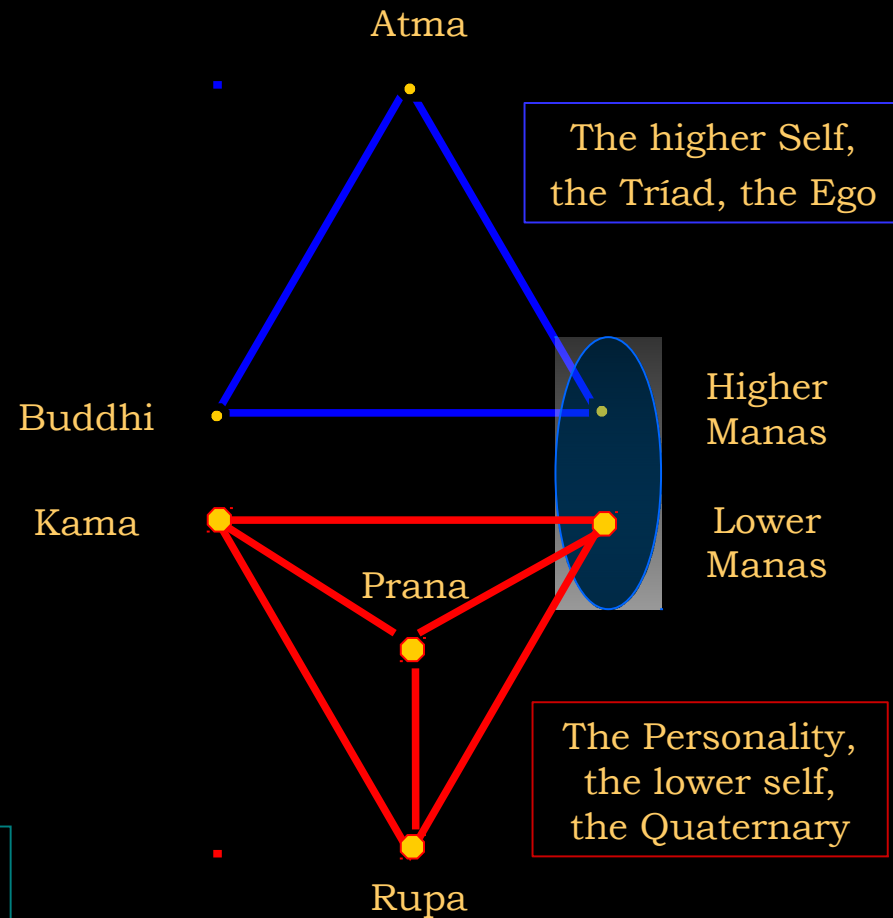


The principles of the human being

- **Atma:** The spirit, the Monad or Individuality
- **Buddhi:** Intuition, the light of conscience
- **Higher Manas:** The abstract mind, the thinker
- **Lower Manas:** The concrete mind, the reasoning
- **Kama:** Desire, emotions, motivations
- **Prana:** The vital energy
- **Rupa:** The physical, the action, the material support of the entire structure

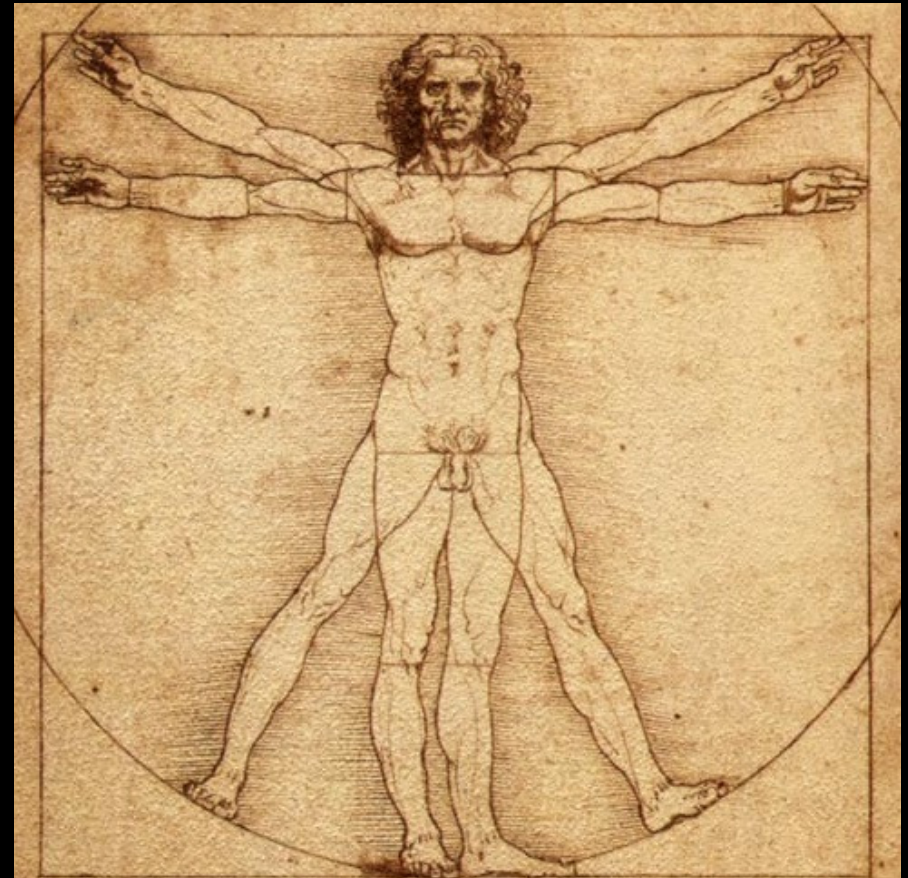
Associations:

- Buddhi-Manas:** The spiritual soul
Kama-Manas: The animal soul



Rupa: the physical body

- It is the material seat of the entire structure of the human being
- Through him we interact with the outside:
 - Organs of the senses
 - Organs of action
- It has a huge complexity and many systems:
 - Muscular
 - Respiratory
 - Circulatory
 - Hormonal
 - ...
- It's care and health is very important for the activity of conscience



Prana, vitality

- **Prana** is a Sanskrit word that literally means breathing, but in this context it refers to the *breath of life*.
- According to HPB Prana is a part of **Jiva**, the Universal Life, which animates every living being.
- Prana is vitality, a kind of energy that makes the body function as a unit.
- “*When the body dies Prana returns to the ocean of cosmic life*” [HPB]



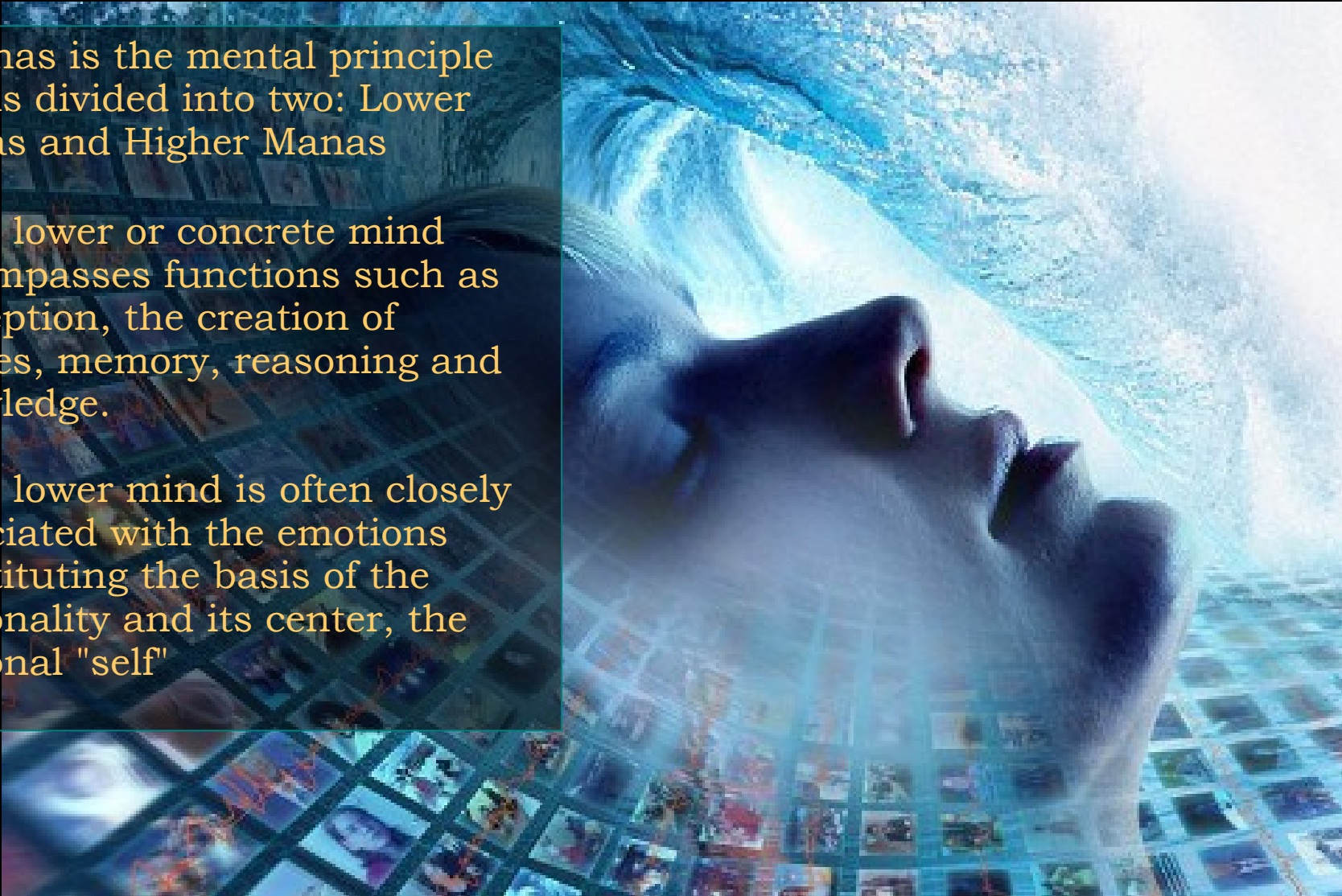
The emotions

- **Kama** is the desire, the emotion, the force that motivates the human being based on attraction and repulsion.
- Love, hate, joy, sadness, security, fear, admiration, resentment, benevolence, cruelty, ...
- Emotions play an important role in practical life and in decision-making (I like or dislike).



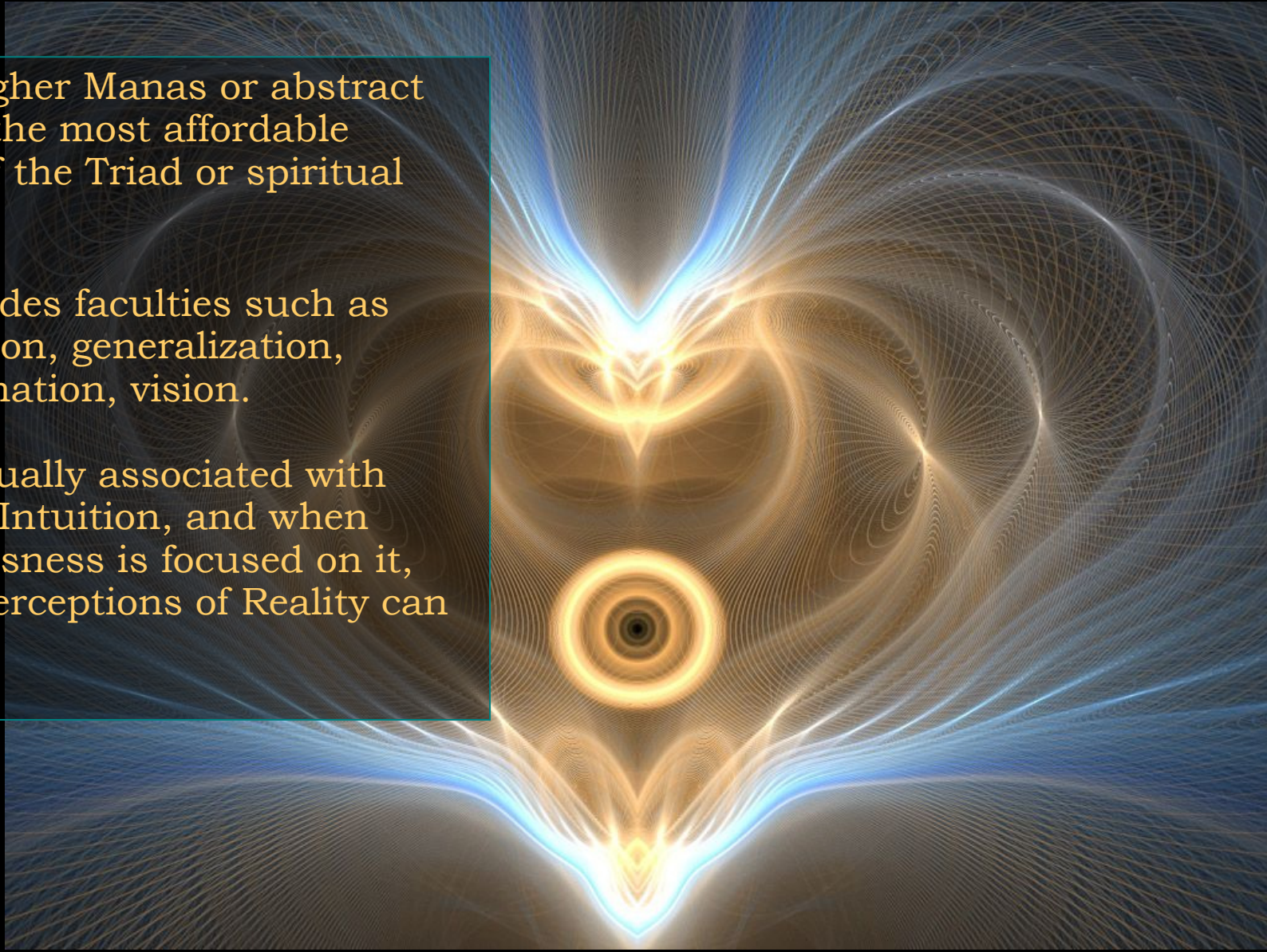
The lower mind

- Manas is the mental principle that is divided into two: Lower Manas and Higher Manas
- The lower or concrete mind encompasses functions such as perception, the creation of images, memory, reasoning and knowledge.
- The lower mind is often closely associated with the emotions constituting the basis of the personality and its center, the personal "self"



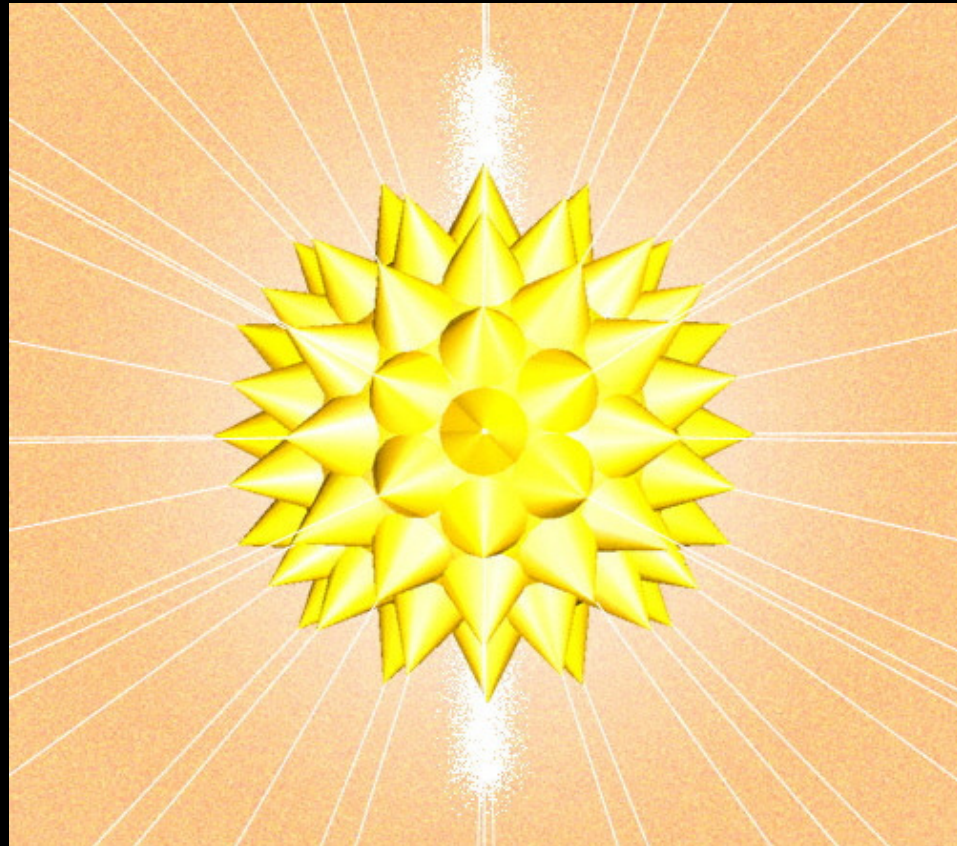
The upper mind

- The Higher Manas or abstract mind is the most affordable aspect of the Triad or spiritual soul.
- It includes faculties such as abstraction, generalization, discrimination, vision.
- It is usually associated with Buddhi, Intuition, and when consciousness is focused on it, higher perceptions of Reality can occur.



Buddhi, the intuition

- **Buddhi** is the Intuition, the light of wisdom.
- Intuition is not "gut feeling" that could be an emotion.
- It is compared to a light by its characteristic of "illuminating" the thinker who otherwise blinds
- The kingdom of Buddhi is of consciousness of the Unity of Life
- It allows us to find unsuspected relationships.



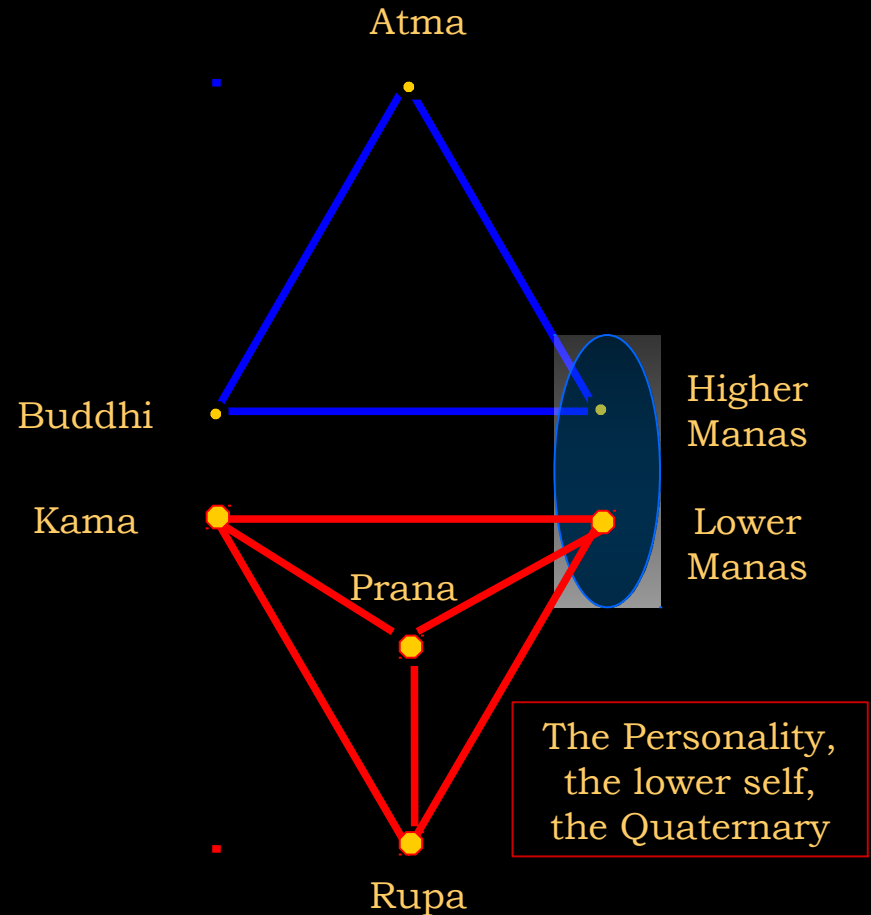
Atma, the will

- **Atma** means the Spirit, the essence of our being that is an unattached spark of the One.
- There is no such thing as "my Atma". It is one.
- It is the subtle force that silently drives us in search of our destiny.
- It manifests as the true Will in the field of conscience.



The personality

- It is the set of lower Manas, Kama, Prana and Rupa.
- It is temporary, it is born and it dies.
- It is the seat of the self, its desires, memories, thoughts, fears, conditioning, etc.
- The focus of attention is usually centered on this psychic structure.



The 3 brains in one

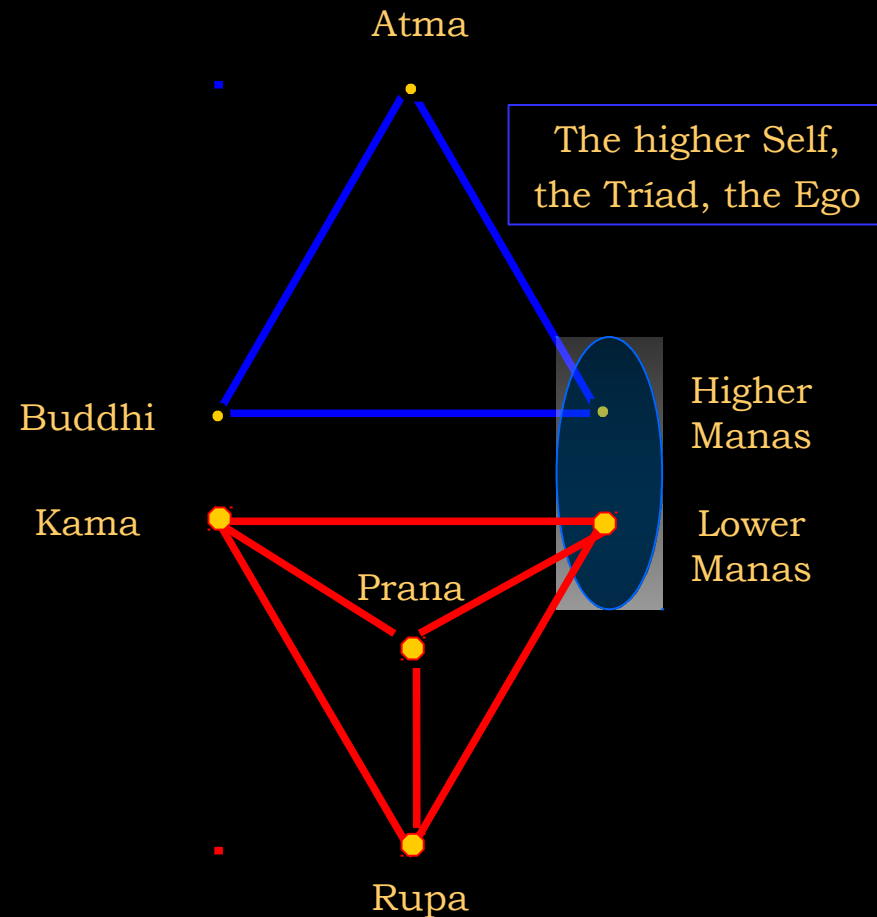
- **Paleoencephalon** (reptile)
 - Brain stem, basal ganglia, reticle
 - Automatic functions
 - → **Physical body**
- **Mesocephalus** (mammal)
 - Limbic system: amygdala, thalamus, hypothalamus, olfactory bulbs, septal region, ...
 - → **Emotions**
- **Telencephalon** (human)
 - Neocortex
 - Higher intellectual functions: analysis, synthesis, language, ...
 - → **Mind**



They have been developed and differentiated through biological evolution

The upper triad

- It is the set of Atma, Buddhi and higher Manas
- It is the relatively permanent structure of the human being, the final repository of learning
- In theosophical literature is usually mentioned as Ego, but in reality in his kingdom the self vanishes
- The relationship between higher mind and lower mind is called *Antakarana* and is like a bridge between the upper triad and the personality

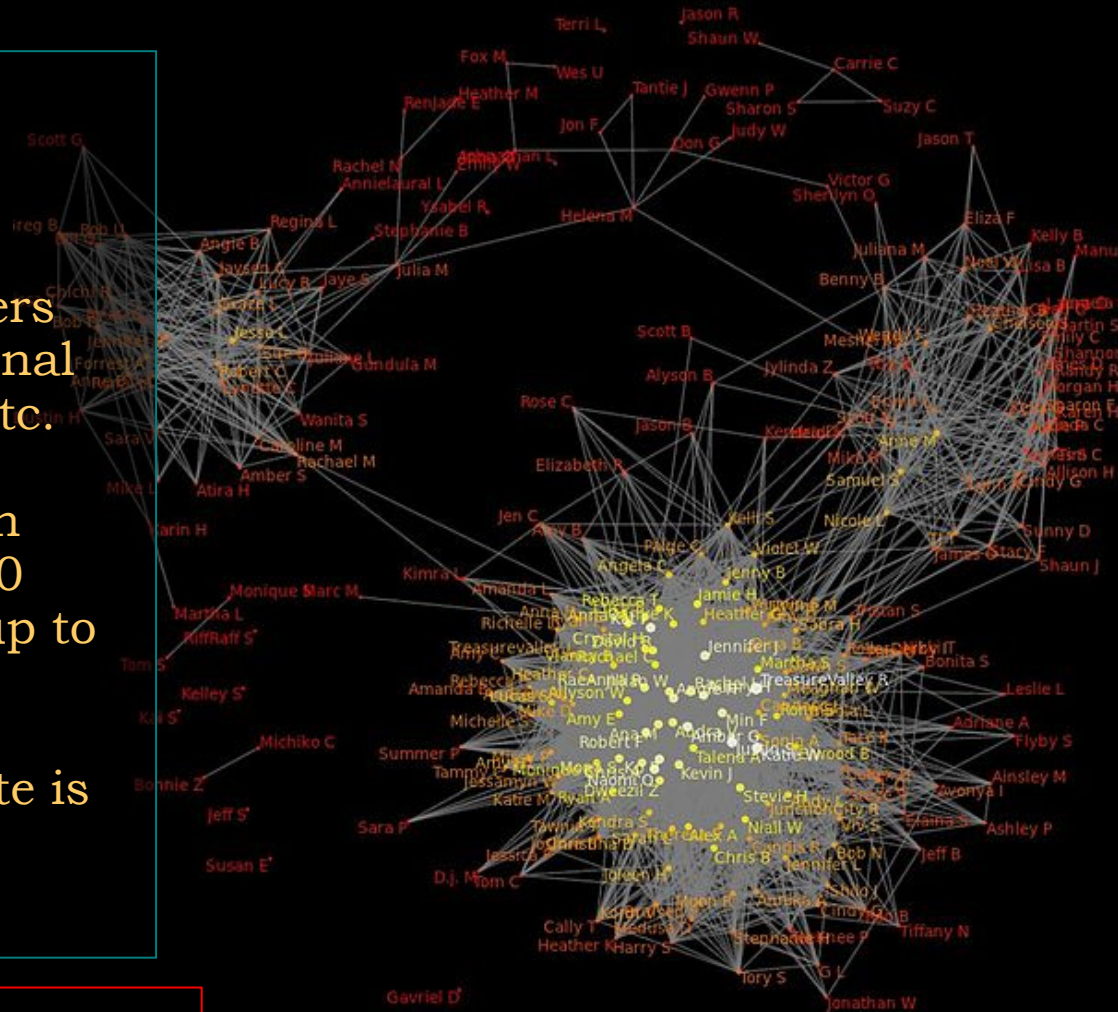


We are social beings

- We participate in several networks: family, friends, colleagues, ...
- We communicate with others through various ways: personal contact, telephone, e-mail, etc.
- It has been found that each person has an average of 150 contacts but can influence up to a 3rd degree of relationship

Understanding how we relate is
vital to understand us

The man is him and his circumstances
Ortega y Gasset



Example of relationships in a social network

Who am I?

- The important thing is to know ourselves
- Only each of us can discover it for himself
- We must find out by discarding:
 - Preconceived ideas
 - Beliefs
 - Inclinationes compulsivas
 - Contradictions
- It is the task of self-discovery and transformation



To think



Watch, think, investigate, inquire ...
Make the following questions or thoughts suggestions
But don't stay here, ask yourself and find out.