

Humanity's Design as Cosmic Beings of Light: The Teachings of Russell Schofield

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Abstract

A western esoteric approach to spirituality is presented. Core aspects of the teachings include an examination of energy centers, spiritual energies, and levels and dimensions of consciousness. A summary of a sequence of training is provided.

Keywords: Transpersonal Psychology, esoteric Psychology, meditation training.

Introduction

This paper expands on an earlier examination (1) of seven general transpersonal assumptions/principles and focuses on the documentation of some core aspects of transpersonal understanding. The information contained here is drawn from approximately twenty years of esoteric training and practice, many of which were under the direction of Russell Paul Schofield, who was the founder of a number of modern "mystery" schools prior to his death in 1984.

Responsive to a contemporary context that encourages an open sharing of spiritual information and with a desire to retain and transmit a valued body of transpersonal knowledge, I've chosen to summarize significant aspects of Schofield's teachings. I take responsibility for any inaccuracies in the material, for the emphases and organizational presentation of the teachings and for sharing knowledge in a written format that, traditionally, has been confined to personal interactions between teachers and students. Nevertheless, I trust that committed seekers may find the information and practices offered here to be of benefit on their journey to wholeness.

The overall implicit goal of Schofield's teachings, as in most other spiritual approaches, is to awaken individuals to the presence of their Higher Selves and the vast potentials, qualities and attributes of their inner nature. With this awakening comes a recognition of subtle, pervasive and profound interconnections of energy and awareness with all of life from complex human behavior, down through the chain of life forms, penetrating to the basic elements of our planet itself. As awareness expands one then can choose to work cooperatively, outwardly as well as inwardly, with all of humanity, as well as increasingly within the larger context of a cosmic framework.

The process of awakening, however, offers many challenges. Not only is there much confusion externally, but internally a variety of intense and often conflicting ideas, feelings and perspectives are experienced. To meet these challenges and uncover the basic design of human potential, a SYNERGISTIC interplay of energy and identity training evolved in Schofield's approach. For purposes of clarity Part One will examine the energy and energy center aspects

of the teachings, Part Two will focus on an in-depth view of identity, and a final section will present a summary of the sequence of training.

Part I: The Path of Energy and Energy Centers

Overview

The cosmic design of a human being involves 19 energy centers, many of which contain four sub-centers. In Schofield's teachings, for purposes of clarity, centers are numbered from zero to 18. In addition, each center is identified by a phrase signifying one of its major characteristics. In his approach, Schofield trained students to work with twenty basic energies (out of a potential total of forty nine.) Each energy is identified by its optical property of color, as well as a label specifying a core quality. As training progresses one becomes aware that each energy is potentially available through any center and throughout one's total nature. There is, however, a home center for each energy from which it can be most potently experienced and expressed. It should be mentioned that throughout the course of training different energies are focused and maintained in a variety of centers. The section concerned with the sequence of training will elaborate on and clarify this process.

Centers themselves are aligned on a vertical axis, balanced left to right and front to back, running through the center of the body. This central vertical axis is anchored 150' above and below the body at what are known as planetary centers. When fully functioning centers are three inches in diameter, (and within the torso approximately three inches apart)-- the exception being planetary centers whose diameters, while unspecified, are very large.

Table One: Energy Centers

Center #	Name	Location	Prime Energy
1	Planetary	150' above body	Crystal White
2	Upper Room	6" above head	Red/Gold; Pale Yellow
3	Crown	Top of head	Gold
4	Midbrain	Middle of brain	Electric Blue
5	Throat	Middle of Throat	Emerald Green
6	Will or Thymus	3" below throat center	Royal Purple
7	Heart	Between breasts	Ruby Red
8	Solar Plexus	3" below heart center	Orange
9	Organizational	3" above navel	Pink
0	Gordian Knot	Navel	Aquamarine
10	Regenerative	3" below navel	Pale Green
11	Generative	Generative organ	Scarlet
12	Power to Move	Between thighs	Pale Violet

13	Will of God	Between knees	Lilac
14	Desire of God	Between calves	Rosy Pink
15	Joy of Living	Between feet	Sea Blue
16	Center for Eartheing	3" below feet	Silver
17	Planetary Center	150' below body	Dark Violet
18	Creative	Between palms	Sea Green

Centers are designed to receive and distribute subtle, but powerful spiritual life energies. Most of the centers among the first 11 are widely known in spiritual writings as Chakras. Unique to Schofield's approach, at least in the published literature, is information concerning centers 6, 9, 0, planetary centers, lower centers 12-16, and sub-centers. Sub-centers are approximately one inch in diameter and serve to support and balance functions within the main centers. In general, front and right sub-centers are more dynamic and expressive in the distribution of energy while rear and left sub-centers are magnetic and receptive.

Table2: Qualities of Centers; Locations of Subcenters

Planetary centers 1 and 17 are attuned to energies arising from or impacting upon our planet. For example, at times of intense collective emotional activity, astrological influences, energies directed at earth from higher sources (or combinations thereof) the planetary centers of sensitive individuals will be quite active, with effects experienced throughout one's nature.

Center 2 is generally an unobstructed center and serves as a core junction from which one's Higher, Transpersonal Self, can be expressed. There are four sub-centers: front, back, left and right.

Center 3 has profound transformational aspects. The front sub-center, also known as the Ajna or 3rd Eye, is between the eyes; the rear sub-center is at the base of the brain; left and right sub-centers are located half in and half out of the ears.

Center 4 generally supports all brain activity and is particularly sensitive to intuitive processes. Sub-centers are the same as those in center 3.

Center 5 supports all creative activity. The front sub-center is in the mouth, the rear sub-center at the first dorsal vertebra of the spine, left and right sub-centers are at the top of shoulders.

Center 6 is designed for the expression of the Will aspect, in particular good will and good humor, of one's Higher Self. Schofield stated that a significant purpose, and one major focus of his teachings, was to anchor in earth the qualities of this center and its corresponding energy. Front and rear sub-centers are in front and back of the center itself, left and right sub-centers, as in the case for center 5, are located at the top of the shoulders.

Center 7, the Physical Heart center, is a focal point for emotional responses, particularly those involved in close personal relationships. There are sub-centers in the front and back of the center; the left sub-center is in the heart and the right sub-center is in the liver. In terms of energy distribution the heart is primarily receptive, holding feelings, while the liver is dynamic, nonverbally expressing emotion.

Center 8, the Solar Plexus center is primarily concerned with the nervous system and the attributes of internal and external sensation and perception. There are sub-centers in the front and rear of the center; the left sub-center is located in the splenic plexus, while the right sub-center is located in the liver plexus. The splenic plexus functions as a panel for assimilation of energy and experience, while the liver plexus works as a panel for elimination.

Center 9, the Organization or Spiritual Heart center can be viewed as a central headquarters for our Total Self. From this center there are subtle connections to the whole body, to all other centers and to all levels of consciousness. As one focuses here, the ability to organize, harmonize and unify aspects of one's inner and outer life dramatically increases.

Center zero, known as the Gordian knot center, is a repository of energies from our planetary past. Awakening, clearing and maintaining this center provides opportunities to free oneself, and in the process amplify humanity's collective liberation, from our evolutionary past.

Center 10, the center for Regeneration is concerned with the continual process of rebuilding at an energy level. Front sub-center is in the pubic bone, rear sub-center in the tail bone, left and right sub-centers are in the hips.

Center 11, the Generative center, functions to generate form directly. Not only does it coordinate with sexual activity but is involved with all generative processes from the creation of new cells to new ideas. The sub-centers here are identical to those of center 10.

Center 12 through 16 are, in general, concerned with movement and grounding, both physically and in consciousness. Front sub-centers for centers 12-16 are located 3" in front and back of the main center. The left and right sub-centers for 12 are in the thighs, for 13 in the knees, for 14 in the calves, for 15 in the bottoms of the feet and for 16, 3" to the left and right.

Center 18 is primarily concerned with direct and tangible expression of creative activity. Front and rear sub-centers are 3" in front and back, while left and right sub-centers are located in the palms of the hands.

Energies

Listed below are the known 20 spiritual life energies and their key qualities. All energies have two important aspects: a "revealing" light and a "consuming" fire. The revealing light clarifies areas of obstruction to a free flow of energy at a physical as well as other levels of consciousness. The consuming fire aspect of energy, when focused with awareness, serves to dissolve such energy blocks. The product of such a process of "inner alchemy", was identified by Schofield as ESSENCE. The assimilation and accumulation of essence contributes to an increased state of multidimensional enlightenment.

Table 3: The Energies: Color, Name and Main Quality

Crystal White: Energy of Purification. Synthesis of all energies. Serves to bring a one pointed focus to inner and outer activity.

Red/Gold: Sword of Michael. Brings a powerful calming quality to one's personality, particularly to the emotional and sensory nature.

Pale Yellow: Soul Light. An energy that reveals personality obstructions to one's Higher Self.

Gold: Cosmic Father. Supports the dynamic and functional side of our nature. Has strong transformative and transmutational properties.

Electric Blue: Wisdom Light. Brings clarity to all mental activities. Inversions of this energy involve varying degrees of fear from mild anxiety to intense panic.

Emerald Green: Objective-Creative energy. Supports creative activity and aids in bringing such processes to objective form.

Royal Purple: Will. An energy designed for the expression of Good Will, good humor, and the experience of abundance. Inversions of this energy involve the experience of irritability, resentment, scarcity and greed.

Ruby Red: Left hand of the Physician Within. An energy for repair at all levels of consciousness particularly physical and emotional.

Orange: Right Hand of the Physician Within. An energy for vitalizing all aspects of one's nature. Works especially well with the nervous system.

Pink: Energy of Perfection. A powerful energy to harmonize and unify aspects of one's inner as well as outer life. Works as an impersonal force of love similar to gravity in the physical universe.

Aquamarine: Love of Form. An energy that brings through a personal love of form at all levels of consciousness.

Pale Green: Regenerative energy. Supports the rebuilding of injured and damaged form.

Scarlet: Generative energy, An energy that generates new forms at all levels of consciousness.

Pale Violet: Radiant Warrior. A powerful antiseptic and protective energy which physically works with the immune system.

Lilac: Will of God. Helps bring into alignment one's personal will, one's Higher Will, with the Will of God.

Rosy Pink: Desire of God, Serves to harmonize one's personal desire system with actual desire of one's Higher Self.

Sea Blue: Joy of Living. Brings qualities of joy to the small as well as large moments of life.

Silver: Cosmic Mother. Supports the magnetic and structural side of our nature. Has strong nurturing and fierce protective qualities.

Dark Violet: Subtle Warrior. A powerful protective energy that releases one from confusing and troublesome feelings and thoughts.

Sea Green: Energy for Creative Activity. Helps implement tangible creative efforts.

Combining Energies

Specific combinations of energy centers and sub-centers and their corresponding energies are known as Intelligences. These combinations mobilize, in a synergistic manner, very focused

and powerful "tools" for working in consciousness with a broad spectrum of inner and outer issues and challenges. As training progresses, one works with varying combinations of intelligences until one is able to hold steady and focus any intelligence or combination as necessary.

Table 4: Intelligences

Freeing Intelligence (FI) includes sub-centers and energies related to centers 1, 17, 2, 9, 0, and 16.

Knowing Intelligence (KI) sub-centers and energies related to centers 3, 4, and 5.

Creative Intelligence (CRI) sub-centers and energies related to centers 5, 6, and 18.

Healing Intelligence (HI) sub-centers and energies related to centers 7, 8, and 10.

Moving Intelligence (MI) sub-centers and energies related to centers 10, 11, 12, 13, 14 and 15.

Part II: The Path of Identity

Overview

The issue of identity is a central one to transpersonal understanding and training. Along the spiritual journey one gains a growing awareness and corresponding acceptance of the presence of a Higher Self within. There is also, for many, an attempt to discard one's "old" personality and align all thoughts, feelings and actions with a deeper spiritual purpose. Such a commitment, while noble, is naive and often doomed to failure; for it stirs up confusion and pain as competing facets of one's nature vie for conscious attention. Moreover, the turmoil resulting from this identity struggle can affect, sometimes chaotically, events around us. With the potential intensity of such inner and outer conflict, it is not surprising that many spiritual seekers are unable to balance, coordinate or understand the relationship between personal and Higher Self. Thus, they are impelled to either deny the validity of private needs and perspectives, or reject the demands of an esoteric quest and preoccupy themselves with personal desires. A major contribution of Russell Schofield, and one which offers clarity to the task of the seeker, was the presentation of a sophisticated transpersonal examination of identity and identity integration.

Basic to this understanding of identity is an appreciation of the principles of hierarchy and polarity. Hierarchy, Schofield indicated, can best be understood in terms of interdependency. In spiritual as well as physical realms there are clear boundaries in ordering from "lower to higher", e.g., cell to body, physical to mental, human to angelic. However, it is critical to point out that the demarcations, "higher and lower", are not evaluative in nature and therefore do not refer to importance or worth. The focus is exclusively upon differences in awareness, functional capacities and degrees of responsibility. In addition, particularly as the higher signifies transpersonal realms, there is a great reservoir of support from the greater to the lesser. Moreover, as the "lower", (e.g., the human realm in relationship to Soul level) recognizes the presence and support of the "higher", there is an increasing, subtle but powerful two way flow of communication, acceptance, and love.

Polarity, which concerns the balance of masculine or dynamic qualities and feminine or magnetic qualities, is an integral facet of identity at all levels and dimensions of consciousness. The dynamic aspect of nature is outgoing and supportive of function, while the magnetic aspect is receptive and supports structures. Because of conditioning, many identities, rather than maintaining balance, are polarized magnetically or dynamically and, therefore, are limited in awareness and hampered in behavior. Our western perspectives have conditioned many to view God in masculine, dynamic terms, while in actual fact, God, a term denoting ALL THAT IS, exists in a perfect balance of masculine and feminine attributes.

Egos

At the core of every human being is an immortal, individualized aspect, endowed with free will, which has been created by and is eternally unified with God. As the immortal aspect of self chooses to gain experience, it enters into, what has been called, the Cosmic learning game. To participate in this grand adventure, the immortal Self creates a hierarchy of individualized units known as "egos". Primary among these is an Incarnating Ego, which in turn assists the immortal Self to design other egos, also endowed with free will, at each dimension and level of consciousness. According to Schofield's teachings, there are 8 dimensions of consciousness, with 4 components and 6 levels at each dimension.

Dimensions of Consciousness

Dimensions are realms of experience, filled with intelligent consciousness and governed by their own internal laws. Each dimension, going from 0 to 6 is greater in size and higher in vibratory rate than the one below. Every human being who exists on the physical plane has a self extension or body at each of the higher dimensions. These inner bodies are designed to be coaxial and coincidental with each other, meaning they can be aligned and balanced along a central vertical axis.

Table 5: Dimensions of Consciousness

OO Physical: This plane of experience, referred to as "time-space," is the one familiar to our senses and whose laws have been studied by the natural sciences.

O Human: This dimension, also known as the etheric, is a slightly larger replica of the physical world. Activity and movement are governed more by the power of will than by physical effort.

1. Perceptual: This plane is sometimes known as the lower astral. The power of attitudes and perception govern experience at this vibratory rate. The self extension here is opposite in polarity to that of the physical plane.

2. Emotional: This dimension is also known as the upper astral plane. Action here is a function of the intensity of feeling. The self extension of body here is comparable in polarity to the physical and human planes.

3. Mental: This plane may be viewed as a laboratory for the exploration of thought. Here thought forms are created, their effects studied and their interactions with lower and higher planes examined. The self extension here is opposite to the physical and human planes.

4. Soul: This is the first unobstructed dimension which means that there are no distortions to the flow of pure energy and the revealing light. At the Soul dimension, while individualized consciousness is present, there exists a natural unity of all beings from our planet. At this plane, as in the dimensions above, experience is beyond the confines of time and space, thus Soul existence is in the Eternal Present. The self extension here exists in a perfect magnetic and dynamic balance.

5. Angelic: Experience at this plane involves the reception and expression of great flows of life energy, particularly the energies of Love, Wisdom, Good Will and Peace. The intelligent circulation of these energies and their qualities, throughout our planet, Solar system and the Cosmos itself, is performed lovingly and effortlessly, in the Eternal Present, by the beings who exist at this dimension.

6. Archetypal: Receptive to the immortal Self and the mind of God, Archetypal Self chooses to design all that exists at each dimension and level of consciousness. This blueprint includes probable experiences which maximize the goals and purpose of particular lifetimes, combinations of energies and qualities to be expressed as well as areas of struggle and challenge.

7. Formless Form: At this dimension there is a total union and sharing of all immortal Selves with each other, with God and with all of macrocosmic creation. The aspect of consciousness found here, which embodies a quality of pure enlightenment, is known as ESSENCE.

Components of Consciousness: Body, Field, Matrix of Body and Matrix of Field

There is an energy field which spherically surrounds each body. This field is 300' in diameter at the physical dimension and is progressively larger at each dimension upward. The field consists of myriad energy lines which receive and express life energies, transmitting subtle impressions, within and across dimensions. Within each field, 6 great field identities are present: 2 in the front, 2 in the rear, 1 at the top of the field and 1 at the base of the field. Identities on the left and below tend toward magnetic polarization, while the identities on the right and above are polarized dynamically. Field identities serve as intelligent receivers and distributors of life energy communication. The matrices of the body and field function as a vital mold which retains essential patterns. Damage to either the field or body matrix will first show up as an obstruction to energy flow, and if not repaired, as possibly a more serious disease process.

Levels of Consciousness

At each dimension there are 6 primary hierarchical levels of consciousness.

Table 6: Levels of Consciousness

Level	Seat of Consciousness	Macrocosmic Correspondence
Subatomic	Pia mater	Earth
Atomic	Dura mater	Solar System
Molecular	Midbrain	Galaxy
Cell	Right Hemisphere	Intergalactic
Organ	Left Hemisphere	Universe
Body	Old Brain	Cosmos

The egos of each unit, from subatomic to full body, function as intelligent organizing centers. With enlightened awareness one can either work with them directly in their units or contact them as a group through the appropriate seat of consciousness. It should also be mentioned that each unit has a matrix. The seat of the matrix for each body at each dimension is in the forebrain. Schofield indicated that the region below the subatomic level is known as unified field or the "ground of being." Here while there are no individualized units, the level is infused with unconditioned consciousness known as "virgin substance." One of Schofield's final teachings, as indicated in Table 6, was the macrocosmic correspondences to the levels of consciousness.

Part III: Sequence of Training

In outlining Schofield's approach to transpersonal training I have taken some liberties in the presentation of the material. For example, I have focused primarily on the energy work and

identity integration aspects of training, while neglecting what I perceive to be the more derivative healing and body work applications. I have also eliminated from consideration a number of special sessions, and in general, have chosen to focus on basic procedures rather than the detail steps of each technique. It should be mentioned that training sessions are approximately an hour in length. In order to allow for a full assimilation of experience the time period between sessions is at least one week.

Initially, one learns to work with a process of Gathering and Enlightening of awareness. Here one directs, from the Upper Room Center, a flow of enlightened, unconditioned awareness to the brain in order to gather knowing awareness. Next one focuses throughout the nervous system to gather sensory awareness, and this is followed by focusing enlightened awareness in the heart, and circulatory system, liver and glandular systems to gather feeling awareness. One then learns to experience the two way flow of love and gratitude between Higher Self and personality identities.

The Crystal White energy is then employed as a 3" Star, which at this phase of training, is located in center 2. Energy from the Star is directed as a general downpour throughout the body. The Star is then expanded to a 3' size and brought 12' below the body on the central vertical axis. Here one spins the Star counter clockwise (moving from below the feet, up through the torso and out through the top of the head) in order to accelerate a process of elimination of obstruction to energy flow both from the body and organizing field. The Star is then focused back to the place 12' below the feet and is spun clockwise to maximize the assimilation of energy. When this process is completed, the Star is returned to center 2 in its 3" size.

The White Star is then employed to cleanse and purify centers 3-9. Here one starts with center 9, moves up each center on the vertical axis. When the cleansing process is completed in center 3, the Star is returned to the Upper Room.

One next works with an energy tool known as the Crown; coordinating with center 3 it consists of a band of Golden Light and a Dome. One first experiences the downpour of golden energy from the crown, then the dome is expanded around the body, spun counter clockwise for elimination and clockwise for assimilation.

Around the crown are 7 evenly spaced 1" stars or focal points of energy. One learns to work with each of these energies by directing them first to the Upper Room as 3" Stars, then as giant 3' Suns, 3 1/2' above the head. After working with a downpour of energy, one directs the Sun 12' below the body on the central vertical axis and spins it up through the field and body, first counter clockwise, then clockwise. The sequence of training in these energies is: Pale Violet, Ruby Red, Orange, Electric Blue, Emerald Green, Royal Purple, and Pink.

Next one learns to work with a protective energy tool known as a Sigil. The Sigil, which has the form of an hour glass, functions as an "armor of light," and is formed by directing the Star to center 9. One then moves the Star up a diagonal and out through the right shoulder about 6" above the head, then across to a comparable position above the left shoulder and then back on a diagonal to center 9, forming an upper triangle of light. A lower triangle is similarly created by directing the Star on a diagonal 6" below the left foot, across to the right and back to center 9. The two triangles are then permanently fused to form the Sigil. One also learns to work with the Red-Gold energy as a giant sun which is activated at the upper right side of the Sigil.

Next, one anchors the 7 stars, situated on the crown, as powerful energy suns in their appropriate centers. Specifically, the Electric Blue is placed in center 4, Emerald Green in center 5, Royal Purple in center 6, Ruby Red in center 7, Orange in center 8, and both the Pale Violet and Pink in center 9.

Next to be employed is the Silver Chalice. This energy tool is situated above the Star in the Upper Room and when functioning expands to a 6' size. First, one experiences a downpour of the Silver energy, then the Chalice is brought 12' below and first spun counter clockwise and then clockwise up through the field and body.

The training focus now shifts from energy work to a major exploration and integration of identity. One first establishes the Sigil, then moves with awareness to the White Star in the

Upper Room. One then learns to focus awareness along the dimensional axis, moving from the physical to the perceptual, from the perceptual to the emotional and on up slowly to 7 above--Formless Form. At each dimension one experiences qualities of the body and field, and at Formless Form, the union with All That Is. A powerful multi-dimensional downpour of energy/essence, is established from 7 above, down through each dimension, to the physical. This downpour expands the organizing field around the body from a diameter of 30' to one of 125'.

One is next trained to work with a group Sigil. This giant energy tool has inwardly been established, over time, by the efforts of myriads of light workers. To tap into this source, one first lights one's personal Sigil, and then sends one's Star to join a giant group Star present at the top of the Group Sigil. With awareness, one merges with the group Star and in the process, unifies in consciousness with light workers throughout the planet. One then moves along the dimensional axis, focused within the Group Star, from physical to perceptual, up through the dimensions to Formless Form. At each dimension one unifies with the light workers present. As one descends from 7 above to the physical dimension, a multi-dimensional downpour of energy/essence is established which expands the organizing field to its permanent size of 300'.

Four Sigils, each consisting of 3 energies and having practical applications are next learned. The body of each Sigil, the hour glass form, contains 1 energy, while the other 2 energies are present on either the left/magnetic side or right/dynamic side. The subjective Sigil is designed for personal problem solving and consists of the Pink energy in the center body, with the Electric Blue on the left and the Royal Purple on the Right. The Objective Sigil supports everyday functional and interpersonal activities and is composed of the Gold on the Right, Silver on the left with the Emerald Green in the central portion. The Warrior Sigil, a dependable companion when one is very upset or in danger consists of the Red-Gold on the left, Pale Violet on the right and the White in the center. The healing Sigil can be used for personal or interpersonal healing work and consists of the Pale Violet in the Center, with the Ruby Red on the Left and the Orange on the right. The energies on the left or right serve as giant wings of the Sigil, and can be directed to move throughout the field. Depending on circumstances, the wings of any of the Sigils may be reversed as needed.

One next learns to work with the Human Body. Using a technique called the "breath of life," and with the power of thought, one can direct the human body or etheric double to move out from its coordinated position with the physical body. As a training exercise the Human Body then can be placed behind the physical and slowly begin to channel energy through the human hands. The breath of life is a gentle breath, flowing down through the inner dimensions from Formless Form; it is coordinated but not synonymous with the air breath. With practice one can experience the subtle movements of the human body as well as learn to direct the breath of life through any area of the body.

One next learns to form a triune hierarchy of identities consisting of Incarnating Ego, Matrix Ego and Body Ego. As awareness touches in on the home seats of consciousness for these egos, Upper Room, forebrain and old brain respectively, they quickly join together, function as a unit and may be focused in any organ or region of the body.

Great Spiritual Suns exist on the Archetypal level where they function as sources for each of the energies. As one moves with awareness to these suns, one then can access a power ray, drawing it down through each of the dimensions and anchoring it at its appropriate center on the physical plane. The capacity to utilize power rays, which Schofield referred to as Rainbow bridge training, significantly increases the strength and scope of each of the energies. The sequence of power ray training and the centers they are placed in, at this point in training, is indicated below.

Power Ray	Center
Pale Yellow	2
White	2
Red Gold	2

Gold	3
Electric Blue	4
Emerald Green	5
Royal Purple	6
Ruby Red	7
Orange	8
Pink	9
Pale Violet	10
Pale Green	10
Scarlet	11
Dark Violet	11

Note the changes from previous training include the awakening of centers 10 and 11, the introduction of the Pale Yellow, Pale Green, Dark Violet and Scarlet energies, and the repositioning of the Red Gold energy in Center 2 and Pale Violet in Center 10. The placement of "warrior" energies in centers 10 and 11 provide, at this phase of training, needed protection in these important and sensitive centers.

Following each power ray training session, one learns to work with each energy in a "life belt" pattern. Here one experiences the breath of life while focusing the triune hierarchy of egos at the organizing center of the following areas of the body: heart, splenic plexus, liver, liver plexus, adrenal glands, pancreas, reproduction systems, brain and nervous system. To maximize benefits one works slowly through each region in the order indicated above.

At the start of the next phase of training one adds egos at two additional levels, organ and cell, to the triune hierarchy. These five levels of consciousness are unified to function harmoniously during energy training and life belt sessions.

One next learns to expand, in size and scope, the capacities of the central vertical axis at each of the dimensions. An enlarged pathway, known as the diamond continuity axis, is formed from the Archetypical through each of the dimensions to the physical plane. One then anchors all the energies and their qualities sequentially in each center. Thus the diamond continuity axis is established at the Angelic, Soul, Mental, Emotional, Perceptual, and Human dimensions before it is anchored at the Physical plane. In addition to expanding the axis, one also works with a pattern of lighted networks at each dimension which permits a powerful flow of enlightened energy to be shared with beings at each dimension. Starting with centers 1 and 17 one proceeds, dimension by dimension, down the axis to centers 2, 3, etc. After center 9, one anchors the axis in center 0, and after center 11, one continues down through center 16. The energies as outlined in Table I are also explicitly anchored in center 0, and centers 12-16. Approximately one training session is devoted to each center.

Life belt sessions utilizing the enlarged hierarchy can be implemented after the Diamond Continuity Axis is established in each center. The energies, appropriate to that center, would be applied in the life belt.

The hierarchy of egos is then expanded to include molecular, atomic and subatomic levels. This full hierarchy is formed by bringing awareness to the appropriate seats of consciousness (Table 6) and allowing Incarnating Ego to harmonize these units.

This next phase involves the establishment and training in the multidimensional use of combinations of energies and centers in the form of Intelligences (Table 4). Intelligences are established at the physical dimension, but are simultaneously invoked multidimensionally in training. In establishing these energy and center combinations, the explicit presence of the relevant sub-centers and new energies are clarified. Specifically, energies located in centers 1, 17, and 18 are presented. The order of presenting intelligences is as follows: Knowing, Freeing, Creative, Healing and Moving. The combinations of intelligences in pairs is then presented. Finally, Lifebelts utilizing the full hierarchy with any energy may then be experienced.

Following the work with Intelligences, there are additional special sessions available within

Schofield's training approach. Information based on two such sessions, the awakening to the presence of the magnetic and dynamic field identities at all dimensions of consciousness and the correlation of the macro to the micro cosmos (indicated in Table 6) have been mentioned earlier. Other sessions are designed to facilitate personal and planetary healing. A particularly powerful integrative session involves focusing on the experience of the pure consciousness of energy/essence, originating at Formless Form, merging and harmonizing with the unconditioned virgin substance of the unified field. A two way flow of essence and substance can be established and experienced at any center, level, and dimension of consciousness.

As one seriously pursues the sequence of training outlined above, one gains a deeper understanding and appreciation, based on experience, of one's divine heritage as a cosmic being of Light--and with growing enlightened awareness, the journey to wholeness continues.

Reference

- [1] M.S. Fiebert, An outline of transpersonal principles, *New Humanity*, 12(71) (1986), 11-13.