



Insights and wisdom shared by a number of Spiritual Masters and Initiates on the subject of viruses, pandemics and vaccines

Condensed and truncated from the commentary "Covid and the Ageless Wisdom Teachings" found at this link. <https://light-weaver.com/>

One of the common threads that link all of these teachers of the Ageless Wisdom Teachings is the idea that the misuse of the thinking principal, as well as the visualization capacity, leads to fear and ill health. Fear at this time historically is having a crippling and debilitating effect on individual people, groups, as well as humanity collectively.

The Last Song of the Swan. H.P. Blavatsky

The causes that produced influenza were rather cosmical than bacterial and can have an abnormal condition of the oxygen in the atmosphere.

All this is very significant. A disease which is epidemic, yet not contagious; which acts everywhere, in clean as in unclean places, in sanitary as well as in unsanitary localities, hence needing very evidently no centers of contagion to start from; an epidemic which spreads at once like an air current, embracing whole countries and parts of the world; striking at the same time the mariner in the midst of the ocean, and the royal scion in his palace; the starving wretch of the world's Whitechapels, sunk in and soaked

through with filth, and the aristocrat in his high mountain sanitarium (like Davos in Engadine*), where no lack of sanitary arrangements can be taken to task for it—such a disease can bear no comparison with epidemics of the ordinary common type, e.g., such as the cholera. Nor can it be regarded as caused by parasites or microscopical microbes of one or the other kind. To prove the fallacy of this idea in her case, the dear old influenza attacked most savagely Pasteur, the “microbe-killer” himself, and his host of assistants. Does it not seem therefore, as if the causes that produced influenza were rather cosmical than bacterial; and that they ought to be searched for rather in those abnormal changes in our atmosphere that have well-nigh thrown into confusion and shuffled seasons all over the globe for the last few years—than in anything else?

When HPB refers to ozone and oxygen levels experienced during pandemics being affected by comic forces rather than bacterial additional research has indicated there may be much truth to this idea that needs to be further explored.

It is not asserted for the first time now that all such mysterious epidemics as the present influenza are due to an abnormal exuberance of ozone in the air. Several physicians and chemists of note have so far agreed with the occultists, as to admit that the tasteless, colorless and inodorous gas known as oxygen—“the life-supporter” of all that lives and breathes—does get at times into family difficulties with its colleagues and brothers, when it tries to get over their heads in volume and weight, and becomes heavier than is its wont. In short—oxygen becomes ozone.

That would account probably for the preliminary symptoms of influenza. Descending and spreading on earth with an extraordinary rapidity, oxygen would of course produce a still greater combustion; hence the terrible heat in the patient’s body, and the paralysis of rather weak lungs. What says Science with respect to ozone: “It is the exuberance of the latter under the powerful stimulus of electricity in the air, that produces on nervous people that unaccountable feeling of fear and depression which they so often experience before a storm.” Again: “the quantity of ozone in the atmosphere varies with the meteorological condition under laws so far unknown to science.”

A certain amount of ozone is necessary, they wisely say, for breathing purposes, and the circulation of the blood. On the other hand, “too much of ozone irritates the respiratory organs, and an excess of more than 1% of it in the air kills him who breathes it.” This is proceeding on rather occult lines. “The real ozone is the Elixir of Life.”

H. P. Blavatsky, *The Secret Doctrine*, Vol. I, p. 144, 2nd footnote

[Blavatsky Collected Writings, Vol. 12](#), p. 104

Lucifer, Vol. V, No. 30, February 1890, pp. 445 453

Let the reader compare the above quote from HPB with what is stated from the hermetic and occult standpoint on ozone, and better comprehend what some Theosophists think of the present influenza:

It thus follows that the mystically inclined correspondent who wrote in *Novoye Vremya* (No. 4931, Nov. 19th, old style, 1889) giving sound advice on the subject of the influenza, then just appeared—knew what he was talking about. Summarizing the idea, he stated as follows:—

... It becomes thus evident that the real cause of this simultaneous spread of the epidemic over all the Empire under the most varied meteorological conditions and climatic changes—are to be sought elsewhere than in the unsatisfactory hygienical and sanitary conditions ...The search for the causes which generated the disease and caused it to spread is not incumbent upon the physicians alone, but would be the right duty of meteorologists, astronomers, physicians, and naturalists in general, separated officially and substantially from medical men.

This raised a professional storm. The modest suggestion was tabooed and derided... Vide Vol. II, pp. 113-114

Those who believe that they have every mystery of nature at their fingers' ends, as well as those who maintain that official science alone is entitled to solve for Humanity the problems which are hidden far away in the complex constitution of man—will never understand us. And, unable to realize our true meaning they may, raising themselves on the patterns of modern negation, endeavor, as they always have, to push away with their scientific mops the waters of the great ocean of occult knowledge.

[H.P. Blavatsky Collected Writings, Vol. 13](#), p. 223

Madame Blavatsky and the Grippe, *Lucifer*, Vol. X, May 1892, p. 196 [Although not an actual text from the pen of H. P. Blavatsky, the following note should be incorporated with the present series on account of the valuable point under discussion.]

Madame Blavatsky, being asked what was the cause of the Grippe, answered that it was “an abnormal condition of the oxygen in the atmosphere,” or words to the same effect. I concluded that, in that case, artificially-produced oxygen might prove valuable as a remedy. My mother having been laid up with this disease, I searched the United States dispensary for some easy means of producing oxygen, and stumbled across “Peroxide of Hydrogen” (H₂O₂). I administered it internally in drachm doses well diluted with water three times a day, also spraying some through the sick room, with undeniably favorable results. I found upon advising the use of it to a friend, it had also upon him a like effect; and also find that the Philadelphia papers contain advertisements of an oxygen treatment for the Grippe. To all those who question the *qui bono* of Theosophy I would like to say, “Study Madame Blavatsky’s writings, and then judge.” — F.T.S.

Recent scientific discoveries have brought to light how Cosmic forces pouring into our solar system with new potency and power have an important and previously unknown influences on our atmosphere, different weather phenomena, as well as ozone, as HPB has pointed out in the previous quote by her. Here is an article found in two parts, titled *Solar Minimums*, which gives us some additional insight why this historical period and the suns descending radiation, or what is referred to in conventional science, as the entry into a solar minimum period, and how this entry will have a major effect on viruses, pandemics and diseases.

see video *Thunderbolts of the Gods Black Death* by Peter Mungo Jupp

<https://youtu.be/lvOHBjkBpyM>

We might add here the idea of electricity that could contribute to the rise and spread of pandemics and viruses. Cosmic electricity or what is termed in Theosophical teachings as Fohat is a major influence in everything that takes place in our solar system and upon our individual planet earth.

“In 1836, Heinrich Schweich, author of a book on influenza, noted that all physiological processes produce electricity and offered the theory that an electrical disturbance of the atmosphere may prevent the body from discharging it. He repeated the then-common belief that the accumulation of electricity in the body causes the symptoms of influenza and that outbreaks were due to atmospheric “influences”—hence the name influenza.” See this link. [Is Coronavirus Contagious? - Nourishing Traditions](#)

Fear: Steiner’s Views

The following material is from Rudolph Steiner’s writings on fear, outlined and paraphrased by Anna Sclar. Steiner’s reference to inimical spirits can range all the way from involutory elemental life, to lower Devas that work with the 3rd or matter aspect of creation, hence without the correct orientation can be considered undesirable and dangerous.

A vaccine for the emotions and the mind.

Negative emotions are food for inimical spirits.

Nearly 100 years ago, in a series of fourteen essays published under the title, *The Fall of the Spirits of Darkness*, Steiner issued a warning to future generations about a possible measure of mass control, quite similar to the visions presented by Orwell and Huxley. Steiner foresaw a future when vaccines when misused could thwart our spiritual nature.

First, some background:

In these fourteen lectures, given at the end of 1917, following four years of war in Europe, Steiner speaks on the complex spiritual forces behind the World War I, humanity’s attempts to build theoretically perfect social orders, and the many divisions and disruptions that would continue on Earth into our own time. Humanity in general was asleep to the fact that fallen spirits (lower devic and elemental life) cast from the spiritual worlds, had become intensely active on Earth. This manifested mainly in human thinking and perception of the surrounding world.

Fear and low vitality

Anxiety, depression, and fear ravage so many today, but few pause to consider that in addition to the material influences in our lives, we may be also under the influence of beings which exist in dimensions outside of our ordinary perception.

A concept such as this isn’t readily accepted into the everyday conversation steered by a rigid skepticism and scientific materialism. Dealings with extra-sensory or hyper-dimensional beings have long been a

part of our history and are directly accessible to any of us when proper practice and attention is given to the matter.

Finding oneself in the rut of spiraling negative self-talk, depression, crippling anxiety, or uncontrollable, irrational fear, is a sign, as Steiner points out, of a disconnection from our true spiritual nature, exacerbated by beings who operate in other inner subjective realms.

This is why some consider disorders like this to be spiritual illnesses, and until the rift is healed with proper attention given to the development of spirit, the feelings tend to exacerbate and drive one further into distress. (The pharmaceutical industry and its domination of modern media outlets as well as political lobbies perpetuate a fear based narrative that influence the medical profession as well as humanity to take their long list of vaccines and medications. DC)

The traditions of today have sought to expel ancient metaphysical wisdom and its practical application, however, though scientific inquiry is exceptionally valuable, spiritual perception has always been a part of our experience.

Very few scientists today are willing to explore metaphysics to examine life beyond ordinary perception. Rudolf Steiner, though, devoted much of his work to the task of peering behind the veil, sharing his insight into the deeper nature of life and of the world beyond. Regarding anxiety and depression, Steiner spoke of hostile beings (negative energies) in the spiritual world that influence and feed off of human emotion; a concept flatly rejected by most contemporary science today. Yet this analysis also holds true for shamans, healers and others who access the spiritual dimensions in order to alleviate mental and physical suffering for their patients.

Many are familiar with the notion of people who suck your energy and feed off your negative emotions. (Anna Sclar)

Steiner wrote:

There are beings in the spiritual realms for whom anxiety and fear emanating from human beings offer welcome food. When humans have no anxiety and fear, then these creatures starve.

But for those who are familiar with this phenomenon, it is a reality. If fear and anxiety radiate from people and they break out in panic, then these creatures find welcome nutrition and they become more and more powerful. These beings are hostile towards humanity. Everything that feeds on negative feelings, on anxiety, fear and superstition, despair or doubt, are in reality hostile forces in supersensory worlds, launching cruel attacks on human beings, while they are being fed.

Therefore, it is above all necessary that the person enters the spiritual world and overcomes fear, feelings of helplessness, despair and anxiety. These are exactly the feelings that belong to contemporary culture and materialism; because it estranges people from the spiritual world, it is especially suited to evoke hopelessness and fear of the unknown in people, thereby calling up the above-mentioned hostile forces against them.

The spirits of darkness are now among us. We have to be on guard so that we may realize what is happening when we encounter them and gain a real idea of where they are to be found.

The most dangerous thing you can do in the immediate future will be to give yourself up unconsciously to the influences which are definitely present.

It is indeed true, and initiates have always said so: When human beings are filled with spiritual wisdom, these are great horrors of darkness for the ahrimanic powers and a consuming fire.

It feels good to the ahrimanic angels to dwell in heads filled with ahrimanic science; but heads filled with spiritual wisdom are like a consuming fire and the horrors of darkness to them.

Rudolf Steiner: <https://rsarchive.org/Lectures/GA177/English/RSP1993/19171020p01.html>

[Editor's note – Ahriman is the name of one of two extreme forces which pull humanity away from the centering influence of Christ. Steiner associated Ahriman, the lower spirit, with materialism, science, heredity, objectivity, and soul-hardening.]

The fall into such destructive slumber would be marked by an age of materialism and centralization of power, during which the influences of spirits of darkness would inspire humans to devise new technologies and new means of oppression. (In contemporary terms one can easily see the rise of a New World Order and global unification, which can be the result of the White Brotherhood who is trying to bring spiritual teachings to humanity and simultaneously from the opposite pole where we see the rise of political and social control through the manipulation and misuse of new AI technologies.(DC)

A short article on some of Steiners additional thoughts on vaccines.

In 1917 Rudolf Steiner Foresaw a Vaccine that Would 'Drive All Inclination Toward Spirituality Out of People's Souls'

By [Dylan Charles](#), [May 29, 2020](#) [renegade](#)

Renegade Editor's Note: I am not a fan of Rudolf Steiner or the Steiner schools, but this story is interesting and I think that Steiner was right about his prediction.

If you've felt at all like you're in a spiritual war right now, you're not alone.

Many of the world's greatest scholars, philosophers and ascetics understood the world to be multi-dimensional and co-inhabited by non-physical beings both good and evil, always at war with us and each other.

It's not something that can be rightly explained with language or science. One must cultivate such sensitivity that the existence of spiritual beings can be directly experienced.

Rudolf Steiner was an Austrian philosopher, educator, and spiritualist, and over the course of his life he published numerous books and papers on the science of spirituality. He viewed the human body as a

spiritual vessel, open to occupation by other entities. (see *Leadbeater, C. W. (Charles Webster). The Astral Plane Its Scenery, and Inhabitants*)

To be conscious of these forces was to have the power to reject their negative influence. To remain unconscious of them was to be a leaf in their wind, and spiritual cultivation was the key to developing conscious awareness of them.

“The spirits of darkness are now among us. We have to be on guard so that we may realize what is happening when we encounter them and gain a real idea of where they are to be found. The most dangerous thing you can do in the immediate future will be to give yourself up unconsciously to the influences which are definitely present.”

~ [Rudolf Steiner](#)

Immunity from Fear

If people express the natural human inclination toward spiritual growth, they free themselves from [fear and anxiety](#), and effectively develop a sort of immunity to the influences of negative entities. If not, our vibration attracts hostile spirits and we fall unconsciously under their influence.

“There are beings in the spiritual realms for whom anxiety and fear emanating from human beings offer welcome food. When humans have no anxiety and fear, then these creatures starve... If fear and anxiety radiate from people and they break out in panic, then these creatures find welcome nutrition and they become more and more powerful. These beings are hostile towards humanity.

Everything that feeds on negative feelings, on anxiety, fear and superstition, despair or doubt, are in reality hostile forces in supersensible worlds, launching cruel attacks on human beings, while they are being fed. Therefore, **it is above all necessary to begin with that the person who enters the spiritual world overcomes fear, feelings of helplessness, despair and anxiety.** But these are exactly the feelings that belong to contemporary culture and materialism; because it estranges people from the spiritual world, it is especially suited to evoke hopelessness and fear of the unknown in people, thereby calling up the above mentioned hostile forces against them.”

~[Rudolf Steiner](#)

With such profound global fear, [anxiety](#), and panic over the present pandemic, many are exposing their own spiritual sicknesses and acquiescing to any recommended behavior or intervention that might alleviate these emotions. Along with this is the push to [vaccinate 7 billion healthy people](#).

Nearly 100 years ago, in a series of 14 essays published under the title, [The Fall of the Spirits of Darkness](#), Steiner issued a warning to future generations about a possible measure of mass control, quite similar to the visions presented by [Orwell](#) and [Huxley](#). Steiner foresaw a future when vaccines could steal our spiritual nature.

First, some background:

“In these fourteen lectures, given at the end of 1917 following four years of war in Europe, Steiner speaks on the complex spiritual forces behind the World War I, humanity’s attempts to build theoretically perfect social orders, and the many divisions and disruptions that would continue on Earth into our own time. Humanity in general was asleep to the fact that fallen spirits, cast from the spiritual worlds, had become intensely active on Earth. This manifested mainly in human thinking and perception of the surrounding world.” [\[Source\]](#)

The fall into such destructive slumber would be marked by an [age of materialism](#) and centralization of power, during which the influences of ‘spirits of darkness’ would inspire humans to devise new technologies and new means of oppression.

Steiner comments:

“I have told you that the spirits of darkness are going to inspire their human hosts, in whom they will be dwelling, to find a vaccine that will drive all inclination toward spirituality out of people’s souls when they are still very young, and this will happen in a roundabout way through the living body. Today, bodies are vaccinated against one thing and another; in future, children will be vaccinated with a substance which it will certainly be possible to produce, and this will make them immune, so that they do not develop foolish inclinations connected with spiritual life – ‘foolish’ here, or course, in the eyes of materialists. . . .

“. . . a way will finally be found to vaccinate bodies so that these bodies will not allow the inclination toward spiritual ideas to develop, and all their lives people will believe only in the physical world they perceive with the senses. Out of impulses which the medical profession gained from presumption – oh, I beg your pardon, from the consumption [tuberculosis] they themselves suffered – people are now vaccinated against consumption, and in the same way they will be vaccinated against any inclination toward spirituality. This is merely to give you a particularly striking example of many things which will come in the near and more distant future in this field – the aim being to bring confusion into the impulses which want to stream down to earth after the victory of the [Michaelic] spirits of light

[in 1879].” ~Rudolf Steiner

Again, if you’ve felt at all like you’re in a spiritual war, you’re not alone.

[Dylan Charles](#) is the editor of Waking Times and host of [Battered Souls: A Podcast About Transformation](#), both dedicated to ideas of personal transformation, societal awakening, and planetary renewal.

The author of this commentary is not in complete agreement with Steiners last quote found in the above summary of some of his thoughts on vaccines.

No physical vaccine has the potential to totally sever anyone from their soul’s contact. The soul is a fully autonomous spiritual entity on its own higher plane of existence. The idea of a vaccination against any inclination towards spirituality can take many forms as the author of this previous compilation Dylan

Charles has shared and can be found mainly along the more psychological, social, religious, and political lines rather than any one physical vaccines.

Imperil

Some of these statements by Steiner we have just shared are also echoed by Master Morya as well as Alice A. Bailey in the next few quotes.

It will be obvious that the problems of worry and irritation (called by the Master Morya "imperil") are many and must be considered.

Why are these difficulties of the astral body so "perilous" and so serious? Worry and Irritation are dangerous because:

1. They lower the vitality of the man to such a point that he becomes susceptible to disease. **The scourge of influenza has its roots in fear and worry, and once the world settles down to freedom from the present "fearful" condition, we shall see the disease die out.**

Sri Aurobindo on Influenza

Epidemics, or so-called epidemics, like those which are raging at present—ninety-nine times out of a hundred they come from fear: a fear, then, which even becomes a mental fear in its most sordid form, promoted by newspaper articles, useless talk and so on.

Collected Works of The Mother, Vol. 09
Questions and Answers 1957-1958, p. 122-123

It is a kind of vibration made up of a mental suggestion, a vital force of disorder and certain physical elements which are the materialization of the mental suggestion and the vital vibration. And these physical elements can be what we have agreed to call germs, microbes, this and that and many other things.

What is the difficulty [in understanding how the subtle forces of illness attack the body using bacilli and viruses for their purpose]? You are like the scientists who say or used to say that there is no such thing as mind or thought independent of the physical brain. Mind and thought are only names for brain quivering's. Or that there is no such thing as vital Force because all the movements of life depend upon chemicals, glands and what not. These things and the **germs also are only a minor physical instrumentation for something supra-physical.**

They [the forces of illness] first weaken or break through the nervous envelope, the aura. If that is strong and whole, a thousand million germs will not be able to do anything to you. The envelope pierced, they attack the subconscious mind in the body, sometimes also the vital mind or mind proper—prepare the illness by fear or thought of illness. The doctors themselves said that in influenza or cholera in the Far

East 90 per cent got ill through fear. Nothing to take away the resistance like fear. But still the subconscious is the main thing.

If the contrary spiritual Force is strong in the body, one can move in the midst of plague and cholera and never get contaminated. Plague too, rats dying all around, people passing into Hades. I have seen that myself in Baroda.

Complete Works of Sri Aurobindo, Vol. 31, Letters On Yoga-IV, pp. 568-569

Cosmic Currents will Increase Many Diseases

You Cannot Cheat evolution

Some additional quotes from the *Agni Yoga* series warrant further elaboration and clarification because of their revelatory implications. We will however only address a few that are more germane to the present COVID-19 pandemic of the 2019-2022 period. These *Agni Yoga* quotes often speak directly to the intuition, evoking an intuitive response, and not simply the lower minds comprehension.

Supermundane, p. 286.

286. Urusvati knows that certain conditions can be worse than the state of war. You certainly know that We consider war to be the shame of mankind, but one situation that can be considered as worse is the decay of humanity.

Armageddon should not be understood as only a physical battle. It is full of incalculable dangers, among which will be epidemics, but the most ruinous consequence will be psychic perversions. People will lose trust in one another, and will compete in doing evil. They will develop a persistent hatred of all except their own kind and will sink into irresponsibility and depravity.

Let us remember that these years of Armageddon are the most intense, and one's health should be especially guarded because the cosmic currents will increase many diseases. You must understand that this time is unique.

It is near-sighted to think that if war is prevented all problems will be solved! There are those who think so and imagine that they can cheat evolution, not realizing that the worst war is in their own homes. However, there do exist places on Earth where evolution develops normally, and We are always there.

Hierarchy

377. The transformation of the world is indeed affirmed in the highest tension. All perturbations, all shiftings, all diseases accompany this transformation. The most powerfully propelled energies bring fires into motion. Thus, in the Epoch of Fire darkness becomes dense, and everything is intensified in a fiery striving. Evil is created by the densified darkness. Light transforms the world. Thus, at the great time, the manifestation of the universal transmutation saturates space.

Supermundane

217. Urusvati knows that the poisoning of the atmosphere is increasing at this time. The consequences of this are evident in many aspects of life. People suffer from many bodily diseases because of their individual weaknesses, and society suffers from epidemics and social upheavals. We often warn about the need for unity, for harmony is the best prophylactic. Great equilibrium is necessary; if it could be achieved throughout the world, the most dangerous hours would pass without harm.

This next section on the teachings of Agni Yoga affirms the power of the purified etheric body, as well as psychic energy in healing and is extracted from this next link:

https://wmea-world.org/MMI/PDFs/AgniYogaQuarterly_Oct.Nov.Dec.2023-EN.pdf?fbclid=IwAR3yrDpGMaTT_mPzW7gzpO68LhnnRysxkhACqg9DKkgHoCFDQyfshpHohHs

885. Urusvati knows the true meaning of self-healing. “Friend, command yourself to be healthy”—thus did the sages of Hellas sometimes end their letters. In remote antiquity people already knew that beyond all medicinal remedies, beyond the right nutrition, beyond magnetism, beyond prana, everyone has a healer within himself, but they must know how to summon him.

The ability to heal oneself must be developed from early childhood. Man cannot suddenly, when already ill, demand a miracle. Self-healing can take place only if one’s spiritual lyre has already been tuned.

Believe Me: One’s inner physician will be on alert, and one’s consciousness will summon him, but only if one’s spirit has learned how to summon the power given to man. In addition, harmony with the Supermundane World must be achieved. Truly, these strings between Earth and the Higher Worlds will resound as a strong, summoning command. He who has cognized the Supermundane World is able to command for the good of mankind. It must not be thought that We speak about some giants of the spirit, for a measure of achievement and restoration of health is given to everyone.

The Thinker said, “Be able to make your inner healer your friend.”

When fiery epidemics threaten humanity.

The Basis of the New Medicine Part Two by Richard Rudzitis

“This training of psychic energy will be the true prophylaxis of humanity.” Hierarchy, 190

The medicine of Agni Yoga, while advising to add a spark of psychic energy to all prescriptions and medicines as a powerful aid, also emphasizes the enormous role that suggestion as well as autosuggestion will play in the treatment of diseases in the near future. Tibetan medicine is sure that even cancer in the initial stage, like some other serious illnesses, can be cured by suggestion. Therefore, “Every physician must develop within himself the power of suggestion.”¹ It should also be noted that the medicine of Agni Yoga encourages the search for new ways to make an accurate diagnosis. For example, to determine the disease, it advises the physician to use astrological data. “A horoscope of a patient may give a clue to many diseases and to their treatment.”² We also know of one Latvian doctor, who used the achievements of Agni Yoga medicine in his treatment, that successfully used the method of eye

diagnostics. We are talking about F. D. Lukin (1875–1934), the first chairman of the Latvian Roerich Society. Modern medicine no longer looks at the disorder of an organ as a local manifestation; its cause is sought in the disease of the whole organism. And yet, physicians, when diagnosing the disease, often do not see the patient himself but the state of the [patient's] psyche. In general, modern medicine pays too little attention to psychic or nerve factors. On the contrary, Agni Yoga medicine considers that most diseases have a psychic origin or a defect in the patient's state of consciousness. Therefore, the physician must first investigate and treat the psychic causes of diseases. Upon careful study, one is convinced that illness is often, to one degree or another, the result of a weakening of psychic energy. Even with contagious diseases, a person becomes ill more easily when despondent. Even with a common cold, for example, **rarely will anyone become sick if their vitality or primordial energy is not suppressed.** Recently, new types of neuralgia have been spreading epidemically, which Agni Yoga calls "sufferings of psychic energy"; they are caused by the fluctuations of psychic energy. Therefore, as we have already mentioned, **the medicine of Agni Yoga considers the main task is to awaken and strengthen the forces potentially inherent in a person so that they can consciously control them, and, if possible, resort to medicines as little as possible.** An [Agni Yoga] practitioner consciously teaches a person the basics of prevention and contains many indications about the methods of developing psychic energy. There is a continuous, devoted connection with the Highest; admiration for everything beautiful and kind; noble and unselfish thoughts; the rhythm of conscious, enthusiastic work; winged Health Corner "I speak about the preservation of magnanimity as the basis of good health." Fiery World I, para. 173

Note: All medical advice is given to the reader as a guideline. Please consult a medical professional before proceeding, and then proceed carefully, with discretion and at your own risk. Beneficial Herbs – Vasilisa the Wise, 1941, by Nicholas Roerich 1 Fiery World, Part I, 1933, 2nd ed. (New York: Agni Yoga Society, 2016), para. 293. 2 Letters of Helena Roerich, vol. 1, 1929–1935 (New York: Agni Yoga Society, 2016), 8 May 1935.

When fiery epidemics threaten humanity.

Thus, Agni Yoga **emphasizes the great healing significance of life-giving plants, such as valerian, wormwood, mint, and ginseng, as well as various resins in which a fiery, renewing element is present to one degree or another.** Of the chemical substances, soda, which plays an important role in cleansing and strengthening the nerve channels, is recommended. Of animal products, musk is a condenser of psychic energy, as well as milk and honey in their purest form. At the same time, **the medicine of Agni Yoga calls for a natural and morally pure way of life, to keep the consciousness in discipline and the body in harmony in order to prevent diseases and allow psychic energy to better manifest itself in the body.**

Therefore, [Agni Yoga] categorically instructs one to give up alcohol and tobacco and advises one to use only vegetarian food—dairy and flour products, vegetables, and fruits. The medicine of Agni Yoga considers its main task to be the struggle of prevention for the improvement of life. **A harmonious life is especially necessary for our era of chaotic thinking and currents when fiery epidemics threaten humanity. The only salvation is the education of a person's spirituality.**

(Agni Yoga Quarterly 90 creativity;) the optimistic overcoming of all difficulties; preserving constant control of the mind, thoughts, and feelings; and awareness and conscious application of one's fiery energy. Why have healings often occurred during bursts of enthusiasm, especially in prayerful ecstasy? "It is not difficult to understand that the bond with the Higher World aids the heart, and carries along the nerves a salutary Benefaction."³ When the heart shines in prayer or with lofty thoughts and feelings, the highest heart energy is ignited, which in turn is replenished with energy from the Highest Source, and thus the human organism is transformed in harmony. Therefore, let modern scholars not be surprised by the assertion of Agni Yoga, based on long experience, that the best panacea against all diseases is the veneration of the Teacher, and the best balm for the nerves is Hierarchy.

While looking for the "Philosopher's Stone," medieval alchemists hoped at the same time to find a universal remedy for all diseases. The dream of a panacea for all ailments has captivated the best physicians of all eras and is reflected in modern medicine. It involves looking for a remedy that would raise the tone of the patient's body, allowing them to easily cope with the disease as well as giving preventative protection to the person. This panacea is provided by the medicine of Agni Yoga; it is the awakening of fiery energy, the spiritual force inherent in a person. Just as the awakening and application of energy can be very individual, the psychophysical state of a person is also individual. Therefore, humanity still cannot do without medical aid, of which some are becoming more and more universal and covering the treatment of several diseases.

Considering the great importance of the factor of psychic energy in the treatment of diseases, the medicine of Agni Yoga advises the use of plants and other products of the kingdom of nature as healing remedies; these contain ingredients of psychic energy that directly or indirectly contribute to it...

Therefore, Agni Yoga, as we have already mentioned, advises establishing in each country institutes for the heart and psychic energy, which would also [promote] the research of the energy of thought and the power of suggestion, systematize materials on this subject, and finally widely popularize the idea of developing psychic energy among the people. Agni Yoga emphasizes: **If all people would begin to consciously develop their fiery energy and strive to learn how to use it while paying sufficient attention to preventative care throughout their life, then diseases would quickly decrease and eventually disappear. "However, where there is a good store of psychic energy, no contagion is to be feared. But do we often meet such people? The crystal of psychic energy gives immunity from all sicknesses and is a true elixir of life. Therefore, scientists and doctors should direct all their attention to the study of, and research on psychic energy."**

4 Krishna-Lel, 1932, by Nicholas Roerich 3 Aum, 1936, trans. Agni Yoga Society, 2nd ed. (New York: Agni Yoga Society, 2021), para. 63. 4 Letters of Helena Roerich, vol. 2, 1935–1939 (New York: Agni Yoga Society, 2016), 7 May 1938.

How Do We Prevent Mental Epidemics?

Next, from a mainstream Theosophical article on COVID and viruses.

For entire article see these links:

<https://blavatskyhouse.org/news/corona-crisis-danger-and-opportunity/>

Herman C. Vermeulen (truncated and reduced).

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Consciousness underlies all manifestation, nothing excluded. This principle of the Theosophia is essential in this lecture in order to compare viral epidemics with mental epidemics. It is consciousness to which we attribute the ability to act and react...

These myriads of beings all interact with each other in numerous relations: no consciousness is on its own. Each consciousness, according to its qualities, functions only in co-operation with other consciousnesses. The Theosophia assumes universal laws, patterns that apply on all planes of manifestation. On each plane they are expressed according to the development of the beings or consciousnesses living there.

We will see that for our material realm and other less material realms, the universal laws run parallel. This can also be understood if we consider that spirit and matter are the higher and lower states of a consciousness. This consciousness expresses itself, manifests itself, according to the qualities it has already developed, and always does so in cooperation with other consciousnesses.

This picture applies to all ten Kingdoms in Nature, **whereby the distance between a virus and a thought, as we shall see, is not really that big.** And we shall also see that man, as a cooperation of lower and higher developed consciousnesses, has his specific place within the hierarchy of the Kingdoms of nature...

But if we start from the Theosophical idea that everything is a living being – think of the definition of life, saying that something must be able to act and react, and viruses can do that very well – then that particle is in fact a living being: albeit at a very primitive level. A number of viruses are harmful to humans, but there are also good viruses that protect us against harmful bacteria.

What is a thought? A thought is also a living being, a consciousness, as you can read in the definition above. An elemental being that can only become active if it can cooperate with a more advanced (thinking) being, a host, thus manifesting itself in a cooperative relationship. We create this cooperation. Human beings think thoughts and those thoughts – living beings – go through a development in cooperation with us. This allows them to behave in a certain way and have influence. Like a virus, some can be called harmful to us, but there are also many good, often selfless thoughts. In both cases, of both the virus and the thought, you have a living being which can enter a host, which serves as a breeding ground and gives the invader an opportunity to multiply and spread again...

Jumping, involutory elementals

In addition, a virus has the ability to jump. We know the phenomenon of zoonosis, where a bacterium or virus is transmitted from an animal to a human. Among these are several well-known viruses, such as, for example, the Ebola virus, the Zika virus, the avian flu and also COVID-19. Now, to a certain extent, thoughts can also cross over to such a disparate level. We can become receptive to thoughts – living

beings – that are far below our general quality of thought, but for which we can still act as a breeding ground.

The world knows terrifying examples of this as far as viruses are concerned. We may not yet know scientifically what viruses are potentially capable of, but the fact that viruses are also being developed as biological weapons means that we, as thinkers, have first built up the ideas for this. It is needless to say that when such a virus becomes active, it will often be extremely difficult to control again.

Thought streams around the earth. The maintenance and nourishment of our astral *painting* of the thought atmosphere that we as humans create, takes place in the thought streams around our earth. We sometimes speak of the thought atmosphere or the *mental bloodstream* of the earth. The wide range of thoughts, thought by the wide array of thinkers, circulates the earth. Streams that flow from all the thoughts we have about life, society, and ourselves. From fantastic, elevated ideas full of compassion, to sometimes very negative, evil ideas, such as author Stephen King knows how to describe in his horror stories.

Impact of COVID-19

Looking now at the COVID-19 virus, we see that the current pandemic has two main aspects: a physical one, and a mental/spiritual one. In addition to the physical infections and all their physical consequences, **we see how people allow their mental health to be affected by the fear and uncertainty that comes with the physical spread of the virus.** The anxiety about COVID-19 and its impact can be overwhelming. With the thought patterns surrounding the virus, and if people unconsciously feed those fears and insecurities, they can become even more susceptible to mental and physical infection than one may have otherwise been. It is much wiser to keep our thoughts consciously clear so that we can approach the situation calmly, and be prepared to face the need for physical measures as well. As far as this discipline of balanced thinking is concerned, we as a society still have quite a few steps to take.

From the foregoing we can clearly see the parallels between a virus and a thought. The processes of keeping them alive, and growing, multiplying, and exchanging them, are identical.

The word *epidemic*, derived from the Greek *epidémios* or ‘over the (entire) population’, which has mainly a negative association as something beyond our control. However, there are certainly also examples of a more positive epidemic, such as thoughts of peace and optimism flowing over parts of the earth. The word *pandemic*, with the Greek *pan* (whole), is similar to the term *epidemic*, but the phenomenon then takes place worldwide...When a particular pattern of thought infects people who then pass it on to each other, the process is almost impossible to control.

Mental Resistance

I have outlined some examples of the creation of mental epidemics due to the pollution of our thinking and the disastrous consequences of this. What can we do about it? Let us take a simple example of physical contamination. If we would drink water from a river, we could get all sorts of infections as we know such water must be purified first, so we do not drink it. But we do not apply this insight to the

world of thoughts. We often *drink* indiscriminately from many astral streams of thought. We should purify those streams. This is a kind of mental vaccination to gain immunity against harmful thoughts.

A better antibody against contamination of thought streams is, of course, the gathering of knowledge of one's self. Sober facts can adjust our colored impressions, but we then must be open to that. If we are prepared to do so, we can build up a mental resistance and strengthen our mental immune system.

Changing an uncritical, lazy attitude into an alert self-awareness, however, requires a solid mental effort. To go from believing to knowing, each person will have to actively ask some primary questions. Examine the habitual thinking with its familiar assumptions. What are the backgrounds of what is happening, what are people's statements based on, what are my own impressions based on, how do I get reliable facts and how should I interpret them?

Mental Hygiene and Emotional Inoculations

We must not only learn to control our thinking process for ourselves, but certainly also consider of what benefit are our thoughts and emotions to our fellow human beings. After all, with our thinking we are a receiver and transmitter at the same time.

Our susceptibility to thought images is reflected to the degree we believe, trust, or know that any information or substance is valid or healthy. What do you believe, what do you trust, and what do you know? This determines how receptive we are. And that knowing – building truth – is an individual process. From a certain authority like a well-known scientist, we may be more inclined to assume that the information is valid than from an actor in a commercial. But even if we trust that scientist, it has not yet become knowledge for us. Sometimes we need a long time to get knowledge through experience or various forms of insight. This requires active, personal research. It is a challenge to go from believing to knowing. In doing so, we must also be very conscious of our thought processes.

Therefore, to build group immunity against polluting thoughts, mental and spiritual training is also essential. It involves learning to understand thought processes and the world of our consciousness. There are, in addition to the mainstream educational systems, schools based on the ideas of, for example, Rājā-Yoga, as taught at the Theosophical Society Point Loma over the period 1900-1942. And now we have Maria Montessori and Rudolf Steiner Schools, in which some of the basic theosophical thoughts still resonate.

Learning is actually much more than schooling. Education we usually translate as upbringing, but Theosophically, it also means leading outwards what is already in us. The educator is the midwife who helps give birth to what is already within. Theosophia teaches that we essentially have all possibilities within us. What we have developed, life after life, we can re-activate during our youth. Learning is remembering. In addition, we can develop anew (for us) capabilities in this lifetime, which involves growth in consciousness.

In the *Pāramitās* from Buddhism, we find described what qualities we should live without thinking evil or acting evil. This is an important challenge for us. We have already learned many lessons in previous lives;

we can use that wisdom. Therefore, we do not have to do everything to know what is not wise to do. We are able to act from wisdom and insight if we practice it. Let us continue to follow that path.

Fear

The forces of evolution vibrate more rapidly than those of involution and in this fact lies a recognizable security. Fear causes weakness; weakness causes a disintegration; the weak spot breaks and a gap appears, and through that gap evil force may enter. The factor of entrance is the fear of the man himself, who opens thus the door.

Letters on Occult Meditation, p. 69

See this more expanded view for a greater comprehension of what Alice A. Bailey designates as a break or a gap appearing in a person's etheric or auric field.

<http://www.light-weaver.com/LW-old/vortex/2triangles.html>

Fear and uncertainty are two of the hidden energies that feed the present COVID-19 virus and make the average man far more susceptible to its debilitating influence. Fear that has swept over the planet and engulfed it like a paralysis. Not since the second world war has there been such a universal cloud of darkness. Even though the COVID-19 pandemic is presently waning, this fear is a condition that exists in the planetary astral and etheric body and will be a long time before purified or eliminated.

While in a state of crises and fear, humanity loses its ability to think clearly and will be obedient and conform to any of the directives and proclamations coming from those around them, such as the medical profession and pharmaceutical industry, who they think know more than they do, however outrageous or against their own deeper instincts or logic. Logic and clear thinking are always the first things that adverse forces which oppose a new and more spiritual civilization will attempt to subvert or destroy.

Like the *Sword of Damocles*, fear is held over the heads of average humanity at all times: the fear that there is not enough to go around; the fear of not obtaining a fair share of the so called *good life* amidst all the real or perceived scarcity, and the fear of death, the uncertainty that we will not make it through life without numerous reoccurring and debilitating crises that cannot be controlled or effectively dealt with.

These economic profiteers whom we are discussing are masters at spreading fear and uncertainty amongst the average people, and often deliberately set different groups of people one against the other as a clever distraction and smoke screen so that they can continue with their master plans of world dominance and the creation of a One World Order – with them clearly at the helm for complete control.

To those who are not called upon karmically to deal with these larger and more difficult issues, and who do not see a larger landscape, this will all be relegated into the domain of just another *conspiracy theory*. To those who have drawn back the curtain of contemporary historical events and can see today's conflicts and crises in a larger context, they will see that these crises are the result of competing principalities or involutory and evolutionary forces that are in direct opposition and conflict to each other.

Fear as an Astral Evil

Alice Bailey described fear in this way:

Fear. This is one of the most usual of the manifestations of astral energy, and is put first because it constitutes, for the vast majority, the Dweller on the Threshold and also in the last analysis is the basic astral evil. Every human being knows fear and the range of the fear vibrations extends from the instinctual fearsto the fears so prevalent today of loss of friends and loved ones, of health, of money, of popularity and on to the final fears of the aspirant—the fear of failure, the fear which has its roots in doubt, the fear of ultimate negation or of annihilation, the fear of death (which he shares equally with all humanity) the fear of the great illusion of the astral plane, of the phantasmagoria of life itself, and also fear of loneliness on the Path, even to the very fear of Fear itself. This list could be largely extended but suffices to indicate the prevalence of fears of all kinds. They dominate most situations and darken many happy moments. They reduce man to a timid and frightened atom of sentient life, standing afraid before the stupendousness of the problems of existence, aware of his insufficiency as a man to cope with all situations and unable to leave his fears and questionings behind and step into his heritage of freedom and of life. Often, he is so ridden by fear that he becomes afraid of his very reason. The picture cannot be too blackly coloured, for fear is the dominant astral energy at this time and sensitive humanity succumbs all too easily to it.

Treatise on White Magic, pp. 298-299

These quotes and selected comments are extracted from a commentary written by Duane Carpenter titled Covid and the Ageless Wisdom Teachings and can be found at this next link. <https://light-weaver.com/>