

The Seven Rays and You

An Aspect of Transformational Kinesiology

by Linda Clark Scott

Abstract

Influencing every aspect of life, the Seven Rays provide an excellent tool for unraveling personal issues in a kinesiology session.

As Kinesiologists we explore the boundary between energy and consciousness. How do beliefs affect the well-being of the physical body? How can we use energy corrections, acu-points, essences, etc., to modify limiting beliefs? Is there a difference between consciousness and energy, or are they simply different aspects of the same phenomenon?

Esoterics and Kinesiology make a beautiful combination. The esoteric concepts provide an excellent framework within which to work. This philosophy offers a detailed understanding of the nature and interconnection of the levels of energy and consciousness that make up a human being. Using Esoterics to analyze a client's issues, we can help them see the connection between their attitudes and emotions and their health and life experiences. So often, identifying underlying beliefs and emotions is the first step in the healing process.

On the other hand, Esoterics by definition are often subtle and beyond our usual perceptual capacities. As we use muscle-testing to analyze personal issues in terms of Esoterics, we learn to recognize various energy patterns by the way they manifest themselves in our clients' lives. This helps us gain a vivid frame of reference from which to understand Esoterics more fully.

Transformational Kinesiology (TK) has been developed by Grethe Fremming and Rolf Hausboel of Copenhagen, and I have been teaching people to use it since 1990. TK is a beautiful combination of kinesiology and Esoteric Psychology, and is built on the concept that every aspect of nature is conscious and evolving to wider consciousness through life-experience. The great strength of TK is its techniques for helping an individual become aware of emotions and limiting beliefs underlying stressful experiences. Very simple energy corrections will often suffice to make change once there is precise conscious understanding and intent to change.

A Brief Description of Esoteric Psychology

The technique we will explore here uses concepts from Seven Ray Psychology to enhance any style of energy work. It is quite a simple process which uses muscle-testing to find a particular Ray quality that is active and important in a given situation. In order to use this tool most effectively, it is important that you have some understanding of Esoteric Psychology, particularly in regards to the Seven Rays and the Constitution of Man.

Humanity is a work-in-progress, an ongoing development of spiritual-physical engineering. One goal of this process is to create a life form through which Spirit, or Life, can be conscious and fully operational on the physical plane. Any form of distress or dis-ease indicates a disturbance in the connection of the Spirit to the living person. Dis-ease is a sign that some blockage in the "lower" bodies is preventing Life from expressing itself fully through the individual.

It has taken aeons to develop to our current level. We now have physical / etheric bodies that function quite successfully without conscious effort. The physical is the tangible part; the etheric is the underlying energy system that powers and organizes the physical. The heart beats, respiration and digestion happen, growth and repair occur automatically. When you intend to walk, your body walks. You have fully programmed it for walking.

At this point in our evolution, most of us are learning to make our emotional and mental bodies as organized and well disciplined as our physical / etheric. Imagine having an emotional body as elegantly under your conscious control as your physical! Imagine having a mental body unaffected by fears and limiting beliefs, fully aware of your Soul-connection and your purpose. It is the goal of each individual to create a

functioning Personality: a balanced physical / emotional / mental being that is fully aware of the Soul's purpose, and willing and able to cooperate with it.

The Seven Rays

Just for the sake of introduction, the Seven Rays can be compared with astrology, a subject at least slightly familiar to most people. Astrology is a study of the qualitative characteristics of the various planetary bodies in our solar system, including the sun, moon, and asteroids, and how they influence humanity. The Seven Rays also qualify life on earth, but they function on a much more vast scale than astrology. In fact Esoteric Astrology interweaves the study of the Rays with astrology, and is a topic way beyond the scope of this paper.

Behind the Seven Rays are the Seven Ray Lords, cosmic beings of vast consciousness. They anchor the Ray energies which work cyclically with all life to influence the course of evolution. Think of the many significant sevens in our world: light as it comes through a prism splits into seven colors; we have seven major chakras and seven principle notes making up our musical scale, seven days of the week, and on and on. Just as light refracts into seven colors in the physical dimension, the cosmic energy that qualifies our entire personal and planetary evolution is divided into the Seven Rays to work within the physical dimension.

Think how it feels to be with someone who drives you nuts. Maybe your Ray 4 love of drama and hyperbole is conflicting with their Ray 5 precise, logical thinking. Maybe your Ray 1 rough-shod will-power is clashing with their Ray 2 desire to treat everyone with care. Studying the Rays is valuable from both a personal and an interpersonal point of view. Each of the Rays has its strengths, and each has its particular tendencies for imbalance. Being alert for these tendencies in yourself and others can help you appreciate and emphasize the strengths and have creative responses to the weaknesses.

If you choose to study your personal Ray make-up, be aware that there are Rays governing your physical, emotional, and mental bodies, as well as Rays governing your Personality and your Soul. Each of us is personally influenced by up to five different Rays. Studying your Ray make-up can be a life-long project.

Each of the Rays has very specific qualities. For effective Kinesiology work, you need not know your Ray make-up or the Ray make-up of your client. However, it is very helpful when using this Seven Ray Balance Process to have a good general understanding of the qualities of the Rays and the context in which they operate.

Ray 1: The Ray of Will and Power

Ray 1 has unshakable, goal-oriented determination. Nothing can stand in Its way. With Its clear, unemotional vision It makes a great leader. It doesn't hesitate to destroy in order to clear the way for something new. On a good day, Ray 1 is a leader with great energy, vision and power. On a bad day, Ray 1 tramples people en route to Its goal, and is the leader who never looks back to see if anyone is keeping up.

Full development of Ray 1 will be the agenda for the next great evolutionary epoch of humanity.

Ray 2: Love and Wisdom

Ray 2 is very sensitive. It has a natural feel for other people, and makes an excellent teacher and counselor. Ray 2 is a keen student, always eager to learn more, to know and to understand. It has the calm and patience to study well. Ray 2 values wisdom, and can have disdain for those who are not gifted mentally. On a bad day, Ray 2 is over-sensitive, fearful, and can't get out of Its studies and into action.

Our solar system is governed by Ray 2 at this time. No matter what other Rays are in play, the basic evolutionary theme at this time is to use all energies and talents with Love and Wisdom. In recent human history, Love is epitomized by the Christ (as distinct from the man Jesus) and Wisdom is embodied by the Buddha.

Ray 3: Creative Intelligence

Ray 1 provides the Concept, Ray 2 Nurtures, and Ray 3 is Action, the creative impulse demonstrated in the myriad forms of life. Ray 3 generates plans, ideas, possibilities. It is a fine philosopher and entrepreneur. If you need brainstorming, call Ray 3, and don't worry if It is busy just now. Ray 3 is always busy. On a bad day, Ray 3 is out-of-touch with

practicalities, critical, and accomplishes very little because It tries to do much too much.

Rays 1, 2 and 3 make up the basic trinity of energies that govern all life. Rays 4 through 7 are essential additional elements in evolution which are especially important in specific cycles.

Ray 4: Harmony through Conflict

Ray 4 perceives both sides of every issue. It is an excellent artist, creating by harmonizing the various combinations of color, sound, and form. It has a flair for dramatic, "colorful" expression. Ray 4 is a natural negotiator because it sees and understands both sides. On a bad day, Ray 4 is moody, unable to move because it can't choose one direction over another, and actually prefers to create the drama of combat and the clash of opposing energies.

Ray 4 is the principle ray governing the human race.

Ray 5: Concrete Knowledge or Science

For new ideas, go to Ray 3; for practical results, go to Ray 5. Ray 5 is practical, precise, and systematic, an excellent researcher, technician, inventor, mechanic. If Ray 5 has a spiritual inclination, It is very likely to excel because of Its capacity for meticulous, systematic development.

On a bad day, Ray 5 is narrow-minded, obsessed with detail, arrogant, critical, and stuck in linear thinking.

Ray 6: Devotion and Idealism

In some ways, Ray 6 is an emotional version of Ray 1. Ray 6 is full of enthusiasm, devotion and idealism. It could be a devoted, religious recluse or an inspiring speaker, volunteer worker or activist. Ray 6 has ideals and loves to express them and inspire others. On a bad day, Ray 6 is the fanatical, jealous and explosive crusader, ready to kill for Its ideals. Whereas Ray 4 can be the dramatic, colorful performer, ready to do anything as long as it is dramatic, Ray 6 is enthusiastic and expressive for the Cause it deeply believes in. The Cause may change from time to time, but Ray 6 only feels whole when It has a Cause.

For the last 2000 years, Ray 6 has been predominant. Religious exclusiveness is a Ray 6 phenomenon, as is deferring to authorities for medical care and education. Ray 6 is now waning and Ray 7 is waxing.

Ray 7: Organization and Ritual

Ray 7 links the inner and outer worlds. It brings ideas into form. It understands the ritual of creation. It is the energy that helps groups coordinate successfully. It is a master of courtesy, rhythm and right timing. It can be a fine administrator, choreographer or ecologist. It is the White Magician, manipulating energies for good, perhaps a kinesiologist! On a bad day, Ray 7 is stuck in form and pattern, an intolerant perfectionist. Ray 7 can also be the Black Magician, manipulating energies for selfish or destructive purposes.

Ray 7 is waxing now, and is helping humanity coordinate more successfully for group work. It will help us bring spiritual ideas more and more fully into form.

For Further Reading on the Seven Rays

Bailey, Alice A., *Treatise on the Seven Rays*, five volumes including:

Esoteric Astrology
Esoteric Healing
The Rays and the Initiations

Burmester, Helen S., *The Seven Rays Made Visual*

Eastcott, Michal, *The Seven Rays of Energy*

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The TK Seven Ray Balance

1. Beginning the Session:

Get conscious permission to work together.

Do a preparatory energy balance:

Drink water.

With one hand on the navel, massage the K 27's, Gv 27 and Cv 24, and Gv 2.

Do Cook's Hook-up.

Test for permission to continue.

2. Do We Need a Goal or Topic for this Session?

Sometimes it is essential that a specific goal be stated. The Ray Balance will then help pinpoint blocks in regards to that goal. Sometimes the person's system just wants you "dive in" and test the Rays immediately. The body / mind wants to bring up something that the person would not think to address now.

3. Test to Find the Specific Ray Statement that Applies Now.

Use Yes / No testing to find the Ray, and the precise statement within the Ray that has relevance at this time.

4. Discuss and Test to Gain Full Understanding of the Message from the Ray.

How does the Ray Statement relate to your life now? Often there is one particular limiting belief for you to realize. What is the kernel of understanding for you to gain here? Write down key beliefs for re-testing later.

Is this a matter of how you view yourself? Other people? A specific Other?

Is this a physical issue? Emotional? Mental?

Does your current situation have its roots in some earlier situation? If so, what was the situation, who was involved, and how is it relevant to your current situation?

In pinpointing a relevant past situation, you could ask if it was at birth? Before Birth? In this lifetime? In a previous lifetime? After birth? If a previous lifetime is relevant here, remember you are looking for specific limiting beliefs and emotions, not for "gossip."

You are done when you have the "now-I-get-it" experience and when the system responds "No" to the question: "Is there more information?"

5. Determine the Best Balancing Statement

Test to find the best balancing statement, and then confirm that your client tests weak when saying it. If the issue was about being tolerant of people who think slower than you, the balancing statement could be any of these.

I am tolerant of people who think slowly.

I am no longer intolerant of people who think slowly.

I no longer believe that I am not tolerant of people who think slowly.

6. Do the Energy Balancing with the Statement

Repeat the statement several times, with awareness, while doing eye rotations. For eye rotations, the client touches their frontal eminences (two points on the forehead, halfway between the eyes and the hairline) while moving the eyes in full circles, both clockwise and counterclockwise. Watch their eyes carefully. If they skip or wiggle in any area, have them repeat that area carefully, until they can make the statement and track the eyes smoothly through it.

7. Retest the Balancing Statement

It will now test strong.

8. Check if Any More Needs to be Done with This.

Sometimes another related but more specific statement needs to be corrected. If the Step 5 statement was "I am no longer intolerant of people who think slowly," the next statement might be, "I am no longer intolerant of Billy," (or any other relevant individual). If no more needs to be done, close the session.

The Seven Ray Qualities

Ray One

I am proud of.....
It is my ambition to.....
I have to do everything myself.
Others do not count.
I am the best.
I know best.
I have tenderness.
I am humble.
I have tolerance for.....
I have patience with myself.
I have patience with others.
I isolate myself from others.
I am irritated.

Ray Two

I hide in my books / study.
I feel cold towards others.
Other people do not interest me.
I have contempt for other's intelligence.
I must figure everything out.
I am good enough.
I must rescue other people / the world.
I am full of energy.
I do not know enough.

Ray Three

I have sympathy for myself.
I have sympathy for others.
I accept myself in this situation.
I accept others in this situation.
I have common sense.
I spread myself too thin.
People leave me cold.
I must isolate myself.
Details do not interest me.
Details confuse me.
I only see others' faults.
I acknowledge other people.
I do not have time to listen to others.
I have the energy to do it all.
I do not have time.

Ray Four

I can make a choice.
I am worried about.....

I love / hate disharmony.
I must exaggerate.
I have confidence in myself.
I like to be accurate about.....
I feel unity.
I have the courage to.....
I am peaceful.
I am moody.
My life is full of conflict.

Ray Five

I do not trust what cannot be proven.
I cannot forgive.....
I dislike change.
I know better.
I must prove others wrong.
The world does not interest me.
Only my truth counts.
I feel attacked when.....
Others are wrong / stupid.
It is my right to criticize.
I see the life behind the form.

Ray Six

I cannot trust anyone.
I am afraid of losing.....
I see who is right / wrong.
I am superstitious.
Nothing can stop me.
I look for Truth.
I have the strength to.....
I let go and let God.
Everything must be in order.

Ray Seven

I am wide-minded and tolerant.
Attention to detail / courtesy is essential.
I value planning / protocol.
I am open to new ideas.
I feel proud of.....
I am the one to judge.
Nothing is new to me.
I follow rules blindly.
I cooperate with the Whole.