Energetic and Psychic Hygiene

Spiritual and Mental Health
What is Genuine Health?

- Old English *hælp* "wholeness, being whole, sound or well"; *hal* "hale, whole;" *hælan* "to heal").
- From Proto-Germanic *hailitho*, from *kailo* "whole, uninjured, of good omen"
- Old English *halig*, Old Norse *helge* "holy, sacred;" *heill* "healthy"

—Online Etymology Dictionary
The Goddess Hygeia

• Root of hygiene, New Latin hygieina or Greek hygieine (téchnē) or healthful (art).
• Daughter of Asclepius (the Greek God of Medicine and son of Apollo), goddess of sanitation and cleanliness.
• Sister to Panacea (universal remedy), Iaso (recuperation from illness), Acesco (the healing process), and Aglaia (beauty, splendor, glory, magnificence, and adornment).
At the beginning and end of each age there is a pouring forth of hierarchical cosmic streams of energy, and as they intermittently enter the earth’s atmosphere and unite we find in this radiation that instruction best fitted for the time. Thus there is brought to birth a new period of discovery for the world.

This new force, called by Initiates, ‘The Dayspring of Youth,’ has been in activity for some time, and they who respond to it and practise this Western Yoga can enter the new era and become its instrument.

This force, now working over Western Europe and America, possesses a new vitality and energy that will bring about a severance from past and inherited conditions. Minds that respond to it are clarified, and any opposition within the atmosphere of the mental body can no longer imprison them within its rebellious aura. For practice of this Yoga attracts an atomic energy of a finer nature and transmutes the consciousness.

—M., *The Dayspring of Youth*
In the future the energy of this new age will inflict upon us a series of mental disorders; for those minds that will not respond to its wisdom and power will recoil from it. The Secret Enemy will have no method of diverting its force, and those who have attracted this new energy will suffer from periods of illusion and depression. But the aspiring student will not be affected; he will be in tune with its vibration, and will render it homage and respect.

—M., *The Dayspring of Youth*
Psychological Contagion

In this day and age, people speak abundantly about physical culture, yet institutes for psychic culture are more necessary now than ever. We admit to the existence of air currents that are truly carriers of infectious bacteria, yet we ignore the existence of mental currents that are transmitters of ultra-sensory microbes, capable of damaging, causing illness, and even killing their victims.

—Samael Aun Weor, Sexology: The Basis of Endocrinology and Criminology
Psychic Infections

No evil entity can attach itself to us unless we attract it by thought or by being negative in our actions. The negative medium, easily evoking these lower conditions, causes her astral body to become infected with these parasitical forms that drain her vitality; these sap her life force and account for her abnormal appetite.

This shows the necessity for a clean body and mind and good health. Sick and sensitive people have more to contend with than is realised: for they attract the larvae of these submerged states.

In the new age we shall be afflicted with mental disorders, and because of this the Silver Shield must be developed in order to become immune from unnatural conditions.

—M., The Dayspring of Youth
Mental Atmospheres and Adaptation

Each person has an individual atmosphere and an individual intelligence. When we respond to the new energy and clothe ourselves with our own individuality we will have no affinity to other mental atmospheres. This separation will cause students difficulty at first in understanding people, for once on the Path we become different in thought as well as in ideas. We are again like little children entering another world surrounded by those pure atoms that came and remained with us in the first years of our birth, and, like children, we neither resist nor attract atoms of the Secret Enemy. In this way we are protected from evil.

Incidentally it should be known that the opposition to good is the real cause of unhappiness. —M., The Dayspring of Youth
The atmosphere of the mental body is controlled by the atmosphere of this world, but by breathing in the energy manifesting in this new age through Yoga we can throw off this control. By aspiring when breathing we attract the atoms of this new energy into us and slowly conform to their wave-length. These atoms bring us a sensation of joy similar to a morning in Spring. The deeper the student goes the more does he assume an energy and directness unparalleled in his normal state. He will undergo a complete change and realise as never before the possibilities of his future welfare and how indolent he has hitherto been.

—M., *The Dayspring of Youth*
Aspiration means that longing for the Reality's presence within one's own universe. Real aspiration should be impersonal; for personality attracts atomic intelligences of a personal nature besides parasitical and discarnate entities.

Within and about us are highly developed atoms, and in our breathing exercises we attract them into our bodies. They then supply our nervous systems with their energies, and as man is the result of his own type of atoms and atmosphere, he is judged by the quality of atoms he attracts, just as he is judged by the kind of people with whom he associates.

—M., *The Dayspring of Youth*
Many occultists are told to conserve their creative energy: to master their lower sex nature. Atoms always find their own level. It is the vapour that rises from the surface of our seminal fluid that gives us this determinative energy in Nature. The demand for personal power will not bring these higher forces into operation.

—M., *The Dayspring of Youth*
Negative Emotions

When we are in the very field of psychology, we find many disorders within people. Everyone is being dragged down by negative emotions, and this is very grave. There is nothing more harmful for profound internal development than negative emotions.

Nonetheless, negative people, victims of negative emotions, become more contagious than viruses and bacteria.

— Samael Aun Weor, “Alcyone and Negative Emotions”
Grouchy people, who are always filled with envy, who are always obnoxious at any given moment, people who are filled with morbid minds at any given time, people who suffer deliriums of persecution, who say they are bewitched, who say they are hated by everybody, are negative and infect groups; they infect others.

A negative person can infect other negative people, and if this person dictates a lecture, then he infects thousands of people. They are more dangerous, thousands of times more dangerous, than viruses and bacteria.

—Samael Aun Weor, “Alcyone and Negative Emotions”
Disgracefully, the human being is negative. What would you say, for example, now that we are in this room, if we open the door to some robbers, so they can come in? Would it seem correct to you that I should open the door so that these people may enter? What would happen? Nevertheless, we do not exercise such caution with impressions. We open the door to all the negative impressions in the world.

—Samael Aun Weor, “Mental Representations”
These penetrate our psyche and create disasters. They transform themselves into psychological aggregates and develop a negative emotional center within us and at last, fill us with mud. Is this correct? Is it correct for a person who is full of negative impressions emanating from his negative emotional center to have his place among us, that we might open our doors to all the negative impressions of this person?

—Samael Aun Weor, “Mental Representations”
If we do not know how to select impressions, how will we be able to close the doors of our mind to them? We must learn to open and close the doors of our psyche to impressions. Open the doors for noble impressions, close them to negative and absurd impressions, because negative impressions cause damage; they develop the negative emotional center within us and harm us.

—Samael Aun Weor, “Mental Representations”
What is most terrible is that negative emotions transform the human being into a liar. The liar produces a mistaken connection, because the energy of the Elder of Days (our Father who is in heaven, the Truth) flows harmoniously and perfectly throughout the ten Sephiroth of the Hebraic Kabbalah until reaching Malkuth (or the Kingdom), the physical person, or psycho-physical person. The liar connects himself in a wrong way; he intentionally, with his negative emotions, produces a dislocation of his mind, and consequently, a lie emerges, which is a mistaken connection.

—Samael Aun Weor, “Alcyone and Negative Emotions”
Interior Isolation and Conservation

Negative peoples seldom render great service to their fellow men, and talk a great deal, and unthinking talk is responsible for much of the worry and anxiety in this world; for it distorts the imagination. Constant conversation often hinders the currents that flow into our system, and this hampers one’s development. Hence the student should not indulge too much in trivial conversation. When he does speak he should endeavour to ennoble the thoughts of others. Some teachers place their pupils under a vow of silence; for by saying little they protect themselves from onslaughts upon their atmospheric sheaths.

—M., The Dayspring of Youth
The Purposes of Incense

• Cleaning
• Perfuming
• Healing

The devotee must purify his bedroom daily with the smoke of special aromatic substances. Incense purifies the astral body. A good incense attracts the great masters whom we need for our work. —Samael Aun Weor, *The Perfect Matrimony*

Proper incense is a barrier to the approach of entities and elementals from the underworld. —M, *Lord God of Truth Within*
Spiritual Cleanse with Sage
Radical Purification with Sulfur
Perfume and Invoke Healing with Frankincense

Authentic frankincense is obtained from the olibanum tree. It contains great elemental powers. If frankincense is soaked in water, it has the power to make the elemental creatures of the water concur to our call. When frankincense is applied to the forehead, it has the power to make a headache caused by strong mental preoccupation to disappear. The smoke of frankincense has the power to make the masters and angels of the invisible world to assist. Frankincense prepares the environment for the Gnostic rituals. Frankincense is a great vehicle for the spiritual waves of pure devotion. It helps the mystical retreat because it serves as an instrument of devotion. In the ancient temples of the mysteries, those who were ill were surrounded with the smoke of frankincense in order to be cured.

—Samael Aun Weor, Igneous Rose
Heal through Your Zodiacal Perfume

1. Aries: perfume of Myrrh
2. Taurus: perfume like Costus root, an aromatic herb
3. Gemini: perfume of Mastic
4. Cancer: perfume of Camphor
5. Leo: perfume of Frankincense
6. Virgo: perfume of White Sandalwood
7. Libra: perfume of Galbanum
8. Scorpio: perfume of Coral (Copal)
9. Sagittarius: perfume of Aloeswood (Lignum aloe)
10. Capricorn: perfume of Pine extract
11. Aquarius: perfume of Spikenard
12. Pisces: perfume of Thyme
How to Use Incense
Expedient Methods for Psychic Hygiene: Gnostic Meditation and Meditation Essentials