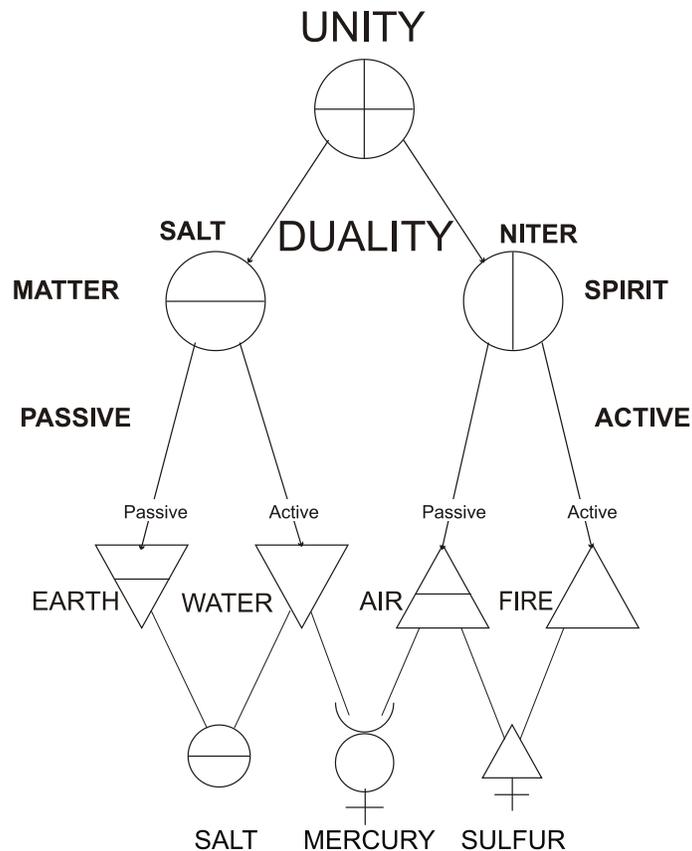


Sports and Esotericism

For human beings to remain balanced, a minimum amount of physical and intellectual activity is required. With the development of civilization, the material labor of man decreased and to keep his body in shape, man has created non-profit activities such as sports. But the human race has the failing of diverting almost anything from its original purpose. Gradually, the notion of competition or show outweighed the necessities of the body, and the resulting balance was reversed. Instead of being a health element, sport has often become the cause of burnout with its cardiac, muscle, and bone consequences, etc.

Accidents due to sport are predominantly attributable to force; power has been overly developed in relationship to the strength of physical structures. It is exactly the same in our esoteric work. We can develop the energies that put us in contact with the invisible worlds if our material and spiritual structures have sufficient strength.

...UNKNOWABLE.....NAUGHT.....CHAOS.... ORIGINAL LIGHT...



In the physical body, as in the psychic one, we find the three alchemical principles of Sulphur, the facilitator or force; Salt, the body that receives energy; and Mercury, the tool for transmission of this energy.

Human energy has four aspects, defined as the alchemical or qabalistic elements, namely: Fire - Air - Water - Earth. We explained in the course of Qabala and Esotericism how to strengthen these elements, especially through the "Descent of Energies". But we must proceed in a proper fashion.

We must invoke and strengthen elements two by two. We begin by Water-Earth, because it is necessary to strengthen the structures before applying a strong power. Indeed, the invocation of the Earth element alone is useless because this means strengthening an inanimate structure. The invocation of the Water element alone strengthens an energy that has not the adequate structure to be animated, and this can't fail to trigger physical disturbances.

When the Water-Earth structures are able to receive the energies of Sulphur, the Fire-Air structures are in turn reinforced and can then transmit more energy. For the same reasons as before, Fire and Air will not be invoked separately. The invocation of the Air alone creates hallucinations. The invocation of Fire alone causes imbalance or disease, the physical body being unable to bear the energetic power of initiatory revelations. Only the Adept can strengthen and invoke the Fire element from Hod. This will result in two things: a powerful opportunity to help others and for oneself, some physiological problems, usually not serious. Do not forget that the duo Fire-Air is, in the Sephirothic levels, our "spiritual body" which in itself must be balanced.

The contact between the "spiritual body" and the physical body is established by Mercury. Air is passive-spiritual and Water-active material. Thus, Water can attract animating energies in the physical body.

If properly practiced sport maintains our physical body in shape. Well understood esotericism must, in turn, awaken our psychic Self. But sport and esotericism can only be part of our activities. We must also practice an intellectual sport (because the brain must be strong and must remain so during initiation) and practice a "heart" sport (as a dry heart cannot hold spiritual energy).

It is useful on the esoteric Path to have intellectual activities that develop brain functions rather than activities that only fill the memory. Semantics, logic, and math games meet this goal. But while puzzles and the study of polyhedral of Plato increase 3D visualization, reading Plato's Republic will strengthen our sense of real and unconventional ethics.

Art can be a help in non-intellectual inner resonance. Soft music is suitable to awaken Netzach or Chesed. The Ninth Symphony of Beethoven and classical painting are suitable for the awakening of the heart, or Tiphereth. The magic of Wagnerian music suits Geburah and Hod. Awakening to the astral world of Yesod will be facilitated by lustful music. These examples in the intellectual or artistic activities are suggestions only, for everyone should choose what suits him best. If you can establish a brain-Yesod contact, you will obtain a knowledge and discernment difficult to obtain otherwise because from this level on, direct knowledge of nature becomes possible.

If harmony and work give you contact in Tiphereth, the Inner Master can directly converse with you. Then most of the work is done but is not finished. We still have "sports" to practice.

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