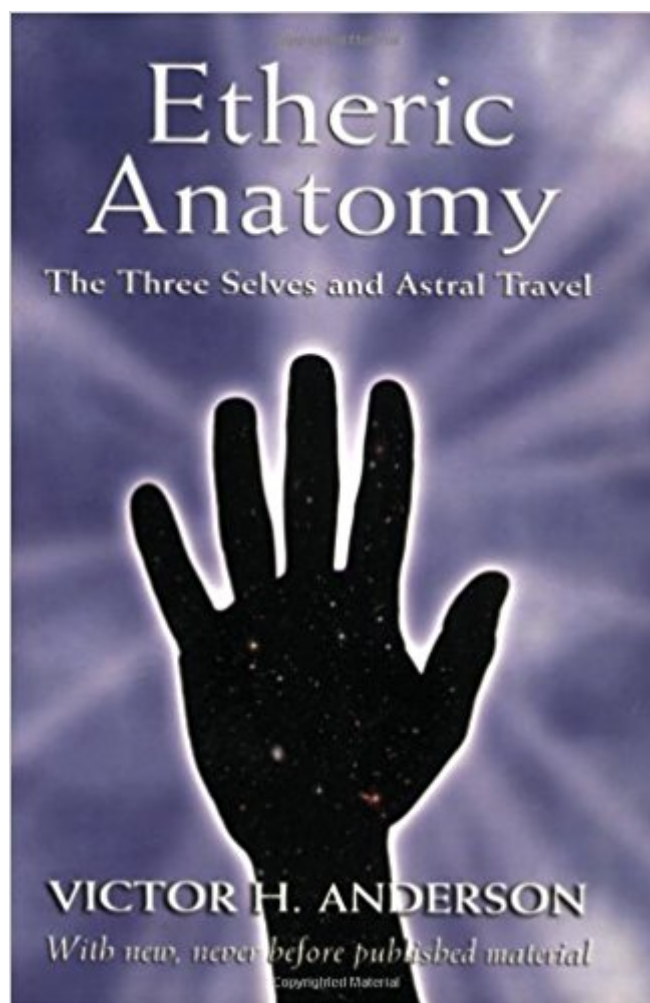


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# Etheric Anatomy: The Three Selves And Astral Travel



## Synopsis

This collection of rare writings by Feri teachers Victor and Cora Anderson discusses subjects such as the Triune soul, etheric sight, the human aura, and astral projection (OOBE). Also included are Feri prayers and exercises such as the Flower prayer (to contact the personal god), the Ha Prayer (to raise mana for successful spells and prayers), and the Kala prayer (to clear energy blocks). This compendium provides all seekers, regardless of their spiritual path, with information to better understand the nature of the soul and expand their psychic skills.

## Book Information

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## Customer Reviews

"This is a must have for any Pagan, Witch, healer, or practicing occultist." [#151](#); Storm Faerywolf, editor, Witch Eye magazine "An excellent key teaching for magickal spirituality seekers." [#151](#); Ben Gruagach, columnist, MysticWicks "Even from the other side of the veil, Victor Anderson continues to offer valuable teachings to magical folk of all kinds." [#151](#); M. Macha NightMare, coauthor, The Pagan Book of the Living and Dying

Victor H. Anderson and Cora Anderson were the seminal teachers of the Feri tradition, and together they trained some of the most influential voices in neo-Paganism, including Starhawk and Gwydion Pendderwen. They began teaching the tradition in California in the 1950s. Victor rose to fame with the publication of his first book of poetry, Thorns of the Blood Rose, in 1970, and Cora's

articles were featured in Witch Eye and Circle magazines and her recipes were published in Women's Circle.

'Ethereic Anatomy' is a small booklet that really surprised me! It's an account by people situated far from the mainstream. The book is precious for anybody who is researching the human aura, lucid dreaming, astral projection, or general pagan knowledge about the vital energy. Let me first say a word about what is generally called 'espiritual anatomy'. Many cultural traditions contain an esoteric thread describing what might be referred to as the anatomy of the human soul. While the terminology might be esoteric and quite confusing, it's in all traditions about the same thing, namely, that we are essentially made from a bioplasmatic energy that pervades the cosmos. The Egyptians called it ka, the Chinese chi, and anatomically the correspondence to it are the meridians known from acupuncture; the Indians call it prana, and the corresponding part in the body are the chakras and nadis known from yoga, the Jewish tradition calls it the sefirot, and Western lore, or the 'fairy lore' from which Anderson comes, calls it the etheric or astral body. In addition, theosophy has made us aware of the power of thought forms, and the existence of the aura. I studied Huna over years, which is why I can say that every bit of what Anderson writes in this booklet is true. I didn't really learn something new from the book, but it's a wonderful compilation and summary of this knowledge. In addition, the authors contribute their own valuable extrasensorial insights and perceptions. The most important detail conveyed in the first chapter entitled The Etheric Anatomy of the Human Being, is the 'trinity structure' of the soul, which is indeed something that strikes the holistic researcher as it is to be found not only in the teaching of the Kahunas, but also in virtually all mainstream religious teachings. The authors have a unique manner of describing phenomena known from psychology, psychoanalysis, parapsychology and quantum physics, as they use the terminology of the natives, and not the language of modern science. But for this very reason, their account actually gains vivacity and authenticity. Some observations are strikingly original, such as the idea which I found in other clairvoyant literature that the human body emits a specific sound, a sound that is different from one individual to the other, a frequency that identifies the individual. The subatomic world, known as the specific focus of quantum physics, is in the language of the natives the world of the spirits. I have found this indeed confirmed in the overwhelming part of shamanic literature. A particularly interesting field of study has become aura research, and even aura healing, the healing of the

luminous body. What years ago was still relegated to esoteric traditions is now beginning to be effectively integrated into the official body of medical science and psychology. The author clearly states that contrary to common belief, the aura is not limited to living beings, but is an energy-related phenomenon that is to be found with all objects, be they inanimate. What has been seen by the use of Kirlian Photography is described by the authors here in a beautiful passage. The phenomenon has been demonstrated also by energy healers such as Donna Eden who heal recurring pain in phantom limbs by impacting energetically upon the aura of the missing or amputated limb. There is a striking congruence with what Dr. Rick Strassman writes in his book *DMT: The Spirit Molecule* (2001), where he says that in his observation of a pineal DMT release at forty-nine days after conception marks the entrance of the spirit into the fetus. Now, let me comment on Part Two of the booklet, written by Cora Anderson and entitled *The Three Souls and Out-of-Body Travel*. Cora Anderson distinguishes between the alpha spirit, the beta spirit and the delta spirit, and writes with regard to the vital body and that other authors call the etheric body. There are several important ingredients in this statement. First of all, I am thankful for her clarifying that an animal spirit in the terminology and scientific worldview of the Kahunas is not to be connoted with lowness of any kind. What Cora Anderson calls the alpha spirit, the Kahunas call the low self or unihipili. The secret about the huna prayers is that it is the low self that sends the mana, and the quest for help or advice, to the high self or Aumakua, and not the middle self or rational mind. This is why the prayers of mechanistic minds remain unfulfilled! This is logically so because it is simply not the middle self or our reasoning mind that sends the vital force to the high self, but the low self. This is a brilliant example for the fact that religion, understood intelligently, has much in common with science, as it is inquisitive, and not based upon dogma. I leave it here with my review, expressing my gratitude to the authors and to my own higher self for having guided me to find this precious resource of wisdom.

Normally, I would not have wasted my money on this, seeing as there's nothing I didn't already know from my own experience in this book, but it's worth the cost to me for the validation and affirmation of my experiences on its own in written form. I thought I was the only person who could do what he mentions in this book; it's good to know I'm not. Things are different for me, of course, but it's good to know I'm not the only one who can do this. The middle of the book is "old" material

for someone who has read Cora's Fifty Years in the Feri Tradition before this, but if you haven't, it's going to be a bit new to you.

Well written and I love the exercises. Can't wait to remember my first out of body experience. Thank you Victor

In this much anticipated volume, the late Grandmaster and teacher Victor Anderson discusses in detail astral phenomena and the psychic structure of the human being, including an introduction to the Three Selves, a foundational teaching of the Feri Tradition of Witchcraft. The book itself is presented in three parts. Part one deals with the human energy bodies and related phenomena. Drawing from his vast experience with several indigenous shamanic practices, Victor delves into the metaphysics of the human energy field, and gives examples of the different layers of auric energy, including his personal understanding of colors commonly perceived in the aura. Part two deals with astral travel and the Three Souls, contributed by Victor's wife Cora Anderson, author of "Fifty Years in the Feri Tradition". Here we are taught traditional Feri exercises, such as the Ha Prayer (used to raise energy), the Kala Rite (to clear energy blocks), and the Flower Prayer (to contact one's Personal God). Simple exercises to develop one's own etheric sight are presented, along with a discussion of some common ailments and their psychic causes. Further teachings include techniques to facilitate astral awareness and travel. Part three is a collection of transcribed recordings made by Victor as far back as the late 1970's detailing his own astral experiences of a sexual nature. For the first time in print, here are described personal accounts of sexuality on the astral plane as experienced by the author. Victor offers a frank discussion of human sexuality, both physical and non-, presenting views quite progressive even today, but especially for the time in which they were originally recorded. The information presented is sound and diverse. In true shaman's style, discussions of larger topics are often peppered with commentary and personal examples, making this more than just an information manual. It is the product of personal experience and as such is an invaluable tool to anyone who wishes to understand and experience deeper levels of consciousness, regardless of one's chosen spiritual path. This is a must have for any Pagan, Witch, healer, or practicing occultist.

This book is well worth reading. It is at once an artifact of an earlier time, when books on the topic were difficult to find, and a testament to the author's honest struggle to translate mystical elements into written concepts. I am happy I found it.

I bought this book hoping to reinforce and elaborate on what I have learned about triple souls, aligning them, and certainly hoping to learn more about kala. It is more of book of memoirs than a learning tool and I was sadly disappointed. I mean no disrespect to this book or the Andersons; I have much respect for them and wished I had the chance to have met them before they had passed. How lucky for their students to have learned under them. They certainly are wonderful people.

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