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## ON THE EFFECTS OF SPIRITUAL EXERCISES

With spiritual exercises, we work with our imagination. We visualize an image or a thought, and this takes effect in us. With the power of our thoughts, we create a spiritual reality. The more space we allow this new reality we have created, the stronger it can work in us and can influence our life in a positive way.

It is very difficult for most people to empty their mind of all thoughts and feelings. When that happens, our mind is in the realm of nothingness that contains everything, and it is free.

I will describe exercises that facilitate and simplify this process. How lovely it is when a spiritual path can be taken playfully and with joy. In my experience, one gives up too quickly when a particular spiritual path does not match the individual personality. For many

people, doing visual exercises and working with visualizations is much easier than “just” emptying their mind.

One of the easiest spiritual exercises is positive thinking. With positive thinking, we change our attitude toward certain issues through positive mental impulses. A changed attitude can alter our behavior and, consequently, our life.

We shape and construct our life. From the spiritual point of view, the self is not just the part of us we know, but a multidimensional personality. It consists of the experiences from many past and future lives and of our current existence. If we call this energy our higher self, with all its stored knowledge from many lives, then this knowing higher self becomes the maker of our fate. We can also call this knowing higher self our super-consciousness.

After suffering and distress, we often experience the feeling of purification. Only in hindsight can we accept an illness or a difficult phase in life as meaningful, because we discover a deeper sense in it.

For us humans, it is hardly possible to recognize the meaning in the terrible sufferings on Earth. My spiritual experiences have taught me that there are parallel realities to our life on Earth, where the meaning of suffering and fate becomes clearer and more plausible. The more we open up our consciousness to further levels of

reality or dimensions within ourselves and the Earth, the better we can understand our life and our destiny.

This path involves letting go of rigid beliefs.

For our current life, we have chosen an era dominated by the materialistic, scientific approach. It is only gradually dawning on many people that there are several levels of reality and dimensions ruling our lives.

Only gradually are we recognizing that we not only live in a physical body, but that the etheric matter of our body also permeates other levels of reality.

Only gradually are we realizing how strong and powerful our consciousness can be.

It is so powerful that we can create realities with our mind that cooperate in shaping our lives and our future.

Spiritual exercises have a huge effect on our aura. Our aura is our subtle energy body surrounding and permeating our physical body. It consists of several layers of light energy that vibrate at different frequencies. The different layers are called astral body, mental body, and spiritual body. Together we call these layers our aura. It is a highly complicated energy system that is in direct exchange with our body. Every feeling, every experience, and every illness is reflected in the various energetic bodies. Everything is stored and processed. Everything flows back and forth in colors, streams of light, in lighter and darker shades, vibrating in and out

of the body and constantly changing.

This exchange of energy takes place on various levels of vibration. On the higher vibrational levels, we are in contact with our past and our future. Our firm terrestrial concept of time is only tied to our earthly solid matter.

Visual exercises are directly absorbed by our aura, streamed from there into our body, and guided back into our aura. Through beautiful, bright imaginations we lighten our aura. This has healing repercussions for body, mind, and soul.

If we are not all too familiar with our etheric body, it may take a while until we can sense the effect of spiritual exercises. The exercises should be performed often. After all, just as we plan real things in our life and realize them in a step-by-step process, so too does a positive change in our etheric body need to gradually grow and flourish.

More and more people can see the energetic processes that are activated by spiritual exercises with their inner eye.

Apart from that, the exercises train the inner perceptive faculties and strengthen our inner eye. Plants and animals are surrounded by an aura just like us. Their aura and ours flow and pulsate in moving plays of colors, merging into one another.

In encounters with all living creatures we interact not only on our conscious level but also on many other energy levels.

Images and thoughts influence us on many levels. Not only do we receive and send out energy on the level we are conscious of, but everything vibrates in many other dimensions in ways beyond our imagination. Thus, spiritual exercises are not only beautiful, meaningful, and healing for us, but can also be a harmonizing play of colors and shapes for our environment, brimming with information. Positive emotions, thoughts, and images in light pastel colors shimmer and gleam in our aura. Negative feelings, thoughts, and images appear colorless, from gray to very dark. At these areas of our aura, the flow of light is blocked. There can be many reasons for this.

Often we have stored negative experiences from other lives in these areas. Or, because of difficult experiences in childhood, we have developed an inner blockage there.

We all have conscious or unconscious fears stored inside us. Time and again we come to a point in life when we can decide either to allow the fear inside us to expand or to transform it into strength.

Spiritual exercises help you transform what robs you of your strength, be it fear, grief, insecurity, or inner pain.

Exercises, workshops, and therapies do not make our life perfect. We will not always be safe, rich, happy, or healthy. Our lives will always be accompanied by crisis, illness, or weakness. But we can learn to acknowledge and accept the life we have with all its possibilities. And we can find a core in ourselves that is as luminous as the sun.

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