

you don't know why you are high  
a thousand pieces buried inside you will come out  
and you see everything like you have no eyelids  
soaring over the green hills  
the towers have fallen  
people will cry thinking you burn  
but you sing death and resurrection  
A.D>



## THE MANATAKA LESSONS ON THE CAUSAL PLANE

By Gabriel Hartley

October 5, 2015

Last Tuesday night (September 30, given that it was after midnight) and this Tuesday night (October 7) I was awoken at about 3 a.m. and spent a little time tossing and turning in bed before I decided to get up and converse with the spirits who woke me up. I went into the yoga room, sat on my meditation cushions, and did my tuning-in Pranayama, what I call the Kyy Breath. Almost instantaneously I saw and felt the presence of some new beings whom I had never consciously met before. So after grounding myself in the Golden Light of Grace and the Highest Good of All Beings, I joined them in conversation.

FORGING UNITY AMONG THE BODIES AND PLANES OF EXISTENCE

As usual in these kinds of spirit encounters, I felt the electrical charge of the merging of our Mental Bodies. Yet with these beings that charge was many times more powerful than my normal experience. And in many ways this experience itself was the content as well as the effect of their message to me.

They began by having me focus on the intensity of this super-charged connection, relaxing as it surged throughout every fiber of my body-or, more appropriately, bodies. For my physical body was not the source of these feelings but simply the last layer of resonance. What I quickly learned was that in this moment my Physical, Etheric, Astral, Mental, and Causal Bodies were simultaneously engaged in this charged merger of their bodies with mine. And this experience of my Causal Body, which to my memory was the first time ever for me on a conscious level in this lifetime, became the focus of the entire message.

Before going into more detail about these body mergers and charges, however, I thought it important to find out who they were and what their intentions were. When I asked, they immediately told me that they were known as the Manataka and-as many other a being has done-told me that I could look them up later on Google if I wished to, but I might not find much there.

I should mention here that I was receiving a lot of this information through various means other than through conscious verbal telepathic communication (although there was plenty of that, too). Much of what I "heard" or "saw" was presented to me in energetic bundles. I can only compare these bundles to warm, almost-molten balls of wax that carried immense amounts of information being released as the wax balls melted into my energy body and then spread throughout my other bodies. I realized then that the electric sensations I had felt during our Mental Body mergers were themselves transfers of dense charges of information. In other words, while I could actually "hear" them in their telepathic linguistic gestures, at least ten times as much information was simultaneously "melting" into my system.

I then came to understand through means that I cannot describe that they were beings who in part are associated with the North American continent's river systems. I could see them hovering like a spirit fog just feet above the Missouri River as it winds its way through the state of Missouri on its way to the Mississippi River. I asked them if they were responsible for the flow of traffic in and over these river systems and they said yes, but not in the exclusive way that that might sound. In other words, they are not the only ones responsible for such traffic and at the same time they are responsible for far more than simply river traffic. In fact, they oversee the coordination of the efforts of other classes of beings who themselves oversee the atmosphere (such as the Matakini), the subterranean realms (such as the Kachinas), and the surface of the planet itself. In some way that I don't yet understand, their work as conductors of all of these strands of energy and information takes place primarily through the energetic streams of the rivers, and especially through the river vortex systems located at all conjunctions of other rivers and streams.

After telling me about their relationship to the energetic expressions of the planet's geographical systems (such as rivers, underground channels, atmospheric passages, and much more), the Manataka then turned my attention to my own bodies. They explained that there is an important parallel structure that marks both the planetary and the individual system of bodies. In other words, the question of proper alignment of Mental to Astral to Etheric to Physical Bodies involves the relationship between individual beings and the planetary being at large. If humans are out of alignment, to a certain extent so is the planet.

## RISING INTO THE CAUSAL PLANE

After letting this parallel between human and planetary bodies sink into my consciousness, they

began demonstrating this individual-planetary alignment by having me focus my attention simultaneously on the physical plane of the planet and the physical plane of my own body. I could feel in my own body the physical flows that they were engaging the planet; I could feel in my own energy body the etheric flows that they were engaging the planet; I could feel in my own astral body the astral flows that they were engaging the planet; and I could feel in my own mental body the mental flows that they were engaging the planet. And, most importantly, my conscious bodily experience of these individual/planetary alignments was in itself the synchronization of my own causal body and the causal body of the planet. This conscious experiential harmony of individual and planetary bodies is itself the causal body. In other words, the causal body involves the recognition from a higher plane of conscious experience the total integration of the part-to-whole expression of the planet as experienced, for example, through us (as through any being who arrives at such a higher level of consciousness).

At this point I realized that before now I had had no real idea what the term "causal" might refer to. I simply understood it as a higher, more-rarefied level of energetic and conscious existence-which it is-but I had no idea how this higher level might come into being as an object of conscious understanding through this totalizing kind of energetic alignment. Now I knew the reality of this concept through my own deepest experience, which is what real knowledge is anyway. Abstract concepts are important way stations, but they do not rise one up onto a true plane of knowledge until they become concrete experiential concepts. In this way, G.W.F. Hegel was right on target in his Phenomenology of Spirit in his description of the dialectical process moving from the Abstract to the Concrete.

The Manataka then drew my attention to the fact that this unifying multi-body energetic experience they had led me through was in fact a very important aligning exercise for humans to practice on a daily basis. With this totalizing causal encompassing relationship of bodies in mind, any physical activity could function as the vehicle for allowing this causal alignment to ground itself in all of our bodies. Qi gong, yoga, t'ai chi, hiking, swimming, and so on, when engaged from such a unifying perspective, each become a "proper" physical vehicle for manifesting the causal body in our conscious experience. And one very important end result is that through such multi-body exercises, we clear all of our various bodies of harmful energetic blockages. This is what disease is after all-an energetic block; and healing is the process of freeing this blocked energy back into its proper flow and circulation. The conclusion the Manataka left me with last week was that it is crucial that we keep all of our bodily, planetary, and cosmic circulatory, emanatory, and receptive channels cleared by engaging them on a daily basis.

As for the physical body, their suggestion was that we be sure to maintain a practice that includes bodily, respiratory, and mental exercises. In this way, we prevent systemic blockages of many different kinds and maintain the energetic equilibrium we were designed to engage.

## THE MAHADEVAS AND THE YOGIC PLANE

Last night, as the Manataka reiterated last week's lesson for me, I learned that these beings are a class of Mahadevas, that is, a higher grade of devas whose primary role is that of coordinator or conductor of the activities of all other beings in relation to the Causal Body of the planetary being. They suggested that they operate on the Buddhic Plane, but that for the moment I should continue to focus on the Causal Plane at this point in my conscious development and alignment.

The Manataka, I learned, are in league with the particular class of Elves who function as the overseers of planetary portals and with whom I have been working since my first night in our house three summers ago. In fact, last night's "communicative event" began with the Elves making initial contact with me, confirming and validating the information I had received last week so that I could relax a bit more and take in the information I was about to receive on this night without the

paranoiac blockages that rightly arise when I am not sure of the nature and intentions of the beings I am interacting with. Then the elves cleared the Elfin Portal of any encumbrances or distorting beings so that I could maintain a clear channel to the Manataka.

One further crucial element of the lesson for last night was my recognition that it can be helpful to see the Causal Plane as equivalent to what could be called the Yogic Plane. In this sense, the causal plane stages the conscious unity of the host of bodies I have been referring to here. And this higher mode of union is, after all, what the term yoga refers to. As such, the causal body itself serves as a portal bridging the lower and higher realms of being. The causal body is the hinge-point, the gateway through which we can pass as the causal body wraps all elements of the lower bodies into one yogic field staging our lift-off into the higher spheres of consciousness.

#### AFTERWORD

Following their advice, I did look the Manataka up on Google. I have found references to work done by others related to Manataka as a place name: the Place of Peace, the Sacred Mountain, and Valley of the Vapors. [See, for example, <https://www.youtube.com/watch?v=V1lKmmepoFA>.] I have not had the chance as yet to work through this material and meditate on what if any direct connections I might find between these beings who identify themselves as the Manataka to me and this Sacred Mountain revealed to Lee Standing Bear Moore. I leave that for future exploration.

I have found, however, that everything the Manataka have told me is verified in many places on the internet. Again, I do not have the time as yet to lay these connections out other than to say that these finds through Google are very satisfying.

I welcome any comments and anecdotes that might clarify, strengthen, and expand upon the information I have received thus far. Thank you.

And thanks to the Manataka.

#### addenda

As the fire of kundalini and prana proceed with their work, and the channel becomes more and more cleared, the centres more active, and the body purer, the flame of spirit, or the fire from the Ego, comes more actively downwards till a flame of real brilliance issues from the top of the head. This flame surges upwards through the bodies towards its source, the causal body. - Treatise on Cosmic Fire

When the extension of hearing becomes such that it concerns the psyche, then we call it telepathy or that wordless communication that is the synthesis of hearing on all the three lower planes and which is known by the Ego in the causal body on the formless levels of the mental plane. - Treatise on Cosmic Fire

#### Assemblage Points

#### Raja Yoga