

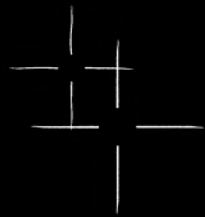
OVERCOMING THE LOWER

✦ ✦ ✦ DOPPELGÄNGER ✦ ✦ ✦

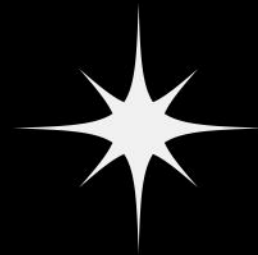
An Anthroposophical Perspective



Freedom from the
unintegrated Shadow Self,
once and for all, through the
purifying & transformative
qualities of the Christ Impulse



What is the “Lower Doppelgänger?”



"The guardian of the threshold is a figure that represents the sum of all the hindrances, desires, passions, and so forth, which hold the soul back from the spiritual world. It is as if all the lower nature of man, all that he must leave behind before he can enter the spiritual world, takes shape and confronts him at the threshold."



Also known as the Double, the Shadow Self, or the Guardian of The Threshold, the Lower Doppelganger represents the subconscious where one's lowest and darkest desires often manifest. Unlike the Etheric Double (which represents the vital body and is not associated with the lower aspects) the Lower Double is part of the Astral Body. Specifically, the part of the Astral Body that interacts with the Lower Astral. This is where we connect when operating from the Lower Nervous System, which Rudolf Steiner sometimes associated with the Nervous System while it is in a Sympathetic State. For those unfamiliar, this is the manifested Survival Response, also known as “fight or flight.”





Characteristics of the Lower Doppelganger

- Unconscious Mind
- Subconscious Beliefs
- Lower Ego, Lower Emotions
- Pain Body
- Imbalanced Luciferic Impulse
- Imbalanced Ahrimanic Impulse
- Karma, Ancestral or Generational
Trauma (Blood Double)
- Traumagenic Manifestations

MANIFESTATIONS

(Imbalanced Lucifer)

HEDONISM

- Sexual Depravity
- Black Magic
- Drug Addiction
- Self-Worship & Narcissism
- “Pleasure is God”
- Illusions & Escapism

OF THE

UNINTEGRATED SHADOW



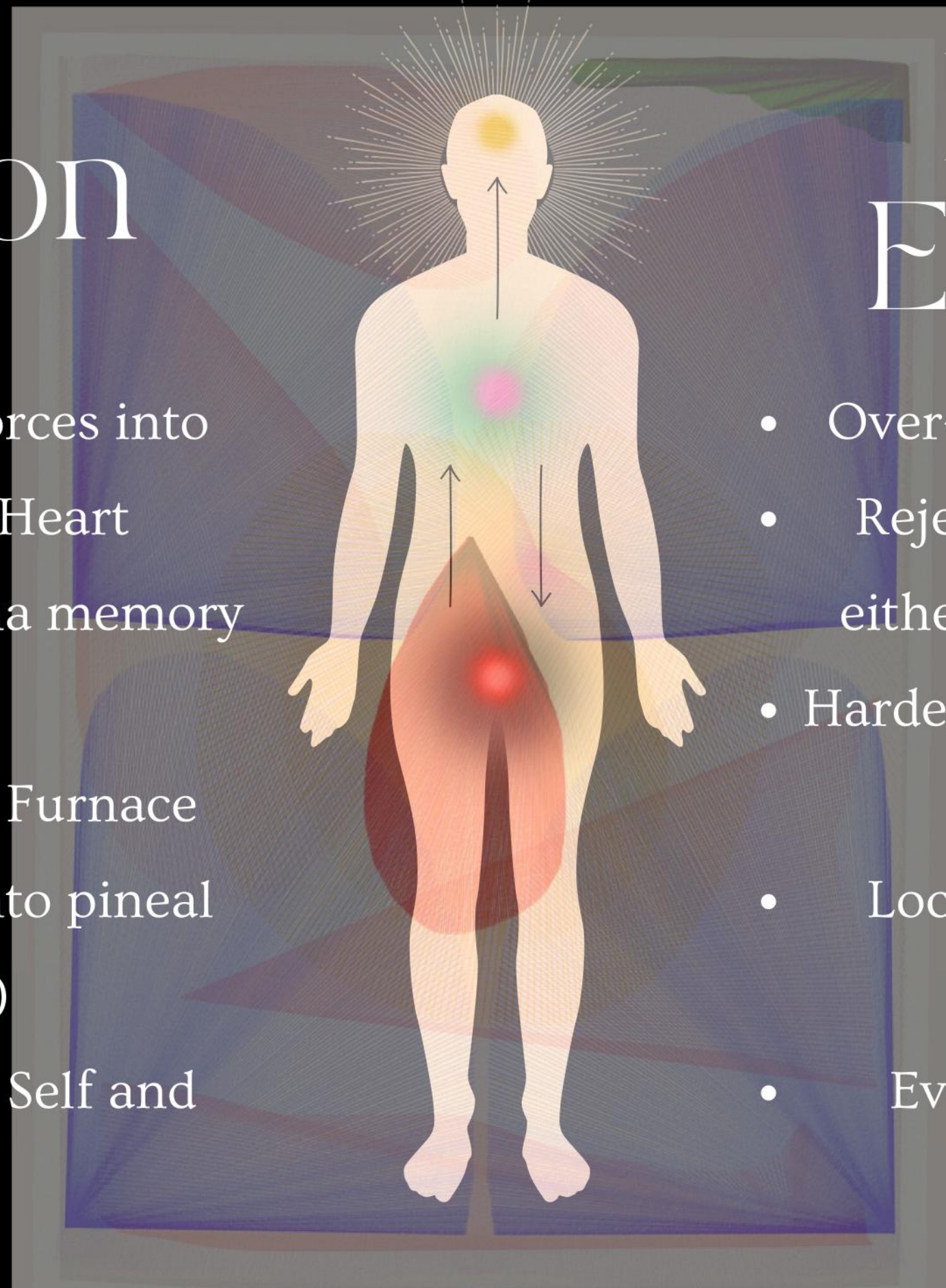
(Imbalanced Ahriman)

MATERIALISM

- Money-Centric
- Power-Hungry
- Rejection of God or Obsession with Godhood
- Transhumanism
- Material Worship

Etherization

- Introduction of Higher Forces into Human Form via The Heart
- Blood carries pain & trauma memory through heart
- Purification by the Heart Furnace
- Purified Blood flows up into pineal gland (Third Eye)
- Attunement with Higher Self and Christ

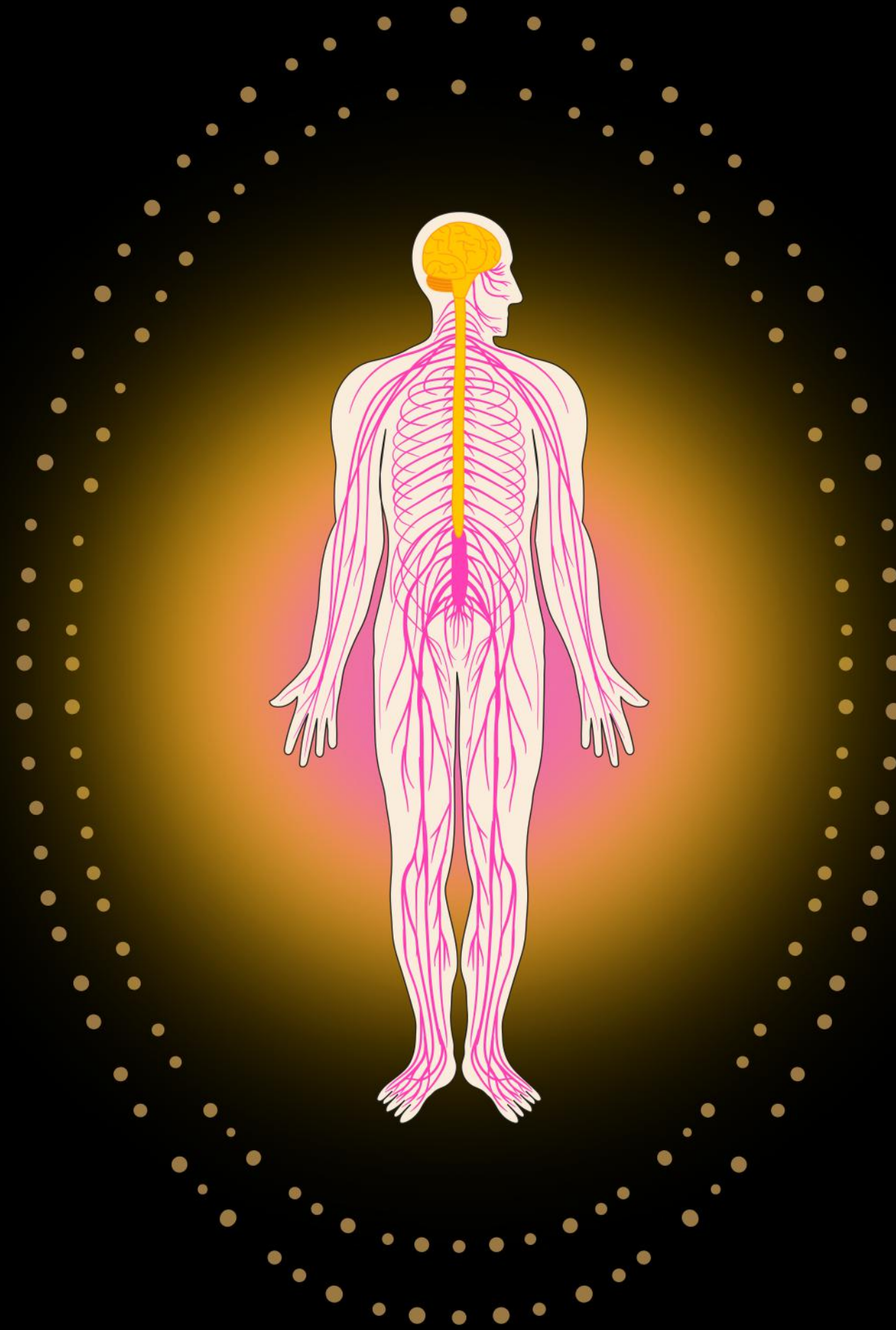


Reverse-Etherization

- Over-Identification with the Pain Body
- Rejection of Christ & Higher Forces, either through Trauma or Selfishness
- Hardening of the Heart Center, denial of moral impulse
- Locked in lower centers, neglecting Upper Chakras
- Eventual Possession of the Lower Doppelganger, Shadow Self

HIGHER NERVOUS SYSTEM

- Parasympathetic
- Heart-Centric
- Social & Spiritual
Openness
- Senses extend into Higher
Sense Perceptions
- Resilience aids in Psychic
Protection
- Connection to Higher
Worlds & Higher Self



LOWER NERVOUS SYSTEM

- Sympathetic
- Trauma-Centric
- Social & Spiritual Isolation
- Hypervigilance/Survival
Perception
- Vulnerable to Attack &
Attachments
- Drawing from Lower
Astral (Sub-Natural
Realms)

THE BLACK SUN

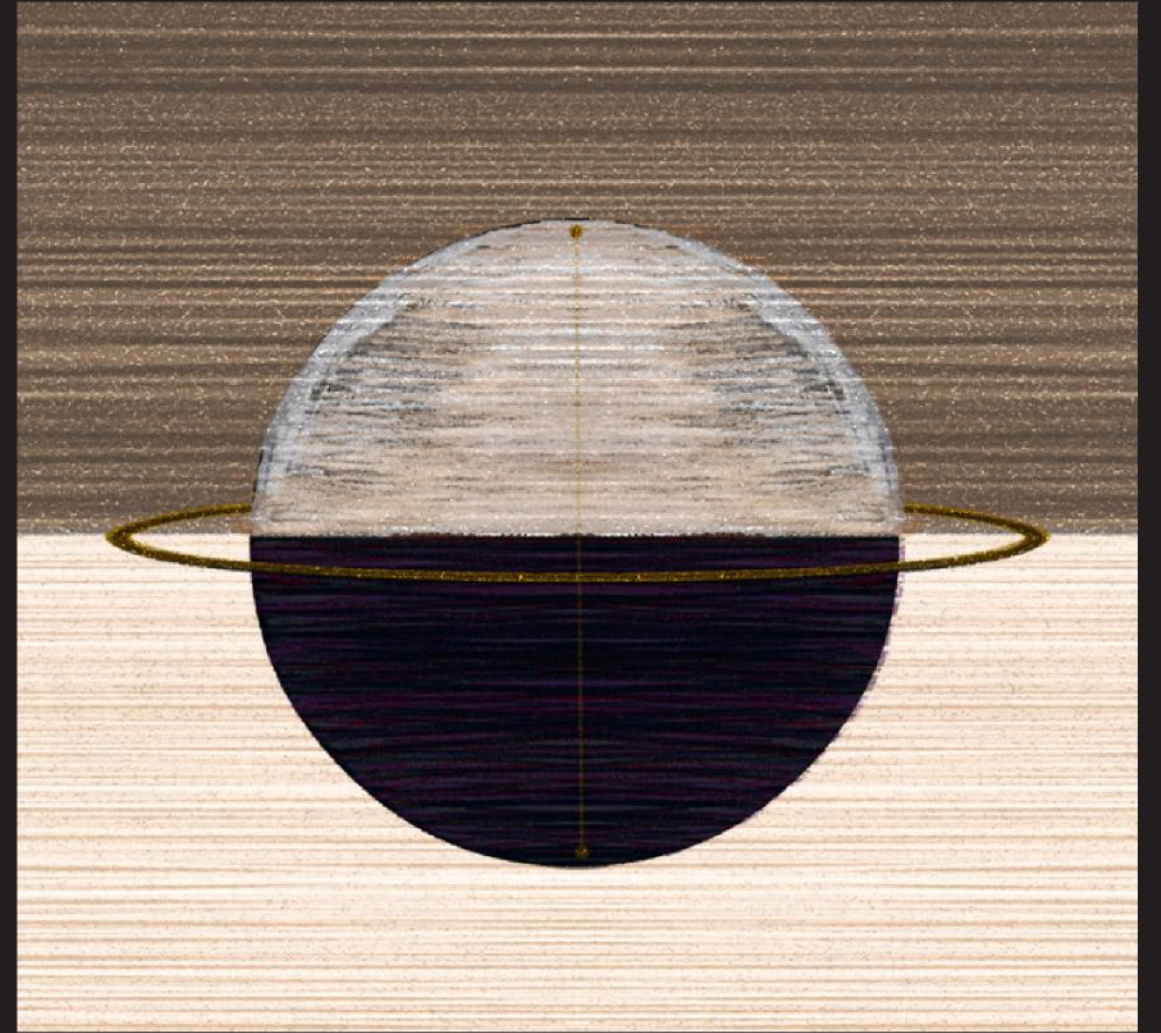
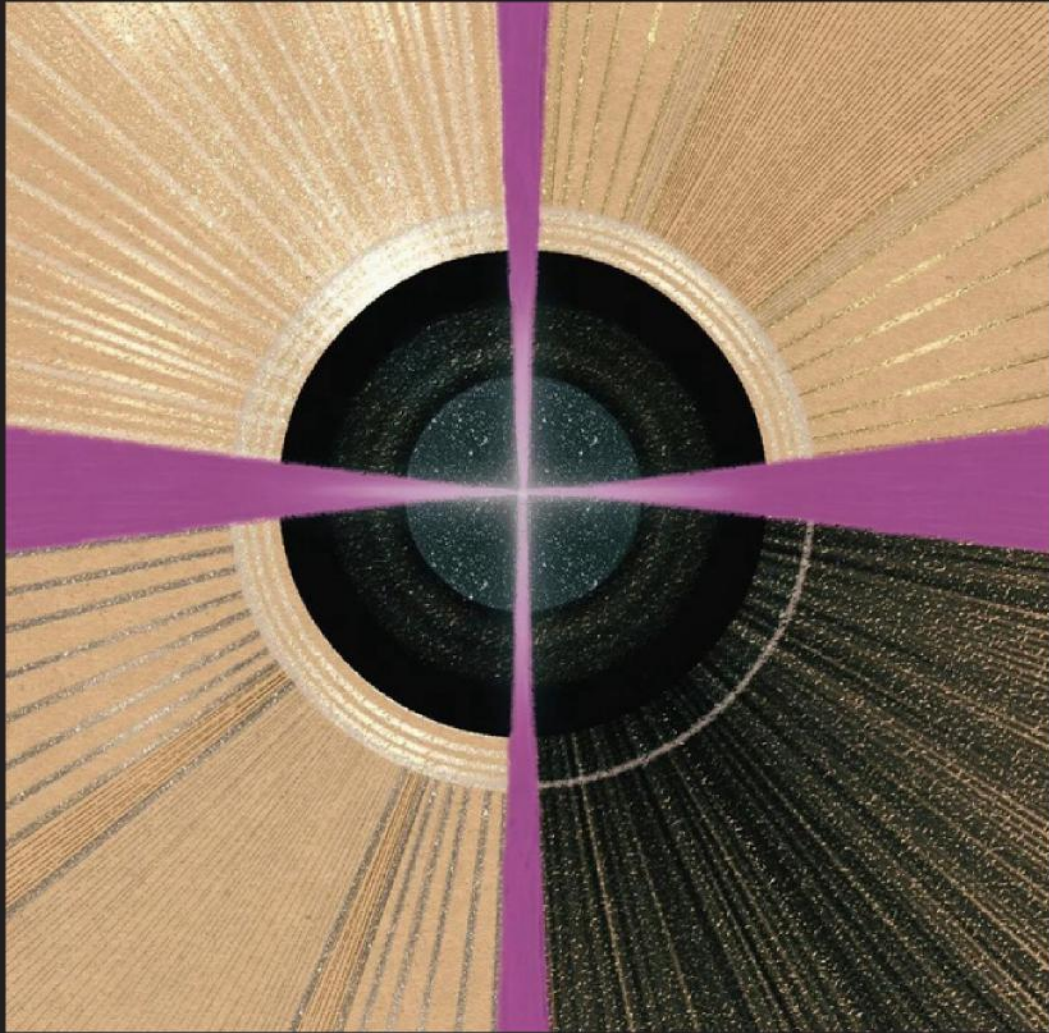
VS.

THE EIGHTH SPHERE

THE BLACK SUN, ALSO KNOWN AS THE DARK NIGHT OF THE SOUL.



- Descent into ones Shadow/Lower Self
- Intended to be a period of rapid transformation & purification.
- Associated with The Moon and Death in Tarot.
- Associated with Scorpio, Capricorn, & Pisces in Astrology, as well as with the planets Pluto & Saturn and the god “Pan.”
- Often represented in Underworld mythos and storytelling (Persephone, Alice, Dante, Inanna, etc)





THE EIGHTH SPHERE

THE EIGHTH SPHERE

A container to all that is fallen, degraded, and subnatural, aka the “Junk Drawer” of the Cosmos.

A place of Decay and Destruction, not Transformation.

The Eighth Sphere acts not as a mirror-realm, but as a Black Mirror realm. reflecting back one's inner fears, delusions, and illusions.

Stranger Things depicts this realm as The Upside Down, where everything is replaced by its inverted counterpart.

The “False Light” Realm.

THE CHRIST IMPULSE

“AND SO WE KNOW AND RELY ON THE LOVE
GOD HAS FOR US. GOD IS LOVE. WHOEVER
LIVES IN LOVE LIVES IN GOD, AND GOD IN THEM.”
(1 JOHN 4:16)

Within each of us lies a distinct blueprint that corresponds with this current epoch. This “pattern” consists of our cosmic memories, karma (personal and collective) and our Christ Impulse. The more we develop our “I,” or individuality, the more this pattern reveals itself to us...

The Pattern of Christ, The Redeemer

Love (Heart of Service)

Joy

Peace

Gratitude

Gentleness

Steadfastness

Humility



Compassion

Forgiveness

Faithfulness

Self-Control

Individuality

Sacrifice

Selflessness

"Carry each other's burdens and so fulfill the Law of Christ"

(Gal. 6:2)

Christ, as the White Sun (Son)

In Tarot, Christ is associated with The Sun and The Hierophant

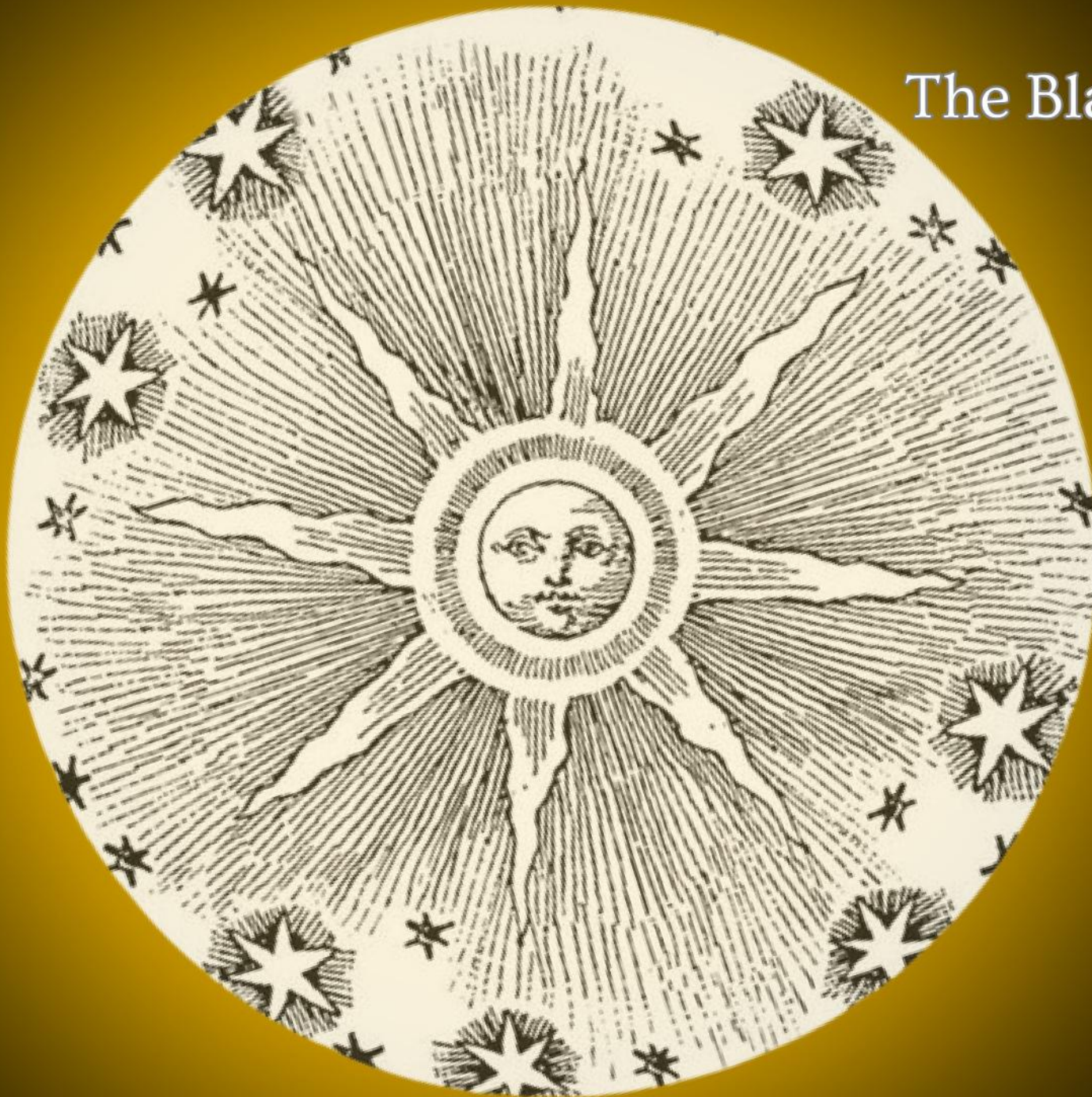
The Black Sun forces, Purified, Transformed, and therefore Redeemed!

“Light of the world” aka Messenger of Truth.

Spiritual Master of the current Epoch initiating humanity with qualities of Servitude and Individuation

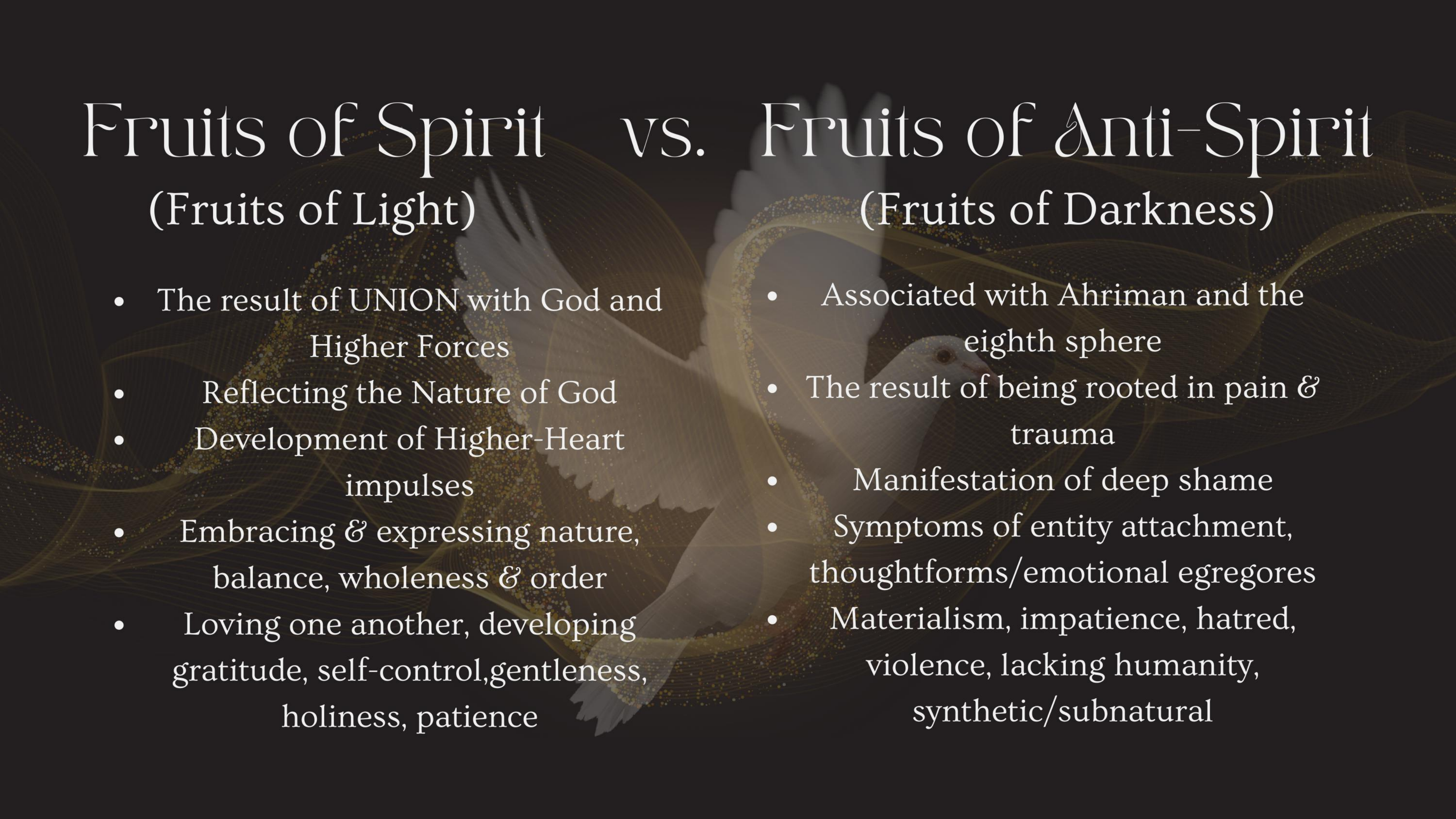
An inspiring, non-forceful Impulse. The Still, Small Voice. The Seed of Hope. The beckoning for, and mechanism of, Spiritualization of the Human Form!

The “Pattern” for Spiritualization & Evolution.



Fruits of Spirit vs. Fruits of Anti-Spirit

(Fruits of Light) (Fruits of Darkness)

- 
- The result of UNION with God and Higher Forces
 - Reflecting the Nature of God
 - Development of Higher-Heart impulses
 - Embracing & expressing nature, balance, wholeness & order
 - Loving one another, developing gratitude, self-control, gentleness, holiness, patience
- Associated with Ahriman and the eighth sphere
 - The result of being rooted in pain & trauma
 - Manifestation of deep shame
 - Symptoms of entity attachment, thoughtforms/emotional egregores
 - Materialism, impatience, hatred, violence, lacking humanity, synthetic/subnatural

RECEIVING CHRIST, AND
“ACTIVATING” THE CHRIST
IMPULSE WITHIN.



~Activation of The Higher Heart~

Service to Others.

Practice of Self-Control (Fasting)

Prayer and Intercession.

Cultivating a sense of Childlike

Wonder.

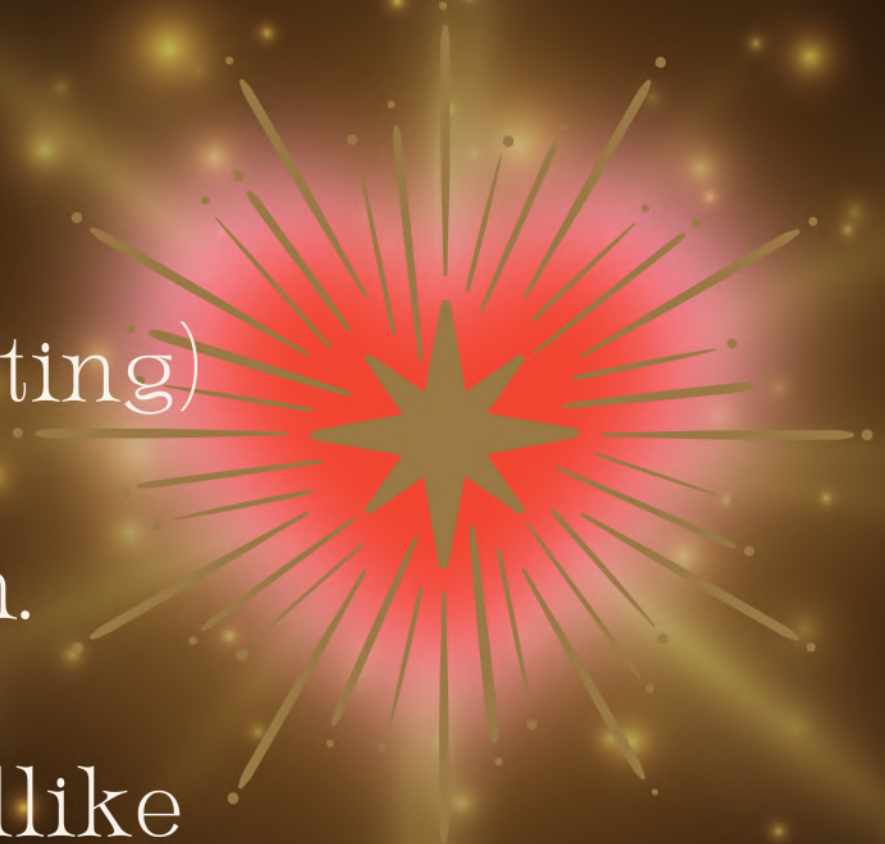
Practice Forgiveness.

Engage with Nature &

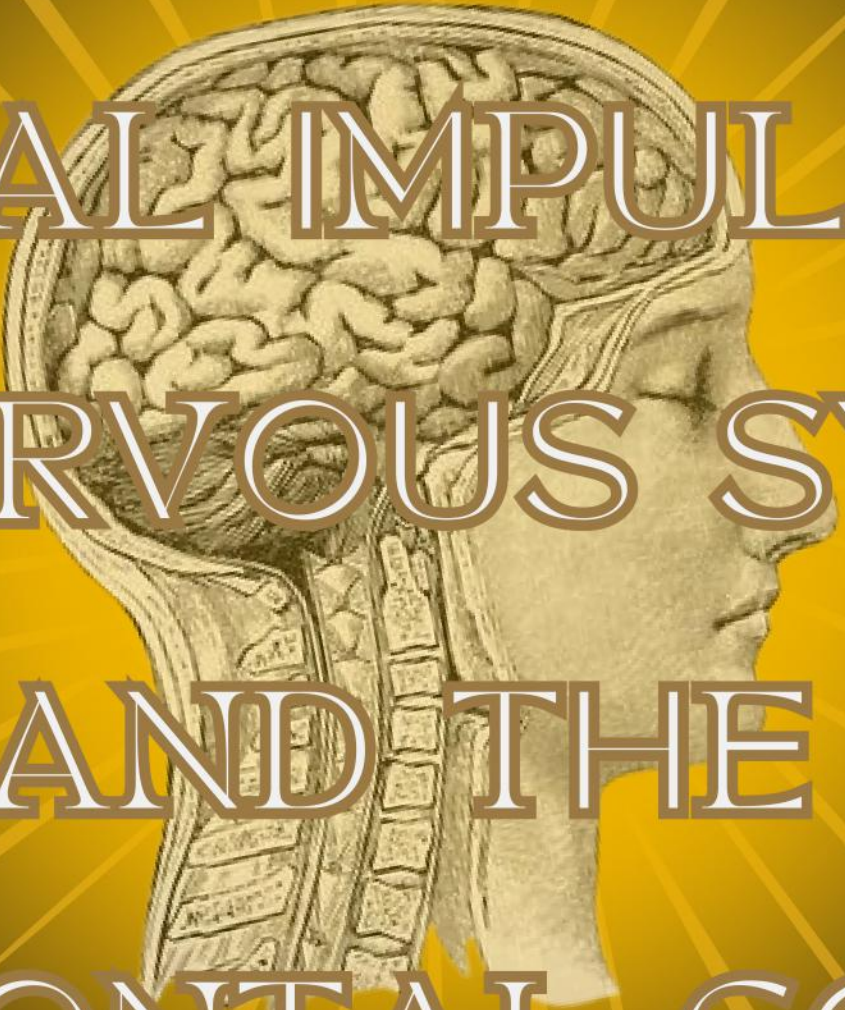
Animals.

Spirit of Gratitude,

Thankfulness.



MORALITY,
MORAL IMPULSES,
THE NERVOUS SYSTEM,
AND THE
PREFRONTAL CORTEX

An anatomical illustration of a human head in profile, facing right. The brain is shown in a golden-yellow color, with the cerebral cortex and gyri clearly visible. The spinal cord is depicted below the neck, extending downwards. The entire illustration is set against a bright golden sunburst background with radiating lines and small dots. The text is overlaid on this background in a white, serif font with a thin gold outline.

FUNCTIONS OF THE PREFRONTAL CORTEX

- Responsible for Memory, including Accuracy and Recall
- Processing and Understanding Consequences
- Development of Personality and Self-Awareness
- Decision Making and Risk Assessment
- Controls Social Personality, How we Show Up and Interact Socially, Understanding Social Rules
- Regulation of Emotions and Emotional Expressions
- Ability to make Long-Term Plans and see a Future for Oneself

DYSFUNCTION OF THE PREFRONTAL CORTEX

When an individual is traumatized, the prefrontal cortex is one of the first things to respond, and it usually responds by shutting down. This means we lose access to most functions! Considering much of society is currently in survival mode, one doesn't have to imagine the personal and societal implications of the loss of these functions...we don't have to imagine because the impact is everywhere we look.

As I have previously stated, a healthy and resilient nervous system & Vagus Nerve is our key to developing psychically, connecting with higher worlds, and evolving spiritually, which includes the attainment of higher moral function! While the vagus nerve and the prefrontal cortex are not directly anatomically connected, they are both involved in bidirectional communication that affects the same cognitive functions and communicate directly through neural pathways.



THE
ANGELIC
HIERARCHY

THE FIRST HIERARCHY- SERAPHIM (OR SPIRITS OF LOVE,) THE CHERUBIM (OR SPIRITS OF HARMONY,) AND THE THRONES (OR SPIRITS OF WILL.)

THE SECOND HIERARCHY – DOMINIONS (OR SPIRITS OF WISDOM,) THE MIGHTS (OR SPIRITS OF MOVEMENT,) AND THE POWERS, (OR SPIRITS OF FORM.)

THE THIRD ANGELIC HIERARCHY – ARCHAI (OR SPIRITS OF TIME,) ARCHANGELS (OR SPIRITS OF FIRE,) AND ANGELS (OR SONS OF LIFE, SONS OF TWILIGHT, PRINCIPALITIES.)

THE HUMAN ANGEL

A glowing human silhouette is centered within a circular frame. The frame is filled with a gradient of colors from dark purple at the edges to bright yellow and white in the center. Numerous small, four-pointed stars are scattered throughout the frame, creating a starry or nebula-like effect. The text 'THE HUMAN ANGEL' is written in a white, serif font, following the upper curve of the circle.

Completion and Ascension of the Spirit-Man;
The Vulcan Body.

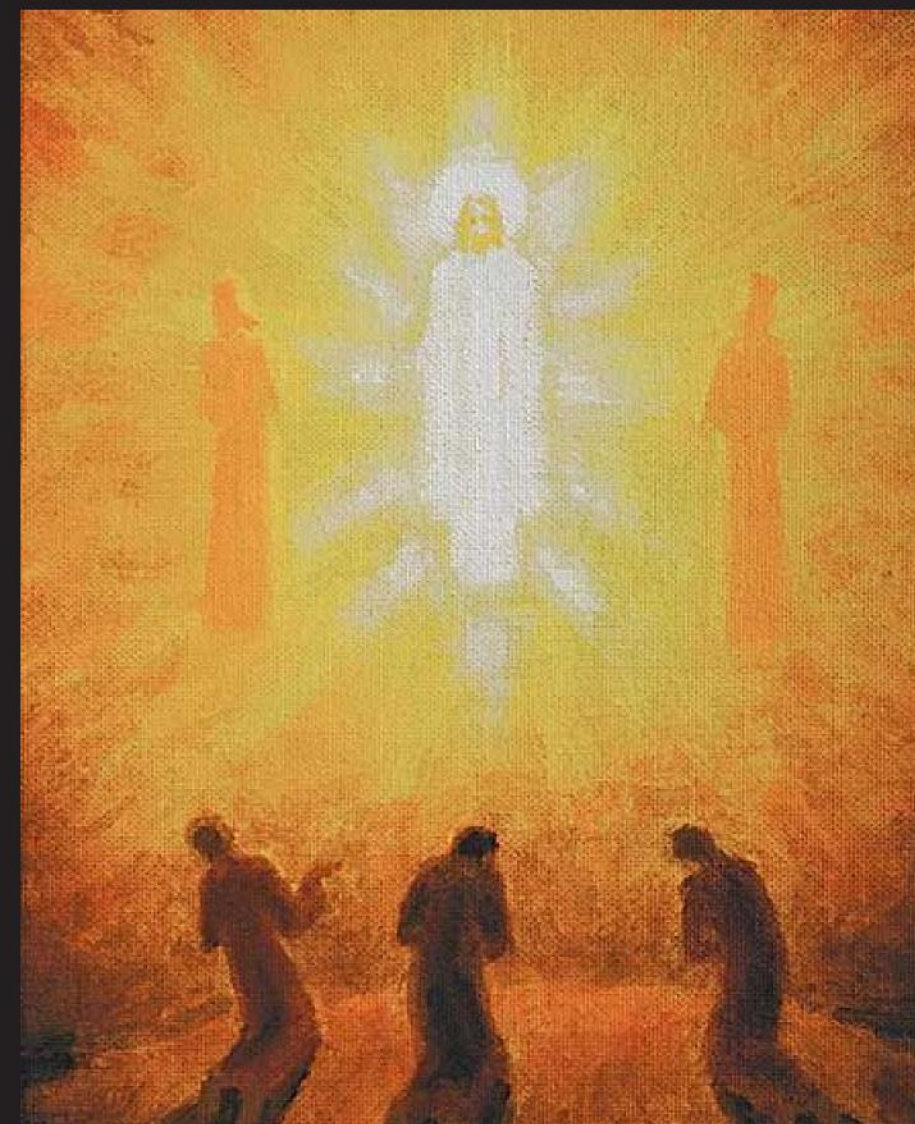
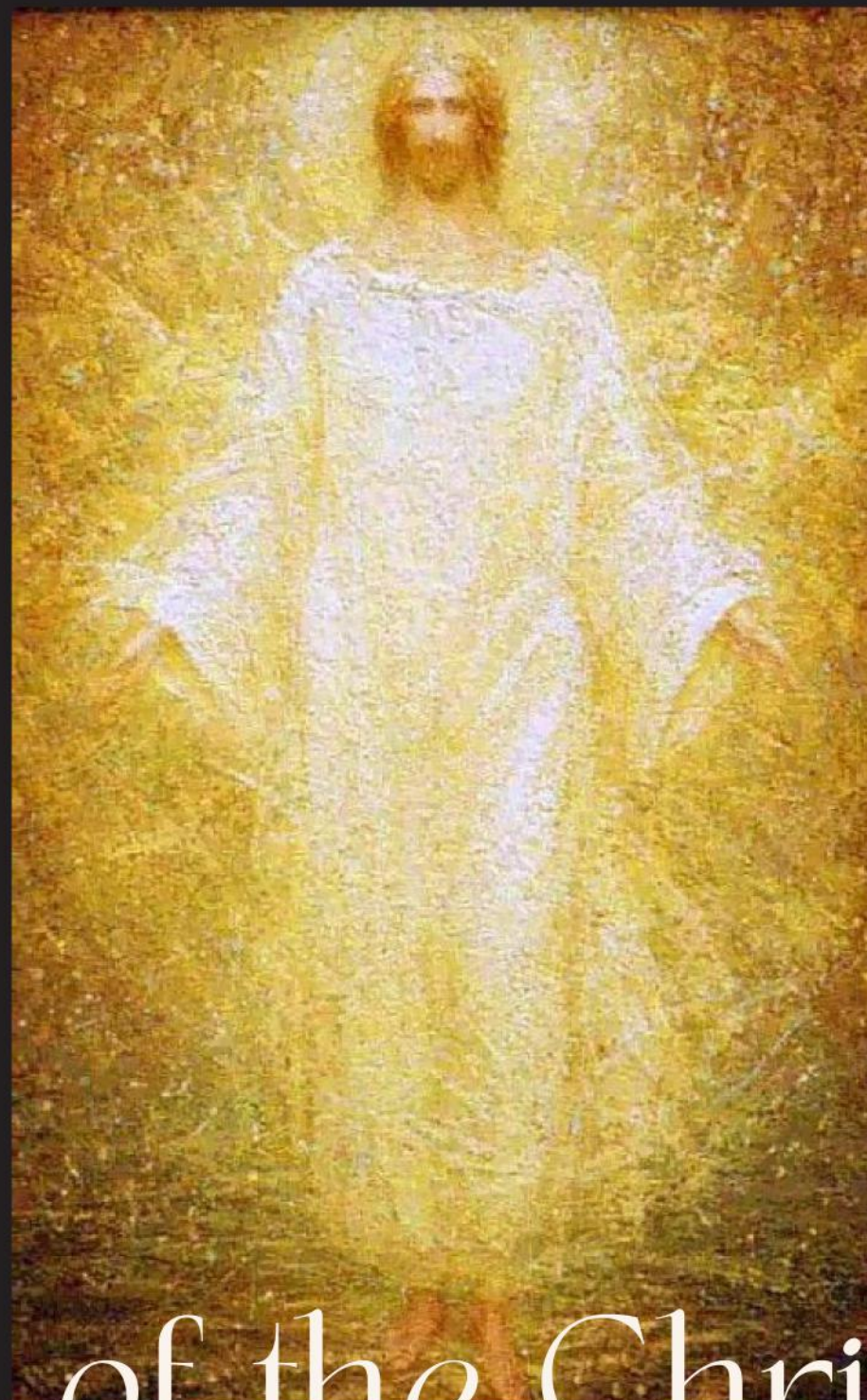
Ephesians 4: 10-13

10 He who descended into the lower man is the very one who ascended higher than all the heavens, in order to fill the whole universe. 11 So Christ himself gave the initiates, the prophets, the mystics, the pastors and teachers, 12 to equip his people for works of service, so that the Body of Christ may be built up 13 until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

Characteristics of the Human Angel/Christed Form



- Metaphysical.
- The Manifested “Will.”
- Transcends the cycles of birth and death.
- The Perfected Form - The epitome of Balance & Harmony.
- The Spiritualized Form and ultimate expression of Christ.



Depictions of the Christed Form

THE SEVEN RAYS

1ST RAY - POWER, PURPOSE, MANIFESTATION, COURAGE, STRENGTH, DETERMINATION (WILL)

2ND RAY - LOVE, COMPASSION, UNDERSTANDING, WISDOM (THE WISDOM OF UNCONDITIONAL LOVE)

3RD RAY - HIGHER SPIRITUAL INTELLIGENCE, INTEGRATED KNOWLEDGE = EDUCATED WISDOM

4TH RAY - HARMONY, BALANCE, DIVINE ORDER, BEAUTY, ART AND CREATIVE IMPULSES, SACRED GEOMETRY

5TH RAY - UNDERSTANDING OF NATURAL LAW AND SPIRITUAL SCIENCE, PRACTICAL APPLICATION OF
INTELLECT

6TH RAY - SPIRITUAL FERVOR, SELF-SACRIFICE, DRIVEN & INSPIRED BY HIGHER PERSPECTIVE (EVOLUTIONARY
STAPLE)

7TH RAY - DAILY SPIRITUAL PRACTICE, CEREMONY, RITUAL



“I HAVE BEEN CRUCIFIED WITH CHRIST; AND IT IS NO LONGER I WHO LIVE, BUT CHRIST LIVES IN ME. AND THE LIFE I NOW LIVE IN THE FLESH I LIVE BY FAITH IN THE SON OF GOD, WHO LOVED ME AND GAVE HIMSELF FOR ME.”

GAL. 2:20