



Keith David Henry was born in 1962 in Philadelphia, Pennsylvania. By trade he is a Certified Systems Engineer, a Certified Trainer, and a published author. He has been an Information Technology professional for over thirty years, and has been an adult educator since 1986.

Having previously been an ordained Pentecostal Minister for a church in Philadelphia he later turned his sights to more esoteric pursuits, becoming conscientiously involved in the study and practice of various metaphysical disciplines. His reevaluation of mainstream religion coupled with his trademark sense of curiosity and propensity toward research opened up a whole new venue of expression for him. He prides himself on his wide range of general knowledge within this venue and has over the years become a Theoretical Metaphysicist.

Keith is the author of several books on Metaphysics and Philosophy and has recently published his first science fiction adventure novel. He is also an accomplished artist.

Keith is the host of the Internet talk radio program "Progressions of Consciousness" which airs weekly on the Community Listening Network station (CLNradio.com), the number one rated Internet Radio station in its genre today. Topics of discussion include metaphysics, philosophy, and other esoteric subjects of interest. His broadcast may be accessed by visiting his web site: [www.CLNradio.com](http://www.CLNradio.com). Click on the "listen now" link at the scheduled times.

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*"The mind, once expanded to the dimensions of larger ideas, never returns to its original size." - Oliver Wendell Holmes*

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*The Question is More Important Than The Answer*  
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## Inner Potential Study Series



### Lesson **Ten**

Many esoteric disciplines talk about spirit. But where did this word come from and what does it actually mean?

## What Is Spirit?

## Introduction

As alluded to in lesson two, there is no “matter” as such. What we call matter is the result of an indefinable, unidentifiable, and illusive continuum of energetic vibrational dynamics – called by particle physics a *field of probability* – which assumes a more dense vibration upon demand by resonating with the vibrational field of the observer. Or more simply put, matter manifests as a result of our interaction with it (i.e. it appears solid when we observe it). Much like a light particle (a photon) doesn’t manifest until it comes into contact with “physical matter”, physical matter doesn’t become such until it’s constituent particles experience an interaction with other matter. Until this interaction occurs photons exist only as non-manifested waves, i.e. vibration.

But even in this dense vibrational state of *manifestation* matter remains grossly less than 0.0000000001% mass and more than 99.9999999999% “ether”, which seems to comprise neither mass nor any other form of measurable energy, so that by all standards matter is made out of almost nothing. According to Quantum Mechanics, physical matter is not *corporeal*.

The Random House dictionary defines “spirit” as, “*conscious, incorporeal being, as opposed to matter: the world of spirit.*” It defines incorporeal as “*not corporeal [tangible] or material; insubstantial*”. This definition matches perfectly with how Quantum Mechanics characterizes matter.

Our material world is not material at all, although our senses tell us differently. It is not made out of *material*, but out of *spirit*.

## The Quest for Spirituality

Many people routinely seek to increase their spirituality. To them it is a matter of escaping physical or fleshly constraints in order to connect with a higher power, their higher self, or with their God. But if we accept that our bodies are literally made of

spirit we can change our focus from *becoming spiritual* to realizing, understanding, and walking in our already existing state of spirituality. But if when we talk about becoming spiritual we mean acting in ways that are more in line with what we perceive as *right* and *good* then we can easily see why Jesus taught that we should love ourselves, and then our neighbor. Otherwise an effort to become spiritual is redundant and wasted.

Both our neighbor and we ourselves are made out of spirit. Our physical manifestation is analogous to a pebble thrown into a still pond. The ripples that we see in the water are not indicative of the water, but of the energy of the pebble thrown into it. Through this dynamic the physical manifestation and the energy that presents that manifestation become indistinguishable. (This is what Jesus meant when he said, “*If you have seen me you have seen the Father*”) The key, then, is not to escape or to destroy the *flesh*, but to imbue the flesh with the energy that we wish to see manifested around us. All matter around us is an analogy for the invisible energy that gave it form.



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## CONVERSATION TOPICS:

- 1) Discuss what a wave is and the dynamics of different kinds of waves (vibrations) with which we are all familiar.
  - 2) Discuss the *pebble in the water* analogy.
  - 3) What's the difference between *evaluation* and *judgment* when it comes to the energy that our lives manifest?
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## Life After Death

Most of us have some idea of what we think the afterlife entails. Some believe that when you're dead, you're done, and that there is no continuing existence whatsoever... or so they say. Others believe that the afterlife promises either eternal heaven for those that were *good* or eternal hell for those that were *bad*. While others believe that our existence in this realm of physical reality is a cyclical one that continuously repeats.

For instance, in and around Jerusalem during the time of Jesus the idea of reincarnation was so commonly held that there was never any serious debate on the issue. In fact, it wasn't until the advent of Constantine's Christianity that followers of the Roman Church were introduced to the concept of a fire and brimstone eternal hell that was the destination of those who didn't believe or follow God, the Bible, or the Emperor. Today, the theme of an eternal burning hell for those who don't believe in Jesus is as commonplace as the theme of reincarnation was in Jesus' day.

And what about ghosts and so-called "out of the body" and near death experiences? Do people actually have a perception of themselves after they have died clinically? There's plenty of evidence of such phenomenon where people reportedly see

"spirits" that have passed on which have the same "physical" appearance as they did when they were alive. What are these entities made of, and in what realm do they live? Are they physical, or are they experiencing an energy vibration that's close enough to the frequency that living people inhabit that they occasionally coincide and can contact each other? Are there different categories of spirit? Do they even exist at all? There are also many people who claim to be able to speak with friends, relatives, and even animals that have "passed on".

## Spirit Bodies

Eastern mysticism and modern metaphysics talks about seven *subtle* bodies which each person possesses in addition to their physical body. These so-called subtle bodies correspond with one of seven charkhas, or energy centers located throughout the body. They are the Etheric Body, the Emotional Body, the Mental Body, the Astral Body, the Etheric Template Body, the Celestial Body, and the Causal Body. They are called subtle bodies because they are not corporeal. But according to Quantum Physics the physical body is also made out of energy rather than material, and therefore also qualifies as *subtle*

## The Bottom Line

There is great value in thinking critically about terms and concepts we have used for a lifetime. It's a major step toward the direction of creativity, imagination, empowerment, and sovereignty. The skill of thinking critically is often discouraged or ridiculed by a society that's been conditioned toward compliance, obedience, servitude, and ignorance.

Whether or not the argument can be made that the physical body is made of spirit is hardly the issue. What's at issue is how our thinking has been conditioned to accept certain concepts without evaluating them using intuition and critical thought.