



The Soul and Its Instrument

Lucille Cedercrans

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The Soul and Its Instrument is an early work of Lucille Cedercrans, focusing on the instrument of the Soul (the etheric body, astral body, and mental body) with detailed information on how they function as tools of experience for the Soul. With the accompanying meditation techniques, this information helps integrate the Soul and Its instrument in the three lower worlds, and transform that instrument into a vehicle of service to humanity and the One Life. “In order to better do this, let us clarify what is meant by the term ‘personality.’ The personality is a reflection of all past experience into which the Soul has entered while incarnate in form. In other words, the aggregate of individual experience is reflected into a more or less integrated form, that form constituting the personality. It is a conditional state of existence into which the Soul projects a part of its consciousness for the purpose of further experience. It is not a state of consciousness as is supposed. Therefore, the term “personality consciousness” is, in a sense, a misnomer. What is actually meant is that the projected consciousness has identified itself with the personality rather than the Soul and has then recognized and accepted the limitations of the personality as its own. “The projected consciousness is the creative aspect of the Soul. Its many successive lives in form finally bring it to an understanding of the Law of Cause and Effect. Once it is no longer identified with the personality, its incarnations become acts of service to the race. By this time it has developed its own nature, its inherent characteristics and its own quality.” The Soul and Its Instrument, pp. 6-7

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