

**This is NOT the final exam for this course.  
The following questions are for study purposes only.**

# Study Questions: Course 5, Esoteric Psychology

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## Chapter 1, Doctrine of Esoteric Psychology

1. How does esoteric psychology differ from the psychology commonly taught in the universities?
2. What is the difference between the Subjective Mind, Subconscious Mind, Subliminal Mind and Unconscious Mind?
3. What are Objective Consciousness and the Objective Mind?
4. From whence are all the traits and characteristics of the unconscious mind derived?
5. For what purpose are souls called into existence?
6. To what are all feeling and intelligence due?
7. When souls first are differentiated, what determines the kind of environment to which they are attracted?
8. What is the blueprint to which both the female soul and the male soul of true mates work?
9. What, when they attain human form, in a broad way indicates their Cosmic Work?
10. In relation to experiences undergone, of what is the birth chart a map?
11. What is memory?
12. What becomes the energy of each experience?
13. How are the astral bodies of people built?
14. What relation to Universal Construction have the experiences which the soul at any time attracts?
15. From what viewpoint must the justice of the soul's experiences, as compared with those of other souls, be estimated?
16. If the position in Cosmic Work requires, of a soul, special abilities which can be developed only by hard experience is it unjust it should have these, while another soul, to occupy a different type of position, has experiences far less drastic?
17. If the necessary lesson is not learned from one experience of a kind, what then becomes necessary?
18. What is the best way to escape painful experiences?
19. Where did the soul learn to handle chemicals, such as those comprising the physical body?
20. Where did the soul learn to mold a form possessing sensitiveness?
21. What experiences of the soul developed Simple Consciousness?
22. What is the oldest psychological level at which animal reactions take place?
23. What is the next higher psychological level at which animal reactions take place?
24. What is the highest psychological level considered by psychologists, and the use of what implements marks it?
25. For what purpose was the Objective Mind developed?

## Chapter 2, Reason and Intuition

1. The urge to fill in the ego's blueprint, in all life forms, manifests as what irresistible Drive?
2. Of what two primitive Desires are all the thought-elements, belonging to ten distinct families, composed?
3. What are the Three Hereditary Drives?
4. Through what process are sensations recognized?
5. What determines how perfectly a sensation is recalled in memory?
6. How does recognition by objective consciousness of the report of one of the psychic senses differ from the recognition of a physical sensation?
7. What relation to sensations has a perception?
8. Is a perception ever merely the recognition of the energy which at the time has come in over the nerves from the outside world?
9. What is an apperception?
10. Illustrate how apperceptions at times tend to cause errors.
11. What is a pre perception?
12. How does apperception assist the work of a ventriloquist?
13. Indicate how apperception and pre perception can be made to increase the range of perception.
14. What is spontaneous attention; and how does it differ from directed attention?
15. By what law, without exception, are all mental processes governed?
16. What is meant by contiguity?
17. What is meant in psychology by resemblance?
18. What relation have resemblance and contiguity to the Law of Association?
19. From what are all perceptions formed?
20. The fusing of what results in a conception?
21. The union of what factors results in reason?
22. What is intuition, and what relation has it to reason?
23. What is the relation between attention and suggestion?
24. Why can a person, who can gain no unusual information without their use, often acquire the sought for knowledge through looking at coffee grounds in the bottom of a cup?
25. Why does that which is thus seen in the bottom of a coffee cup seem to be the image of the thing which symbolizes the information sought when in reality it may as nearly resemble a dozen other things?

## Chapter 3, Language and Dreams

1. Why, of necessity, must the mind always make use of symbols?
2. What is the oldest language in existence?
3. What always conditions future conduct?
4. Why do the cells and organs of the physical body so reluctantly take orders from objective consciousness?
5. Are thoughts ever unaccompanied by changes in the physical body?
6. What implements are used habitually by the unconscious mind to communicate with the bodily organs?

7. Illustrate how emotional symbols are used by animals other than men.
8. Illustrate how imitative symbols came to be used by men to impart information to others.
9. Indicate how things acquire names through the Law of Association.
10. What are pictographs?
11. Illustrate the use of symbolical pictographs, and how they can express conceptions such as simple pictographs cannot.
12. What function have symbolical pictographs in the processes of the unconscious mind of present-day man?
13. What advantage have symbolical pictographs to communicate ideas to people of diverse languages, or to people at widely different periods of history?
14. Why, when the unconscious mind attempts to impart some information to the conscious mind, does it not use the language of ordinary waking life?
15. What are the three elements of the dream life that in the interpretation of dreams should be given consideration?
16. What is fantasy thinking?
17. What is directed thinking?
18. Do all people dream, and to what extent are dreams continuous?
19. Why are the desires which are strong and yet fail of realization in everyday life the ones which chiefly influence dreams?
20. Why is day dreaming so wasteful of valuable energy?
21. Explain how civilized standards exercise the function of censorship over what a person permits himself to imagine, and over how obviously crude desires are realized in dream happenings.
22. What relation exists between some happening of the previous waking state and that which occurs in a dream?
23. Why do we not more often, in our dream life, witness events which actually are happening on the astral plane?
24. Why are the dreams which are wish fulfillments condensed, displaced and otherwise distorted in such a manner that it is often difficult to discern their true significance?
25. What is the best manner in which to learn to acquire and recognize information of value from the dream state?

## Chapter 4, Desire and How to Use It

1. After each experience is the soul exactly the same as it was before?
2. What determines how the organism will act in the presence of the same stimulus in the future?
3. Explain how a single-celled organism is conditioned by its experience with a drop of acid.
4. Explain how a single-celled organism is conditioned by being brought in contact with an object which affords it satisfactory food.
5. What is the process by which all life-forms in some degree learn through experience?
6. Why is it so important to understand the process called Conditioning?
7. What part of the experience conditions an organism in reference to similar experiences in the future?

8. In what sense is it correct to say that every organization within the four-dimensional form, including the thought-cells, have desires?
9. What relation has any action to desire?
10. What are the three different ways in which the desires stored within the stellar-cells and structures express when their energies are released?
11. Explain how desires when released produce emotions.
12. Does any mental or emotional state ever take place without being accompanied by a definite change in the physical body?
13. What is a craving?
14. What is the difference between a craving, a passion, a sentiment, a mood and the temperament?
15. What relation have desires to the only avenue to a better life?
16. Why is it foolish to consider the desires on the whole as something inimical to human welfare?
17. Before one can lead a more spiritual life, what must be done to the desires?
18. What is will power?
19. In what direction does pain always condition action?
20. In what direction does pleasure always condition action?
21. What relation to simple sensations has the intensity of the feeling experienced?
22. Why is it difficult to get up enthusiasm about abstract ideas?
23. Why is it that people who with intellectual honesty condemn a vice or passion so frequently themselves are unable to renounce it?
24. What is the method by which desires can be directed to express through the channels decided upon?
25. Explain how this method should be applied, for instance, to cultivate truthfulness.

## Chapter 5, Why Repression is Not Morality

1. What is the source of the Power Urges?
2. Explain how reproductive desires and nutritive desires are related to the thought-elements much the same as protons and electrons are related to elements of matter.
3. Which one of the three hereditary drives is an expression of the nutritive desire?
4. Which one of the three hereditary drives is an expression of the reproductive desire?

*Indicate how the following thought-elements embrace both self-preservation and race preservation.*

5. Domestic
6. Intellectual
7. Social
8. Aggressive
9. Religious
10. Safety
11. Individualistic
12. Utopian
13. Universal Welfare
14. In what two ways can creative energy find expression?

15. Through what kind of relationships does the Law of Association operate?
16. Show how Resemblance is a feeling relationship between mental elements or more complex structures.
17. Indicate how the principle of Contiguity establishes an energy relationship between anything done once and the various mental factors involved.
18. What is the relation between the habitual method in which character expresses and the thought-cells and structures of the finer form?
19. By what process does life advance step by step in relation to its releases of desire energies?
20. What happens when a monkey-wrench is permitted to hang too long on the safety valve of an engine, or too strong desires are repressed?

*Show how the following drives can express either on the plane of the animal soul or on the plane of the divine soul.*

21. Drive for Significance.
22. Drive for Self-Preservation.
23. Drive for Race Preservation.
24. What are the three methods of desire-energy release?
25. Explain how the sublimation of any desire is accomplished.

## **Chapter 6, How to Rule the Stars**

1. Show how, while we cannot prevent the heat and cold, wind and rain, we nevertheless largely rule them through devising means by which they do us little damage and assist to realize our aims.
2. Why does a soul come into human existence at the time the positions of the planets map the corresponding dynamic structures in his astral body?
3. What determines how progressed aspects will affect the individual?
4. What two things are involved in every condition in the individual's life?
5. What factors within ourselves determine how we are affected by the failure of a bank in the neighborhood?
6. What relation has the release of desire energy to the events and circumstances which enter a life?
7. In what way is an understanding of the manner in which progressed aspects operate a great aid to true morality?
8. Why, if we are to be of greatest benefit to society, must we recondition the thought-cells within the astral body which attract misfortune?
9. Of what is the birth chart a cross-section map?
10. Is the character at a period after birth exactly mapped by the birth chart, or have other characteristics been added?
11. By what process can more important events be attracted into the life?
12. Through what process can more fortunate events be attracted into the life?
13. When stellar-cells and structures which have been conditioned by pain release their desire energy, what is attracted into the life?
14. When stellar-cells and structures which have been conditioned by pleasure release their desire energy, what is attracted into the life?

15. Is it the type of energy being broadcast in the sky at a given time that affects us, or is it something within ourselves?
16. What in the birth chart maps the lines through the astral body that act as aerials to pick up planetary vibrations of a specific character?
17. What is meant by Conversion?
18. What is the general process of Conversion?
19. At what times, only, do events of importance come into the life?
20. If the thought-cells reached by a new energy supply were conditioned to feel distress, will they work in an entirely beneficial way when they receive, as mapped by a harmonious progressed aspect, a new supply of pleasant energy?
21. What is the method of manipulating the physical environment in the effort to rule the stars?
22. How can the principle of conversion be applied when progressed aspects are present?
23. What is the method of using mental antidotes in the effort to rule the stars?
24. Indicate how rallying forces can be utilized in the effort to rule the stars.
25. How can the character vibrations of objects and places be used to assist in the work of ruling the stars?

## Chapter 7, How to Apply Suggestion

1. The unconscious mind has been conditioned throughout its whole past, to obey what kind of orders?
2. Illustrate that the reactions of a person to an image are just the same whether the object has reality or not.
3. What two things determine our three-dimensional behavior and the activities of our thought-cells on the four-dimensional plane?
4. Show how everything that reaches the unconscious mind by way of reasoned thought presents contrasting images.
5. Why may a suggestion or image to which the objective consciousness pays little or no attention have a far greater power to enlist the desire energies of the thought-cells and thought organizations within the astral body?
6. What is a suggestion?
7. Why do the suggestions received during childhood so frequently impress the unconscious mind so powerfully?
8. When the attention is given completely to one thing, what happens to the impressions relating to other things?
9. Why is a religion, or parental training, based on fear so injurious?
10. What effect upon the body has the too frequent secretion into the blood stream of the emergency chemicals released by the emotion of fear?
11. To what extent do images accepted by the unconscious mind find expression in action?
12. Why are recreations and pleasant experiences so beneficial?
13. Is conscience always a reliable guide to conduct?
14. What relation to true morality has correct knowledge?
15. What is meant by resolving one's conflicts?

16. Illustrate how the child often is conditioned to associate painful images not with the dangerous object, but with the parent.
17. Why does everyone like to hear a story in which a policeman is discomfited?
18. How is conflict resolved?
19. Indicate the four ways of meeting any temptation.
20. What is the proper one of these ways in which every temptation should be met?
21. How does attention temporarily afford a desire tremendous energy?
22. What is the invariable relation between movement and the image which gains the attention?
23. Under what conditions are suggestions effectively received by the unconscious mind?
24. Why does the process of reasoning tend to prevent a suggestion being received effectively by the unconscious mind?
25. The proper application of suggestion requires that the image decided upon should be presented to the unconscious mind in what manner?

## Chapter 8, Correct Use of Affirmations

1. What is an affirmation?
2. How can the predisposition to any complaint, whether related to the body or to some other department of life, be ascertained?
3. Upon what factors depends the effect upon an individual who repeats the affirmation, "I am in perfect health?"
4. How does a naturally suspicious individual, such as one with a strong and afflicted Saturn, react to such an affirmation?
5. What always determines the direction of action?
6. What is a negative desire?
7. Why is it more difficult to walk a girder 100 feet above the ground than when it is on the ground?
8. What Drive is back of the form of self consciousness that causes an individual to blunder, and why does he thus blunder?
9. Why are people who are confident in the presence of their own sex sometimes bashful when in the presence of the opposite sex?
10. What is a complex?
11. Illustrate how a complex is formed.
12. What is indicated when a person is particularly touchy about the indecency of others?
13. What mental factors are behind the "messiah" complex?
14. How are persecution complexes formed?
15. Illustrate how an inferiority complex often is formed.
16. Illustrate how a superiority complex is sometimes formed.
17. How is it that the Drive for Significance is back of both the inferiority complex and the superiority complex?
18. What makes people bully others and play to the grandstand instead of giving good teamwork?
19. What is meant by Compensating for a complex?
20. What image should an affirmation always keep before the attention?
21. Why should the negative form of an affirmation never be used?

22. How does the birth chart assist in determining the kind of affirmations best suited to an individual?
23. Why do affirmations associated with religious beliefs commonly have so strong a power to heal?
24. Is it necessary that the objective mind have faith in order that suggestions shall have the power to heal?
25. How can opposing auto suggestions be detected?

## Chapter 9, How to Think Constructively

1. Upon what ability does constructive thinking depend?
2. In what manner do the cells of the human body act as miniature electric batteries?
3. What is the function of the nitrogen compounds in the nucleus of the cell in relation to energy production?
4. With what are carbon compounds combined in the manufacture of powerful explosives?
5. From where do the nitrogen compounds derive the terrific energy which they liberate?
6. What proof is there that the giant protein molecules of the body produce electrical energies?
7. What cells of the human body are best adapted to the production of high potential electrical energies?
8. What makes the nervous system both a broadcasting and a receiving set?
9. Through what process can man control the rapidity which nitrogen compounds within himself release radiant energy and thus tune in on the vibration desired?
10. What part does electrical stimulation of a gland play when some progressed aspect is operative in a person's birth chart?
11. In what manner does the gland then stimulate a particular type of thinking?
12. How can one determine, to a large extent, what planetary energies and what thought energies he will pick up, radio fashion, at a given time?
13. What is the electrical function of sleep?
14. Through what electrical process do stimuli from the outside world and desires from the unconscious mind make it so difficult to keep the attention directed to some selected train of thinking?
15. Why does too much loss of sleep result in death?
16. Why is Directed Thinking the hardest work in the world?
17. How can Directed Thinking be cultivated?
18. Why cannot Directed Thinking be prolonged too greatly?
19. Of what value is it in Constructive Thinking to have a number of harmless pleasurable interests?
20. How does the expenditure of desire energy on imaginary accomplishments affect real accomplishment?
21. Why, when a pleasurable emotion is experienced, such as that arising from hearing good music or reading good literature, should something concrete be done about it?
22. Why, when anger is present, should one immediately engage in some hard constructive work?
23. Why, when any negative emotion tends to gain attention, should the mind be interested in something other than the self?
24. How can one learn to like keeping the thoughts Constructively engaged at all times?
25. By what kind of practice is the will weakened, and by what kind of practice is will power gained?



## Chapter 10, How to Cultivate Subliminal Thinking

1. Where is most of man's thinking done?
2. What happens when a man attempts to choose a number at random?
3. Indicate how a number apparently chosen by chance always represents some significant factor within the unconscious mind.
4. What causes laughter?
5. What causes some individuals always to be willing to disparage the character of others?
6. Why do people become so prejudiced in favor of any person or cause they champion?
7. Why do we laugh at the blunders of others?
8. Why do people never like those whose wit causes others discomfort, even though they may laugh at the witticisms?
9. Why do people like those who poke fun at themselves?

*What Drives are back of the following:*

10. The traditional Jewish joke.
11. The Scottish joke.
12. The clowning of the vaudeville stage.
13. What is the cause of swearing and crying?
14. Why are names that should be familiar temporarily forgotten?
15. How may a sense of guilt lead to an accident or sickness?
16. Instead of permitting the primitive desires to express as animal impulses, what should be done with them?
17. What is the cause of hysteria?
18. What is the first thing a person troubled with hysteria should realize?
19. What is the nature of the reconditioning process which the hysterical person should undertake?
20. Why do people fail to perceive happenings of the astral world?
21. Why are the hours of sleep particularly adapted to acquiring information from the astral world?
22. In what way should those who are subject to disturbances due to over-sensitivity recondition themselves?
23. How can the incoming mail be used as objects for practicing the development of the ability to gain information during sleep?
24. How can places it is intended to visit later, such as where lectures are given, be used to practice gaining information during sleep?
25. Mention some historical instances of something valuable being received during sleep.

## Chapter 11, How to Develop Creative Imagination

1. Of what does all creative work consist?
2. Upon what energies does creative work depend?
3. Do poorly sexed individuals gain renown for creative work?
4. What relation has dissipation to creative output?

5. What relation has sex to the development of those electrical energies which are essential to creative mental work?
6. Why do artists, poets, writers and moving picture stars have a reputation for irregular lives?
7. What electrical relation has a celibate life to the wholesale hallucinations that have at times swept monasteries?
8. Does an ascetic life favor a vivid imagination?
9. When high electrical tensions are developed through undue suppression, is what is seen clairvoyantly and heard clairaudiently usually reliable?
10. What is meant by the dissociation of ideas?
11. Indicate how a person who has little power to dissociate ideas bores others when he relates any occurrence.
12. What planet when prominent tends to break the mental fixity, and thus readily enables new combinations to take place?
13. Upon what does mental fertility depend?
14. What are the three sources from which the unconscious mind can draw for material to use in creative imagination?
15. What relation has intensity of desire to the amount of material gained by the unconscious mind for use of creative imagination?
16. Indicate by the activities of birds and ants how fantasy thinking is wasteful in comparison to what can be produced by Directed Thinking.
17. Do important inventions and discoveries usually come into the objective consciousness little by little, or has the unconscious mind usually completed them so far as the general outline is concerned?
18. What does the material scientist try to reproduce in the use of his imagination?
19. What kind of a universe does the imagination of the mystic create?
20. How does the imagination of the occult scientist differ from that of the material scientist and from that of the mystic?
21. What part does imagination play in literature?
22. Why has uncritical mysticism, in all ages, been the greatest foe to human progress?
23. Explain the process of rationalization.
24. Why is it dangerous to feel angry at oneself?
25. Why do people so readily forget their resolutions?

## Chapter 12, How to Demonstrate Success

1. What is meant by success in the narrower sense of the term?
2. What is meant by success in its wider significance?
3. Illustrate by the story of the band of wild horses how often it is easy to demonstrate two of the essential factors of true success, but difficult to demonstrate all three.
4. What are the three essentials of man's complete success?
5. Is what man puts into his stomach, or what he is able to accomplish, of more importance?
6. On what plane do people exist who devote themselves exclusively to making money with which to buy physical things?

7. Name some who have made intellectual and spiritual successes, yet have failed rather dismally in making a physical success.
8. Is it a success, in a broader sense, to sell someone something for which he has no use?
9. What must be provided, on which to determine the actions which lead to the highest success?
10. To be successful in attaining any single objective, what is the first essential step?
11. What is the manner to be sought in presenting the image of the thing to be accomplished to the unconscious mind?
12. What work must be accomplished by the thought-cells of the unconscious mind to bring a desired event to pass?
13. What is indicated when there is a feeling of doubt that the thing will be accomplished?
14. Why, after the matter has been set in motion, is it better not to think of it except at such times as there is abundant positive mental energy present to direct into the formulated image?
15. Why should one not instruct the thought-cells how to do their work?
16. In what ways should the thought-cells be given as much aid as possible in their work?
17. What is meant by attempting to force the unconscious mind to make bricks without straw?
18. Illustrate what frequently happens when the unconscious mind is urged strongly to do the impossible.
19. How, when unwisely administered, may affirmations lead to a condition resembling paranoia?
20. What happens to the individual who, through affirmation, has convinced himself he is well, when in reality he has merely inhibited the pain without altering some serious disease with which he has been afflicted?
21. What is the process of demonstrating health?
22. Give examples showing how animals have demonstrated superiority over conditions which opposed them.
23. At about what percentage of their possible achievement in various lines do most people live?
24. Illustrate how practice usually fails to make perfect.
25. In making for perfection, what is more essential than merely a lot of practice?

