



BOOKS OF WISDOM • EIGHTH NOTEBOOK

The Invisible Planes

Elements, the astral world and the soul's journey

BLUSABOOKS



The Invisible Planes

ELEMENTS, THE ASTRAL WORLD AND THE SOUL'S JOURNEY

Every chapter — four parts

WHAT THE TEACHING SAYS *the tradition in full, as its followers tell it*

IN PLAIN WORDS

the same in one or two sentences

TERMS

the chapter's terms and what they mean

WHAT SCIENCE SAYS

what is history, what is experience, what is unproven

A map for inner experience, not a physics textbook. This book does not replace medical advice.

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CONTENTS

<i>Foreword</i>	4
I As above, so below	5
II The four planes	9
III The five elements and the ether	13
IV The astral world	17
V Astral projection	21
VI The descent of the soul	25
VII The observer, the mind and the body	29
VIII Ascent	33
IX Life and death	37
<i>Closing words</i>	41
<i>Printable pages — four pages</i>	42
<i>Glossary</i>	47



FOREWORD

Behind the visible lies the invisible — or so nearly every ancient people believed. The Egyptian priest and the Greek philosopher, the Indian yogi and the medieval alchemist, the Christian mystic and the nineteenth-century Theosophist: each said, in their own language, that the world is more than what we can touch. It has layers, from dense stone to the finest thought, and a human being lives in all of them at once. These layers are called the planes of existence.

This notebook tells the story of that map as the Hermetic and Theosophical traditions drew it: as above, so below; the four planes; the five elements and the ether; the astral world with its thought-forms and signs; the soul's journey down through the seven spheres and back up again; the observer, the mind and the body; and, finally, life and death as a single cycle.

Every chapter has four parts. First, the teaching in its own voice, the way its followers tell it, without a disclaimer after every sentence. Then the same in plain words. Then the terms. And last, what science and history say: where the idea comes from, what in it can be tested, and what remains a matter of faith and experience.

At the back of the book you will find four printable pages: the ladder of planes, the star of the five elements, the seven spheres and a table of ego and soul. They work on a wall, in a journal, or as a reminder on your desk.

One more word. The map of the invisible planes is not a physics textbook, and it promises neither healing nor special powers. It is an old language in which people have spoken about imagination, dreams, meaning and death. That language is worth understanding — even if you decide not to speak it.

CHAPTER I

AS ABOVE, SO BELOW

WHAT THE TEACHING SAYS

The first and most important sentence of the Hermetic tradition is very short: as above, so below; as within, so without. It is not merely a pretty phrase but the key that opens everything else. The universe, the teaching says, is not a heap of random things but a single whole in which every part reflects the whole. So the great can be studied through the small, and the small through the great: what happens among the stars happens in a human being too, and what happens inside a person shows up in the life around them.

In the language of the old sages, the great world is the macrocosm and the small world is the microcosm. A human being is a microcosm: the whole world folded into one body. In us there is earth (bone and flesh), water (blood and fluids), air (breath) and fire (warmth), and above all of these the spirit that holds them together.

Numbers that repeat

The teaching points to numbers that appear again and again at different levels of the world, and says: this is no coincidence — these are correspondences.

- **Seven** is the number of matter and time: seven classical planets (Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn), seven days of the week, seven metals of alchemy, seven colours of the rainbow, seven notes of the musical scale.
- **Twelve** is the number of order and mind: twelve signs of the zodiac, twelve months, twelve hours of day and twelve of night, twelve tribes of Israel and twelve apostles.

- **Five** is the number of the living body: five elements, five senses, five fingers on each hand and five toes on each foot, the five points of a star that recall a person standing with arms and legs outstretched.

Whoever understands one seven understands every seven, because they are the same principle on different planes. That is why the old tables set a planet, a metal, a colour and a day of the week in a single row — they are different faces of one power.

The world as a repeating pattern

The same pattern repeats at every scale. The branches of a tree, a river delta, a bolt of lightning, the bronchi of the lungs and the nerve cells all branch in the same way. Cut an apple across and there is a five-pointed star at its heart. A baby's umbilical cord recalls the cord that, so the teaching says, ties every soul to its higher source. The whole oak is in the acorn. So the wise do not look for truth only far away — they look within as well, and to know oneself is to know the world.

From this principle comes a rule for living: if you want to change the outer, begin with the inner. The world you see is the effect of higher planes, and the cause always lies higher up — in thought, in imagination, in intention. This notebook is built the same way: from the top down, and then back up again.

IN PLAIN WORDS

The teaching says the small mirrors the great. A person is like a little world, and the numbers 7, 12 and 5 repeat in the sky, in time and in the body because they all follow one plan. So by studying yourself, you study the world too.



FIGURE 1

*Seven, twelve and five — numbers the tradition finds both in the heavens
and in the human being.*

TERMS

Hermeticism — a mystical and philosophical tradition based on texts attributed to Hermes Trismegistus; the saying "as above, so below" comes from it.

Macrocosm — "the great world": the universe as a whole.

Microcosm — "the little world": a human being, or any part that mirrors the whole.

Correspondence — the belief that things on different levels of the world share a hidden link and a common pattern.

Fractal — a shape whose parts repeat the form of the whole at different scales, such as a fern frond or a bolt of lightning.

Classical planets — the seven lights visible to the naked eye that the ancients saw moving against the stars: Sun, Moon, Mercury, Venus, Mars, Jupiter and Saturn.

 WHAT SCIENCE SAYS

"As above, so below" is old, but not as old as is often claimed. Its most famous source is the Emerald Tablet, a short text that first appears in Arabic manuscripts, most likely of the eighth or ninth century, and reaches Europe in Latin translation in the twelfth. It was credited to the Egyptian god Thoth and the Greek Hermes, as was customary for wisdom texts at the time.

Part of the idea has been tested and holds true. Nature really does repeat patterns across scales: this is the subject of fractal geometry, named in 1975 by the mathematician Benoît Mandelbrot. Trees, rivers and blood vessels branch alike because branching is the most efficient way to distribute a flow through space. The laws of physics work the same in a laboratory on Earth and in a distant galaxy — which is, in its way, "as above, so below".

The numerical correspondences are another matter. The rainbow is a continuous band of colour, and it was Isaac Newton who divided it into seven so that it would match the seven notes of the scale. Humans have more than five senses: balance, pain, temperature and the sense of the body's position among them. We now know of eight planets; the seven of antiquity were simply those visible to the eye, counting the Sun and Moon. None of this makes the correspondences worthless. They are an ancient system of memory and thought that helps us see the world as a whole. But it is an order people made, not a measurement.