

Subtle Bodies

There are many energetic layers or envelopes that surround and permeate the whole Physical Body. These layers or envelopes are called also subtle or light or energetic Bodies because they aren't visible to the physical eyes, unless a person has developed certain perceptions either naturally or through proper training. Or one can see them by using machines that are developed now to photograph energies such as the Kirlian photography.

As Isaac Asimov and other biologists say, the Physical Body is considered to be two things: first, it is a life support system for the central nervous system (essentially the brain and spinal cord); second, it is a tool for expression in the external world.

The subtle bodies are also considered as a support system for our Physical Body and for our consciousness. They are the means for inspiration, knowledge, action, power and expression. They are the bridges that allow us to transcend our self and become Divine. This is done through the Alchemical Process and the development of our three different levels of consciousness that we call the Physical, Cosmic and Divine Planes.

The Physical Plane is the first stage of Alchemy. It is the development of the Physical Body, as well as 1st, 2nd and 3rd subtle bodies that we call Etheric, Astral and Soul respectively. The Physical plane is also called the Shiny Black Phase and the first Alchemical Body. This is when we start to be awakened; just to be aware is not enough.

The Cosmic Plane is the second stage of Alchemy. It is the development of the 4th, 5th and 6th subtle bodies that we call Spirit, Atma and Cosmic. The Cosmic Plane is also called the Shiny White Phase and the Alchemical Soul. This is when we radiate spiritually and we enter the early stages of Enlightenment.

The Divine Plane is the third stage of Alchemy. It is the development of the 7th, 8th, 9th and 10th subtle bodies that we call Light Body Yin, Light Body Yang, Divine Body Yin and Divine Body Yang. The Divine Plane is also called the Shiny Red Phase and the Alchemical Spirit. At the end of this stage, we do an Alchemical Marriage of the Body, Soul and Spirit, unifying these three consciousnesses into a single Divine consciousness. That is when we become enlightened and the creator of our own destiny.

Please note that Enlightenment is not the end of the spiritual Path. It is the beginning of another journey that leads to higher states of consciousness. There are a total of thirty-seven subtle bodies/levels that exist within the five planes of existences. The first plane is

the Physical Plane, the second plane is the Cosmic Plane, and the third plane is the Spiritual.

Plane, the fourth plane is the Plane of Creation and the fifth plane is the Plane of the Absolute as shown in symbol 21.

The Physical Plane contains the Physical Body, the first, the second, the third subtle bodies as well as the atomic and sub-atomic levels. The Cosmic Plane contains the fourth, the fifth and the sixth subtle bodies. The Spiritual Plane contains the seventh, the eighth, the ninth and the tenth subtle bodies. The Plane of Creation contains fifteen subtle bodies/levels. The Plane of the Absolute contains nine subtle bodies/levels.

During the Age of Aquarius humans will be capable of navigating and existing in the fourth dimension, the Plane of Creation and in the fifth dimension, the Plane of the Absolute. I will be writing about how to exist in these Planes in my next book called “Beyond Enlightenment”.

Following are some of the characteristics of the 10 subtle bodies. Please note that there are different schools of thought, coming from different historical and cultural affiliations, which have different names for the same subtle bodies, and often use the same name for different bodies. That is why I used numbers to eliminate confusion.

Layer 1 It’s called the **Etheric Body**. This layer envelope the Physical Body and we could call it the life force that makes us alive and more than just a biological robot. Getting cut off from this layer means biological death.

The polarity of this layer is Yin and its color, when healthy, varies from a very pale silvery blue to an electric blue. Every school of thought uses the same word Etheric for this layer.

Layer 2 It’s called the **Astral Body**. This layer envelope the Etheric Body. The energy of this Body is not only part of the life force, but also the energy that makes us humans. This energy is necessary for all the functions of the brain and the nervous system. Most of the functions we identify with the brain depend on it. Getting cut off from this energy would challenge a person with mental deficiencies.

The polarity of this layer is Yang and its color, when healthy, is like a perfect lit up blue sapphire. Every school of thought uses the same word Astral for this layer.

Layer 3

It's called the **Soul Body**. This layer envelope the Astral Body. The energy of this Body manages and creates the desire for self-realization and also a spiritual life. It also accomplishes our higher judgment functions, which we use to direct our lives.

The Soul, the Astral and the Etheric subtle bodies together with the Physical Body are the first group body that allows the development of the Alchemical Body that is called also the Shiny Black Phase or the Physical Plane. After the death of the Physical Body the first three subtle bodies die also, this means every time we incarnate, we have to build these bodies all over again.

The polarity of this layer is Yin and its color, when healthy, varies from a pure lit up ruby to a paler pinkish red. Other schools of thought call the Soul Body the mental, causal or emotional.

Layer 4

It's called the **Spirit Body**. This layer envelope the Soul Body. Depending on our level of consciousness, this Body may or may not be part of our immortal self. If not part of our immortal self, we recreate one for each incarnation. This is the case for the majority of human beings. The difference with the Soul Body is that it is recreated in each life from the lower levels (i.e. from the physical, the Etheric and the Astral Bodies, in a bottom-up movement); the Spirit Body is recreated for each incarnation from the upper Cosmic Body.

The Spirit Body together with the two upper layers, the 5th Atmic and the 6th Cosmic, are the second group body that allows the development of the Alchemical Soul that is called the Shiny White Phase or the Cosmic Plane.

This Body is also the seat of all acquired talents, know-how and knowledge that we might recover from past lives into this one. It is also the source of all personal power and ultimately of any creative function we might have. This explains why people who have been incarnated with this Body already developed have no difficulty manifesting their inspirations and achieving Self-Realization.

The polarity of this layer is Yang and its color, when healthy, is like a lighted up pale emerald. Other schools of thought call the Spirit Body the mental, causal, buddhic, or spiritual.

Layer 5 It's called the **Atmic Body**. This layer envelope the Spirit Body. This Body contains the memories of past lives and is the seat of Karma and Dharma and the inner energetic eyes (3rd eye). When this Body is fully developed it indicates that the person has reached a certain level of consciousness and power.

The polarity of this layer is Yin and its color, when healthy, is like a perfect lighted up purple amethyst. Other schools of thought call the Atmic Body the buddhic, atma or spiritual.

Layer 6 It's called the **Cosmic Body**. This layer envelope the Atmic Body. This Body carries our immortal consciousness of the Self from one life to another. This layer is so important that it is also the source of the higher layers that usually do not exist in a given individual. The higher layers are the product of hard spiritual work in many lives. The Cosmic Body is the center of our Divine Self and the door to our individual potential for becoming Divine.

The polarity of this layer is Yang and its color, when healthy, is like a melted gold, more or less pale depending on the person. Other schools of thought call the Cosmic Body the atmic, divine, buddhic or brahmic.

Layer 7 It's called the **Light Body Yin**. This layer envelope the Cosmic Body. This Body is built by the Cosmic Body bottom up, but once it's built, it doesn't die with each incarnation. It's carried from one life to the next. This Body together with the 8th, 9th and the 10th bodies are the third group body that allows the development of the Alchemical Spirit that is called the Shiny Red Phase or the Divine Plane. This body puts one in direct contact with the world of Divine Archetypes, what the ancients called "Gods" higher than Angels and Archangels. From this level upward all bodies are tied to archetypal geometrical forms. Here the basic geometry is based on the tetrahedron (doubled).

The polarity of this layer is Yin and its color, when healthy, is like melted silver, more or less pale depending on the person. Other schools of thought call the Light Body Yin the divine, buddhic, brahmic or the light.

Layer 8 It's called the **Light Body Yang**. This layer envelope the Light Body Yin. Once this body exists and is actually working, one can truly say: "I'm truly the maker of my destiny, in this life and the next." This body is the second step of the development of the Alchemical Spirit. It permits the access to using higher energy in this life for advanced healing, to raise consciousness and to change the course of destiny. Its basic geometry is based on the dodecahedron (a 12 sided 3D shape).

The polarity of this layer is Yang and its color, when healthy, is orange-pink, more or less pale depending on the people. Other schools of thought call this Light Body Yang the divine, brahmic or the light.

Layer 9 It's called the **Divine Body Yin**. This layer envelope the Light Body Yang. This body is the first contact with one's Divine energy and power. It's also the source of the Upper Chi which will feed the lower bodies, including the Physical Body with new potentials to actualize, new health, and new power. Its basic geometry is based on the cube.

The polarity of this layer is Yin and its color, when healthy, is olive green.

Layer 10 It's called the **Divine Body Yang**. This layer envelope the Divine Body Yin. This Body is the source of the Light and Enlightenment and it's the doorway that leads to the dimensions of the Creation and the Absolute. Once this body is developed and Enlightenment is achieved. It will allow us to use its True Superior Power and Consciousness to create our life.

The polarity of this layer is Yang and its color, when healthy is Yellow as the sun at noon, hot trans lucid.

Chakras

A chakra is a Sanskrit term that means crown, wheel or circle. Chakras are the mechanism of life and consciousness where Divine and Cosmic forces, energies and consciousness materialize themselves into each individual, into our genes, into our subtle bodies, into our cells and into all of our organs, including the central nervous system. A developed and healthy chakra vitalizes the Physical Body; this means that the dysfunction of a chakra may bring sickness to one or many organs, or it might create psychological problems or delay our spiritual development.

Chakras have many functions. They are transformers of energies that can be used by the biological, psychological, and other functions of the different levels of our being. They pump energies into our organs, they pump energies to other Chakras and subtle bodies, and they connect each one of them horizontally and vertically to each other.

Chakras allow us to be aware, awakened and enlightened. They act as informers and transmitters of information, knowledge, powers and consciousness from and between the Physical, the Cosmic and the Divine planes.

Chakras can help develop the subtle bodies and the three Alchemical Bodies of *Body*, *Soul* and *Spirit* and beyond. They unify them with a sophisticated web of energy links and spirals. Therefore, the structure of a chakra, when fully developed, is considered an important foundation for Self-Transmutation and Self-Realization, and helps us transcend and reach the higher dimensions.

Different schools of thought with different philosophies of life use different colors for different Chakras, because those colors suit their purpose, philosophies and path. Instead of using colors in my chakra development meditations, I use different mantras to develop and expand the consciousness of each chakra in order to allow the chakra to take the color needed for each individual. The reason I do not suggest a particular color for a particular chakra is that a chakra has the capacity to change its color according to the state of mind, emotion and the state of consciousness of each individual.

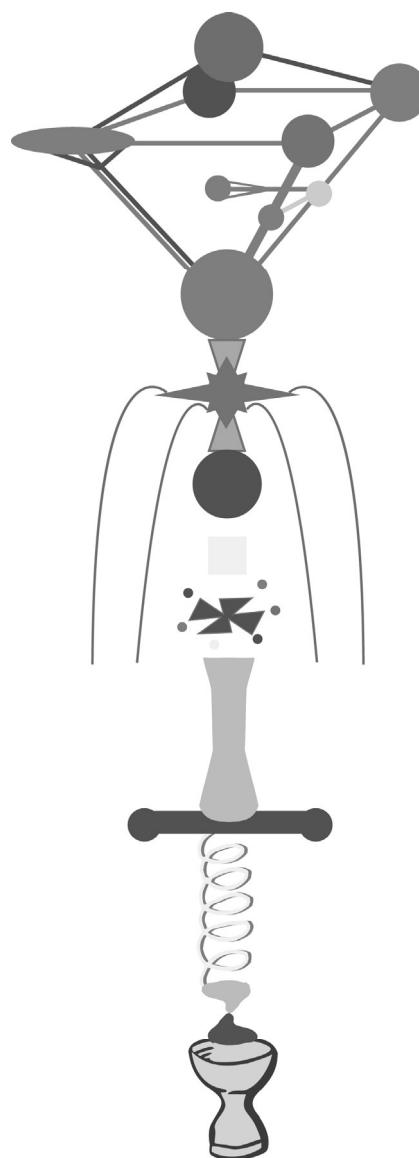
For example, if we are trying to convince somebody of something, then the color of a particular chakra may change to a certain color. The same thing happens when we are trying to seduce, to think, to understand, to fight or when we are in any other different emotional state. Then that particular chakra will change its color.

During a particular period of my life, I personally observed that all my Chakras were vibrating as an indigo color for eighteen months. In another period, my Chakras were vibrating as an emerald green color. I do not place a lot of attention on the color of the Chakras so long as they are healthy and not vibrating as negative colors, such as dull non-reflective black, grays, beiges, browns, rusty reds, puke yellows, dull gray-greens, and beige greens.

I've created 8 meditations to develop and to heal the seventy Major Chakras and the ten subtle bodies. The first two meditations are to heal and develop the 24 Major Chakras and the first six subtle bodies. The first meditation starts from the Chakras of the feet and goes all the way up to the 24th chakra. We need to do this meditation 33 times; it could be once a day or every other day. The second meditation starts from the 24th chakra and goes all the way down to the Chakras of the feet. We need to do this meditation eleven times right after we have completed the first meditation for 33 times.

The next two meditations are to heal and develop the 37 Major Chakras and the 7th subtle body. The first meditation starts from the Chakras of the feet and goes all the way up to the 37th chakra. We need to do this meditation 33 times also once a day or every other day. The second meditation starts from the 37th chakra and goes all the way down to the Chakras of the feet. We need to do this meditation also eleven times right after we have completed the first meditation for 33 times.

The next two meditations are to heal and develop the 52 Major Chakras and the 8th subtle body. The first meditation starts from the Chakras of the feet and goes all the way up to the 52nd chakra. We need to do this meditation 33 times once a day or every other day. The second meditation starts from the 52nd chakra and goes all the way down to the Chakras of the feet. We need to do this meditation also eleven times right after we have completed the first meditation for 33 times.



The next two meditations are to heal and develop the 70 Major Chakras, the 9th and the 10th subtle bodies. The first meditation starts from the Chakras of the feet and goes all the way up to the 70th chakra. We need to do this meditation 66 times once a day or every other day. The second meditation starts from the 70th chakra and goes all the way down to the Chakras of the feet. We need to do this meditation 33 times right after we have completed the first meditation for 66 times.

Once we've developed the seventy Major Chakras and the ten subtle bodies it is advisable to continue these two last meditations once or twice a week. By doing so it will help us keep the 70 Chakras and the 10 subtle bodies healthy. (Please note that all of these 8 chakras developing meditations and 23 other meditations of this book are available on audio tapes, you can find information by visiting my website: www.jacquestombazian.com

I've used these meditations to heal and develop my own Chakras and subtle bodies and used it in all of my healing and Alchemical teachings as well as with my clients. After close observation of myself and thousands of people, I came to the conclusion that these meditations improve the quality of our health and life, as well as elevate the level of our consciousness.

I have included some information about the seven Major Chakras of the Body, and if you need to understand more about all the other Chakras that exist beyond the crown Chakras you need to read and understand the meaning of the different subtle bodies and the three.

Alchemical Bodies "Body", "Soul" and "Spirit". For example the 7th subtle body that is called the Light Body Yin has thirteen Chakras. To understand the functions of these group Chakras you need to read about the 7th subtle body that these Chakras belong to and so on.

The seven Major Chakras of the Alchemical Body

Humans have thousands of minor Chakras in their constitution and have the potential of developing over one hundred Major Chakras within the three Alchemical Bodies “Body”, “Soul” and “Spirit” as well as within the “Divine” dimensions that exist beyond the dimension of the “Light”. Following is some information about the seven Major Chakras within the first Alchemical “Body”.

1st Base Chakra - This chakra represents material will and power and the connection to Gaia. The condition of this chakra affects the vitality of the following organs; the lower part of the body, including the legs and the lower spine.

2nd Sex Chakra - This Chakra represents sexual desire, creative inspiration and the power of action. The condition of this chakra affects the vitality of the following organs; the abdominal area, the hips, the bladder, the intestines, and the reproductive sex organs.

3rd Solar Plexus Chakra - This Chakra represents Self-affirmation, personal power, creative action and clairvoyance capacity. The condition of this chakra affects the vitality of the following organs: the abdominal area, the upper intestines, the middle spine and the digestive system.

4th Heart Chakra - This Chakra represents telepathy, validation, emotions and the capacity to love. The condition of this chakra affects the vitality of the following organs: the upper spine, the heart, the lungs and the circulatory system.

5th Throat Chakra - This Chakra represents intellect, reason, logic, clairsaudience, expression, the power of sound and words. The condition of this chakra affects the vitality of the following organs: the throat, the thyroid and parathyroid glands and the mouth.

6th Third Eye Chakra - This Chakra represents extra-sensory perceptions, telepathy, clairvoyance and inspiration. The condition of this chakra affects the vitality of the following organ: the brain, the nervous system, the eyes, the ears, and the nose.

7th Crown Chakra - This chakra represents spiritual will and is the foundation for the superior levels.

You can find the details on how to do these meditations in the second, third and fourth part of this book or visit my web site: www.jacquestombazian.com.