

# **The Seven Bodies**

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### **1. Physical Body**

We possess our Physical body. It vibrates with the musical note DO. It is of cellular nature. It is governed by 48 laws. It forms what we call our exterior world or Earth; it is found in the third dimension; it is related to the Element Earth, and therefore with the Gnomes and Pygmies. Related to the Sexual Center, it manages the Creative Sexual Energy, which is what gave it its origin. It works with Hydrogen 48, since it is related to the 48 laws. Currently it is in lunar condition, on account of fornication. We must regenerate it, since we already possess it.

### **2. Etheric or Vital Body**

There is a second body, called Etheric or Vital. It vibrates with the musical note RE. It is of etheric nature, for it is constituted

by four ethers, which are: chemical (Assimilation), luminous (external sensory perceptions), reflector (Imagination and will), and of life (reproduction). It is governed by the same 48 laws, since it is the superior part of our Physical Body, and works with Hydrogen 48. It manages our Waters, and therefore the Undines and Nereids of Water. It is found in the fourth dimension. It has as its physical seat the Instinctive center, in the sacrum bone. It produces the Vital Energy, which is the tetra-sustainer of energies, and which is deposited in the Sexual Center in order to be able to create. Currently it is in lunar condition, on account of fornication. We must regenerate it, since we already possess it.

### **3. Astral Body**

We also have a principle of Astral body. It vibrates with the musical note MI. It is of molecular nature. It is the first principle of matter. It is subject to 24 laws and uses Hydrogen 24. It is found in the fifth dimension, Emotional World, and works with Emotional Energy. It manages our interior Fire and is related to the Salamanders of Fire. It has as its seat in our interior the Emotional center, at the height of the solar plexus. Currently it is in lunar condition. A few human beings possess it; therefore we must create it.

### **4. Mental Body**

We also have a principle of Mental body — this is why we think. It vibrates with the musical note FA. It is of atomic nature. It is subject to 12 laws and uses Hydrogen 12. It is found in the fifth dimension, Mental World, and works with Mental Energy. It manages the Air, and therefore is related to the Sylphs and Sylphides of Air. It has as its seat in our interior the Intellectual center, at the height of the heart. Currently it is in lunar condition. A few human beings possess it; therefore we must create it.

### **5. Causal Body, or Body of the Will**

We also have a principle of the Body of the Will, or Causal Body. It vibrates with the musical note SOL. It is of electronic nature. It is subject to 6 laws. It is found in the sixth dimension, World of the Causes. It is our Human Soul. It manages the Ether. It has as its seat the Motor Center, at the height of the larynx. It works with Motor energy. It uses Hydrogen 6. Currently it is in lunar condition. A few human beings possess it; therefore we must create it.

### **6. Buddhic Body, or Body of the Consciousness**

We have a Buddhic body or Body of the Consciousness. It is found in solar condition, which means that this body did not fall when fornication took place. It vibrates with the musical note LA. It is of magnetic nature, is formed by protons, and is

the reason for being of the Being. It is subject to 6 laws. It is found in the sixth dimension, Buddhist World. It is our Divine Soul. It manages the Akasha. It has its material seat in the Superior Emotional center, in the Pituitary gland. It is upright in all human beings.

## **7. Atmic Body**

We have an Atmic body — it is our Innermost. It is found in solar condition, which means this body also did not fall. It vibrates with the musical note SI. It has luminous or photonic nature. It is subject to 3 laws. It is found in the seventh dimension or Atmic World. It is the lowest to which our Being, who comes from the world of the Spirit, can come. It is localized in the Superior Intellectual center, in the Pineal gland. It is upright in all human beings.

## **How are the Existential Bodies of the Being made?**

### **Requisites for the Work**

- It is necessary to obtain a stable partner of the opposite sex. She must be interested in collaborating with the work we are going to do, since one cannot be changing partners. In case it has to be done, we would have to wait a minimum time of one year (magnetic pause). One must value and love one's

partner, for with her we are going to make True Love. And a work of love is fed with love.

- We have to value the Creative Sexual Energy and its importance within the Work. To the measure that we comprehend that this Energy is our Divine Mother, who is in charge of doing all the Creation, these comprehensions will permit us to gradually value it more and more, until we eliminate the fornicating I — for Chastity is the foundation of all the work.
- Both members must know the work that is to be done very well, and go on perfecting it each day.
- The secret of the practice consists in the connection of the masculine Lingam with the feminine Yoni without spilling the Creative Sexual Energy.

### **Practice of Transmutation of the Sexual Energy**

- Conjunction of Belilín and Magic Circle of protection (these can never be omitted).
- Supplication for assistance to the Inner Father and to the Divine Mother of each one for the practice.
- Light the fire with caresses and kisses until obtaining a perfect lubrication of the feminine Yoni for penetration.

- Connection or penetration of the Lingam into the Yoni (of the penis into the vagina).

The Breathing Process has three stages:

**1. Inhalation (20 seconds).** Imagine the entry of the air into the lungs, then carry it down to the sexual glands. It is recommended always to reach 20 seconds.

**2. Retention (20 seconds).** Imagine and feel a thread of gold that ascends through the spinal column, vertebra by vertebra, from the coccyx up to the eyebrow center.

**3. Exhalation (20 seconds).** Mantralizing slowly and prolongedly IIIII, AAAAA, OOOOO — vowel by vowel.

The entire breathing procedure is repeated for each vowel.

It is absolutely necessary that three things take place within the practice:

- **Concentration:** Consciousness centered on the action.
- **Imagination:** For the wise one, to imagine is to see and to create.
- **Will:** The temper necessary to overcome desire.

This procedure is repeated as many times as is necessary.

Withdraw or end the practice of Sex without spilling the Creative Sexual Energy (that is, without arriving at orgasm, nor ejaculating).

### **Important**

- Practice only one time at night. The glands work alternately (one per night), and it is necessary to let a minimum time of 20 hours pass for the other to begin to work.
- Each one must concentrate on his/her own genitals, for each one works with his/her own energy.
- Make very gentle movements so as not to spill the energy — that is, so that a sexual fall does not occur.
- After the practice, wait a minimum of two hours to bathe.
- It is recommended to have the nuptial chamber in very good conditions of cleanliness and neatness.

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