



## The 10 Spiritual Bodies

-According to Yogic Science-

Another way in which our energy manifests on the physical plane is through our “10 Bodies”. Yoga can help to awaken these 10 bodies. This chart summarizes the role of each body and the **challenges** we can face when they are not functioning properly.

<b>Body</b>	<b>Role</b>	<b>Challenge</b>
<b>Soul Body</b>	Your essence, everlasting, beyond time & space	To balance head and heart
<b>Positive Mind</b>	Analyzes how to use info to move projects forward and accomplish goals, optimism	Tendency towards idealism, & succumbing to negative mind
<b>Negative Mind</b>	Alarm system for danger, what needs to be avoided to keep moving forward	Tendency to see things in a negative light.
<b>Neutral Mind</b>	Relationship without attachment, weighs the information from positive & negative mind & leads to best decision	Indecision, or difficulty seeing larger picture.
<b>Physical Body</b>	The temple of your spirit	Inner and outer realities are out of balance.
<b>Arc line</b>	Integrity manifested, your halo on which your past actions and destiny are written	Difficulty in meditation, focus and using intuition
<b>Aura</b>	Projection of light and energy which changes subtly with each thought, act or feeling	Energy drain from others, feeling overwhelmed by outside influence
<b>Pranic Body</b>	Circulatory system for 10 bodies, receiving energy from universe & transforming to thought, actions & creativity	Fearful, defensive, sluggish or weak
<b>Subtle Body</b>	Seeing beyond the obvious, gives great finesse and powerful calmness	Naïve or easily fooled, unintentionally crude or unrefined in speech and behavior
<b>Radiant Body</b>	Radiant sphere of light gives you spiritual royalty and grace, magnetic presence, healing others at a distance	Fear of conflict and ineffectiveness

From a practical perspective, the real beginning of all disease is on a spiritual level, which then penetrates at the mental level, and finally manifests on the physical level.

To learn more about your own spiritual health check out your **TANTRIC NUMEROLOGY** at: <http://www.3ho.org/clients/3HO/numerology.nsf/WebEntry?OpenForm>