Conference 10 from Phase A.

CONF. 10

THE SEVEN BODIES

The objective of this conference is that we know each one of the Seven Bodies, their functions, development, nature, laws they manage and how we can create them through supra-sex.

1- Physical Body: We possess our Physical body, it vibrates with the musical note DO. It has cellular nature, it is governed by 48 laws. It forms what we call our outer world or Earth, it is found in the third dimension, it is related to the Element Earth and therefore to the Gnomes and Pygmies.

Related to the Sexual Center, it manages the Sexual Creative Energy, which was what gave it its origin. It works with Hydrogen 48 because it is related to the 48 laws. At present it is in lunar condition because 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, since it is constituted by four ethers which are: chemical (Assimilation) , luminous (external sensory perceptions), reflecting (Imagination and will) and of life (reproduction).

It is governed by the same 48 laws, since it is the upper 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. At present it is in lunar condition because 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 has 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 inner Fire and is related to the Salamanders of Fire. It has as its seat within us the Emotional center, at the height of the solar plexus. At present it is in lunar condition. A few human beings possess it, and therefore, we must create it.

4- Mental Body: We also have a principle of Mental body, that 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 Sylphids of Air. It has as its seat within us the Intellectual center, at the height of the heart. At present it is in lunar condition. A few human beings possess it, and therefore, we must create it.

5- Causal Body or of the Will: We also have a principle of body of the Will or Causal, 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 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. At present it is in lunar condition. A few human beings possess it, and therefore, we must create it.

6- Buddhic Body or of the Consciousness: We have a Buddhic Body or of the Consciousness, it is 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, it is formed by protons and it is the reason for being of the Being.

It is subject to 6 laws. It is found in the sixth dimension, Buddhic World. It is our Divine Soul. It manages the Akasha. It has its material seat in the Higher Emotional center, in the Pituitary gland. It is standing in all human beings.

7- Atmic Body: We have an Atmic body, it is our Innermost. It is in solar condition, which means that this body did not fall either. 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 that our Being can reach, which comes from the world of the Spirit. It is located in the Higher Intellectual center, in the Pineal gland. It is standing in all human beings.

HOW ARE THE EXISTENTIAL BODIES OF THE BEING MADE?

Requirements for the Work:

• It is necessary to find a stable partner of the opposite sex. They must be interested in collaborating with the work we are going to do, since one cannot be changing partners.

In case of having to do so we would have to wait a minimum time of one year (magnetic pause). The partner must be valued and loved, since with them we are going to make True Love. And a work of love is nourished with love.

- We have to value the Sexual Creative Energy and its importance within the Work.

To the extent that we understand that this Energy is our Divine Mother, who is in charge of making the whole Creation, these comprehensions will allow us to value it gradually until we eliminate the fornicating ego, since Chastity is the foundation of the whole work.

- Both members must know very well the work that is going to be done and perfect it each day.
- The secret of the practice consists in the connection of the masculine Lingam with the feminine Yoni without spilling the Sexual Creative Energy.

PRACTICE OF SUBLIMATION OF ENERGY

What is it to sublimate the energy? It is to learn to seminize the brain through a breathing exercise. That exercise is a pranayama in which we are going to imagine our spinal column and our brain.

And we are going to sublimate the energy through the ganglionic channels of Ida and Pingala. Here we imagine the sexual glands and the nose. The important thing is to learn to imagine how the process takes place.

On one side we find Ida and on the other side Pingala. These two serpents allow the energy to be sublimated through the Vital Body, by doing this breathing exercise and using the mantram: HAM — SAH.

HAM prolonged, when inhaling. SAH short, when exhaling. The inhalation lasts about twenty seconds and the exhalation approximately two seconds. A pause is made before inhaling again.

We cover the left nostril and inhale through the right nostril. We imagine that our energy ascends and reaches the right nostril.

One starts from the left testicle, which is positive, and reaches the right nostril. Then, from the right testicle, which is negative, to the left nostril.

One imagines, because to imagine is to see, that the energy is rising through these two channels of Ida and Pingala. In this way we lower the level of the vessel and always keep our energy at very suitable levels, so that it is neither lost nor spilled at any moment.

In the case of women, the polarity is reversed. The signs are changed, but it is exactly the same as in men. Ladies begin with the right ovary and go up to the left nostril, and continue with the left ovary, taking the energy to the right nostril.

The Sexual Creative Energy is produced by the brain in the Pineal Gland. It gathers the energy of the Spirit and unites it with the Sexual Hydrogen. This exercise is regenerative, and helps a great deal in matters of health.

Sublimation should be done only once a day, for ten minutes. The best hours to sublimate are from four to six in the morning, when one is getting up, when the Vital Body has restored the energy of the Physical Body.

End of Conference 10