



Kundalini Yoga

With Nirvair Singh Khalsa

An Introduction to the Ten Light Bodies of Consciousness

You have ten bodies. One of them is just your physical body. You have three mental bodies -- a meditative mind, a projective mind, and a protective mind. Those are the three mental functions. So that is four all together. The first body is the soul body. Second is the protective mind; the third is the projective mind; fourth is the meditative mind; the fifth body is the physical body; sixth is the arcline, which is like a halo of energy that's mostly over the top of your head. Each of these bodies, in terms of their effect, can permeate the other bodies. It's not like you're exactly layered like an onion, but there is some quality of that involved. There are certain positions and places for these varied bodies, especially the etheric ones. Seventh body is the whole aura itself, the whole auric body. Eighth body is the pranic body - prana is the energy that comes in through the breath. Ninth body is the subtle body, and tenth body is the radiant body. The eleventh is a function of numerology. It means the sum of the ten bodies. Whenever we talk about 11's in any of the positions, you have to consider everything, all the 10 bodies.

These bodies are not in ascending order, it is not like Maslow's hierarchy. It's all very holistic and consistent. They all have different functions. It's not like we're going up the ladder or down the ladder. All are equally important. When you are operating successfully through these bodies there's a paradigm of success. It is a model of human excellence. That's what really learning about all these bodies is all about. Using the numerology you can discover your strengths and weaknesses so that you can improve yourself over time and understand yourself a little better.

Here is the list of the ten bodies again: Soul body is 1. 2 is mental protective. 3 is mental projective. 4 is mental meditative. 5 is physical. 6 is arcline. 7 is auric body. 8 is pranic body, prana. 9 is subtle body. 10 is radiant body. 11 is all ten.

My teacher, Yogi Bhajan discovered this system in his travels in India. I'm teaching my teacher's system. I didn't make this up. I learned this system a long time ago, over 20 years ago. It took me a good five years just to begin to figure it out. A friend of mine, Dr. Guruchander Singh Khalsa helped to clarify the system. I am explaining it to you how I understand it. It's taken me about 15 years to figure the intricacies of it. The Eastern tradition of teaching is effective but sometimes frustrating to a Western mind like mine. It's not logically laid out, it's not put in one place. Yogi Bhajan has talked about the bodies in little pieces over long periods of time. Actually it has been in the teaching of this system that I have learned most about it.

Usually in order for you to really understand something, you have to get it on three levels. It takes a three level process to get it so you can say, "Yes, this is mine now." You

have to get it physically, mental/emotionally and spiritually. What I mean by spiritually, it's what keeps you flowing. Whenever you get stuck or caught in something that's when your spirit diminishes, your light diminishes; it's when you're stagnant. It's the flow of energy that keeps you going and growing. So it is good to study this material, and practice the exercises and meditations several times so you can come to your own understanding about this valuable system. Note that the key words in each of the summary sections are Yogi Bhajan's words. Study these key words. They have symbolic meanings and can really help you understand material.

Yogi Bhajan's System of Numerology

This system uses your birthday. It is very simple, and if you bring your intuition to the ideas outlined below, quite accurate. Practice with your family and friends' birthdays until you get a good feel for the system. You will find that some common patterns will occur in numbers in the same positions of people you know.

Step one.

Do the math to determine your five significant numbers. Always reduce the number to a number that is between 1 and 11.

Example.#1.....BIRTHDAY IS JUNE 5, 1977

Soul Number = The *day* you were born. Example June 5 1977. Day = **5**.

Karma Number = The *month* you were born. Example June (6th month) = **6**

Gift Number = The *decade* you were born. Example 1977. $77 = 7+7 = 14$. $1+4 =$ **5**.

(Notice how I reduced the number to a number that is between 1 and 11 through ADDITION of the two last numbers(77) and then REDUCTION BY ANOTHER ADDITION (14).

Destiny Number = The *century and decade and year* you were born. Example 1977.
 $1+9+7+7 = 24$. $2+4 =$ **6**.

Path Number = *All the numbers* in your birthday added up. Example June 5 1977.
 $6+5+1+9+7+7 = 35$. $3+5 = 8$

Example.#2.....BIRTHDAY IS JANUARY 26, 1950

Soul Number = *Day* 26 $2+6 = 8$

Karma Number = *Month* = 1

Gift Number= *Decade* = 50 = $5+0= 5$

Destiny Number= *Century and Decade and Year*

1950 = $1+9+5+0= 15$. $1+5=6$

Path Number = *All the numbers*

$1+2+6+1+9+5+0 = 24$. $2+4=6$

Step two.

Learn the ideas.

Soul Number Challenge.

It represents a challenge in self-concept of the inner dimension. Suggests what is blocking you from connecting with your soul. Indicates what needs to be addressed to obtain inner peace and the key to successfully visualizing the inner self. It is how you feel about yourself.

Karma Number Challenge.

It represents a challenge in dealing with the outer dimension of life. Indicates what is blocking you from creating the outer reality you desire. Suggests how you are seen in the outer world and the challenge that perception creates.

Gift Number Strength.

It represents a birthright strength. It is a natural talent to use in this life.

Destiny Number Strength.

It represents a strength that manifests in a learned and successful life strategy. Indicates the kind of circumstances you draw into your life and how you successfully handle them. Indicates innate knowledge and achievements from past lives.

Path Number Challenge.

It represents a generalized challenge in life. It indicates the action necessary to obtain overall fulfillment. It is what you wish for yourself the most.

Step 3.

Amalgamate the concepts with the numbers of your birth and the corresponding numbers of the 10 Bodies. You will find, in each of the summary sections for each body, what each number (body) means in each of these five positions.