

CHAPTER 16



***Yogic Anatomy—
The Ten Bodies***

If you understand that you are Ten Bodies, and you are aware of those Ten Bodies, and you keep them in balance, the whole universe will be in balance with you.

- YOGI BHAJAN

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Basics of the Ten Bodies

For the most part human beings identify with their physical body, and think of themselves in physical terms—or perhaps at best, as a physical body and a mind. The truth is that the human being is made up of ten bodies: the physical body, three mental bodies, and six energy bodies.

1st Soul Body

2nd Negative Mind

3rd Positive Mind

4th Neutral Mind

5th Physical Body

6th Arcline

7th Aura

8th Pranic Body

9th Subtle Body

10th Radiant Body

- ▶ The Ten Bodies are powerful capacities of the psyche. Each body has specific gifts that manifest when strong, and certain deficit tendencies that surface when weak.
- ▶ Your caliber is determined by the balance of your Ten Bodies.
- ▶ You can strengthen any of the Ten Bodies, by developing an ability to identify which body is out of balance, and then practicing the appropriate technology to strengthen that body.
- ▶ In order to understand how each of the Ten Bodies manifests when it is fully developed, it is useful to examine the lives of each of the Ten Sikh Gurus. Though each of the Gurus were Masters or perfected beings, in each of their lives, we can see examples of how each one clearly personified one of the virtues associated with the Ten Bodies.
- ▶ The root of all disease exists first in one of these spiritual or energy bodies before it manifests outwardly. Therefore, by strengthening and balancing the Ten Bodies, we can make ourselves healthier as well.

Balancing the Ten Bodies

Kundalini Yoga with its systemized kriyas, works to balance and activate the Ten Bodies. Therefore, a regular, sincere practice of Kundalini Yoga is a comprehensive way to work on all Ten Bodies at once.

If you are aware of a weakness or imbalance in one particular body, and you wish to focus on strengthening and balancing that body in particular, you can:

- ▶ Choose a meditation that works that particular body, or which uses a mantra associated with strengthening that aspect.
- ▶ Chant the songs (Gurbani) or teachings of the corresponding Guru. You may study his life and words, as well.
- ▶ Follow the recommendations in the 'Key to Balancing' suggestions in the Profile of the Ten Bodies, which follows.

A Profile of The Ten Bodies

FIRST BODY

Soul Body

Guru Nanak

“Heart over Head”

Humility, Creativity

Is my life a creative flow from my soul’s purpose?

Do I come from the heart?

The first body is your Soul Body. It connects you to your inner infinity. It is the experience of the flow of spirit within yourself. When your soul body is strong, you live by your heart instead of your head, your creativity flows in a simple, pure way. When you master your Soul Body, you come from a place of great humility and creativity. You are so linked with your own infinity that you can relax into the flow of God energy and use it to create beauty in your life. Your soul is the individual expression of spirit; it contains the basic nuclear energy of you, your foundational self.

If your first body is weak, you may come from your head instead of your heart. You may feel stuck, not able to access your purpose and creative flow of life.

Key to Balancing: Raise the Kundalini. Open the Heart.

THE 2ND, 3RD, AND 4TH BODIES ARE MENTAL BODIES, THE THREE FUNCTIONAL MINDS:

SECOND BODY

Negative (Protective) Mind

Guru Angad

“Longing to Belong”

Containment, Obedience

Can I determine if there is danger in a situation?

What do I need to consider?

The Negative Mind helps you to give form to the creativity of your Soul Body with the gifts of containment, form, and discernment. It instills in you a longing to belong, which in its highest expression drives you to connect very deeply with your own God self. It gives you patience to be obedient to your own inner guidance.

If your negative mind is underdeveloped, your longing to belong can cause you to get into inappropriate, self-destructive relationships because you are over-influenced by others; you aren’t contained enough in your own center.

Key to Balancing: Value your discipline. Develop conscious relationships of integrity.

THIRD BODY

Positive (Expansive) Mind *“Devil or Divine”*

Guru Amar Das

Equality, Positivity

Am I open to all possibilities that life has to offer?

Do I let these into my life?

The Positive Mind sees the positive essence of all situations and beings. It is expansive and allows resources in. It gives you a strong will and allows you to use your power easily and humbly. It makes you naturally playful and optimistic, and gives you a good sense of humor. It makes your communication strong and direct.

If the Positive Mind is weak, it is like receiving a daily injection of poison. You can be overwhelmed by the input of your Negative Mind, which can be depressing and paralyzing. You may be angry and intolerant, or hesitate to use your own power, your own heat, because you are afraid of the responsibility it brings or afraid that you might abuse it.

Key to Balancing: Strengthen the navel point. Increase your self-esteem. Use positive affirmations.

FOURTH BODY

Neutral (Meditative) Mind

Guru Ram Das

“Cup of Prayer”

Service, Compassion, Integration

Do I allow myself to perceive and act upon inner wisdom?

The Neutral or Meditative Mind is the ultimate “win-win” mentality. From here you look at the whole play of life with compassion. The Neutral Mind evaluates the input of your Negative and Positive Minds (and the rest of the Bodies, as well), and gives you guidance within nine seconds. It is a very intuitive vantage point, and allows you to access your Soul.

If your Neutral Mind is weak you may have a hard time making decisions. You’ll have the habit of feeling victimized by life because you don’t know how to integrate your experiences and find meaning in them. You may have a hard time seeing beyond the polarities of life on Earth and tuning into the great cosmic scheme of things.

Key to Balancing: Meditate.

TEN BODIES

FIFTH BODY

Physical Body*“Teacher/Balance”***Guru Arjun***Sacrifice, Balance, Teacher***Do I use my strength and assets for the good of all?**

The Physical Body is the temple where the other Nine Bodies play out their parts. It gives you the capacity to sacrifice—to make sacred. It gives you the ability to balance all parts of your life. If strong, it represents the teacher, who is able to take abstractions and explain them to anyone, of any age, of any intelligence, of any way of life, and able to bring the information into an earthly, concrete form.

With the Fifth Body one can choose dharma over karma.

If your Fifth Body is weak, you may be angry, greedy, jealous, competitive, ungrateful. Your inner and outer realities will be out of balance. You may have trouble expressing yourself verbally, and you may be afraid to be in the position of teacher.

Key to Balancing: Exercise regularly. Teach.
“Thy Will is my will, O Lord.”

SIXTH BODY

Arcline*“Person at Prayer”***Guru Hargobind***Justice, Protection, Projection***Am I able to manifest my goals? Do I do so with integrity?**

The Arcline extends from earlobe to earlobe, across the hairline and brow. It's your halo, and is the nucleus of the aura. Women have a second arcline which extends from nipple to nipple. The Arcline is your projection, your radiance. It gives you the ability to focus, to be concentrated, to meditate. The Arcline, associated with the pituitary gland, regulates the nervous system and glandular balance, thus protecting your heart center.

You can use the intuition of your sixth center to protect yourself, so that you can deal with the stresses of life without shutting down your heart. The projective power of the Sixth Body helps you manifest whatever you want in your life. “I am, I am,” is the Arcline.

This is the balance point between the physical realm and the cosmic realm, referred to in Sikh Dharma as Miri-Piri.

If your arcline is weak, If your Arcline is weak, you may be overprotective and easily influenced. You may have glandular imbalances, which can lead to inconsistency in your moods and your behavior. You may be unfocused and unable to manifest your prayers. You also may not be using your intuition to protect yourself.

Key to Balancing: Awaken the pituitary gland — the Third Eye.

SEVENTH BODY

Aura*“Platform of Elevation”***Guru Har Rai***Mercy, Security, Love***Do I feel security in universal love?****Am I unhesitating in uplifting others as well as myself?**

The Aura is the electromagnetic field which surrounds your body in the same way the Earth's Magnetic field envelopes the Earth. When it's strong, it acts as a container for your life force, and allows that life force to build up to a level where you feel confident and secure. It is from this position of security that you can treat others with mercy, and your very presence uplifts all.

The Aura is your protection, it is your shield. It can attract positivity and repel negativity—negativity from other people, from situations, and illness.

If your Aura is weak, then you may be paranoid and lack self trust, and negativity can penetrate into the psyche and into the physical body. All illness goes into the Aura first. So if you can heal yourself aurically and keep your Aura strong, then illness cannot penetrate into your physical body.

Key to Balancing: Meditate. Wear white clothing made of natural fibers.

EIGHTH BODY

Pranic Body*“Finite to Infinite”***Guru Har Krishan***Purity, Energy, Fearlessness,
Self-initiation***Do I fearlessly embrace life?****Do I have enough energy to fulfill my goals?**

Through your breath, your Pranic Body continuously brings the life force and energy into your system. This allows you to feel fearless, fully alive, and at one with all creation. When your Pranic Body is strong, and your breathing is deep and relaxed, nothing can bother you. You are self-motivated, and you have enough energy to achieve your goals.

All disease starts with an imbalance in the Pranic Body. If your Eighth Body is weak, you may have constant low-level anxiety and chronic fatigue. You may try to get energy from food or stimulants. You may be fearful and defensive.

Key to Balancing: All pranayam.

NINTH BODY

Subtle Body**Guru Teg Bahadur****“Mastery or Mystery”****Calmness, Subtlety, Mastery****Am I subtle and sensitive and can I penetrate beyond superficiality? What is the REAL purpose of life?**

Your Subtle Body helps you see beyond the immediate realities of life to the sublime universal play that lies beyond. When your Subtle Body is strong, you have great finesse and a powerful calmness. Nothing in life is a mystery to you. You learn quickly and master situations easily. You're able to walk into a room and intuitively know what's going on.

The Subtle Body and the Soul Body are intricately connected. The Subtle Body carries the Soul at the time of death.

If your Ninth Body is weak, you may be naive and easily fooled, unintentionally crude or rough in your speech or behavior. You may be restless, because you lack the peace that comes from flowing with the way things are.

Key to Balancing: Do any meditation or kriya for 1,000 days.

TENTH BODY (“One-Plus” Body)

Radiant Body**Guru Gobind Singh****“All or Nothing”****Royal Courage, Radiance, Nobility****Is my life an example of courage, royalty, and creativity?**

The Radiant Body gives you spiritual royalty and radiance. It's strength makes you courageous in the face of any obstacle. You exert a magnetic presence and command the respect of all who know you. You approach life with an “all or nothing” attitude, and always give 110 per cent. Yogi Bhajan calls the Tenth Body “one-plus” because it's one (your Soul Body), plus your radiance.

If your Tenth Body is underdeveloped, you may be afraid of conflict. You may shy away from other people's attention, because you are afraid of the energy and responsibility that come with the recognition of your inner nobility. You may feel ineffective and unable to come through in situations.

Key to Balancing: Commitment. Do not cut the hair.

ELEVENTH EMBODIMENT

Parallel Unisonness**Siri Guru Granth Sahib****“Infinity”****Divine Vision, Truth for All****Is my identity Sat Nam? Do I allow Infinity to flow through me?**

Eleven represents the sound current, the wellspring of Infinity from which all mantras originate. Yogi Bhajan says, “When the God in you, and the human in you are in parallel unisonness, then you are an 11. You have no duality, you have divine vision, and the truth flows from you. You don't have to find anything outside of you. The jewels are all in you—you are rich inside, you have satisfaction and contentment.” In this pure state of consciousness you have the ability to see all events as God's Play, and recognize the God in all. You can direct the play of all Ten Bodies at will. You can direct all parts of your being from an impersonal, expansive space that allows Infinity to flow through you at all times. “If at anytime, any moment, you misuse your spiritual power, then you are negative, a fanatic. You are without compassion, which is a sign of supreme selfishness. The reality of life is selflessness.”

Key to Balancing: Nam Simran or meditative recitation of the words of the Siri Guru Granth Sahib.

TEACHINGS OF THE MASTER

YOGI BHAJAN ON THE TEN BODIES

First of all, you don't *know* you have Ten Bodies. Secondly, you don't *believe* you have Ten Bodies. Because it is a lot of work to have Ten Bodies. You want just one body. And if you do not know if the Bodies are out of balance in sequence and consequences, you will have terrible results in life. Then you ask, “Why is this happening to me?” It happened to you because you did not make certain parts of your life stronger, balanced, and real in you.

Each of you could have the most radiant Tenth Body! If you do not breathe properly, with only an upper, shallow breath, you can be raped — not only sexually, but socially, and personally. Then you say, “Why don't people listen to me? What is wrong with me?” You don't have the length and the strength of the breath. That's why. You say “I, I should not have fallen into this person. I'm not sure what is the matter.” Why? Because you did not have the strength of your Radiant Body.

When your own shield, the Radiant Body, gives its light, you will not only be loved, you will be worshipped. If you have not earned reverence in this life, you have earned nothing. Woman without reverence and man without courage are two donkeys which just carry the weight of life from beginning to end. Woman without reverence has no strength. You must demand reverence. It's your right. You must command reverence. Otherwise you will be exploited and misled. You'll be cheated. Your essence of life is an essential part of your happiness. The benefit is that your energy will be restored. It's a self-healing process. You must have an hour to yourself where you can sit and be thoughtless, desireless, formless.

“I am, I am,” is the Arcline, the halo. You are a human being: “*hu*” means halo, light; “*man*” means mind, mental; “*being*” means now.

When the soul desires to leave the Physical Body, the Physical Body's connection with the Pranic Body totally breaks, and the Soul leaves with the Subtle Body. That means your identity is gone. Your Physical Body remains, but “you” are gone. We call it death.

But do you understand what that means? If in subtlety you become very refined, and in activity you become very subtle—very subtle—you are very near to your Soul. The Soul and the Subtle Body are very much related. There's a direct relationship between the Subtle Body and the Soul Body. They never leave each other. So, anything you do which is refined—refined art, refined acts, refined speech, anything which is not gross—will put you nearer to the Soul. That's rather a simple way of reaching your God-consciousness.

If you understand that you are these Ten Bodies, and you are aware of those Ten Bodies, and you keep them in balance, the whole universe will be in balance with you.

Aspects of the Ten Bodies & the Eleventh Embodiment

BODY	NEGATIVE MANIFESTATION	POSITIVE MANIFESTATION	VIRTUE	THESE QUALITIES EMBODIED IN THE SIKH GURUS BY:
1 Soul Body	Non-creative Overly intellectual	Creative Heart over head	Humility	Guru Nanak
2 Negative (Protective) Mind	Overly contracted Unable to calculate danger	Contained Calculates danger Discriminating	Obedience Containment	Guru Angad
3 Positive (Projective) Mind	Injection of poisonous thought; no boundaries	Expansive Light where no hope	Equality	Guru Amar Das
4 Neutral (Meditative) Mind	Opinionated Reactive	Neutral Integrated Responsive	Service	Guru Ram Das
5 Physical Body	Greedy, jealous, competitive	Balance Ability to sacrifice	Self-sacrifice	Guru Arjan
6 Arcline	Overprotective, easily influenced	Focused Intuitive	Justice	Guru Hargobind
7 Aura	Paranoid Lacks self-trust	Uplifting Nurturing	Mercy	Guru Har Rai
8 Pranic Body	Fearful Lethargic	Fearless Motivated	Purity	Guru Har Krishan
9 Subtle Body	Gullible Awkward	Sensitive, Subtle Intuitive. Sophisticated	Calmness	Guru Teg Bahadur
10 Radiant Body	Ineffective. Shy isolated	Royal Noble Undefeatable	Royal Courage	Guru Gobind Singh
11th Embodiment Parallel Unissonness	Fanatic	Mastery Divine Vision Sees God in all	Infinite Flexibility	Siri Guru Granth Sahib