

THE LIGHT BODY

The following exercise will probably become one of the most fundamental cornerstones in your development along the Path. By the frequent and regular practice of this exercise, much other progress will depend.

After a while, you will be able to carry out this exercise in many different settings, alone or with people, with eyes open or closed, but for the beginning, seat yourself alone in the privacy of your room, in the dark, or with a candle burning, or some other form of subdued lighting.

Sit with your back upright, and your feet placed firmly on the floor, with your hands resting comfortably on your thighs. Close your eyes, and relax your body. If necessary, move in your chair until you feel comfortable. Focus for a while on your breathing. When you feel relaxed and calm, move the focus of your awareness to the soles of your feet. Try to become as aware as possible of only the soles of your feet. Feel them tingling with life-force, and imagine them shining with light - filled with vitality. After a while, move your awareness to your ankles, and so on, working slowly up your body until you reach the crown of your head. Then become aware of your whole body, filled with light, radiance, vitality and strength. When you want to finish the exercise, give thanks for the benefit of this exercise to your invisible Guides and Helpers, and then become aware of your physical body again, remember your surroundings, and slowly open your eyes. Do not get up immediately, but stay seated awhile before finishing the work by standing up. At first you may find it hard to sense anything in the different parts of your body; your concentration may wander, or you may fall asleep. Do not worry, simply persevere with the exercise daily, and you will find that gradually it becomes easier and easier. Just allow the awareness of the Light Body to arise in you from the feet up - it should be effortless, and in fact, the more you try hard to 'make' it happen, often the more elusive an awareness of it becomes. Try relaxing into the awareness of it.

Some people find it easiest to do this exercise by visualising light emanating from their body, or slowly flowing up it, others prefer to sense it as energy - and find it a strain to try imagining light coming from them. This is absolutely fine - we could call the Light-Body the Energy-Body. Work in the way that comes naturally to you. Your overall development will be enhanced, you will find an increasing sense of poise and vitality, and you will start to know of the reality of this Body of Light that has been known by many names by all the great esoteric schools. Becoming conscious of its reality and by working with it, we take a major step forward in our spiritual and evolutionary development.