

## The Science of the Soul – Become a Radiant Being

Cosmic prana is the essential energy of life and of all that exists. As such, it is the life force that is present in all beings, whether sentient or insentient. Cosmic prana infuses all life forms, although each may appear to be a separate entity or to take a different form. In the same way that white light emits the different colours of the spectrum as it passes through changing densities of matter, cosmic prana takes different forms as it passes through the different densities of matter and of life. How prana manifests will vary according to the vibratory rate of the body it permeates.

On earth, an elemental body is formed out of chemical elements, plus something drawn from the dust and made alive. This elemental body is a mechanism filled with billions of nerve endings that directs the attention of God/Spirit into the physical. As a practitioner of this ancient science, one's elemental body can grow and ascend in the process of finding God within and the universe throughout. The elemental body is essential to our spiritual growth.

Throughout our ancient history, this science has produced radiant bodies of conscious energy for thousands of years. Conscious energy is not like unconsciousness energy, to gain access to the power of conscious energy, you must develop a relationship with it, learn its needs, learn to fulfill them, and remember it is part of the electro-magnetic spectrum around you. If you can learn to work with and witness this conscious energy, the veil between the worlds can fall; undiscovered country can become your backyard. Due this by first realizing that you are not cut-off; there is no supernatural, there is only the natural world and you have complete access to all of it. Souls are part of nature.

The aim of mankind is to enter ecstasy but to do this you must be at once fully realized; that is to carry with you into death all of your potential harvest of experience (the good and bad) and to have an objective consciousness of this experience, not to be weighted with recriminations and regrets. We live many times to build up a radiant body that is complete, as to be born into this life takes but an hour, but to be born into the next, takes many lifetimes.

Ecstasy has a spin and/or a vibration which can go infinitely fast, it can reach the speed of light and exit time altogether. When this happens the body begins to radiate of its own accord, it becomes at once God and co-creative with God, a companion. A single bit of God which you are does not only join the whole like a crumb in a cake it can attain so much of ecstasy that it becomes the whole. Your destiny, each of you is to become all of God, but this process is slowed by contact with the points of attachment and there are trillions and trillions of them between energetic and elemental bodies. So 'detachment' as the Buddha said is essential to ecstasy. The proper use of meditation is to enable you to see life as an outsider and a participant. This outsider notices the glimmer of sunlight on the spoon, the sensation of the food in the mouth, for he is using life to gain impressions, as a participant only eats.

### What is a Radiant body?

1. The organ of higher consciousness is part of the electro-magnetic field that fills the nervous system and rests a few centimetres outside the skin outside of the body. This tiny layer of electrons lying outside the skin is an organ in itself just like the heart, brain, blood or eyes.

2. It is in quantum super position, the electrons effectively everywhere in the universe and nowhere specific. It may be imprinted by information from anywhere and anytime.
3. With you may see other worlds, you may see the past and future and you see into the lives of those around you.

### **How to evolve this radiant body?**

1. Paying attention to physical sensation is paying attention to energetic sensation. Being awake to oneself and ones surroundings increases the intensity of the impressions, so that they effect the spin of the electrons that are present in the nervous system. In this context, being awake means being aware of one's own self while at the same time absorbing impressions from the outside. The increase in spin and enrichment of the complexity of the pattern of being that results brings more and more form to the radiant body. Lives in elemental form change the patterns of the electrons that form the soul and intensify their spin.
2. The imprinting of essence with experience requires effort and attention, it is the object of all paths, and ways to higher consciousness.
3. You must be able to watch and not watch at the same time, when you learn this; it will stay in super position even as you take the imagery that it is receiving into your brain and process it. The nervous system delivers these impressions to the area of the brain at the top of the brain stem, closest to the Pineal Gland, which is where this organ is centered.
4. Meditate is such a way that the mind is concentrated on physical sensation, this relieves the pressure of impressions incoming from the physical world on the electro-magnetic body and enables it to expand.

### **The Practice:**

1. Aim, strive and practice becoming radiant bodies; at the present moment not all of us are radiant beings, but all participate to some degree more than others in this conscious energy.
2. To begin, you must meditate ('who does not meditate; disintegrates')

### **The Purpose of meditation is twofold:**

1. To organize the energetic body so that it will not lose its integrity after it can no longer depend on the structure of the elemental body for its form.
2. It is to fill the energetic body with objective sensation, as objective sensation is consciousness. You are within life but not entirely absorbed in life, part of you observes yourself from a distance. Remember this, if you do not watch, you do not see, and what you do not see does not impart any change in the spin to the electrons that make up the energetic body. The parts of your life that you do not see, are not carried with you into ecstasy and it is ecstasy upon which that the formation of the radiant body depends.

from 'The Key – A True Encounter' by Whitley Strieber

**Radiant Body is also known as 'The Five Koshas'**

According to yoga, human beings can be said to have five levels of energy which mutually coexist and range from the most gross to the most subtle, called the *pancha kosha* or five sheaths:

1. *Annamaya kosha* (the food body)
2. *Pranamaya kosha* (the pranic body)
3. *Manomaya kosha* (the mental body)
4. *Vijnanamaya kosha* (the astral or psychic body)
5. *Anandamaya kosha* (the blissful body)

Just as a generator activates a machine, so cosmic prana is the generator which operates these sheaths. Cosmic prana allows these sheaths to perform their functions even when we are asleep, in the absence of continued conscious awareness. In most people, conscious awareness exists mainly on the physical plane. Awareness of the more subtle states of existence can be developed through meditative practices, pranayama and prana vidya.

- 1) **Annamaya kosha** or physical sheath of the body is referred to as the food sheath due to its dependence on food, water and air, which are gross forms of prana. However, its existence is even more dependent on prana itself. While it is possible to go without food for up to six weeks, without water for six days, and without air for six minutes, life ceases immediately.
- 2) **Pranamaya kosha** is the vital sheath or pranic body. Together the physical and pranic bodies constitute the basic human structure. This is sometimes referred to as 'atmapuri', the city of the soul (*atma* meaning 'soul' and *puri* meaning 'city'), because through these bodies, which contain the even more subtle mental, astral and causal bodies, self realization is possible. The pranic body is more subtle than the physical body which it pervades and supports. It infuses life into every cell of the physical body. However, neither the pranic body nor the physical body can exist alone. The pranic body is approximately the same size and shape as the physical body.
- 3) **Manomaya kosha**, the mental sheath, performs many functions simultaneously and holds the two grosser koshas, annamaya and pranamaya, together as an integrated whole. It acts as a messenger between each body, conveying the experiences and sensations of the external world to the intuitive body, and the influences of the causal and intuitive bodies to the gross body. The mind is capable of attaining the greatest speed. Thought is the ultimate manifestation of motion. The mind can move forward and backward in time. Time does not exist as a barrier for the mind, and during meditation it can be experienced that time ceases to exist.
- 4) **Vijnanamaya kosha**, the astral sheath or the body of intuition, pervades manomaya kosha and is more subtle than it. When this sheath is awakened, one begins to experience life at the intuitive level, to see the underlying reality behind mere manifestation. This leads to wisdom.
- 5) **Anandamaya kosha**, the blissful sheath, is the final and most subtle sheath. This is the causal or transcendental body, the abode of the most subtle prana. This sheath is beyond all definition.

By being aware of our own prana, we connect with cosmic prana and become aware of the prana in other living beings. After awakening prana, we experience its flow, form, colour and quality at all levels.