

INTRODUCTION TO LIGHT BODY ACTIVATION

The light body or energy body is the most subtle dimension of our physical existence. It permeates the mental frequencies, the emotional realm, and the physical body. The light body can be sensed, “read” and moved or activated with conscious intent. The esoteric branch of almost every spiritual tradition works with the light body, and mystics around the globe have awakened their light body.

The light body contains energetic structures or “organs”. These include the CENTRAL CHANNEL, a column from the crown to the root near the spine, and the CHAKRAS. The seven major chakras connect into the central channel. The third main structures of the light body are the NADIS (Hindu term) or KA CHANNELS (Egyptian term). These channels create a fiber optic network throughout the whole body. When activated, one can feel the sensation of light or fire activating moving through the body. In this introductory course, we will work with opening the central channel and some of the chakras. In advanced courses, we will work with the KA channels.

It is not that hard to move or awaken to light body, and there are numerous benefits for doing so. Because the light body is the most subtle dimension, change in the light body effects rapid change in the rest of our being. Working with the light body is the fast track to spiritual and psychological evolution.

Light body practices work very well in conjunction with mindfulness practices, goddess visualization practices, shamanic work and psychotherapeutic processes. These types of practices come from different traditions and different parts of the world, and form a powerful tool set for profound alchemical transformation.

Light body work can be done at any time of the year. On an archetypal level there is a strong coloration between activating the inner light, and working with the strong light and fire of the sun around the time of the Summer Solstice.

From a body perspective, Summer Solstice correlates with both the solar plexus chakra and the crown chakra. The solar plexus chakra, as the name implies, uses the sun’s energy to empower oneself in the world. This chakra is about ordinary reality, playing the game of life with dynamic strength. When the solar plexus chakra is activated and cleared through light body practices one can function in the world better.

Like the Hindu kundalini teachings, Egyptian mysticism uses the serpent as a metaphor for moving energy. Specific and sophisticated skills were taught in the Egyptian mystery schools to move the energy and activate the KA body. The KA body is the light body, or etheric double. The goal of spiritual practice for the ancient Egyptians was to build up a large amount of energy in their KA body. They could use this energy for healing, psychic activity, or astral traveling. In Egypt, mystery schools formed in the temples of the goddesses of Isis and Hathor. These goddesses, along with other solar goddesses around the globe, represent not only the sun but the awakened light body within us.