

THE STAGES OF SPIRITUAL GROWTH

The channel of creation from consciousness to matter passes through **LIGHT - PRANA - ENERGY - MATTER** and back by the reverse route. Humans contain all these elements as their birthright. Many humans are only aware of the material element of their nature. **With spiritual growth we move from:**

- MATTER FIRST BODY
- ENERGY..... SECOND BODY (EMOTIONAL BODY)
- PRANA..... THIRD BODY (ASTRAL BODY)
- LIGHT FOURTH BODY (MENTAL/PSYCHIC BODY)
- CONSCIOUSNESS..... FIFTH BODY (BEING, SPIRITUAL BODY)
- AWARENESS SIXTH BODY (WITNESS, COSMIC BODY)
- NIRVANA SEVENTH BODY (EXTINCTION, NON-BEING)

Emotional release cleans and prepares the second body. Creativity, martial arts, work, dance, etc develop the positive aspect of the ego (third body). Meditation, sitting silently, devotion and prayer develop the fourth body. All this is happening perfectly without a living Buddha up to the third body. The difficulty arises mainly for fourth body purification, and for the jump from the fourth to the fifth body. From ego to Being. This can happen without a living Buddha, but it is very difficult. The ego is tenacious. For this step a living Buddha is tremendously helpful. His energy comes from the Beyond. For those near the edge, he can help you to jump.