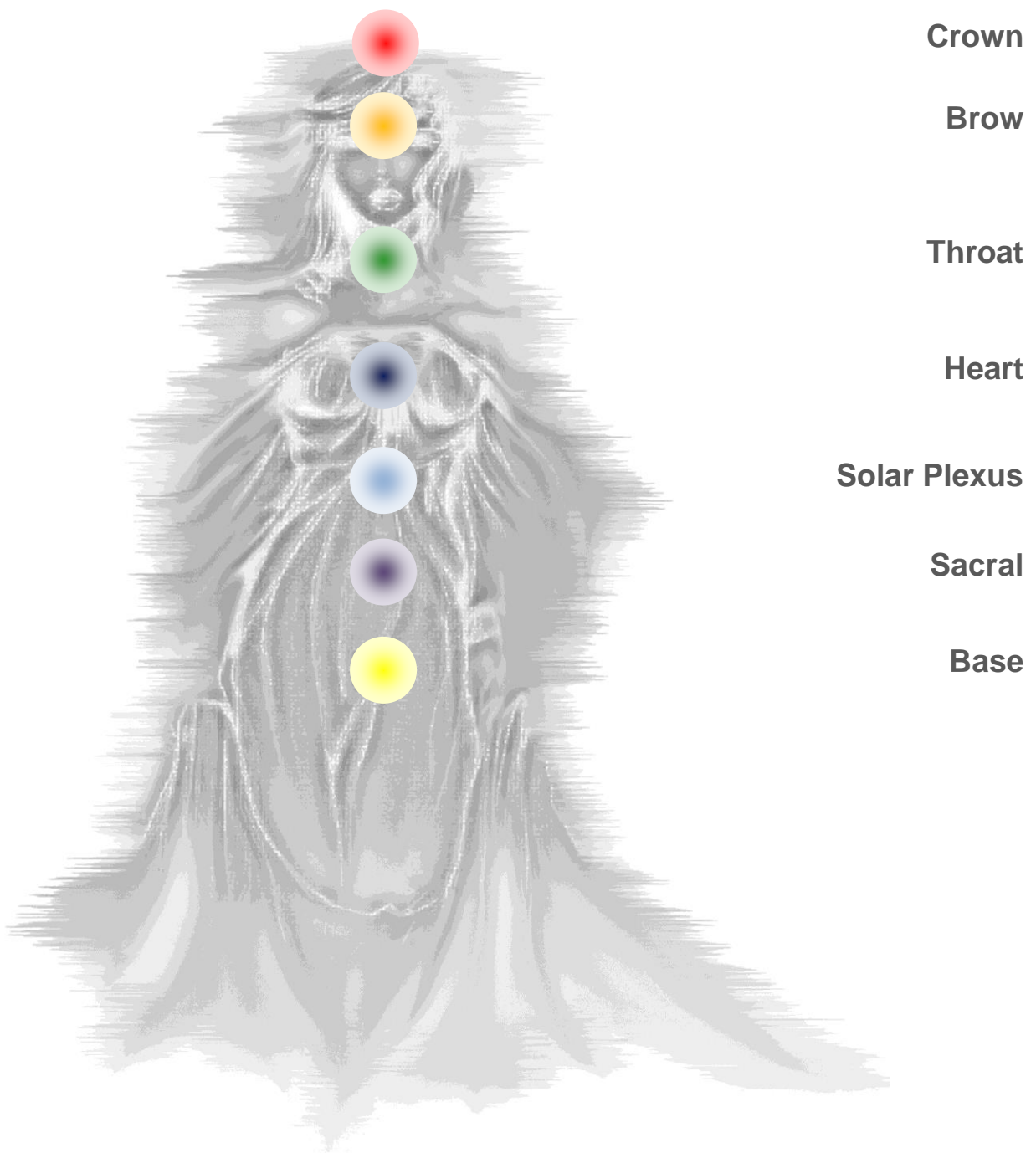


Seven Energy Centres (Chakras)

Interface with the physical body through the seven endocrine glands and the nervous system.

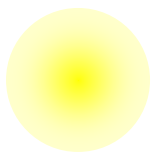
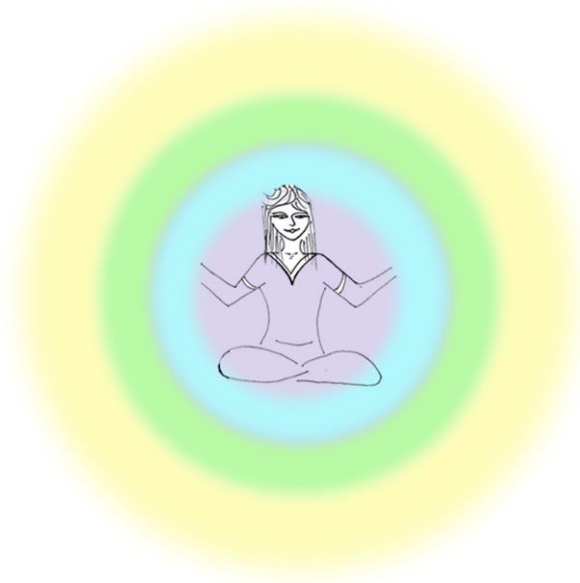


N.B. Chakra Colours are attributed to the Seven Rays as delineated within the teachings of the Tibetan, Djwhal Khul, in the writings of Alice A. Bailey. The Rays are not fixed – all seven rays may be energised through each chakra – these correlations have been chosen for the sake of simplicity and to facilitate ease of synthesis with other influences. **Ray 1 at the Crown is also attributed to the Base – Spirit manifest in matter.**

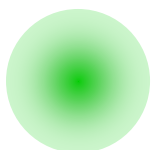
Subtle Bodies

As well as the physical there are three subtle bodies.

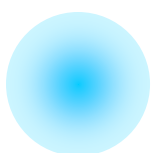
N.B. colours and dimensions of the subtle bodies are for illustration only. The auric field is shaped more like an egg and the colours change in accordance with mood and well-being.



Causal - this is the realm of the Soul. It is the subtle body that continues beyond death and, depending on the laws of karma, creates the cause for rebirth.



Mental - extends from and interacts with the emotional body, as well as the physical. This is the realm of thought and is the most subtle of the bodies directly linked with the physical level of existence. It is through this body, and the cultivation of stillness, the more refined vibrations of light may be experienced.



Emotional/Astral - extends from the etheric and is the subtle body wherein emotions and feelings are experienced.