

BODY	GURU	MUL MANTRA
<p>1. <b>SOUL</b>, the innermost essence of being; a passenger through time and space.</p>	<p><b>GURU NAANAK</b> The founder. The traveler.</p>	<p><b>EK:</b> the one, beginning</p>
<p>2. <b>NEGATIVE MIND</b>, an organic or vegetative vital system that is in a state of need.</p>	<p><b>GURU ANGAD</b> The first limb. The urge to merge.</p>	<p><b>ONG:</b> the extension</p>
<p>3. <b>POSITIVE MIND</b>, the creature-like body armour that works to fill the gap.</p>	<p><b>GURU AMAR DAS</b> The support of all. Action counts.</p>	<p><b>KAR:</b> extended equally in all the creation.</p>
<p>4. <b>NEUTRAL MIND</b>, the possibility of conscious choice in relation to the world.</p>	<p><b>GURU RAM DAS</b> The miracle. Prayerfulness.</p>	<p><b>SAT NAM:</b> true name. Truthful is trustful.</p>
<p>5. <b>PHYSICAL BODY</b>, especially the inter-related expanse of the nervous system. The temple.</p>	<p><b>GURU ARJUN</b> The bridge, the marriage. the experience.</p>	<p><b>KARTA PURKH:</b> The doer in all and the presence of being in all.</p>
<p>6. <b>ARCLINE</b>, the halo of presence manifest in the world as intuition.</p>	<p><b>GURU HAR GOBIND</b> Fight for, not against. Grace.</p>	<p><b>NIRBHAU:</b> Without any fear</p>
<p>7. <b>AURA</b>, the wider magnetic field for projecting ourselves into space.</p>	<p><b>GURU HAR RAI</b> Mercy to all. Right understanding.</p>	<p><b>NIRVAIR:</b> No enemy or other historical complication.</p>
<p>8. <b>PRANIC BODY</b>, the infinite fuel supply sustaining our temporary projection.</p>	<p><b>GURU HAR KRISHAN</b> Die into the cleansing bath. infinite connection.</p>	<p><b>AKAAL MOORT:</b> Timeless and undying representation.</p>
<p>9. <b>SUBTLE BODY</b>, the home of the soul's emanations.</p>	<p><b>GURU TEG BAHADUR</b> Perfect peace</p>	<p><b>AJUNI:</b> Unborn; never takes birth through any womb.</p>
<p>10. <b>RADIANCE</b>, when the whole ecology of our being is in dynamic harmony then, not only we are transparently alight, but also we become a self-sustaining source of light, and thus realize our immortality.</p>	<p><b>GURU GOBIND SINGH</b> Unalloyed nation of Khalsa</p>	<p><b>SAIBHANG:</b> Self-illuminating, Self-sustaining and Self-existing.</p>
<p>11. God and me, me and God are One</p>	<p><b>SRI GURU GRANTH SAHIB</b> The permanent word, Reproducible in all for all</p>	<p><b>GURPRASAD:</b> By the miraculous grace of the mystery that is the guru. <b>JAP:</b> Contemplatively repeat this and realize it in yourself.</p>

Our spiritual infrastructure is the 10 Spiritual Bodies.

Each one has its own intelligence, command/Hukam, dynamic [in relation to the others].

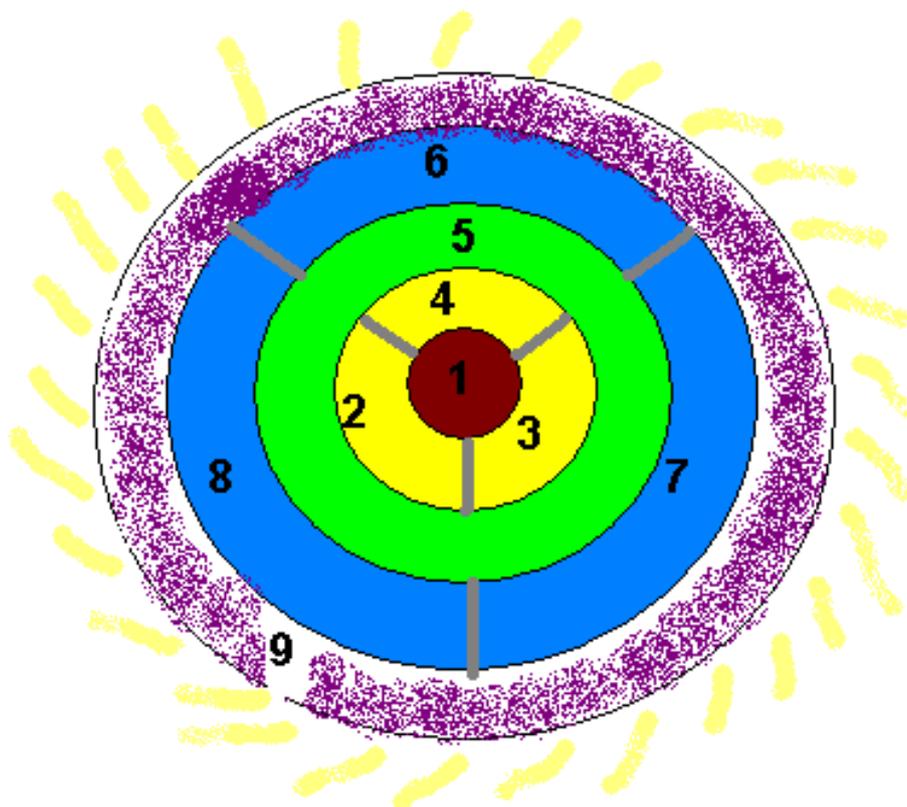
Together they create your personal constellation and cosmology.

There is an inner group: The neutral mind, positive mind, negative mind and soul are qualities that exist within the inner realms/boundaries of physical body.

The outer group will be bodies 6,7,8 + 9. The arc-line, aura, pranic body and subtle body. Their qualities expanded beyond the physical body.

The interaction of the two groups is the 5th body that has these 4 aspects within it and 4 aspects beyond it. The 5<sup>th</sup> body, the physical, is the communicative medium, like the 5<sup>th</sup> chakra and the 5 senses. It is the realm of all your experiences. It could be said more accurately that your experiences are your physical body.

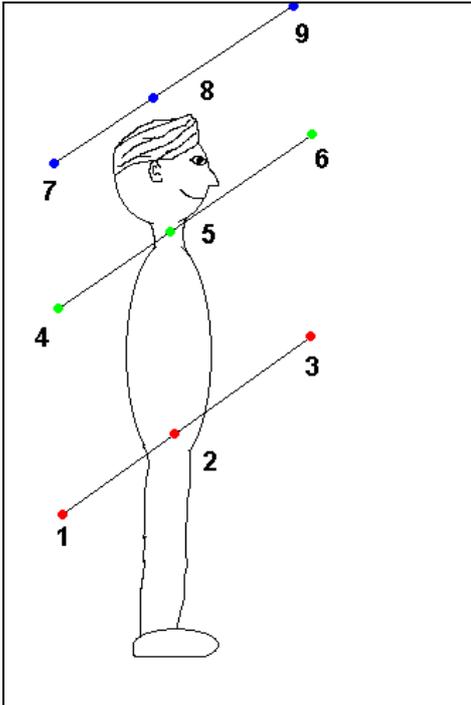
The sum total of the interaction of the 9 bodies described will serve to establish the nature, brightness and radius, of your radiant body.



<b>1 + 9 = 10</b>	Soul	The traveller	Guru Nanak	Humility
	Subtle body	Home, goal	Guru Tegbahadur	Patience
<b>2 + 8 = 10</b>	Negative mind	Longing to belong	Guru Angad	Loyalty
	Pranic body	Infinite connection	Guru Harkrishan	Purity
<b>3 + 7 = 10</b>	Positive mind	The action	Guru Amardas	Equality
	Aura	The thought	Guru Har Rai	Forgiveness
<b>4 + 6 = 10</b>	Neutral mind	The prayer	Guru Ramdas	Selfless service
	Arc line	The grace	Guru Har Gobind	Justice
<b>5 is the centre</b>	Physical body	The experience	Guru Arjun	Sacrifice
<b>10 is the periphery</b>	Radiant body.	The experienced	Guru Gobind Singh	Courage

Your soul is God's subtle body, and God's soul is your subtle body.  
Your negative mind is God's pranic body, and God's negative mind is your pranic body.  
Your positive mind is God's aura, and God's positive mind is your aura.  
Your neutral mind is God's arc-line, and God's neutral mind is your arc-line.  
Your physical body is God's physical body, and God's physical body is yours.

Each chakra can be considered to have links with three of the Spiritual Bodies.

	CHAKRA	BODIES
		7
	6	876
	5	765
	4	654
	3	543
	2	432
	1	321