

Our 7 Bodies

as described by Flower A. Newhouse



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As humans we have a 7-fold series of bodies arranged in ascending order. All of our bodies are equally necessary to spirit's purpose, but it is the spirit alone that is immortal. Each of our bodies has different needs, expressions and functions under different laws and regulations. Each incarnation we enter life with new physical, etheric, astral and mental bodies. Our three higher bodies—soul, adonai and monad—are relatively permanent. The rule of spiritual life is balance. Only when our bodies are well aligned and integrated do we have unity.

Physical Body



Of all of our vehicles the physical body is the most limited and in need of insightful care and enlightened vigilance. It is our temple of God Indwelling.

Etheric Body



The etheric body is an exact duplicate of the physical body fitting it like a glove. Its principal function is to provide needed energy to enable us to live. It has seven major life force centers (chakras) that receive energy.

Astral Body



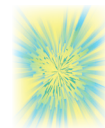
Our emotional body reveals what is going on inside us right now. It tends to dominate the entire aura because of expansiveness of the feeling nature. It is difficult and demanding and over-reacts to life. In our transformation work we try to bring it to peace, balance and control.

Mental Body



The mind is more objective and balanced because it has access to vision, intuition and creativity. It is the seat of our intelligence, memory, analytical skills and cognitive abilities.

Monad (God Flame Within)



This seventh body is the only one that endures forever. It is our principal means of alignment with God. It is a complete replica in power, intelligence and divinity of God the Whole.

Adonai



The Adonai is a co-creator with God Inbeing. It is our Lordly Self and is active at mastery. It is the center of our spiritual will. The least is known about this body.

Soul (Causal) Body



Our soul is a spring of wisdom, purity and power. It is like the gift of vision to one born blind. We draw close to our soul in prayer and meditation.




For more information on the seven bodies:

 www.questhaven.org/publications.asp (see the book *Seven Bodies Unveiled*)

Alignment Technique



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Through one-pointed effort you can slowly mount those states of consciousness necessary to reach the innermost Holy of Holies where your real Self resides. When you are centered, peace will be strong. When you touch the kingdom of your real Self, you will experience joy and relaxation such as you can't find on any other level. Many students say the alignment technique has been the most important contribution to their meditations. It is especially helpful for one-sided persons who are too specialized in the use of one vehicle (emotions or mentalities) or disconnected or improperly aligned to their total self.

1. My **physical body** is attuned to my **etheric body**.
(My body and its energies are obedient and responsive to the central will within me.)
2. My **etheric body** is attuned to my **astral body** (emotions).
(I dedicate my feelings and desires to constructive purposes. I am calm and at peace.)
3. My **astral body** is attuned to my **mental body**.
(My mind is controlled, wise and intelligent.)
4. My **mental body** is attuned to my Soul, my Higher Self.
(I appreciate the beauty, purity and holiness of the soulic frequencies circulating through my soul.)
5. My Soul (my causal body) is aligned with my **Adonai**.
(I can affirm, "I am, the I am of the God Self.")
6. My **Adonai** is at one with the **God-flame Within**, the Spirit, Life and Power of Lord God Indwelling.
(I aspire to know at-one-ment with this perfect and immortal God Spirit.)

Listen to Flower using the Alignment Technique.

