

BREATHING LIGHT, EXPANDING YOUR LIGHT BODY, AND SELF-CONSCIOUSNESS

You remain in this deep, relaxed, restful, and awake state. Your body is now in a state of sleep, but your consciousness is fully awake.

You will now perform a special exercise with your etheric envelope. The exercise is done in three stages. Stage One is a combined breathing exercise and meditation on light. Stage Two is an expansion of the light in your body, your light body. Stage Three is the awakening of your potential higher consciousness in the favourable condition brought about by the expansion of your light body.

STAGE ONE

You start by bringing your attention to your breathing. Do not think of anything else than your breathing right now.

You go on breathing in the way you have learnt. Breathe in through your nose, hold your breath briefly, and then breathe out through your mouth. Be very attentive to your breath, as you follow its path in your body.

Be one with your breathing.

Your breathing enters your body and leaves your body.

Do not think of anything else than your breathing right now. You breathe calmly and in a controlled way. In and out. Be one with your breathing.

Now you will use a wonderful tool that you have, your creative imagination, the energy of your thought. Imagine that your body is like a sponge penetrated by fine pores through which energy is flowing. Imagine this.

Each time you inhale, you draw in energy through every pore of your body.

And each time you exhale, you send forth energy through every pore of your body.

You breathe in and out. In and out.

You go deeper with each breath.

Spend a few moments breathing in this way, through every pore of your body.

You go on breathing through every pore of your body.

Now you direct your attention to the very centre of your being, that is: your heart.

Bring your awareness to your heart and stay with it there.

Now you are in your heart. There is a light in your heart. Can you sense it? Sense and see the light in your heart. Sense the light, the pure energy. You are breathing through every pore of your body.

See the light in your heart. You are radiating this light and this light is yours.

Sense the light in your heart. Sense how it grows stronger and shines as you know it and recognize it. You are breathing through every pore of your body.

Now let the light there is in your heart radiate to all parts of your body. Let the light shine, expand, and strengthen as it is flowing out of your heart.

Let the light expand and strengthen. Feel how the light unites with your breath as you breathe in and out through every pore of your body. Let your light turn to breath, and your breath turn to light. Let your light and your breath become one.

You go on breathing through every pore of your body. You are breathing your light.

Breathe out your light. And breathe back the light you breathed out. It is your light. Breathe out and breathe in.

Breathe light in this way and observe how it feels. Remember your observation and retain your memory of it for the future.

Let the light flow through the whole of your body, filling the whole of your body. Let the light assume the shape of your body, so that it becomes one single, pure and clear, shining light, a light body.

This light is coming from yourself, from the very centre of your being.

You fill your body with light in this way and observe how it feels. Remember your observation and retain your memory of it for the future.

STAGE TWO

You will now do a particular exercise using your light body. You will widen, expand your light body. This is not hard and you will do it. Just listen to my voice as I guide you, and when I say, "Do this now!", you do it. Ready? Let us begin.

You direct your attention to a particular part of your light body, that is: where your feet are. Sense your presence, your awareness in your feet. You are present with your thought in your feet, in the feet of your light body. Do this now!

Now you let your thought stretch your light body beyond your feet. About 15 cm beyond your feet. Let your attention and awareness be there as your light body grows beyond your feet. This is not hard to do. Just do it. Do this now!

Keep your attention in your extra long feet of light. Observe how it feels. Now draw them back so that your light body regains its normal length. Do this now!

Now the same thing with your head. You direct your attention and awareness to the area of your head and then let your thought stretch your light body beyond your head, about 15 cm. Let your attention and awareness follow your light body as it grows beyond your head. Do this now!

Keep your attention in your extra long head. Observe how it feels. Now draw it back so that your light body regains its normal length. Do this now!

Now repeat this procedure with your feet, but now stretch your light body twice as far as before, about 30 cm. Stay there with your awareness, observe, and then draw it back. Stretch, stay there, observe, and then draw it back. Do this now!

And now the same procedure with your head, stretch it to about 30 cm, stay there, observe, and then draw it back. Do this now!

Now you direct your attention to the whole of your body, your body of light. I address the monad that is you. You, the monad, are radiating this light through your light body.

Now we shall perform a few more such expansions, but now we shall do them somewhat differently. Use your thought and imagination and stretch your light body through your feet twice as far as before, 60 cm. Do this now!

Now your light body reaches far beyond your feet.

Observe how it feels having such an extended light body. Stay in this observation and record it in your memory.

This time you will not draw back your light body but let it remain as extended as it is now.

Now move with your awareness to your head and do the same procedure there. Stretch to about 60 cm, remain with your awareness and memory, and do not draw it back. Do this now!

Now your light body is expanded through your feet as well as your head. It is not as hard as you perhaps thought. This goes better and better for you.

You direct your attention to the whole of your body, your extended body of light. I address the monad that is you. You, the monad, are radiating this light through your light body.

You will now widen your extended light body sideways as well, all around, about 60 cm all around you, so that your light body expands like a balloon. Remain with your awareness in the whole of your light body and do not draw it back. Do this now!

You have now effected a complete expansion of your light body. This is a process that your light body undergoes automatically and mechanically every night when you are asleep. Such an expansion is necessary for the light body to be charged with the energy you will need later, in day time.

Now, however, you have achieved the same kind of expansion intentionally and consciously. In this state of expansion the light body can be used as an instrument in work of various kinds, such as consciousness development, acquisition of knowledge, transfer of consciousness in space and time, and healing activities.

STAGE THREE

You will now perform an exercise in awakening your higher consciousness from its state of passivity. The fact that you are now in your light body with your attention switched off from gross physical reality will facilitate this exercise.

As long as you are in your light body and keep your attention in it, you are centred in your physical-etheric envelope; not in your emotional or mental envelope.

You confirm your temporary emancipation from gross physical, emotional, and mental reality by making the three-fold examination.

You observe and examine the condition of your gross physical organism. If you find tension or unrest, you just make it relax, dissolve, disappear.

And now your emotional envelope. If there is any tension or unrest, you just make it dissolve, disappear.

And finally your mental envelope. You allow no disturbing or worrying thoughts to arise.

Now all is peace, calm, and stillness.

Peace, calm, and stillness where you are in your light body, in your etheric envelope.

Now you will consider the fact that you have one more light body, a higher light body. This is the causal envelope, your relatively immortal body. It is not that you just have this higher light body. You are in it right now. You are in your two light bodies, both the etheric envelope and the causal envelope, at the same time. Remember: the causal envelope penetrates the etheric envelope. The higher light body encloses entirely the lower light body.

You cannot see your higher light body, the causal envelope. You should not even try to see it, because you do not have organs for that vision yet. What you can and should do, however, is to perceive the presence of the causal envelope, the higher light body, around yourself, penetrating yourself and your etheric envelope with its energy and consciousness.

You perceive the energy and consciousness of the causal envelope whenever you are self-conscious, whenever you remember yourself. Your self-consciousness, self-awareness, is a faculty that becomes manifest only when you, the monad, are conscious in the causal envelope, the higher light body.

Be self-conscious, remember yourself, now that you consciously *are* in your two light bodies, the etheric envelope and the causal envelope, now that you are free from disturbances by the organism, the emotional, and mental envelopes.

Be self-conscious, remember yourself, and consider the fact that this self-consciousness, this non-identification with physical, emotional, or mental consciousness is an active aspect of your otherwise passive causal consciousness.

Consider: When you are in this state, however short it be, you have a taste of what you will be some time in the future, you have a taste of immortality.

I leave you now for you to do your own work at your wakefulness, your self-consciousness, for a while and will return later.

CONCLUSION

Now this exercise is about to end. Your outer senses are now preparing to serve you again. Quietly, efficiently, calmly, harmoniously, and beautifully. And this is the end of the exercise.