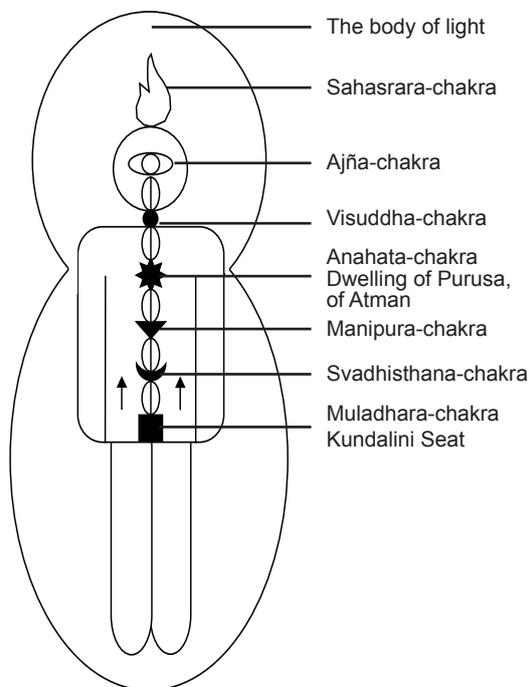


CREATION OF THE BODY OF LIGHT (ENERGETIC YOGA)



The body of light is known in the Hindu tradition as the body of glorious, resplendent light. This body of light is formed once the kundalini energy, represented by a snake that sleeps coiled at the lower end of the human being's spine, is awakened and ascends through six subtle centers in the human body (the chakras), manifesting itself in the form of spiritual knowledge and mystical experiences.

According to the conception of tantra (kundalini yoga), there are six subtle energy centers (chakras) in the human body, also called <lotos>, where the kundalini ascends:

The first is located at the base of the spine, between the anus and the root of the genitals. It governs the organs of reproduction and excretion and is called muladhara (base support). Its figure is a

lotus with four red petals and its germinal syllable is LAM.

The second is jvadhisthana (place or seat of yes), lotus of six red cinnabar petals, at the height of the belly, and its germinal syllable is VAM.

The third, manipura (full of gems), lotus of ten bluish petals; it is located in the solar plexus and its germinal syllable is RAM.

The fourth, anahata ([are] not tapping), lotus of twelve scarlet petals; in the cardiac zone and its germinal syllable is YAM.

The fifth, visuddha (purifier), of sixteen purple petals; at the level of the throat and its germinal syllable is JAM.

The sixth, ajna (commandment [of the guru]), white lotus with two petals; in the eyebrow, and its germinal syllable is A.

The kundalini rises through these centers from the first to the top of the crown, on which a seventh chakra is located, the sahasrara ([wheel] of a thousand rays), a lotus with a thousand petals of radiant white, resplendent as a lightning, which is considered the seat of Siva and whose germinal syllable is OM. Here, the awakened spiritual energy (kundalini-sakti) unfolds all its power and lordship in the form of enlightenment.

The culmination of this process involves the transmutation of the matter of the physical body into light or bodily ascension.