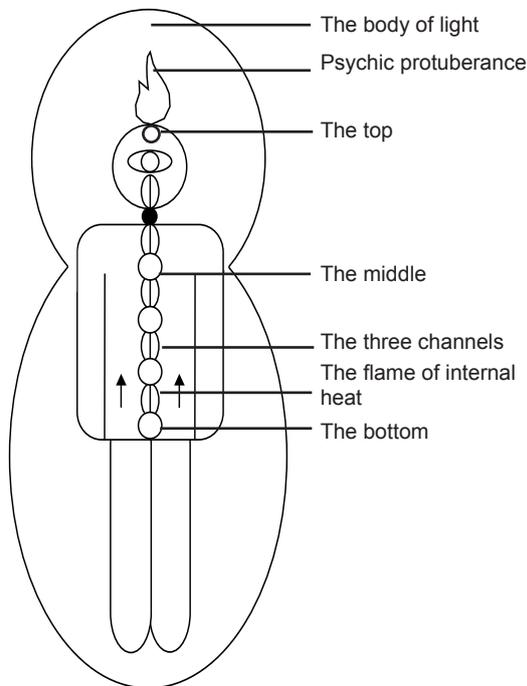


CREATION OF THE BODY OF LIGHT (TANTRIC BUDDHISM)



The body of light is called, in the Buddhist tradition, the rainbow body. The creation of the rainbow body is carried out as a result of the ascension of the thig-le energetic potential, from the base of the trunk to the opening of Brahman at the crown of the head.

The doctrine of heat-psyche (tumo) belonging to Tantric Buddhism and disseminated by the Kagyupa school of Tibetan Buddhism, explains the process that must be carried out to achieve the creation of the body of light.

According to the conception of tantric Buddhism, there are six psychic centers (chakra) in the human body, where the thig-le energetic potential rises:

The first is located at the base of the trunk, four fingers below the navel, and is called the support-root. This is the seat of the thig-le energetic potential or generative fluid, the fiery energy that must ascend to the upper part of the body.

The second is called the navel center-psyche and is located, as its name suggests, at the navel.

The third is called the psychic center of the heart and is located, as its name suggests, at the heart.

The fourth is called the psychic center of the throat and is located, as its name suggests, at the throat.

The fifth is called the eye of Buddha's intuition and is located between both eyes.

The sixth is called the psychic center of the brain and is located on the crown of the head.

Through these psychic centers the thig-le energetic potential ascends from the first, and through the three psychic channels, until reaching the crown. When this happens, the invisible psychic protuberance on the crown occurs. When the protuberance is filled with the transmuted generative fluid thig-le, one attains the transcendental grace of enlightenment.

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

*"The whole body burns in the flame of internal heat: oh delight!
The currents of energy are concentrated in the three channels: oh delight!
The stream of spiritual light flows from above: oh delight!
It is filled below, radiant, the potential of energy (thig-le): oh delight!
In between the masculine and the feminine harmonize oh delight!
The body is full of undisturbed beatitude: oh delight! "*

MILAREPA