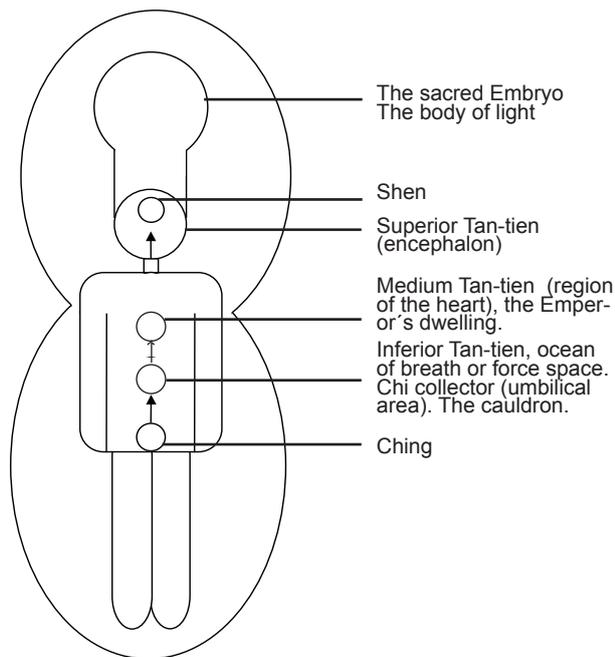


THE CREATION OF THE BODY OF LIGHT (RELIGIOUS TAOISM)



The body of light is known in the Taoist tradition as the sacred embryo or embryo of the Tao. This body of light is formed as a result of the fusion of the ching and chi in the space of force, by conscious intervention of the shen. Subsequently the body of light must be conducted up and out of the head. This is known as the birth of the blessed fruit or the heavenly sovereign, or the birth of the light body.

Religious Taoism explains in four formulas of meditation, the process that must be carried out to achieve the creation of the body of light:

The first formula (circulation of light) seeks to ascend the ching vital force, located at the base of the spine, to circulate it and mix it with the chi energy that is distributed throughout the body and mainly located in the space of force or inferior

tan-tien (circulation and mixing).

The second formula (birth of the embryo in the space of force) seeks to merge the ching and the chi into the space of force or inferior tan-tien, creating as a result of this fusion the sacred embryo (fusion).

The third formula (separation of the body-spirit for independent existence) seeks to draw the sacred embryo or body of light up and out of the head (transmutation and fixation).

The fourth formula (fixation contemplation for the consolidation of the illumination) seeks to open the door that connects with the body of light located now above and outside the head of the initiate.

The fifth and final culminating step in the process described above (climbing in the full sun of the day), implies the transmutation of the matter of the physical body into light or bodily ascension.