



What Are the Ten Bodies?

1. The Soul Body

The first body is your best friend for life—your soul. Unlike the physical body, the soul never dies. It's important to get well-acquainted with this body everyday, and preferably first thing in the morning.

2. The Negative Mind

The second body is also known as the Protective Mind. It gives you the ability to be discerning, to not get carried away in overly-optimistic thought, and to stay out of dangerous situations. Yet when out of balance, the negative mind can become pessimism, fear, or at the very least, overthinking.

3. The Positive Mind

The third body is also known as the Projective Mind. It is inspirational and uplifting when balanced, but when out of balance, you can become reckless, unprepared, gullible, or easily persuaded.

4. Neutral Mind

The Neutral Mind listens to the intellectual input from both the Negative Mind and the Positive Mind and then leads you to the best decision, using unbiased intuitive knowledge.

5. Physical Body

The physical body was crafted so you could enjoy a human life. It is a bridge between heaven and earth. The key to perfecting this body is *balance*: balance in body and mind, balance in diet and exercise, balance in play, work, and rest.

6. Arcline Body

The Arc Body or Arcline is a line of energy that forms an arc from ear tip to ear tip. It is sometimes called your "halo." This spiritual body projects who you are to other people without a word being spoken. It also protects you from negative energy directed towards you.

7. Auric Body

The Auric Body or Aura is a sphere of electromagnetic energy that surrounds the physical body. It extends between three and nine feet in every direction. You may recognize this body when you feel someone else's presence in the room, or get a sense of their energy. This body protects the physical body and can manifest into different colors.

8. Pranic Body

The Pranic Body is what controls the breath and takes in prana, the life force energy of the Universe. The Pranic Body gives you energy, courage, control over your mind, and healing power. When you breathe, you are feeding your Pranic Body. As you practice pranayam, you'll experience the expansion and strength of this body.

9. Subtle Body

The Subtle Body gives you the opportunity to understand and master the subtlety of life. It can help you understand what is going on around you. Those people who can tune into situations easily or pick up new skills as if by magic have developed the Subtle Body.

10. Radiant Body

The tenth body gives you spiritual royalty and radiance. Those with a strong Radiant Body have a lot of charisma and tend to shine. A strong Radiant Body will make you courageous in the face of any and every obstacle. Good things are drawn to you through a developed and powerful Radiant Body.

(Adapted from www.3HO.org)