



## Activate your Spiritual Body

**Welcome** before advancing to the other tutorials, please make sure that you have fully activated your spiritual body (you can feel your spiritual chills everywhere) or you won't have much success in the other tutorials and your belief will go down, ultimately blocking yourself from experiencing them.

### **Activating your spiritual body:**

To put it simply, to activate your spiritual body, you will need to be able to feel your spiritual chills (*Little by little or all in one instance*) everywhere on your physical body.

**A highly effective way to activate your Spiritual body is by clearing your meridians, it's easy and effective because all you need is your attention to do it.**

In your Spiritual body, you have these pathways called Nadi (meridians, lymphatic) where this energy is meant to flow through.

**Nadi** is a term for these pathways through which, in traditional Indian medicine and spiritual knowledge, the energies such as "prana" of the physical body, the subtle body and the causal body are said to flow.

**Meridian** is the same concept but in traditional Chinese medicine and it is described as a path through which the life-energy known as "qi" flows.

Due to the lack of release of your Spiritual Chills (prana, qi, chi, piti, frisson, rapture, goosebumps, mana, ecstasy, euphoria etc.) and instead of emotional stress, your pathways become "clogged".

(Which is why when you activate that energy within yourself you can't feel it move thoroughly to every part of your body.)

After applying yourself enough times to unclog them, your energy will be able to reach all your pathways.

It'll finally be easier to then exit your body to enter your auric field or just reach its extremities, through more than one way.

**Now here's the most efficient technique that has helped me unblock these pathways, help my spiritual chills flow everywhere in my body and ultimately activate my spiritual body.**

*(You need to be in a relaxed state for this to happen easier because stress will not allow you to manipulate your energy pathways.)*

**Estimated time of practice:** 5-15 minutes/day.

**Position:** Sitting upright with your eyes closed.

**How:** Your attention is where your energy follows.

**P.S:** *When unclogging your pathways, focus on one primary location at a time. Not two (feet and hands are primary locations).*

*When activated, then, focus on your other foot or hand. (Not both legs or arms.) This is to give more energy to major locations like your feet and hands with your attention not being divided (at first).*

**You can either start from your head all the way down to your toes or from your toes all the way down to your head.**

**Below are those two methods described.**

**-Head to toes method:**

Start off by putting all your attention on your scalp.

***(Really forget every other part of your body.)***

Then make your attention swirl in a circular manner on the top of your head until you feel energy (heat or vibrations) there.

Next focus on your nose, guide your attention from the tip of your nose to the top of your forehead (before your scalp) and then back down to your nose.

Continuously repeat this sliding of your attention process, until you start to feel energy (heat or vibrations) in those locations.

Once you've achieved that, put your attention back to your scalp, then your nose and finally push your area of focus to include a new one.

**The areas you activate should be in this order:** After your scalp is activated, do the sliding process from your nose, then do the same with your neck, then your chest, upper abdomen, lower abdomen, hips, thighs, knees, calves, ankles, your soles and finally your toes.

Always shifting your attention back to your first area (scalp) then including the next one and using the sliding of your attention process described above to activate a new area, until you feel that its been activated, before going back down and then going back up to include a new area.

You will also have to clear the pathways in your arms separately before joining them when your attention reaches your hips.

Do this by focusing on your palms, activating energy firstly there by making a rotating circle with your attention.

When activated, then sliding your attention to your fingertips and gradually back to the palm of your hands, forearms, etc. just like you did with your scalp or toes.

If done correctly you will understand how your Spiritual body lies beneath your physical and all it needed was your attention to help it be activated/cleared.

Now that it has been brought back to your attention, other than daily clearing, it is the only prerequisite to be able to feel your spiritual energy flow everywhere on it.

**-Toes to head method:**

Start off by putting all your attention on your soles.

***(Really forget every other part of your body.)***

Then make your attention swirl in a small circular manner on the sole of your feet until you feel energy (heat or vibrations) there.

Next focus on your toes, guide your attention from the extremities of your toes to the end of them (before your soles).

Continuously repeat this sliding of your attention process from your toes to the end of them, until you start to feel energy in that location.

Once you've achieved that, put your attention back on your soles, then your toes and finally push your area of focus to include a new one.

**The areas you activate should be in this order:**

After your soles are activated, do the sliding process from them to your toes then do the same with your ankles, then your calves, knees, thighs, hips, lower abdomen, upper abdomen, chest, neck, chin, nose, forehead and finally the top of your head.

Always shifting your attention back to your first area (soles) then including the next one and using the sliding of your attention process described above to activate a new area, until you feel that it's been activated, before going back down and then going back up to include a new area.

You will also have to clear the pathways in your arms separately before joining them when your attention reaches your hips.

Do this by focusing on your palms, activating energy firstly there by making a rotating circle with your attention.

When activated, then slide your attention to your fingertips and gradually back to the palm of your hands, forearms, etc. just like you did with your scalp or toes.

If done correctly you will understand how your Spiritual body lies beneath your physical and all it needed was your attention to help it be activated/cleared.

Now that it has been brought back to your attention, other than daily clearing, it is the only prerequisite to be able to feel your spiritual energy flow everywhere on it.

### **What is your spiritual body?**

Your spiritual body is the real you that animates your physical body and supports all your organs and the motions of your body.

It can be seen on different planes or by people with an activated third eye as a "light" body. It's called a light body because of the bright light and colors emanating from it thanks to your emotions and the level of intensity felt by them.

The brightness of your spirit's light will differ based on whether you are a "good" or "bad" spirit. The better of a person you are, the more your spirit's brightness expands.

*(When I mean expand, I mean like the brightness of a light expanding outside from its center, so much that it lights up a room).*

The more your emotions are intense and on the good side of the spectrum of what are good emotions,

the brighter your spirit light will be and the further it will reach.

The more your thoughts are on the good side of the spectrum of what are good-bad thoughts, the brighter your spirit light will be.

### **Your auric field is just the emotions coming from your spirit, and the specific colors are guided by your thoughts/emotions.**

Regarding your spiritual chills, when bringing them up, all over your body, you can highly intensify your emotions and have them reach this field that surrounds your physical body, at a higher/faster rate than what your emotions already do.

The simple intent of wanting to move, the simple motion of moving any of your limbs, any direction or any way, is your light body, your true self, your spiritual body being used.

*(This can be understood as you wearing virtual reality goggles, where your true self is controlling your physical body underneath)*

*((This is crucial to grasp to exit your body without having your physical body stopping you)).*

## **Where is it located?**

In a balanced, mature and healthy human being, their spiritual body will be located underneath their physical.

Taking the literal shape of your physical body.

In an unbalanced, mature and sick human being, their spiritual body will be condensed and located in specific locations of their body associated with wherever their negative emotions/thoughts relate in their physical body.

In an awakened, mature and healthy human being, their spiritual body will be located right underneath their physical but will also emanate from it creating a field from their body. Expanding to the length of an arm's distance and surrounding it in a 360 manner. Like heat oozing from the sun, summoning your spiritual chills and having this energy flow on everyone one of your body parts (*Little by little or all in one instance*) will allow you to emanate it to then consciously control this highly magnetic "Bubble, toroidal flow, electromagnetic field, aura".

## **We all have our energy condensed in three main areas, our head, upper torso and lower abdomen.**

One is caused by the constant energy activation we do by thinking.

One is caused by the constant energy emanation we do by feeling.

One is caused by the constant energy accumulation we do by breathing and eating.

*(The last one is the densest and when "opened" causes a giant rush upwards all the others, activating multiple of our smaller energy centers (chakras).*

When reactivating our full spiritual body, we allow this current of energy activation, emanation and accumulation to happen on every part of our physical body.

**Thank you for reading. Please share your feedback!**